HUMILITY AND RESTRAINT - MY GOALS FOR THE NEXT YEAR

by Jenny Hammerstein

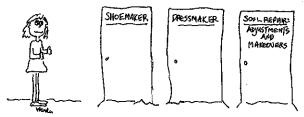
Rosh Hashana, the Day of Judgment, is the day on which G-d judges each of us. In preparation for this event, I've been giving some thought to my spirituality re I've come from and where I'm going. Until now I have focused on hg the visible aspects of Judaism - becoming shomer Shabbat, observing the laws of kosher, negiah, tzniut, etc. In fact, over the past few months these have all started to become almost second nature to me. I'm getting comfortable, but the inevitable question arises, "What next?" I started reading The Gates of Repentance, by Rabbi Yonah ben Avraham, and Hilchot Deot, by the Rambam, and two concepts have emerged as important for the next step of my spiritual growth.

First, there is my basic attitude towards each mitzvah. Until now I have been fairly strict with myself about Torah commandments and many rabbinic ones; yet, I feel that I have lacked an understanding of the power of each mitzvah and the proper awe necessary when performing them. In Avoth (Ethics of the Fathers) 2:1, we are warned to "Be heedful in regard to a lesser mitzvah as in regard to a greater one, for you do not know how mitzvot are rewarded." Rabbi Yonah, in The Gates of Repentance, explains further that the rewards for mitzvot are purposely not spelled out in the Torah so that people will be careful to observe all the mitzvot and not just those with the biggest pay-off. We must, therefore, assume that each mitzvah is of monumental importance, and we must remember this assumption when we perform a mitzvah.

This extends to Rabbinic commandments, as well. Rabbi Yonah wrote that observing the Rabbinic commandments displays fear of G-d because the intent of the "fences" put up by the sages was to prevent us from transgressing G-d's law. In fact, he notes, the punishment for transgressing the words of the sages is sometimes greater than that of transgressing the words of Torah because "one who transgresses the words of the sages does so out of the presumptiveness of his heart, as a result of his holding their mitzvot lightly; not because of his evil inclination's overpowering him [as in one who transgresses words of Torah], but because of his eyes having been blinded to the radiance of their words." For me, this clarifies what my relationship to Rabbinic law should be. I must have humility before the words of the sages. After all, do I have a better understanding of Torah than Rabbi Akiva or the Rambam or Rabbi Joseph Karo?

But the self assessment of Rosh Hashana is not only about my attitude toward, or observance of, mitzvot. I must also reflect on my character. By doing so, I find my second challenge for the coming year -- to eradicate anger from my heart. I considered myself to be the angry type because whenever I got angry, I felt ed I had thought that my anger was a righteous type of anger. The Rambam,

however, in Hilchot Deot, warns that the person who becomes angry "should school himself not to become angry even when it is fitting to be angry." So even if I feel my anger is justified, it is still an inappropriate response.



The Rambam explains further: "Therefore, [the sages] have directed that one distance oneself from anger and accustom oneself not to feel any reaction, even to things which provoke anger... This is the way of the righteous: They accept humiliation, but do not humiliate [others], they listen when they are shamed, but they do not answer, they do [this] with love and are joyous in their sufferings." Anger is to be completely uprooted from our hearts and is never justified -- even when we are underestimated, slandered, ignored, corrected, given an unfair burden, stood up, woken up in the middle of the night, made late for an appointment, misled...In fact, I often find that I become angry when I sense a slight to my pride. This shows that other people's opinions weigh more heavily on me at that moment than G-d's opinion -- and I have forgotten that G-d's approval is all I need. I may become angry because a situation I am in interferes with my agenda, but that's because I forget that G-d may have another agenda for me.

Rosh Hashana is an opportunity for me to re-align my own agenda with G-d's agenda for me. Maybe if I erase anger from my heart and have awe in the performance of all mitzvot, I will be a step closer to attaining that light and peace I see shining out of the eyes of wise old rabbis. I always see it and want it, but I can't quite grab hold of it. I'm trying to take the first steps. I know that if I prepare for Rosh Hashana in a proper manner and set my heart to making some progress towards holiness, G-d will help me by giving me strength and taking me a little further along my path of spiritual growth.

Jenny Hammerstein is a medical student at Yale University Medical School

CONGRATULATIONS AND MAZAL TOV

ENGAGEMENTS

Michelle Gould and John Stuart

MARRIAGES

Lisa Bernstein and Arthur Perl Jill Epstein and Jonathan Lamstein Valerie Ann Flenberg and Ted Schweitzer Ilana Hendlish and Erik Belkin Elizabeth Jauregui and Laurent Sberro Pamela Title and David Andelman



Annette and Dr. David Araten, on the birth of a girl, Ariella Naomi Raina and Neil Baim, on the birth of a boy, Liam Frederick Samuel Sarah Steinhardt and David Berman,

on the birth of a boy, Joshua

Rivka and Shia Cohen, on the birth of a boy, Uzziel Mazal Tov to grandfather Dr. Stuart Blaustein Heidi and Jeff Davis, on the birth of a boy, Yehuda Aharon

Amy Lemish and Tony Gittelson, on the birth of a girl, Rose Charlotte Mazal Tov to grandmother Natalie Gittelson Rachel and Rabbi Nathaniel Helfgot,

on the birth of a boy, Solomon David Mazal Tov to grandmother Dr. Rose Resnick Helfaot Sarah and Avraham Leib Kremyansky,

on the birth of a boy, Avraham Yehuda Dr. Elizabeth Konecky and Yaakov Kronfeld, n the birth of a boy. Matan Tuvia ne (Reeman) and Gary Miller,

in the birth of a boy, Noam Hillel Jolienne and Scott Rutter, on the birth of a boy,

Mazal Tov to grandparents Beverly and Gerald Pivawer Gail and Doug Schiller, on the birth of twins, Keren Shoshana Yael and Yonatan Asher Barbara and Marvin Schumer, on the birth of a girl, Esther Bayla Chaya and Rabbi Joseph Stansky, on the birth of a boy, Moshe Shimon Mazal Tov to grandfather Isaac Stansky Gail and Yuri Usher, on the birth of a girl, Hanna Rose

BAR/BAT MITZVAH

Binyamin Joshua Epstein Aliza Yocheved Greenbaum Ranit Patel

CONDOLENCES

Rena Bonne, on the loss of her mother, Genia Bonne Sandra Kim Hoffen, on the loss of her mother, Misoon Kim

Nancy Jacobs, on the loss of her mother, Evelyn Jacobs Sharon Janovic, on the loss of her father, Ronald Meltz

The family of Moshe (Michael) Liebert The family of Rusty Moslow The family of Iris Schoen

REFUAH SH'LEIMAH (SPEEDY RECOVERY)

Barry Diller Max Janovic Les Nelkin

CONGRATULATIONS

Susan & Dr. Chaim Banner and Batya & Zvi Fishman, who were honored by the Jewish Education Program of Queens.

Steve Eskin, on being featured in the Daily News.

Tracy Gerber, upon receiving her MSW.

Steve Reich, upon being named winner of the William Schuman Award of the Columbia University School of the Arts in recognition of his lifetime musical achievement.

THANK YOU

To Dr. Leonard Davidman for leading the Beginners Services during the summer.

HIGH HOLIDAY SERVICES

Rosh Hashana

Fri Sept. 29th 6:30 pm Sat and Sun Sept. 30th and Oct 1st 9:00 am Sat Sept. 30th 6:20 pm

Yom Kippur Sun Oct. 8th 6:15 pm Mon Oct. 9th 9:00 am

MOSHE (MICHAEL) LIEBERT

A much beloved member of the LSS Beginners Service, who never let chronic illness stop him from being upbeat and accomplishing mightily. Professionally, the discovering manager of Bette Midler and other "stars," his great achievement was serving as President of the Carlebach Shul during its period of greatest success.

MYRON (MIKE) GREENFIELD

An observant and knowledgeable member of LSS who frequently used to sit in on the Beginners Service, first in wonderment, and then serving as a wonderful resource for the poor Beginners rabbi

SCHEDULE OF SERVICES

	COLLEGE OF CHILLION	
Fri September 22, - 22nd of Elui	Fri October 13, - 14th of Tishrel EREV SUKKOT	Sat November 11, - 13th of Cheshvan Lech-Lecha
Morning Services 7:10 & 7:50 AM	Morning Services 7:10 & 7:50 AM	Daf Yomi
Candle Lighting	Candle Lighting	Bible Class 8:30 AM Morning Services 7:45, 9:00 & AM
	Begin Meal in Sukkah after 6:50 PM	Talmud & Bible Class
Sat September 23, - 23rd of Elul Nitzavim-Vayeilech	Ont Cataban 44 Afth of Tipher DUIVIOT	Mincha M
Daf Yomi 7:00 AM Bible Class 8:30 AM	Sat October 14, - 15th of Tishrel SUKKOT Morning Services	Shabbat Ends
Morning Services 7:45, 9:00 & 9:45 AM	Daf Yomi	·
Talmud & Bible Class	Mincha	Fri November 17, - 19th of Cheshvan
Mincha 6:30 PM Shabbat Ends 7:36 PM	Yom Tov Candles after 7:01 PM Maariv 7:01 PM	Morning Services
Daily Mincha & Maariv 6:30 PM	Begin Meal in Sukkah after 7:01 PM	Mincha 4:25 PM
Early Selichot		0-4 N
Late Selichot	Sun October 15, - 16th of Tishrel SUKKOT Morning Services	Sat November 18, - 20th of Cheshvan Vayera Daf Yomi
Sun September 24, - 24th of Elui	Daf Yomi	Bible Class
Morning Services 7:10 & 8:30 AM	Mincha 5:55 PM	Morning Services 7:45, 9:00 & 9:45 AM
Mon September 25, - 25th of Elul	Maariv	Talmud & Bible Class 3:30 PM Mincha 4:15 PM
Selichot & Morning Services 6:40 & 7:30 AM	Daily Mincha & Maariv	Shabbat Ends
The Orași and an Orași as Elect	At - Outside 40 And as Tisked Olly (AT (AUG) LINES CO.	Daily Mincha & Maariv 4:20 PM
Tue September 26, - 26th of Elul Selichot & Morning Services 6:40 & 7:30 AM	Mon October 16, - 17th of Tishrel SUKKOT (CHOL HAMOED) Moming Services	Thu November 23, - 25th of Cheshvan THANKSGIVING
	-	Morning Services 7:05 & 8:30 AM
Wed September 27, - 27th of Elul	Tue October 17, - 18th of Tishrel SUKKOT (CHOL HAMOED)	Ed November 04 - 40th of 0th of the large
Selichot & Morning Services 6:40 & 7:30 AM	Morning Services 6:45 & 7:30 AM	Fri November 24, - 26th of Cheshvan Morning Services
Thu September 28, - 28th of Elul	Wed October 18, - 19th of Tishrel SUKKOT (CHOL HAMOED)	Candle Lighting
Selichot & Morning Services 6:40 & 7:30 AM	Morning Services	Mincha
Late Selichot	Thu October 19, - 20th of Tishrel SUKKOT (CHOL HAMOED)	Sat November 25, - 27th of Cheshvan Chayel Sara
Fri September 29, - 29th of Elul EREV ROSH HASHANA	Morning Services	Daf Yomi
Selichot & Services 5:45 & 6:45 AM	_	Bible Class 8:30 AM
Candle Lighting	Fri October 20, - 21st of Tishrei SUKKOT (HOSHANA RABA)	Morning Services
Mincha 6;30 PM	Morning Services	Mincha
Sat September 30, - 1st of Tishrei ROSH HASHANA 5761	Mincha 5:55 PM	Shabbat Ends
Kollel Minyan 7:00 AM	0-4-0-4-1	Daily Mincha & Maariv 4:15 PM
Main Sanctuary 7:45 AM Ballroom 7:45 AM	Sat October 21, - 22nd of Tishrel SHMINI ATZERET Daf Yomi	Tue November 28, - 1st of Kislev ROSH CHODESH
Beginners 9:00 AM	Morning Services 8:00, 9:00 & 9:30 AM	Morning Services 7:00 & 7:40 AM
Daf Yomi	Mincha 5:45 PM	
Mincha 6:20 PM Yom Tov Candles after7:24 PM	Yom Tov candles after	Fri December 1, - 4th of Kislev Morning Services 7:10 & 7:50 AM
Maariv 7:24 PM		Candle Lighting
	Sun October 22, - 23rd of Tishrel SIMCHAT TORAH	Mincha 4:15 PM
Sun October 1, - 2nd of Tishrel ROSH HASHANA Kollel Minyan 7:00 AM	Morning Services	Sat December 2, - 5th of Kisley Toldot
Main Sanctuary	Daf Yomi	Daf Yomi
Baliroom	Mincha 5:45 PM	Bible Class
Beginners	Maariv	Morning Services
Mincha 6:20 PM	Daily Mincha & Maariv	Mincha
Maariv	·	Shabbat Ends
Yom Tov Ends	Fri October 27, - 28th of Tishrei Moming Services	Daily Mincha & Maariv 4:15 PM
Mon October 2, - 3rd of Tishrei TZOM GEDALIAH	Candle Lighting	Fri December 8, - 11th of Kislev
Fast Begins	Mincha	Morning Services 7:10 & 7:50 AM
Selichot & Services 6:30 & 7:15 AM Mincha 6:10 PM	Sat October 28, - 29th of Tishrel Bereshit	Candle Lighting 4:10 PM Mincha 4:15 PM
Fast Ends	Daf Yomi	Willicita
	Bible Class	Sat December 9, - 12th of Kislev Vayetzei
Tue October 3, - 4th of Tishrel Selichot & Morning Services 6:35 & 7:15 AM	Morning Services	Daf Yomi 7:00 AM Bible Class 8:30 AM
Selicitot & Morning Services	Mincha 5:35 PM	Morning Services
Wed October 4, - 5th of Tishrei	Shabbat Ends	Talmud & Bible Class
Selichot & Morning Services 6:35 & 7:15 AM	REMEMBER to set your clocks backwards Daily Mincha & Maariy	Mincha
Thu October 5, - 6th of Tishrei	Sany Milliona & Madrit	Daily Mincha & Maariv
Selichot & Moming Services 6:35 & 7:15 AM	Our Ostalian On Both at Fisher Pool Of Order	•
Fri October 6, - 7th of Tishrel	Sun October 29, - 30th of Tishrel ROSH CHODESH Morning Services	Fri December 15, - 18th of Kislev Morning Services 7:10 & 7:50 AM
Selichot & Morning Services 6:35 & 7:15 AM	•	Candle Lighting 4:11 PM
Candle Lighting	Mon October 30, - 1st of Cheshvan ROSH CHODESH	Mincha 4:15 PM
Mincha 6:15 PM	Morning Services 7:00 & 7:40 AM	Sat December 16, - 19th of Kislev Vayishlach
Sat October 7, - 8th of Tishrei Ha'Azinu SHABBAT SHUVA	Fri November 3, - 5th of Cheshvan	Daf Yomi
Daf Yomi	Morning Services 7:10 & 7:50 AM	Bible Class
Bible Class	Candle Lighting 4:32 PM Mincha	Morning Services
Mincha 5:15 PM	14 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Mincha 4:05 PM
Shabbat Shuva Drasha	Sat November 4, - 6th of Cheshvan Noach	Shabbat Ends
Shabbat Ends	Daf Yomi 7:00 AM Bible Class 8:30 AM	Daily Mincha & Maariv , 4:15 PM
The state of the s	Morning Services 7:45, 9:00 & 9:45 AM	Thu December 21, - 24th of Kislev
Sun October 8, - 9th of Tishrel EREV YOM KIPPUR	Talmud & Bible Class	Chanukah Candles after
Selichot & Services	Mincha 4:25 PM Shabbat Ends 5:32 PM	Fri December 22,- 25th of Kislev CHANUKAH
Candle Lighting 6:09 PM	Dally Mincha & Maariv	Morning Services 7:00 & 7:40 AM
Kol Nidre	·	Chanukah Candles before 4:14 PM
Daf Yomi ,	Tue November 7, - 9th of Cheshvan ELECTION DAY Morning Services	Candle Lighting
Mon October 9, - 10th of Tishrei YOM KIPPUR	•	4.20 PW
Kollel Minyan	Fri November 10, - 12th of Cheshvan	ea en 1
Main Sanctuary 8:00 AM		
Ballroom	Morning Services 7:10 & 7:50 AM	
Ballroom 9:00 AM Beginners 9:00 AM		A HOURT OF HOUSE
	Morning Services 7:10 & 7:50 AM Candle Lighting 4:25 PM	