

A Guide to Our Initiative:

TzedekTzedek JUSTICE, JUSTICE YOU SHALL PURSUE! TIRD OF



5779
2018 - 2019

Justice, Justice You Shall Pursue!

But, why two 'tzedeks'? Why 'justice, justice'? The Rabbis make a surprising comment: Sometimes there are two tzedeks. Sometimes, as the rabbi in the famous joke says to the two plaintiffs, "You're right, and you're also right."

At HNT this year, we are going to address the deep human need to be seen and heard in the following three ways:>>>>>>>>>>>>>>>

WAYS

- a. By hearing the cry of the vulnerable and acting to help the least audible and visible; we will do this authentically, being 'with' and not 'above'; we will integrate deep listening and hearing people's stories into the justice work we do.
- b. By creating civil discourse, building bridges of shalom, as we listen to each other, truly seeing each other as human despite our political differences.
- c. By using our listening skills to improve our personal relationships as we learn to see and hear the people in our lives more fully, less prejudicially, less judgmentally, more generously.

Rabbi Jay Rosenbaum



≡ GETTING INVOLVED ALL YEAR ROUND

Mitzvah Corps

Mitzvah Corps continues to be an active group with an outstanding core of volunteers, but more are needed to truly serve the community's needs. Besides providing hands-on assistance and support to the HNT "family," our ongoing projects include High Holiday outreach, Shabbat challah and wine deliveries, meal preparation, thinking-of-you cards, and visits to congregants. Do you know someone who needs a helping hand? Consider being a part of Mitzvah Corps; you will find that you are receiving much more than you are giving while providing comfort, warmth, and caring through your mitzvot.

Contact Judy Ziedman at jraez@comcast.net or 425-883-6482 to volunteer.

Tutor a Child... Change Their World

Join our corps of tutors helping elementary students with math and reading. No experience required, but tutors are sought who can volunteer on a regular weekly basis with one or two students. This consistency means kids and tutors can get to know and bond with one another on a schedule that works for you.

Get involved by emailing Linda Krisher at lrok7@msn.com.

Teen Feed

Each month a dedicated crew of HNT volunteers prepares and serves meals to homeless youth in the University District.

Email our Teen Feed leaders at TeenFeed@h-nt.org to be added to the Teen Feed volunteer list.

Harborview Magazine Drive

HNT collects recent magazines for the waiting rooms of Harborview Medical Center. These materials provide a welcome distraction to those spending seemingly-endless hours in the waiting room. After tearing off your address, please drop current magazines in the marked basket in the Upper Foyer.

Resources for Community Outreach

The Social Action/Social Justice Committee has developed an online resource guide with a sampling of the many worthy organizations that need support. Our hope is to provide inspiration as each of us wrestles with the challenge of how we each, in our own way, make a difference in the lives of others, and by doing such, enrich our own lives immeasurably.

Check out the guide at h-nt.org/volunteer.

Making a Difference With Frankel Religious School

FRS is all about making a difference with our own two hands. From Pre-Gan (Preschool) to 8th Grade, classes work on specific mitzvah projects and regularly collect tzedakah to causes of their choice. These projects aim to give voices to the silent, see the unseen, and give back to the community. In addition to FRS and USY social action projects, our new 8th grade program, Gesher (bridge), will create two all-school mitzvah opportunities during the year to continually give back and provide for those in need.



PRAY WITH YOUR FEET Month *by* Month

Take action! Each of the following projects are entry points to learn about and help the unseen needs of vulnerable populations.



OPPORTUNITIES FOR SOCIAL ACTION 2018 - 2019

²⁰¹⁸ August >>>

Leschi Elementary School:

- Commit to Tutoring '18-'19

September >>>

(Rosh Hashanah, Yom Kippur, Sukkot)

- Back to School Kids Clothing Drive at FRS Back To School Picnic
- JFS High Holiday Food Drive & Sort

December >>>

(Chanukah)

- Winter Adult/Kids Clothing Collection for ROOTS/Leschi Elementary at Chanukah
- Refugee Wish Lists Kickoff
- Congregations for the Homeless Shelter Meals

²⁰¹⁹ January >>>

- JFS Families Fight Hunger
- Congregations for the Homeless Shelter Meals

April >>>

(Pesach)

- Eastside Baby Corner Volunteer Day
- Shtilim Visit to JFS Food Bank
- Congregations for the Homeless Shelter Meals

May >>>

(Lag B'Omer)

- 'Mitzvah in a Bag' Collection at Volunteer Appreciation/Annual Meeting & Lag B'Omer
- 'Mitzvah in a Bag' Assembly by USY



OPPORTUNITIES FOR SOCIAL ACTION 2018 - 2019

October >>>

(Simchat Torah)

- Candidate Forum
- HIAS' National Refugee Shabbat

November >>>

- Congregations for the Homeless Shelter Meals
- FRS JFS Holiday Gift Drive

February >>>

- Jewish Community Lobby Day
- Congregations for the Homeless Shelter Meals

March >>>

(Purim)

- Annual Blood Drive
- Purim & Penne: Let Your Pasta Be Your Grogger
- Congregations for the Homeless Shelter Meal

June >>>

(Shavuot)

- JFS Volunteer Gleaning

July >>>

- Swedish SummeRun & Walk for Ovarian Cancer Research



²⁰¹⁸ August

Leschi Elementary School Projects

Many thanks to all those who contributed to our second successful year of filling over 120 grade-specific backpacks for children in need at Leschi Elementary. But there is still plenty of work to be done to lend help to these children just seven miles from HNT. See page 3 for details on joining our corps of tutors before the end of October, and collections in September and December to keep these growing kids in weather-appropriate clothing throughout the year.

September

Back to School Kids Clothing Drive at Frankel Religious School Back to School Picnic

Have a drawer or closet full of **new or nearly-new** clothing that your kids have already outgrown? Leschi Elementary needs help keeping their bins full of spare shirts, pants, dresses, coats, socks, shoes and more for K-5 students in need. Bring donations to the FRS Back to School Picnic on Sunday, September 16 or to the office beforehand.

JFS High Holiday Food Drive & Sort

In the weeks leading up to the High Holidays, HNT collects non-perishable food for the Jewish Family Service Polack Food Bank. Volunteers participate in the JFS Food Sort every year, loading up the food collected at HNT and joining hundreds of other volunteers at JFS to sort the food and stock the pantry. RSVP required - to volunteer on September 30, email FoodSort@h-nt.org.

October

Candidate Forum

On Wednesday, October 17, learn about our candidates running for election from all perspectives. In partnership with the League of Women Voters, a non-partisan organization, and several other faith communities, this collaborative effort aims to encourage informed and active participation in government. Be sure to register to vote by October 8 at www.sos.wa.gov/elections/register.aspx. Event RSVP appreciated at h-nt.org/candidate-forum.

HIAS' National Refugee Shabbat

The weekend of October 19-21, we will learn about the global refugee crisis and recommit to putting our values into action. Shabbat services will focus on the plight of refugees, and on October 21 at Congregation Beth Shalom, our communities will present a program on assistance and advocacy for refugees, asylum seekers and immigrants. Find further details at h-nt.org/calendar.

November

Congregations for the Homeless Shelter Meals (through April)

As a member of Congregations for the Homeless, which strives to mitigate the pain of homelessness by providing meals and basic needs, HNT aspires to provide at least one monthly meal for 80 men during the colder months. This is a great activity for families, friends, your book group, or chavurah, and HNT will provide organizational support. It's all done potluck-style with food you can buy or make at home. You can drop off food or stay to help serve and talk with the residents. You choose the date that works for your group. Email Mindy Landsman at ShelterMeals@h-nt.org for more details or to volunteer.



November continued...

JFS Holiday Gift Drive

Help give kids in need a happier holiday season by donating gifts through Jewish Family Service. We will provide a sign-up form with specific gifts needed which should be dropped off unwrapped. Once all the gifts have been collected, we will coordinate a 'wrapping party' before they are delivered. For details email Meredith@h-nt.org.

December

Winter Kids/Adult Clothing Collection for Leschi Elementary/ROOTS at Chanukah

Leschi Elementary School has 80 homeless children in need. ROOTS (Rising Out Of The Shadows) is a shelter for young adults, many of whom have aged out of the foster system. We'd like to give these kids and young adults winter clothes to be thankful for during the holiday season: **new** socks, gloves, scarves, and new or nearly new winter coats.

Refugee Wish Lists

Jewish Family Service has 900+ refugee families who have resettled in the area over the past few years. These families fled from inhumane situations in their countries of origin, and were provided with basic household items when they arrived in the US. Building off of last year's collection of household items, this year HNT is helping 'grant wishes' for extra essential items that most of us take for granted. This gives families the opportunity to request individual items they need to help make their house more of a home. If you would like to help fulfill a family's wish list or have questions, email Refugees@h-nt.org.

2019 January

JFS Families Fight Hunger

About 1,300 households rely on the Polack Food Bank each month. On January 27, volunteer to support food bank clients by packaging food, creating personal kits, writing cards and advocating for important issues. RSVP to volunteer@jfsseattle.org or (206) 861-3153.

February

Jewish Community Legislative Priorities & Lobby Day

In the fall, Jewish Federation of Greater Seattle will be emailing out surveys for the community to give input on public policy priorities. Please check your inbox and let your voice be heard! Then in February, we will journey to Olympia for a day of lobbying for those issues that matter most to our Jewish community.

March

Annual Blood Drive

This event honors the memory and last wish of Ellen Yusim z"l, a teenage congregant whose family was sponsored by our synagogue when they resettled in Seattle from the former Soviet Union. Timeslot sign-ups for March 3 are available beginning in January at h-nt.org/save-a-life.

Bloodworks Northwest needs blood donors throughout the year to help them meet the needs of the community. Visit psbc.org/programs/drives_search.htm to learn more.



March continued...

Purim & Penne: Let Your Pasta Be Your Grogger

Are you a penne person? A macaroni maniac? A farfalle fanatic? We invite every family member to bring a box of their favorite dry pasta to use as their grogger during the Purim Shpiel on March 20. At the end of the night, drop your box in a bin for Jewish Family Service's Polack Food Bank.

April

Eastside Baby Corner Volunteer Day

Eastside Baby Corner serves as a diaper bank, clothing bank, and food source for more than 800 kids across King County each week. HNT will be organizing a group to fill orders and sort donations of baby clothes, items and gear. Sign-ups for this April project begin in March at h-nt.org/volunteers.

Shtilim Visit to the JFS Polack Food Bank

Ever wonder how a food bank works? Shtilim families with kids in Kindergarten through 2nd grade are invited to tour the JFS Polack Food Bank, help package bulk food and learn about what the food bank is and who it helps. RSVP to Eliyahu@h-nt.org.

May

'Mitzvah in a Bag' Collection & Assembly by USY

Help bring back a special HNT tradition of creating bags of toiletries and non-perishable snacks. Once assembled, 'Mitzvah in a Bag's will be available for everyone to keep in their cars and distribute to those in need. We will collect supplies at Volunteer Appreciation/Annual Meeting & Lag B'Omer in May - watch for a list of needed items. USY will assemble the bags once the collection has finished. Pick up some bags to keep in your car beginning in June!

June

JFS Volunteer Gleaning

Help collect fresh produce from the Capitol Hill Farmers Market for Polack Food Bank clients the second & fourth Sundays of the month. The Food Bank serves food insecure households in the Capitol Hill, Central District and downtown Seattle neighborhoods; as well as vulnerable members of the Jewish community in the Puget Sound region. The Food Bank is a critical piece of the food security system for our most vulnerable community members. RSVP to volunteer@jfsseattle.org or (206) 861-3153.

July

Swedish SummeRun & Walk for Ovarian Cancer Research

Since 1993, Swedish SummeRun has raised over \$10 million towards ovarian cancer research. Each year, the HNT Athletes team gathers to participate in loving memory of HNT members Marsha Rivkin, Babs Fisher and Gail Stulberg. Money raised from the SummeRun helps the Marsha Rivkin Center in its mission to save lives and reduce suffering through improved treatment, early detection, and prevention of ovarian cancer. Donate to and/or join our team beginning in June at h-nt.org/SummeRun.



HEALING RELATIONSHIPS

REGISTER FOR ALL ADULT EDUCATION COURSES AT:

h-nt.org/year-round-adult-learning



HEALING THE BLACK-JEWISH RELATIONSHIP

Blacks and Jews have a long history together in America. We share a Biblical narrative of transforming a painful past into a redemptive future. We have supported each other in cause of liberation from the Civil Rights Movement to Israel to Soviet Jewry. And, we have influenced each other culturally in music and in theater.

Yet, there have also been moments of tension in recent decades. Often the tensions have revolved around the very issues that unite us, our respective histories of shared suffering. But, we believe that what we share is much stronger than what separates us. And, it is our hope that through open and honest conversation, we can create a new kind of connection between our communities.

Working together with local community institutions, including SJCC, Temple De Hirsch Sinai, FAME Church, the Langston Hughes Center, and the Northwest African American Museum, **Rabbi Rosenbaum and Dr. Mark Jones have created a cohort of 12 people, with equal representation from both communities, who will be engaged in an intensive exploration of the Black-Jewish relationship in November - December 2018.**

Among the hoped for results:

- A significant number of Blacks and Jews walk away with a deeper understanding of what makes each other afraid, what angers us, what frustrates us, what inspires us, and what gives us hope.
- New friendships develop. We feel closer to each other, one on one, and as a community.
- We will develop new ideas to expand & deepen the relationship between the Black & Jewish communities.
- We will work together more, with greater passion and with greater enthusiasm, on issues of common moral concern.

ISRAEL CIVIL DISCOURSE A MONTHLY DISCUSSION

Monthly Tuesdays, beginning October 23

12:00 PM - 1:30 PM

Co-sponsored by Congregation Beth Shalom
Space is limited, first come first served

Following up on last year's Israel Civil Discourse series, we aim to take a deeper dive into specific Israel-related issues from a broad spectrum of political views. Our belief is that the diversity of understanding will lead us to a more nuanced view of very complex moral issues. **Rabbi Rosenbaum is working with Rabbi Jill Borodin of Congregation Beth Shalom, Wendy Rosen, Area Director of AIPAC, and Carol Stockton, Chair of J Street Seattle, to come up with a list of topics, speakers and reading material.** Potential topics could include: Israel's new nation-state law; what do to about Gaza; a strategy for the West Bank. No doubt, there will be no shortage of hot topics to explore, we hope, in an atmosphere that combines passion, mutual respect, and intellectual clarity.

MUSLIM-JEWISH DIALOGUE

Monthly Sundays, 6:00 PM - 8:00 PM

Jews and Muslims have a rich and complex history. Sharing each other's perspectives can deepen our mutual understanding. To join this monthly gathering with members of HNT and Muslim Association of Puget Sound (MAPS), now in its seventh year, contact Rabbi Rosenbaum at RabbiR@h-nt.org for more information.



HEALING OURSELVES



iSHABBAT: CHOOSE YOUR OWN EXPERIENCE

**Saturdays, November 10, February 9,
March 23, and June 8 • 10:00 AM - 12:15 PM**

Co-designed by Rabbi Rosenbaum, Rabbi Green,
Cantor Kurland, and Dr. Eliyahu Krigel, working with
Ilyse Wagner, Tara Reck and our Ritual Committee

This series of four Shabbat mornings is designed to give our congregation the chance to experience the multiple dimensions of the Shabbat experience in new ways. For all four of these Shabbatot, we encourage you to open yourselves to the rich, multi-layered quality of Shabbat by:

- Walking to shul with a group of your favorite HNT members from any one of several convenient locations
- Bringing a friend & make Shabbat a friendship-building experience
- Learning some of the melodies of the Shabbat service ahead of time, which will enhance the pleasure of your participation (we'll show you how)
- Experience a very meaningful Shabbat service with a new look which will feature:
 - An opportunity to understand the meaning and purpose of the prayers and the way in which the prayer experience, understood in new ways, can impact how we think about ourselves and our relationships
 - A stronger connection to the music and singing of the prayer service
 - Shabbat-related, interactive community-building exercises which will connect you more deeply to your HNT friends and neighbors
 - A service that has been significantly re-designed, edited and compacted to allow for more learning, and more interaction, while still preserving the essence of tradition.
- Of course, there is always a great Kiddush at the end!



ENGAGING OUR YOUTH IN SOCIAL JUSTICE



MASA PROGRAM: PHILLY/DC TRIP: JEWS IN POLITICS

**April 7-11, 2019, Plus Eight Tuesday Evening
Learning Experiences**

Social justice is embedded within the fabric of the Masa Program. Our goal is to empower students to be political advocates for social justice issues. One voice can make a difference. Students help plan the trip in classes leading up to a trip to Philadelphia and

Washington DC. Students and their parents will attend Campus Crash Course in January, a workshop on Israel advocacy on campus sponsored by Stand With Us. During the trip, students will advocate on Capitol Hill for political issues that are close to their hearts. We will be working with AIPAC while in DC to learn about Israel advocacy with the support of this nonpartisan organization. Students will also tour and work with students at the University of Pennsylvania Hillel and George Washington University Hillel to help them better understand the political process and what political advocacy looks like on campus.



MINDFUL CONNECTION THROUGH LEARNING

REGISTER FOR ALL ADULT EDUCATION COURSES AT:

h-nt.org/year-round-adult-learning

TRADITIONALLY RADICAL TALMUD: BECOMING RIGHTEOUS CHANGEMAKERS

Taught by Rabbi Miriam Green

For generations, Talmud was a collection of Jewish text that was closed to all but the most knowledgeable insiders. Yet this view strays far from the Talmud's original roots. The rabbis of the Talmud strove to navigate their shattered world following the destruction of the Holy Temple in Jerusalem, when things had changed so drastically that a traditional approach no longer worked. They needed to re-imagine and re-invent Jewish tradition within their new reality. Learning Talmud can help us capture this radically innovative spirit and inspire us to work to repair our own world. Following the teachings of Rabbi Benay Lappe, this class will equip its learners with *svara* (moral intuition) and *gemara* (learning) and prepare us to be changemakers for good in the Jewish community and in the world at large. *This course is part of a congregational initiative to make Talmud, a fascinating and challenging Jewish text, accessible to all. Our year-long study will culminate with a siyyum (traditional celebration) before Passover.*

MILLER INTRODUCTION TO JUDAISM PROGRAM

Taught by Rabbi Miriam Green

Looking to convert to Judaism? Born Jewish and want to know more? Sharing your life with a Jew and want to crack the code? This course is for you. We will explore Jewish culture, history, and wisdom in a setting where questions are more important than answers. We will follow curriculum from the Miller Program at American Jewish University, the nation's leading center for welcoming those seeking to convert to Judaism, interfaith couples, and all those who want to learn more and find a home in the Jewish community. Wherever you come from and wherever you are going, your Jewish journey begins here!

THE BIBLE'S BIG IDEAS

Taught by Rabbi Rosenbaum

Sundays, 10:00 AM – 11:30 AM

By the end of this third year of our class, we will finish the entire Bible. All are welcome to join or drop in as we explore the books of Bible that are least known, but offer great insights into living like Hosea, Psalms, Job, Proverbs, Daniel, Jonah and more. Come learn about the core ideas that shaped and continue to impact world civilization.

HEBREW LANGUAGE

Taught by Janine Rosenbaum

Important Note: the number of Hebrew class times we will offer will depend on the number of sign-ups. If none of these Hebrew times work for you, please email janinerosenbaum@comcast.net. Personalized classes are also available. Email Eliyahu@h-nt.org for a list of teachers.

PRAYERBOOK HEBREW/READING FLUENCY

Wednesdays, 10:00 AM – 11:30 AM

Secretly feel that you are the only one who doesn't always know what is going on during the service? This class will prepare you for full participation in Shabbat morning services. You will acquire synagogue and Hebrew-reading skills and gain confidence in your knowledge of the service. Very basic knowledge of Hebrew required.

BEGINNING HEBREW

**Tuesdays, 10:00 AM – 11:30 AM, or
Thursdays, 7:00 PM – 8:30 PM**

Did you always want to learn to read and write Hebrew? This is your chance to study in a safe, warm and friendly atmosphere.

MODERN HEBREW I

**Tuesdays, 7:00 PM – 8:30 PM, or
Thursdays, 9:15 AM – 10:45 AM**

Think you know all there is to know about Modern Hebrew? Join this class to deepen your knowledge of Hebrew reading, writing, speaking, basic grammar and literature.

MODERN HEBREW II

Wednesdays, 7:00 PM – 8:30 PM

A continuation of Modern Hebrew I.

Join this continuing class to deepen your knowledge of this dynamic language.

Register for all adult education courses at h-nt.org/year-round-adult-learning

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