

# שבת שלום

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

July 22-23, 2016

10 Tammuz 5776

*Parashat Balak*

Etz Hayim pp. 894-908

## **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 Balak takes its title from Balak, son of Zippor, king of Moab. Afraid that the Israelites will attack his nation, Balak sends messengers to invite Bala'am ben Beor, a well-known pagan prophet, to come and cure the people of Israel. At first, God forbids Bala'am to grant Balak's request. Then the seer is sent but told that he must say only what God commands. On the way, Bala'am's donkey sees an angel standing before her and refuses to go forward. Bala'am beats her. After the donkey protests that she is being mistreated, Bala'am himself sees the angel. Fearful, he asks if he should return home, but the angel tells him to continue, warning once again that he is to say only what God commands. On three occasions King Balak asks Bala'am to curse the Israelites, but each time the seer blesses them. Furious, Balak tells Bala'am to return home. In parting, the seer predicts that Israel will soon "smash the brow of Moab." Later, when the Israelites camp in Shittim, they have sexual relations with Moabite women and offer sacrifices to the Moabites' god. As a result they are punished with a plague. When Pinchas, son of Eleazar the priest, witnesses an Israelite entering a tent with a Moabite woman, he takes a spear and kills both of them. His action ends the plague after 24,000 Israelites have died.

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

## THE WEEK AHEAD

**Friday, July 22, 6:30pm** Kabbalat Shabbat Service, 8:01pm Candle Lighting

**Saturday, July 23, 9:30am** Shabbat Service

**Sunday, July 24,** Fast of Tammuz

**Monday, July 25, 9:00am** Life Line Screening

**Friday, July 29, 6:30pm** Kabbalat Shabbat Service, 7:54pm Candle Lighting

**Saturday, July 30, 9:30am** Shabbat Service

## Guest D'Var Torah

**Saturday, July 23, Riva Silverman**

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

## BIMAH OFFICERS AND SHABBAT GREETERS

**Shabbat Morning Bimah Officer, 7/23 – David Loewenberg**

**Shabbat Morning Greeters, 7/23 – Noah Goldman**

**Shabbat Morning Bimah Officer, 7/30 – Dina Fleischmann**

**Shabbat Morning Greeters, 7/30 – Howard Greenberg**

## COMMUNITY



**July 25, 9:00am – Life Line Screening** (Beth El Norwalk) We use ultrasound to look at the carotid arteries for buildup of fatty plaque, the leading cause of stroke. Call 888.653.6450 to register.

## COMING IN AUGUST...

SEE BULLETIN BOARD FOR MORE DETAILS

EVERY Wednesday in August – beginning 8/3

**WATERMELON WEDNESDAY! 9:30am – 10:00am**

Open to Nitzan families and anyone with kids age 5 & under.

Music & watermelon – stay tuned for details!



**NRV Trail HIKE, Sunday 8/7 at 2:00pm**

Meet at the park n' ride at the intersection of Wolfpit Rd and Danbury Rd in Wilton, just past Orem's Diner.

Free and open to all members and the Jewish community. RSVP to the Office by 8/4.

**JCC MACCABI GAMES, August 7-12**

A creative arts experience for Jewish teens ages 13- 17.

**Host Families and Volunteers are needed!** Call Rachel

Rothman, 203.487.0949 or Sheri Jacobson, 203.918.7010 for details.



## Tisha B'Av

The 9th of Av is the fast day that commemorates the destruction of the 1st and 2nd Temples. It has also become a day of general mourning for other Jewish disasters including the Spanish expulsion and the mass deportation of Jews from the Warsaw Ghetto. As we read the Eicha (The Book of Lamentations), it forces us to consider disasters in our own times.

*Both services take place at TCS in Westport with TCS and Beth El Stamford*

**8/13, 9:00PM** – Ma'ariv with Eicha

**8/14, 8:45am** – Schacharit with Eicha (no tallit or tefillin)

## Interfaith Community and Independence Day

**8/14, 6:00pm - Community Interfaith Independence Day, St. Phillips Church**



**Weir Farm Art Day, Sunday, 8/28 at 3 PM**

Join us for a guided tour & painting session at Weir Farm.

Free and open to members and the Jewish community.

Please contact the office to RSVP.

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

Coupons are needed and can be redeemed all day. Nitzan

families please come between 4:00pm-6:00pm. There will be vegetarian options. More details to come.



## SOUP KITCHEN

**August 11 – 10:30am** – Soup Kitchen volunteers are needed to prep and/or set-up at the Open Door Shelter in Norwalk. Please contact Stephanie Gordon for more details.

## NITZAN NURSERY SCHOOL



### *Do you like kids?*

Please join our sub list! The hours would be 9-12. No experience necessary - there will always be a teacher in the room. Please contact Amy SantaLucia for details.

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

## JEWISH SENIOR SERVICES



**Jewish Senior Services**  
*excellence in our home and yours*

**Let's Talk Thursdays, 11:00am – Stamford JCC.**

Seniors talk about interests & concerns. Contact Connie Cirillo Freeman, 203.487.0983 or [cfreeman@stamfordjcc.org](mailto:cfreeman@stamfordjcc.org) for info.

**Please the bulletin board for additional programs offered.**

## 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 Plaques



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

Yahrzeit/Memorial Plaques - "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, 203.847.3559 or email the Office for information.

## GIFT SHOP

The Gift Shop is open from 9:30am-12:00pm every Sunday that Navasky is in session. When Navasky is closed for the summer, please contact Nancy Oberst or Hilary Shaeftiz.

## FOOD and GIFT CERTIFICATES

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

