

שבת שלום

Shabbat Shalom

February 6-7, 2026 / 20 Sh'vat 5786
PARSHAT YITRO

אָנֹכִי ה' אֱלֹהִיךְ אֲשֶׁר הָזִיאֲתִיךְ מִאָרֶץ מִצְרָיִם מִבֵּית
עֲבָדִים: לֹא־יְהִי לְךָ אֱלֹהִים אֶחָדִים אֶל־פָּנַי:

“I am the Eternal One who brought you out from slavery in the land of Egypt; You shall have no other gods besides Me.”
(Exodus 20:2)

Service Leader and Drashah: Rabbi Jason Klein
Ba'alat Tefillah: Rabbi Marisa James
Piano: Music Director Joyce Rosenzweig

Rabbi Jason Klein, Senior Rabbi
Rabbi Yael Werber, Associate Rabbi
Cantor Sam Rosen
Rabbi Marisa Elana James, Director of Social Justice Programming
Joyce Rosenzweig, Music Director
Ivan Zimmerman, President
Rabbi Sharon Kleinbaum, Senior Rabbi Emerita

Welcome to CBST!

Shabbat shalom and welcome to CBST. Since our congregation's inception in 1973, the cornerstone of CBST community life is our presence with one another in joyful communal prayer, words of Torah, and conversation as we welcome Shabbat each Friday evening. Whether you are a newcomer tonight or have been a member of CBST for decades, my desire is that everyone present here both enriches and is enriched by the community. Times of great uncertainty reinforce Jewish tradition's call to set aside many of the tasks of ordinary life as the Friday sun goes down each week and be more present with ourselves, with loved ones, and with the community. Setting aside a full day to stop and rest allows us to reenter the world each week filled with purpose, resilience, and love. May we each as individuals and as a community, in the words of our Senior Rabbi Emerita, Rabbi Sharon Kleinbaum, be the reason people have faith in the goodness of others.

—Rabbi Jason Klein

CBST Welcomes Our Hebrew Speaking Guests

ברוכים וברוכות הבאים לקהילה בית שמחת תורה! קהילת בית שמחת תורה מקיימת קשר רב שנים ועמוק עם ישראל, עם הבית הפתוח בירושלים לאואה ולסובלנותו ועם הקהילה הנאה בישראל. אנחנו מזמינים אתכם/ן לגולות יהדות לבראלית גם בישראל! מצאו את המידע על קהילות רפורמיות המזמין אתכם/ן לחזוג את סיפור החיים שלכם/ם בפלאיירם בכנסה. לפרטים נוספים ניתן לפנות לר' נועה סתת: noa.sattath@acri.org.il

At CBST, our goals to keep each other safe and healthy are deeply connected to the themes of the High Holidays. We build a better world beginning with each other. CBST's Science and Medical Team asks that we rededicate to the practices that have served our community:

- If you have, or have recently recovered from, respiratory symptoms please do not attend in-person events. All services are livestreamed, and we will look forward to welcoming you back soon.
- People have different vulnerabilities. Your decision to wear a mask is respected at CBST.
- Please consider personal space by not automatically moving to embrace others, especially the clergy who interact with so many congregants.
- Keep up to date on vaccinations for Flu and COVID, remembering that we are in the season of increased transmission.

Thanks to: Jason Zivic & Better Events Sound Technicians · Shabbat Donors
Livestream Chat, Sharon Golub · Jorge Loyola and the whole facilities staff
Welcoming Ushers and the Hospitality Team · CBST Staff · Security

Use of mobile phones and other devices with lighted screens in the sanctuary is distracting to those who come to pray. If you need to check your device, please step outside to do so. Photography and video are permitted only to those who have been given permission in advance of the service. Anyone who uses one of these devices in the sanctuary without prior permission will be asked to leave.

FEBRUARY 6, 2026 / 20 SH'VAT 5786
PARSHAT YITRO

| | | | |
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| 36 | זֹל זַיִן שַׁבָּת | Zol Zayn Shabes | Yiddish Folksong* |
| P5 | | Hold On | Heidi Ann Wilson |
| 38 | הַדְלָקֶת נְרוֹת שְׁבָת | Candle Blessing | Abraham Wolf Binder (1895-1967)* |
| 40 | שָׁלוֹם עֲלֵיכֶם | Shalom Aleichem | Israel Goldfarb (1879-1956)* |

קבלה שַׁבָּת / KABBALAT SHABBAT / WELCOMING SHABBAT / קבלת שבת

| | | | |
|----|--|----------------------------------|--|
| 52 | לְכוּ נָרְנָנָה (תָּהָלִים צָה) | L'chu N'rannah (Psalm 95) | Reuven Sirotkin (Born 1933)* |
| 54 | יִשְׁמְחוּ הַשְׁמִימִים (תָּהָלִים צָו) | Yism'chu Hashamayim | Chasidic* |
| 62 | מִזְמָר לְדָוִד (תָּהָלִים כְּטָב) | Mizmor L'David (Psalm 29) | Yiddish Melody (Shnirele Perele)* |
| 66 | לְכָה דּוֹדִי | L'chah Dodi (Shlomo Alkabetz) | Yoel Sykes (Born 1986); Moshe Laufer (Born 1958)* |
| 72 | מִזְמָר שִׁיר (תָּהָלִים צָב) | Mizmor Shir (Psalm 92) | Kayla Dinis & Beit T'filah Yisraeli (Tel Aviv)* |

מַעֲרִיב / THE EVENING SERVICE / מערב

| | | | |
|-----|----------------------|------------------|-----------------------------------|
| 78 | בָּרְכֵינוּ | Bar'chu | Nusach |
| 80 | הַמַּעֲרִיב עֲרָבִים | Hama'ariv Aravim | Nusach |
| 86 | אַהֲבָת עַלְםָן | Ahavat Olam | Eric Mandell (1903-1988)* |
| 88 | שְׁמָע יִשְׂרָאֵל | Sh'ma Yisrael | Salomon Sulzer (1804-1890) |
| 89 | וְאַהֲבָת | V'ahavta | Torah Cantillation (Trope) |
| 94 | מֵיכָמָכָה | Mi Chamochah | Hanna Tiferet Siegel (Born 1949)* |
| 98 | הַשְׁכִּיבָנָה | Hashkiveinu | Max Helfman (1901-1963)* |
| 102 | וְשִׁמְרוּ | V'shamru | Spanish Folk Melody* |

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|---|--------------------------|------------------------------|-------------------------------|
| 104 | חַצִּי קָדְשָׁי | Chatsi Kaddish | Nusach |
| 106 | עַמִּידָה | Shabbat Amidah | |
| 166 | עַזִּי וּזְמַרְתָּ יְהָה | Ozi V'zimrat Yah (Psalm 118) | Shefa Gold (Born 1955)* |
| 118 | עֲשֵׂה שָׁלוֹם | Oseh Shalom | Shlomo Carlebach (1926-1994)* |
| 130 | תְּפִלָּה לְרִפְואָה | Prayer for Healing | |
| P6 | תְּפִלָּה לְמִדְנִיתָה | Prayer for Our Country | |
| 138 | קָדֵשׁ שָׁלֵם | Kaddish Shalem | |
| DRASHAH: RABBI JASON KLEIN | | | |
| CONCLUDING PRAYERS / סיום התפילה | | | |
| 140 | אֶלְيָהוּ | Aleinu | Salomon Sulzer (1804-1890)* |
| 150 | קָדֵשׁ יְתּוֹם | Mourner's Kaddish | |
| ANNOUNCEMENTS | | | |
| 156 | קִידּוּשׁ / הַמּוֹצִיא | Kiddush & Motzi | |
| P5 | | Hold On | Heidi Ann Wilson |

**Arranged by Joyce Rosenzweig*

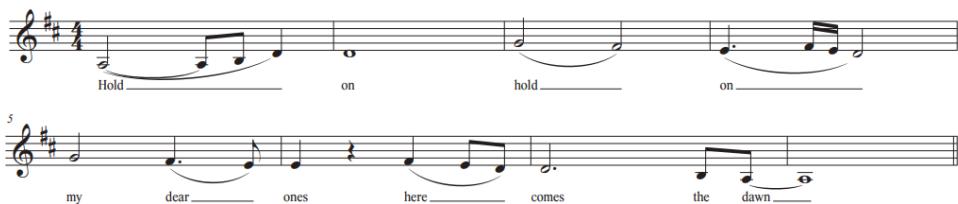
COMPOSER FEATURE

Max Helfman (1901-1963) was a composer, choral conductor, and educator born in Radzin (Radzyn), Poland. His father was a cantor in whose choir Max sang as a child. He began experimenting with choral conducting and even composition on his own, and eventually studied at the Mannes College of Music. His estimable body of works—especially his synagogue music—reveals a carefully calculated use of classical techniques in a completely fresh-sounding guise, with a sense of polish and refinement. All his liturgical music has an absolute aura of originality, yet wherever appropriate, it contains references to traditional modes, motifs, and patterns. His own words on the subject are revealing: “Originality is the most important quality of a composer. It is not achieved by breaking with the past, but by building on it and using it as a foundation.” Many of Helfman’s liturgical works are miniature masterpieces. They form one of the most significant contributions to the American Synagogue.

Hold On

by Heidi Ann Wilson

Hold on, hold on
My dear ones, here comes the dawn.



Hold on, hold on
My dear ones, here comes the dawn.

"It is January 2026, and the people of Minneapolis are inspiring the rest of the country with what it looks like to really take care of one another in the face of escalating ICE raids and authoritarian violence. They are walking kids to school, delivering food to neighbors, standing on street corners in rapid response. And they are singing. I am humbled and moved that this song is useful to folks right now.

Oftentimes it feels important to focus on release and surrender... and then sometimes it feels important to hold on, to keep my eyes on the light of what is growing on the horizon. This song is for getting through the long nights of winter, and the long nights of healing, and the long dark spells of doubt."

- Heidi Ann Wilson

PRAYER for OUR COUNTRY

Rabbi Ayelet S. Cohen

Our God and God of our ancestors,
bless this country and all who dwell within it.
Help us to experience the blessings of our lives and circumstances,
To be vigilant, compassionate, and brave.
Strengthen us when we are afraid,
Help us to channel our anger, so that it motivates us to action.
Help us to feel our fear, so that we do not become numb.
Help us to be generous with others, so that we raise each other up.
Help us to be humble in our fear,
knowing that as vulnerable as we feel,
there are those at greater risk, and
that it is our holy work to stand with them.
Help us to taste the sweetness of liberty,
To not take for granted the freedoms won
in generations past or in recent days.
To heal and nourish our democracy,
that it may be like a tree planted by the water
whose roots reach down to the stream;
it need not fear drought when it comes,
its leaves are always green (Jeremiah 17:8).

Source of all Life,
Guide our leaders with righteousness
Strengthen their hearts, but keep them from hardening.
That they may use their influence and authority to
speak truth and act for justice (Isaiah 16:3-5).
May all who dwell in this country
share in its bounty, enjoy its freedoms,
and be protected by its laws.
May this nation use its power and wealth
to be a voice for justice,
peace, and equality for all who dwell on earth.
May we be strong and have courage
To be bold in our action and deep in our compassion,
To discern when we must listen and when we must act,
To uproot bigotry, intolerance, misogyny, racism,
discrimination, and violence in all its forms,
To celebrate the many faces of God reflected
in the wondrous diversity of humanity,
To welcome the stranger and the immigrant
and to honor the gifts of those who seek refuge
and possibility here, as they have since
before this nation was born.
Let justice well up like waters, and righteousness
like a mighty stream (Amos 5:24)

REFUAH SHLEIMAH – HEALING PRAYERS

| | |
|----------------------------|-------------------------|
| Daniel Ceccon | Daniel Le Goff Pollack |
| Annette Cordova | Ira Rosenblum |
| Max Ember | Ruchel Chana |
| Robert Fink | Richard Sacher |
| Michael Folickman | Neil Schlossberg |
| Judy Frank | Corinne Servilly |
| David Getz | Linda Solomon |
| Michael Lehrman | Talia Shane bat Rinah |
| Leslie bat Gloria v Milton | Shep Wahnon |
| Beth Lockwood | Yehuda Yosef ben D'vora |
| Susan Meyer | |

This list is for those with acute illness. Any person may submit one name for one-month inclusion. We only print names of people who have given consent. You may say any name aloud during the healing prayer. If you or a CBST member you know is ill and would like support, contact info@cbst.org. We are here for you.

YORTZEITS

20 Sh'vat to 26 Sh'vat

Members memorialized on the Wine Family Sanctuary Memorial Wall

| | |
|-----------------|----------------------|
| Allen Bornstein | Arlene Debra Litwack |
| Gerry Faier | Marvin Sussman |
| Jerrold Klein | Lawrence Weisen |

Family & Friends memorialized on the Kuriel Chapel Memorial Wall

| | |
|---------------------|--------------------|
| Carolyn Austin | Sarah Levine |
| Mildred Bokor | Sarah Marcus |
| Mitchell Ingerman | Rita Matatia |
| David Jones | Hugh Andrew Mathis |
| Bruce Kagle | Risa Morris |
| Bertha Kawer | Hyman Siegal |
| Steven Stuart Lasky | Kim Spellman |

The CBST community extends condolences to mourners among us:

CBST members **Diane Temkin** and **Barry Temkin** on the death of Diane's mother and Barry's mother-in-law, Dorothy Blatt Goldstein, *z"l*, who died on February 2, 2026 at the age of 95.

May the Holy One comfort all who mourn.

SPONSORSHIPS

TONIGHT'S LIVESTREAM

Underwritten by

Alton Bader, who has generously and consistently supported CBST's Livestream.

Sponsored by

CBST Board, Clergy, and Staff extend appreciation to Music Director Joyce Rosenzweig, Cantor Sam Rosen, the CBST Community Chorus, and all who made There's Still No Place Like Home possible.

We also congratulate Joyce on the proclamation presented by CBST member and Manhattan Borough President Brad Hoylman-Sigal, establishing Joyce Rosenzweig Appreciation Day.

Lorraine Baysek and Karen Miscuk in memory of Lorraine's and Karen's fathers, John, z"/l, & John, z"/l. Great guys.
Always reaching out to help others.

Jay Fischer and Michael Lehrman who generously support CBST's Livestream.

Lin Rosenbluth in loving memory of my late partner, Arlene Litwack, z"/l.
Because I knew you.

Supported by

Linda Solomon and Bonnie Siegel are pleased to support tonight's livestream.

TONIGHT'S ONEG

Sponsored by

The Geringer-Dunn family in memory of Leonard Geringer, z"/l, on his 10th yortzeit. Artist, world traveler, lifelong New Yorker, proud Democrat.
Missed and loved every day.

SOMETHING MAGICAL HAPPENS WHEN YOU JOIN CBST!

It's always a great time to join or renew your membership at CBST

CONNECT WITH US:

membership@cbst.org

cbst.org/membership

or scan the QR Code



Joyful. Spiritual. Proud.

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