



Bet Shraga
Hebrew Academy
of the Capital District



June 5, 2009
13 Sivan 5769

SHABBATON

Issue Number 34
Volume Number I

CALENDAR

Monday, June 8

11:00 8th Grade Graduation
Rehearsal
9:00 1st Grade Play

Tuesday, June 9

3:30 Basketball Clinic
3:30 Drama Kids
Spring Performance

Wednesday, June 10

8:45 2nd Grade Play
7:00 Spring Band Concert

Thursday, June 11

3rd Grade Field Trip to
Schuyler Mansion

Friday, June 12

4th Grade Field Trip to
Fort William Henry
3rd Grade Father's Day
breakfast

Candle Lighting times for June 2009

Friday, June 5th —Light 8:11pm
Friday, June 12th—Light 8:15pm
Friday, June 19th—Light 8:18pm
Friday, June 26th—Light 8:19pm

Saturday, June 9th —End 9:22pm
Saturday, June 13th—End 9:26pm
Saturday, June 20th—End 9:20pm
Saturday, June 27th—End 9:30pm

DVAR TORAH BY RACHEL ANISFELD

“More! More! I want more!” say the children. More toys, more beautiful dresses, more treats. It is never enough. For them, and sometimes, for us. How does one learn to feel satisfied, to feel the peace of *not* wanting? Consider the parsha’s perspective.

This week’s parsha, parashat Naso, includes the classic priestly blessing, “May the Lord bless you and protect you . . .” (Num 6:23-27). This is the same blessing the *kohanim* (priests) recite in the synagogue on holidays and that many parents use to bless their children on Friday nights.

Concerning this priestly blessing, the midrash (Numbers Rabbah 11.7) tells the following story. A large family sits down to a very meager meal, some small bits of bread. Now the Torah says, “And you shall eat, and you shall be satisfied, and you shall bless [here meaning thank] the Lord your God” (Deut 8:10). This is the biblical source for *benching*, the saying of grace after meals. What do the members of the midrash’s family do after eating their decidedly unsatisfactory meal? They *bench* anyway; they thank God despite not being full.

According to the midrash, it is this action, this lifting of one’s face toward God in blessing

and thanksgiving (*brachah*) which leads God to lift *His* face toward us in blessing (*brachah*), and to bestow upon us the favors of the priestly blessing. It is like we tell our children: “If you say thank you, they’ll invite you back.” The first step in receiving the blessing involves appreciating that we already have been blessed. And thus begins the cycle; our appreciation, our *brachah*, leads to His further *brachah* which leads to our *brachah* of thanks and so on.

Note that the midrash’s family begins the cycle by feeling blessed and *save’a*, “satisfied,” in the face of *small* amounts. This sense of satisfaction, of fullness, no matter what the quantity, is the kind of perspective which is the beginning of religious experience; it is a perspective which opens the heart to seeing, really seeing God’s gifts and blessings in all their tiny minutiae – the single moment of a child’s laughter (even amidst a day full of tears), the moment when a group’s voices merge in Shabbat song, or the sweet taste of one small piece of juicy melon. The goal is to look at these small things and to feel full, to be able to say: If that is all the good that comes of today, that is enough.

The Hasidic commentator Sefat Emet suggests that the last part of the priestly blessing, “And He will grant you peace” refers not only to *shalom*, “peace,” but also to *shleymut*, “wholeness,” to precisely this feeling of fullness. This perspective is then both the beginning and the end of the cycle. We must begin with a heart that is full and blessed, but it is also such a heart that we pray for; such a heart is also the blessing itself. We ask God to help us become people who do not constantly want more, but feel a sense of wholeness and satisfaction in small things.

Bet Shraga Hebrew Academy Of The Capital
District Receives Substantial Support From



HACD ANNUAL PICNIC A SUCCESS



KINDERGARTEN PREPARES FOR SHAVUOT

Kindergarteners continued our 30-year school tradition of hatching baby chicks. Students turned a dozen eggs in the incubator twice each day during the 21-day gestation period as they learned lessons about the bikkurim, or first fruits, brought to the Temple during early Shavuot celebrations. Students dressed in white and wearing crowns of flowers, presented the newly-hatched chicks to the eighth grade Cohanim class during our school celebration.

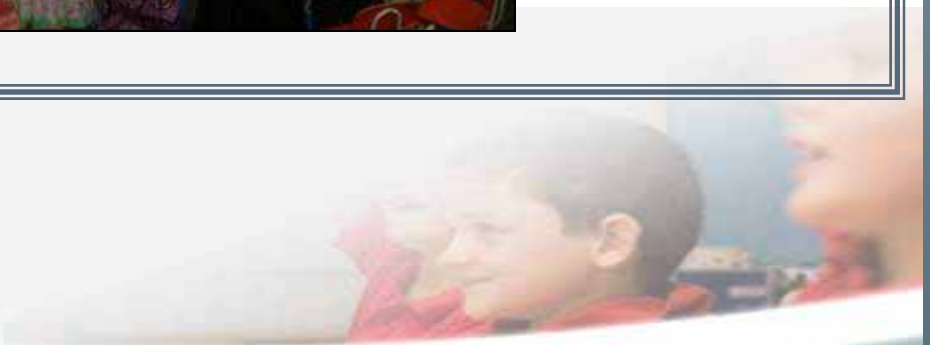


2ND LUCKY HERITAGE AUCTION WINNER-BE JANELLE FOR THE DAY

Jacob Schwack was the 2nd lucky winner from the Heritage Awards Dinner. He won a 1/2 a day in the office working side by side HACD's own Janelle.



1ST GRADE SIDDUR CEREMONY—JUNE 4, 2009





Many Thanks

General Fund

Jim & Margo Strosberg in honor of
Refuah Shelemah to Rachel Arcus

Library Fund

Ian & Lorraine Arcus in memory of:
Nisan Back, Walter Loeb and Edith Waltzman

Ian and Lorraine Arcus in honor of the birth of
Leor Asher Strosberg

Barbara & Les Stein in honor of the
graduations of Lena & Sarah Eson

Hope Berger Music Fund

Rich & Amy Drucker in honor of the birth of
Leor Asher Strosberg

Milton Judkowitz Fund

Vivian L. Judkowitz & Rona & Louis-Jack Pozner
in memory of Arline Karpowitz

Non Cash Contributions

Carl Rosner in honor of his daughter
Elizabeth Rosner's books

Barry Rosenthal in memory of Carole
Rosenthal; Teaching materials donated to HACD
Faculty

Dorit Epstein donation of teaching materials
for Judaic studies



Happy Birthday

June 5	Ryah Bernhardt
June 6	Eliana Wallock
June 8	Emily Heller
June 8	Maya Terry
June 9	Reuben Ginsburg
June 10	Benjamin Eckstein
June 10	Richard Eckstein
June 11	Ariel Siegfeld
June 16	Max Carothers
June 16	Chelsea Herr
June 21	Maxwell Benson
June 22	Joseph Palatsky
June 24	Gavriella Black
June 24	Rianna Young



CHALLAH FOR SHABBAT



Challah for Shabbat delivered at School!

8th Grade parents will send challah home on Friday with your child.

Please make check payable to **HACD** and send along with this form to Julie Adler via Kiddie Mail,

Orders MUST reach Julie by 5pm on Wednesdays.

No orders will be taken over the phone. A check, payable to **HACD** with Challah in memo line, must accompany every order.

All proceeds benefit the 8th grade trip to Israel.

** HACD is not responsible for credits for snow day challahs. Efforts will be made to deliver to your home, or challahs will be frozen and sent home the next school day.

Challahs are from Rockland Bakery, and are Pareve/Kosher Certified and the price is discounted if you buy more than one each week.

Send home with: _____ Grade: _____ Phone: _____			
	One Challah per week Check off the week	More than one Challah per Week Write # per week	
Delivery Date	1 Pound Challah \$4.50 each	1 Pound Challah \$4.00 each	TOTAL
6/12/09			
6/19/09			

2009-2010 SCHOOL YEAR

We are currently looking into having a caterer to provide a hot lunch program for the 2009-2010 school year. Affordable, nutritious, well balanced meals.

We are in need of a parent volunteer to help oversee the lunch program. We already have many great volunteers in place, and just need one person to coordinate efforts.

Please email HACD.ParentOrg@nycap.rr.com



COMMUNITY CALENDAR

June 14

Calling All Cub Scouts and Prospective Cub Scouts!

Come to the annual Blue and Gold pancake brunch! HACD CAFETERIA, Sunday, **June 14, 10 am -12 noon.** Comic Entertainment! Scout Games! Learn about our Jewish Cub Scout Pack! Free to all prospective scout families, registered cub scouts and those under 8. Others only \$3 per person, Family Max of \$10.00. Please email hacdpack18@hotmail.com by June 11 to R.S.V.P

June 29

Camp Givah's 50th Season June 29 is approaching fast!!! Do not forget to enroll your child(ren) in Camp Givah for its Spectacular 50th Season. Forms and brochures are out and available now. Contact Gregg Fox at givahdirector@gmail.com with any questions or visit the Camp Givah website at www.campgivah.org.

To put a community wide event in our e-shabbaton, please email a text only version to ndaigle@hacdalbany.com



Submissions for the Shabbaton should be sent to ndaigle@hacdalbany.com by the Wednesday

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