



Bet Shraga  
Hebrew Academy  
of the Capital District



May 15, 2009  
21 Iyar 5769

## SHABBATON

Issue Number 32  
Volume Number I

### CALENDAR

- Sunday, May 17**  
2:00 Oklahoma School Play
- Tuesday, May 19**  
8:45 2nd Grade Field Trip  
3:30 Basketball Clinic  
3:30 Drama Kids
- Wednesday, May 20**  
8:30 4th Grade Field Trip  
3:15 Band
- Thursday, May 21**  
8:00 5th Grade Field Trip  
6:30 Parent/Student Israel Experience Meeting
- Friday, May 22**  
Yom Yerushalayim  
2:40 ONEG

#### Candle Lighting times for May 2009

Friday, May 15th —Light 7:52pm	Saturday, May 16th —Ends 9:00pm
Friday, May 22nd —Light 7:59pm	Saturday, May 23rd —Ends 9:08pm
Friday, May 29th —Light 8:05pm	Saturday, May 30th —End 9:15pm
Friday, June 5th —Light 8:11pm	Saturday, June 9th —End 9:22pm

#### DVAR TORAH BY RACHEL ANISFELD

A recent article in the New Yorker reported on the use of stimulant drugs like Aderall for the “off-label” use of “neuro-enhancement.” People take these drugs so they can increase productive wakeful time and accomplish more tasks at a high level of brain function without the need of sleep.

The Torah has a different attitude toward non-productive time. As we see in the first of this week’s two parshiyot, *Behar*, even the land must have its rest, every seventh year, the year of *shmitah*, as well as every 50<sup>th</sup> year, the year of *yovel*. The idea is similar to that of the weekly Sabbath day. For six years or days, we are commanded to be active and productive in the world, but on the seventh year or day, we are commanded to cease.

These Sabbaths remind us that it is God who created the world, not us; we are mere sojourners here, living on borrowed land and borrowed time. The lesson is of our own smallness and insignificance. The Torah says people will worry: “But what will we eat if we don’t work the land?” (See Lev 25:20). We have simi-

lar worries: “If we stop doing what we’re doing, even for a short time, everything will fall apart. The kids won’t grow up right. The business will collapse.” The truth is, and this comes with some relief, we’re not as essential as we think we are. The earth turns without us, the ground produces fruit (albeit not as efficiently) without our tilling, and even our kids will grow up fine without our constant supervision.

These Sabbaths point to our smallness, but they also point to our greatness. And here is the surprise. The Torah teaches that our greatness as humans lies not solely, perhaps not even primarily, in what we create and produce in this world, but rather in our sacred moments of *non-productivity*. It is the seventh day, the day God rested, which He proclaimed holy. Both the *shmitah* and the Sabbath day are called *Shabbat Lashem*, “A Sabbath for God.” It is in part through non-productivity, through just *being*, that we come closest to God, closest to that spark inside of us which is *of God*, and therefore eternal. Perhaps this is why the rabbis say Shabbat gives us a little taste of eternity; it is *mey’eyn olam haba*.

The race to increase productivity with drugs or other means is a race against time, against the limits of our mortal lives. The Torah’s Sabbaths suggest an alternative response to mortality, an attempt to connect to the Eternal One through sacred moments of rest from our creative endeavors.

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



**LAG B'OMER—STUDENTS VS FACULTY/STAFF BASKETBALL GAME**



**CONGRATULATIONS TO**  
**BENJAMIN & RICHARD ECKSTEIN**  
**ON THEIR**  
**BAR MITZVAHS!**

**SHAVUOT**

Lag B'Omer is behind us, spring is well underway, and we will be celebrating the holiday of Shavuot on Thursday afternoon, May 28.

In recognition of one of Shavuot's themes—a day of gratitude for and sharing of the earth's bounty—we are asking that your child bring in one item of nonperishable food and a fresh flower or two (cuttings from your yard are great). Both will be collected by the child's classroom teacher Thursday morning, brought as bikkurim" (symbolizing gifts to the Temple) during our school celebration, and donated.

**Please ask your child to wear a white shirt on Thursday, May 28.**

Shavuot is an especially appropriate holiday to "go green" by conserving paper, so all announcements and reminders will be electronic. Thank you for your help, and happy spring!

The Shavuot Committee

**SUPPLIES NEEDED**

The 5<sup>th</sup> Grade is in need of paper towel or toilet paper rolls for their Piñatas.

Please send any you can spare into the office.  
Thank you!!

The HACD Concert  
has been moved to  
June 10, 2009.



## 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.

Questions, please contact Julie Adler [Jamminwithjulie@gmail.com](mailto:Jamminwithjulie@gmail.com)

Send home with: \_\_\_\_\_ Grade: \_\_\_\_\_ Phone: \_\_\_\_\_

	One Challah per week Check off the week	<b>More</b> than one Challah per Week Write # per week	
Delivery Date	1 Pound Challah \$4.50 each	1 Pound Challah \$4.00 each	TOTAL
05/22/09			
06/05/09			
6/12/09			
6/19/09			





**HACD Annual School Picnic**  
 For students, families, faculty and staff  
**Wednesday June 3rd @ 5:00 p.m.**



*(RAIN DATE - Thursday June 4<sup>th</sup> @ 5:00 p.m.)*

**Everyone is Welcome!**

Come and end the school year with a yummy barbeque, games, rides & fun!

*The Parent Organization will provide a kosher barbecue picnic of:*

- Hot dogs • Hamburgers • Veggie burgers • Veggie dogs • Garden salad • Fruit • Drinks



**Bouncy Bounce, Face Painting and More!!**

To help Parent Organization cover the cost, a charge of **\$10.00 per family** is needed.

We need volunteers to help in this event.

Please email Sherry Ashery at [sashery@nycap.rr.com](mailto:sashery@nycap.rr.com) if you have any questions.

**Fill out the form below and return it to the office by May 26<sup>th</sup>**

**School Picnic Form - \$10.00 per family. Checks made payable to: HACD**

Name: \_\_\_\_\_ Check#: \_\_\_\_\_

No. of Adults: \_\_\_\_\_ No. of Children: \_\_\_\_\_ Cash: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I would like to volunteer for: (please select)

- shopping (the more the merrier)  set up  grilling  serving  clean up

**Please let the office know of any dismissal changes!**





**Thursday, May 14 7:00 p.m.**

**Sunday, May 17 2:00 p.m.**

**Tickets Prices:**

**In Advance (by May 12):**

\$5.00/Adult (9<sup>th</sup> Grade and Up)

\$3.00/Child (Pre/K-8<sup>th</sup> Grade)

**At the Door:**

\$7.00/Adult (9<sup>th</sup> Grade and Up)

\$5.00/Child (Pre/K-8<sup>th</sup> Grade)

***To purchase tickets in advance (on or before Tuesday, May 12) Please complete the form below and return it to the HACD office with a check made payable to "HACD" in an envelope labeled "Play Tickets, c/o Howie Goldberg."***

*Note: Tickets purchased in advance will be held at the door; they will **not** be distributed via "kiddie mail."*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

	# of Tickets Thursday, May 14	# of Tickets Sunday, May 17		\$ Total
Adult (Grade 9 and up)			@ \$5.00 each	
Child (Age 2 – Grade 8)			@ \$3.00 each	
			Total Enclosed	\$

**Please Support the play fund and buy merchandise....**

**Western Leather Braided Bracelets \$2.50 each**  
(One size fits all adjustable hand-made bracelets)

**Blinking Light Up Magnetic Pins: \$1.75 each**

- 1) Cowboy Hat Pins
- or
- 2) Cowboy Boot Pins

***Order via kiddie mail and will receive purchased items the next day via kiddie mail.  
Please send envelopes to Jo-Beth Evan.***

*Thanks for supporting the HACD Play Fund*



## COMMUNITY CALENDAR

### May 15-16

**Temple Israel Scholar in Residence Program.** Cantor Rebecca Fletcher - Actress, Singer, Playwright A Weekend of Cabaret Show and Lectures. **Friday, May 15** - Services at 6:00 pm followed by Shabbat dinner and lecture by Cantor Fletcher. Cost is \$18/ adult, \$6/child. **Saturday, May 16** at 9:00 am Shabbat services with Cantor Fletcher as a guest speaker. Saturday, May 16 at 9:15 pm - Cabaret Night - "A Little Yearning". Concert tickets are \$18 each. Please RSVP no later than Friday, May 8 to Linda Young at 438-7858, ext. 117.

### May 28

**Congregation Ohav Shalom** invites you to attend A SHAVUOT EXTRAVAGANZA. Please join us for a celebration of the Shavuot holiday, commemorating the giving of the Torah from 7-9:30pm. For more information please call or mail us 489-4706 or [nancy@ohavshalom.com](mailto:nancy@ohavshalom.com).

**To put a community wide event in our e-shabbaton, please email a text only version to [ndaigle@hacdalbany.com](mailto:ndaigle@hacdalbany.com)**

### May 31

**Ne'imah Jewish Community Chorus** will mark its 17<sup>th</sup> anniversary by presenting a concert at WAMC's Performing Arts Studio, the Linda, at 318 Central Avenue on Sunday evening, May 31, at 7:30pm. The concert entitled *Yerushalayim Shel Zahav* (Jerusalem of Gold) will present songs in English and Hebrew. Special guest artist, Rebecca Teplow, composer and song stylist will join in the program. Tickets for the performance will be available at the door. General admission is \$14, Seniors, children and students \$10.00 Any questions, please call 438-9561

### 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](mailto:givahdirector@gmail.com) with any questions or visit the Camp Givah website at [www.campgivah.org](http://www.campgivah.org).

Submissions for the  
Shabbaton should be sent to  
[ndaigle@hacdalbany.com](mailto:ndaigle@hacdalbany.com) by the Wednesday

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