

Shabbat Shalom

Behalotecha

June 14 | 18 Sivan 5785

Havdalah 9:42pm

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:

Neal Gale,
Stuart Kaufman,
Leonard Oppenheimer

D'var Torah:

Nitzan Peleg

Mashgiach: Sharon Press

Davenners:

Sara Lynn Newberger

Kitchen Crew:

Ann Bernstein, Esti Koen & Andy Meltzer, Isaac Pommer

Greeters & Security:

Lydia Schultz, Mitch Multer,
Davida Alperin, Monica Kelley

Torah Reading

First / Kohen Aliyah
Second / Levi Aliyah
Third / Shelishi Aliyah
Fourth / Revi'i Aliyah
Fifth / Chamishi Aliyah
Sixth / Shishi Aliyah
Seventh / Shevi'i Aliyah
Maftir
Haftarah

Numbers 8:1-14
Numbers 8:15-26
Numbers 9:1-14
Numbers 9:15-10:10
Numbers 10:11-34
Numbers 10:35-11:29
Numbers 11:30 12:16
Numbers 12:14-16
Zechariah 2:14--4:7

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Elaine Du Fresne
Robin.Conn
Stuart Kaufman
Jonathan Ehrlich
Sara Lynn Newberger
Giulia Girgenti
Ely Sheinfeld
Frances Fischer
Rav Shosh Dworsky

Acting Senior Rabbi:

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

Director of Congregational Learning:

Rabbi Justin Held
RabbiJustinHeld@Beth-Jacob.org

Executive Director:

Sonya Rapport
Sonya@Beth-Jacob.org

Director of Congregational Programming:

Frances Fischer
Frances@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

Our services depend on the participation of our community members. We welcome diverse voices and talents to lead our community in prayer and to read Torah.

Please use this QR code, or sign up at
Beth-Jacob.org/DavenOrTorah.



Today's Kiddush is sponsored by the Lois Newberger Legacy Fund.

Kiddush is also sponsored by parents of our children about to spend a fabulous summer at camp! As of printing, these sponsors include: Annie, Jeff, Rosalie and Louis Goldbaum; Hanne, Bernie, & Joseph Leviinson; Shane, Rebecca, Whit and Fitz Noecker; Dominic, Libi, & Dalia Ackerman, Ethan & Patricia Jewett, Michael, Hannah, Razele & Elnatan Hofrichter & Mariana Semeniuk

A Caretaker's Prayer

O God, pray heal her!

By Rabbi Patricia Karlin-Neumann

Parashat Beha'alotcha is overflowing with complex ritual and detail: the lighting of the lamps; the purification and consecration of the Levites; the elaboration of the Passover sacrifice; the carefully choreographed journey through the wilderness; the mutiny of meat, manna, and quail precipitating a plague for those who were led by their appetites; the challenge of Moses' siblings to his leadership; and finally, the sudden onset of his sister Miriam's disease. Yet amidst these richly detailed stories, we find one contrasting, stark, parsimonious prayer: *"El na r'fa na lah"* ("O God, pray heal her!").

Five words — 11 Hebrew letters — are all that Moses speaks (Numbers 12:13). Except for God's name, each word ends in a vowel, as if each word were an unending cry. It is as if each word is punctuated with an exclamation point, the brevity of the syllables giving voice to the tortured helplessness of the suppliant: "God! Please! Heal! Please! Her!"

In the midst of catastrophe, the verb of consequence — the bull's-eye of the prayer — is the central plea: Heal! Indeed, in Hebrew the prayer is nearly a palindrome — reading the same forwards as it does backwards — homing in with laser precision on that most urgent desire: Heal!

This prayer has few words but much resonance. It is a primal cry, capturing fear, powerlessness, and incomprehensibility in the face of sudden illness, accident, or injury. It is not the entreaty of the one beset by the catastrophe, but rather that of the witness, the powerless onlooker, the potential caregiver absorbing the shock, the one who is overwhelmed and stymied about how to help.

When one whom we love is in danger, not only our loved one but also we ourselves face darkness. According to Jewish tradition, the first person who prayed privately and in darkness was young Jacob, on the eve of his exile from home. So, too, the prayer of the caregiver is private, conspiratorial, hidden from the one who is the object of supplication, yet revealed to the One who can respond. We want to protect the one who is suffering from the compounded weight of the caregiver's distress.

But in the darkness, it is safe to give voice to our fear of dreadful scenarios and of the unknown. In the darkness, it is a relief to relinquish the weight of trying to hold up another's spirits, and to acknowledge that someone with far more power than we possess is the ultimate caregiver. In the darkness, it is possible to renew courage, to find new paths, to discover the equanimity essential to living with the terror of catastrophe.

The Chinese word for crisis consists of two characters: danger and opportunity.

It does, indeed, take "double vision" to see both blessing and curse, to picture opportunity amidst danger. Courage grows through hope, through the willingness to look for unknown possibilities and to grasp them, through refusing to see only danger in darkness when its counterpart, opportunity, may be waiting in the shadows. The prayer of the caregiver, the cry of the distraught parent, the

Torah Commentary

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reassuring whisper of the loving spouse, can help to wrest some measure of opportunity out of danger.

El na rfa na la. In its simplicity and raw clarity, this prayer of healing recognizes that more than double vision, the vision of the Divine is immeasurable, and the capacity of the Healer is limitless. In response to Moses' prayer, God reveals the duration of Miriam's exile to the wilderness of disease. Her fortunate loved ones have only to wait out a time of disequilibrium and uncertainty; they have received sacred reassurance that all will be well. Yet in anticipating her return, the Torah conveys a truth well known to the loved ones of someone contending with affliction and crisis — v'haam lo nasa ad heasef Miryam ("And the people did not march on until Miriam was readmitted," Numbers 12:15).

Life does not go on with any sense of normalcy or progression while one whom we love is endangered; the caregiver's attention and effort revolves around the one who is stricken. Time and space are altered. The yearning for healing expands to fill both.

Our present rituals may not be as formulaic as those described in B'ha'alotkha; our contemporary prayers of healing may have become longer and more specific; our modern understanding of treatment may be more nuanced and comprehensive; but Moses' wisdom abides. The essence of what we seek is still found in his direct and eternal prayer. El na rfa na la: God! Please! Heal! Please! Her!

Yahrzeit List for Week Beginning June 14, 2025 / 18 Sivan 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.

June 14/18 Sivan

Elizabeth Oriol
Russel Robinson
Eva Rosen
Ulysses Levinson
Coleman Bloomfield
Joy Nemiroff
Linda Libman
Hayyim Jagoda

June 15/19 Sivan

Abe Siegel
Samuel Collins

June 16/20 Sivan

Renee Slavin
Harvey Gale
Joseph Moses
William B. Sweet
Edith Sheinfeld
Elsie Glik
Barbara Grimson

June 17/21 Sivan

Ronald Stowman
Sarah Bix

June 18/22 Sivan

Hymie Cohen
Florence Hiller
Herman Krause
Henry Davis

June 19/23 Sivan

Pearl Jeffries
Mildred Goldberg
Elaine Pearlman
Rebecca Baldinger

June 20/24 Sivan

Julius Farber
Harold "Bud" Blank
Mary Chmelnitsky
Kaila Itzkowitz



TODAY at Beth Jacob

P2G Mayors Speaking Today

Today four mayors from the Sovev Kineret Region are visiting us through Partnership 2Gether. Nitzan Peleg, Mayor of the Lower Galilee Regional Council of will be sharing words of Torah with us today. After kiddush, he will be joined by Yossi Neveh, Mayor of Tiberias, Eli Gabay, Deputy Mayor of Kfar Tavor, and Idan Greenbaum, Mayor of the Jordan Valley Regional Council as they discuss their towns and the region with us.

Science Fiction Table at Kiddush

During Kiddush, we invite you to get to know someone better.
Try to start a conversation with someone you don't usually speak with.
Here are some questions to get you started.

- 1 - If you could learn to play a musical instrument, which one would you pick?
- 2 - What article of clothing do you have a nostalgic attachment to?
- 3 - Do you have any favorite camp memories?

שלוש
שאלות
שבת

THREE
SHABBAT
QUESTIONS

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.



Ongoing	
<p>For the Jew in the Pew Every 1st, 3rd, and 5th Saturday 9:15 am in the Saide Chapel Join Rabbi Lynn Liberman in the Chapel for some thoughtful text study. For beginners and experts alike.</p>	
<p>Tot Shabbat First Shabbat of every month 10:00 - 10:30 am in The Nursery 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 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> 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 Tanach, with David Rischall Sundays 7:30-8:30 on Zoom: https://us06web.zoom.us/j/79546614386 Questions? Call David at 651-230-3911. Torateynu—Hineni's Summer Learning Series https://ttsp.org/summertime-2025/# Community Might Just Be The Only Thing That Saves Us Wednesday, July 9, 7pm Wabasha Brewing Rabbi Tamar Magill-Grimm will discuss the text Mishna Peah/Prayer for those who serve the community.</p>	 
<p><u>Summer Shabbat Activities for Kids</u> will be offered monthly during the summer June 21: Board games and activities July 12: Scavenger hunts and outdoor fun August 6: Water Games</p>	

Upcoming at Beth Jacob - June 14, 2025

EVENTS AND ANNOUNCEMENTS

Pride Shabbat on June 21 Let's sponsor Pride Month with a Pride Kiddush (complete with Rainbow Cupcakes).

Join a group-sponsored kiddush at Beth-Jacob.org/Kiddush



Field Day at Avodah Farms
Sunday, June 22, 10-1

Avodah Farm invites Beth Jacob folks to come visit the farm for a Field Day. Walk around the pastures to see the cows and calves, hens, meat birds and chicks, and stay for a pot-luck lunch. RSVPs requested, not required.
Martha & Geoffrey: avodahfarm@gmail.com 715-448-0496



Echoes of Tradition with Cantor Azi Schwartz
Sunday, June 22, 2:30

Join us for an unforgettable musical experience as the St. Paul Jewish community welcomes back world-renowned Cantor Azi Schwartz for a powerful and moving concert at Temple of Aaron.



Electronic Vehicle (Plus) Fair
Sunday, June 29, 3-5pm

The Climate Action Committee is hosting an EV Plus fair for members to bring their EVs—Cars, Lawnmowers, Bicycles, etc., and for the curious to see them in person and ask questions. There will be a panel and refreshments.



July 4 BBQ at the Fischers

The Not-Even-Close-to-Annual July 4 BBQ at the Fischers' returns! RSVP at Beth-Jacob.org/BBQ and join us for a beautiful afternoon with delicious food.



Tzofim-Israeli Scouts Friendship Caravan
Concert July 8, 5-7pm at Temple of Aaron

The St. Paul synagogues and agencies are sponsoring a concert of this high energy group of young adults. A Barbecue will follow the concert (\$5/person)
RSVP SusieHaim@TempleofAaron.org



Reflections on the Psalms - July 12
Rabbi David Krishev

Rabbi Krishev will be speaking on his new book, Reflections on the Psalms, and how the Psalms can inspire us to engage with significant contemporary issues. He will use the Psalms and prayer as invitations into brief meditations using Jewish wisdom for spiritual development.

