

## **Meturgemon**

Meturgemon means translator. Beth Ahm incorporates this ancient practice from the Land of Israel on a rotating basis. In the ancient world, a translator would translate each verse the Torah reader would read from the Torah scroll into Aramaic (the spoken language of Jews at that time) so that people would understand what was being read. Of course, today we have Humashim with a translation. So why use a Meturgemon? Focusing on hearing the Torah reading (rather than reading along with the reading) is different from our regular Torah reading. Try closing the book and just listening for a bit.

When we do the meturgemon-style reading in our Sanctuary, the Torah reader reads a verse from the parasha, followed by the translation and comments on the verse. Most often, when we use this style of Torah reading, we do so for only a portion of the Torah reading, and complete the parasha in our customary way.

## **On One Foot**

This brief opportunity takes place immediately following services in the Sanctuary. Those who would like to take part should remain in the Sanctuary for a 5-7 minute chance to focus on an aspect of prayer and/or practices related to our services or holiday celebrations.

These sessions have been named On One Foot to echo the challenge made to Hillel and Shammai to teach the entire Torah 'while standing on one foot.' The phrase has come to represent a brief teaching on a broad topic. We can't teach everything On One Foot, but we hope you will join us to continue down the path of Jewish learning.

## **Singing Core**

Do you love singing during services? Come and join the Shaliah Tzibur (the person leading services—literally the congregation's messenger) on the bima during a portion of the service (the rabbi will let you know when.) While we are lucky at Beth Ahm to have a sanctuary where the acoustics allow us to hear the singing of the people around us, standing within a larger group on the bima is an enhanced experience. There are no qualifications to be part of the Singing Core. Just come up to the bima and enjoy. Everyone is welcome—congregants, guests, and visitors. No more room on the bima? Gather around the outside of the bima. Someday, perhaps we'll have the entire congregation truly congregated together around our bima.

Questions, comments, suggestions? Feel free to contact Rabbi Rubenstein ([ravsteven@cbahm.org](mailto:ravsteven@cbahm.org)) or Nancy Kaplan ([nancyellen879@att.net](mailto:nancyellen879@att.net)).