



## Chanukah and Mindfulness The Festival of Light

How can we connect our feelings about the fires ravaging the country to Chanukah - which begins on Sunday evening?

Chanukah is the Festival of Light yet the light of the fires is no reason to rejoice, however it is a time to reflect on our part in the process of tikkun olam, repairing the world. When we light the candles of Shabbat, the mystical Ari, of 16th Century Tsfat says, we raise ourselves up to a state of heightened spirituality and expanded consciousness.

When we light the candles of Chanukah, we bring spiritual light down into the material mundane world. That is, we are invited to bring the light of our lofty ideals into our lives in a real and tangible way. The light of our ideals is similar to a rainbow of colours, each person being drawn to a different aspect of tikkun olam so that we complement each other like the multi coloured coat that Joseph is given by his father Jacob in this week's Torah reading. In the lead up to Chanukah, it is time to reflect on what you are personally drawn to and how your unique hue adds to the betterment of society, in a big or small way.

The power of mindfulness is that it helps us be present to the moment and to its subtleties. The midrash teaches that there is the external light that we all see, and there is the hidden light, that is not obvious and that is only revealed when we are truly present to a situation. As we prepare to light the candles of Chanukah, can we bring the light of our ideals into this world in a new way? With each night of Chanukah, can we increase the light we bring, making the rainbow of each person's light shine even stronger? This year we are offering 8 daily meditations during Chanukah online, if you would like to receive them, feel free to email me:

[orna@emanuel.org.au](mailto:orna@emanuel.org.au).

*Blessings for a peaceful and inspired Shabbat,*

Rabbi Dr Orna Triguboff

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*Thank you to the Kerlander family for sponsoring the Masorti kiddush.  
Thank you to the Droga family for sponsoring the Progressive kiddush.*

### MAZAL TOV

**Charlie Kerlander** on his **Bar Mitzvah**  
(*New Sanctuary*)

**Joel Droga** on his **Bar Mitzvah**  
(*Heritage Sanctuary*)

**CANDLE LIGHTING**  
Friday 7:46pm  
Saturday 8:23pm

**TORAH** (page 226)  
Genesis 37:1 - 40:23

**HAFTARAH** (page 246)  
Amos 2:6 - 3:8

### SHABBAT SERVICES

#### Erev Shabbat

- 6:15pm *Shabbat Live by the Sea*  
(*Bondi Beach park*)
- 6:15pm Erev Shabbat service  
(*New Sanctuary*)

#### Shabbat Morning

- 9:00am -  
Masorti service  
(*New Sanctuary*)
- 10:00am -  
Progressive service  
(*Heritage Sanctuary*)

## IN CONVERSATION WITH IAN ANDERSON AO & ROBERT GRIEW

Join us for the first *In Conversation* of 2020

What can our community do to support  
reconciliation & recognition?



February 2nd from 5:00pm to 6:30pm

**Professor Ian Anderson** was one of the group of three first Aboriginal medical graduates in Australia, had a career as a doctor and administrator in Aboriginal controlled health services, then in the Commonwealth Office for Aboriginal and Torres Strait Islander Health. He was subsequently the Foundation Chair, Indigenous Higher Education and Pro Vice-Chancellor (Engagement) at the University of Melbourne. He is currently the Deputy CEO of the National Indigenous Australians Agency in the Commonwealth Government, making him the most senior Indigenous public servant in the federal government.

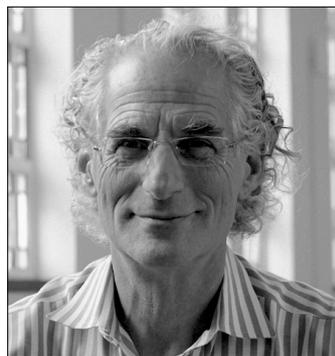
His family are Palawa Trowerna from the Pyemairrenner mob in Tasmania, which includes Trawlwoolway and Plairmairrenner and related clans.

**Robert Griew** is a management consultant, working mostly on health, education and Indigenous assignments. He has a long history working in social justice areas, with communities impacted by disadvantage and in government as a leader in these policy areas. He was the first head of the Office for Aboriginal and Torres Strait Islander Health in the Commonwealth government, the Director-General of the NT Department of Health and Community Services, has consulted extensively to Aboriginal community sector organisations and has worked extensively with Professor Anderson across several of these domains. He is also national President of the Australian Federation of AIDS Organisations and a member of Emanuel Synagogue.

Book now: [emanuel.org.au/event/reconciliation](http://emanuel.org.au/event/reconciliation)

## CHANUKAH KABBALAH INSPIRATIONAL EMAILS

From Rabbi Dr. Orna Triguboff during  
the eight days of Chanukah  
December 22-30  
to join please email [orna@emanuel.org.au](mailto:orna@emanuel.org.au)



*Rabbi Jeffrey B. Kamins OAM  
Arno & Hella Seefeldt Rabbinic Chair*



*Rabbi Jacqueline Ninio*



*Rabbi Rafi Kaiserblueth*



*Rev. Sam Zwarenstein  
Director of Communal Engagement*



*Cantor George Mordecai*



*Rabbi Dr. Orna Triguboff*

# WHAT'S ON

## **Conversations about Israel - Monday 10:00am to 11:30am**

Every Monday, join Rabbi Jeffrey Kamins or guest speakers to examine the complex issues facing contemporary Israel. Resumes on Monday 3 February 2020.

## **Morning Minyan - Mondays and Thursdays at 6:45am** (*Newweg*)

Come along each week for an intimate prayer service, a beautiful way to begin the day with intention and reflection. Resumes on 30 January 2020.

## **Lunch 'n' Learn - 8 February 2020**

Join us on the second Saturday morning of each month following Shabbat services. Rabbi Kamins will present of Judaism and the environment.

## **Tu' Bishvat - Celebrate Nature - Sunday 9th February from 4:00pm**

A chance to celebrate with all ages for the festival of trees and environment facilitated by Rabbis Nicole Roberts and Orna Triguboff at the Botanical Gardens Sydney.

Bring some afternoon tea to share. For details, please email [orna@emanuel.org.au](mailto:orna@emanuel.org.au)

## **Hebrew classes - beginners and intermediate start February 3rd from 6:00pm-7:00pm**

Give us one hour on a Monday and ten minutes a day and you will be able to read Hebrew!

## **HEALTH BRUNCH DEALING WITH ANXIETY & DEPRESSION**

**23 February 2020  
from 10:30am to 12:00 noon**

Join us for the first in our series of brunches on issues of concern regarding our health.

Our first speaker is **Dr Michela Sorensen** (B.Med, FRACGP) is a General Practitioner specialising in Mental Health, Women's and Children's Health and Rural Health. Michela believes that mental illness is one of the biggest health issues faced by society today, and that's why mental health awareness is the current focus of her community work. In any one year, around 1 million Australian adults have depression, and over 2 million have anxiety.

## **Please note:**

The Synagogue office will be closed from 23 December to 2 January. Shabbat services will be at regular times. In case of emergency, please call 0404 021 100.

## **Chanukah at the Beach**

**Sunday 29th December from  
4:00pm to 7:00pm**

Meet at Parsley Bay Beach.

Fun for all the family!

Bring a picnic dinner. We'll supply the sufganiyot!

# IN MEMORY

There are mourners in our community to whom we extend our sincerest sympathies on the death of their loved ones.

*Shiva:*

*Shloshim:* Gizela (Genia) Gottlieb, Cheyne Kuntsler, Alex Lips, Professor Colin Tatz, Nechama Miller, Lorraine Lambert, Surica (Rica) Lichtenstein

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This week we observe the Yahrzeits of (observed by):

\* Memorial Light

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**Elvira Adelstein** (Jennifer Adelstein)  
**Egon Auerbach** (Marsden Auerbach)  
**Gillian Ann Barg** (Philip Levy)  
**Morris Beanstock** (Anne Wolfson)  
**Bernice Bell** (Lyndall Katz)  
**Adolf Branner** (Danny Fischer)  
**Neil Bromberger** (Jennifer Solomon)  
**Gabriel Brown** (Steven Brown)  
**Isaac Chait** (Cyndi Freiman)  
**Aubrey Verner Colefax**  
(Megan Benjamin)  
**Clinton Coppel** (Kevin Coppel,  
Valerie Coppel, Shauna Corne)  
**Siegbert Daniel** (Jessie Daniel)  
**Susanna Denes** (Anita Calcutt)  
**Cantor Michael Deutsch** (Irene Deutsch)  
**Mark Engelman** (Ilana McCorquodale)  
**Azio Enis** (Joseph Enis)  
**Franc Epstein** (Agnes Spencer)  
**Charles Feldman** (Jacqueline Dale)  
**Lenore Flaxman** (Judith Simons)  
**Myrna Freed** (Peter Freed)  
**Rae Goldstein** (John Goldstein)  
**Andre Leon Haski** (Roberta Haski,  
Caroline Haski, Danielle Haski)  
**Emil Hilton** (Andrew Hilton,  
Michelle Hilton)  
\* **Julia Isaacs**  
**Esther Jessup** (Steve Rubner)  
**William Kadison** (Aileen Kadison,  
Donna Moses)

**Jonathan Kahan** (Benjamin Isaacs)  
**Jane Kohn** (Rachael Kohn)  
**Peter Komesarook** (Minnie Shaul)  
**Solomon Levis** (Neva Sperling)  
**Rosa Lewin** (Miriam Lewin)  
**Eva Long** (Madeline Rosen)  
**Fanny Lusthaus** (Margaret Roden)  
**Geertruida Marshall** (Susan Nothman)  
**Gary Melman** (Michelle Blum)  
**Abigail Meyers** (David Meyers)  
\* **Leah Opit**  
\* **Charles Raymond**  
**Rodney Rosenblum** (Ginni Mansberg)  
**Isaac Sacks** (Beverly Sacks)  
**Seymour Schwartz** (Hannah Schwartz)  
\* **Hella Seefeldt** (Rabbi Jeffrey Kamins)  
**Hans Sholler** (Gary Sholler)  
**Bessie Gerty Slivkin** (Vivienne Nabarro)  
**Stanley Taylor** (Alan Taylor)  
**Philip Walters** (Joan Taylor)  
\* **Rosa Weinberger**  
**Ilse Witton** (Barbara Simon)  
**Stanford Wolf** (Judi Wolf)  
\* **Jacob Norman Wolfson**

**Shoah Remembrance:** Emil Vas was born in Crisana-Maramures, Romania in 1886 and lived there until he was murdered in Auschwitz, Poland during the Holocaust.