

שבת שלום

Building On Our Legacy

January 22-23, 2016

13 Shevat 5776

Parashat Beshalach/Shabbat Shirah

Etz Hayim pp. 399-422

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.
- * 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 Beshalach takes its name from the second word of the Torah portion. *Beshalach* means “when he sent forth” and refers to Pharaoh’s decision to free the Israelites. Led by Moses, they depart from Egypt, but Pharaoh changes his mind and decides to pursue them. When the Israelites see Pharaoh and his army approaching, they complain to Moses that he has brought them into the wilderness to die. He assures them that God will save them and leads them through the Sea of Reeds. From the other side they watch as the pursuing Egyptians are drowned. In celebration, Moses and the Israelites sing a song of praise to God. Afterwards they begin their journey through the Sinai desert. Despite their victory over the Egyptians and their liberation, however, Israelites continue to complain to Moses. They cry out that they have no water to drink, no bread to eat. God grants them water and provides them with “manna,” a food substance resembling flour. While the Israelites are camped at Rephidim, they are attacked by the Amalekites. Joshua, who has been appointed by Moses, successfully destroys the Amalekite forces.

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

Shabbat Morning Bimah Officer, 1/23 - Andrew Moss

Shabbat Morning Greeters, 1/23 - Steve Freshman

Shabbat Morning Bimah Officer, 1/30 - Dina Fleischmann

Shabbat Morning Greeters, 1/30 - Albert Eskenazi

THE WEEK AHEAD

Friday, January 22, 8:00am Minyan, 4:40pm Candle Lighting, 4:15pm Shabbaton, 6:30pm Kabbalat Shabbat Service

Saturday, January 23, 9:30am Shabbat Service

Sunday, January 24, 9:30am Navasky, K’tanim, Learner’s Minyan, Gift Shop, 10:30am Knit n’ Nosh

Monday, January 25, Tu Bishvat, 8:00am Minyan

Tuesday, January 26, 8:00am Minyan, 9:15am Mishnah Class, 4:15pm Navasky

Wednesday, January 27, 8:00am Minyan

Thursday, January 28, 8:00am Minyan

Friday, January 29, 8:00am Minyan, 4:49pm Candle Lighting, Share-A-Shabbat, 8:00pm Kabbalat Shabbat Service

Saturday, January 30, New Member Shabbat, 9:30am Shabbat Service followed by a special Tu Bishvat dessert, 10:30am Tot Shabbat

LIFE CYCLE

In memory of Gertrude Sirkin. A memorial service will take place at Beth El on Sunday, January 24 at 1:15pm.

WEEKEND OF JANUARY 29-31

Please join us for this busy and fun-filled weekend!

Friday, 1/29, Share-A-Shabbat Dinner Program kicks off with 14 families hosting Shabbat dinner in their homes. If you would like to open your home for a future Share-A-Shabbat dinner, please contact Michelle Fanwick. The Kabbalat Shabbat service will start at 8:00pm that evening and will be followed by a special oneg—all are encouraged to join us.

Saturday, 1/30, New Member Shabbat. A special Shabbat to welcome new members.

Sunday, 1/31, Taste of Torah. Spend a Sunday afternoon studying with rabbis from all over Fairfield County. Register now!

Please RSVP to the Office for the Adult Education classes

See Bulletin Board for Details of all our Adult Education classes

CONTINUING CLASSES

Learners' Minyan, Sundays, 9:30am on Navasky days, with Rabbi Paskind. For all adults. Increase your comfort with the service. Questions welcome!

Adult Torah Trope Class, Sundays, 2/21, 2/28, 3/6, 3/27, 4/3, 10:10am-11:00am with Riva Silverman

Bowspring Yoga, Sundays, 2/7, 3/13, 4/17, 5/1, 11:00am-12:00pm with Ali Hurwitz

Coming Face to Face with the Holocaust, Monday, 3/14, 4/4, 5/9 12:15pm-1:30pm with Al Treidel

YOUTH

Camp Ramah Virtual Parlor Meeting, Wednesday 2/3, 7:00pm. Come learn about Camp Ramah in New England without leaving your home! RSVP to Josh Edelglass, Assistant Director at joshe@campramahne.org.

UPCOMING TOT SHABBAT DATES

January 30, 10:30am and **February 6**, 10:30am

VOLUNTEER

Soup Kitchen, Thursday, 2/11, 10:30am-12:00pm to set up and/or 12:15pm-2:00pm to serve. For more info, contact Stephanie Gordon.

COMMUNITY

Please see Bulletin Board for Details

Klezmer, Sunday 2/7, 2:00pm. Jewish music and dancing for all ages! JCC of Greater New Haven in Woodbridge, CT.

SUPER BOWL POOL

The Annual Beth El Super Bowl Pool is back. Get your boxes before they are all gone! \$20 per box. Stop by the office, call Josh Lander at 203-984-8639 or email him at onesourcecclc@yahoo.com.

REMINDER

The Gift Shop is open and Knit n' Nosh will meet every Sunday that Navasky is in session.

GO PAPERLESS!

Congregation Beth El now offers a paperless option to who desire it. Call the Office, 203.838.2710 or email paperless@congbethel.org and you will no longer receive paper notifications.

Yahrzeit Plaques

We are now taking orders for new Yahrzeit Plaques. You can permanently memorialize your loved ones who are no longer with us, or purchase "Reserved" plaques for you and/or your family. For info and pricing please contact the office, 203-838-2710 or Ellen Gordon, Chairperson /Yahrzeit Plaques, 203-246-4424.

Yahrzeit Letters

Yahrzeit Letters will now be emailed out instead of mailed. Anyone who does not use email will still receive paper notices. Please check your Inbox or Junk/Spam Folder if you have an upcoming Yahrzeit.

SPONSOR A KIDDUSH

Sponsoring a Kiddush just got easier! Celebrate a simcha with the congregation: a birthday, anniversary or special event. \$180 covers the cost of our regular Shabbat Kiddush. Celebrate with the community!

PUBLICIZE YOUR UPCOMING BETH EL EVENT

We want to publish your upcoming Beth El events. Please share the event information with the office at least 2 weeks in advance.

SUPPORT BETH EL: BUY FOOD AND GIFT CARDS!

A percentage of your purchase directly supports our synagogue!

RIGHT NOW: 10% discount off 1st purchase for all new returning participants and those returning after a year or more, thanks to a generous food card participant!

Food Certificates

Please call to reserve or for delivery.

Gift Cards

Call for a copy of our list of 50+ stores.

Synagogue: 203.838.2710, Harry: 203-846.2646