

Congregation Etz Chaim



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Chaim Stramer - President
Treasurer: George Monat
Secretary: Janis Monat
Member at Large: Robert Dell
Member at Large: Michael Ferber
Member at Large: Rabbi Chuni
Rappoport

Synagogue
Member



Parasha Eikev

August 1, 2026 / 18th Av

Shabbos lik ner **7:46 PM**

Shabbos Day

Shacharis 9:00 AM

Latest Shema 9:14 AM

Latest Tefilla 10:26 AM

Mincha 7:45 PM

Shabbos ends 8:50/9:15 PM

Shabbos Day at Young Israel

Mincha 7:35 PM

Ma'ariv 8:47 PM

Havdalah 8:52 PM

Weekday at YI

Mincha/Ma'ariv 7:39 PM

Shabbos Day at Chabad

Mincha 7:35 PM

Maariv 8:51 PM

Weekdays at Chabad

Mincha/Maariv 7:40 PM

TORAH LEARNING

Rabbi Hartman's class is this Sunday, 9:30 a.m.

Zoom ID: 903 917 1656

Password: 170 smain

SHMIRAS HALASHON class is on hold until 8-31-26.

Please contact Janis Monat: jbmonat@aol.com for the link.

DAF YOMI WEEKDAY ZOOM SCHEDULE

Via Zoom: Mon - Th 7:00 pm and Tu & Th 7:30 a.m.

Meeting ID: 822 979 966

Password: 727190

DAF YOMI LIVE SCHEDULE:

Shabbos mornings at shul, 8:00 a.m., one hour before shacharis;

Sunday mornings at shul, 7:00 a.m., one hour before shacharis.

Contact Melvyn Huff

(781) 784-6608) or

melvynhuff@comcast.net for more informati

RABBI MENDY ROSENFELD WILL NOT MEET THIS SUNDAY.

ETZ CHAIM BOARD MEETING

Our next monthly **board meeting** will be **Sunday, August 9 at 5:00 p.m.** via Zoom. Please RSVP to Janis at jbmonat@aol.com if the **link** is needed.

ETZ CHAIM BOOK CLUB

Please join our group for our next read, ***A Bend in the Stars*** by Rachel Barenbaum, on Monday, August 24 at 7:00 p.m. via Zoom. The Sharon Public is now holding copies at its circulation desk. Just ask the librarian for the Etz Chaim Book Club Selection. Any questions or thoughts contact Merilee at melmaeir@gmail.com.

REFUAH SHELAIMA

Our prayers are for the healing of the wounded soldiers of the IDF, those who have been hurt in terrorist attacks, the Israeli survivors from 10/7/23 **and this Iran/Lebanon/Gaza War**. We pray for the healing of our congregation members: Heidi Goldblatt, Rachel Chana bas Menucha; Robert Dell, Chana Reuven ben Leah; Tzila Pass, Tzila Chava bas Rachel; Marve Rudenstein, Menachem Yitzchak ben Raitza; Burton Cusner, and Janis' sister, Chana Davida bas Rivka Petal, Ann Denise. May they all heal soon and completely!

HIGH HOLIDAY SEATING

With the Yamin Noraim beginning Friday evening, Sept. 11, **please RSVP by August 21** to George Monat at etztreasurer@aol.com to attend Etz Chaim's cost-free Rosh Hashana and Yom Kippur services. Registration is a must for security reasons. **Todah and an early, "Lishana tova tikateyvu!"**

MAZAL TOV

Mazal tov to Rabbi Saltzman and family in making aliyah! In light of many community members sharing his last shabbos in Sharon at Young Israel, Etz Chaim services are postponed till next shabbos. Shabbat shalom!

THOUGHTS on Ekev 7:12-11:25 By Janis Monat

“Ekev”, **heel**, as in Ya’akov’s name, can be thought of as mitzvot that are insignificant, ignorable, or done without thinking, as if squashed with one’s “heel”. An example might be the Biblical laws around the ritual slaughtering processes that in post Temple times could question its relevancy. At shul occasionally certain daveners at the bima lead prayer in lightning speed causing me to feel like “the race is on.” Another time I learned from a local rabbi at Rosh Hashana time that the mitzvah he was going to work on was saying the bracha acharona, the short blessing after eating a non-bread item, more slowly, with more intent. That honest reveal has made me more conscious of also saying it that way.

The Maharal explains that within a stringent mitzvot, such as ones around keeping shabbos, a “lighter” mitzvah might be how ones makes tea. I learned years ago from a shabbos guest that you pour hot water in the cup first, then dip the tea bag. Or if you want to cool down a hot drink you add the cold water second.

Chabad shares, “Moshe teaches that every mitzvah has value even when we immediately don’t see its impact. A small mitzvah may seem insignificant, but its true importance is measured by how Hashem sees it, not only from our limited perspective.

“As we grow in our own Jewish journeys, we discover that mitzvot are opportunities to strengthen our connection with G-d and bring more goodness into the world. Like children who eventually appreciate the wisdom of their parents, we come to recognize the meaning behind the guidance we have been given.

“True spiritual growth comes when we move beyond simply doing what we are told and begin to appreciate the beauty and meaning behind it. It’s a lifelong process of growth bringing us closer to G-d and preparing us for the time when the full purpose of our efforts will be revealed...”

In addition to the **“heel”**, another body part our parasha deals with is the command to “circumcise” our **hearts**. In the past when I read this command, I would cringe, reminded of the time my mother, of blessed memory, brought home a slab of tongue from the butcher and laid it out on the counter. It looked like what it was, a cow’s tongue, and I felt queasy.

This week it finally dawned on me that circumcising one’s heart was actually an act of humility. Hashem wants us to pry away the thought that “we have it the best, we earned all we have, and now it’s ours.” In ch. 8:17-18, Moshe reminds B’nai Yisrael, “You might say to yourselves, ‘My power and the might of my own hand got me all this wealth. Remember Adomye, your L-rd, is the One who gives you the power to get wealth, fulfilling the covenant that G-d promised to your ancestors, just like today.”

Hashem plays a role in the things we are able to achieve in our lifetime. I have seen this when a famous person wins an award and makes a speech. S/he gives credit to those who helped her/him and to Hashem. I’ve seen baseball players look up to the heavens and say thank you to the One above for help in making the great play they made. I’ve read authors’ acknowledgements where they accord the people with thanks who helped them get the manuscript to final completion. And on a personal note, I thank my husband for the household repairs he does to make our home a safe place to live in. All in all, it is Hashem who makes these things happen. The grateful speech giver, the ball player with the energy and attitude to keep trying, the author to complete his/her writing, and my husband for the ability to continue valuing the safety and quality in our lives are all having thanks to Hashem with Karas Hatov, recognizing the good Adomye does with our gratitude. Thus “circumcising” our heart, having humility, is taking a “piece **off**” of our certainty that our good outcome is from our skills alone.

Moshe tells this upcoming generation to live in the land, promised to their ancestors, with humility, modesty and gratitude. “You shall eat, be satisfied, and bless the One who provided the food for you...in the land He has given you.” ch. 8:10.

But sometimes I have wondered if people don't live in the land of Eretz Yisrael how relevant is this part of the bracha to them? Rabbi Yosef Zvi Rimon answers, "Even when the blessing is recited outside of the Land one must remember that abundance comes from Hashem. The blessing over the Land plus the verses conclude with the warning, "Beware lest you forget Hashem..." ch. 8:11. Every time someone enjoys abundance overseas and recites Birkat Hamazon, we must remember where our true home is!

A shabbos of Hakaras Hatov!