



אור חדש

New Light Congregation

5915 Beacon Street, Pittsburgh PA 15217 • 412-421-1017 • info@newlightcongregation.org

New Light News January 2023

A Word from the Rabbi

Why study psalms? We are going into our sixth week (Wednesdays at 7 PM) of the study of the Book of Psalms with Destiny of Faith Church on Zoom and a small number of New Lighters who come in person. Every week we select a psalm to be studied and understand it theologically, existentially, artfully, poetically, and how the psalm acts as a vehicle for feeling. The Psalms are split into Five Books as a tribute to the Five Books of Moses. Some would like to believe that the Psalms are the “Five Books of David,” the musical king who authored song and poems during his lifetime. However, not all psalms are attributed to David; some are attributed to Levites who sang in the Temple and others are in context the Exilic period (after the destruction of the first Temple) and could not possibly be written in David’s time.

What we have in the Book of Psalms is a multi-vocal anthology of ancient Israelite poetry and prayer: songs of thanksgiving (18, 30, 32), petitions, laments (both personal and communal – 44, 60, 90), royal psalms (2, 45, 72), and psalms of praise (95, 114, 117, 145). In various themes including perspective, mortality, trauma, growing older, forgiveness, hope and joy, the psalms teach us how to pray by generating *feeling*. If studying the Five Books of Moses brings one to knowledge, wisdom, and reverence, the Five Books of Psalms allow us to elicit feelings which are aroused by the words of the psalm and studying them allows us to explore the psalmist’s theology and our own theology through its word-pictures and suggestive tone. My teacher Neil Gillman once wrote: “We have to begin by allowing the poem to speak to us, by coming into touch with our own feelings as we read the psalm, by letting our reactions to what the poet saying seep into our consciousness.”

A true study of psalms is represented by the “give and take” that we find in the Beit Midrash (the study house) over portions of Tanakh (Bible), Talmud, Midrash, and Legal Codes that flow from Moses, our Teacher. This poetry originates with the Levites including Aaron and the Cohanim and finds itself in all Jewish prayer expressed in the Temple and in the synagogue. Psalm 1 introduces the Book by declaring that the “happy man” is one who “murmurs [his teachings] day and night” (Psalm 1:3). Through study, the words of psalms become part of you and you began to associate parts of your life (grieving, celebration, trauma, blessing) in a mindful Jewish language. You cannot understand the prayers of the siddur without doing a thorough study of psalms that are woven into the fabric of Jewish prayer.

That is what we are doing in our weekly class and it is not too late to join us. We have the benefit of it being an inter-religious class because of friends from Destiny of Faith contribute the Christian interpretation. Please let me know you want to join us and I will get you the translation that we are using by Robert Alter.

Stay warm,

Rabbi

December 2022 President's Report

MEMORIALIZATION WORKING GROUP

At the December Board Meeting, Janet Cohen tendered her resignation from the Memorialization Working Group and the 10.27 Healing Partnership Steering Committee. Janet provided an invaluable presence and voice in her participation in these efforts. Her understanding of what was important to our three families and New Light itself was heartfelt and perceptive. Many thanks to her for her hard work and voice on the Committee.

The Board will consider the status of New Light participation in the MWG at its January meeting. Barbara has replaced Janet on the 10.27 Healing Partnership Steering Committee.

HANUKKAH PARTY

Over 40 members came out in *freezing* cold temperatures to celebrate Hanukkah on December 22nd. It is always nice for us to gather for dinner. The weather outside was cold, dark and windy but the warmth of seeing friends, eating, talking, catching up erased any signs of winter. Thanks for the pictures, the company and coming out to spend an evening with family. We do not have friends at New Light we have family and what better way to spend the holidays than with family. Hope everyone had a good time - we certainly did!!

Happy New Year to All!



Board Meeting

The January board meeting is Monday, January 2, at 7:00 PM. Use the same Zoom connection as for Shabbat.

Men's Club Plea

New Light's Men's Club is seeking donations. In addition to supplying our annual Yom Hashoa candles the Men's Club is currently helping to keep the Chesed Committee afloat. Every Thursday the Chesed Committee supplies any Jewish patient at Shadyside hospital a package of candles, challah, a pamphlet and a word puzzle (created by Shari Kubitz), all delivered by Bruce Hyde. This Shabbat gift and the visit has been very appreciated - let's keep it going.

10.27 Healing Partnership Message

To our New Light community: We want you to know that we are thinking of you as we enter the new year, and have been doing a lot to anticipate some of the questions, concerns, and emotional struggles involved as the trial approaches related to 10/27/18. On the next page you will see some programs for the month of January, plus there will be more details and more programs on our website. Some of these programs are new, but many are continuation of what has been beneficial for participants in the last two years. We would love to see you at any of them, and also invite you to call or come into our offices for support at any time.

412.697.3534



January Programming

All programming listed here is open to everyone!

Art in Community

5:30pm-7pm, Jan. 9th and 23rd, Feb. 6th and 20th, March 6

South Hills JCC, in collaboration with JFCS

Come together in community as we explore different art mediums, share our personal experiences, and build resiliency.

Mindfulness Doodling

January 25th, 11am

10.27 Healing Partnership Suite, facilitated by Lauren Braunn

You can doodle anywhere! Learn how to use this technique you can utilize in almost any situation.

Trauma-informed yoga

2:30pm Wednesdays, January 18th-April 19th

10.27 Healing Partnership suite, facilitated by Susie Balcom

Participate in gentle yoga with a skilled and caring yoga instructor experienced in trauma-informed care.

Expressive Drum Circle

7pm-8pm, 2nd Monday, every month

10.27 Healing Partnership Suite, facilitated by Stephanie and Robert Miller

Experience this community-building space where you can lose yourself in the power of rhythm! Drum circles do not require registration.

Wellness Wednesdays

6:30pm-8pm, first Wednesday of every month (excluding April)

10.27 Healing Partnership Suite

Small group and one-on-one care in multiple modalities, including somatic mindfulness and reiki-infused sound bathing!

Refaeinu Healing Circles

Thursdays, 7pm, twice a month

10.27 Healing Partnership Suite, facilitated by Sarah Stock Mayo

This bi-monthly healing circle is open to anyone who seeks to create community in shared healing rituals, Jewish texts and music, art making and embodied wellness practices. Together we will cultivate a safe environment where we can collectively hold space for every participant.

January Birthdays

Larry Kanterman
Judi Pearlman
Beth Perlman
Debbi Salvin
Carl Solomon

January Anniversaries

Michelle & Joel Reisz

Reminders

- To purchase Memorial Plaques, Simcha Tree Leaves or Stones contact Ileen Portnoy 412-683-7985
- To purchase bricks for our "Garden of Freedom" contact Barbara Caplan 412-521-4332
- To purchase Giant Eagle gift cards contact Karen Coburn at 412-521-5083
- For information on our cemetery contact Stephen Cohen at 412-421-3999

NEW LIGHT CONGREGATION

5915 Beacon Street

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www.newlightcongregation.org

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Corresponding Secretary/Calendar	Janet Cohen	412-512-0949	janet@newlightcongregation.org



New Light Congregation January 2023

8 Teves 5783 - 9 Shevat 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 Board Meeting, 7:00 PM	3 Fast of the Tenth of Teves	4 Psalms Class, 7:00 PM	5	6 Services, 7:00 PM	7 Services, 9:45 AM
8	9	10	11 Psalms Class, 7:00 PM	12	13 Services, 7:00 PM	14 Services, 9:45 AM
15	16 Martin Luther King Day	17	18	19	20 Services, 7:00 PM	21 Services, 9:45 AM
22	23 Rosh Chodesh Shevat	24	25	26	27 Services, 7:00 PM	28 Services, 9:45 AM
29	30	31				

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