

Hebrew Academy News

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The Special Ruach of Shabbos Felt at Academy

By Cheryl Spangenthal

According to Kabbalistic philosophy, the spiritual well being of a person is made up of ten sephirot. The three sephirot which make up the intellectual faculties are Knowledge, Understanding and Wisdom. Part of education is to develop these faculties and thus help the child reach his full potential as a free thinking adult.

The scientific side of "knowledge and understanding" provide the tools necessary to allow the child to solve a difficult math problem or interpret a difficult verse of prose. Equally important, however, is the development of the emotional or humanistic side of 'knowledge and understanding.' The knowledge that each individual is different and the understanding of his/her uniqueness and needs.

A major step towards achieving this goal involves a new program at the Hebrew Academy. It is the bringing together of two generations! Every Friday, members of our



Sophie Watnik enjoys company of Philip Schreiberman.



Ethel Rudman helps Rebecca Spangenthal with her lunch.



Back row (L to R) Pauline Zacks, Ethel Rudman; Front row (L to R) Alice Miller, Mickey Greenberg and Sophie Watnik with their flowers and challahs.

CHAI group are invited to join together with our children for Shabbos meal. This not only enriches the lives of our CHAI members but also gives our children the wonderful opportunity to share time with a generation who have so much knowledge, understanding and wisdom to offer.

Our "Bubbes" and "Zeides" help with the preparation of the traditional Shabbos meal. They set the tables, using white tablecloths, silverware, challahs, flowers and candles. We daven together holding hands for songs and enjoy the morning just as if we were in

our own homes celebrating with our own family.

After lunch we conclude the Birkat Hamazon; the children present our guests with challahs and bouquets of flowers. Thus the special "ruach" of Shabbos can continue to be felt when they return to their own homes.

"Oh yes, I really love it!" exclaimed Lillian Felner. "I live in a Senior Citizens' highrise and although I try, I don't always manage to prepare a Shabbos meal. It brings back memories of my own children - it is really a wonderful experience for me."

According to Sophie Watnik "I live by myself and Shabbos is just another day for me - being with the children makes it so much more meaningful for me."

Ethel Rudman commented that "Everyone is in such a hurry nowadays. It's wonderful that the children are exposed to such a beautiful ceremony that they may not otherwise get - it's wonderful!"

In this pyrotechnic age, when time is of the essence, it is marvelous to see both young and old sitting side by side, eating together and shar-

ing thoughts of today and yesterday in an atmosphere of love and total acceptance.

A special thanks to Jane Abel who has made the program a reality. We look forward to sharing our program with you and if you are ever at Shalom Park on Fridays at noon please join us for our Shabbos meal.

Just as a person is required to teach his child, so, too, is he required to teach his grandchild, as the verse states:

"And make these things known to your children and grandchildren."

(Deuteronomy 4:9)

Students Celebrate Rosh Hashanah



David Morris leading Academy children in special songs and dances.



Sixth graders: (L to R) Florie Straz, Sloane Muller, Elissa Cohen singing "Avinu Malkeinu."



Temple Israel's 4-year-olds join Academy children for holiday program.



Fourth graders perform poem. "It's Better to be Better."

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