

BEGINNER'S ANGST

by Lisa Lauer

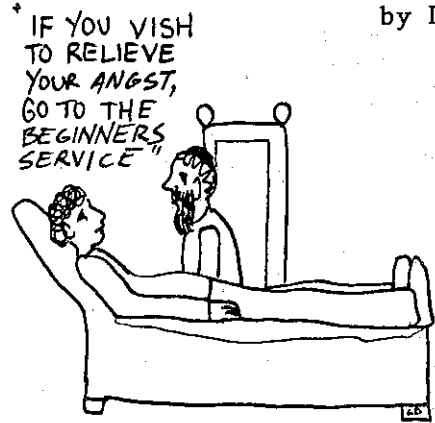
Today, angst is as common as household word as Roloids. The quintessential difference is that only one of them spells R E L I E F.

Existential philosophy describes angst as "the dread occasioned by man's realizations that his existence is open towards an undetermined future, the emptiness of which must be filled by freely chosen actions... Anxiety characterizes the human state which entails constant confrontation with possibility for decision with the concomitant burden of responsibility." Angst is basically a 20th century phenomena, since before this century, religious dogma and spirituality had always been the main focus of people's lives.

In Judaism, for example, the Haskala, or the enlightenment movement, rejected the traditional practice of religion, and a new secularized view emerged, calling for a more formidable and free lifestyle. The rejection of sacred doctrines and blind faith were easily rationalized by the new modern man: Man had a subliminal need to create God and religion in order to give reason to his being, and not necessarily vice versa. New ideas of evolution, progress and technology, became the enlightened man's answer to prayers. The Haskala too granted asylum for those who wanted to live the Shtetl life and assimilate freely in the modern world without a complete loss of identity.

The Haskala, therefore, let man determine the meaning of religion and God. Point in fact, Albert Einstein summed it up succinctly, "To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty, which our dull facilities can comprehend only in the most primitive forms this knowledge, this feeling, is at the center of true religiousness. In this sense, and in this sense only, I belong to the ranks of the devoutly religious man."

With the rise of these new feelings, God and the Bible became increasingly



insignificant, and angst started slowly but surely to creep into man's psyche. The separation between man and his inherent spirituality left him in an emotional abyss.

Here we are in 1990, and the New Age trend shows signs of people returning unabashedly to religion. I witnessed this as I visited for the first time the Beginners Service at Lincoln Square Synagogue, led by Rabbi Ephraim Buchwald. I would not doubt that heavy doses of introspection, or at least a quest for knowledge, had led most people to this room.

I came into the room as Rabbi Buchwald was reading the story of "The Life of Sarah". He captured my short attention span as he portrayed the biblical narrative with great wit and as a true-to-life soap opera. His references to camels as stretch limousines, power and wealth capturing a desert virgin, predestination as a poor excuse for lovers' ulterior motives, and feminism reigning supreme when Rebecca's consent is a necessity to the art of the deal, made the story come to life in a contemporary manner.

As the ancient story penetrated, I felt the contemporary feeling of angst quickly disappear.

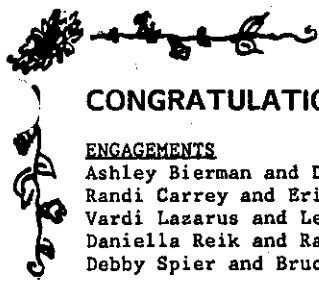
Lisa Lauer was a sales associate with Emanuel Ungaro, the fashion designer in N.Y.

SCHEDULE OF SERVICES

Friday, December 21	
Kindle Shabbat candles.....	4:14 p.m.
Mincha and Kabbalat Shabbat.....	4:25 p.m.
Shabbat, December 22 (VAYIGASH)	
Shabbat Morning services.....	8:45 a.m.
Talmud and Bible Classes.....	3:30 p.m.
Mincha.....	4:15 p.m.
Daily Mincha and Maariv.....	4:25 p.m.
Maariv only Mon-Thurs.....	6:20 p.m.
Tuesday, December 25th	
Morning services.....	7:15 and 8:30 a.m.
Mincha.....	
No Maariv only	
Thursday December 27th	
(Asarah B'tevet) Fast day	
Fast begins.....	6:05 a.m.
Morning services.....	7 & 7:30 a.m.
Mincha.....	4:15 p.m.
Fast concludes.....	5:06 p.m.
Friday, December 28	
Kindle Shabbat candles.....	4:18 p.m.
Mincha and Kabbalat Shabbat.....	4:30 p.m.
Shabbat, December 29th (VAYECHI)	
Shabbat morning services.....	8:45 a.m.

Talmud and Bible classes.....	3:30 p.m.
Mincha.....	4:15 p.m.
Daily Mincha and Maariv.....	4:30 p.m.
Maariv only Mon-Thurs.....	6:20 p.m.
Monday, January 1st New Year's Day	
Morning Services.....	7:15 & 8:30 a.m.
No Maariv only services	
Friday, January 4th	
Kindle shabbat candles.....	4:24 p.m.
Mincha and Kabbalat Shabbat.....	4:35 p.m.
Shabbat, January 5th (SHEMOT)	
Shabbat Morning services.....	8:45 a.m.
Talmud and Bible classes.....	3:40 p.m.
Mincha.....	4:25 p.m.
Daily Mincha and Maariv.....	4:35 p.m.
Maariv only Mon-Thurs.....	6:20 p.m.
Friday, Jan 11	
Kindle Shabbat candles.....	4:31 p.m.
Mincha and Kabbalat Shabbat Rosh Chodesh.....	4:40 p.m.
Shabbat Jan 12 (VAERA)	
Rosh Chodesh Shevat	
Shabbat Morning services.....	8:45 a.m.
Talmud and Bible Classes.....	3:45 p.m.
Mincha.....	4:30 p.m.

Daily Mincha & Maariv.....	4:40 p.m.
Maariv only Mon-Thurs.....	6:20 p.m.
Wednesday, January 16th	
Rosh Chodesh Shevat	
Morning Services.....	7 & 7:40 a.m.
Friday, Jan 18	
Kindle Shabbat candles.....	4:39 p.m.
Mincha and Kabbalat Shabbat.....	4:50 p.m.
Shabbat, Jan 19 (BO)	
Shabbat Morning services.....	8:45 a.m.
Talmud and Bible classes.....	3:55 p.m.
Mincha.....	4:40 p.m.
Daily Mincha and Maariv.....	4:50 p.m.
Maariv only Mon-Thurs.....	6:20
Monday January 21 Martin Luther King Day	
Morning Services.....	7:10 & 8:30
Friday, Jan 25	
Kindle Shabbat candles.....	4:47 p.m.
Mincha and Kabbalat Shabbat.....	5:00 p.m.
Shabbat, Jan 26 (BESHALACH)	
(SHABBAT SHIRAH)	
Morning Services.....	8:45 a.m.
Talmud and Bible classes.....	4:00 p.m.
Mincha.....	4:45 p.m.



**CONGRATULATIONS AND MAZAL TOV**

**ENGAGEMENTS**

Ashley Bierman and Dr. Judah Charnoff  
 Randi Carrey and Erik Mintz  
 Vardi Lazarus and Leonard Jacober  
 Daniella Reik and Rabbi Ari Korenblit  
 Debby Spier and Bruce Prince

**MARRIAGES**

Deborah Brooks and John Louge  
 Georganne Buckman and James Garfinkel  
 Claudine Cohen and Dr. Elliot Feit  
 Maura Freyer and Adam Ruskin  
 Rivkah Nagar and Howard London  
 Dr. Bella Schonfeld and Raymond Goldwater  
 Meagan Sele and Michael Levinson  
 Marsha Spivak and Curt Weinstein  
 Sarah Stambler and Shlomo Bar-Ayal

**BIRTHS**

Dr. Janice and Dr. Richard Bennet, on the birth of a daughter, Leah Gittel  
 Yaffa and Nachum Cohen, on the birth of a daughter, Sarah  
 Irene and David Disenhouse, on the birth of a daughter, Ariela Feigel Tzivia  
 Sharon and Steve Goodman, on the birth of a son, Aryeh David  
 Batya and Eddie Jacobs, on the birth of a daughter, Naomi Liora  
 Chana and Yeruchem Liebowitz, on the birth of a daughter, Chasya Nava  
 Kathye Simon and Aaron Baruch, on the birth of a daughter, Edda Simone  
 Sari and Greg Sholom, on the birth of a daughter, Rachel



**TZEITCHEM L'SHALOM** to live and/or study in Israel  
 Mark Ellman

**REFUAH SHELEMA**  
 Alice Eidus

**CONDOLENCES**

Dr. David Garbowit, on the loss of his beloved father, George Garbowit  
 Maurice Gluckstadt, on the loss of his beloved mother, Lottie Gluckstadt  
 David Landau, on the loss of his beloved father, Dr. Arthur Landau  
 Pam Title, on the loss of her beloved father, Harold Title

**CONGRATULATIONS**

Richard Bernstein, upon the publication of his acclaimed *Fragile Glory*

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 \* **Beginners Shabbat Luncheons** \*  
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 \* Jan 5, Feb 2, Mar 2 \*  
 \*  
 \* cost \$15 \*  
 \*  
 \* **Beginners Schmooze 8:15 PM** \*  
 \*  
 \* Jan 7, Feb 4, Mar 4 \*  
 \*  
 \* **Beginners Shabbaton** \*  
 \*  
 \* March 22 - 23 \*  
 \*  
 \* cost \$25 \*  
 \*  
 \* **Beginners Intermediate Party** \*  
 \*  
 \* Purim: Wed, Feb 27 \*  
 \*  
 \* cost \$20 \*  
 \*  
 \* Reserve the dates \*  
 \*  
 \* Details to follow \*  
 \*  
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**SCHEDULE OF SERVICES (continued)**

Daily Mincha & Maariv.....5:00 p.m.  
 Maariv only Mon-Thurs.....6:20 p.m.  
 Wed Jan 30  
 Tu B'Shevat  
 Friday, Feb 1  
 Kindle Shabbat candles.....4:56 p.m.  
 Mincha and Kabbalat Shabbat.....5:05 p.m.  
 Shabbat, Feb 2 (YITRO)  
 Shabbat Morning services.....8:45 a.m.  
 Talmud and Bible classes.....4:10 p.m.  
 Mincha.....4:35 p.m.  
 Daily Mincha and Maariv.....5:10 p.m.  
 Maariv only Mon-Thurs.....6:20 p.m.  
 Last week of Maariv only minyan  
 Fri, Feb 8  
 Kindle Shabbat candles.....5:04 p.m.  
 Mincha and Kabbalat Shabbat.....5:15 p.m.  
 Shabbat, Feb 9 (MISHPATIM) Shekalim  
 Haashkoma minyan.....7:45 a.m.  
 Shabbat Morning services.....8:45 a.m.  
 Talmud and Bible classes.....4:20 p.m.  
 Mincha.....5:05 p.m.  
 Daily Mincha and Maariv.....5:15 p.m.  
 Thursday Feb 14  
 Rosh Chodesh Adar  
 Morning services.....7 & 7:40 a.m.  
 Fri Feb 15  
 Rosh Chodesh Adar  
 Morning Services.....7 & 7:40 a.m.  
 Kindle Shabbat Candles.....5:13 p.m.  
 Mincha and Kabbalat Shabbat.....5:25 p.m.  
 Shabbat, February 16 (TERUMAH)  
 Shabbat morning services.....8:45 a.m.  
 Talmud and Bible classes.....4:30 p.m.  
 Mincha.....5:15 p.m.  
 Daily Mincha and Maariv.....5:25 p.m.  
 Monday, Feb 18th Washington's Birthday  
 Morning Services.....7:10 and 8:30 a.m.  
 Friday Feb 22  
 Kindle Shabbat Candles.....5:21 p.m.  
 Mincha and Kabbalat Shabbat.....5:30 p.m.  
 Saturday Feb 23 Tetzave  
 Shabbat Zacher  
 Haashkoma Minyan.....7:45 a.m.  
 Shabbat Morning services.....8:45 a.m.  
 Talmud and Bible classes.....4:35 p.m.  
 Mincha.....5:20 p.m.  
 additional reading of Parshat Zacher after Mincha  
 Daily mincha and maariv.....5:35 p.m.  
 Wednesday Feb 27  
 Fast of Esther  
 Fast begins.....5:22 p.m.  
 Morning services.....7:00 & 7:30 a.m.

Mincha.....5:25 p.m.  
 Maariv and Megillah reading.....6:15 p.m.  
 Thursday, Feb 28th  
 Purim  
 Morning services and megillah reading...6:30, 7:30 & 8:30 a.m.  
 additional megillah readings.....12:45 & 4:30 p.m.  
 Early Mincha.....5:15 p.m.  
 Regular Mincha.....5:35 p.m.  
 Synagogue Purim Seudah  
 Friday, March 1st  
 Shushan Purim  
 Kindle Shabbat Candles.....4:45 p.m.  
 Mincha and Kabbalat Shabbat.....5:29 p.m.  
 Shabbat, March 2 (KI TISSA)  
 Shabbat Morning Services.....8:45 p.m.  
 Talmud and Bible Classes.....4:45 p.m.  
 Mincha.....5:30 p.m.  
 Daily Mincha and Maariv.....5:40 p.m.  
 Friday, March 8th  
 Kindle Shabbat Candles.....5:37 p.m.  
 Mincha and Kabbalat Shabbat.....5:50 p.m.  
 Shabbat, March 9th (VAYAGRIIL/BEKUDE)  
 Parshat Parah  
 Haashkoma minyan.....7:45 a.m.  
 Shabbat Morning Services.....8:45 a.m.  
 Talmud and Bible Classes.....4:50 p.m.  
 Mincha.....5:35 p.m.  
 Daily Mincha and Maariv.....5:50 p.m.  
 Friday, March 15  
 Kindle Shabbat Candles.....5:45 p.m.  
 Mincha and Kabbalat Shabbat.....5:55 p.m.  
 Shabbat, March 16th (VAYIKRA)  
 Rosh Chodesh Nisan  
 Haashkoma Minyan.....7:40 a.m.  
 Shabbat Morning Services.....8:45 a.m.  
 Talmud and Bible Classes.....5:00 p.m.  
 Mincha.....5:45 p.m.  
 Daily Mincha Maariv.....6:00 p.m.  
 Friday, March 22nd  
 Kindle Shabbat Candles.....5:52 p.m.  
 Mincha and Kabbalat Shabbat.....6:00 p.m.  
 Shabbat, March 23rd  
 Shabbat morning services.....8:45 p.m.  
 Mincha followed by Shabbat Hagadol Discourse.....3:20 p.m.  
 Daily Mincha Maariv.....6:05 p.m.  
 Thursday March 28  
 Search for Chametz.....6:50 p.m.  
 Friday March 29th  
 morning services.....6:45 & 7:45 p.m.  
 The first born are invited to complete a Talmudic tractate after each service so that they may be able to eat on what would normally be a fast day for them.

The latest time to eat Chametz.....9:32 a.m.  
 The latest time to burn Chametz.....10:46 p.m.  
 Kindle Yom Tov Candles.....5:59 p.m.  
 Mincha and Kabbalat Yom Tov.....6:10 p.m.  
 Followed by the First Community Seder.....7:00 p.m.  
 Shabbat, March 10th  
 Yom Tov Morning Services.....8:45 p.m.  
 Daf Yomi.....5:15 p.m.  
 Mincha.....6:00 p.m.  
 Kindle Yom Tov candles after.....7:00 p.m.  
 Followed by the Second Community Seder.....7:30 p.m.  
 Sunday March 31  
 Yom Tov Morning Services.....8:45 a.m.  
 Daf Yomi.....3:25 p.m.  
 Mincha.....6:10 p.m.  
 Please remember to turn your clocks ahead Sunday evening.  
 Monday -Thursday  
 Chol HaMoed Morning Services.....7:00 & 7:40 a.m.  
 Mincha.....7:15 p.m.  
 Thursday April 4th  
 Please remember to make an Eruv Tavshilin  
 Kindle Yom Tov candles.....7:06 p.m.  
 Mincha and Kabbalat Yom Tov.....7:15 p.m.  
 Friday, April 5  
 Yom Tov Morning services.....6:20 p.m.  
 Kindle Shabbat Candles.....7:07 p.m.  
 Mincha and Kabbalat Shabbat.....7:20 p.m.  
 Shabbat, April 6th  
 Shabbat Morning services.....8:45 p.m.  
 Daf Yomi.....5:45 p.m.  
 Mincha.....6:45 p.m.  
 followed by Seudah Shleesheet Neilat HaChag.  
 Thursday, April 11th Yom Haashkeh  
 Friday April 12th  
 Kindle Shabbat Candles.....7:14 p.m.  
 Mincha and Kabbalat Shabbat.....7:25 p.m.  
 Shabbat, April 13th (SHEMINI)  
 Shabbat morning services.....8:45 p.m.  
 Daf Yomi at 5:45 p.m. followed by Talmud class at.....6:30 p.m.  
 Bible Class.....6:15 p.m.  
 Mincha.....7:15 p.m.  
 Daily Mincha Maariv.....7:25 p.m.  
 Sunday April 14th Rosh Chodesh Iyar  
 Morning Services.....7:00 & 8:30 a.m.  
 Monday April 15 Rosh Chodesh Iyar  
 Morning services.....7:00 & 7:40 a.m.  
 Wednesday April 17th Yom Zikaron  
 Thursday, April 18th Yom Haatzmaut  
 Morning services.....7:00 & 7:50 a.m.