



From the Rabbi's Desk

We will soon read the proof text for the Mitzvah of our Grace after Meals. It appears in Parshat Eikev and states, "You should eat, be satisfied and bless God." This gives us the order of things. We give praise to God after we eat, at a time when it would be easy to forget Him.

Birkat HaMazon consists of four parts:

- 1) Birkat Hazan: Moses instituted the first paragraph of benching when the Jews received the manna in the wilderness. In this first blessing, we acknowledge that, even though human beings labor to secure their sustenance, nevertheless it is God who gives food to us and all creatures.
- 2) Birkat Ha'Aretz: the blessing over the Land. Joshua introduced this second part of the Birkat Hamazon. It was written when the Jews entered the Holy Land and serves as a benediction of the Land that brings food to the people.
- 3) Birkat Yerushalyim: The blessing of peace for Jerusalem. This part was written by Kings David and Solomon and petitions for the continuation of rulership of David's house and for peace upon Jerusalem and the Holy temple. After its destruction, the Rabbis amended the text to request that God rebuild the place of our central worship.
- 4) Hatov V'Hamaitiv: The Blessing to God who does good. This blessing was added by our Sages to commemorate a miracle in connection with the destruction of the Second Temple whereby the martyrs of the revolt were allowed to be buried with dignity.

We can see that the beautiful structure of the benching has evolved over the years based on Jewish history. We are instructed to give thanks by reciting the Birkat with joy, elation and proper concentration. In Megillat Ruth, we read that "Boaz ate and drank and his heart was happy." Why was his heart happy? He put himself in a happy frame of mind after eating, in order to recite the blessings wholeheartedly. We should try to do the same.

If anyone wants to learn the melodies of the Birkat HaMazon to fulfill this beautiful, daily Mitzvah, please call me!

Rabbi David Grossman

From the President

I hope you are enjoying your summer...getting to the beach, reading that fun novel, or visiting Fenway Park. Please keep in mind that the month of Elul is just around the corner with the High Holidays following. With that in mind, now is the time to submit or renew your tribute to your loved ones for the Temple Beth Sholom/Temple Israel Book of Remembrance, if you have not already done so. Please visit the TBS website to access the Book of Remembrance form and to see the High Holiday schedule. You will also soon be

able to purchase/order your seat(s) for the High Holiday services. So, while you are wading into the cool Atlantic waters of Nantasket Beach, don't forget we will be soon tossing bread into those very same waters during Tashlich soon enough.

Patrick Guiney, President

Membership

Please welcome our newest members

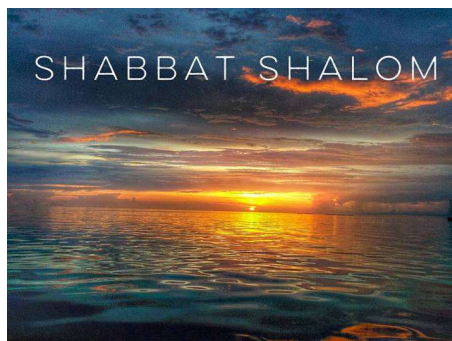
- Roberta Chomsky
- Annelise Cohen
- Howard Cooper
- Sheila Derensis
- David Kellem


Beverly Goodman Park

We are excited to welcome them to our Temple Beth Sholom family! If anyone knows of any potential new members, please contact Cathee or Harvey Wolf at 781-775-7862

We are optimistic in adding additional members to our temple community in the coming months.

Regards, Membership Committee



Candle		Lighting
Friday 8/04: 7:42 Friday 8/11: 7:33		Friday 8/18: 7:23 Friday 8/25: 7:12
Services for August		
Friday evening		August 4
Friday evening		August 18
Please note that Temple Beth Sholom will hold Kabbalat Shabbat services (as noted above) at Temple Israel on Haddassah Way. Shabbat morning services are held by Temple Israel. Unless otherwise noted, all services are in person with Zoom available.		
http://zoom.us/j/6373665461 Password: 9250091 Meeting ID: 637 366 5461		

Programming Notes

Programming Committee meetings will be held on the third Tuesday of the month at 6:30 pm. Next meeting: Aug. 15

Tuesday, July 18 We met for our first joint CSP-TBS Nosh & Learn: Rafram Chaddad and Shirel Horvoitz in conversation about Rafram's life and work. TBS got a shout out from Shirel, welcoming TBS as she introduced the program! We enjoyed a delicious dinner prepared by Zayde's of Canton of *falafel, tahini, eggplant, Israeli salad, tabouli, babaganoush, desserts and beverages.*

August 5 Sunday at 7:30pm TRIVIA NIGHT!

Don't miss out on the fun! Ross Andler will lead us in another spirited trivia night! Gather your friends and put together your team of up to eight. Winners get gift cards to Daddy's Pizza and, of course, bragging rights! Snacks will be served. Reserve your spot now: \$12 prepaid per person before August 3, \$15 per person after August 3. Call 781-925-0091 or email Karen at tbshullprogramming@gmail.com

August 14 Monday TBS Reads at 6:30pm at TBS We'll be discussing *My Russian Grandmother and her American Vacuum: A Family Memoir* by Meir Shalev Contact Karen at tbshullprogramming@gmail.com for information. Light refreshment will be served.

In partnership with CSP, here are August programs available on Zoom.

Tuesdays, August 1, 8, 15 & 22 at 1PM EDT with Gila Fine

All the Honor of the King's Daughter Is Within: Imma Shalom and the Feminine Ideal

Who, according to rabbinic literature, is the perfect woman? Does Imma Shalom, Mother Peace, fulfill this ideal? And what has this to do with the greatest story the Talmud has ever told? Join us for a 4-part series exploring the tragedy of Imma Shalom through the Bible, Midrash, and Talmud; Xenophon, St. Paul, and Muhammad; Tennyson, Dickens, and Patmore; Ruskin, Rav Kook, and Betty Freidan. Read more and register here <https://mailchi.mp/3b5ff2315532/csp-zoom-programs-week-of-april-5-5926304>

Thursdays, August 3, 10, 17, 24 at 1PM with Prof. Tomer Persico

The Dynamic Interplay Between Religion, State, and National Identity in Israel

Part 1 - ISRAEL AT 75: Jewish Identity - Tensions and Trends
Part 2 - Is There Such a Thing as an Israeli?
Part 3 -Religion and State in Israel: The End of the Status Quo
Part 4 -Jewish Nationalism and the Temple Mount: The End-Point of Zionism

Read more and register here:

<https://mailchi.mp/a65582c023d1/csp-zoom-programs-week-of-april-5-5926416>

Sunday, August 20 at 1PM with Evgenia Kempinski

Jews in the Art and Life of Pablo Picasso

Read more and register here:

<https://mailchi.mp/f8d33a50f523/csp-zoom-programs-week-of-april-5-5926428>

Karen Augenstern, Programming Chair

Kitchen Crew

It's so nice to spend time after services catching up on current events or discussing some Torah with friends over a bite to eat and a cup of coffee, tea, or soda.



Thank you so much to all who have volunteered to assist with preparing the after services Onegs and Kiddushim!

We'll meet to discuss menus, logistics and schedule on Tuesday evening August 8 to be ready to implement in the Fall. Interested? Contact Mary at mbelgard@verizon.net.

Trip to Israel – New Pricing!

We have redesigned the trip and made some significant changes to the price. See the attached flyer. Remember that the prices quoted do not include the \$500 rebate per person from JNF, so subtract \$500. See the attached flyer for pricing, the itinerary is available as a separate document (click on the link sent with the Newsletter email). Or please contact Rabbi David or Patrick Guiney for information or write to Karen at tbshullprogramming@gmail.com



Time to Match Wits

at Temple Beth Sholom's



Saturday August 5th

Doors Open 7:45pm	●	Trivia Begins 8:30pm
\$12 paid in advance	●	\$15 at the door

Teams (up to 8 players) & Individuals welcome



RSVP to Office 781-925-0091

Deadline for PAID advance reservations is Aug 3rd

WALK-INS Welcome
Reservations strongly suggested!



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Kenes Tours appreciates the opportunity to work with you on your upcoming trip to Israel. We commit to creating an experience of a lifetime.

As a result of our discussions and the proposed itinerary, please find our rates below. They are in U.S. dollars and are based on specific dates, hotel accommodations, room types, and number of fully paying travelers.

HOTEL

CITY	HOTEL NAME	CHECK IN	CHECK OUT	NIGHTS	ROOM CATEGORY
JLM	Harmony	March 28, 2024	April 1, 2024	4	Standard
North	Pastoral kfar Blum	April 1, 2024	April 3, 2024	2	Standard
Tel Aviv	Tal	April 3, 2024	April 6, 2024	3**	Standard

***Late Check Out at 6:00 pm*

FULLY PAYING PARTICIPANTS	RATE PER PARTICIPANT
10-14 Participants	\$ 5,040
15-19 Participants	\$ 4,330
20-24 Participants	\$ 3,970
Single Supplement	\$ 1,245

**Rates doesn't include subsidy by JNF*

*** Rates are based on bank transfer only (for credit card charges please add 4%)*