

Shabbat Shalom

Ekev

August 16 | 22 Av 5785

Havdalah 8:59pm

בית יעקב
BETH JACOB
CONGREGATION

Welcome to Beth Jacob Congregation, a Jewish community that comes together to nurture relationships with God and each other. We are a Conservative synagogue that values Torah (study), Avodah (reverential service) and Gemilut Hasadim (acts of loving-kindness). We believe every person has an equal opportunity to be part of our community regardless of age, race, ability, special needs, financial status, sexual orientation or gender identity. We're glad you've joined us this Shabbat!

Thank you to everyone who contributed to Shabbat services this week.

Gabbaim:

Alan Block,
Laura Honan

Davenners:

Libi Ackerman
Amy Olson

Greeters & Security:

Barb Curchack, Steve Ukes,
Mindy Ratner, Eli Gottfried,
Kate Sandweiss

Mashgiach:

Kitchen Crew:

Cynthia Launer & Will Thomas,
Leslie Morris, Misty Lustila,
Sharon Rosenberg-Scholl

Senior Rabbi:

Rabbi Tamar Magill-Grimm
RabbiTamar@Beth-Jacob.org

Executive Director:

Sonya Rapport
Sonya@Beth-Jacob.org

Director of Congregational Programming:

Frances Fischer
Frances@Beth-Jacob.org

Interim Limudim Coordinator and Rabbinic Intern

Rimon Reches
Rimon@Beth-Jacob.org

Youth and Education Coordinator:

Marisa Goffman
Youth@Beth-Jacob.org

Co-Presidents:

Leonard Oppenheimer & Tessa Silver
President@Beth-Jacob.org

Rabbi Emeritus:

Rabbi Morris Allen

D'var Torah:

Libi Ackerman

Torah Reading

First / Kohen Aliyah	Deuteronomy 7:12-8:10	p. 1037	Noam Sienna
Second / Levi Aliyah	Deuteronomy 8:11-9:3	p. 1041	Sara Lynn Newberger
Third / Shelishi Aliyah	Deuteronomy 9:4-9:29	p. 1042	Natan Paradise
Fourth / Revi'i Aliyah	Deuteronomy 10:1-10:11	p. 1046	Susan Moses-Zirkes
Fifth / Chamishi Aliyah	Deuteronomy 10:12-11:9	p. 1048	Giulia Girgenti
Sixth / Shishi Aliyah	Deuteronomy 11:10-11:21	p. 1051	Ely Sheinfeld
Seventh / Shevi'i Aliyah	Deuteronomy 11:22-11:25	p. 1053	Nina Samuels
Maftir	Deuteronomy 11:22-11:25	p. 1053	Nina Samuels
Haftarah	Isaiah 49:14-51:3	p. 1055	Brad Elkin

This week's kiddush is sponsored by Dominic Ackerman and Orit Ackerman
in honor of Libi's 18th birthday, high school graduation and
5 year anniversary of becoming a bat mitzvah.

שבת שלום

Graced With Food

By blessing after we eat, we elevate the act of eating by connecting with God.

By Rabbi Jordan D. Cohen

“You shall eat and be satisfied and bless the Eternal your God for the rich land that God has given you”

In the Torah, this verse comes after a passage in which Moses reminds Israel how God cared for them while they wandered in the wilderness. God gave Israel “manna to eat... in order to teach you that people do not live on bread alone.”

Moses then goes on to tell Israel what to expect in the Land of Israel, which they are about to enter. It is a “good land, with streams and springs and fountains.” It is a land of “wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey.” Moses continues this discourse by telling Israel that the land they are about to enter is, “a land where you may eat food without stint, where you will lack nothing....”

Keep in mind that, despite the miraculous manna that God provided for the Israelites in the wilderness, their biggest complaints were about hunger and the lack of variety in their food. This promise, then, must have been an incredibly attractive temptation for the people. However, Moses reminds them, they must never forget the source of their sustenance. Therefore, they must always remember, after they have eaten their fill, they must offer thanks to God.

This verse is the basis for the recitation of the grace after eating, called Birkat HaMazon (literally “Blessing of the Food”). The Talmud emphasizes this point by noting that, “It is forbidden to enjoy the fruits of this world without pronouncing a blessing, and whosoever derives such enjoyment without uttering a blessing has committed a trespass” (Berachot 35a). This passage is deemed to be a clear and unequivocal mitzvah, so much so that Rashi and most other biblical commentators do not even bother to comment on it.

However, that does not mean that this was not a matter of concern to our rabbinic sages. On the contrary, a great amount of discussion is devoted to exactly what constitutes eating and being satisfied and precisely how we are to bless afterwards.

Birkat HaMazon consists of four different blessings. The first blessing, called Birkat HaZan, praises God for providing food for all creatures. The second blessing, called Birkat HaAretz, expresses gratitude for the “good land” that God has given Israel, for the redemption from Egypt, for the covenant of circumcision, and for the revelation of Torah. The third benediction, called Boneh Yerushalayim, asks God to have mercy on Israel and restore the Temple and the sovereignty of the House of David.

Torah Commentary

CONT.

The fourth benediction, called Ha-tov Ve-ha-metiv, expresses thanks to God and includes petitions to God to fulfill specific desires, such as blessing for the house in which one ate and sending Elijah the Prophet (the herald of the messianic time). This fourth blessing also provides us with the opportunity to petition for personal needs and reflect contemporary concerns in our prayers.

The Yiddish term for Birkat HaMazon is bentsching, which means simply, “blessing.” In a sense, this reflects the attitude that blessing after meals is “the blessing” par excellence. Just as food is the sustenance of life, this recognition of God providing for all our needs becomes the substance of our spiritual lives.

For many of us, eating can be such a routine, almost unconscious, act. For all of God’s creatures eating is one thing we do each and every day. It is an essential, automatic, act. And yet by remembering to give thanks and blessing to God each and every time we consume more than a crumb of food, we elevate the most routine, ordinary act to a chance to connect with God. That, I believe, is really what this commandment is all about: connecting with God.

It is interesting to me that this text does not say “When you eat and are satisfied, bless God...” but “You shall eat and be satisfied and bless God...”. It is not conditional. Unless, God forbid, we are in a situation where we have absolutely nothing to eat and are threatened with starvation, eating is a regular part of our lives. For us as Jews, food is central to our consciousness. But rather than let it become mundane, we elevate eating to an act of worship. By bringing blessing to our food, we bring God into our daily lives. And that, ultimately, is the supreme spiritual act.

Inclusivity and Accessibility During Services

We recognize the variety of needs within our community and strive to provide access to all through physical, emotional, and/or sensory accommodations. The majority of our prayers and scripture readings are conducted in Hebrew, so we invite those who do not read Hebrew to use a copy of the transliterated prayerbook (siddur) found on the table near the entrance to the sanctuary. We have large print books, braille prayerbooks, and listening devices available on the bookshelf in the lobby. There is also a sensory-friendly room just off the sanctuary with a speaker and window from which services can be experienced. Please ask the greeter near the sanctuary door if you need help locating any of these. Please reach out to our office if there are needs that aren’t being met.

Children are Welcome in our Sanctuary!



We encourage children's participation in services and love having them in our sanctuary. Older children are encouraged to lead parts of the service and/or read Torah once able to do so. Younger children are invited to carry crowns during the Torah service and are also invited to the bimah for Adon Olam each week. At the end of services they can visit the rabbi's magic tallis bag to receive a lollipop or mini bubbles. Parents, please let Rabbi Tamar know if you do not want your child to receive one of these items.



Shabbat Shalom!

Yahrzeit List for Week Beginning August 16 2025 / 22 Av 5785

The seventh aliyah is reserved for those observing yahrzeits during the coming week. If you are observing a yahrzeit this week, please come forward at the seventh aliyah and give your full Hebrew name to the gabbai who will call you to the Torah. Your full Hebrew name includes your name and then ben/bat/mibeit and your parents' names or Avraham and Sarah. Please say your name loudly and clearly, so that the gabbai can hear it.

Masks are required on the bimah during the Torah service. If you do not have one, please get one from the basket by the greeter and put it on prior to coming up for an aliyah.

August 16/22 Av

Ida Friedlander
Sylvia Edith Goldman
Philip Tully Hodge
Louis Leo Marofsky
Allen Rosenberg
Annie Paper
Robert J. Milavetz

August 17/23 Av

Emanuel Block
Chayah Sarah Karchmer
Linda Laster
Abraham Pinchewsky
Rose Rischall
Philip Schwartz
Dinah Shapir
Sarah Witkin
Jennie Minny Schatz

August 18/24 Av

Yissachar Baer
Rose Birnbaum
Tama Esenstein
Hermine Markovitz
William Rosenberg
Harry Rosowsky
Avy Yuffe
Anna Morgan
Hannah Mark
Bessie Grodin

August 19/25 Av

Frida Feigenbaum
Yitzchok Isaac Feldman
Herman Matz
Ethel Potash
Marta Slobodkina
Reuben L. Singer

August 20/26 Av

Jacob M. Cohen
Rachel Fox
Arby Israel Siff
Walter Lazer
Sophie Sarah Mesnik
Bessie Weinstein
James White
Harry Mendel Kosoy

August 21/27 Av

Sammy Bejar
Marvin Friedman
Ephraim Friend
Albert Karter
Nathan Marofsky
Elizabeth Naeton
Joseph Rubenstein
Sylvia Schechter
Robert Sharpe
Sidney Sheldon

August 21/27 Av (cont'd)

Nettie Skochil
Donald Masler
Esther Friedman
Beverly Siegel

August 22/28 Av

Greta Block
Helen Diesenhouse
Lazar Fleisher
Joan Heurich
Shirley Anna Neren Baker
Lena Parasol
Louis Schoenzeit
David Spector
Lillian Levinsohn
Jacob Abramovitz
Mary Makiesky










TODAY at Beth Jacob

For the Jew in the Pew

With Rabbi Lynn Liberman 9:15-10:00am in the Chapel

Join together in the ongoing study of the Book of Psalms as we continue to explore these ancient, provocative and beautiful words. Having covered most of the psalms as found in the Siddur, our journey continues through the remaining treasure trove of liturgical poetry and music! No prior experience necessary. All texts provided in Hebrew and English.

Upcoming at Beth Jacob - August 16, 2025

Ongoing	
<p>For the Jew in the Pew Every 1st, 3rd, and 5th Saturday 9:15 am in the <u>Saide</u> Chapel</p> <p>Join Rabbi Lynn Liberman in the Chapel for some thoughtful study of the Book of Psalms.</p>	
<p>Tot Shabbat First Shabbat of every month 10:00 - 10:30 am in The Nursery</p> <p>Join us on the first Shabbat of the month in the nursery for Tot Shabbat. We will have a song-filled Shabbat Morning Service for BJC's littlest ones (0-3 years old). We will then have an <u>oneg</u> and playtime for parents to schmooze and kids to play.</p>	
<p>Pre-Shul Playgroup—Every Friday at 10:30 am</p> <p>Join our open play time for young children and their caregivers. Meet in the nursery every Friday morning from 10:30am until naptime.</p>	
<p><u>ADULT EDUCATION:</u></p> <p>Morning Mishnah, with Rabbi Tamar Magill-Grimm Wednesdays at around 8:00 am (after minyan) in the <u>Saide</u> Chapel and online Join on Zoom at Beth-Jacob.org/Minyan</p> <p>Tanach, with David Rischall Sundays 7:30-8:30 on Zoom: https://us06web.zoom.us/j/79546614386 Questions? Call David at 651-230-3911.</p>	
<p><u>Summer Shabbat Activities for Kids</u></p> <p>TODAY Water Games</p>	
<p>Shabbatluck September 5, 6:00pm</p> <p>Join us for Kabbalat Shabbat and stay for a pot-luck Shabbat dinner. Register at Beth-Jacob.org/Shabbatluck</p>	
<p>Learn to Blow Shofar</p> <p>Anyone can do it! Learn how to get sound out of the shofar, and learn how to follow the caller and play all the right sounds. Then you will be ready to blow shofar for the High Holidays! Contact Sara Lynn at 651-353-6960.</p>	

Upcoming at Beth Jacob - August 16, 2025

EVENTS AND ANNOUNCEMENTS

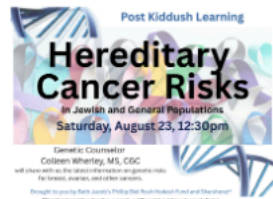
Learn to Be a Security Greeter

We are looking for new security greeters to help with the holidays this Fall. This is a fun and important role in keeping our community safe. Greet everyone who comes through our front doors and really get to know fellow greeters...all while doing a BIG Mitzvah. We will have a training session on Sunday, August 17. If you are **interested**, please talk to Mitch Multer or Will Thomas or email: mitchmulter@comcast.net, w.thomas.MN@gmail.com.



Hereditary Cancer Risks - August 23 **Post Kiddush Learning**

Learn with genetic counselor Colleen Worley, MS, CGC, who will share the latest information on genetic risks for breast, ovarian, and other cancers, and Connie Savitt Sandler from Sharsheret, providing support to individuals and families at risk, facing a breast cancer or ovarian cancer diagnosis or in survivorship.



Family Day at Mendakota Park **Sunday, August 24, 9:30-11:30**

With summer break coming to a close, we'd like to invite Beth Jacob families with young children for a Playdate! Bring a nut-free snack to share. Contact Rachel Silva (Rachel.Sandler@gmail.com) for more information.



School Supplies Drive

Beth Jacob is joining with Interfaith Action to collect school supplies for children from low-income families in Greater St. Paul. There is a collection box in the coat closet—please make your donations by **August 20**.

Supplies needed include: Backpacks, 3-ring binders, loose-leaf paper, folders & notebooks, calculators, pencils and pens, markers, colored pencils, and crayons, erasers, highlighters, glue sticks & bottles, scissors, rulers, kleenex, pencil boxes, pencil sharpeners, hand sanitizer...



Community Selichot Service **Saturday, September 13, 8:30pm**

Selichot prayers are designed to open our hearts and deepen the work of reflection and teshuva before the High Holidays.

Beth Jacob and Shir Tikvah will once again partner for a heartfelt night of learning, song, and connection, in preparation for the Days of Awe. In person at Shir Tikvah, 1360 W Minnehaha Pkwy, or on Zoom, Beth-Jacob.org/Selichot.

