Nearly 500 High Holidays Mahzors were loaned to TBE members to use at home while attending services on Zoom.

A challah and a TBE calendar were given to everyone who stopped by courtesy of TBE Sisterhood and Men’s Club.

Simchat Torah hakafot around TBE’s building with contactless candy pick-up and live music broadcast in cars using TBE’s new radio station!
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WHERE TO FIND IT
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OUR STAFF IS MOST EAGER TO ASSIST YOU
Monday - Thursday, 9am - 5:00 pm | Friday, 9am - 2:00pm
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Alberto Eyzaguierre, Facilities Manager (maint@tbe.org) ext. 314
Sisterhood Gift Shop (bfberman@gmail.com) 203-329-7750
ON ONE FOOT

ENDURING MESSAGES

Since it is quite possible that you are seeing this after Election Day, I’m not going to implore you to vote – but if it is not yet November 3 when you read this, that’s another story entirely. Vote!

So, I want to share a more lasting message here, one that will be equally meaningful before and after the election. In fact, as I worked on my High Holidays sermons, a key focus was on the enduring relevance of the messages. Since we were pre-recording, it was essential that whatever ideas I share could endure even the most of extreme events, like the passing of a revered Supreme Court judge or the revelation of the president’s taxes.

I share with you now a few excerpts from those sermons, in the hopes that you will revisit them and that they will continue to be relevant throughout the year – and that they might help us overcome the challenges that lie ahead.


Rosh Hashanah Day 1: The Curse of Ham

“We have faced anti-Semitism from all sides, from the left and from the right. But there is no moral equivalence here. We know that the primary danger comes not from the Black community or Black Lives Matter, but from those who killed our people at prayer in Pittsburgh and Poway and who killed Blacks in churches in Charleston and Birmingham. Those murders all have the same return address.

Let us not be distracted. The D.H.S has declared White Supremacy to be “the most persistent and lethal threat” to the US through 2021. White Supremacists have used the strategy of racist “divide and conquer” from the beginning of time – but it won’t work now. Their time has run out. It ran out during those 8 minutes and 46 seconds on May 25.

In that moment, the shofar’s call heard was heard, from the flagpoles of NASCAR to the Washington Football Team. From Fort Bragg, to the NBA bubble, to Aunt Jemima’s kitchen. In that moment, the greatest sin of all time began, at long last, to unravel.

Everything changed with that knee on the neck. And our stiff necked people will rise up for justice; we will rise up to repair the world.

But first, we will take a knee in solidarity.

Rosh Hashanah Day 2: The Blessing of Canaan

The Curse of Canaan is a soul crushing passivity in the face of relentless attacks on our humanity. The Blessing of Canaan is the blessing of dignity – it is the blessing of a Promised Land

Continued on page 17...

KATIE KAPLAN, CANTORIAL SOLOIST

MEDITATION AND GUIDED IMAGERY FOR THE SOUL

What is Jewish meditation? Why is it different from other types of meditation? Is Jewish meditation for me? These are some of the questions that might be floating around in your mind when you hear the phrase Meditation and Guided Imagination.

Rabbi Jill Berkson Zimmerman gives several great explanations of Jewish mindfulness in prayer in the Hebrew in Harmony curriculum. To introduce you to the topic, I’d like to share three of her core principles of Jewish mindfulness that I often refer to when teaching mindfulness and leading meditation in a Jewish context:

◊ **Hineini** - is an important word that describes being fully present, in this moment. Commentators agree that **Hineini** suggests both an awareness of one’s physical presence in the moment and a mental, emotional, and spiritual readiness. For example, at the burning bush God calls out, “Moses, Moses,” to get his attention before asking him to lead the Israelites out of Egypt. Moses responds, “Hineini” “Here I am” (Exodus 3:4). When Abraham ascends Mt. Moriah for the Akedah he, too, replies to God “Hineini.” **Hineini** || הINEINH is the joining of two little words: *hineh* and *ani*, meaning here and I. Unlike the modern Hebrew word *po*, which means present or here in the sense of attendance, the joining of these words combine the awe of *hineh* with the presence of self-*ani*.

◊ **Kavanah** - is about intentionality. It is the directing of one’s heart and mind to a particular focus, whether on one’s breath or the surrounding sounds. In life, it can be easy to do one thing while thinking about another. Setting a **kavanah** is the opposite of “going on autopilot.” When we practice setting an intention in meditation, it begins to carry through into all aspects of our lives.

◊ **Teshuvah** - turning and returning is a key Jewish mindfulness concept. Whenever we set an intention, it is very likely that our minds will wander away. **Teshuvah**, applied to mindfulness, means that when we become aware that we have veered from our intention, we gently can remind ourselves to return to it. Rather than judging yourself for not sticking with your intention, simply remember your intention and turn yourself back to it, gently and kindly.

Additionally, I like to utilize the tetragrammaton of *yod*, *hey*, *vav*, *hey* (the four letters of the divine name) as a vertical map of our bodies with the *yod* as the head, the first *hey* as the shoulders and arms, the *vav* as the spine, and the final *hey* as the hips and legs. Keeping this in mind we anchor ourselves in sacred presence and structure as we deepen our experience of oneness with the universe and the divine sparks within each of us. Utilizing chant, breath work, and visualization, I gently

Continued on page 18...
SHABBAT AND FESTIVAL SERVICES

NOVEMBER*
Friday, November 6
Kabbalat Shabbat 6:00pm
Shabbat, November 7
Shabbat Services 10:00am
MAYA SHAPIRO, BAT MITZVAH
Friday, November 13
Kabbalat Shabbat 6:00pm
Shabbat, November 14
Shabbat Services 10:00am
ShaBaBimBam 11:00am
AUSTIN EISENSTEIN, BAR MITZVAH
Friday, November 20
Kabbalat Shabbat 6:00pm
Shabbat, November 21
Shabbat Services 10:00am
OWEN HERZ, BAR MITZVAH
Friday, November 27
Kabbalat Shabbat 6:00pm
Shabbat, November 28
Shabbat Services 10:00am
ILANA GILBERT, BAT MITZVAH

DECEMBER*
Friday, December 4
Kabbalat Shabbat 6:00pm
Shabbat, December 5
Shabbat Services 10:00am
ShaBaBimBam 11:00am
ALEX COHEN, BAR MITZVAH
Friday, November 11
Kabbalat Shabbat 6:00pm
Shabbat, December 12 - Chanukah, 2nd Day
Shabbat Services 10:00am
AARON FRIEDMAN, BAR MITZVAH
Friday, December 18
Kabbalat Shabbat 6:00pm
Shabbat, December 19
Shabbat Services 10:00am
Friday, December 25
Kabbalat Shabbat 6:00pm
Shabbat, December 26
Shabbat Services 10:00am

*All services will be held on Zoom

THE HAZZAN'S VOICE

My dear friend Velvel Pasternak, a leading publisher of Jewish music who recorded and transcribed and, thus, preserved the singular melodies that had typically been passed along by tradition within Hasidic sects, passed away on June 11, 2019, a major loss to the world of Jewish music.

Velvel Pasternak did for Hasidic music what no other person could have done. Working out of his home with a tape recorder in hand, he drove to Brooklyn, which has large Hasidic populations, and recorded the mostly annotated music of the Modzitz, Lubavitch, Bobov and Ger dynastic groups. The works were incorporated in his first book, Songs of the Chassidim, published in 1968.

The next year Velvel traveled to Israel with his family and recorded many Hasidim. The music was published in Songs of the Chassidim II.

Throughout Pasternak’s illustrious years, he recorded 33 CDs of Jewish music under the label of Tara Recordings, which sold CDs of other Jewish recordings from throughout the world.

Each year that I attended the Cantors Assembly conventions and the American Jewish Choral Festival Velvel Pasternak and his wife, Goldie, were there with his elaborate display of all his books, music from other publishers, CDs and whatever musicians would want. Throughout the four days of the conventions everyone was drawn to Velvel’s display and especially to Velvel.

Many of you may remember that, many years ago, Velvel Pasternak was the guest artist at one of the “Lobby Mini Concerts” which I presented on Sunday mornings. Velvel sat at the piano, spoke, sang and mesmerized us all for two hours.

In addition to the obscure Hasidic melodies of the 200 books of Jewish music he published, he included some better known Yiddish and Israeli folk songs, spirited Klezmer tunes, Sephardic melodies, cantorial classics, sorrowful songs of the Holocaust and other music, each with his knowledgeable introductions which always included his humor.

With my next opportunity to write a column for the Bulletin, I will write more about my dear friend Velvel Pasternak and the many humorous experiences that occurred with the Hasidim.

Velvel no longer is with us, but all that he created for the world of Jewish music will live on to keep Jewish Music alive.

The tongue is the pen of the heart, but melody is the quill of the soul.

- - Rabbi Shneur Zalman of Liadi

Hazzan Sidney Rabinowitz

HAPPY HANUKKAH
Dear TBE families,

As we slice our turkeys, light our Hanukkah candles, and open our gifts this year, it feels bittersweet. We feel happy to be celebrating these holidays with our families, but the overwhelming sense of loss at the events of this year is undeniable. We grieve the people who are no longer here, the illnesses we have suffered, and the anxiety we have all felt. We mourn the parties we could not have, the people we could not see, and the changes we have endured. But Thanksgiving is about being grateful, and Hanukkah is about miracles, both large and small. I challenge you all to be like Daniel Tiger, and “when something seems bad, turn it around, and find something good.”

The good news is that children are very resilient and look to us for cues. Even if they are old enough to feel these losses themselves, they look to us to see what we do about it. Can we try to make this little bit of oil go further, for their benefit? Maybe we can’t celebrate the holidays with the same large gatherings we are all used to, but what new traditions can we introduce? How can we still make things feel special and different? It may take more work to muster that holiday energy this year, but our new family memories will prove that our efforts are meaningful, and lasting.

Here’s to all of us- and to a collective prayer that 2021 is a better year for everyone.

Warmly,
Jami Fener,
Nancy and Jerry Kapchan on the engagement of their son, Zachary, to Kayla Weinstein.

Denise and David Greenman and Ilene and Bert Madwed on the birth of a granddaughter, Zoe Maya, born to Dana and Josh Greenman.

Heidi and Harrison Ganz on the engagement of their son, Evan, to Ashley Sheridan.

Paula and Ben Green on the birth of a grandson, Charles Rex, born to Dani and Josh Green.

Heather and Ben Susman on the birth of a daughter, Meira Adele.

Vivian and Don Wishingrad on the birth of a grandson, Jonah Alexander, born to Margaret and Ian Wishingrad.

Share your family’s simcha (engagement, marriage, birth, Bar or Bat Mitzvah of a child or grandchild) and other joyous event. Just contact the TBE office at office@tbe.org or 203-322-6901, ext. 301.

Special Occasion?
Sponsor The Shabbat E-announcements (sent every week via e-mail)
The Shabbat Announcements (distributed each Shabbat at the Temple)
and the Shabbat-O-Gram (e-mailed every Thursday night)
All three publications for $72
All sponsors will be acknowledged at the beginning of each of these announcements and also listed in our bi-monthly Bulletin.
Call Mindy in the office at 322-6901 ext. 301.

THANK YOU FOR SPONSORING THE SHABBAT ANNOUNCEMENTS

BETH and RAYMOND BAER
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HONORABLE MENSCHEN TODAH RABAH TO OUR TORAH READERS!

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SYDNEY KASSEL ✿ CAMRYN LAICHTMAN
SAMANTHA LAICHTMAN ✿ BERT MADWED
TOVA MARKOWITZ ✿ NAOMI MARKS
BRANDON NADEL ✿ SUSAN SCHNEIDERMAN
MERYL SILVERSTEIN

MAZAL TOV TO...

November 7
MAYA SHAPIRO
Daughter of Danielle and Lael
Sister of Jonah
Attends Turn-of-River Middle School
Mitzvah Project: David’s Treasure Chest Toy Closet

November 14
AUSTIN EISENSTEIN
Son of Debbie Eisenstein & Jon Eisenstein
Brother of Sarah
Attends Bi-Cultural Academy
Mitzvah Project: Support Fund for Military Veterans

November 21
OWEN HERZ
Son of Nancy and Jeff
Brother of Jacob and Mollie
Attends Rippowam Middle School
Mitzvah Project: Israel Guide Dog Center for the Blind

November 28
ILANA GILBERT
Daughter of Lori and Raph
Sister of Sarah
Attends Cloonan Middle School
Mitzvah Project: Columbus House Homeless Shelter Project

December 5
ALEX COHEN
Son of Sherry and Ken
Brother of Jonathan
Attends Turn-of-River Middle School
Mitzvah Project: Kids Helping Kids Volunteer

December 12
AARON FRIEDMAN
Son of Rachel and Keith
Brother of Joshua
Attends Turn-of-River Middle School
Mitzvah Project: Fund Raising to Purchase Picnic Tables for Emmet’s Playground
Dear TBE Members,

Here is a letter that we received from Person to Person regarding our High Holidays Food Drive:

This year, despite all the challenges posed by our new COVID reality, Temple Beth El delivered an impressive 3,900 lbs. of food plus 67 lbs. of personal care and houseware items. While understandably less than the results in “normal times,” this greatly exceeded expectations! Many other organizations have opted not to do drives this year so please know that we are most grateful for the extra time and effort Temple Beth El invested in making the drive happen this year including conducting all the sorting at the Temple. This stands as a testament to Temple Beth El’s sincere dedication to the thousands of less fortunate men, women, and children of Stamford struggling with food insecurity.

Thank you all for your partnership and we hope to see you back at Darien sorting for the next High Holy Days Food Drive!

Sincerely,

Rick Nixon and the Person-to-Person family of staff & volunteers
Manager, Food/Stamford Warehouse/Mobile Food Pantry

I’d like to add my personal thanks to the following people who helped unpack and sort the donations: Dorothy Levine, Helen Donner, Ethan Brudny, Rebecca Rakowitz, Fran Ginsburg, Leslie Glenn, Lori Drucker, and Jeff Turshen.

Although the assistance of Devra Jaffe-Berkowitz, Suzanne Fruithandler, Natalie Feld, Eileen H. Rosner, Renee Pfefer, Dick Fisher, Jake Davidson, and Jesse Kalt was not needed, their offer to help was much appreciated.

Sharon Turshen
Chairperson, High Holidays Food Drive

Beth El Cares focuses on chesed and tzedakah by helping the poor and unfortunate through mitzvot, both in our synagogue and the greater Stamford community. We welcome volunteers! This is the work we are currently engaged in. If you are interested in volunteering in any of these endeavors, please contact the person listed.

Reyut (Friendship): Committed to serving the needs of those in our TBE community, including friendly visits, assistance with errands and transportation, Shabbat bag delivery to hospitalized patients. Contact Melanie Massell at reyut@tbe.org or 203-324-7190.

Project Ezra: Providing pre-shiva meals to the bereaved in the congregation. Contact Joy Katz at joyakatz@yahoo.com or 203-329-3359.

Serving the homeless: Helping prepare and serve food — you can do either or both — to the homeless at New Covenant Center in Stamford on the fifth Thursday of each month. Times are 2:30-4:15 pm and 4:15-5:30 pm. Contact Amy Temple at aetemple@optonline.net or 203-496-1309.

High Holiday Food Drive: Contact Sharon Turshen at 203-323-3872

Christmas dinners at local homeless shelters: Contact Amy Temple at aetemple@optonline.net or 203-496-1309.

PAY YOUR DUES ONLINE
Go to www.tbe.org/donate and click on member payments.
Questions? Contact Linda at 203-322-6901, ext. 302 or lindar@tbe.org.

SEEKING SHABBAT GREETERS WHEN WE RETURN

Do you like getting a warm “Shabbat Shalom” as you enter shul on Saturday morning?

Our greeting program has been extremely well received. To keep this program going, we need volunteer greeters like you.

For more information Contact Barry Strom at barrystrom@gmail.com

Thanks for helping make Temple Beth El a warm and welcoming place to be.

CELEBRATING A SPECIAL EVENT? COMMEMORATING A YAHRTZEIT?

Please consider sponsoring a VIRTUAL Kiddush, following Shabbat Services, or an Oneg Shabbat, following our Friday evening services.

Contact Steven Lander for all of the new, reasonably priced Kiddush options at 322-6901, ext. 304 or execdir@tbe.org.
Hi. My name is Josh Levine and I was recently nominated to be Men’s Club President. My mother is very proud. She tells all her friends.

Let me tell you a little about myself and then tell you how I think we can work together to make the Men’s Club Great Again. See what I did there?

I am a Stamford native, sort of. Grew up going to the JCC, but my parents’ house was in Greenwich. Bi-Cultural class of 1990. Yep, I am probably younger than you. My wife and I moved to Stamford from NYC in 2011 and soon joined Temple Beth El. We made a lot of close friends at TBE over the years. My son Wesley is 12 and my daughter Lila is 8. Time flies.

Enough about me. Let’s talk Men’s Club. You too, ladies. Traditionally, Men’s Club has their annual events such as building the Bimah & Sukkah, delivering Yom HaShoah Yellow Candles, and the World-Wide-Wrap (learning to wrap Tefillin). We also sponsor a scholarship fund, a blood drive and several social events.

Are you still with me? Great. “Hey Josh…what’s your vision funny guy?” Good question.

This is not the Josh Levine Club. This is your club. You want to organize a Steak and Scotch, I am here to help guide you, promote it and sponsor it. You get what you put into it. All we need is a few good men, a few volunteers, and the calendar is full.

But I do have a view. Not every social event is going to appeal to everyone. But Tikun Olam, “repairing the world,” is something we can all rally around. Ladies too. So, what better way for the Men’s Club to serve us than by coordinating more opportunities to give back to the community?

How are we going to do this? I am not sure. I need your help. I can’t do this alone. I am looking to form a committee to get together monthly to work on the Men’s Club. I realize that during this “unprecedented time” we are all swamped, but I promise this will not be a huge commitment. You will not be pressured into taking the lead on things you don’t want to.

One more thing. Even if you don’t want to join the committee, I want to talk to as many people as possible about their vision for TBE and/or Men’s Club. Happy to listen to your complaints as well. I believe the most important thing that holds TBE together is relationships, and the best way to build them is through talking one-on-one or in small groups. Psst..we don’t do enough of this (my complaint).

Are you still reading this? Awesome. In summary, I need your help. This is your opportunity to make a difference or just be heard. Drop me an email at joshlevine@tbe.org. Oh yeah, and pay your Men’s Club dues. No dues, no Men’s Club, no fun.

Happy New Year!

Josh Levine
Men’s Club President

Torah Fund Pin for 5780 (2019-2020)

Every year Torah Fund offers a special pin for a donation of $180. The theme of this year’s pin is Chesed - “kindness” or “loving kindness” conveying the deep love of Jewish acts of kindness which are done without thought of reward.

The 5780 (2019-2020) Torah Fund pin depicts a heart surrounded by three circles, one larger than the next. This symbolizes the ever-widening realms of generosity: From family, to community, to the larger world; from North America, to Israel, to the world. As it is said in Psalm 89, “May we build a world of kindness.” What message could be more appropriate in today’s world? Purchase from Suzanne Stone, suzanneshorn@yahoo.com, 203-866-2273.

A huge thank you to all those who contributed to THE PERIOD PROJECT

A special thank you to Susan Greenwald for bringing this important event to our attention.

JFS is still in need of women’s products. A box will remain outside the office for additional donations.

Thank you, again, for participating in this ongoing project.

TBE Sisterhood

WE’RE ALL IN THIS TOGETHER

TBE MEN’S CLUB SPONSORS

BLOOD DRIVE

Wednesday, December 2, 2020
11:00am - 4:00pm
Details to follow...
SISTERHOOD 2020

If we had 2020 hindsight, we still couldn’t fathom this year! What a year it has been! I will always remember the past year, both good and bad. I wish I could say my closets are now clean, my emails are all cleaned out and that I am totally organized, but I am not. However, I am now (almost) an expert on ZOOM and I love having meetings in shorts and a T-shirt - sometimes in my pajamas!

Services this year were superb! I had a front row seat! Todah Rabah to everyone who had a part in making the services run so smoothly! This year, after Yom Kippur, I ate my bagel at home and missed co-chairing Sisterhood’s wonderful Break-the-Fast with Beth Silver and seeing everyone!

Steve Lander – Thanks for answering my many questions and suggestions and working until late at night, and thanks to our tech guy, Stan Friedman, for the ZOOM help!

Todah Rabah to all Sisterhood members for your participation and support of Sisterhood. Your financial support is through annual dues of $36, High Holidays and Passover food sales, Gift Shop sales, Clothing Drive, and Mah Jong Tournament fundraisers, to name a few.

Regarding our High Holidays Food Sale: Thank you to Linda Rezak who spent an incredible amount of time collecting, calculating and organizing both online and snail mail orders. Linda- everything was perfect. Also, a special thank you to Leslie Heyison who went to the bakery for a missing order, to Betty Baer who ran the High Holidays Food Sale for the past 45 years and answered our many questions, and to Judy Schneiderman for coordinating information with Linda.

Thank you to Dora Salm again for running our last book group as we learned about Golems in the book, The Word That We Knew by Alice Hoffman and Jill Knopf for her interesting lecture on Nutrition. (I have now replaced my vegetable oil with olive oil).

Scheduled Events:

- **November 17 at 7:30pm Sisterhood Book Group**, Led by Dora Salm Book: The Seven or Eight Deaths of Stella Fortuna – A Novel by Juliet Grames. Check emails for ZOOM link.
- **April 10, 2021 Sisterhood Shabbat Service**, Chair: Leslie Heyison.

Upcoming Events:

- **Jewish Heroes and Women** by Susan & Art Zuckerman
- **Sisterhood Meeting open to all Sisterhood members on ZOOM.** Speaker: Our very own Katie Kaplan, Cantorial Soloist

Always check the calendar, emails and bulletins for any updates.

We are so excited to introduce Naomi Sobel Marks to our Sisterhood Board!! Naomi joined TBE and Sisterhood in 2011. Naomi will be a wonderful asset to our Board!

We are always looking for new members; please contact anyone on the Sisterhood board.

Have a wonderful Thanksgiving season with family and friends.

*With Thanks, Appreciation and Friendship, Karen Resnick, Sisterhood President*
CAN YOU MATCH THE PICTURES TO THE NAMES OF OUR SISTERHOOD PRESIDENTS?

The answers are on page 19.

1) May Cohen - 1922
2) Abigail Block - 1923
3) Fannie Sternbach - 1924
4) Bessie Kweskin - 1925
5) Celia Dichter - 1927-1929
6) Elsie Ralph - 1961-1963
7) Anita Elkses - 1965-1967
8) Norma Mann - 1967-1971
9) Susan Greenberg - 1972-1973
10) Joan Weisman - 1973-1975
11) Joan Nachowitz - 1975-1977
12) Eleanor Freiman - 1983-1985
14) Carol Krim 1985-86, 1989-90
17) Barbara Brandt - 1988-89, 1989-90
18) Phyllis Heller - 1989-90, 1990-91
19) Kathy Poch - 1989-90
22) Mary C. Silberman - 1994-96
26) Wendy Durica – 2009-11
27) Stacey Essenfeld – 2011-13; 2013-14
28) Suzanne Stone - 2013-14
29) Judy Schneiderman - 2013-14
30) Beth Silver - 2014-17
31) Leslie Heyison - 2017-19
32) Karen Resnick - 2019
33) Susan Isaacs - 1970-1972

Past Presidents not pictured:
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Go to: www.tbe.org/donate/

OPPORTUNITIES FOR GIVING
☑ Adult Education Fund
☑ Beth El Cares
☑ Beth Elders
☑ Debra Wald Goldberg Kindergarten Scholarship Fund
☑ Frank & Rose Rosner Memorial Fund (maintenance)
☑ General Fund
☑ Kiddush Fund
☑ Matthew Klein Memorial Sanctuary Garden Fund
☑ Emmet Manheim Playground Fund
☑ Mitzvah Garden Fund
☑ Music Fund
☑ Prayer Book Fund
☑ Project Ezra Fund
☑ Religious School Fund
☑ Reyut Shabbat Bag Fund
☑ Security Fund
☑ Solar Fund in memory of Norma Mann, z’l
☑ Youth Fund

DISCRETIONARY FUNDS
☑ Rabbi Joshua Hammerman’s Mitzvah Fund
☑ Cantorial Soloist Katie Kaplan’s Mitzvah Fund
☑ Hazzan Sidney Rabinowitz’ Mitzvah Fund

ATTENTION PARENTS OF COLLEGE STUDENTS
Rabbi Hammerman would like to stay in touch with your child while he/she is away at college. Please send his/her e-mail address to Beth in the Temple office at adminassist@tbe.org. Thank you!

Get involved, please…
Help Wanted! In order to maintain our vibrant and dynamic community, the Fund-Raising Committee needs more members to support TBE and volunteer their skills and talents. Many of these opportunities ask for very small-time commitments. Please consider getting involved with the:
Annual Appeal | Temple Rock | Cantor’s Concert
If you are interested in volunteering, please contact us and we will give you more information.
Thank you!
Art Laichtman
Fund-Raising Chair
alaichtman@optimum.net

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TO TEMPLE BETH EL
One way to boost your charitable contributions to Temple Beth El is to give shares of appreciated stock instead of cash. You do not pay any tax on your capital gain, and your charitable deduction is the shares’ entire fair market value.
Several Beth El members contribute shares of stock to satisfy their dues pledge, their annual fund pledge, and other contributions to the Temple.
After consulting your tax advisor, please contact the TBE office at 203-322-6901.

Every brick has a story to tell...

Paver Campaign
Celebrating Our First 100 Years
WATCH FOR DETAILS!

TREE OF LIFE
A beautiful way to commemorate a special occasion is to purchase a “leaf” on our beautiful “Tree of Life” sculpture adorning our Temple lobby. There are many more leaves available for your own personal inscriptions.
The following categories are still available:

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triple Chai</td>
<td>$5,400</td>
</tr>
<tr>
<td>Silver Leaves - Gold Border</td>
<td>$750</td>
</tr>
<tr>
<td>Silver Leaves</td>
<td>$250</td>
</tr>
</tbody>
</table>

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WE ARE GRATEFUL FOR YOUR CONTRIBUTIONS

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THE BIRTH OF ADRIAN VERGARA TOBIN
Marsha Colten & Robert Cohen, Betsy & Peter Kempner

CAROLYN NADEL-FARIN & PHIL FARIN ON THEIR GRANDSON
Marsha Colten & Robert Cohen

BECOMING A BAR MITZVAH
Marsha Colten & Robert Cohen

THE BIRTH OF LUCY JUNE GINSBURG
Linda Simon

THE MARRIAGE OF KAREN LANDER AND KEVIN LAFFERTY
Ellen Gottfried

BRUCE KAHAN ON HIS SPECIAL BIRTHDAY
Carol & Allen Krim

THE BIRTH OF ZOEY MIRA BEHREND
Marsha Colten & Robert Cohen

THE BIRTH OF CHARLES REX GREEN
Marsha Colten & Robert Cohen, Denise & David Greenman

THE BIRTH OF ZOE MAYA GREENMAN
Marsha Colten & Robert Cohen, Maxine & Jay Freilich

RAVBI JOSHUA HAMMERMAN MITZVAH FUND

In honor of...
Brandon Nadel becoming a Bar Mitzvah by Jill & Mitchell Nadel

In appreciation by Barbara & Michael Kaplan, Barbara & Jack Levitz, Shirley Halprin, Andrea & Martin Levine

In appreciation for Rabbi Hammerman officiating at the marriage of Allison Casper to Jason Usdin by Laura Markowitz, Stewart Casper & Victoria deToledo

KATIE KAPLAN, CANTORIAL SOLOIST MITZVAH FUND

In honor of...
Brandon Nadel becoming a Bar Mitzvah by Jill & Mitchell Nadel

In appreciation by Barbara & Michael Kaplan, Leslie & Joseph Heyison

HAZZAN SIDNEY RABINOWITZ MITZVAH FUND

In honor of...
The New Year 5781 by Marcia Braunstein

THANK YOU FOR DEDICATING...

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In honor of...
The birth of Lucy June Ginsburg by Barbara Brafman & Larry Stein

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In memory of...
Malvina Rothman, z’l, by Linda & Joseph Rothman

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Dana Horowitz & Peter Wolly ................................ VAL WOLLY
Jerry Jacobs & Family .................................... SAUL ZAHLER
Zelazny Family ............................................... JOSEPH ZELAZNY

BEATRICE & HERMAN BREVDA

SHIVA NOTICES AVAILABLE ON-LINE
Congregants who are looking for shiva information can now quickly look online instead of searching their inbox for the announcement or calling the synagogue office. Just go to TBE’s website (www.tbe.org) and click “Shiva Notices” under the WHAT’S NEW menu.

INFORMATION FOR YOU...
When making a donation an acknowledgement will be mailed to the designee for donations of $10 or more. Donations of less than $10 will be acknowledged only in the Bulletin. All donations will be published in the Bulletin unless you state that you wish to be anonymous.

WE MOURN THE PASSING OF...

LEONARD MASSELL

LAST ACT TRANSITIONS
Monday, November 16 at 6:00pm on Zoom
Presented by Leo P. Gallagher & Son
A panel discussion as we focus on the latter third of our lives and how to best be prepared.
(Zoom link available in the Shabbat Announcements.)
Happy Hanukkah!

December 10-18, 2020

MEMORIAL PLAQUES

Inscribe the names of your loved ones on a plaque for our Chapel wall along with a light to commemorate their yahrtzeit and yizkor observances throughout the year.

For details, contact Mindy at office@tbe.org or 203-322-6901, ext. 301.

THE TBE 100 MITZVAH PROJECT

The TBE 100 Mitzvah Project provides opportunities for congregants to honor TBE’s centennial through the performance of gemilut hasadim (acts of loving kindness) that help charitable organizations in need of volunteers and non-monetary contributions.

Mitzvah Opportunities at the Schoke Jewish Family Service of Fairfield County

• Work at the kosher food pantry at SJFS. Distribute food during walk-in hours: Monday - Wednesday, 10:30 am-12:30 pm. Organize and maintain the pantry: Monday - Friday, 9 am - 4 pm.
• Deliver meals and food items to homebound clients. Time is flexible.
• Participate in Mitzvah Monday with your kids on the third Monday of each month (Mar 16, Apr 20, May 18 ...) from 3 pm-5 pm. Bring kosher food items to the pantry and help stock shelves. GREAT for teens!
• Visit a homebound client for a “friendly visit” to alleviate loneliness. Time is flexible.
• Donate food and non-food items. Items can be dropped off at the TBE office or at SJFS.

If you are interested in doing one or more of these mitzvahs, please contact Jill Knopoff at (203) 921-4161. Don’t forget to mention you’re from TBE.

After completing a mitzvah, please send a note to mitzvah100@tbe.org with the name or names of the family members who participated, the mitzvah, and a photo if possible.

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We Capture Your Precious Memories on Video…

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Proud to be the official TBE videographer

Tom was able to capture the spirit and joy of our B’nai Mitzvah service and party in a video we will always treasure. He was also a pleasure to work with from start to finish.

Jared Finkelstein

If you are looking for a videographer, look no further! Tom was a delight to work with and the finished product was incredible. He created separate videos of my daughter’s Bat Mitzvah service and celebration and captured all aspects of the joy of the day.

Jill Teich

Thomas Pace, Jr. • 203.335.0168
T & J Video Service

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ON ONE FOOT Continued from page 3...

400 years in the making...

We know all about the lack of dignity. This year, we have all been afflicted by the curse of Canaan. And so – our mission as Jews, our calling, is to reverse that curse:

♦ To care for the ill – as our first responders and medical professionals have done so beautifully.
♦ To humanize isolation, as we have tried to do in so many ways – and as we are trying to do right now.
♦ To fight the continued deportations of migrants and the separation of families. To fight for all those denied the dignity of a paying job or a hot meal. For those without power after a storm who can’t stay with a neighbor for fear of infection.

Our mission is to reverse that curse, for the sake of Kvod ha-Briyot – the dignity of all creatures.

...For Jews, for Blacks and for everyone else who has been scarred by the stain of hate – we are all that little boy and that little girl. Tempest-tossed in a wave of worldwide disdain. “I think it pisses God off if you walk by the color purple in a field somewhere and don’t notice it.” And I think it pisses God off even more when we don’t see that beauty in ourselves. Because only then can we share that magnificent gift with the world. The gift of K’vod Ha-Briyot.

And when we do that, we will affirm for all to hear – that our lives, and all lives – do matter – more than we could ever have known.

Kol Nidre: The Essential Ones

In some cases, workers were forced to put themselves at great risk with little protection, and many meat packing factories, for example, became super spreaders for the virus. Next time you eat, it is important to ask whether it was just the chicken who gave her life for your dining pleasure – or maybe also the worker who processed it.

So, here’s to the Essential Ones. The courageous ones. The ones we so often overlook and forget to thank. Who literally put their lives on the line so we could put food on our tables, or educate our kids, or fix our downed power lines, or ride our buses, or flush our toilets.

We are all sending messages through our words and deeds, messages that will either sustain life and lift the spirit, or crush it – and kill. Literally kill. If we encourage people to take this thing lightly, we could be literally killing people. The Talmud says, “Life and death are in the power of the tongue.” Never before has that been truer, whether we are clergy or sanitation professionals.

Yom Kippur Day: A Better Place

In truth, the past six months have been one long Yom Kippur, as we have reflected on our mortality like never before. Each of us was in that ICU at Stamford Hospital or Mount Sinai or Elmhurst in Queens, even if we weren’t really there. We saw those refrigerated trucks. We were at those potter field burials. We saw how utterly overwhelming and hopeless it was – we have literally experienced a hundred 9/11s these past six months - and we don’t want to go back there again.

And now it is the 7th month. “And in the seventh month you shall afflict your souls,” Leviticus tells us. “Ta’anu et nafshotaychem.” The Hebrew root ayin-nun-heh, means both to afflict and to answer. On Yom Kippur itself, the affliction is the fasting, which helps us come to an answer. For this seven month long Yom Kippur, the affliction has been Covid itself. And now we have reached Yom Kippur, the day of the Great RESET, when everything starts anew. Now we can look back at what we have experienced so that we can begin – just begin – to propel ourselves forward.

...So we had the Great Realization, the Great Softening, the Great Stillness and the Great Reckoning. Not bad for seven months of hell.

But life’s great changes amount to absolutely nothing if we haven’t absorbed the most important lesson of all from the past seven months: The primacy of life itself.

Life takes precedence over just about everything else in Jewish law, including Shabbat observance.

The Talmud teaches that Shabbat is holy only because we are alive to observe it. It isn’t holy in a vacuum. It needs living people. If a Shabbat falls in a forest and no one is there to observe it, it is irrelevant. If the coronavirus kills all of us, when Friday evening arrives, there will be no Shabbat. We “make Shabbos.”

So life takes precedence even over Shabbat observance. You are required to profane one Shabbat if that will enable you to live for many Shabbats to come.

Donniel Hartman reflected on this lesson and concluded that at this moment – what’s the most important thing we can do? To live. Connecting to that core instinct is not trivial anymore. All the rest doesn’t matter. All the rest is commentary.

Hartman is saying that the Torah does not think it’s acceptable for people to take actions that put lives at risk. It is not heroic to go to a bar. It doesn’t make you a warrior to take off your mask and to shrug it off and say, “People are going to die.” That can never be acceptable. Because simply saying “people will die,” even though we know that they will, never makes it acceptable. We should never try to normalize 200,000 deaths.

“It is what it is” is never what it should be.

We are all responsible to keep others alive. We are profoundly interconnected. Did you know that 70 percent of the coronavirus that spread in the first wave in Israel came from America? In Israel, they could have called it “the Brooklyn Virus.” I understand more than ever before that I can be a source of harm for people.

...So, what is to become of hope?

Viktor Frankl, Holocaust survivor and author of the one of the great books of the 20th century, “Man’s Search for Meaning,” had a term for it: Tragic Optimism. When you look up hope in a Jewish dictionary, that’s what you get.

In Frankl’s formulation, tragic optimism 1) turns suffering into achievement, 2) channels guilt feelings into opportunities to change for the better and 3) derives from life’s transitory nature the incentive to take responsible action.

We can keep hope alive – even if tinged by tragedy. That’s Continued on page 18...
ON ONE FOOT Continued from page 16...

in fact what we have been doing for thousands of years. That’s what makes us Jews. And we will get through this.

...Or maybe...there’s a fundamental spark of goodness to humanity, despite abundant recent evidence to the contrary...And maybe, I might add, when we conquer our own inner demons, of fear, cynicism, malaise, fatigue, xenophobia and narrow-mindedness, if we think of the impact of our every act, our every breath, on other people, then when the time comes for us at long last to leave our bunkers for good, we’ll emerge into the sunlight of a good place – a very good place – a better place than the one we escaped last March, when the first snow fell on the fourth day of Spring and that deer looked at me, and said goodbye for now.

Next year may we meet again, all of us, right back here. And may it feel as if we never left. And yet may it also feel as if we are gathering together, right here, to afflict ourselves and to seek answers, for the very first time.

And may we all find safety from the storms of 2020, and make of this year of the Dung Heap – a Good Place. A Better Place. A Heaven on Earth.

L’Shanah Haba’ah B’ TBE!

KATIE KAPLAN, CANTORIAL SOLOIST Continued from page 3...

guide everyone present toward relaxation while quieting the mind and allowing the light of our souls to shine.

Meditation takes some time to build up, and as with any practice, the more you do it the easier it will become. Please consider joining us for future sessions to explore themes of self-awareness, kabbalah, sefirot, and mindful self-integration as we carve out a moment of quiet and spaciousness amidst the chaos of our busy lives.

Katie Kaplan, Cantorial Soloist

BEAUTIFUL BABIES BORN BETWEEN YOM KIPPUR 2019 - 2020

1. Bret Eliza Shulman, daughter of Lindsay and Corey Shulman
2. Zoey Mira Behrend, granddaughter of Stephne and Kerrin Behrend
3. Emily Dylan Ratner, granddaughter of Lori and Stuart Ratner
4. Benjamin Marsasella, grandson of Esta Berman-Price
5. Hannah Alexander, great-granddaughter of Ruth Kwartin
6. Jack Hazan, grandson of Carol Battin and Sam Mayer
7. Lucy June Ginsburg, granddaughter of Rabbi Gerry and Fran Ginsburg
8. Parker Shay Selkowitz, grandson of Betsey and Arthur Selkowitz

Rabbi Joshua Hammerman
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