



FALL 5779
2018-19

G E S H E R

Washington Heights Congregation

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A Message From The Rabbi ...

Wanting to Daven

by Rabbi Yaakov Hoffman

Rav Aharon Lichtenstein ז"ל apparently once quipped, "Nowadays, people no longer want to daven. They want to have davened!" Tefillah is supposed to be one of the most meaningful and spiritually uplifting activities in Judaism, but today many people view each required prayer as a box to check off.

There is an aspect of halacha that can, unfortunately, lend credence to our perception of Tefillah as a requirement to complete before we can proceed with what we really want to do. There are many activities, such as eating, that are forbidden before prayers. However, our rush to get to the next activity is often not even related to the halachos of what one may not do before davening. It is the fact that we must put our busy lives on pause in order to take a few minutes for God.

How often do we find ourselves thinking, "hmmm...the faster I daven Shmoneh Esreh, the more time I will have to play on my smartphone before Chazaras HaShatz begins." And that is assuming that we put our smartphones away during Chazaras HaShatz.... What a far cry that is from appreciating the unique opportunity to speak to the Creator of Heaven and Earth!

The second paragraph of the Shma contains the Biblical source for the obligation to pray: **ולעבדו בכל לבבכם** "to worship [God] with all your heart." The Mechilta in Parshas Mishpatim states: **איזו היא עבודה שבלב** **הו' אומר זו תפלה**. The very foundation of prayer is its characterization as "worship of the heart." If our heart is not in our prayers, this undermines prayer's very nature.

So how, practically, can we pause and focus on prayer itself, rather than on getting to the point of having prayed? One way I've found helpful is to make sure to relax my shoulders and stand still during davening. Instead of taking out our nervous energy on tensing and "shuckling" (swaying) during prayer, this position helps channel our energy into the prayer itself.

(continued next page)

Changing your posture can work wonders in getting yourself to relax and focus on the davening itself rather than just reaching the end. Eventually, the more you appreciate the words being said, the more it will come naturally to add your own personal supplications. You will then be on the right track to give davening the attention it deserves. 🙏

Shul Events:

We look forward to the Yomim Noraim, with newly-married (mazel tov!) **Nafi Schwarzenberger** as our ba'al shacharit, **Rabbi Chananel Herbsman** as our ba'al tokea and, as he has been for the past several years, **Shmuel Gilbert** as ba'al musaf.

מזל טוב / Congratulations

To **Erika Bauer** on the bar mitzvah of a grandson, **Avi Salomon**, and to his parents, **Lisa & Ron Salomon**

To **Erika Bauer** on the marriage of a grandson, **Amichai Shlomi** to **Shir De Paz**, and to his parents, **Karen & Yaron Shlomi**

To **Bertha Gruenspecht** on the engagement of a great granddaughter, **Yael Pfeffer**, to **Simcha Kessler**, and to the grandparents, **Ruth & Phillip Fyman**, and to the parents **Debra & David Pfeffer**

To **Bertha Gruenspecht** on the bar mitzvah of a great grandson, **Tzvi Shor**, and to the grandparents, **Ruth & Phillip Fyman**, and to the parents **Rivka & Daniel Shor**

To **Sonya Jacobs** on the birth of a great grandson, and to the grandparents, **Nechama & Tovia Horowitz**, and to the parents, **Devorah & Shmuel Horowitz**

To **Sonya Jacobs** on the birth of a great granddaughter, and to the grandparents, **Chani & Mark Grunwald**, and to the parents, **Hudi & Danny Krasna**

To **Sonya Jacobs** on the bar mitzvah of a great-grandson, **Shimshom Yechezkal Kraus**, and to the grandparents, **Michel & Shmuel Jacobs**, and to the parents, **Ahuvah & Nechemia Kraus**

Kiddush Sponsors:

June 30, Balak: **Marjorie & Charlie Gregor** in celebration of the 5th birthday of their grandson, **Noach Gregor**

July 7, Pinchas: sponsored by the shul in honor of **Gary & May Deutsch** who are making aliyah

July 14, Matot-Masei: **Avraham Shtaygrud** on the first yahrzeit of his mother, **Sheva Shtaygrud**

July 28, Va'etchanan: **Morris & Laura Whitcup** in honor of **Yael & Donny Treitel**

August 18, Shoftim: **Joseph Ainbinder** on the yahrzeit of his father, **Abraham Ainbinder** (Avraham ben Bentzion HaLevi)

August 25, Ki Tetze: **Morris & Laura Whitcup** on the yahrzeit of Morris's mother, **Cecilia B. Whitcup**

If you are interested in sponsoring a Kiddush,
please call the Shul office (212) 923-4407

Condolences to:

We regret to inform you of the passing of **Alan Kaufman o"h**, the son of **Helmie Goldman o"h**

May they be comforted among the mourners of Zion and Jerusalem

המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים

Washington Heights Congregation Zmanim

Fall 2018 / 5779

Zmanim subject to change: please consult the website and weekly e-mails for the latest times

SHABBAT PARASHAT NITZAVIM

SEPTEMBER 7-8

Mincha/Kabbalat Shabbat	7:00
Candle Lighting	7:01
Shacharit	8:40
Mincha	7:00
Maariv/Havdalah	7:58

EREV ROSH HASHANA SUNDAY, SEPTEMBER 9

Candle Lighting	6:57
Mincha/Maariv	7:00

ROSH HASHANA DAY 1 MONDAY, SEPTEMBER 10

Shacharit	7:40
Shofar approx.	9:45
Conclusion of services approx	12:15
Mincha	7:00
Maariv	7:55
Candle Lighting from an existing flame	not before 7:55

ROSH HASHANA DAY 2 TUESDAY, SEPTEMBER 11

Shacharit	7:40
Shofar approx.	9:45
Conclusion of services approx	12:15
Mincha	7:00
Maariv/Havdalah	7:53

FAST OF GEDALIAH WEDNESDAY, SEPTEMBER 12

Fast begins	4:59 am
Fast ends	7:44 pm

SHABBAT SHUVA PARASHAT VAYEILECH

SEPTEMBER 14-15

Candle Lighting	6:49
Mincha/Kabbalat Shabbat	6:55
Shacharit	8:40
Mincha	6:25
Maariv/Havdalah	7:46

EREV YOM KIPPUR TUESDAY, SEPTEMBER 18

Candle Lighting	6:42
Kol Nidrei	6:50
Maariv	7:35

YOM KIPPUR WEDNESDAY, SEPTEMBER 19

Shacharit	8:10
Yizkor approx	10:15
Mincha	4:35
Neilah	6:05
Maariv/Havdalah	7:39

SHABBAT PARASHAT HA'AZINU

SEPTEMBER 21-22

Candle Lighting	6:37
Mincha/Kabbalat Shabbat	6:45
Shacharit	8:40
Mincha	6:35
Maariv/Havdalah	7:34

EREV SUKKOT SUNDAY, SEPTEMBER 23

Candle Lighting	6:34
Mincha/Maariv	6:35
Shema and Kiddush	after 7:25

SUKKOT DAY 1
MONDAY, SEPTEMBER 24

Shacharit	8:40
Mincha	6:35
Maariv	7:31
Candle Lighting from an existing flame	after 7:31

SUKKOT DAY 2
TUESDAY, SEPTEMBER 25

Shacharit	8:40
Mincha	6:35
Maariv/Havdalah	7:29

SHABBAT CHOL HAMOED
SUKKOT
SEPTEMBER 28-29

Candle Lighting	6:25
Mincha/Maariv	6:35
Shacharit	8:40
Mincha	6:00
Maariv/Havdalah	7:22

SHMINI ATZERET
SUNDAY-MONDAY,
SEPTEMBER 30-OCTOBER 1

Candle Lighting	6:22
Mincha/Maariv	6:25
Shema and Kiddush after	7:13
Shacharit	8:40
Yizkor	approx 10:15
Mincha	6:25
Maariv	7:19

SIMCHAT TORAH
MONDAY-TUESDAY,
OCTOBER 1-2

Candle Lighting from an existing flame	after 7:19
Shacharit	(note early start) 8:20
Mincha	6:25
Maariv/Havdalah	7:17

SHABBAT MEVARCHIM
PARASHAT BERESHIT
OCTOBER 5-6

Candle Lighting	6:14
Mincha/Kabbalat Shabbat	6:20
Shacharit	8:40
Mincha	6:10
Maariv/Havdalah	7:11

SHABBAT PARASHAT NOACH
OCTOBER 12-13

Candle Lighting	6:02
Mincha/Kabbalat Shabbat	6:10
Shacharit	8:40
Mincha	6:00
Maariv/Havdalah	7:00

SHABBAT PARASHAT LECH
LECHA
OCTOBER 19-20

Candle Lighting	5:52
Mincha/Kabbalat Shabbat	6:00
Shacharit	8:40
Mincha	5:50
Maariv/Havdalah	6:49

SHABBAT PARASHAT VAYERA
OCTOBER 26-27

Candle Lighting	5:42
Mincha/Kabbalat Shabbat	5:50
Shacharit	8:40
Mincha	5:40
Maariv/Havdalah	6:40

SHABBAT MEVARCHIM
PARASHAT CHAYEI SARA
NOVEMBER 2-3

Candle Lighting	5:33
Mincha/Kabbalat Shabbat	5:40
Shacharit	8:40
Mincha	5:30
Maariv/Havdalah	6:32

TURN YOUR CLOCKS BACK ONE HOUR

**SHABBAT PARASHAT
TOLDOT**

NOVEMBER 9-10

Candle	Lighting	4:25
Mincha/Kabbalat Shabbat		4:35
Shacharit	(note early start)	8:25
Mincha		4:25
Maariv/Havdalah		5:25

**SHABBAT PARASHAT
VAYETZEI**

NOVEMBER 16-17

Candle Lighting		4:19
Mincha/Kabbalat Shabbat		4:25
Shacharit	(note early start)	8:30
Mincha		4:15
Maariv/Havdalah		5:20

**SHABBAT PARASHAT
VAYISHLACH**

NOVEMBER 23-24

Candle Lighting		4:14
Mincha/Kabbalat Shabbat		4:20
Shacharit	(note early start)	8:35
Mincha		4:10
Maariv/Havdalah		5:16

**SHABBAT MEVARCHIM
PARASHAT VAYESHEV**

NOVEMBER 30-DECEMBER 1

Candle Lighting		4:11
Mincha/Kabbalat Shabbat		4:20
Shacharit		8:40
Mincha		4:10
Maariv/Havdalah		5:13

**SHABBAT CHANUKAH
ROSH CHODESH TEVET**

PARASHAT MIKETZ

DECEMBER 7-8

Earliest Chanukah Candles		3:40
Candle Lighting		4:10

Mincha/Kabbalat Shabbat		4:15
Shacharit	(note early start)	8:30
Mincha		4:10
Maariv/Havdalah		5:13

**SHABBAT PARASHAT
VAYIGASH**

DECEMBER 14-15

Candle Lighting		4:10
Mincha/Kabbalat Shabbat		4:20
Shacharit		8:40
Mincha		4:10
Maariv/Havdalah		5:14

FAST OF TEVET

TUESDAY, DECEMBER 18

Fast begins		5:35am
Fast ends		5:07pm

**SHABBAT PARASHAT
VAYECHI**

DECEMBER 21-22

Candle Lighting		4:13
Mincha/Kabbalat Shabbat		4:20
Shacharit		8:40
Mincha		4:10
Maariv/Havdalah		5:17

**SHABBAT PARASHAT
SHEMOT**

DECEMBER 28-29

Candle Lighting		4:17
Mincha/Kabbalat Shabbat		4:25
Shacharit		8:40
Mincha		4:15
Maariv/Havdalah		5:21



If you have any questions or needs,
please call the Shul office at **(212) 923-4407**
The answering machine is checked frequently.
You may also consult our website at **www.bridgeshul.com**

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The Eruv

Information about the boundaries of the Washington Heights and YU Eruvin can be found at http://images.shulcloud.com/131/attachments/6279_DOC082112-003.pdf.

Note that the eruv does not extend into Fort Tryon Park or Gorman Park.

Find the CURRENT STATUS of both eruvin at <http://www.mtsinaishul.com/>, or call 646-450-ERUV, or send a text message (SMS) to 412-213-8991. If only the YU eruv is listed as unchecked, check www.yueruv.org closer to Shabbat, or listen to announcements in shul on Friday night.



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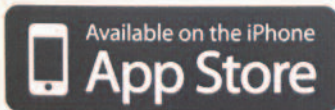
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