

Bnai Shalom Bulletin

Volume 5 – ISSUE 9

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May 2025
Iyar – Sivan 5785

SERVICES

Friday Shabbat Services 7:30 p.m., May 2, 9, 16, 23 and 30

Saturday Shabbat Services 10:00 a.m., May 3 and 17

CLASSES

Exploring the Kaddish – Monday, May 5, from 7:30 p.m. to 9:30 p.m. via Zoom (see page 7 for details)

UPCOMING MEETINGS

Ritual Committee Meeting, Tuesday, May 13, at 7:00 p.m.

Board Meeting – Wednesday, May 21, at 7:00 p.m.

UPCOMING EVENTS

Dinner with the Rabbi – Friday, May 2, at 6:00 p.m. (see page 5 for details)

Book Club – Sunday, May 4, at 10:30 a.m. (see page 7 for details)

Bingo – Sunday, May 4, at 1:00 p.m. Doors open at 12:00 p.m. (see page 7 for details)

Jewish Heritage Night at Coca-Cola Park – Thursday, May 8, at 6:45 p.m. (see page 10 for details)

Community Lag B'omer hosted by Temple Beth El – **Lehigh Valley Zoo**, Friday, May 16, 4:30 p.m. – 7:00 p.m. (see page 11 for more details)

Knitting Club – Wednesday, May 21, at 10:30 a.m.

Coffee and Conversation with the Rabbi – Wednesday, May 21, at 3:00 p.m.



A Word From Rabbi Adrienne

Shalom to my Bnai Shalom family!

I hope you had a wonderful Passover! Many thanks to everyone involved in making our community Second Seder such an enriching experience! At the

Seder, we began Sefirat HaOmer, this year's "Counting of the Omer". Our Torah tells us that beginning on the 2nd Day of Pesach, we are commanded to count off seven weeks and to count until the day after the seventh week—fifty days. On that 50th day, we are commanded to bring an offering of new grain.

Counting is nothing new to us. We count the days of creation, the days of the week (In Hebrew, the name of each day is that day's number, e.g. "*Yom Rishon*" – 1st Day – for Sunday). We count the years in the desert (40). We count the number of military-age Israelite men who left Egypt (603,550). We count the number of commandments (613). So a commandment to count is not surprising.

Our sages tied Sefirat HaOmer to our journey from the degradation of slavery in Egypt to the redemption of receiving the Torah at Mt. Sinai. They saw counting the omer as a necessary spiritual preparation for the amazing gift of Torah.

The Kabbalists used this period to reflect on the seven sefirot, the seven qualities of God described in the book of Jewish mysticism, the *Zohar*. The seven sefirot are: *Chesed* (Lovingkindness), *G'vurah* (Strength), *Tiferet* (Glory), *Netzach* (Eternity), *Hod* (Splendor), *Y'sod* (Foundation), and *Malchut* (Sovereignty). By meditating on them, we can increase our capacity to live them in our lives. We focus on one each week and one each day, so Day 1 is the lovingkindness in loving kindness, Day 2 is the strength in lovingkindness, Day 3 is the glory in lovingkindness, and so on.

I hope you will take this time in our calendar to increase your excitement and anticipation for Shavuot, our re-receiving of the Torah, which falls this year on June 1-3.

Kol Tuv – All good things,

Rabbi Adrienne :)

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