

KOL MEVASSER

The Blessing of Wholeness: Parashat Naso

By Rabbi Marc D. Angel

Many people feel the need to be noticed. They dye their hair neon green, or they wear immodest clothing, or they say things that are intended to shock. They will do anything to keep the limelight focused on themselves: they will tell a stream of jokes, they will speak without listening to others, they will take “selfies” and send them to anyone and everyone they can think of. The message they convey is: NOTICE ME.

Underlying this thirst for attention is the deep feeling of unworthiness, the fear of not being noticed. Also underlying this exhibitionism is the desire to stand above the crowd, to be distinguished in some way from the normal run of humanity.

Human beings are often (always?) frail and insecure. They need to be reassured that their lives mean something to others. They dread being ignored or forgotten. It is as though they evaluate the worthiness of their lives by how others respond to them. Their feelings of success or failure in life are determined by others.

The ancient Chinese philosopher, Confucius, taught: “What the Noble Person seeks is in himself. What the petty person seeks is in others.” The challenge is to be the Noble Person.

The Torah portion this week includes the Priestly Blessing. The Cohanim are commanded to bless the people, serving as the conduits for God’s blessings. The third line of the blessing states: May God shine His countenance upon you and give you shalom.

Shalom, usually translated as peace, has the connotation of wholeness. The blessing is recited in the singular (lekha, not lakhem), meaning that it is aimed at each particular person, not at the people at large. The blessing is for each individual to feel a sense of completeness within him/herself, to feel secure and unafraid. The blessing is to understand that the value of our lives is dependent on ourselves, not on the opinions of others. When God shines His countenance upon an individual, that person comes to understand that life is ultimately defined by the relationship of one’s self with God. God’s light eliminates the shadows and doubts.

The kabbalists and musar writers have long emphasized the virtue of “hitbodedut,” being alone with oneself. Rabbi Aryeh Kaplan translated “hitbodedut” as meditation. A person needs time to think deeply and alone, to separate inner reality from outer illusions, to receive God’s light and move out of the shadows. “Hitbodedut” helps a person develop the inner wisdom and inner poise that lead to internal shalom. “Hitbodedut” is a means of seeking the self and, at the same time, transcending the self.

(Continued on page 2)

KJ Schedule Naso

Erev Shabbat

Friday, May 29th

Shaharit / Morning Prayer ... 6:30 am
Minha / Arvit..... 6:30 pm
Candle Lighting 7:39 pm

Shabbat

Saturday, May 30th

Shaharit / Morning Prayer ... 8:30 am
Minha & Arbit..... 6:30 pm
Havdalla..... 8:48 pm

Weekdays

Sunday, May 31st

Shaharit / Morning Prayer .. 7:30 am
Talmud Torah 10:00 am

Weekdays

Monday to Friday, June 1 to 5

Shaharit / Morning Prayer .. 6:30 am

Erev Shabbat

Friday, June 5th

Shaharit / Morning Prayer ... 6:30 am
Minha / Arvit..... 6:30 pm
Candle Lighting 7:43 pm

Kahal Joseph Membership

We want you to be a member! Have you enjoyed our Shabbat speakers? Join our wonderful community! Call Sarah about an annual membership at 310.474.0559

(Continued from page 1)

Albert Einstein wrote: "The most beautiful emotion we can experience is the mysterious. It is the fundamental emotion that stands at the cradle of all true art and science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead, a snuffed out candle. To sense that behind anything that can be experienced there is something that our minds cannot grasp, whose beauty and sublimity reaches us only indirectly: this is religiousness...."

May God shine His countenance upon you and give you shalom.

Shabbat Shalom

Mazal Tov
KJ's Class of 2015
We congratulate all who have completed a year of learning. And we especially congratulate our community members who are part of the 2015 graduating class. We wish them much success in their continuing journey through life.

In Memoriam

We remember these yahrzeit anniversaries May 30 to June 6, 2015. It is customary to light a memorial candle, donate tzedaka, & attend Shabbat services.

12 Sivan / Shabbat, May 30th

Abraham Lurie *Avraham Lurie*
Abdullah Zekaria *Sion Abdulla Zekaria*

13 Sivan / Sunday, May 31st

Florence Amron *Farha Hanah bat GARzi*
Sulman Soffer *Sulman Sion Soffer*

15 Sivan / Tuesday, June 2nd

Isaac Bekhor *Itzhak ben Yaacov*

Refuah Shlemah

Abe Abraham
Moselle Amron
Esther Duke
Sassoon Ezra
Tilda Levy
Maurice Ovadia

Torah & Haftara Readings

Bamidbar / Numbers
Parashat Naso 586 to 601
Haftara /from Prophets
Judges/ Shoftim 602 to 604

Shabbat Shalom U'Mevorach
Wishing you a Peaceful Shabbat

Calling All Graduates from the Class of 2015 KJ NEWSLETTER GRADUATE ISSUE

Mazal Tov!

We invite you to e-mail us photographs of your graduates for our 2015 Graduate Gallery. Please include name, school, degree and honors upon graduation. We ask to receive photos and information by June 8th, 2015 for inclusion in our graduate gallery.

Please e-mail photos and information to dafnayoung@gmail.com