

# שבת שלום

## ***Building On Our Legacy***

August 19-20, 2016

16 Av 5776

*Parashat Vaetchanan/Shabbat Nachamu*

Etz Hayim pp. 1005-1031

## **Shabbat Shalom**

**Beth El-Norwalk**



**Ita Paskind, Rabbi** rabbipaskind@congbethel.org

Amy SantaLucia, Nitzan Nursery School nitzan@congbethel.org

Al Treidel, Navasky School Director navasky@congbethel.org

Sharon DeFala, President president@congbethel.org

### **Service Times**

- \* Monday-Friday: 8:00AM
- \* Friday Shabbat Evening: 6:30PM
- \* Shabbat Morning: 9:30AM
- \* Sunday Morning services can be scheduled by request.  
Please speak to Rabbi Paskind at least a week in advance.
- \* Major Secular Holidays: 9:00AM

### **Beth El-Norwalk**

109 East Avenue, Norwalk, CT 06851

(203) 838-2710 or office@congbethel.org

www.congbethel.org

## WEEKLY TORAH

Parashat Vaetchanan continues Moses' speeches to the Israelites just before his death. He pleads with God to allow him to enter the Land of Israel, but he is refused. He warns the people against falling into idolatry; reminds them to observe all the commandments given to them; and recalls their awesome experience at Mount Horeb, where they received the Ten Commandments. Moses also sets aside Bezer, Ramoth, and Golan as refuge cities for those who commit unintentional homicide. Proclaiming that God made a covenant with the Israelites at Mount Horeb, Moses recites the Ten Commandments. The people are overwhelmed and ask Moses to recite the rest of the commandments, promising to obey them. Afterwards, Moses tells them, "Hear, O Israel: *Adonai* is our God, *Adonai* is One. You shall love *Adonai* your God with all your heart and with all your soul and with all your might." Warning them against repeating their rebelliousness at Massah, Moses tells them, "Do what is right and good in sight of *Adonai*, that it may go well with you..." Finally, Moses informs the Israelites that they are not to spare the people who occupy their land nor intermarry with them. The Israelites are God's chosen and treasured people who will be loved by God if they remain loyal to God's covenant and commandments.

*From: A Torah Commentary for Our Times by Harvey J. Fields*

## THE WEEK AHEAD

**Friday, Aug 19, Tu B' Av**, 6:30pm Kabbalat Shabbat Service, 7:27pm Candlelighting

**Saturday, Aug 20, Shabbat Nachamnu**, 9:30am Shabbat Service

**Wednesday, Aug 24**, 9:30am Watermelon Wednesday

**Friday, Aug 26**, 6:30pm Kabbalat Shabbat Service, 7:17pm Candlelighting

**Saturday, Aug 27, Shabbat Mevarchim**, 9:30am Shabbat Service

**Join us for morning minyan Monday-Friday at 8:00am, unless posted**

## BIMAH OFFICERS AND SHABBAT GREETERS

**Shabbat Morning Bimah Officer, 8/20** – David Rossen

**Shabbat Morning Greeters, 8/20** – Marguerite Felsenfeld

**Shabbat Morning Bimah Officer, 8/27** – Ellen Wasserman

**Shabbat Morning Greeters, 8/27** – Josh Kesselman

## WATERMELON WEDNESDAY

**EVERY** Wednesday in August, **9:30am–10:00am**,

Open to anyone with kids age 5 & under. Music & watermelon with Morah Amy and Rabbi Paskind.



## MUSICAL KABBALAT SHABBAT



**Musical Kabbalat Shabbat is HERE**  
every Friday through September 2!



## **FAIRFIELD CRAFT & KOSHER BBQ FAIR**

### **CONGREGATION BETH EL – FAIRFIELD CRAFT & BBQ FAIR**

August 28, 11:00am – 5:00pm

Beth El Folks will plan to meet up at 12:00pm at the BBQ.

RSVP to the Office by Friday, August 26<sup>th</sup>

## **NITZAN NURSERY SCHOOL**

**Monday, Aug 29 – Dining for Dollars at Bertucci's in Darien**

Coupons needed & can be used all day. Nitzan families please come from 4:00pm-6:00pm. There will be vegetarian options.

Pick up coupons in the Office, from Morah Amy or print them off the website.



MERCY  
LEARNING  
CENTER

## **FALL MITZVAH PROJECT**

**September 12-23<sup>rd</sup>**

Please bring in new school supplies to be donated to Mercy Learning Center

in Bridgeport. Drop off outside of Morah Amy's office.

Mercy Learning Center provides education in literacy and life skills to help train low income based on the premise "that the best ways to help entire families overcome poverty and succeed is to educate women and mothers."

## **Baby and Me COMING THIS FALL!**

Every Thursday of the month from 9:30am-10:30am.

Classes begin September 22<sup>nd</sup>. Please join us and meet

other caregivers with young children (ages birth – 2 years) and help your child begin socializing with others.



Earn Cash for Our School!

Thank you to those who donated boxtops, please keep them coming!

## **NAVASKY**

**Wanted:** Teen volunteers (Grades 8-12) to help with High Holiday youth activities. Please contact Al Treidel at treidad@aol.com or 203.838.2710. Mr. Treidel will be happy to sign off on community service hours.

## **SOUP KITCHEN**

**There is NO Soup Kitchen in August**

Next Soup Kitchen date is September 8<sup>th</sup>.

## Save the Dates – SEPTEMBER

*More details to come*



**Sept 5, Labor Day – Office Closed**

**Sept 6, 9:00am – Mishnah Class**

**4:15pm – Navasky First Day**

**Sept 7, 9:00am – Nitzan First Day**

**Sept 8, 10:30am – Soup Kitchen**

**7:30pm – Rosh Chodesh Book Club, The Nightingale (Kristin Hannah)**

**Sept 11, 10:30am – Knit n' Nosh**

**12:30pm – Six 13 Performance, CBE Fairfield**

**Sept 15, 7:00pm – Cooking with Cecily Gans**

**Sept 17 & 24 – Mahzor Lev Shalem High Holiday Teaching (with Rabbi Paskind)**

**Sept 22, 9:30am – Baby & Me Class begins (every Thursday of the month!)**

**Sept 23, 7:00pm – Membership Dinner with Musical Kabbalat Shabbat**  
(Westville Kosher Market catering)

**Sept 23 – JFS Kosher Food Drive Pantry Drop-off Deadline** (for the food that will be delivered to those in need before the holidays)

**Sept 24, 8:30pm – Selichot Program & Service at Temple Beth El Stamford**

## WE ARE ON AmazonSmile!

AmazonSmile, [smile.amazon.com](https://smile.amazon.com), is a simple way for you to support CBE every time you shop, at no cost to you. When you shop, Amazon donates a portion of the purchase price to CBE.



Once you sign-up (or login), you just need to choose Congregation Beth El of Norwalk as the charitable organization you wish to support.

## SPONSOR A KIDDUSH OR ONEG

Sponsoring a Kiddush just got easier! Celebrate a simcha: a birthday, special event or anniversary. \$180 covers the cost of a regular Shabbat Kiddush. To sponsor the Friday night Oneg, \$36 covers all. Celebrate with the community!

## Yahrzeit/Memorial Plaques

### FEEL THE CONNECTION (L'DOR V'DOR)

Feel" your loved ones' presence each time you come to Shul. See their plaques lit up on their Yahrzeits and the High Holidays. Call Ellen Gordon, 03.847.3559 or email the Office for info.

## GIFT SHOP

The Gift Shop is open 9:30am-12:00pm every Sunday Navasky is in session. When Navasky's closed, contact Nancy Oberst or Hilary Shaefitz.

## FOOD and GIFT CERTIFICATES

Don't forget to buy your Food and Gift Cards! To order, call the synagogue, 203.838.2710.

