WHAT SHABBAT MEANS TO ME

Rochelle Schumer

I would like to share with you the very special new dimension that Shabbat has added to my life.

I own an executive search business and work 12 to 14 hours a day. But on Friday nights, as sundown approaches, I so look forward to stopping work to light my Shabbat candles. An aura of peace comes over me, like I've never known before. And for 25 hours, I have no stress. My computer is shut off, as are my phones, and I focus only on Shabbat. It is truly wonderful to have a day off!

One of my earliest and fondest memories of my childhood is that of my Bobba lighting "Shabbos candles." She would put a napkin on her head, and with her arms she would embrace the light from the candles, then she would cover her eyes and say the Shabbat prayer. As she opened her eyes, she had a special glow around her. Even now, when I light my candles, I feel her presence. And as I circle my arms around the candles, I feel that I am embracing her soul into my heart. "*L'dor Va'dor*," from generation to generation--by lighting candles, we protect this chain. We are the carriers of wisdom, not the first and not the last.

My Bobba would be proud!

Lighting candles is just the start. I love Shabbat so much, that on Fridays I often ask myself, "Is it dark yet, is it time for Shabbat?" I look forward with great anticipation to all of it: shutting down my office, cooking my chicken, lighting my candles and having my Shabbat wine. I love going to Shul to welcome the "Shabbat bride." On Shabbat day, I love attending Beginners Services with Rabbi Buchwald. This takes my mind off the pressures of work and family. Many of us exercise and go to the gym to relieve the stress and tension of our daily lives. Ask yourself, how many things in your life give you that release? For me, Shabbat is number one!

How special I feel when I light my candles! Thank you G-d for giving us this one day of rest and thank you Rabbi Buchwald for inspiring me to attend Shul and for sharing your passion for Judaism. No one reads and explains Torah like you do!

What does Shabbat mean to me? Peace. Serenity. Memories of the past and hope for the future. As the flames from the candles glow, a sense of pride comes over me. I did that. I made the lights of these candles dance.

Rochelle Schumer, a prominent and seasoned Search Consultant with over 25 years of experience, is the Co-Founder of R&L Associates, Ltd. a retained Executive Search firm. She has conducted a vast number of executive search assignments across multiple industries throughout the United States, Asia and Europe. A native New Yorker, Rochelle has been attending the Beginners Service for the past 21 years.

CONGRATULATIONS AND MAZAL TOV

MARRIAGES

Emunah (Luwam) Samuel and Dr. David Friedman
Miriam Goldberg and Jeffrey Klaben
Mazal Tov to parents Robin and Neil Goldberg
Ann Crane and Rudolph Lowy
Margalit Salig and Josh Mogilner
Mazal Tov to parents, Michelle and Eli Salig
Ariella (Alexandra Sasha) Vasina and Roee Nachmani

BIRTHS

Daniella and Sam Schertz, on the birth of a daughter, Raizel Bracha
Mazal Tov to grandparents, Michelle and Eli Salig
Judy and Jonathan Rosen on the birth of a daughter, Yaffa
Fei Lu Fang and Roger Wu on the birth of a daughter, Aria
Sara and Dr. Aryeh Shapiro, on the birth of a daugher, Riva Odelia on August 13, 2017
Mazal Tov to grandparents, Fay and Neal Shapiro
Serach and Elyada Deutsch, on the birth of twin daughters, Annaelle Tzvia and Prielle Leah, in May 2017
Mazal Tov to grandparents, Wendy and Dr. Seymour Gottlieb
Shoshana and Mark Gottlieb, on the birth of a daughter, Halleli Esther in November 2017
Mazal Tov to grandparents, Wendy and Dr. Seymour Gottlieb
Rivkah and Baruch Goldberg, on the birth of a daughter, Shoshana
Mazal Tov to grandparents, Menachem (Morty) Goldberg and his late wife, Shelley

SPEEDY RECOVERY

Roslyn Dickens, *Raizl bat Basha*
Geraldine Katz, *Gershona Yehudit bat Rachel*
Rabbi Dr. Mordechai Reich, *Mordechai Menashe ben Henya Ruchama*
Susan Seltzer, *Rashka Ita bat Raizel*
Louis Vynerib, *Elazar HaCohen ben Malka*

CONDOLENCES

Chana Gilman, on the loss of her mother, Sylvia Papock
Barbara Goodstein, on the loss of her father, Michael Goodstein

TODAH RABBAHS

The LSS Dinner Journal Ad Committee: Deborah Bendheim, Tova and Assaf Alster, and Chaviva Warner. Thanks to all the generous donors.

CONGRATULATIONS

Ariela Cohen, one of the first female tank instructors in the IDF
Mazal Tov to parents, Nancy Jacobs and Leonard Cohen

***TZETCHEM L'SHALOM*: TO LIVE OR STUDY IN ISRAEL**

Helen Berman, daughter of Eve Goldberg and Andrew Berman, on making Aliyah
Allen Krulwich, studying in Yeshiva in Israel

SCHEDULE OF SERVICES

Sun September 9, 2018 - 29th of Elul
EREV ROSH HASHANA
Selichot/Morning Services . . . . . 6:00 & 7:30 AM
Light Candles . . . . . 6:58 PM
Mincha/Maariv . . . . . 7:00 PM

Mon September 10, 2018 - 1st of Tishrei
ROSH HASHANA
Main Sanctuary & Ballroom . . . . 7:45 AM
Beginners . . . . . 9:00 AM
Tashlich . . . . . 6:00 PM
Mincha . . . . . 6:55 PM
Beginners Mincha . . . . . 6:55 PM
Yom Tov Candlelighting . . .after 7:56 PM
Maariv . . . . . 7:57 PM

Tue September 11, 2018 - 2nd of Tishrei
ROSH HASHANA
Main Sanctuary & Ballroom . . . . 7:45 AM
Beginners . . . . . 9:00 AM
Mincha . . . . . 6:50 PM
Maariv . . . . . 7:55 PM

Wed Sept 12, 2018 - 3rd of Tishrei
TZOM GEDALIAH
Fast Begins . . . . . 7:45 AM
Selichot/Morning Services . . . . . 6:20 & 7:15 AM
Mincha & Maariv . . . . . 6:45 PM
Fast ends . . . . . 7:42 PM

Thu Sept. 13, 2018 - 4th of Tishrei
Selichot/Morning Services . . . . . 6:30 & 7:15 AM
Mincha & Maariv . . . . . 6:50 PM

Fri Sept. 14, 2018 - 5th of Tishrei
Selichot/Morning Services . . . . . 6:30 & 7:15 AM
Candlelighting . . . . . 6:49 PM
Mincha/Kabbalat Shabbat . . . . . 6:55 PM

Sat Sept 15, 2018 - 6th of Tishrei
SHABBAT SHUVA *Vayeilech*
Morning Services . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 5:50 PM
Mincha . . . . . 6:20 PM
Shabbat Shuva Drasha . . . . . 6:45 PM
Ma'ariv/Shabbat ends . . . . . 7:48 PM

Sun Sept 16, 2018 - 7th of Tishrei
Selichot/Morning Services . . . . . 6:30 & 8:00 AM
Mincha & Maariv . . . . . 6:45 PM

Mon Sept. 17, 2018 - 8th of Tishrei
Selichot/Morning Services . . . . . 6:30 & 7:15 AM
Daily Mincha & Maariv . . . . . 6:45 PM

Tues Sept. 18, 2018 - 9th of Tishrei
EREV YOM KIPPUR
Selichot/Morning Services . . . . . 7:00 & 7:40 AM
Mincha. . . . . 1:45, 3:00 & 4:30 PM
Candlelighting . . . . . 6:43 PM
Fast begins . . . . . 6:43 PM
Kol Nidre . . . . . 6:45 PM

Wed Sept. 19, 2018 - 10th of Tishrei
YOM KIPPUR
Main Sanctuary & Ballroom . . . . 8:30 AM
Beginners . . . . . 9:00 AM
Mincha Main Sanctuary . . . . . 4:45 PM
Neilah . . . . . 6:15 PM
Ma'ariv/Yom Tov ends . . . . . 7:41 PM

Thu September 20, 2018 - 11th of Tishrei
Morning Services . . . . . 7:00 & 7:50 AM
Mincha/Ma'ariv . . . . . .6:45 PM

Fri September 21, 2018 - 12th of Tishrei
Candlelighting . . . . . 6:38 PM
Mincha/Kabbalat Shabbat . . . . . 6:40 PM

Sat September 22, 2018 - 13th of Tishrei
Ha'azinu
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 4:50 PM
Talmud & Bible Classes . . . . . 5:20 PM
Mincha . . . . . 6:20 PM
Ma'ariv/Shabbat ends . . . . . 7:36 PM

Sun September 23, 2018 - 14th of Tishrei
EREV SUKKOT
Morning Services . . . . . 7:10 & 8:30 AM
Candlelighting . . . . . 6:34 PM
Mincha/Maariv . . . . . 6:40 PM
Begin meal in Sukkah . . . after 7:24 PM

Mon September 24, 2018- 15th of Tishrei
SUKKOT
Morning Services . . . . . 8:00 & 9:00 AM
Mincha . . . . . 6:40 PM
Yom Tov Candlelighting . . . after 7:32 PM
Ma'ariv and begin meal . . . after 7:33 PM

Tue September 25, 2018 - 16th of Tishrei
SUKKOT
Morning Services . . . . . 8:00 & 9:00 AM
Mincha . . . . . 6:35 PM
Maariv . . . . . 7:31 PM

Wed Sept 26, 2018 - 17th of Tishrei
CHOL HAMOED SUKKOT
Morning Services. . . . . 6:45 & 7:30 AM
Mincha & Maariv . . . . . 6:35 PM

Thu Sept 27, 2018 - 18th of Tishrei
CHOL HAMOED SUKKOT
Morning Services. . . . . 6:45 & 7:30 AM
Mincha & Maariv . . . . . 6:35 PM

Fri Sept 28, 2018 - 19th of Tishrei
CHOL HAMOED SUKKOT
Morning Services. . . . . 6:45 & 7:30 AM
Candlelighting . . . . . 6:26 PM
Mincha/Kabbalat Shabbat . . . . . 6:30 PM

Sat Sept 29, 2018 - 20th of Tishrei
CHOL HAMOED SUKKOT
Morning Services . . . . . 8:00 & 8:45 AM
Talmud & Bible Classes . . . . . 5:10 PM
Mincha . . . . . 6:15 PM
Ma'ariv/Shabbat ends . . . . . 7:25 PM

Sun Sept. 30, 2018 - 21st of Tishrei
HOSHANA RABA
Morning Services. . . . .6:15 & 8:00 AM
Candlelighting . . . . . 6:22 PM
Mincha & Maariv . . . . . 6:25 PM

Mon Oct 1, 2018 - 22nd of Tishrei
SHEMINI ATZERET
Morning Services. . . . . 8:00 & 9:00 AM
Mincha . . . . . 6:25 PM
Yom Tov Candlelighting . . . after 7:20 PM
Ma'ariv/Hakafot . . . . . .7:21 PM

Tues Oct 2, 2018 - 23rd of Tishrei
SIMCHAT TORAH
Morning Services . . . . . 7:00 & 8:30 AM
Mincha . . . . . 6:25 PM
Maariv . . . . . 7:20 PM

Wed Oct 3, 2018 - 24th of Tishrei
Morning Services . . . . . 7:10 & 7:50 AM
Mincha/Ma'ariv . . . . . 6:25 PM

Fri Oct 5, 2018 - 26th of Tishrei
Candlelighting . . . . . 6:14 PM
Mincha/Kabbalat Shabbat . . . . . 6:20 PM
Mincha/Kabbalat Shabbat . . . . . 6:45 PM

Sat Oct 6, 2018 - 27th of Tishrei
Bereshith
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 4:30 PM
Talmud & Bible Classes . . . . . 5:00 PM
Mincha . . . . . 6:00 PM
Ma'ariv/Shabbat ends . . . . . 7:13 PM
Daily Mincha & Maariv . . . . . 6:10 PM

Tue Oct 9, 2018 - 30th of Tishrei
ROSH CHODESH
Morning Services . . . . . 7:00 & 7:40 AM
Mincha/Maariv . . . . . 6:10 PM

Wed Oct 10, 2018 - 1st of Cheshvan
ROSH CHODESH
Morning Services . . . . . 7:00 & 7:40 AM
Mincha/Maariv . . . . . 6:10 PM

Fri Oct 12, 2018 - 3rd of Cheshvan
Candlelighting . . . . . 6:03 PM
Mincha/Kabbalat Shabbat . . . . . 6:05 PM

Sat Oct 13, 2018 - 4th of Cheshvan
Noach
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 4:15 PM
Talmud & Bible Classes . . . . . 4:45 PM
Mincha . . . . . 5:45 PM
Ma'ariv/Shabbat ends . . . . . 7:02 PM
Daily Mincha & Maariv . . . . . 6:00 PM

Fri Oct 19, 2018 - 10th of Cheshvan
Candlelighting . . . . . 5:52 PM
Mincha/Kabbalat Shabbat . . . . . 5:55 PM

Sat Oct 20, 2018 - 11th of Cheshvan
Lech Lecha
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 4:05 PM
Talmud & Bible Classes . . . . . 4:35 PM
Mincha . . . . . 5:35 PM
Ma'ariv/Shabbat ends . . . . . 6:51 PM
Daily Mincha & Maariv . . . . . 5:50 PM

Fri Oct 26, 2018 -17th of Cheshvan
Candlelighting . . . . . 5:42 PM
Mincha/Kabbalat Shabbat . . . . . 5:45 PM

Sat Oct 27, 2018 - 18th of Cheshvan
Vayera
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 3:55 PM
Talmud & Bible Classes . . . . . 4:40 PM
Mincha . . . . . 5:25 PM
Ma'ariv/Shabbat ends . . . . . 6:42 PM
Daily Mincha & Maariv . . . . . 5:40 PM

Fri Nov. 2, 2018 - 24th of Cheshvan
Candlelighting . . . . . 5:34 PM
Mincha/Kabbalat Shabbat . . . . . 5:40 PM

Sat Nov. 3, 2018 - 25th of Cheshvan
Chayei Sara
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 3:50 PM
Talmud & Bible Classes . . . . . 4:35 PM
Mincha . . . . . 5:20 PM
Ma'ariv/Shabbat ends . . . . . 6:33 PM
Standard time: move clocks back
Daily Mincha & Maariv . . . . . 4:35 PM

Thur Nov. 8, 2018 - 30th of Cheshvan
ROSH CHODESH
Morning Services . . . . . 7:00 & 7:40 AM
Mincha/Maariv . . . . . 4:30 PM

Fri Nov. 9, 2018 - 1st of Kislev
ROSH CHODESH
Morning Services . . . . . .7:00 & 7:40 AM
Candlelighting . . . . . 4:26 PM
Mincha/Kabbalat Shabbat . . . . . 4:30 PM

Sat Nov. 10, 2018 - 2nd of Kislev
Toldot
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:55 PM
Talmud & Bible Classes . . . . . 3:25 PM
Mincha . . . . . 4:10 PM
Ma'ariv/Shabbat ends . . . . . 5:25 PM
Daily Mincha & Maariv . . . . . 4:25 PM

Fri Nov. 16, 2018 - 8th of Kislev
Candlelighting . . . . . 4:20 PM
Mincha/Kabbalat Shabbat . . . . . 4:25 PM

Sat Nov. 17, 2018 - 9th of Kislev
Vayetzei
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:50 PM
Talmud & Bible Classes . . . . . 3:20 PM
Mincha . . . . . 4:05 PM
Ma'ariv/Shabbat ends . . . . . 5:19 PM
Daily Mincha & Maariv . . . . . 4:20 PM

Thur Nov. 22, 2018 - 14th of Kislev
THANKSGIVING DAY
Morning Services . . . . . 7:00 & 8:30 AM
Mincha . . . . . .4:20 PM

Fri Nov. 23, 2018 - 15th of Kislev
Candlelighting . . . . . 4:15 PM
Mincha/Kabbalat Shabbat . . . . . 4:20 PM

Sat Nov. 24, 2018 - 16th of Kislev
Vayishlach
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:45 PM
Talmud & Bible Classes . . . . . 3:15 PM
Mincha . . . . . 4:00 PM
Ma'ariv/Shabbat ends . . . . . 5:15 PM
Daily Mincha & Maariv . . . . . 4:20 PM

Fri Nov. 30, 2018 - 22nd of Kislev
Candlelighting . . . . . 4:12 PM
Mincha/Kabbalat Shabbat . . . . . 4:15 PM

Sat Dec. 1, 2018 - 23rd of Kislev
Vayeshev
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:45 PM
Talmud & Bible Classes . . . . . 3:15 PM
Mincha . . . . . 4:00 PM
Ma'ariv/Shabbat ends . . . . . 5:12 PM
Daily Mincha & Maariv . . . . . 4:15 PM

SAVE THE DATES
Special Events

Sukkot Shopping: Thurs., Sept. 20

Sukkah Party, Simchat Beit Hashoeva:
Thurs., Sept. 27, 7:00 PM
@ KJ Sukkah

Simchat Torah Celebration
Mon., Oct. 1, 7:20 PM

Intro To Bible Class Begins
8 Sessions
Tue., Oct. 9, 6:30 - 8:00 PM

Beginners Shabbat Luncheon - $25
Saturdays, 12:30 PM
Oct. 6, Nov. 3

Beginners Shmooze - Free
Mondays, 8:15 PM
Oct. 8, Nov. 5

Beginners Chanukah Shabbaton - $50
Fri.-Sat., Nov. 30 - Dec. 1

Chanukah Bash - $25: Wed., Dec. 5

BEGINNERS HIGH HOLIDAY SERVICES
at the Lincoln Square Synagogue
180 Amsterdam Avenue (68th St.)
Beit Midrash (2nd. Floor)

ROSH HASHANA
Sun., Sept. 9, 7:00 pm
Mon. & Tues., Sept. 10 & 11, 9:00 am
Mon., Sept. 10, 6:55 pm
Tues., Sept. 11, 6:50 pm with LSS

YOM KIPPUR
Tues., Sept. 18, 6:45 pm
Wed., Sept. 19, 9:00 am

Tickets
LSS Members $75, Non-Members $125