

SHABBAT BESHALACH**SHABBAT BESHALACH**

Torah Portion: Exodus 13:17—17:16

Haftarah: Judges 4:4—5:31

Weekly Announcements
Ho'da'ot**WHAT'S ON****Thursday 6th February**4.30pm—6.30pm Bnei Mitzvah
Classes—Term 1 starts**Friday 7th February****OFFICE CLOSED TODAY****Saturday 8th February, 10am****Shabbat Morning Service—**
Geoff King's 80th birthday
celebration**Sunday 9th February**2pm TBI Tu Bishva't Picnic at
"Frogmore"
4pm Confronting Death Part 2
Death Concepts & Ethical Wills**Thursday 13th February 4.30pm****Bnei Mitzvah Classes****Friday 14th February****OFFICE CLOSED TODAY****Saturday 15th February, 10am****Shabbat Morning Service—**
Webb Baby Naming**Sunday 16th February, 4pm****Confronting Death—Part 2**
Dr assisted dying, Organ
donation, Cremation, Leaving
our body to Science**Monday 17th February, 2pm****Book Worm quiet reading time****Thursday 20th February 4.30pm****Bnei Mitzvah Classes****Saturday 22nd February, 10am****Shabbat Morning Service****Sunday 23rd February**10am Etz Chayim AGM
4pm Confronting Death—Part 2
Jewish views on Life, Death and
the Afterlife**Tuesday 25th February, 10am****Cuppa Club**

- Board Rep Siri Clemans
- Shalom Suzie Eisfelder
- Shammas Frank Moore
- Baalat Shirah Vered Harel
- Baalaat Koreh Rabbi Conyer

8th February Rabbi Allison Conyer
15th February Rabbi Allison Conyer
22nd February Rabbi Allison Conyer
29th February Rabbi Allison Conyer**Drash on Beshalach****Rabbi Stan Zamek**
United Jewish Congregation
of Hong Kong

Food is a major preoccupation in Parashat Beshalach. In Exodus, chapter 16 the Israelites are in an ugly mood. It has been two months since they left Egypt. They are sick of roughing it and they make sure Moses and Aaron know it: "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots, when we ate our fill of bread! For you have brought us out into this wilderness to starve this whole congregation to death."

God's response to this crisis is an air drop of emergency rations: And the LORD said to Moses, "I will rain down bread for you from the sky, and the people shall go out and gather each day that day's portion..." This is the moment when the manna begins to fall. God will feed the people in this way for the next forty years.

This chapter of our parasha, which is known as Parashat HaMan (the Chapter of the Manna), came to be seen as a liturgical means of securing one's livelihood. The Mishna Berurah, a commentary on the Shulchan Aruch, offers this explanation of the origin of the custom: "It is stated in the Yerushalmi, Tractate Berachot, that one who recites Parashat HaMan is assured that his sustenance will not be insufficient." The text goes on to say that reciting Parashat HaMan is done "in order that one comes to believe that all of his sustenance comes through hashgacha pratit, through particular providence."

There are obviously huge theological problems with this, which the Mishna Berurah seems to acknowledge. Does God really dole out the goodies according to how faithful someone is in reciting a prescribed set of words? Are people poor and hungry because they don't do this? Is God that easily manipulated?

Yet, despite these difficulties, there is something compelling about praying for sustenance. Financial insecurity brings with it real distress. To be afraid that we will not be able to provide for our families is a terrible thing. None of this hurt and anxiety can be unwelcome to a

compassionate God. We need somewhere to take this burden. Whatever its theological weaknesses may be, Rebbe Nachman's advice to pour out all our woes before God and to ask for all that we need in life, both spiritually and materially, is psychologically sound. From this point of view, Parashat HaMan works whether or not it improves the bottom line.

In a contest between theology and basic human needs, theology probably doesn't stand a chance. We see this dynamic at work in our prayers for the sick. Do we believe that only those who pray or are prayed for get well? Of course not. But it is our heart not our head that compels us to pray for healing, which makes perfect sense as the heart is where the hurt is.

When faced with fearful situations we have no obligation to be theologians. We do not believe that we can pray away a devastating bushfire, but that does not mean that prayer has no application to the situation. Prayer and rational action are complimentary means of coping.

These are fearful times in our region. As I write these words, the horror of the Australian bushfires continues. Hong Kong, my home, is experiencing two crises— one continuing, one developing. The civil strife of the past seven months and the fear being generated by the threat of the Wuhan Coronavirus are straining the social fabric of the city, harming its economy, and taking a considerable psychological toll on its people. Of course we are all taking whatever action we can to ameliorate the problems we face. At the same time, all of us would benefit from Rebbe Nachman's practice of hitbodedut, of "alone time" with God, when we are free to express all our fears and needs.

As to what comes of such an outpouring, I don't know. It just seems that there are times when the mind should shut up and let the heart speak. And so I pray that we can pray— without self-consciousness or self-censorship— for what we need. And then let the manna fall where it will.

ETZ CHAYIM AGM**23 February****9:30am morning tea****10am start****Please RSVP to info@etzchayim.org.au****In order to vote or stand for a position on the Board
you must be a paid up financial member**

Tu BiSh'vat

PICNIC & CELEBRATION

425-465 Hamilton Highway, Greater Geelong City

Sunday 9 February, 2020
2 – 5pm

PICNIC • TREE PLANTING

TU BISHVAT SERVICE • GAMES & MUCH MORE!



The celebration of **Tu BiSh'vat** has a long and varied history, with the theme most commonly ascribed to it being the environment and the natural world. Trees are part of the natural wonder of our world and have always been a special symbol for Jews.

This year we delighted to join our sister congregation TBI in honouring their members **Leslie and Katrina Heine** at their home 'Frogmore' on 9 February for their first ever Tu BiSh'vat Picnic and Tree Planting.

Frogmore is the perfect venue, as it is not only of architectural, historical and archaeological significance to the State of Victoria, but is also the site of Charles Wyatt's celebrated Frogmore Nursery, one of the earliest nurseries in the country.

Calling parents, grandparents and children of every age, this is a **family-friendly and free event**.

Activities include a *genizah* burial as an act of spiritual repair, and a tree will be planted for the books that are being buried. Included among these books will be copies of our old Machzor for the High Holy Days. There will also be **outdoor games**.

A **summer-inspired, light picnic meal will be provided**, so bring your blanket, sunscreen and sunhat and join us in celebrating our connection to the earth and our role as caretakers of our environment.

Bookings are essential to help with catering. Bookings close 6 February and can be made by right clicking on this link: <https://www.trybooking.com/book/event?eid=591725&> For more information contact TBI at 9510 1488 or info@tbi.org.au

Next Dor (formally, Young TBI, a group of Jews in their 20's and 30's) will be hosting a bushwalk before joining up with the TBI Tu BiSh'vat picnic and celebration. Meet at TBI at 10am for a 10.30am departure. Transport will be provided. They will be visiting **Organ Pipes National Park** and then moving onto Frogmore.

For more information please contact nextdortbi@gmail.com or follow them on [Facebook](#).



ETZ CHAYIM TELEPHONE

We apologise if you have called us recently and have had trouble hearing us. NBN are working in the area until the end of March and this seems to be interfering with our phones. If you are having trouble getting through or hearing us when you get through, please drop us an email as we can attend to your matter that way.

Thank you for your understanding and patience with this matter.

ETZ CHAYIM PROGRESSIVE SYNAGOGUE
&
RABBI ALLISON CONYER
present

Confronting Death

Part 2

9 FEB

Understanding our Own Death
Concepts and Ethical Wills

16 FEB

Jewish Views on Doctor Assisted
Dying, Organ Donation, Cremation,
and Leaving Our Body to Science

23 FEB

Jewish Views on Life, Death,
and the Afterlife

THREE SUNDAYS ONLY

4:00 PM - 5:30 PM

Members | \$15 per session | \$40 for all 3 sessions

Non-Members | \$20 per session | \$55 for all 3 sessions

RSVP to Samantha on 9563 9208 or info@etzchayim.org.au



SAVE THE DATE

PURIM

AT ETZ CHAYIM

TUESDAY 10 MARCH | 5:00 PM

Contact Samantha on 9563 9208 or
info@etzchayim.org.au for further information





SUNDAY
22 MARCH 6PM
(PRE-PESACH)

ETZ CHAYIM'S
**WOMEN'S
SEDER**

THE REFUGEE EXPERIENCE

BOOKINGS & INFO 9563 9208



THE ETZ CHAYIM GARDEN PROJECT



Help us look after our garden - join the **GARDENING CLUB**
Third Sunday of each month 10:00am - 11:00am

Contact Ron Popper on rpopper@optushome.com.au for more information

REMEMBRANCE

THOSE WHO HAVE PASSED AWAY THIS WEEK FROM OUR COMMUNITY - Valerie Abrahamson • Sandra Liebmann

SHLOSHIM - Rabbi Brian Fox AM • Lewis Lustig • Leslie Selby • Allan Gelfand • Diana Kahn • Charlotte Janout • Cyril Spencer • Sandra Ramanovich (Dennis) • Eva Marks • John Mansfield

Yahrzeits observed this Shabbat—Hilda Crawcour, sister of Michael Crawcour • Claire Isaacs, mother of Robyn Sharp • Ilse Abrams, grandmother of Nicholas Kolliners • Bette Bearman, mother-in-law of Ruth Bearman • Ida Mohrenwitz, grandmother of Frank Moore • Doris Crawcour, mother of Michael Crawcour

We also remember all victims of violence and terrorism throughout the world.



Australian Friends of **RAMBAM**

Israel's Health Care Campus

Australian Friends of Rambam & Spiritgrow invite you to attend:

IS RAMBAM STILL A THOUGHT LEADER FOR OUR GENERATION?

Speaker: David Solomon



**SPIRITGROW | FEBRUARY 16, 2020
7:00PM**

\$15 members | \$20 Non-members
Bookings: www.trybooking.com/BHNSW
For more details: info@ausforum.org.au



Raising Healthy Families



Unpacking Perfectionism

Striving for perfection isn't necessarily a problem; pursuing our best, setting realistic and achievable goals and celebrating our successes - while accepting that our mistakes are part of learning - is healthy.

However, perfectionism can be unhealthy. If a young person pursues extremely high and unrealistic standards, finds it difficult to move on from mistakes, or judges their self-worth based on achievement, the pursuit of perfection can become both exhausting and distressing.

In this session, psychologist **Dr Charlotte Keating** will explore what parents and teachers can do to help a young person who may be experiencing perfectionism.

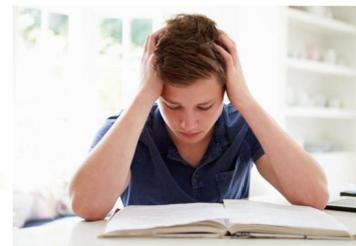
**When: Tuesday 25 February
7.30pm – 9.00pm**

**Where: Caulfield Park Pavilion
Balaclava Rd, Caulfield**

Cost: Gold coin donation

RSVP: www.jewishcare.org.au/perfectionism

**Info: Ph: 8517 5999
Email: cbarrett@jewishcare.org.au**



Dr. Charlotte Keating is a psychologist with a PhD in Neuroscience and a Masters in Clinical Psychology. She works with children, adolescents, young adults and executives in private practice in Melbourne. Charlotte also speaks in primary and secondary schools to students, parents and staff on a range of topics related to the health and wellbeing of young people.

Charlotte is a Member of the National Centre Against Bullying and an Advisory Board member for Dolly's Dream. Charlotte is a regular contributor on ABC Radio and print media on the topic of young people, and an Associate Editor and Member of the Editorial Board at the journal, *Neuroscience & Biobehavioural Reviews*. She is an Adjunct Research Fellow at the Centre for Mental Health, Swinburne University of Technology.

Jewish Care (Victoria) Inc 619 St Kilda Road Melbourne Victoria 3004
Telephone (03) 8517 5999 • info@jewishcare.org.au • www.jewishcare.org.au

IS YOUR NOSE ALWAYS IN A BOOK?

Join us **every third Monday of the month** to let your inner bookworm out!

STARTING JANUARY 20, 2020
2:00PM - 4:00PM



BOOKWORM REQUIREMENTS:
Do not apologise for being late
Do not apologise for leaving early
Shhh! Quiet space

Contact Suzie on limmud@suzs-space.com for further information

Faith, Fanaticism and the Jewish Future

A CONVERSATION WITH
Rabbi David Saperstein

- PRESIDENT, WORLD UNION FOR PROGRESSIVE JUDAISM
- SENIOR ADVISOR TO THE URJ FOR POLICY AND STRATEGY
- UNITED STATES AMBASSADOR-AT-LARGE FOR RELIGIOUS FREEDOM
- DIRECTOR EMERITUS, RELIGIOUS ACTION CENTRE OF REFORM JUDAISM

MODERATED BY RABBI GERSH LAZAROW,
SENIOR RABBI TEMPLE BETH ISRAEL

**Thursday 12 March, 7.30pm
at TBI** 76 Alma Road, St Kilda

THIS IS THE MAJOR PUBLIC EVENT OF THE UIA PROGRESSIVE APPEAL

