



Stellar Education for Every Jewish Child

# U'ahavta... ואהבת

Sept. 27, 2019 27 Elul, 5779

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## Kindergarten Tashlich

### Throw it out!

What a memorable trip our kindergartners had! We had our Tashlich trip, and we had a blast.

A good way to prepare for the New Year is by ridding ourselves of our past mistakes and behaviors.

Tashlich is a way to free ourselves from old habits. There is a custom on Rosh Hashana afternoon, or sometime before Yom Kippur (or even until the last day of Succot), to visit to a body of water. The water preferably should have fish, and many throw pieces of bread into the water. *Tashlich* means to throw and we symbolically throw away mistaken ideas or behavior, so that we can make a new start for the New Year.



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### Candle Lighting

Friday, Sept. 27  
6:41 p.m.

Saturday, Sept. 28  
Shabbat ends  
7:43 p.m.



Sunday, Sept. 29  
6:38 p.m.

Monday, Sept. 30  
Light candles *after*  
7:40 p.m.

Tuesday, Oct. 1  
Yom Tov ends  
7:38 p.m.

## Best Wishes for a Happy and Healthy New Year!!!



### כתיבה וחתימה טובה



**Monday, Sept. 30  
& Tuesday, Oct. 1**  
Rosh Hashanah  
No Classes

**Wednesday, Oct. 2**  
Fast of Gedalya  
  
Board Meeting  
7:30 p.m.

**Thursday, Oct. 3**  
Chess Club  
3:40 - 5:00 p.m.

## Rudlin Torah Academy August High Holiday Appeal

*Thank you for giving to the 2019 Rudlin Torah Academy High Holiday Appeal. Listing below is for donations received through Thursday, September 26, 2019.*

### Parents - Your Tzedakah Can Double!

We are grateful to all who have already donated to RTA's 2019 High Holiday Campaign. For RTA families, we have been granted a Match for this campaign and will receive an **additional \$1,800** when we reach at least **75% RTA family** participation. This means that your meaningful gift to RTA becomes an even greater investment in the education of our children.

We need your help! The High Holiday Campaign, together with tuition, Run-a-Latke and Grandparents & Special Friends Day, all allow RTA to meet the needs of our students, teachers and staff. Help us to invest in our children, support our scholarship needs, and contribute to our exciting, growing RTA family. This is a Mitzvah opportunity too great to miss!

Miss Jennifer Adams  
Mr. & Mrs. Louis Adams  
Mr. & Mrs. Ronnie Adolf  
Ms. Frances Amernick  
Mr. & Mrs. Irwin Asher  
Mr. & Mrs. Michael Barck  
Miss Shoshana Bart  
Mr. & Mrs. Abraham Bajtner  
Mr. & Mrs. Meir Binshtok  
Mrs. Debra Braverman  
Mr. & Mrs. Tom Buehler  
Mr. & Mrs. Amit Cahana  
Mr. & Mrs. Stuart Cantor  
Mr. & Mrs. Joseph Chester  
Mr. & Mrs. Jack Cohen  
Rabbi & Mrs. Edward Davis  
Mrs. Adrienne W.L. Epstein  
Mr. & Mrs. Lee Dranoff  
Dr. & Mrs. Elliot Eisenberg

Ms. Toby Friedman  
Mr. & Mrs. Avi Gunzburg  
Dr. & Mrs. Eliezer Gunzburg  
Mrs. Sultana Habib  
Mr. & Mrs. William Hill  
Mrs. Helen Horwitz  
Mr. & Mrs. Randy Howard  
Mr. & Mrs. Jay Ipson  
Mr. Ronny Ipson  
Mrs. Willa Kalman  
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Dr. Michael Kiken  
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Ms. Ronnie Lesh  
Mr. Robert Lichtenstein  
Ms. Judith Levine-Maizels  
Rabbi & Mrs. Shlomo Mayer  
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Mr. Richard Murad  
Mr. Martin Nathanson  
Mr. & Mrs. Ken Olshansky  
Dr. & Mrs. Walter Rabhan  
Mr. Michael Rosen  
Ms. Toby Rosenthal  
Mr. Richard Ross  
Mrs. Sheila Selznick  
Mr. Simon Sibelman  
Mr. & Mrs. Robert Siegel  
Ms. Olga Solomonova  
Dr. Neil Sonenklar & Ms. Anne Woods  
Mr. Todd Weinberg & Ms. Kate Moore  
Dr. & Mrs. Yehoshua Weinstein  
Mrs. Wendy Lusk Weisberger  
Dr. & Mrs. Sam Weprin  
Mr. & Mrs. David Winston  
Mr. Barton Zedd

## Kindergarten Tashlich

*(. . .continued from front page)*

Our class came equipped with bread to toss into the water. We all enjoyed throwing bread from a bridge while enjoying the beautiful scenery. It was wonderful singing Rosh Hashana songs for our enthusiastic audience. We all agreed that it was a fun and meaningful way to start the New Year.

Thanks so much to our chaperones: Mrs. Yuliya Habib, Mrs. Yali Klestzick, Mrs. Emily Legano, Mrs. Havah Lessin, Mr. Tuvia Lipp, Mrs. Channa Meyer, Mrs. Yael Mizrachi, Mr. Samuel Soloveichik, and Dr. Yehoshua & Mrs. Hallie Weinstein.



*(more photos on next page . . .)*

### Kindergarten Tashlich

(...continued from page 3)



### Kindergarten Tashlich

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### Kindergarten Prepares for New Year

Got dough? The kindergarten class does! We had a chance to prepare for Rosh Hashana by making our own yummy round challah for the holiday. And after all, it is apples - and challah - dipped in honey for a sweet year!



## Parsha Points

Each week we feature an article on the weekly Torah portion.

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### Nitzavim

#### (Deuteronomy 29:9-30:20)

##### *Asking Forgiveness*

Numerous sources discuss the importance of asking forgiveness from others before Yom Kippur. Jewish tradition points out that it does little good to ask forgiveness from G-d when one has harmed one's fellow man.

In such a case forgiveness must come from the individual who has been wronged. An apology must be made directly to that person. And in making an apology, it is not only important that it be made, but *how* it is made.

There are two very different approaches people use when it comes time to apologize. The sincere approach is short and sweet, and sounds something like this:

**"I'm sorry I hurt you. I'll be careful to see that it doesn't happen again."**

Clean, direct, no excuses. If you'd been hurt, wouldn't you feel better after receiving such an apology?

Next comes the 'selfish' apology. It goes something like this:

**"I apologize. But I didn't do it on purpose. I had a bad day and I didn't even realize what I was doing. And why are you so sensitive about this, anyway?!"**

This person has verbalized an "apology," but it is hollow because they have no regret. They really feel "it's not *my* fault and *I* didn't do anything so bad."

The type of apology not only fails to appease the person who was hurt, it actually makes things worse. Why? Because this "apology" is in effect saying:

"The fact that my actions were hurtful to you is not really my problem – it's yours. And since I don't regret my actions, I will not make an effort to change them. Therefore if a similar circumstance occurs in the future, I would do the same thing and hurt you again!"

What came under the guise of an "apology" actually turns into a great insult. Apologizing can be a difficult, humbling experience. We may feel vulnerable, low and bad.

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## Parsha Points

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But it doesn't have to be that way...

If your new outfit got stained, sure - you have to take it to the cleaners. But it's nothing to get down about. You know that a stain is not a permanent part of the fabric and now it just needs cleansing.

Judaism says it's the same thing when we sin – when we make a mistake. Our soul is the garment that gets stained. And we have to clean it. But making a mistake doesn't mean I'm inherently a bad person.

A distinction needs to be made between "unhealthy" and "healthy" guilt. Unhealthy guilt is where you feel like a bad person. Healthy guilt is where you maintain the sense that you're a good person, while acknowledging that you used bad judgment and made a mistake.

Think back to a time you apologized. How do you feel afterwards? Cleansed! Getting it out is an expansive, cathartic, liberating release. We cleanse the stain and recapture that lost purity. We rectify the past and move forward.

This week's Parsha begins: "You are all standing here today before God" (Deut. 29:9). Allegorically, this is referring to Rosh Hashana, the day when every Jew stands before the Almighty and takes a long, hard look at who they really are.

This is the time of year to make a commitment to own up to, apologize for, and correct our mistakes. God is "close" at this time, and as the verse in this week's parsha says: "God will remove the barriers from your hearts" (Deut. 30:6).

There's a feeling in the air. Let's use it!

May it be a good, healthy sweet New Year for all!

*Adapted with permission from the award winning website, [www.aish.com](http://www.aish.com).*