



עמנואל

emanuel synagogue

creating community • celebrating diversity

# Tell

September 2009  
Elul 5769/Tishrei 5770  
volume 27 No 8

*Shana Tova*  
שנה טובה



From Rabbis' desks

Kol Nidre campaign

High Holy Days calendar

September event highlights

## THE GATES OF NEILAH ARE CLOSING, AND WE ARE OPENING TO THE FUTURE...



As we welcome the year of 5770, we embrace Emanuel Synagogue's motto of 'creating community; celebrating diversity.' This year, for the first time since we have begun multiple minyanim, we look forward to coming together for the final Neilah service at the end of Yom Kippur. We have always begun with one service on Erev Rosh Hashanah, but because of the disparity of the Progressive and Masorti services then headed our separate ways. Many in the congregation have felt a sense of disconnection (so many of us have friends and family that are in 'the other service'). Similarly the rabbis and cantors will appreciate the opportunity to conclude the Yamim Noraim and the Yom Kippur service together, for that is truly the time to be with family and community.

Neilah is truly a special service – according to received tradition, we pray daily three times, and an extra time on Shabbat and festivals; only on Yom Kippur do we add a fifth prayer service, known as 'Neilah', or closing. It represents the closing of the ten days of repentance, the twenty five hours of Yom Kippur, and the gates of the Temple itself symbolizing the gates of heaven themselves. Ironically, the metaphor of closing gates opens hearts and minds to all that is possible – Neilah is one of the most, if not the most, special services in the whole year. It is truly the time to feel as one – with self, in relationship, with community, with life itself. This feeling underlies our decision to have one Neilah service this year, with the hope that with a bit of 'give and take' we actually create a win/win situation, in which each service is as enhanced as is the community by having us all pray and conclude Yom Kippur together.

We understand the complexity of this decision and hope that all will support this trial move for all its celebration of diversity. The Progressive members of the congregation will encounter a slightly more traditional service – it will open with a silent Amidah (a wonderful few minutes for private contemplation at that final hour of Yom Kippur), before the repetition that will be mostly in Hebrew, albeit with English readings (most of the Hebrew is similar to the Progressive service, and many of the pieces historically sung by choir and cantor will still be done in that way.) The Conservative members of the congregation will have to leave their intimate surroundings at National Council of Jewish Women and enter a sanctuary whose ark actually faces South America and not Israel; some may also have discomfort with the use of microphones and amplification. Despite these challenges, we have designed a service that we hope will bring the best of our services together as one. Especially this year we feel it is so important to create community.

Just a few weeks ago, we put our plans into Woollahra Council for a master plan redevelopment of the site. Improvements to the campus of Emanuel Synagogue have been relatively minor over our first 70 years, especially given the incredible growth we have experienced in the last decade – doubling in size of our community (nearly 3,000 people) with a corresponding dedicated staff overseeing extensive education and spiritual programs for our members of all ages, as well as the three styles of services: Progressive, Masorti and Renewal. While it is generally better to spend money on programs and people and not buildings, there comes a time when the physical resources no longer support the programs and people, and that time has come to Emanuel. The beautiful design by architect Shelley Indyk and her team enables us to develop a site that will do justice to all three of our services, create space that will be able to be used for a myriad of different activities from meditation and spiritual growth to a variety of education programs to the expanding activities of our Cultural Fund. It is estimated that to complete the master plan will cost \$10,000,000 – an extraordinary amount, but possible for us to achieve with a variety of fund raising activities. We hope the plans will be approved by mid-2010, enabling us to begin our fundraising efforts already sometime in 5770. The renewed Emanuel Synagogue will be a beacon not just to the Jewish community of Sydney but to religious communities around Australia.

Emanuel has come a long way in the last 71 years, and the upcoming generation must be grateful to the visionary founders of the synagogue in 1938. We understand Judaism as a beautiful language and life path that guides us to engage as fully as possible in all life has to offer, especially the way we make meaningful our time on earth and relate to others who share life with us. We see the Torah not as the absolute word of God functioning as external authority, but rather the wise and considered words of our ancestors providing the deepest insights into meaningful living. Each one of us, with mindfulness and kindness, has something to offer to the ongoing unfolding of life. We look forward to bringing in the New Year and also concluding the intense ten days of repentance as one, together in health, joy and blessing.

Dear friends:

**B**uenos Aires, August 17th, 9am. I woke up early and stretched myself slowly, trying to get used to the morning sunshine. I walked with my eyes still closed to the living room and smiled as I expected to see the beauties of Bronte beach through the huge window. What a magnificent way of starting the day! But my surprise becomes huge when I realise the window wasn't so big, that there is no beach in front of my apartment, and that, sadly, I am no longer in Sydney. Once again, I was just daydreaming, as if a spell had been cast upon me...



My dear friends, the three weeks I spent in Sydney were simply amazing. The atmosphere I breathed and the connection I felt had such a natural component that it felt somehow unreal. The walks through the beach from Bondi to Bronte, walking by The Gap or The Rocks with new friends, strolling through far away neighborhoods with odd names ('the sticks?'), sailing along the ocean, and trekking until my feet cried for mercy, all of them were experiences I shall never forget. But if I told you that the sightseeing was what caused such a lasting enchantment over me, I would not be completely honest with you. Indeed the Australian beauties are remarkable. But we have no less beautiful things here in Argentina (waterfalls, mountains, snow, glaciers, desserts, and even big beaches...). The truth is that my newborn love for Australia began in Ocean Street, and it continued to grow from there to all the institutions and people I had the privilege of meeting with. My connection with Sydney was created thanks to the connection I had with you, my new Emanuel family. And the comfort I felt while I was working there is directly related to the openness and warmth with which all of you received me. From the tiniest baby at the Kindy to the wisest of all the Montefiore friends.

After twenty one days of invaluable experiences, I had the privilege of meeting and teaching the Ziknei group, both the Montefiore houses for the elderly, the incomparable Monday night adult learning group, the Basic Jewish Concepts group, the new Fireside project, our thriving Tuesday and Thursday Hebrew School and the B'nei Mitzvah groups. I also had the possibility of leading Kabbalat Shabbat and Shajarit le Shabbat services for all the different minyanim (Conservative, Progressive and Renewal), reading Torah, Haftarah and Meguilat Eichah in all different styles, and I was honored by sharing the Monday and Thursday morning minyan with an incredibly loyal group. I sang and taught in Spanish and Hebrew to the Emanuel High School, their Elementary School, the Pizza with the Rabbi group, the Kornmehl Kindy, and Jacob's Ladder Kindy. And finally, how could I ever forget the enthusiastic Latin Shabbat dinner in Emanuel Synagogue, the beautiful Havdalah at the beach in Bronte and the weekend we spent in Woollongong with the Tamar young adult group... So much, such intensity and in such short time! How we managed to do so much in just three weeks is something I can only understand now in Buenos Aires when I realise I have been sleeping eleven hours a night for the last week and I'm still tired! But seriously, there was not a second wasted. I learned from all the people I met, and I realised that there is such a big potential in Emanuel Synagogue and all the projects surrounding it, that the possibility of communitarian growth is endless. And either for a short period or a longer one, I hope to be part of that developing and enjoying the flourishing path with you... You know, I arrived in Sydney with a lot of confidence and not less fear. But I left Emanuel with the full conviction of a hasta luego instead of an adios. And for that amazing feeling of having yet another place to feel as comfortable as home, I wish to thank you all.

Last but not least, I wish to thank especially the leadership of Emanuel Synagogue for the confidence. Jeffrey, Jacki, Orna, my dear friend Paul, Allan, Laurence, and through you to all the huge Emanuel family, with all my heart, thank you very much for this wonderful experience, and I hope to see you soon!

Thank you everyone,  
Martín

## From Rabbi Jacqueline Ninio



Recently a remarkable thing happened in the synagogue. An elderly American gentleman came to the gate with his son. He asked if he could come into the sanctuary for a moment. This sometimes happens, people passing by, visiting from other communities, wanting to spend a few moments looking at our shule. We let him in and he led his son into the synagogue. They stood together, looking around the room, the older man's eyes glassy with unshed tears. He turned to us and said that he was in the US army during the war. He was stationed in Sydney for a time and he came along to services on Shabbat. He said that he sat in the shule, looked across the crowded sanctuary and saw a woman. In that instant he was smitten, he knew that she was someone special. After services he met her and they were married. They created a family together and now he was visiting Sydney with his son and he wanted him to see the place where they had met. So they came together and stood for a few moments in sacred space, a space made holy by their love, their future and their memories.

Our synagogue is an incredible place; miracles happen here every day. The walls of our sanctuary have so many stories to tell, they have seen so much; love, laughter, grief, fear, mourning, consolation, tears of joy, tears of sadness, tears of shame, tears of laughter, all have mingled together to bring a special energy and holiness to the space. And it is not over. We are all a part of that magic and opportunities arise every day to create miracles in our shule.

This year for Selichot, the service on the Saturday before Rosh Hashana, we have something truly special in which we would like you to participate. Before the service, we will do a reading of the play *The Gates are Closing* by Merle Feld. This play was written specifically for Selichot and it traces the stories of eight different people who come to synagogue one year for Yom Kippur, grappling with issues of identity, meaning, loyalty, betrayal, repentance and forgiveness. It will be performed by our congregants, all of whom are professional actors. I would like to share some of the comments made by other communities who have performed this piece at Selichot:

[The play reading] instigated probably the most thoughtfully lively High Holyday preparation we've ever had... the impact on all of us lasted well through Yom Kippur.

--Rabbi Lawrence Kushner, Congregation Beth El of Sudbury, MA

We had no idea how the reading would be accepted. But for an hour and a half there was standing room only, and other than the voices reading, only the sound of hearts pounding. We had no lighting, only one microphone, no Equity actors. We might have had a ninety minute bomb on our hands. It was hardly a bomb, but it was explosive. The drama involved the congregation in the religious process in a way that the rote-reading of the service cannot even begin to approach. Each Yom Kippur [this congregation did the reading on Slichot and then again on Yom Kippur afternoon] we engage ourselves on as deep a level as possible. What we attained this year with *The Gates are Closing* will be difficult to surpass.

--Mike Berezin, Havurah of South Florida

The play is highly evocative, astute and powerful as it weaves the familiar themes of Yom Kippur through the lives of rich and engaging characters in surprising and poignant ways. The play's end left our congregation breathless before we began an illuminating dialogue with Merle. In my experience, it was one of the most effective preparations for Slichot - both for the audience and the players... something quite wonderful on Saturday night as an inspirational introduction to the Slichot service itself.

--Rabbi Justin S. David, Congregation B'nai Israel, Northampton MA

Please join us for the chance to be a part of some magic at the synagogue as well as launch into the High Holy Day period with a powerful focus and energy: Saturday September 12th at 9pm.

My second opportunity for you to create magic is an invitation to participate in the celebration of Rabbi Kamins' twenty years at the synagogue. During that time, he has been there for all of us; in the difficult times, guiding, comforting and nurturing, he has celebrated with us, dancing and laughing with joy, he has taught, blessed and been a part of all of our lives. Now is our chance to celebrate his achievements, to dance and sing with him, to say thank you, to let him know just how much he means to this congregation. We will be honouring him this year during our Simchat Torah celebrations, Saturday October 10th from 6:30pm. Come and be a part of something truly special.

And finally, I would like to offer each of you the chance to save a life. We read in the Talmud that if you save a life, you save the world. Rosh Hashana is the birthday of the world and there is a lot of saving that is needed. We are participating in a programme called *Nothing but Nets*. It is an organisation which provides treated mosquito nets to African countries. Malaria is the largest killer of children in Africa and something as simple as a mosquito net can save a life. The nets serve a dual purpose: they protect the person beneath them but also the treatment of the outside means that the mosquitoes who land on the nets will die. *Nothing but Nets* can get a net to a family for a donation of only \$10, all of which goes to the net. Imagine that! For less than the cost of a coffee and a muffin, we can save

someone's life! So this year, as we prepare for Rosh Hashana, if you have been invited to someone's home, instead of taking flowers or cake, why not buy a net in their honour? Or if you are looking for a Rosh Hashana gift, why not give a net; the gift of life. The next time you are invited for Shabbat dinner, instead of taking chocolates, buy them a net. Do you need a small gift for anyone, for anything; wedding, bar mitzvah, baby naming, instead of just buying them a present, why not also add a net, saving a life is the best way to celebrate a simcha! Think of the many ways you could spend \$10 and then think about spending it on life. Please choose life! Nets can be purchased through the upj website, [www.upj.org.au](http://www.upj.org.au) or by calling the office, 9328 7833.

The Yamim Nora'im, the Days of Awe, are just around the corner. This is the time for community, repentance, prayer, introspection and deeds of goodness. This year we have the opportunity to reflect and be inspired with the play, celebrate, honour and enjoy at Simchat Torah for Rabbi Kamins' 20 years at the shule, and we can save a life by buying a net for only \$10, all within the walls of our shule. Magic does happen at Emanuel every day and we are blessed by everyone who shares our vision and joins with us to make it a reality. I look forward to being able to greet you all during the next month. Shana Tova u'metukah, may we all have a good, sweet, happy and blessed year ahead.

Rabbi Jacqueline Ninio

## Looking for a Rosh Hashanah gift?

**Forget flowers or chocolate,  
buy a net and save a life!**

Buy a malaria-treated bed net for \$10  
and give the gift of life to a refugee family  
in Africa.

Donate now at  
[www.upj.org.au/community/programs-services/nothing-but-nets](http://www.upj.org.au/community/programs-services/nothing-but-nets)  
and receive a certificate of appreciation.



## Emanuel Synagogue presents **INNER JOY KABBALAH MEDITATION RETREAT**

*Friday 13<sup>th</sup> – Sunday 15<sup>th</sup> November*

facilitated by Orna Triguboff and special guests.

Be part of this healing experience:

- Meditation, star gazing
- Yoga, Tai Chi
- Relaxation, nature walks

**All in the context of kabbalah teachings.**

At Retreat Centre near Woollongong.

information: 0414535733

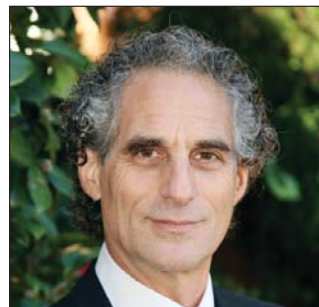
[info@neshamalife.org](mailto:info@neshamalife.org)



## Simchat Torah

Saturday 10 October, 6:30pm

**Celebrate Simchat Torah with your  
Emanuel family.**



Rabbi Kamins will be honoured as Chatan Torah in recognition of twenty years of loving, dedicated service to the congregation and Sydney Jewish community.

## STAYING IN FOR YIZKOR



When helping to organise the affairs for a funeral, I am regularly asked questions about the appropriate age at which a child should attend a funeral service. In most cases that I have encountered, families often divide their children into clusters. The first cluster usually includes children up until the age of six or seven. More often than not, these children are not likely to attend either a funeral ceremony (say, at the Chevra Kaddisha) or attend the burial of a relative. The second cluster usually involves children between the ages of eight and twelve. More often than not, I have found that these children would come to the funeral ceremony, but not attend the burial. And the third cluster usually involves children over the age of bar or bat mitzvah. In most cases, these children would attend both the funeral ceremony and the burial. Naturally, circumstances vary based on the family and on the situation. But nevertheless, I find these practices fascinating. I have found that we are often quicker to involve children in a funeral ceremony or bring them to a burial than we are to invite them to attend the Yizkor service.

Yizkor is the memorial service that is recited on Yom Kippur, as well as on the last day of each of the three major pilgrimage festivals – the 8<sup>th</sup> day of Pesach (7<sup>th</sup> day in Progressive communities), the 2<sup>nd</sup> day of Shavuot (1<sup>st</sup> day in Progressive communities), and Shemini Atzeret. Taken together with the mitzvah for yahrtzeit, the recitation of Kaddish on the anniversary of the death of a loved one, there are five times over the course of a year in which we are called to remember those loved ones, relatives and friends who have died.

Traditionally, the practice of reciting Yizkor, a prayer in which we ask God to remember the dear soul of our parents, partners, children and siblings, is offered just before the Torah is returned to the Ark. After a series of meditations and readings, each individual recites the yizkor passages appropriate to his or her situation. In asking God to remember the souls of our loved ones, we also commit to perpetuating the values that these people cherished by offering tzedakah, contributions to our community. Taking the Torah, the *chazzan* or *shallach tzibur* (prayer leader) takes the Torah into his/her arms, and recites a series of communal memorial prayers, for martyrs and congregants. The brief service concludes with the entire community reciting Kaddish together.

But not everybody attends Yizkor. True, the practice in Sefardic communities is that every person remains in the synagogue. But in Ashkenazic communities, the custom has been that unless one's parent has died, then a child should not remain in the synagogue during Yizkor. Rabbi Isaac Klein explains in his work, *A Guide to Jewish Religious Practice* that:

Many reasons have been given for this practice: lest we arouse the jealousy of those whose parents are dead; to prevent those who do not have to say yizkor from falling into the error of saying it by mistake, thus tempting fate; lest we be in the awkward position of remaining silent when those around us are worshipping.<sup>1</sup>

Klein also comments further, saying that although these ideas are superstitions, the customs nonetheless persist in many communities.

I find these superstitions unnecessarily fascinating. All year long, we encourage our children to attend synagogue. We're thrilled when we see them at Shabbat services. We're happy when they remain committed to the synagogue after celebrating Bar or Bat Mitzvah. We don't throw them out when the mourners recite Kaddish at the end of services. So what's the big deal? Why we are so willing to consider taking our children to a funeral and to a burial, when our children know that loved ones and friends, family members and community members have died, but believe we are perpetuating certain good by asking them to leave during Yizkor?

Such practices are inconsistent. Naturally, if a child is too young to sit during that portion of the service, a service that has a solemn, sobering and reflective mood associated with it, that child could be tended to outside of the synagogue. But what of the case of a teenager whose grandfather has died, a teenager who had a very special relationship with this grandfather. Fortunately, both parents are still alive. And a grandfather is not one of the relatives for whom you are halakhically required to say yizkor. Should this teenager have to leave the services?

Furthermore, throughout the year, we encourage our congregants to support one another during the highs and lows of their Jewish lives. We announce both the celebrations of baby naming, b'nei mitzvah, and weddings on the front page of our bulletin and we share the names of those congregants and non-members who have passed away when we list the names for whom we are observing shiva, Shloshim, and yahrtzeit. We chant Hallel on festivals together – such joyful singing is undertaken by all members of the community. We recite *y'hei sh'mei raba m'varach l'alam u'l'almei al'maya* in Kaddish in response to a mourner, knowing all too well that the time will come when we will find ourselves in mourning because the reality of becoming a mourner is inevitable. The point is that we are exposed to

<sup>1</sup> Rabbi Isaac Klein, *A Guide to Jewish Religious Practice*, p. 140.

death and to people in mourning throughout the year. Shouldn't it then be acceptable and recommendable for us to see, as Jews, that our family members and the members of our community are performing a loving and Jewish duty by memorialising those who are dear to them? Why should we turn away when others around us are fulfilling a mitzvah, a sacred obligation of love? Why should we turn away when there might be someone next to us, in the row behind us, or at a distance in the congregation, who might want a supportive word, a hug, a handshake?

Departing the synagogue during yizkor creates a hassle of noise and ruins the intended communal spirit of the services. Dr Ron Wolfson writes that during his childhood, the yizkor service was the most well attended service of Yom Kippur. And for children, it was considered to be break-time. But he argues:

These superstitions are just that--superstitions, *bubbemeises*. There is no legal requirement for those whose parents are alive to leave the service. In fact, many rabbis today suggest that everyone stay for Yizkor so that the entire congregation can offer the prayers for the martyrs of the Jewish people and offer moral support to friends and family who may be deeply touched by the memorial service. But, as with much of the folk religion, this custom is sure to continue in many communities.<sup>2</sup>

As Jews we have the responsibility of bringing forward a collection of traditions, rituals and values that continue to inform our lives as they guided the lives of our forbears. But as contemporary Jews we have the duty to examine our traditions and see when and how our customs can evolve. There is nothing frightening about Yizkor. There are only people, human beings, who are there to remember other human beings with love and respect. It should be our duty to support all those who gather in the synagogue for that service, to stay with closeness, to remain with deference, to acknowledge their loss, for one day our time will come, and we will want them to be nearby in our time of need.

2 [http://www.myjewishlearning.com/life/Life\\_Events/Death\\_and\\_Mourning/Burial\\_and\\_Mourning/Yizkor.shtml](http://www.myjewishlearning.com/life/Life_Events/Death_and_Mourning/Burial_and_Mourning/Yizkor.shtml)

## Beit Midrash Emanuel - New Program



The students of the Beit Midrash have started an exciting and innovative Hebrew Program – Mitkadem. This Prayer and Ritual program allows students to feel that they are successful no matter their level of ability. Students are able to work at their own level and are challenged by the program. The students response has been very positive – “I learned a lot and am very proud of what I accomplished” (Student – Year 4), “I was really focused and got a lot done” (Year 3). The program also gives the parents the opportunity to follow their children’s progress and to join them in the learning opportunity.

# Entering MISHKAN T'FILAH



*The Union for Progressive Judaism is pleased to provide a series of articles about our soon-to-be-published prayer book. This week, Rabbi Gersh Zylberman, of Temple Beth Israel in Melbourne, shares an overview of the unique layout and features of the Siddur*

One of the most challenging aspects of Jewish life today is finding inspiration in prayer. During the past 200 years or so, a series of prayer books have emerged in the Liberal and Reform Movements in Britain, in the Reform and Reconstructionist Movements of North America, and in the Conservative (Masorti) Movement, with the most recent addition being North America's Mishkan T'filah.

Mishkan T'filah contains several exciting innovations, including a beautifully clear layout. Throughout most of the book Hebrew prayer is found on the right side of the page. A transliteration lies to the left of the Hebrew and a faithful translation is found below. On the left-hand (facing) page, creative readings, connected to the themes of the Hebrew prayer can be found, either for congregational recitation or private reflection. Each page has a marginal apparatus that clearly indicates where the current prayer fits into the structure of the service as a whole, and there are brief explanatory footnotes throughout.

Mishkan T'filah is gender neutral in the English with respect to God and sensitive to gender when it comes to references to human beings. In general, the Hebrew prayers are at least as traditional as in our current Gates of Prayer, but in several cases more so.

Our World Union edition of Mishkan T'filah is anticipated to have all of the above innovations, plus several important differences from the original. For example, a number of Hebrew prayers will include more traditional passages (such as the full three paragraphs of the traditional Shema); references to the seasons will be sensitive to our location in the Southern Hemisphere; and there will be additional explanatory notes along the way.

Congregations in Australia, New Zealand, Asia and South Africa are now placing their orders for Mishkan T'filah, and we expect that the siddurim will be shipped in early 2010.

Individuals will have the opportunity to have dedications printed in the siddur, and major sponsors are also being sought. Dedication order forms will soon be available through your congregation.

We hope you will join in welcoming our movement's new siddur at the upcoming conference in Sydney in November 2009, and at the UPJ's 80th anniversary celebration in May 2010

**DO SOMETHING AMAZING ON SUNDAY**

**SEE A MOVIE AND SAVE LIVES!**  
IN AFRICA, MALARIA KILLS MORE CHILDREN THAN HIV AIDS  
A MOSQUITO NET SAVES LIVES!  
TO HELP: COME TO THE MOVIES

**WHERE:** THE RITZ CINEMA  
43-47 PAULS ST  
RANDWICK

**WHEN:** 6PM  
SUNDAY 13<sup>TH</sup> SEPTEMBER

**COST:** \$20  
EACH TICKET YOU BUY INCLUDES THE FILM AND PROVIDES A FAMILY WITH A MOSQUITO BED NET

**TO PAY:** GO TO THE UPJ WEBSITE  
[www.upj.org.au](http://www.upj.org.au)  
CLICK ON THE MOVIE FUNDRAISER 'PAY NOW' LINK AND YOU CAN PAY SECURELY VIA PAYPAL. TICKETS TO BE COLLECTED ON THE NIGHT

**HAVE A QUESTION:**  
EMAIL [tamar@upj.org.au](mailto:tamar@upj.org.au)

**Nothing But Nets.net**  
Send a Net. Save a Life.  
<http://nothingbutnets.org>  
in association with

**TAMAR**  
2009-2010  
Union for PROGRESSIVE JUDAISM

**Shabbat Tot**

A short and very noisy prayer service tailored for young children  
Parents and grandparents welcome

First Friday of the month  
5:00pm - 6:00pm  
Children aged 2 - 5

Next date:  
4 September

A story, craft activity and Kiddush follow the service

October: no Shabbat tot.  
Between Rosh Hashana and Yom Kippur there will be children's services and activities throughout the month of October



## Listening to children through play

Learn to use play and listening to understand children's emotions and build stronger relationships with them.

Facilitator: Lyndall Katz

For parents, stepparents, grandparents, carers, professionals who work with families and other adults who spend time with toddlers to school aged children.

Children's sense of safety and closeness develops through play. With added adult attention using these listening and playing skills, the connection children have with you, and with themselves, grows stronger.

Through the *Parenting by Connection* approach, learn how to use *Special Time* and *Playlistening* as tools for connecting and reconnecting with children. As their sense of safety and closeness grows, they will find ways to show you feelings they carry and issues that trouble them. Learn how to assist the children with their emotions and how to recover your own ability to play and listen well.

Lyndall Katz has been teaching the skills of listening to children for over 20 years.

Participants will get 7 booklets in the series *Listening to children*. You will be encouraged to practice the listening tools regularly between classes. Sharing those experiences will create a broad base for learning and mutual support. The format includes Listening Partnerships for participants to build support for yourself in doing this exciting work with your children.

### Introduction

A free introduction will be held at the Emanuel Synagogue 7 Ocean St, Woollahra: Wednesday 26 August 7pm - 9 pm

### Classes

Six nights: Wednesday 2 September to 7 October 7pm - 9pm

### Cost

7 Books in the series *Listening to Children* by Patty Wipfler from *Hand in Hand (nurturing the parent/ child connection)* Cost \$30.00

6 Classes Cost per class \$10.00 for members; \$12.00 for non-members

Book for the course by calling Emanuel Synagogue 02 9328 7833  
Any questions call Lyndall 0410 531 243 or [lyndallk@gmail.com](mailto:lyndallk@gmail.com)

Lyndall's work is based on:  
Hand In Hand [www.handinhandparenting.org](http://www.handinhandparenting.org)

Working to stimulate and support Zionist interest and activities in Progressive communities

Dear ARZA supporter,

We would like to put you in touch with articles and news items that we believe to be relevant to you as a religious Zionist. If you wish to give us feedback on these articles and/or tell us what other information you would like to receive from, and about, ARZA please email [arza@upj.org.au](mailto:arza@upj.org.au).

For all the latest ARZA news visit the website [www.arza.org.au](http://www.arza.org.au)

Faith and Fury

Well known Progressive Rabbi gives firsthand account of Haredi demonstrations in Jerusalem.

"I moved close to where the police and the demonstrators were in direct contact with each other. I heard the words that I feared and dreaded. These demonstrators, resplendent in their garments of 17th century Poland, opposed in every way to the Zionist state, screamed NAZI, NAZI into the faces of the young Israeli policemen."

To read the full article by Rabbi Stanley M. Davids please visit the arza website.

Israeli Movement for Progressive Judaism's Response to GLBT Shooting

The IMPJ's response to the recent shooting at a Tel Aviv gay and lesbian centre that killed two people and wounded at least 15 others.

"The Progressive Jewish communities in Israel bow their heads in sorrow for the loss of life and the pain of the wounded in the Saturday night shooting in the GLBT Community Centre in Tel Aviv. The possibility that this shooting was a hate crime is appalling and sends a shockwave through our communities. It serves as a reminder of the destructive forces of hate and incitement that sadly still exist in our society."

To read the IMPJ's full response please go to the following link:

<http://www.irac.org/NewsDetails.aspx?ID=210>



### **OPERA HOUSE PERFORMANCE**

**WHERE** Sydney Opera House Concert Hall  
**WHEN** Thursday 1 October from 8 - 11pm  
**WHO** Sunrise Performers of Cambodia Charity Concert  
**HOW** Tickets will be available at [sydneyoperahouse.com](http://sydneyoperahouse.com)  
A Reserve Seats \$89, B Reserve Seats \$59 - Booking fees will apply.

### **EXCLUSIVE PRE-PERFORMANCE RECEPTION**

(Limit of 350 tickets)

For those of you who might still have some cash under their mattress, there is a special Black Tie Pre-Performance Photo Auction Reception in the Northern Foyer of the Opera House at 6pm, where for \$300 per person you will enjoy Champagne, Wine, Beer, Canapés and have the opportunity to meet Ray Martin, our Master of Ceremonies and the special entertainers for the concert including, Kasey Chambers, Betsy Cole, Jane Rutter, and others yet to be named.

We will be auctioning some superbly photographed images of Sunrise Children, taken by acclaimed Czech photographer, Irena Moore, when she was in Cambodia.

Please note that A Reserve Seats for the Concert are included in the price of the Reception.

### **RECEPTION AND CONCERT BOOKINGS**

Telephone: 02 9250 7777 Fax: 02 9251 3943  
Online bookings: Box Office Online at [sydneyoperahouse.com](http://sydneyoperahouse.com)  
To book for the reception, enter the promotional code **SUNRISEVIP**.  
TTY: 02 9250 7347 (Bookings and information for the hearing impaired)  
Email: [bookings@sydneyoperahouse.com](mailto:bookings@sydneyoperahouse.com)  
Mail: Sydney Opera House Box Office, PO Box R239 Royal Exchange NSW 1225

## Special Events

### **Authentic Jewish Italian Cooking with Patrick Lumbroso**

Tuesdays, 1 & 8 September, 7:00pm-9:00 pm

Bookings: 9328 7833, space limited

Cost: \$20

Location given at time of booking

Learn how to make delicious, simple meals, quickly, with tasty ingredients and a minimal budget. For singles, couples, and chefs of all levels from novice to gourmet!

### **Listening to Children through Play with Lyndall Katz**

Wednesdays, 2 September to 7 October

Cost: \$10.00 for members, \$12.00 for non-members

Bookings: 9328 7833

More information: 0410 531 243 or lyndallk@gmail.com

A six week course for parents and other interested adults. Learn tools of play to keep building connection with your children and rediscover your own sense of play.

### **Selichot: *The Gates are Closing*, a play by Merle Feld**

Saturday 12 September, 9:00pm - midnight

A moving reading of a highly evocative and powerful play which follows eight characters as they grapple with issues of identity, meaning, loyalty, betrayal, repentance and forgiveness on this most somber of days. Followed by discussion, refreshments and our Selichot service.

## Adult Education

### **An Insight into the High Holy Days**

Thursdays 3, 10 & 17 September, 7:30pm - 9:00pm

An introduction into the most important themes of Rosh Hashanah and Yom Kippur, including repentance (t'shuvah), prayer (t'filah) and charity (tz'dakah). A program guaranteed to add meaning to your High Holy Day experience.

## Arts and Culture

### **Sunday Cinema**

Presented by the Emanuel Synagogue Cultural Fund  
First Sunday of every month

6 September, 4:00pm – 6:00pm

A selection of new and award winning films from Israel with stimulating post entertainment dialogue.

### **People of the Book Club**

Presented by the Emanuel Synagogue Cultural Fund  
13 September, 4:00pm - 5:30pm

*My Name is Asher Lev* by Chaim Potok

Explores the tension between the ultra-religious and secular world through the story of a Haredi man whose call is to be a contemporary artist.

## Havdalah on the Beach



Jewish renewal Havdalah at Bronte Beach led by Martin Yafe, Immanuel Suttner and Orna Triguboff. Martin Yafe, was a guest musician and inspirational teacher at Emanuel Synagogue, visiting from Argentina. As the sun set and the stars appeared in the sky a circle of 20 people sang, prayed, told stories and listened to the sounds of the waves.

## From our Executive Director

There is a familiar Leo Rosten story which tells of a group of Russian soldiers which was recruiting 'volunteers' for the Czar's army. They came across a barn that was used for target practice and found, to their astonishment, that every shot was a bull's eye. They rushed to the nearest town, a shtetl, and asked who owned the barn and where they might find the amazing sharpshooter.

"Nu, that's Shepsl's barn," the tailor told them, "but you ought to know that Shepsl's well, he's a bit meshuggah..."

"That's not my concern," the recruiter replied; "we need sharpshooters in our army!"

"You don't get it" the tailor said. "A real sharpshooter draws the target first and then shoots. But Shepsl ..."

This parable aptly describes what sometimes happens in the budgeting process. Like the sharpshooter, we always need to be as accurate as possible when making our projections and creating a budget. Indeed every year our finance committee works diligently and responsibly to draft a balanced budget that will guide our spending for the year. But, like Shepsl, when unexpected expenses and revenue shortfalls cause us to miss our target, we have to move it.

This year, the impact of the global economic crisis on our community constrains us to move our target. Revenues from dues, fees, investments, and donations are all significantly down. At the same time, operating expenditures as well as the number of subsidy requests and total dollar assistance for memberships and tuition have increased significantly. In order for us to provide the high level of religious, educational, cultural and social action and social justice programming to which our congregants are accustomed, hold membership subscription fees constant, meet our operational expenses, and continue to award subsidies so that no one feels s/he cannot participate in our congregational family life, we must turn to you and ask for your voluntary donation to the synagogue.

As we approach our sacred holy days of Rosh Hashanah and Yom Kippur and affirm that through repentance, prayer and tzedakah we affect our fortunes in the year ahead, we encourage every family to direct their tzedakah to the synagogue by making as generous a contribution as they are able to our annual Kol Nidre campaign.

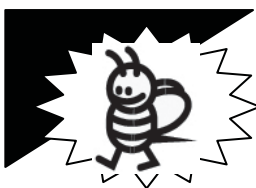
If you have already made your pledge, we are very grateful and thank you for your generosity. If you have not, please do not put it off any longer. Use the envelope in this newsletter to make your tax deductible contribution to the Temple Benevolent Association or to the Gerald de Vahl Davis School Building Fund. Or send a gift to Emanuel Synagogue, which, while not tax deductible, will serve to support our efforts to increase in both number and diversity.

Thank you for your generosity, and best wishes for a happy and a healthy New Year.

L'Shanah Tovah Tikatevu V'taihatemu! May you be inscribed and sealed for a good year!

Allan H. Glazerman

## Volunteers required



**HEAR THE  
BUZZ?????**

It's the sound of the working bee!!

On Sunday 13 September (five days before Rosh Hashanah) we will be having a 'working bee' to clean everything, polish silverware and shine woodwork in preparation for the High Holy Days.

Come and join us and help make your synagogue sparkle and shine for the New Year. Coffee, tea and honey cake provided.

Time: 10.30am – 12.00noon

### WE CAN REDUCE YOUR MORTGAGE PAYMENT

Please call us if you want to:

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| <input type="checkbox"/> Save Money                            | <input type="checkbox"/> Create Wealth       |
| <input type="checkbox"/> Buy a new property                    | <input type="checkbox"/> Release Equity      |
| <input type="checkbox"/> Maximise Borrowings                   | <input type="checkbox"/> Save Tax            |
| <input type="checkbox"/> Secure loan before you buy            | <input type="checkbox"/> Hassle Free Service |
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## HIGH HOLY DAY MACHZORIM

Enhance your enjoyment of the Services by purchasing a copy of the 'Gates of Repentance' for the Progressive Service or *Sim Shalom Machzor for High Holy days* for the Masorti Services for each member of your family.

We have a very limited number for 'loan' of Machzorim and urge you to get your own copy and bring it with you to services.

PLEASE MARK YOUR MACHZOR CLEARLY.

Cost \$55 per copy

Please call the synagogue office on 9328-7833 to order your copy.

## HIGH HOLY DAY TRAVELLERS AND HOSPITALITY

If you will be away over the Yamim Nora'im please contact Belinda so that your seats can be allocated to a visitor to our congregation.

\*\*\*\*\*

If you are a visitor to our community and would like to join a family in celebrating Rosh Hashanah or to break the Fast after Yom Kippur, just call Belinda and she will try to arrange hospitality for you.

\*\*\*\*\*

If you are entertaining family and friends, have room at your table and would like to host someone, please contact us.

Thank you in advance for fulfilling this mitzvah.

## REMINDER

The deadline for submitting the names of your loved ones to be included in our 'Yizkor' Remembrance Book to be published for and used during the Yizkor (memorial) Service on Yom Kippur is 14 September 2009.

Forms are available on-line at:  
[www.emanuel.org.au/membook.doc](http://www.emanuel.org.au/membook.doc)

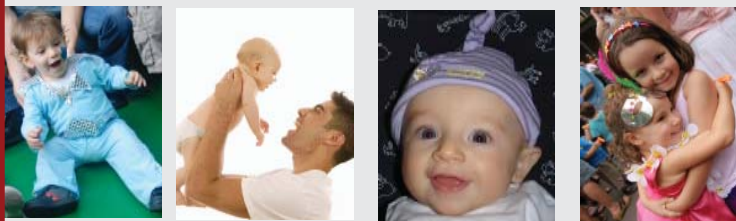


emanuel synagogue



# MyPlaySpace

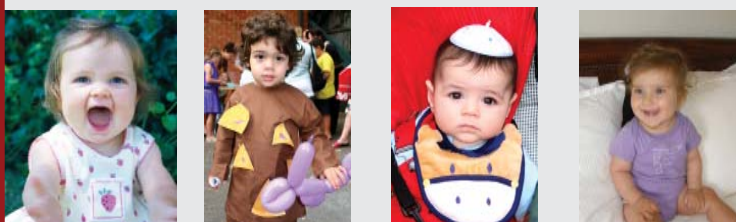
social networking for the under 3s



**What:** MyPlaySpace is a space for children 0 - 3 and their carers to meet, talk and play together.

**When:** Friday mornings during school terms.  
Term 3: 31 July - 11 September

**Time:** 10am - 12pm



# ילדים Yelladim!

**Every Shabbat, 10 - 11:45am**

An opportunity for your children to be vocal and have fun at synagogue

**Who:** All children, ages 5-9  
Younger children welcome with a parent  
\*Facilitated by inspirational, dynamic and creative youth leaders\*

**What:** Songs, prayers, Torah stories, games, food, and fun

**Where:** Emanuel Synagogue

**Why:** We love Shabbat and we love you!



## CALENDAR OF HIGH HOLY DAYS PROGRESSIVE SERVICES 2009/5770

Selichot	Sat 12 Sep	9:00 pm	Main Sanctuary, Woollahra
Cemetery Visit	Sun 13 Sep	11:30 am	Rookwood <sup>1</sup>
	Sun 13 Sep	12:30 pm	Macquarie Park <sup>2</sup>
<b>ROSH HASHANAH</b>			
EREV FIRST DAY	Fri 18 Sep	6:00 pm	Main Sanctuary, Woollahra
FIRST DAY MORNING SERVICE (no shofar)	Sat 19 Sep	10:00 am	
*EREV SECOND DAY SERVICE	Sat 19 Sep	6:00 pm	NCJW Council House
*SECOND DAY MORNING SERVICE	Sun 20 Sep	8:30 am	
Tashlich	Sun 20 Sep	1:00 pm	Centennial Park, Model Yacht Pond, York St
<b>YOM KIPPUR</b>			
KOL NIDREI	Sun 27 Sep	6:00 pm	Main Sanctuary, Woollahra
YOM KIPPUR	Mon 28 Sep		
Shacharit		11:00 am	
Mincha		2:00 pm	
Study Session		4:00 pm	
Yizkor		4:45 pm	
Ne'ilah		5:30 pm	
Havdalah		after 6:34 pm	
<b>SUKKOT</b>			
EREV FIRST DAY SUKKOT SERVICE	Fri 2 Oct	6:00 pm	Main Sanctuary, Woollahra
FIRST DAY MORNING SERVICE	Sat 3 Oct	10:00 am	
*SECOND DAY MORNING SERVICE	Sun 4 Oct	9:00 am	Neuweg Sanctuary, Woollahra
*HOSHANAH RABAH MORNING SERVICE	Fri 9 Oct	6:30 am	
<b>SHEMINI ATZERET</b>			
MORNING SERVICE (YIZKOR)	Sat 10 Oct	10:00 am	Main Sanctuary, Woollahra
<b>SIMCHAT TORAH</b>			
EVENING SERVICE	Sat 10 Oct	6:30 pm	Main Sanctuary, Woollahra
*MORNING SERVICE	Sun 11 Oct	9:00 am	Neuweg Sanctuary, Woollahra

\* Progressive Congregants are welcome to these Masorti services.

## CALENDAR OF HIGH HOLY DAYS MASORTI SERVICES 2009/5770

Selichot	Sat 12 Sep	9:00 pm	Main Sanctuary, Woollahra
Cemetery Visit	Sun 13 Sep	11:30 am	Rookwood <sup>1</sup>
	Sun 13 Sep	12:30 pm	Macquarie Park <sup>2</sup>
<b>ROSH HASHANAH</b>			
EREV FIRST DAY	Fri 18 Sep	6:00 pm	Main Sanctuary, Woollahra
FIRST DAY MORNING SERVICE	Sat 19 Sep	8:30 am	NCJW Council House
EREV SECOND DAY SERVICE	Sat 19 Sep	6:00 pm	NCJW Council House
SECOND DAY MORNING SERVICE	Sun 20 Sep	8:30 am	
Tashlich	Sun 20 Sep	1:00 pm	Centennial Park, Model Yacht Pond, York St
<b>YOM KIPPUR</b>			
KOL NIDREI	Sun 27 Sep	6:00 pm	NCJW Council House
YOM KIPPUR	Mon 28 Sep		
Shacharit		9:00 am	
Yizkor		around 11:00am	
Musaf		around noon	
Mincha		2:00 pm	
Study Session		4:00 pm	
Ne'ilah		5:30 pm	
Havdalah		after 6:34 pm	
<b>SUKKOT</b>			
EREV FIRST DAY SUKKOT SERVICE	Fri 2 Oct	6:00 pm	Main Sanctuary, Woollahra
FIRST DAY MORNING SERVICE	Sat 3 Oct	9:00 am	Neuweg Sanctuary, Woollahra
SECOND DAY MORNING SERVICE	Sun 4 Oct	9:00 am	
HOSHANAH RABAH MORNING SERVICE	Fri 9 Oct	6:30 am	
<b>SHEMINI ATZERET</b>			
MORNING SERVICE (YIZKOR)	Sat 10 Oct	9:00 am	Neuweg Sanctuary, Woollahra
<b>SIMCHAT TORAH</b>			
EVENING SERVICE	Sat 10 Oct	6:30 pm	Main Sanctuary, Woollahra
MORNING SERVICE	Sun 11 Oct	9:00 am	Neuweg Sanctuary, Woollahra

<sup>1</sup> Meet at Jewish Cemetery office

<sup>2</sup> Meet at Ohel Chayyim

## CALENDAR OF HIGH HOLY DAYS RENEWAL SERVICES 2009/5770

Selichot	Sat 12 Sep	9:00 pm	Main Sanctuary, Woollahra
Cemetery Visit	Sun 13 Sep	11:30 am	Rookwood <sup>1</sup>
	Sun 13 Sep	12:30 pm	Macquarie Park <sup>2</sup>
<b>ROSH HASHANAH</b>			
*EREV FIRST DAY	Fri 18 Sep	6:00 pm	Main Sanctuary, Woollahra
FIRST DAY MORNING SERVICE	Sat 19 Sep	9:00 am	Neuweg Sanctuary
*EREV SECOND DAY SERVICE	Sat 19 Sep	6:00 pm	NCJW Council House
*SECOND DAY MORNING SERVICE	Sun 20 Sep	8:30 am	
Tashlich	Sun 20 Sep	1:00 pm	Centennial Park, Model Yacht Pond, York St
<b>YOM KIPPUR</b>			
KOL NIDREI	Sun 27 Sep	6:00 pm	Neuweg Sanctuary, Woollahra
Yom Kippur chanting		7:30 pm	
YOM KIPPUR	Mon 28 Sep		
Shacharit		11:00 am	
Meditation		1:00 pm	
Meditation		2:00 pm	
Bibliodrama		3:00 pm	
Study Session		4:00 pm	Main Sanctuary, Woollahra
*Yizkor		4:45 pm	
*Ne'ilah		5:30 pm	
Havdalah		after 6:34 pm	
<b>*SUKKOT</b>			
EREV FIRST DAY SUKKOT SERVICE	Fri 2 Oct	6:00 pm	Main Sanctuary, Woollahra
FIRST DAY MORNING SERVICE	Sat 3 Oct	9:00 am	Neuweg Sanctuary, Woollahra
SECOND DAY MORNING SERVICE	Sun 4 Oct	9:00 am	
HOSHANAH RABAH MORNING SERVICE	Fri 9 Oct	6:30 am	
<b>*SHEMINI ATZERET</b>			
MORNING SERVICE (YIZKOR)	Sat 10 Oct	9:00 am	Neuweg Sanctuary, Woollahra
MORNING SERVICE (YIZKOR)	Sat 10 Oct	10:00 am	Main Sanctuary, Woollahra
<b>*SIMCHAT TORAH</b>			
EVENING SERVICE	Sat 10 Oct	6:30 pm	Main Sanctuary, Woollahra
MORNING SERVICE	Sun 11 Oct	9:00 am	Neuweg Sanctuary, Woollahra

\* Renewal Congregants are welcome to these services although they are not in a Renewal style.

## CHILDREN'S SERVICES & ACTIVITIES 2009/5770

ROSH HASHANAH 2nd DAY MORNING SERVICE	Sun 20 Sep	10:00 am	Main Sanctuary, Woollahra
YOM KIPPUR	Mon 28 Sep	9:00 am	Main Sanctuary, Woollahra
SUKKOT: SUKKAH DECORATING & SERVICE	Fri 2 Oct	5:30 pm	The Sukkah at 7 Ocean St, Woollahra
SIMCHAT TORAH CHILDREN SERVICES	Sun 11 Oct	9:00 am	7 Ocean St, Woollahra



**Lew Levi**  
0412 442 344



**Tim Stern**  
0402 299 664

520 Old South Head Road Rose Bay NSW 2029  
Mobile: 9371 0277 www.ljlevi.com.au

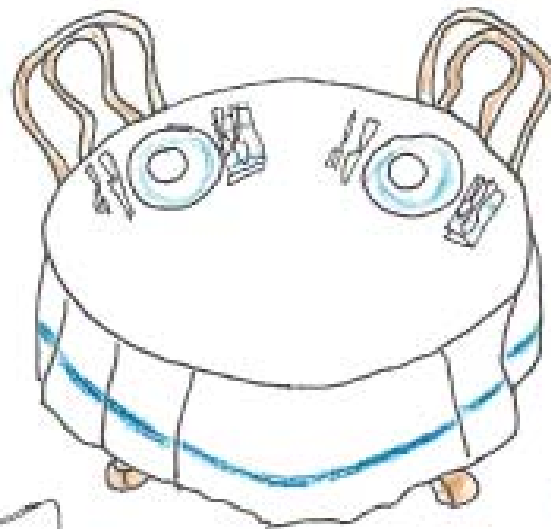


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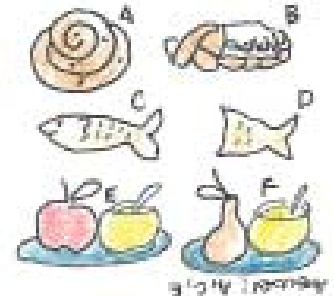
סוכת שנה

Anne Wolfson



Which foods will you place on the table for Rosh Hashanah?

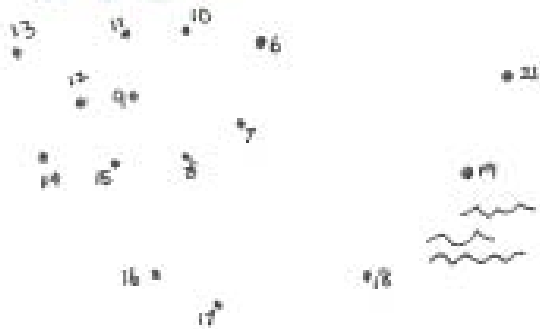
Can you draw them on the table?



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What are Rami and his dad trying to catch for their Rosh Hashanah dinner? Who caught it?



Which challah is different?

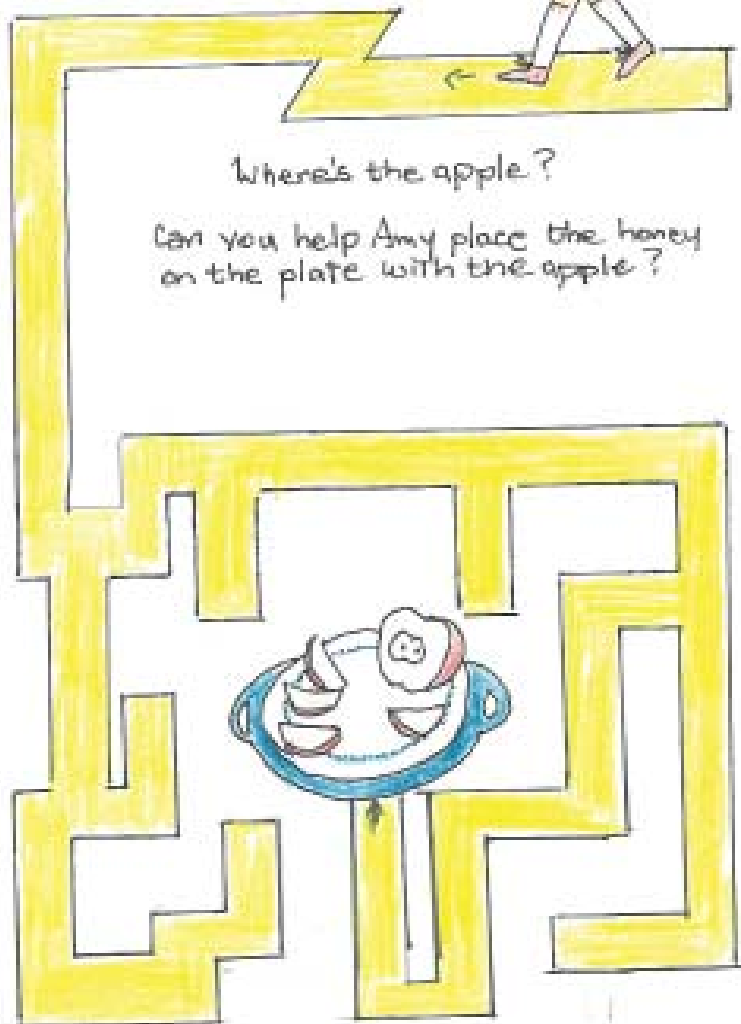


Answer: 2



Where's the apple?

Can you help Amy place the honey on the plate with the apple?



## Jessica Epstein



School: Kambala  
 Hobbies: Sport, swimming, reading  
 Pets: Rabbit-Benji  
 Dislikes: breakfast, cross country running

*My name is Jessica Epstein but Jess for short. When I am older I would like to study Medicine and travel. I love soccer and swimming and I play the cello. I really enjoy the Harry Potter books and movies and Pride and Prejudice. I love hanging out with my friends and family and I enjoy eating at the restaurant 21 in Double Bay. My favourite shop is Abercrombie and I love going to the beach. My favourite subjects are English, Science and History.*

*When I grow older I hope to become involved in helping Aboriginal people with their health problems.*

*I will remember my teacher Kim, his unique sense of humour and that we got along really well.*

## Rosie Singh

**School:** Moriah College

**Hobbies:** Soccer, kayaking, skiing, art and being with friends and family

**Any pets?** a miniature schnauzer named Stella

**Any dislikes?** Banana, honey, raisins, spiders, bees, caves and snakes

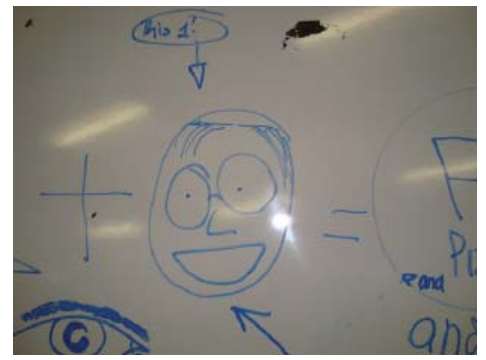
*I play soccer for Maccabi. I enjoy kayaking and skiing. I love being with my friends and family. I play the clarinet in the wind orchestra at school. I like doing activities or challenges which allow me to be creative. I have no idea of what I want to be when I grow up.*

*I'm interested in the work of international aid groups such as MSF and Oxfam. In the past I've donated some money to these organisations. I would like to continue to support these causes.*

*I will remember learning with my teacher Kim Gottlieb and learning with Rabbi Ninio. I found out that I could sing if I really had to!!! I also realised I had to do a lot more than my friends who didn't do their bat mitzvahs at Emanuel Synagogue but I feel that I got a lot more out of it.*



## Pizza with the Rabbi



Post b'nei mitzvah students having a great time enjoying *Pizza with the Rabbi*

## THOUGHTS

Last year I was honoured to have been asked to be your chazan for the High Holydays. It was one of the most remarkable spiritual experiences of my life, and I am thrilled to be returning this year to again share this time with you. My relationship with Emanuel Synagogue holds many memories and goes back many years. My parents have been members of Emanuel Synagogue since they arrived in Sydney decades ago, and were married there by Rabbi Brash. I was a barmitzvah student of Rabbi Fox and Cantor Deutsch. Rabbi Fox presided over my grandmother's funeral. And my wife Hannah and I were married in 2007 by Rabbi Kamins and Cantor Toltz.

As a classically trained opera singer, it is a rare gift to sing in a place where I have always felt loved and spiritually at home. The powerful and dulcet tones of Cantor Deutsch are still deeply engraved in my mind from when I was a chorister at Emanuel Synagogue. I mentioned him only a month ago when I was a guest speaker at the Jewish Music Institute's Cantorial Convention in London. From the viewpoint of opera singer, it was fascinating to listen and learn about the art of being a chazan from some of the greats in this field, as well as discuss the future of cantorial singing.

Since the last High Holydays, I have had several important



career highlights. I once again performed with Pinchgut Opera, as Joabel in Charpentier's David et Jonathas. To be in Sydney again for 6 weeks and reunited with my parents and family was such a joy: and for want of a better phrase, I still call Australia home. I have recently worked for The Royal Opera House Covent Garden on Weill's Seven Deadly Sins and for the English National Opera on Dido and Aeneas. I made my Queen Elizabeth Hall debut as Quinalt in Adriana Lecouvreur, have been invited back to the Lucerne Festival to once again work with legendary conductor Pierre Boulez, and will work in Israel for the first time later this year, singing Haydn's Nelson Mass on tour with the Israel Camerata.

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Email [info@emanuelpreschool.com.au](mailto:info@emanuelpreschool.com.au)  
Postal 7 Ocean Street Woollahra NSW 2025

## “MOSES AND THE ELDERS OF ISRAEL ASCENDED AND SAW THE GOD OF ISRAEL”

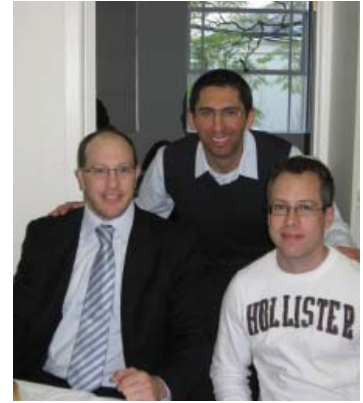
EXODUS 24:9-10



Torah-based study for all over 65.  
Join us on Monday mornings for study,  
conversation and tea.

Every Monday 10:00 - 11:30 am

**No charge!**



Dr Phil Stricker presented the males of the community with the chance to learn about Prostate Cancer, prevention and treatment. The Breakfast, held on the 23 July, raised money for Prostate Cancer research and the awareness of all who attended.



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**the Chessed Bereavement**  
**Program**

## Do you pride yourself on a well balanced financial portfolio

What about the most important investment of all, an investment in the future through medical research?

Your donation to the **Sir Zelman Cowen Universities Fund** will pay the highest dividends maintaining scientific research programs aimed at a healthier and happier future for you and your loved ones. Currently focused on funding research into the prevention and early diagnosis of Alzheimer's disease, the Sir Zelman Cowen Universities Fund has supported medical research at the University of Sydney and at the Hebrew University of Jerusalem for over 30 years.

**To add a healthier future to your portfolio, mail your tax-deductible donation by cheque or with Visa or Mastercard details to:**

The Sir Zelman Cowen Universities Fund  
University of Sydney F13 SYDNEY 2006  
or contact us on:

Tel: (02)9351 6558 Fax: (02)9351 6556  
Email: [szcuf@anatomy.usyd.edu.au](mailto:szcuf@anatomy.usyd.edu.au)



Visit us at: [www.szcuf.org.usyd.edu.au](http://www.szcuf.org.usyd.edu.au)

# Tai Chi and Rosh Chodesh Prayer

This special class will be called 'Tai Chi and Rosh Chodesh prayer'.

Every month, on the first Thursday, 6:30-8pm.  
Next two are on Sept 3rd, and October 1st..

It is a Jewish custom to pray once a month, on Rosh Chodesh and ask for the blessings for the new month.

The prayer includes a verse from Parashat Pekude, asking for VITALITY IN OUR BONES. (Chilutz Aztamot).

'May it be Your will... in this month... give us long life... and a life of vitality in our bones...' This prayer, based on the daily prayer of the Sage Rav (Berachot 16b), is familiar to us as the one we say on the Shabbat before Rosh Chodesh. In it, we ask for long life, material prosperity and spiritual success. How does *chilutz atzamot* (vitality in our bones) enter into this list of essentials?

The answer lies in the comment of Rabbi Elazar in our gemara that of all the blessings listed by the Prophet Yeshayahu as a reward for kindness to the poor, the most important one is: 'He will give vitality to your bones.' (Yeshayahu 58:11) .

The Hebrew word *etzem* means both essence and bone, because the bones are the very essence of one's ability

to function. We have created a special Tai Chi practice that takes us through relieving and releasing all of our bones, through joint mobility, circular energy patterns, spiral movements, meditative breathing and relaxation.



This practice will not only help us relieve stress and bring vitality to our bones, but also connect us spiritually to our own essence, uniting us with our creator.

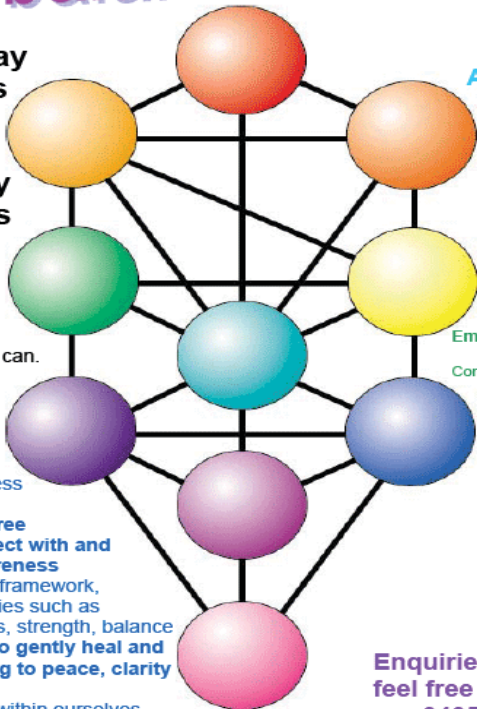
Thank you,  
Gad Levy

## Kabbalah Meditation

Wednesday evenings  
8pm  
+  
Thursday mornings  
8am

Term 2:  
15 April – 9 July  
Come when you can.

- come to stillness
- using the kabbalistic Tree of Life, connect with and develop awareness
- with a Jewish framework, develop qualities such as lovingkindness, strength, balance
- opportunity to gently heal and grow, opening to peace, clarity and joy
- feel harmony within ourselves, and between ourselves and life
- draw on weekly Torah parsha for spiritual development
- Jewish chanting



All welcome -  
beginners &  
experienced  
meditators.

Cost: \$20  
Emanuel Members: \$15  
Concessions available.

Facilitator:  
Sue Beecher  
psychologist,  
social worker,  
lecturer, author,  
meditation  
teacher.

Enquiries please  
feel free to call Sue  
0405 241 710

## OUR JEWISH STORY



A WEEKLY  
LOOK AT THE  
PARSHA AND  
THE UNFOLDING  
JOURNEY OF THE  
JEWISH PEOPLE

MONDAY  
6 - 7:15 PM  
BOARDROOM

**Selichot: Saturday 12 September, 9pm – midnight**

## **THE GATES ARE CLOSING**

**A play by Merle Feld**



**A moving reading of a highly evocative and powerful play which follows eight characters as they grapple with issues of identity, meaning, loyalty, betrayal, repentance, and forgiveness on this most somber of days.**

**Followed by discussion, refreshments and our Selichot service.**



## **An Insight Into the High Holy Days**

**Thursdays 3, 10 & 17 September  
7:30pm - 9:00pm**

An introduction into the most important themes of Rosh Hashanah and Yom Kippur, including repentance (t'shuvah), prayer (t'filah), and charity (tz'dakah).

A program guaranteed to add meaning to your High Holy Day experience.

