



Chag Shameach Shabbat Shalom



April 6 & 7, 2018
21 & 22 Nisan 5778

7th Day of Pesach
Torah Reading - 366
Maftir - 892
Haftarah - 1225

8th Day of Pesach
Torah Reading - 1012
Maftir - 892
Haftarah - 1226

IN THE WEEK AHEAD

Rabbi Ari will back in the office on Monday

Friday, Apr 7

Shacharit..... 9:00 a.m.
Mincha/Candle Lighting..... 7:37 p.m

Saturday, Apr 7

Shacharit..... 9:00 a.m.
Yizkor 10:30 a.m.
Insights Into the Weekly Torah Portion 6:35 p.m.
Mincha 7:20 p.m.
Havdalah..... 8:38 p.m.

Sunday, Apr 8

Shacharit..... 9:00 a.m.
How Should We Remember the Holocaust? w/ Rabbi Shlomo... 10:00 a.m.

Weekdays

Creating a Spiritual Life with Rabbi Ari 7:45 a.m.

Monday, Apr 9

Shacharit..... 7:00 a.m.

Tuesday, Apr 10

Shacharit..... 7:00 a.m.
Board of Commissioners Meeting..... 6:30 p.m.

Wednesday, Apr 11

Shacharit..... 7:00 a.m.
Community Yom Hashoah Commemoration @ Beth El... 7:00 p.m.

Thursday, Apr 12

Shacharit..... 6:45 a.m.
Connecting With Our Faith with Rabbi Ari..... 9:30 a.m.

Friday, Apr 13

Shacharit..... 7:00 a.m.
Mincha/Candle Lighting..... 7:44 p.m.



...to Richard & Nathanne Senturia for sponsoring Shabbat kiddush in honor of Dani & Leon Shrago.
...to Jordana Kurtzman for handling this week's kiddush shopping.

In Memoriam

Beth Israel extends condolences and wishes of comfort to our community members on their recent loss.

Josephine Shrago



Ha'makom yenachem etkhem betokh she'aravelei Tziyon vi'Yerushalayim



Mazel Tov to Those Celebrating Next Week

Birthdays

| | |
|-----------------|--------|
| David Kohll | Apr 9 |
| Joshua Kurtzman | Apr 9 |
| Adam Susman | Apr 9 |
| Joan Kaiman | Apr 11 |
| Jack Kohll | Apr 11 |
| Kevin Adler | Apr 11 |



Celebrating a special simcha next month? Call the office or speak to Bette Kozlen to be a part of the April 21st Simcha Kiddush.

Yom Hashoah, Yom Hazikaron, and Yom Ha'utzmaut

Sunday, April 8, 10 am

How Should We Remember the Holocaust?

Rabbi Shlomo's class will include a discussion on the three dates on which the Shoah can be remembered and their significance.

Wednesday, April 11, 7pm.

Beth El Synagogue

*Community Yom Hashoah
Commemoration*



Sunday, April 15, 10 am

True Independence at 70

Rabbi Ari's class for Yom Ha'atzma'ut will include a discussion on how American Jews can deepen their relationship to Israel.

Tuesday, April 17, 7 pm

Yom Hazikaron Commemoration

Beth Israel will pay tribute and remember Israel's fallen during a Yom Hazikaron Commemoration. The event will begin at 7 p.m., commencing with the sounding of a siren as is done in Israel. The evening will include clips from the Israeli film, "Teum Kavnot - InSight" followed by talks by Sara and Yaakov Abramovich, parents of Rabbi Shlomo Abramovich. Others who served in the IDF will also share their personal stories.



Thursday, April 19, 9:30 am

Yom Ha'atzma'ut - The Final Step of the Redemption from Egypt



Shabbat & Holidays

9 a.m. through end of morning services
Baby-sitting for ages 6 months - 6 years

SHABBAT PROGRAMMING

10:30-11:15 a.m.

Class times may vary slightly - please confirm with the teacher. All classes may not be held each week

3-6 years - *Middot Class* with Dr. Gendelman

7-11 years - *Parsha Pearls* with Mr. Gerber

12-17 years - *Shmooz'n Torah* with Faige Jeidel

12-17 years - *Matmidim* with Mr. Shrago

Approx 12pm, *Teen Class* with Rabbi Ari

Tot Shabbat - One Shabbat each month

10:40-11 a.m. - For 3-6 year olds

Led by teens with Faige Jeidel

SUNDAY PROGRAMMING

10-11:30 a.m. - For K-6th Grades

Apr 08 - *Sfirat Haomer*

Apr 15 - *Yom Ha'atzmaut*

Apr 22 - *Pesach Sheni* - *Tumah/Tehara*

Apr 29 - *Lag B'omer*

May 06 - *Yom Yerushalayim*

May 13 - *Shavuot*

May 20 - *Shavuot/ No JYE BI*



For infants through 5 years - One Sunday each month

April date to be announced

THURSDAY PROGRAMMING

7th-12th Grades

6:30 p.m. - *L'Dor V'Dor* - *Generational Learning* for all ages with
Rabbi Shlomo

6:30 p.m. - *Character Building* for 7th-12th Grades with Rabbi Ari

*Questions on JYE BI? See Faige Jeidel, Sarah Abrahamson,
Rabbi Shlomo, Rabbi Ari or Yaakov Jeidel*



4 Cups of Freedom

Sunday, April 8th 4-6:00 p.m. @ JCC

Take your spot at the table and be part of the conversation as we revisit the 4 cups of the Passover Seder and discuss important topics

of immigration and liberty in the U.S. and Israel. Each table will have a moderator. Snacks and wine will be provided. Dr. Patrick McNamara will be presenting Israel's immigration policies and Dr. Ari Kohen will be presenting America's policies. The event is free, but please RSVP online at www.jewishomaha.org.

Rabbi Zelig Mandel - Sofer

Friday, April 20 - Sunday, April 22

Rabbi Zelig Mandel, a certified sofer (scribe) who is the owner and CEO of Sofer Plus, will be visiting Omaha, spend time at Friedel Jewish Academy on the 20th and lead a class for JYE BI students and inspect mezuzot and tefilin on Sunday the 22nd. Watch the Jewish Press and Beth Israel's weekly emails for additional details.



SAVE THE DATE!

Sign-up details available next week



Beth Israel's Volunteer of the Year Award 2018

Nominations Now Being Accepted

Please provide a short summary describing why your nominee should be recognized as the Beth Israel Volunteer of the Year. Mail to the office or email to bethisrael@orthodoxomaha.org by Tuesday, May 1st.

The volunteer award will be presented at the Annual Meeting on May 6th.

Counting the Omer: 49-Day Program for Change

Dr. Lisa Aiken, Ph.D, Aish.com



As a psychologist, part of my job is to help people to realize that the only person they can definitely change to be the way they want is themselves. Judaism teaches us that the entire reason we are here is to change! The Almighty created all of us imperfect and our job is to change to become better and better. If we want the world to be a better place, it starts with us. Every small step we take to become better has an effect on everyone around us.

Every year, we get an incredible step-by-step program for how to change our lives during the seven weeks between the holidays of Passover and Shavuot. We all have good and bad character traits that continually affect us and those around us. Kabbalah tells us that there are seven main character traits and we have the ability to develop them in ourselves. Each day between Passover and Shavuot, we count another day of the Omer. Each day has a special spiritual energy that enables us to work on one important aspect of our character that is especially accessible to us that day. We take a few minutes each day putting one angle of a trait into practice with ourselves, with other people, and in our relationship with G-d. Altogether, we do 49 steps with each emphasizing a different trait that can help us to become kinder, to be more self-disciplined and have proper boundaries, and to live life more meaningfully. At the end of those 49 days, we are on our way to being noticeably better people.

The first character trait that we work on is kindness. The first days of the Omer we can devote time to doing something kind for ourselves. For example, lots of people think negatively about themselves. During the course of a day they might think, "I'm not pretty," or "I'm not smart," or "I can't do that," or "People don't like me." You can start to change your life for the better by being kind to yourself. Notice when you are having negative thoughts and substitute them with positive ones instead. Next, think about a kind deed that you would like to do for others and do it! Simply having nice thoughts about what you would like to do does not make you into a kind person. Actually doing things does! Give someone a compliment, visit a sick person in the hospital, make a phone call or visit someone who is lonely, help a child with his homework, spend a few hours working in a soup kitchen. Judaism teaches us that each kind deed that we do transforms us into a kinder person and can make a difference in someone else's life.

Finally, do one kind deed for your Creator. He doesn't need

anything from us, but the entire purpose for which He created the world is to be good to us. When we live meaningfully, it gives Him the greatest pleasure, so to speak. Choose one thing that He would like you to do. For example, make a gratitude list and tell Him that you appreciate the talents, friends, opportunities, or gifts that He has given you. Noticing that you have received good things instead of only expecting what you don't have is something that research on happiness has shown will make you a happier person. It is said, "The journey of 1,000 miles starts with one small step." During the Omer, you can take 49 meaningful steps on a journey that can change your life for the better.

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want to miss...
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| | | | |
|--|---|--|-----------------------|
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|  | Cool Raffle |  | Special Entertainment |
|  | Swimming <small>(Weather Permitting)</small> |  | AND MORE... |

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MAY 10-13, 2018**

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Rabbi Shlomo for more info**





WELCOME TO BETH ISRAEL SYNAGOGUE

We are delighted to welcome you to Beth Israel Synagogue. A passage from Deuteronomy 30:11-14 inspired the art work in the sanctuary. "For this commandment that I command you today - it is not hidden from you and it is not distant. It is not in heaven, [for you] to say, 'Who can go to the heaven and take it for us so that we can listen to it and perform it? Nor is it across the seas, [for you] to say, 'Who can cross to the other side of the sea for us and take it for us, so that we can listen to it and perform it?' Rather, the matter is very near to you - in your mouth and your heart - to perform it." Mitzvot are obtainable.

- ◆ The focal point of the sanctuary is the Menorah Window, which frames the Ark and is shaped in the form of the six branched candelabrum. To the right, brilliantly colored windows have forms that reflect the heavens, while the left side depicts the seas.
- ◆ The message is completed in a frieze, the horizontal painting on wood mounted on the wall. The background of the frieze symbolically and abstractly represents the relationship between G-d and the people of Israel through the Covenant. The perochet, or curtain over the Ark, completes the symbolic composition, with an expression that intertwines the Torah and the letter Aleph, the first letter of the Hebrew alphabet, of the Ten Commandments, and of G-d's name in Hebrew.
- ◆ As is traditional, the sanctuary has 12 windows, representing the 12 tribes of Israel. These windows contain the name of each tribe in flowing, organic letters. The windows are located above the continued frieze, which includes two central texts of the revelation at Sinai - "If you will keep my Covenant, you shall be precious to me," and "You shall be a kingdom of priests and a holy nation." This composition expresses the unity of Israel as the people stood together at Sinai and accepted the Torah.

Beth Israel Synagogue strives to perpetuate the legacy of Torah Judaism in the modern world. Beth Israel welcomes all persons of the Jewish faith to join and accepts the diversity of practice and thought among its members.

Rabbi Ari Dembitzer, Senior Rabbi

Toba Cohen-Dunning, President

Mary Sue Grossman, Executive Director

Rabbi Shlomo Abramovich, Visiting Scholar

Leo Fettman, Cantor Emeritus

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