

Temple Beth El Bulletin

A Conservative, Inclusive, Spiritual Community

www.tbe.org

TEMPLE BETH EL
CELEBRATING OUR FIRST 100 YEARS

Volume 48 Issue 5 (bi-monthly)

September-October 2021

Elul 5781/Tishrei/Cheshvan 5782

ON ONE FOOT

Windows, Walls, Playgrounds and Elevators

Welcome back to our sanctuary! For many of you, the upcoming holidays will offer the first chance to be in here in well over a year. The vicissitudes of Covid notwithstanding, we are hoping to see you in-person more and more often over the coming months.

When you come back, there are some changes to the building that you will notice right away. You might recall that in the brochure for our recent campaign, I wrote, "OUR SANCTUARY TELLS THE STORY — WE ARE A CONGREGATION OF WINDOWS, NOT WALLS." But as we return, we notice that the windows have company. Ours is now a facility not only of windows, but of playgrounds and elevators and glass entranceways. And soon, updated bathrooms too.

And how appropriate to talk about elevators, given all the ups and downs we've had to endure, not to mention the to's and fro's and ins and outs. Lots of getting somewhere and even more of our getting nowhere. The slide, the swing and elevator all bring us right back to where we started, and that describes just how we feel right now. In some ways that's good — at this time of year we want to return, not to square one, but to "the land of your soul," as Shlomo Carlebach's haunting melody reminds us.

Return again, return again, return to the land of your soul.

So when we are on the elevator or playground equipment, we are actually performing an act of *teshuvah* — return — which makes it a perfect complement to the sanctuary.

Meanwhile, the point of a playground is to play, and Emmet's Playground gives us ample opportunity to do that. The Hebrew word for play, *sachek*, actually is first found in the Torah reading for Rosh Hashanah, although in a slightly different form, *tzachek*, which means to make fun of, not to have fun with. Ishmael toyed with Isaac (whose name *Yitzchak* is a form of the same word) in this way. But by softening the letter "tz" to "s" we soften the meaning as well. To play with is good, as it helps to develop skills that can guide us in life, like collaboration and sharing. Being Jewish has lots of serious moments, but there is also a playful side that can never be ignored.

In Hebrew slang, the expression *sachek otah* means "go for it" — and from the playground, especially one as cool as this one, we build the courage to "go for it," whether that next challenge be building an iron dome, developing a Covid

Continued on page 12...



KATIE KAPLAN, CANTORIAL SOLOIST

Spiritual *Tashlich*: An Invitation to Let Go

"What are we holding onto that no longer serves us or our greater purpose? What guilt and regret continues to gnaw at us during both our waking hours and our dreams?"



This past year was challenging for all of us, to say the least, and most of us tend to hold onto thoughts, memories, and difficulties, far longer than necessary, to the point that these spiritual weights can actually keep us from moving forward. As we launch into September with Rosh Hashanah kicking off the month of new beginnings, fresh starts, and our Jewish New Year, I invite you to engage in the ritual of *Tashlich*, and "let it go."

The practice of *Tashlich*, usually performed on the first day of Rosh Hashanah, involves going to a moving body of water and symbolically casting off our sins. The custom developed around the 13th century and became widespread, despite objections and concerns from rabbis who feared that superstitious people would believe that *Tashlich*, rather than *teshuvah*, had the power to change their lives. Often the practice included casting bread crumbs into the water along with reciting selections from psalms and other supplications. Today, due to environmental concerns, it is preferable not to use bread or anything not naturally occurring in the environment, and so we can gather leaves, twigs, or grasses near the area of the body of water and cast those symbolically into the water in a beautiful way that also connects us to the natural world, rather than separating us from it.

Although *Tashlich* is most commonly enacted on the first day of Rosh Hashanah, it can actually take place at any point during the holiday season — and I would extend that to include any point during the year. If the practice becomes meaningful, there is nothing that says it can't be incorporated into the way in which we move on from challenges and let go, whenever needed. Much like *teshuvah* is not only reserved for the month of Elul and the days between Rosh Hashanah and Yom Kippur, *Tashlich* doesn't need to be either. We are constantly turning, and returning, to the source and to ourselves.

Once we have committed to changing a behavior or acknowledging and moving on from a painful experience, *Tashlich* can take on even more spiritual meaning. Water has always been a symbol of cleansing and purity and by physically placing ourselves beside the moving water with intention, we are reminded that our lives, choices, and futures are always moving and changing. When we recite a prayer with intention, call ourselves out, and then physically toss a bit of the natural

Continued on page 12...

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WHERE TO FIND IT

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Julie Rosenberg.....	203-975-8880
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Immigration Task Force

Belle Horwitz.....	203-968-1296
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OUR STAFF IS MOST EAGER TO ASSIST YOU**Monday - Thursday, 9am - 5:00 pm | Friday, 9am - 2:00pm****Phone: 203-322-6901 Fax: 203-322-0532**

Joshua Hammerman, Rabbi (rabbi@tbe.org)	ext. 307
Katie Kaplan, Cantorial Soloist (cantor@tbe.org)	ext. 315
Sidney G. Rabinowitz, Hazzan Emeritus (hazzan@tbe.org)	ext. 309
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Lisa Gittelman Udi, Director of Congregational Learning (eddir@tbe.org)	ext. 305
Rabbi Gerry Ginsburg, Associate Rabbi (rabbiginsburg@tbe.org)	ext. 300
Jami Fener, Engagement Coordinator (engagement@tbe.org)	917-680-9413
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Mindy Rogoff, Temple Secretary (office@tbe.org)	ext. 301
Alberto Eyzaguirre, Facilities Manager (maint@tbe.org)	ext. 314

JAMI FENNER, ENGAGEMENT COORDINATOR



TBE Clubs is a TBE initiative that engages small groups of congregants in meaningful activities that fuel the body and inspire the soul. Equally important, TBE Clubs act as a way by which congregants can pursue their passions and find new friends within the synagogue community.

Here is a current list of available clubs, which can also be found on the TBE website at: <https://www.tbe.org/tbe-clubs/>. TBE members interested in joining a club should reach out to the club's point person for more information. If you have any questions or have an idea to start your own club, new clubs will be forming in Fall 2021 - more information coming soon!

TBE MUSICIANS & SINGERS

This intergenerational club will bring together musicians and singers of all ages and experience levels to participate and hopefully perform at the synagogue when the COVID pandemic is behind us. The theme of this group is "Jews that Rock," performing material by Jewish artists, such as Carol King and Billy Joel. The point person, Paul, is a drummer, so he is looking for a bass, guitar, and keyboard player to create the core band. Other club members are invited to sing and/or rotate through different instruments.

Point Person: Paul Weinstein at drpaulweinstein@gmail.com or (203) 219-4191

HEART-TO-HEART

This group is focused on providing support for those dealing with or suffering from grief and loss. We will offer a safe space for listening and sharing, and provide tools to help members move through difficult situations and feelings. The group's intention is to guide members in reclaiming their light inside. Heart-to-Heart will meet over Zoom for now, twice a month, every other Wednesday at 7:00 pm.

Point Person: Hope Stanger HHC, Trauma Therapist and Holistic Health Counselor, at theholisticempire@yahoo.com or (203) 357-0242; or Pamela Tinkham LCSW, Trauma Therapist and Yoga Therapist, at pamelatinkham@gmail.com

BROADWAY AND MOVIES REVISITED

Join other theatre and film lovers to watch movie versions of Broadway shows, as well as films of the past and present. We will compare and discuss shows beyond entertainment value, including their messages as reflections of society, history, and culture. The club will meet monthly over Zoom for the time being.

Point Person: Barbara Rothstein at brothstein320@gmail.com or (203) 614-8053; Carl Shapiro at cshapiro@optonline.net or (203) 273-1968

MITZVAH GARDEN CLUB

The club will provide its members the opportunity to plant and grow their own vegetables and/or flowers in TBE's very special Mitzvah Garden. Members will meet individually or as a family

and each will be able to plant and care for their own bed(s) with the produce/flowers of their choosing. Beds are still available so please reach out soon!

Point Person: Meryl Silverstein at merylandhank@optonline.net or (203) 588-0026



HIKING AND WALKING CLUB

Club members will explore the beautiful venues and trails that are within a one-hour drive of TBE. Members will choose the hikes/walks in which they are interested, considering length, elevation and level. Meetings will take place by Zoom, with hikes and walks in-person.

Point Person: Leslie Heyison at lheyison@gmail.com or (646) 354-3950

TBE STEMers

For those interested in learning and teaching others in the field of science, this is the club for you. We will discuss Jewish topics of interest, such as medical and research ethics, as well as present on individual areas in which we specialize. Meetings will take place monthly over Zoom for now. On occasion, we will also organize lectures and speakers for the congregation.

Point Person: Fran Ginsburg at ginsstamf@gmail.com or (203) 979-9570



DEDICATION OF NEW MEMORIAL BOARDS

We will be adding two new Memorial Boards in the upstairs hallway, next to the new elevator.

If you are interested in dedicating one of the new boards, please contact Steven Lander at execdir@tbe.org or 203-322-6901, ext. 304.



SHABBAT AND FESTIVAL SERVICES



Shabbat morning services will be held on Zoom. Friday Night Services will be held on Zoom and in person.

SEPTEMBER

Friday, September 3

Kabbalat Shabbat 7:00 pm

Shabbat, September 4

Shabbat Service 10:00 am

Monday, September 6 - Erev Rosh Hashanah

Erev Rosh Hashanah Service 6:30 pm - In-person & Livestream

Tuesday, September 7 - Rosh Hashanah, day 1

Sanctuary Service 8:45 am - In-person and Livestream

Family Tent Service 10:00 am and 11:00 am - In-person

Outdoor Youth Experience 12:00 pm - In-person

Wednesday, September 8 - Rosh Hashanah, day 2

Sanctuary Service 8:45 am - In-person and Livestream

Family Tent Service 10:00 am and 11:00 am - In-person

Outdoor Youth Experience 12:00 pm - In-person

Friday, September 10

Kabbalat Shabbat 7:00 pm

Shabbat, September 11

Shabbat Service 10:00 am

Wednesday, September 15 - Kol Nidrei

Kol Nidrei Service 6:30 pm - In-person and Livestream

Thursday, September 16

Yom Kippur Service 8:30 am - In-person and Livestream

Family Tent Service 10:00 am and 11:00 am - In-person

Outdoor Youth Experience 12:00 pm - In-person

Friday, September 17

Kabbalat Shabbat 7:00 pm

Shabbat, September 18

Shabbat Service 10:00 am

ShaBaBimBam 11:00 am

Tuesday, September 21 - Sukkot, day 1

Sukkot Services 10:00am

Wednesday, September 22 - Sukkot, day 2

Sukkot Services 10:00am

Friday, September 24

Kabbalat Shabbat 7:00 pm

Shabbat, September 25

Shabbat Service 10:00 am

Tuesday, September 28

Shemini Atzeret Service 10:00 am

Simchat Torah Service ??? pm

Wednesday, September 29

Simchat Torah Service 10:00 am

OCTOBER

Friday, October 1

Kabbalat Shabbat 7:00 pm

Shabbat, October 2

Shabbat Service 10:00 am

Friday, October 8

Kabbalat Shabbat 7:00 pm

Shabbat, October 9

Shabbat Service 10:00 am

LOLLY SOCARANSKY, BAT MITZVAH

Friday, October 15

Kabbalat Shabbat 7:00 pm

Shabbat, October 16

Shabbat Service 10:00 am

ShaBaBimBam 11:00 am

Friday, October 22

Kabbalat Shabbat 7:00 pm

Shabbat, October 23

Shabbat Service 10:00 am

Friday, October 29

Kabbalat Shabbat 7:00 pm

Shabbat, October 30

Shabbat Service 10:00 am

TBE UPDATES COVID-19 GUIDELINES

The TBE Reopening Committee has modified the set of COVID-19 guidelines governing in-person, onsite activities held at the synagogue. These changes are based on current guidance/regulations from federal, state and local public-health agencies, as well as best practices at other religious institutions.

To view the guidelines, please go to tbe.org/covid-guidelines.

The Reopening Committee is chaired by Past-President Gary Lessen and comprised of congregants with medical, safety and other needed areas of expertise.

MAZAL TOV TO...

Beverly Ferber and Caryl and Peter Poser on the birth of a great-granddaughter and granddaughter, Scarlett Maya, born to Ariel and Stephen Bedik.

Susan and Steve Leiterstein on the birth of a grandson, Shai Aviv, born to Rachel Leiterstein and Gadi Zohar.

Loralee and Philip Granowitz on the birth of a granddaughter, Julia Stern, born to Jennifer and Daniel Granowitz.



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.

HONORABLE MENSCHEN TODAH RABAH TO OUR TORAH READERS!

RABBI GERRY GINSBURG ☆ DEVRA JAFFE-BERKOWITZ

RABBI JOSHUA HAMMERMAN

KATIE KAPLAN, CANTORIAL SOLOIST

JOY KATZ ☆ BERT MADWED ☆ NAOMI MARKS

SUSAN SCHNEIDERMAN ☆ MARGE SHAMEER

MERYL SILVERSTEIN

THANK YOU FOR SPONSORING KIDDUSH

MAXINE and JAY FREILICH

THANK YOU FOR SPONSORING THE ONEG-TO-GO

MARSHA COLTEN and ROBERT COHEN

WE THANK OUR VOLUNTEERS

CAROL KRIM

JUDY SCHNEIDERMAN



YOUNG FAMILIES

TBE ShaBaBimBam

A Shabbat program for families with children 5 and younger (older siblings welcome!)



Shabbat Mornings 11:00am



Led by Natasha Fenster
and Steve Epstein!

September 18, 2021

October 16, 2021

November 13, 2021

December 4, 2021

January 8, 2022

February 5, 2022

March 5, 2022

April 2, 2022

May 7, 2022

June 4, 2022

Questions?

Contact Jami Fener

youngfamilies@tbe.org

Temple Beth El

350 Roxbury Road, Stamford, CT

203-322-6901 | www.tbe.org

facebook.com/youngfamiliesTBE

We will meet
IN PERSON
outside on the
TBE LAWN

If it rains, we will meet in the Triple
Classroom on the second floor.

B'NAI MITZVAH

October 9

LOLLY SOCARANSKY

Daughter of Carlie and Jordan

Sister of Harrison

Attends Turn of River Middle School

Mitzvah Project: The Birthday Giving Program



Mazal Tov!

SPECIAL MITZVAH PROJECT

Emmet Manheim's, z'l, Bar Mitzvah would have been October 23, 2021, right on his 13th birthday. As such, Lisa and Jeff Manheim are undertaking a "Bar Mitzvah" project on Emmet's behalf: A book drive to benefit the Stamford Public Schools.



Emmet loved to read - especially funny books - and would've been passionate about putting books in classrooms that needed them.

Please go to www.tinyurl.com/emmetbooks to learn more about the project and to donate to the drive!

Order Your Lulav and Etrog



Sukkot 5782/September 21-29, 2021

NAME _____

PHONE _____

E-MAIL ADDRESS _____

Please print neatly.

NUMBER OF REGULAR SETS _____ at \$56/set

NUMBER OF CHILDREN'S SETS _____ at \$46/set

TOTAL = \$ _____

Please order by Monday, September 13.

Go to: www.tinyurl.com/tbelulav2021
or

Send this form with your check payable to:

TEMPLE BETH EL
350 Roxbury Road, Stamford, CT 06902

Pick-up will be Monday, September 20
from 9:00 a.m. - 12:00 p.m.

For information call 203-322-6901.

ADULT EDUCATION

THE GREAT (AND LESS GREAT) JEWISH IDEAS OF THE PAST HALF CENTURY

With Rabbi Joshua Hammerman

On selected Tuesday nights at 7:00 pm beginning October 5
Watch for details.

This 20-session class is based on the new collection, "The New Jewish Canon: Ideas and Debates 1980-2015,"

The class will read and discuss excerpts from such classic works as Harold Kushner's "When Bad Things Happen to Good People," Elie Wiesel's Nobel Peace Prize acceptance speech, Abraham Joshua Heschel's "Moral Grandeur and Spiritual Audacity," Jonathan Sacks' "The Dignity of Difference," and many more. We'll read from a wide variety of thinkers reflecting a vast spectrum ranging from Mair Kahane to Irving (Yitz) Greenberg to Peter Beinart.

It's recommended that participants purchase the textbook (\$39.00 paperback), but PDF files of assigned texts will also be available. Please register at www.tinyurl.com/greatideas21-22

We will begin on Zoom, subject to change to hybrid when the Covid-19 situation improves.

MEDITATION AND GUIDED IMAGERY with

Katie Kaplan, Cantorial Soloist
Returning Tuesday, October 12 at 7:00pm



Join us as we use breath, chant, and visualization to carve out a moment of peace in our lives.

(Zoom link available in the Shabbat Announcements)

TBE HEBREW READING CRASH COURSE!

Learn to Read Hebrew in 8 Sessions
with Susan Shapiro



Wednesdays from 7:00-8:00pm

October 6, 13, 20, 27 | November 3, 10, 17 | December 1

For questions and to sign-up contact Susan Shapiro at
sbshapiro@hotmail.com

INTRODUCTION TO TALMUD

with Rabbi Gerry Ginsburg

Begins Thursday, October 21 at 7:00pm

This four-session class may be held in person, on Zoom or both. Details to follow.



SHANAH TOVA 5782

On behalf of the Sisterhood Board, I would like to wish everyone a happy, healthy, and sweet new year. Thank you all for joining Sisterhood! There are so many wonderful benefits of joining Sisterhood for only \$36! We hope everyone enjoyed the BBQ and Barachu last month, which was sponsored by Sisterhood. If you are interested in becoming involved in Sisterhood, have new ideas or meet fun, interesting people, please join us!

FALL 2021 EVENTS

Clothing Drive Sunday, September 12 from 10:00am until Monday, September 13 at 10:00am

A Sisterhood member will be at TBE to assist you until 1:00pm on Sunday. So, hold on to your clothes, linens, and bicycles, etc. This is a wonderful fundraiser for TBE.

BreakFast is once again sponsored by Sisterhood after the shofar on Yom Kippur, **Thursday, September 16**

Curtain Call is back, and Sisterhood will be going to see **CROSSING DELANCEY STREET** on **October 7**. It will be a fun, exciting evening! Questions? Contact **Juli Harris** 203-276-0589 or sisterhood@tbe.org or sign up using the link: www.tinyurl.com/xdelancey.

Annual **Sisterhood Brunch October 31**. Finally, after waiting more than a year we can meet in person and learn about the artwork of our very own **Caroline Temlock Teichman!**

Bagel Scoopers are available either online or at the TBE office for only \$10. A portion of the sales will be donated to Sisterhood.

Cookbooks are still available at TBE. Each family is entitled to one free cookbook. Additional cookbooks are available at cost for only \$6.00.

A very special thanks to the Sisterhood board members for their energy and dedication over the past year and I look forward to another fun and exciting year. A heartfelt Todah Rabah to **Naomi Sobel Marks, Juli Harris, Dora Salm, Judy Schneiderman, Paula Shulman** and **Donna Wolff**.

We are looking for new Sisterhood board members! If you are interested or just want to find out more about Sisterhood, please call me at 203-536-3115 or email sisterhood@tbe.org or any other Board member.

With much appreciation,
Karen Resnick, Sisterhood President

Please contact Sisterhood at sisterhood@tbe.org or feel free to call/email a Sisterhood board member with any comments. We love hearing from you and are always looking for volunteers!

Karen Resnick, President

203-536-3115, kmr925@sbcglobal.net

Judy Schneiderman, Treasurer

203-569-4969, judy2125@optimum.net

Dora Salm, Secretary

203-461-8596, d_salm@yahoo.com

Juli Harris, Board Member

203-276-0589, jaharris99@aol.com

Naomi Sobel Marks, Board Member

203-273-4650, nsobel@hotmail.com

Paula Shulman, Board Member

203-461-9396, paulashulman51@gmail.com

Donna Wolff, Board Member

917-601-1878, donna@wolffmedco.com

**WHAT'S
YOUR in
CLOSET?**



**TBE SISTERHOOD
ANNUAL CLOTHING DRIVE
Do a Mitzvah!**

**Sunday, September 12 all day
Monday, September 13 until 10:00am**

**ALSO COLLECTING AT THE CLOTHING DRIVE...
IPODs YOU ARE NO LONGER USING**

Let's give them a new home and help bring music to those in need. Sisterhood is collecting old iPods and chargers for Music & Memory - serving elderly individuals with Alzheimer's and dementia through music therapy. Please drop all iPods in the box marked IPODs at the clothing drive. Thanks to Renee Pfefer for the idea!

Please drop-off at the loading dock, by the dumpsters.

Items to Donate: clothes, shoes, towels and bedding, handbags, backpacks, pots, pans, small rugs, luggage, sports equipment, stuffed animals, bikes and scooters, car seats (only together with base) and strollers, SMALL toys (2 feet or less).

Items NOT accepted: books, board games, puzzles, computers, stereo equipment, electrical devices or glass, large toys (over 2 feet), high chairs, baby cribs.

We will receive money for every pound we collect. The money raised will be used for Sisterhood/TBE programming. Your donations will help deserving families in the USA and abroad.

Questions? sisterhood@tbe.org

DONATE ONLINE
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 they are away at college. Please send their e-mail address to Mindy in the Temple office at office@tbe.org. *Thank you!*



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:

Triple Chai	\$1,000
Silver Leaves - Gold Border	\$750
Silver Leaves	\$250

BETH EL CARES

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.

**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 Eileen H. Rosner at rosnereileen@gmail.com.

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

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Please consider sponsoring a VIRTUAL Kiddush, following Shabbat Services, or a Kiddush-to-Go, following our Friday evening services.

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WE MOURN THE PASSING OF...

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MARTIN BERNSTEIN, father of Eileen Springer
SAREY BERNSTEIN, mother of Cathy Bernstein

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.

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
aelaichtman@optimum.net



HAVE YOU VISITED OUR WEBSITE?

www.tbe.org

Find out about the latest news and upcoming activities ... access our online membership directory ... register for events and make donations ... connect to TBE's Twitter and Facebook pages ... and much more.

DID YOU KNOW?

TBE offers free family membership for the first year to any member's child on the occasion of his or her marriage. For more information, contact Steve Lander at 203-322-6901, ext. 304.



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 (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.

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.



Special Occasion?

Sponsor The Shabbat E-announcements
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Call Mindy in the office at 322-6901 ext. 301.

vaccine or simply dismounting from the parallel bars. What begins as *play* ends with some very serious accomplishments.

And the point of an elevator is to elevate. We rise and fall daily. Routinely. For Jews, rising and falling are existential states. A rising is an *aliyah*, which can connote coming up to the Torah for the first time, moving to Israel or just pushing a button and going to the second floor.

Deuteronomy 22, which we read recently, says,

כִּי תִבְנֶה בַּיִת חָדָשׁ וְעָשִׂיתָ מַעֲקֵה לְגִגֶּיךָ וְלֹא־תָשִׂים דָּמִים
בְּבֵיתְךָ כִּי־יִפֹּל הַנֶּפֶל מִמֶּנּוּ:

"When you build a new house, you must build a railing around the edge of its flat roof. That way you will not be considered guilty of murder if someone falls from the roof."

After a hundred (and one) years, Temple Beth El is fully accessible for those wishing to go from floor to floor. Now someone in a wheelchair doesn't need to brave the summer heat or winter snows simply to go from the office level to the lower lobby. What a statement of our values! We rise and fall, to be sure, but no one must rise or fall alone. The elevator (called in Hebrew "*ma'alit*," with the word *aliyah* embedded) is our figurative helping hand, always reaching out to lift up the fallen, which, by the way, is itself a mitzvah (*somech noflim*) that is referenced in our prayers (at the beginning of the *Amida*, three times each day, and it's also mentioned in Psalm 145 - *Ashray*) and is even a name for God. Just as God lifts up the fallen, we are reminded constantly in the liturgy, so should we. It's fitting that we are dedicating this elevator to the memory of David Jaffe, who taught us these lessons through his example.

Well now we are lifting the fallen, day and night, with this new elevator. I took my first test drive this week – and it was smooth. No bumps. No airsickness. And by the way, while the prime purpose of this new elevator is that we be fully accessible for those with physical challenges, who among us is not challenged at least some of the time to make whatever form of ascent – *aliyah* – that the hour requires. Consider our new elevator your TBE pick-me-up, a helping hand when the going gets tough. We never climb alone.

Finally (since the bathrooms are not yet re-finished) I bring us from the elevator's "*floor l'floor*" to our lobby's "*door l'door*." Our new transparent doors are both lovely and secure. While they are more window than wall, they prove that the best way to protect ourselves from the dangers out *there* is to engage with the outside world, not to block it out. And always, always, to let the light in.

Which is why we are a congregation of windows, not walls.

So we celebrate our building's new features as we welcome you back.

In the meantime, have patience, hope and optimism, that the new year will bring the promise of a better world for us all. L'Shana Tova U'metuka – A sweet new year from all the Hamermans



Rabbi Joshua, Dr. Mara, Ethan, Dan,
Cassidy, Casey and introducing Cobie!



world back into the flow of the water, we can witness as the leaf or twig begins to flow downstream. We become aware that nothing is permanent and no act, thought, or situation will keep us captive forever, if we choose to tap into the ever flowing and changing world around us. This practice of acknowledging, surrendering, and letting go can be a very powerful and restorative practice.

One of my personal favorite prayers to accompany me to the water's edge is by Rabbi Jill Hammer and I share it with you in hopes that it may offer you a new perspective and opportunity to incorporate a spiritual Jewish ritual into your lives. Whether you join Temple Beth El for *Tashlich*, or make your way privately and silently to the running waters, I invite you to breathe deeply, listen to your hearts, and "let it go."

The Offering: A Tashlich Prayer

By Rabbi Jill Hammer

I cast this gift to the water.
It is my past: blessing and regret.
It is my present: reflection and listening.
It is my future: intention and mystery.
It is what I did and did not;
it is yes and no and silence.
It is what was done
and what arose from what was done
and what arises in this body remembering.
I let it all go. I own
neither the sting nor the sweetness.
I hold on to nothing.
The river has no past.
Each moment of rushing water
Is a new beginning.
Harm that has been:
heal in the rush of love and truth and time.
We who are lost:
let the current take us homeward.
May these waters churn what is broken
into what is whole.
May each separate droplet
reach the ocean that is becoming.
The journey awaits.
I have no power to refrain from it;
only to steer it when I can.
May the One who is
the great Crossroad
guide my turning.
Three times I declare:
It is finished.
It is born.
It is unending.
Three times I listen:
It is love.
It is the river.
It is before me.
May my offering go where it is meant to go
and may the one who offers it
find the way.
Amen.

Katie Kaplan, Cantorial Soloist

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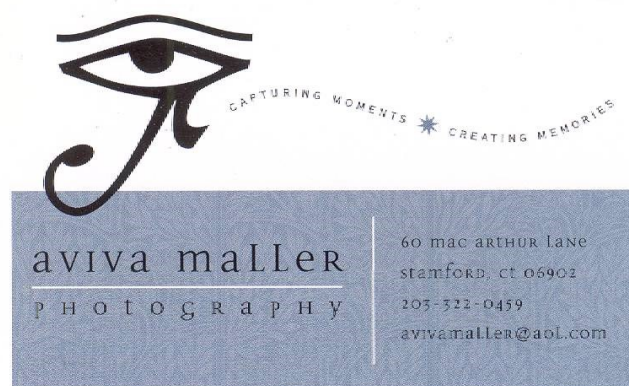
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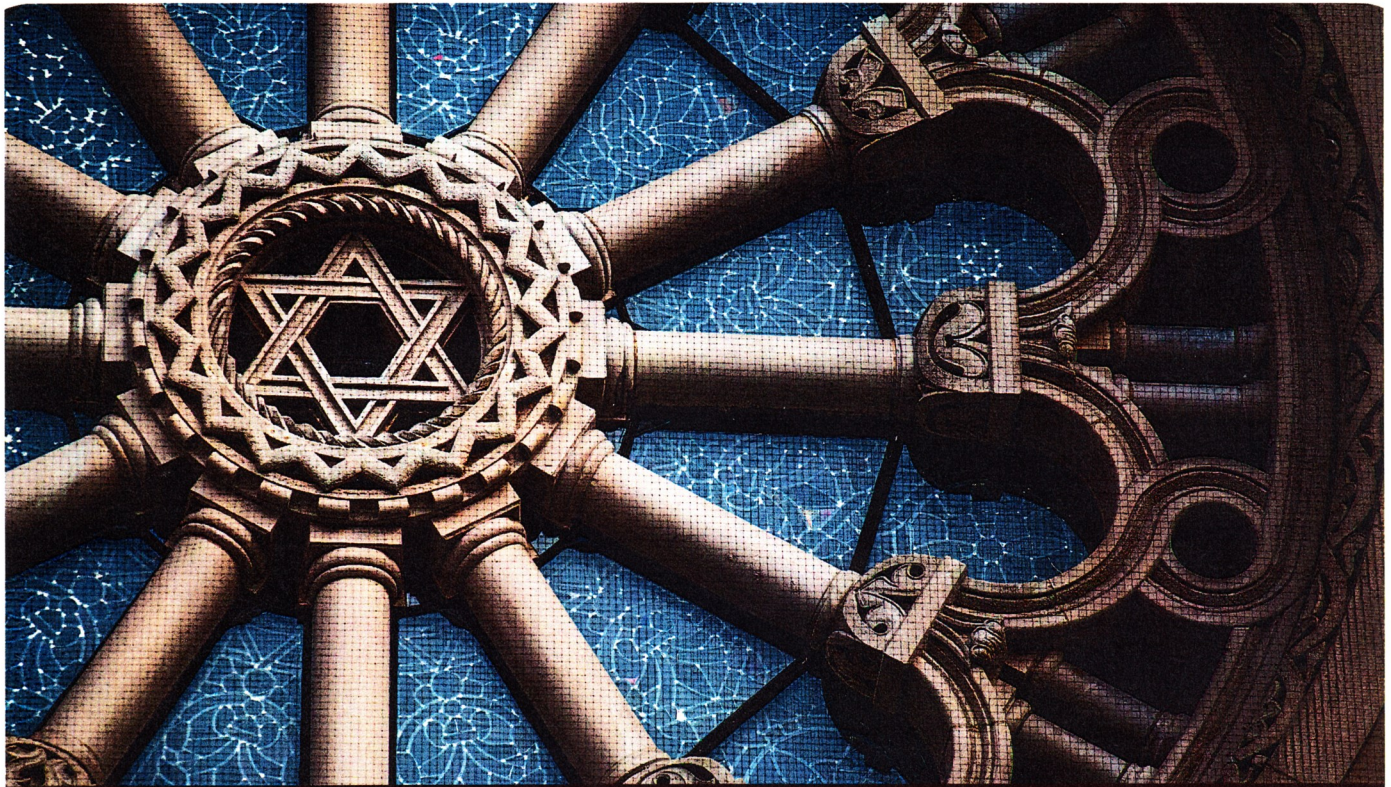
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SEPTEMBER/OCTOBER 2021

Shanah Tova U'Metukah!

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