



CALENDAR

Monday, Sept. 26th

Tuesday, Sept. 27th

Wednesday, Sept. 28th

**No School
Rosh Hashanah**

Thursday, Sept. 29th

**No School
Rosh Hashanah**

Friday, Sept. 30th

**No School
Rosh Hashanah**

Candle Lighting times for September/October 2011

Friday, September 23rd– Light 6:34pm Saturday September 24th– End 7:32pm
 Wednesday, September 28th — Light 6:25 Thursday September 29th—Light 7:23
 Friday, September 30th— light 6:22pm Saturday October 1st —End 7:20pm
 Friday October 7th —Light 6:10 Saturday October 8th —End 7:08

A baby in her mother's womb is taught the whole Torah, according to the Talmud. Then, when she is about to touch the air of the world, an angel strikes her mouth and she forgets it (Niddah 30b).

She forgets, but not entirely. They say that babies develop a taste for the foods that their mothers ate while they were in utero. If a baby has tasted Torah in utero, maybe he retains some special sense, some special feeling and yearning for Torah so that when he learns Torah later in life, the experience has a kind of *déjà vu* quality. It feels not so much like something new, but like a return to an old familiar place.

Return. *Teshuva*. This is the Hebrew word describing the process of change referred to in English as "repentance." But as the Hebrew term implies, the process does not merely look to the past as a place of wrongdoing – a place from which to repent of one's sins and

move forward to a bright new future; the past also becomes a place to return to, an old home.

Teshuva is the process of finding inside oneself that pre-birth place of Torah. It is not the discovery of something new. It is the uncovering of something very old residing inside oneself, a divine spark, the point of contact between oneself and the oldest Being on earth.

Sometimes we have chance sightings of this eternal side of ourselves – whether through a Torah insight, a song or a walk in the woods. How do we know we have hit truth when we read/hear/see/feel it? Because it feels achingly familiar. The best ideas, the ones that feel most true to us, are the ones that somehow express something we already knew but never articulated. In that moment of insight, what we feel is not exactly a sense of novelty or discovery, but a sense of familiarity, of return, of the *uncovering* of some deep old forgotten truth.

And so if you're looking to connect to Torah, you don't have to go far, says this week's parsha. The Torah is "not in the heavens" nor "over the sea," but rather *karov eleikha hadavar me'od*, "the thing is very close to you . . . in your mouth and in your heart." Look inside yourself. Return to home. It is like the man who goes searching all over the world for treasure only to find that it is buried in his own backyard. We are restless searchers, constantly climbing and reaching, looking for the miracle cure everywhere but inside ourselves, where it is and always has been.

It's not easy to find that inner point to return to. As the midrash says of Hagar – who didn't see the well in the desert until God showed it to her -- "We are all blind until God opens our eyes." That is the function of the shofar on Rosh HaShanah. The blasts that broke down the walls of Jericho thousands of years ago are now called to break down our own exterior barriers – fear and insecurity, stress and anxiety -- to break down those barriers and uncover that point of peace and divine connection that is buried inside us, a faint in utero memory.

Shalom,

In Kitah Alef, we are learning about Rosh Hashana and all the customs and rituals that are associated with this holiday. Tapoochim V' dvasch (apples and honey), rimonin (pomegranates) challot agulot (round challot) and even a rosh shel dahg (a fish head) were included in our studies. Kitah Alef had the opportunity to hear the different sounds of the shofar (ram's horn) as well as try to blow one of the shofars. Kitah Alef had the privilege of seeing their kindergarten buddies once again in their first grade classroom. Each group was able to create a beautiful New Year Card then listened to Rosh Hashana songs, and wished each other a Shana Tovah U'metukah. (a happy and sweet new year).

Shabbat Shalom and Shana Tovah U'metukah,

Morah Keren



First Grade Happenings...



ARI'S BAR MITZVAH BIKE-ATHON

WHO: YOU!!!!!!

WHAT: 20 MILE BIKE RIDE (round trip)
shorter rides available

WHEN: SEPTEMBER 25TH AT 9:00 AM

WHERE: THE NISKAYUNA BIKE PATH

2545 RIVER ROAD NISKAYUNA NY 12309

(BLATNICK PARK)

WHY: TO RAISE MONEY FOR BREAST CANCER RESEARCH



IF YOU ARE ABLE TO ATTEND THIS EVENT PLEASE CONTACT US VIA E-MAIL

Jlevine6@nycap.rr.com



Library Volunteer Needed!

One of our wonderful library volunteers is unexpectedly unavailable. We need someone to help out, especially with shelving books. If you can give us a couple of hours a week.

Please contact Nancy Eson at neson@hacdalbany.com or 482-0464, ext. 130.

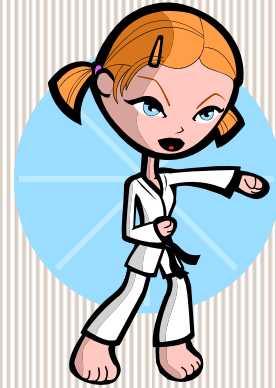
No experience necessary!

Community Event Calendar

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

Look in the coming weeks for our Community News Bulletin featured on our new website!





KARATE KIDZ

**With Master Lou Papa
15 years US Budokai
3 Years with PAL Program in Albany Schools**

For Ages 6 to 12 years old

**September 11-October 24 – Fall Session 1
(Continues through 2011-12 School Year)**

Sundays and Mondays

4:45 to 5:45 pm

JCC Auditorium (Fitness Studio, backup)

**Program will consist of Competition in the following skills:
Sparring, Various Forms, Self-Defense Moves, and Bo techniques**

**Participants should come dressed in
Sneakers, Sweatpants or Shorts, and T-Shirt or choose to purchase Karate Uniform (gi)
Belts will be supplied**

Cost: \$95 per child

**To Register:
Contact Andrew Katz, Director of Youth Services
518-438-6651 x 113 or AndrewK@saajcc.org
www.saajcc.org**

Announcing Camp Ramah in New England's First-Ever Ramah Family Day!

We hope you'll join us for a fun filled **Ramah Family Day**, a free program open to all current or prospective Ramah families, on Sunday, September 25th from 12-4pm.



Ramah Family Day will feature a taste of the Ramah experience:

- Climbing on the Alpine Tower
- Creative arts projects
- Boating
- Sports options
- Outdoor (campfire) cooking
- *Rikud* (dancing)

Tours and information sessions for prospective camper families

A Kosher BBQ lunch will be available for purchase, or families are welcome to bring their own picnic. RSVP requested (but not required). Camp Ramah in New England is located at 39 Bennett St., Palmer, MA 01069. For further information or to RSVP please contact Ben Greene, Director of Year Round Initiatives, at beng@campramahne.org.

Come study at the new

Open Bet Midrash of Albany

Fun, meaningful, creative communal Torah study in an honest, open environment.

No previous knowledge required. Both men and women welcome.

Meeting time: 7:30-9:30 PM once a week, day to be determined.

Facilitator: Dr. Rachel Anisfeld, who writes the weekly parsha blog “[Parsha Thoughts & More.](#)”

Pilot Session: Come try it out! Tuesday, October 4 at 8:00 PM at my home, 148 Milner Ave, Albany. Please let me know if you plan to attend: ranisfeld@nycap.rr.com, 489-5756

Cost: \$275 for the school year

The program is affiliated with the [Elul Bet Midrash program](#) based in Jerusalem, a Torah institute dedicated to the study of classical texts and creative responses to Torah.