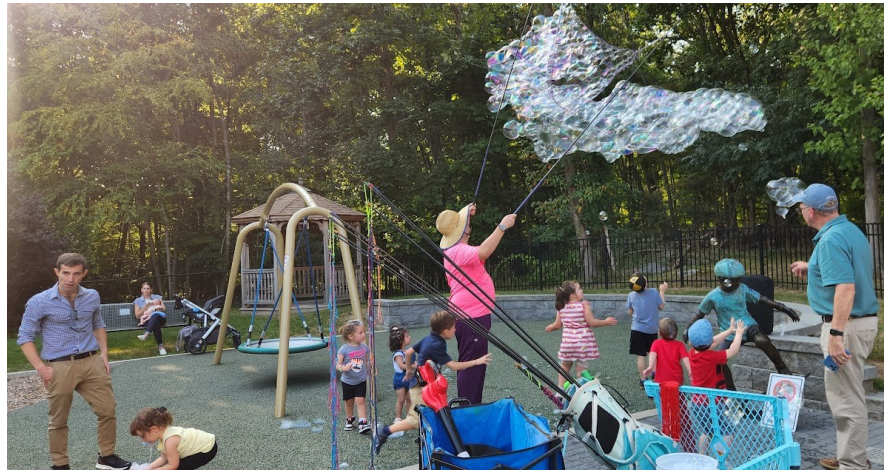


TeeBeEs meet My Bubble Guy at BBQ and Barachu



BBQ and Barachu 2024



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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**

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Katie Kaplan, Cantor (cantor@tbe.org)	ext. 315
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MICHAEL ROSE KNOPF, SENIOR RABBI

Dear friends,

As the echoes of the shofar fade, the last notes of our prayers linger in the air, and we collectively come down from the spiritual highs of the Days of Awe, many of us may feel a natural inclination to disengage for a while from synagogue life.



This “spiritual recession” is understandable. The intensity of Rosh Hashanah and Yom Kippur can be emotionally and spiritually exhausting, which helps explain why many of us come to shul for the holidays, yet fewer of us return the next week.

In the Hasidic tradition, there’s a powerful idea known as *yeridah l’tzorekh aliyah*—descent for the sake of ascent. We often think of spiritual growth as a straight line, a ladder that goes only upward, but life isn’t like that. We experience highs and lows, spiritually and emotionally. Rather than seeing those periods of “descent” as failures, we can view them as essential parts of our growth. Descent, in this view, is not a deviation from the path but a necessary step toward greater heights.

Rabbi Nachman of Breslov famously said that if there’s a mitzvah to engage in *teshuvah* (repentance; literally, “returning”), there must also be a mitzvah to go astray—because without straying, there can be no return. Characteristic of Reb Nachman, it’s a radical idea, but it holds deep wisdom. Our missteps and challenges are part and parcel of our life’s journeys, and they’re precisely what makes *teshuvah* meaningful and growth possible. We can’t return unless we’ve gone off course.

This is reflected in our synagogue’s logo, which features a ladder. The image is based on the biblical patriarch Jacob’s dream at Beth El. Our logo has people of different ages and stages climbing the ladder, but as described in the book of Genesis, Jacob’s ladder had angels ascending as well as descending. According to tradition, Jacob’s dream isn’t just about climbing upward toward spiritual achievement; it also shows that there’s movement in both directions. The angels going up and down remind us that life and spirituality are dynamic. We’re not meant to always stay at a high level, nor are we supposed to be stuck in a low one. Our ascents can teach us how to navigate and overcome our descents, and every descent can prepare us for a higher ascent.

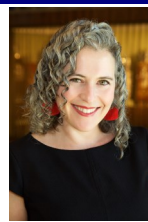
This understanding is essential not just for our personal spiritual journeys but also for how we think about our role in the world and the relationship between faith and action. A meaningful Jewish life isn’t about being in shul all the time. As the contemporary pastor, civil rights activist, and author Rev. Marvin McMickle reflects, worship is not “an end in itself.” Rather, it must be “a bridge over troubled waters,” helping us as we return from or head toward our pursuit of social justice. “The energy of the worship [makes] the times of service possible, and the rigors and risks of the service [makes] the worship necessary.” The balance between

Continued on page 4...

KATIE KAPLAN, CANTOR

Yom Kippur Remarks 5785

Attention is the profound gift we offer one another in sharing a moment of presence. When we allow ourselves to be fully present, we begin to notice whose voices are being heard in the space with us, and whose voices may perhaps be missing.



This year, at Temple Beth El, we are hearing from several voices that we haven’t had the opportunity to hear from in a very long time both in spoken word and in song. The voices of members of the choir are rising again. The voices of congregants sharing English readings, stories, and introductions to the different sections of the services, are all being woven together to enrich the fabric that is Temple Beth El at its best.

To each and every one of you, thank you for showing up and offering your voices to this heavenly choir that we are recreating here today. Each one of us is important, created in the divine image, and essential to our vibrant community at Temple Beth El. The past lives on within each of us and one of the ways in which we are able to reactivate memory and effectively “*mehayei meytim*,” bring the dead to life again, is through music.

One soul who we recall through music this year, is that of our congregation’s beloved Hazzan Emeritus Sidney Rabinowitz, of blessed memory, who passed away during this past year since our last High Holidays. We hold him close to our hearts, particularly when the choir sings and when davening together the treasured melodies of Temple Beth El’s past. Every year, right before the High Holiday season, he would call to wish me a *Shana Tova* along with the strength of body, voice, and spirit to lead the congregation. I miss those annual calls, but I still feel his presence here with us. He will forever be part of the musical tapestry of memory, tradition, and kavanah that we weave together at Temple Beth El.

Music is a powerful spiritual force that connects us with fellow journeyers, helping us to meet both the beauty and the pain of living. In Jewish practice, we have access to thousands of years of profound wisdom and experience every time that we gather together and dial into prayer. When we daven with intention and seek understanding, we can encounter guidance to inform our senses of feeling, knowing, and belonging in both the present moment, and in relationship with our ancestors, *l’dor vador*.

This past summer, during a morning Shacharit service at the Jewish Collaborative Songwriting Retreat, I experienced a moment of profound presence and understanding. During the Amidah that morning, as we were chanting the Avot prayer with a deliberate effort to include the Imahot (the mothers), I suddenly became aware of the spiritual presence of two women in my peripheral space. They stood there crying out to me through thousands of years of history pleading, “What about us? We were there too.” As I tuned in more deliberately, I became aware that these two women calling out from the *meitzar* (or narrow place), were unmistakably Zilpah and Bilah. For those less familiar, Zilpah

Continued on page 4...

and Bilah were the “maids” of Rachel and Leah but another way of looking at it is that they were the property of Rachel and Leah. We were taught that in an effort to continue to produce children, both Rachel and Leah gave their “maids” to their husband Jacob so as to create additional offspring.

While Leah was the biological mother of six sons and a daughter Dina, Rachel birthed two sons, while Zilpah and Bilah also bore Jacob two sons each. Zilpah and Bilah’s sons went on to become the leaders of four of our 12 tribes of Israel: Dan, Naphtali, Asher, and Gad. And yet, here we were leaning into our sacred davening moment of connection with our ancestors, and in our current practice of *tefilah*, these mothers had been nearly forgotten. In this mystical summer moment, they were reaching through time and space, asking for their voices to be heard, remembered, and included.

I share this story with you because in any room, conversation, or moment shared, there are always voices that are included in the narrative we tell and there are those that are excluded. I’m reminded of the lyric from the Broadway show, *Hamilton*, “Who lives, who dies, who tells your story?” Here at TBE, we are striving to create an inclusive space where all voices can be heard, and everyone can feel safe and encouraged to show up in the fullness of their humanity.

In this moment, I encourage us to tune in and pay attention to whose voices are heard and whose voices might be missing from the spaces and circles that we regularly occupy. Think, for a moment of your own lives. Who haven’t you heard from in a while? Who always reaches out to check in? Who keeps their mouth shut at the family table so as not to rock the boat? Who tends to monopolize the conversation, speaking endlessly without taking a breath? To whose perspectives do you give airtime, and whose do you immediately squelch?

Perhaps it is time to bury a grudge, pick up the phone and call the person that we haven’t spoken with in years, and offer the gift of our sacred acknowledgement that despite disagreements, we share an important thread of connection. Perhaps it is time to reach across the aisle and seek to listen with the goal of understanding, rather than merely hearing a narrative we’ve already ascribed to those with whom we do not agree.

As we move together through increasingly turbulent times, pondering these questions with an open and honest heart will lead us to build the kind of connections that we hope will honor and recognize the divine spark in all of humanity.

While this might seem like a call to look externally for excluded voices in our midst, it is also an invitation to come home to ourselves. For, it isn’t only the voices of others that are often missing, but the voices and aspects of ourselves that we silence and stifle. Yom Kippur presents us with this sacred opportunity to come face to face with all of the beautiful, messy, quirky aspects of self that make us the complicated and multi-dimensional human beings that we are. And somewhere within each of us is an inner child waiting to be acknowledged and celebrated for our fullness

and embraced by our adult selves in love. When we begin the work of *Tikun Olam* by working first on healing ourselves, and tending to the *still small voice* within, we instantly impact everything in the world around us.

I can’t single handedly change the omission that excludes Zilpah and Bilah from our collective davening, but I can offer a *tikkun* of repair, by including the word *Imoteinu* (our mothers) as frequently as possible in our liturgy. This little word offers the opportunity to call in the presence of Zilpah, Bilah, and many of the other unnamed mothers who played a role in the shaping of the Jewish people, allowing us to arrive in this present moment today. As I take on the work of deep listening, I invite others to join me, and hope that together we can make space in our hearts and sanctuaries for more forgotten and omitted voices to be heard. I pray that we can continue the inner and outer work to build the Temple Beth El of our dreams where every person who desires to belong feels welcomed, respected, remembered, and included.

As we prepare to step into the next moment of prayer with *Hineni* (Here I am) in which the cantor traditionally accepts the role as *Shalicach Tzibur* to offer prayers on behalf of the congregation, I extend to each of you the opportunity to claim this moment with me. I invite you to look within and welcome the tender, vulnerable, alienated parts of yourselves to be fully present with us in this sacred congregation. Let us arrive together in fullness, imperfection, and multi-faceted beauty, diverse in experience, and united in our shared Judaism and love. Let all of our voices soar along with the members of the choir in the aisles as they help us to take the first step by answering the call in collective unison of mind, body, and soul, “*Hineini*, I am here.”

G’mar Chatima Tova

Cantor Katie Kaplan

RABBI MICHAEL ROSE KNOPF continued from page 3...

prayer and action, between shul and world, is critical. Our prayers give us the strength to engage the world—and our engagement with the world gives meaning to our prayers.

So, as we descend from the High Holy Day season and re-enter the rhythms of daily life, let’s remember that our task now is to bring the energy we cultivated during the holidays into our work, our relationships, our community, and our world. And when we inevitably stumble, as we all do, we can remember that even in descent, we are preparing for the next ascent.

As always, I’d love to continue the conversation. Please feel free to schedule time to meet with me, whether virtually or in person, through [my Calendly](https://www.mycalendly.com/rabbiknopf). You can also email me at rabbiknopf@tbe.org. And you always know where you can find me on Friday evenings and Saturday mornings; I warmly welcome you to show up for services this Shabbat, whether it’s to talk to God or to schmooze with me!

With excitement for our journey together,
Rabbi Michael Knopf

B'NAI MITZVAH

September 7, 2024

Daniella Raich, Bat Mitzvah

Daughter of Risa and Steven

Sister of Jordana, Talia and Lean

Attends Bi-Cultural Hebrew Academy

Mitzvah Project: Restart Global



December 7, 2024

Jonathan Cohen, Bar Mitzvah

Son of Sherry and Kenneth

Brother of Alexander

Attends Turn of River Middle School

Mitzvah Project: Packing toiletries for the homeless



Mazal tov!

WE WELCOME YOU TO JOIN US ON SHABBAT MORNINGS

We warmly welcome you to show up for services on Shabbat in whatever way is meaningful to you. A reminder: you don't have to attend services to come for lunch on Shabbat! Services begin at 10 am, and we get to lunch around 12:15 pm. You can also show up for and/or leave services any time:

- From 10 until about 10:30 am, we sing the joyous and soulful melodies of P'sukei D'zimrah, the preliminary service.
- From about 10:30 to 10:45 am is the morning service, Shacharit (including greatest hits like Shema and the Amidah).
- We take the Torah out at about 10:45 am, and chant from the Torah and Haftarah portions until about 11:30 am.
- The D'var Torah (sermon) takes place around 11:30 am.

Between 11:45 am-12:15 pm, we conclude the service with Musaf, Aleinu, and Adon Olam (we always invite children up to help lead some of these final prayers, and any kid who helps lead gets to pick a prize from the Rabbi's "Tchotchke Chest"!).

And for those who wish to partake, you are welcome to make a "L'chaim!" with us on a beverage of your choosing (whether alcoholic or non-alcoholic) after services. I can personally guarantee good bourbon, an awesome and creative signature cocktail based on the weekly Torah portion, and even better schmoozing!

JOSHUA HAMMERMAN, RABBI EMERITUS

On One Foot Voting is a Form of Prayer

"I believe in the power of prayer," said Amy Coney Barrett in her prepared testimony at her confirmation hearing in 2020, just days before that year's election. Jews do too. But prayer takes on different forms. We pray with words, but we also pray with our feet.

When Rabbi Abraham Joshua Heschel returned from marching for Civil Rights in 1965, he wrote (and here's the full quote): "For many of us the march from Selma to Montgomery was about protest and prayer. Legs are not lips and walking is not kneeling. And yet our legs uttered songs. Even without words, our march was worship. I felt my legs were praying."

We pray with our commitments, and we pray with our ballots. I'm preparing to vote for the first time at my new address, grateful to have lived to reach this moment, grateful for the freedom to vote, and aware of my obligation to fulfill the mitzvah of saving lives and building a better world. It's a sacred moment, voting, a moment of pure prayer. Jerusalem, in a school gym. This ballot box is our Kotel, a note inserted into its crevice, a dispatch from the front, an epistle from the heart, containing my deepest response to the Cry of our times, a Cry that demands action - action that we can all take, that all Americans must take. The fate of the nation will be determined in parking garages and school gyms and libraries, by long lines of voters waiting 3, 5, 8 hours or more to do something so simple, yet so earthshaking. It's all worthy of a blessing.

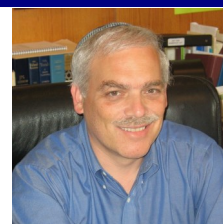
At times like these, it's important, for Jews and others, to remember that voting is a prime Jewish value, expressing our deep belief in the power that we possess to change the world.

We never hear about the rabbis of the Talmud voting. And Moses certainly didn't take a vote before leading the people out of slavery. Still, the democratic value inherent to voting does find expression in Jewish tradition.

Jews were deeply involved in both the women's suffrage movement of the 1920s and in the civil rights struggle of the 1960s, which, among other accomplishments, achieved the extension of the right to vote to African Americans. Some early Jewish voting-rights advocates included Clara Lemlich who, in 1909, following the Triangle Shirtwaist Factory Fire, organized one of the most important strikes in American history and who then turned her energies to creating a working-class women's suffrage organization; and Gertrude Weil, a leader of the North Carolina Equal Suffrage League beginning in 1915 and a crusader for voting rights and election reform.

The principle "you should go after the majority" (Exodus 23:2) is understood by the rabbis to mean that the majority rules in legal disputes. In one famous Talmudic story, a group of rabbis argue over a legal point.

Continued on page 6...



SHABBAT SERVICES

Friday Night services are held at 7:00 pm

Shabbat Morning services are held at 10:00 am

Our services may be seen on livestream

<http://www.tbe.org/tbe-live/>

All are welcome!

CELEBRATE SPECIAL OCCASIONS ON SHABBAT MORNING

Celebrate a birthday with our TBE family! We warmly invite you to celebrate your birthday with the congregation on Shabbat morning. During that service, we will invite you for a celebratory Aliyah. We hope you will share in that joyous moment. If possible, please let us know ahead of time which Shabbat you'll be attending, and we will gladly provide you with an Aliyah at that time. Please also note that we are proud to continue marking special milestone birthdays with personal blessings in addition to this new ritual. If you fall into that category, you may contact Eileen H. Rosner at rosnereileen@gmail.com to make the appropriate arrangements.

Celebrate an anniversary! On behalf of the entire congregation, we invite you to celebrate your wedding anniversary with the congregation with an Aliyah on Shabbat. If possible, please let us know ahead of time which Shabbat you'll be attending, and we will gladly provide you with an Aliyah at that time.

While it is most certainly not expected, if you would like to elevate your birthday or anniversary celebration and the congregation's joy by helping to sponsor Kiddush on the Shabbat of your Aliyah, we would be most grateful for your generosity. Please call Steve Lander at 203-322-6901, ext. 304 or execdir@tbe.org.

JOSHUA HAMMERMAN, continued from page 5...

Even though a divine voice supports the lone opinion of one rabbi, the majority opinion wins. Once the Torah has been transmitted to the Jewish people, the will of the people—understood as the majority opinion of the decision makers—determines the law. (Talmud Bava Metzia 59b).

So, on November 5, or whenever you vote, why not say a “Shehechianu” blessing – or make up another, spontaneous utterance that reflects how you feel at such a crucial moment.

And certainly, for many Jews, their act of faith, the praying-with-our-feet that is voting, will be a direct response to Amy Coney Barrett's prayers – and her votes.

And as we move beyond Election Day to an uncertain future, I send my best wishes to everyone at TBE for a happy Thanksgiving and joyous Hanukkah, a new year of peace for Israel and her neighbors. And by all means, be in touch – My email is joshuah@tbe.org and you can find me on Substack at <https://rabbijoshuahammerman.substack.com/>

Rabbi Joshua Hammerman

LISTENING TOUR GATHERINGS

Rabbi Knopf is eager to get to know our TBE members and learn about their experiences at TBE as well as their ideas for our congregation's future.

If you'd like to attend and/or host one of these “Listening Tour Gatherings” (“LTG's”), please email Lisa Manheim (lisago1@gmail.com), who has generously offered to help coordinate these LTG's.

CHECK US OUT ON

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Special Occasion?

Sponsor the Shabbat Announcements
(emailed every Thursday afternoon)

Donation of \$72

All sponsors will be acknowledged at the beginning of each of the announcements and also listed in our bi-monthly Bulletin.

Call Mindy in the office at 322-6901 ext. 301.

Save these dates!

TEMPLE ROCK 2025
Saturday, February 1, 2025

ANNUAL CANTOR'S CONCERT
Sunday, April 6, 2025

MAZAL TOV TO...

Caryl Ferber Poser and Peter Poser on the birth of a grandson Jonah Reid, born to Rebecca Poser and Lindsay Klein.

Maxine and Jay Freilich on the birth of a granddaughter, Jessica Faye, born to Nikki and Brian Freilich.

Joyce Resnick and Bob Schumacher on the birth of a granddaughter, Romi Emma, born to Lara and Keith Berman.

Eileen and Fred Springer on the birth of a grandson, Mason Don, born to Ilana and Daniel Borkenstein.



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

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RABBI GERRY GINSBURG ☆ DEVRA JAFFE-BERKOWITZ
JOY KATZ ☆ RABBI MICHAEL KNOPF ☆ CAROL KRIM
JOSH LEVINE ☆ LEO LINDER ☆ BERT MADWED
STUART NEKRITZ ☆ DANIELLA RAICH ☆ JORDANA RAICH
LEAH RAICH ☆ RISA RAICH ☆ STEVEN RAICH
TALIA RAICH ☆ SUSAN SCHNEIDERMAN ☆ LAEL SHAPIRO
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WE THANK OUR VOLUNTEERS

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THANK YOU FOR SPONSORING KIDDUSH

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THANK YOU FOR SPONSORING THE SHABBAT ANNOUNCEMENTS

RISA and STEVEN RAICH

SEEKING SHABBAT GREETERS

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 Eric Sigman at esigman1@gmail.com

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

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 203-274-1708.

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: Help prepare and serve food — you can do either or both throughout the year. Contact Julie Rosenberg at julierosenbergsjp@gmail.com or 203-273-6794.

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

Christmas dinners at local homeless shelters: Contact Julie Rosenberg at julierosenbergsjp@gmail.com or 203-273-6794.

BETH EL CEMETERY ASSOCIATION

Information about the Beth El Cemetery Association, Inc. is available from:

Allan Lang at 203-327-6418
or
Eileen H. Rosner at 203-461-0506

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!

Contact Ron Zussman rmzussman@gmail.com or Steven Lander execdir@tbe.org for information.

Temple Beth El, Stamford
and
Congregation Beth El, Norwalk
Proudly Present:

KESHER BETH EL
*Beth El Connections: Two Synagogues,
One Learning Community*



IN PERSON SUNDAY MORNINGS GRADES K-7
ZOOM HEBREW TUTORIALS THURSDAY
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- **TRY US OUT FOR A YEAR!** For grades K-2, registration for the first year is open to non-members; tuition is reduced 50% for the first year for members.

For more information contact Leo Linder:
eddir@tbe.org, or register at tinyurl.com/kbe24-25new.

ALL SCHOOL TEFILLAH



CHALLAH PRINCE



SHOFAR BLOWING FOR KIDS' CHOICE DAY



K'TANIM

**A monthly Jewish learning Sunday drop-off program
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9:00am-11:45am



GAMES! MUSIC! TORAH! HOLIDAYS! STORIES! CRAFTS! BLESSINGS! FUN!

You do not need to be a member of a synagogue to participate.
Register here: www.tinyurl.com/kbe24-25new

Questions? Contact Dayna Patashnik at tbeengagement@gmail.com or Leo Linder at eddir@tbe.org.



Shabbat Talk at TBE

DR. YIZHAR HESS

Vice Chairman, World Zionist Organization

**“Israel and the Diaspora After October 7th:
Israel’s Next Chapter and Our Role in Shaping It”**



Shabbat, November 2, 2024

Shabbat Services 10:00 am

Guest Speaker 11:45 am

Kiddush Lunch 12:15 pm

Conversation with Dr. Hess 12:45 – 1:45 pm

**To register for the talk and/or Kiddush Luncheon
click here: www.tinyurl.com/wzo11-2**

Dr. Yizhar Hess is a leading advocate for Jewish pluralism in Israel. With degrees in Political Science, Law, Jewish Studies, and a PhD in Sociology and Education, he brings deep expertise to his work. Dr. Hess served as Executive Director of the Masorti Movement, where he was instrumental in negotiating egalitarian prayer at the Kotel.

A regular contributor to the Israeli press on issues of religion and state, Dr. Hess co-edited *Questions About God*. He serves on the Executive of the Jewish Agency, the Board of Trustees of Keren Hayesod, and the Board of Governors at Hebrew University. Dr. Hess currently serves as Vice Chairman of the World Zionist Organization. He lives in Modi'in with his wife, Yael, a former IDF colonel.

Temple Beth El
350 Roxbury Road, Stamford, CT 06902
www.tbe.org 203-322-6901





TBE Adult Learning

EXPLORING THE PROPHETS

Join Rabbi Knopf for a series of virtual lunch 'n learn sessions as he discusses the Hebrew prophets and the relevance their messages held in their generation and still hold today.

Classes will be held Wednesday afternoons starting November 6 from 12 pm to 1 pm on Zoom. Attend any or all of the sessions and, optionally, stay for the *mincha* service immediately thereafter.



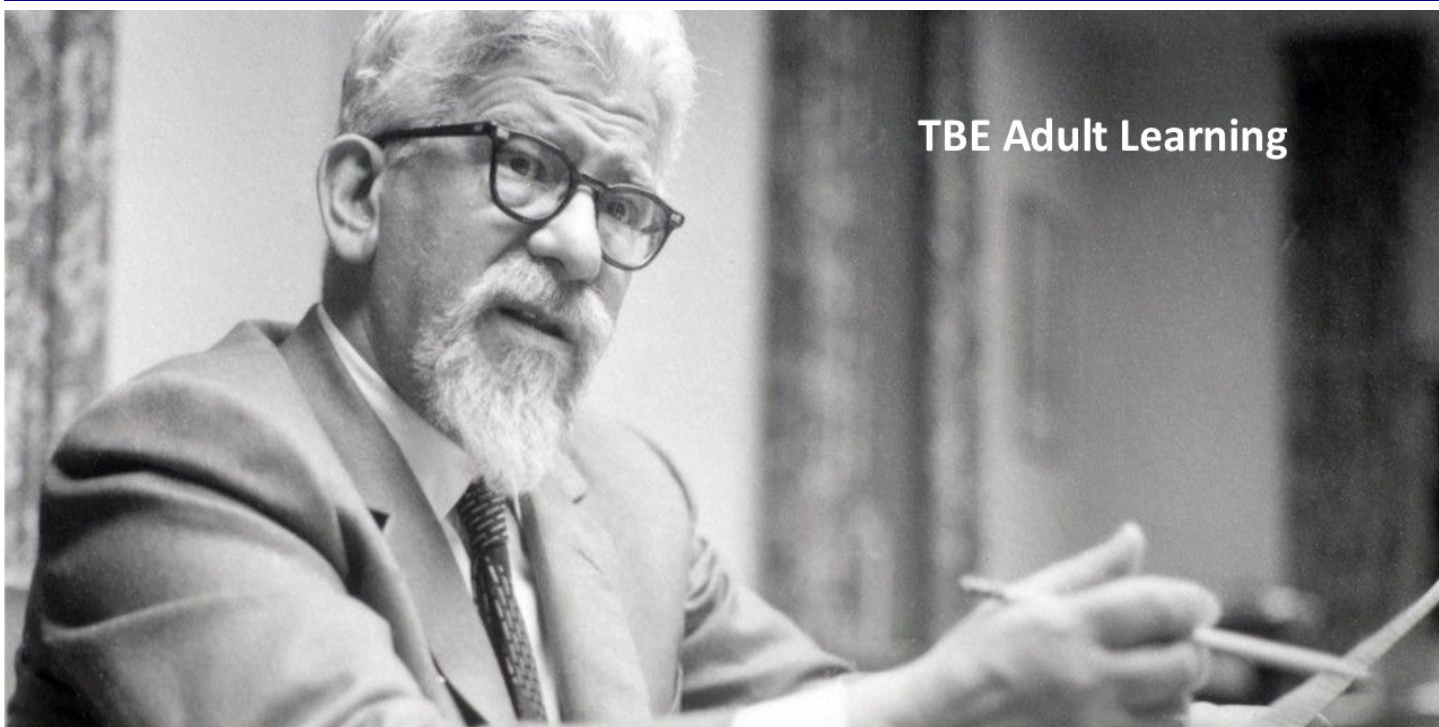
Attendees should read the text of the prophet before that particular class. For more information and a schedule of prophets, please [click here](#).

To register, go to bit.ly/tbe-prophets.

Tuition: TBE members - Free | Nonmembers - \$18

All backgrounds are welcome. No prior knowledge is necessary.

Temple Beth El
350 Roxbury Road, Stamford, CT
203-322-6901 | www.tbe.org | office@tbe.org



TBE Adult Learning

A Thinking Person's Judaism

Led by Rabbi Dr. Neal Rose

Monday evenings, 7:30-8:45 pm on Zoom

November 4, 11, 18, 25, December 2, 9, 16, 23

Join us for a series of discussions on the life and thoughts of Rabbi Abraham Joshua Heschel led by the distinguished Rabbi Dr. Neal Rose. ([Click to see bio.](#))

To register, go to bit.ly/tbe-tpj. A Zoom link will be sent to you.

Tuition: TBE members—Free | Non-TBE members—\$36. Maximum: 30 students.

Course material: Please purchase *Abraham Joshua Heschel: Essential Writings* by Susannah Heschel available on [Amazon.com](https://www.amazon.com) or [orbisbooks.com](https://www.orbisbooks.com) prior to attending the course.

Thank you to TBE's Sisterhood and Men's Club for helping sponsor this course.

Temple Beth El, 350 Roxbury Road, Stamford, CT
203-322-6901 www.tbe.org office@tbe.org



TBE HEBREW READING CRASH COURSE!

Learn to Read Hebrew in 8 Sessions!

Wednesdays on Zoom: 7:00-8:00pm

Led by Susan Shapiro

November 13, 20

December 4, 11, 18

January 8, 15, 22

Questions? Want to Sign up to attend?

Contact Susan Shapiro at sbshapiro@hotmail.com



**Temple Beth El, 350 Roxbury Rd., Stamford, CT 06902
203-322-6901 www.tbe.org**



Meditation and Guided Imagery

led by Cantor Katie Kaplan

***Thursday evenings, 7:00pm
Nov 14, Dec 12, Jan 9***

**Join Cantor Katie Kaplan
on a meditative journey utilizing
guided imagery and chant.**

All are welcome!

Zoom link:

www.tinyurl.com/meditation-tbe

Meeting ID: 841 5685 6725

Passcode: 741015

**Temple Beth El, 350 Roxbury Rd., Stamford, CT
203-322-6901 office@tbe.org www.tbe.org**



Let's play mah jong!



TBE Sisterhood invites you to a fun night!

Beginners and advanced players welcome.
Bring your friends - members and non-members.

We have instructors and refreshments!!!

Tuesday, November 19 at 7:00pm

In-person only in the TBE social hall.

Fee: \$5 per person to cover security cost.

PLEASE RSVP, so we know how many tables we need, to
Fran Ginsburg at ginsstamf@gmail.com or
203-979-9570.

Temple Beth El Sisterhood, 350 Roxbury Rd, Stamford, CT 06902
www.tbe.org | 203-322-6901

TEMPLE BETH EL'S KULANU COMMITTEE

Presents

LEV LITTMAN

**From Street Protests to Hope: A Blueprint
for Building Lasting Change**



By popular demand we welcome back Lev Littman to TBE

Friday, November 22, 2024

**6:00 pm Meet & Greet and hear from Lev
Enjoy a light Israeli Buffet**

**7:00 pm Kabbalat Shabbat service
followed by an Oneg Shabbat**

With insights from their work across 18 centers in Israel, Lev will showcase how grassroots initiatives are building hope and driving long-term change in some of Israel's most challenging frontline cities.

Lev Littman is the Executive Director of the Tzedek Centers in Israel, a national grassroots movement of local activists in Jewish and shared Jewish-Arab communities that promotes democracy, equality and solidarity in Israeli society.

Lev is a fascinating and very knowledgeable speaker who touches on Zionism, Israel, anti-Semitism, current events in Israel and the Tzedek Center's solution to bring harmony and peace among Arabs and Jews.

There is no charge but registration is required: www.tinyurl.com/lev11-22
All are welcome.

We thank our sponsors:

Debra Adler-Klein
Malerie Yolen-Cohen & Jeff Cohen
Liz & Scott Krowitz

Juli Harris-Sekuler & Scott Sekuler
Marilyn Galler Sofer & Mitch Sofer

Join us for any part of this special evening—come for refreshments,
Lev Littman's presentation, Shabbat services, or all three!

Temple Beth El

350 Roxbury Road, Stamford, CT 06902
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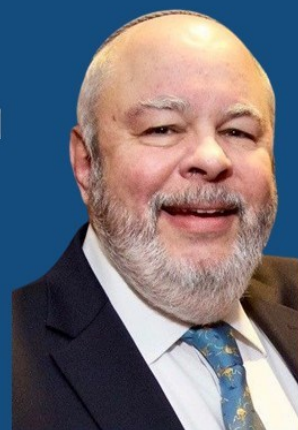


TBE Adult Learning

SACRED DAYS: EXPLORING THE HOLIDAYS

Join Rabbi Knopf and Rabbi Ginsburg over the upcoming year 5785 as they each take a holiday and examine its origins, significance, customs and special prayers.

On Saturday, December 14, Rabbi Ginsburg will lead the discussion on the holiday of Hanukkah.



You are also invited to attend the Shabbat service at 10:00 am and/or the Kiddush lunch prior to the class. Class will start at approximately 12:45 pm.

Registration is requested at bit.ly/tbe1214.

All backgrounds are welcome. No prior knowledge is necessary.

Temple Beth El
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203-322-6901 | www.tbe.org | office@tbe.org



Fall Fest 2024



Mazal tov to...

Alberto Eyzaguirre on his retirement from TBE after 50 years of devoted service.

Alberto was honored with a key to Temple Beth El at services on Simchat Torah.

We will miss him!





SISTERHOOD 2024-2025

SISTERHOOD MEETING SCHEDULE*

Location TBD @7pm

Tuesday, November 5, 2024
Tuesday, December 3, 2024
Tuesday, January 7, 2025
Tuesday, February 4, 2025
Tuesday, March 4, 2025
Tuesday, April 1, 2025
Tuesday, May 6, 2025
Tuesday, June 9, 2025

MAHJONG + MORE SCHEDULE

@TBE /7pm

November 19, 2024
December 17, 2024
January 21, 2025
February 18, 2025
March 18, 2025
April 22, 2025
May 20, 2025
June 17, 2025

*Meetings typically held in-person at TBE social hall, or may be held at other locations (venue/member's home)

*Zoom meetings may take place during inclement weather.

SISTERHOOD PROGRAMS & EVENTS - MORE EVENTS WILL BE ADDED THROUGHOUT THE YEAR

Sunday, November 17, 2024 - Sisterhood Annual Paid-Up Membership Brunch

Thursday, January 23 2025 – Curtain Call, “Steel Magnolias”

Sisterhood is organizing a Carpool List to enable members who cannot drive to attend events. Reach out to either Nancy (morahnancy1958@gmail.com) or Juli (jaharris99@aol.com) and let us know if you can either volunteer to be a driver, or if you need a ride yourself.

SISTERHOOD FALL CLOTHING DRIVE

Sisterhood sponsored another successful clothing drive on October 27, 2024. We appreciate all the donations and the opportunity to meet and chat with our TBE community!

Many thanks to our volunteers: Marian Bauer, Cathy Bernstein, Juli Harris, Jerry Kapchan, Nancy Kapchan, Scott Sekuler, Paula Shulman, and Sharon Turshen, for all your help.

Sisterhood members, and those interested in joining, please circle your calendars for November 17, 2024 for our Sisterhood Brunch! Looking forward to seeing everyone there! More information to follow.



Results of the 2024 High Holiday Food Drive

The congregants of Temple Beth El continued their tradition of tikkun olam. Slightly more food was donated this year than last year (as well as a few cash donations) and TBE continues to be the largest contributor of food of all faith-based organizations in Fairfield County.

Greg Dobson, Senior Site Director and Food Manager of Person to Person, wrote, *"We have completed weighing the High Holy Food Drive and it turns out Temple Beth-El actually slightly exceeded last year's 3,327 lbs and delivered **3,346 lbs!** Again topping **1.5 tons of food!** As with last year's donation this provides enough shelf stable food for over **5,400** meals and will go a long way helping our client families achieve financial stability in these challenging times. This food is especially important since P2P is now serving more clients than ever delivering over 2.5 million meals a year!"*

Please know that P2P and our clients are truly grateful and blessed to have such compassionate partners. We can't thank the people of Temple Beth-El enough for their continued support over so many years and we look forward to working together in the future!"

My personal thanks to everyone who returned bags full of food!

I would like to add a special thanks to the many volunteers who worked tirelessly to unpack bags and sort the food: Marlyn, Rich, Lara and Noah Agatstein, Lori Drucker, Barbara Friedman, Suzanne and Rob Fruithandler, Heidi and Harrison Ganz, Fran Ginsburg, Chika Hedberg, Rabbi Knopf and Lilah, Shemaya and Akiva, Erica Krappohl, Carol Krim, Dorothy Levine, Iva Mandel, Gwendolyn Morris, Michelle Moskowitz, Dayna Patashnik, Julie and Sol Rose, Alvin and Anne Rosenfeld, Eileen H. Rosner, Irma Ross, Maya and Danielle Shapiro, Carl Shapiro, Gail and Stephen Trell, Jeff Turshen, and Carl and Dana Weinberg.

I would also like to thank the students who helped load the truck on Yom Kippur. The TBE food drive would not be possible without the help of all of these volunteers.

Todah Rabah,
Sharon Turshen,
Chairperson, Holiday Food Drive



Steak, Scotch and Sushi in the Sukkah



DONATE ONLINE
Go to: www.tbe.org/donate/

OPPORTUNITIES FOR GIVING

- ☒ Adult Education Fund
- ☒ Paver Walkway Campaign
- ☒ Beth El Cares
- ☒ Rabbi Knopf's or Cantor Kaplan's Mitzvah Fund
- ☒ Goldberg Scholarship Fund
- ☒ Emmet Manheim Memorial Playground
- ☒ Kiddush Fund
- ☒ Matthew Klein Memorial Sanctuary Garden Fund
- ☒ Music Fund
- ☒ Project Ezra
- ☒ Religious School Fund
- ☒ Frank and Rose Rosner Memorial Fund
- ☒ Security Fund
- ☒ Shabbat Bags
- ☒ Youth Fund

MEMORIAL PLAQUES



Inscribe the names of your loved ones on a plaque in our Chapel foyer 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.

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 (very few remaining)	\$250

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.

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.

CONTRIBUTING SHARES OF STOCK 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.

Beth El members may 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.

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.



CRITICAL VOLUNTEERS NEEDED FOR BUILDING ONE COMMUNITY (B1C) IN STAMFORD

B1C has a terrific tutoring program for elementary students but doesn't have enough tutors. 14 volunteers (adults or teenagers) are needed on Monday - Thursday from 4:30pm-5:45pm. The kids speak English so you do not need to speak another language but Spanish or French would be useful. Each volunteer works with up to three children.

Volunteers must commit to a minimum of three consecutive months for one session a week, have basic technology skills and familiar with how math is currently taught at the elementary level. Teenagers must be 16 years of age or older. To volunteer, register on the B1C website at <https://building1community.org/engage/volunteer-form/> and indicate it is for the Homework Club. You can also contact Margarita Zimmerman, B1C's Volunteer Director at mzimmerman@b1c.org

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.

WE ARE GRATEFUL FOR YOUR CONTRIBUTIONS

IN HONOR OF:

BRUCE KAHN ON THE OCCASION OF HIS BIRTHDAY

Given by his children and grandchildren

BRACHA & JERRY SILBER ON THEIR 50th ANNIVERSARY

Suzanne Horn & Norman Stone

THE BIRTH OF HENRY BENJAMIN GUARNACCIA

Sharon & Jeff Turshen, Lois Stark & Gary Lessen

THE BIRTH OF JONAH REID KLEIN-POSER

Lois Stark & Gary Lessen, Malerie Yolen-Cohen & Jeff Cohen,

Liz & Scott Krowitz, Maxine & Jay Freilich

IN APPRECIATION OF BBQ AND BARACHU

Lydia Saravis

IN HONOR OF OUR GRANDSON'S, TIMOTHY SANDER,

MARRIAGE TO ALLISON SMITHERS

Carol & Willy Sander

STEVEN LANDER & RABBI JOSHUA HAMMERMAN FOR

THEIR DEDICATED SERVICE AND LOYALTY TO TBE

Michael Horowitz

THE BIRTH OF JESSICA FAYE FREILICH

Lois Stark & Gary Lessen, Liz & Scott Krowitz, Denise &

David Greenman

MARGE SHAMEER ON HER 90th BIRTHDAY

Carol & Allen Krim



RABBI MICHAEL KNOPF MITZVAH FUND

In honor of...

In appreciation by Malerie Yolen-Cohen & Jeff Cohen

The birth of Romi Emma Berman by Marsha Matthews

In memory of...

Malvina Rothman, z'l, by Linda & Joe Rothman

Al Solove, z'l, by The Magida Family

Honey Nelson, z'l, by Laura Markowitz

Julian Melmed, z'l, by Sharon & Jeff Turshen

CANTOR KATIE KAPLAN MITZVAH FUND

In appreciation of...

Cantor Katie Kaplan on the occasion of Dani Raich's Bat

Mitzvah by Risa and Steven Raich

MUSIC FUND

In honor of...

Cantor Katie Kaplan in recognition of her kindness by Leslie

& Joe Heyison

In memory of...

Chloe Leferman, z'l, by Mark Bennett

EMMET'S PLAYGROUND

In memory of...

Emmet Manheim, z'l, by Fredda & Ed Goldstein

Chloe (Drew) Leferman, z'l, by Barbara & Warren Brandt

Have you seen our PAVER WALKWAY?

Pavers are now available for installation this Spring.
Commemorate significant life events.
Pavers are \$250-\$500 & \$1,000 Tax deductible!

Contact Steven Lander, execdir@tbe.org for details.

IN LOVING MEMORY
OF ALAN KALTER
1943 - 2021
PEGGY KALTER

REBECCA "LOVE" FINE
MOVE ME BRIGHTLY
I ROCK MY SOUL

IN HONOR OF
OUR LOVING PARENTS
AND GRANDPARENTS
DEBRA ADLER-KLEIN
AND MATTHEW KLEIN

JOSEPH AND JANE GOLDSTEIN
IN HONOR OF
THEIR 50TH BIRTHDAY

SHARLA & GUYA VIKERS
2021

AVIVA MALLER
IN HONOR OF ALL
YOU DO FOR TBE



REMEMBERING OUR LOVED ONES



Gail & Jack Abrams **BESS ABRAMS**
 Beverly & David Stein **SEYMOUR ABRAMS**
 Nancy & Brad Benjamin **SHERYL & MURRAY BENJAMIN**
 Fruithandler Family **WILLIAM BERKOWITZ**
 Madeleine Sobel & Robert Goldman **CECILE BERMAN**
 Susan & Richard Blomberg **NORMAN BLOMBERG**
 Susan & Richard Blomberg **ROSE BLOMBERG**
 Carol & Wil Brewer **MARJORIE BREWER**
 Susan Wise **MINNIE CHERNIACK**
 Stacy & Donald Cooper **JOSEPH COOPER**
 Susan Wise **HYMAN FRANKEL**
 Marcia & Jeffrey Rutstein **JOSEPH GELB**
 Marcia Bick Gershman & Stanley Gershman **RITA GERSHMAN**
 Joanne & Marshall Goldberg **FAY GOLDBERG**
 Lorelee & Phil Granowitz **MARIAN GRANOWITZ**
 Carol & Willy Sander **SAMUEL GROSSMAN**
 Leslie & Joe Heyison **FLORENCE HEYISON**
 Madge & Michael Kellick **LOUISE HUPPERT**
 Peggy Kalter **ALAN KALTER**
 Madge & Michael Kellick **RUBIN KELICK**
 Madelyne Kirch **ERIC KIRCH**
 Barbara Malloy **HOWARD MALLOY**
 Melanie Massell **LEONARD MASSELL**
 Julius Lasnick **ROSE ORGEL**
 Francine & Robert Plansky **BEATRICE PLANSKY**
 Rhonna & Brian Rogol **THEODORE ROGOL**
 Fran & Rabbi Gerry Ginsburg **ESTELLE ROSEN**
 Rosenblum Family **HARRIET ROSENBLUM**
 Roslyn & Merritt Nesin **PEARL SHAPIRO**
 Mary C. Silberman **ALAN SILBERMAN**
 Mary C. Silberman **BOBBY SILBERMAN**
 Susan & Carl Shapiro **NATALIE SKALKA**
 Sandy & Fred Golove **ESTELLE SNEIDEMAN**
 Madeleine Sobel & Robert Goldman **LOUIS SWEDLIN**
 Ronnie & Ed Fein **MICHAEL VAIL**
 Ronnie & Ed Fein **WILLIAM VAIL**
 Rhonna & Brian Rogol **CAROL WEBER**
 Harriett & Seymour Weinstein **GOLDIE WEINSTEIN**
 Fran & Rabbi Gerry Ginsburg **RUTH WERTHEIMER**
 Nancy Wolfson & Family **GEORGE WOLFSON**

IN MEMORY OF:

RABBI FREDERIC POMERANTZ, z'l

Sharon & Steve Katz, Malerie Yolen-Cohen & Jeff Cohen

SALLY ROTHKOPF, z'l

Lisa & Michael Rome, Kimberly Kassner & Dennis
 McConnell, Betsy & Peter Kempner, Barbara & Stan
 Friedman, Liz & Scott Krowitz, Malerie Yolen-Cohen & Jeff
 Cohen

JOEL FREEDMAN, z'l

Richard Freedman & Family

EDWIN GREENBERG, z'l

Connie & Alan Freeman

WE MOURN THE PASSING OF...

MINA ROTH-DORNFELD

SALLY ROTHKOPF wife of James Rothkopf

MYRA GRAUBARD mother of Naomi Kinderman

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.

Special Occasion?

Sponsor the Shabbat Announcements (emailed every Thursday afternoon)

Donation of \$72

**All sponsors will be acknowledged at the
 beginning of each of the announcements
 and also listed in our bi-monthly Bulletin.**

Call Mindy in the office at 322-6901 ext. 301.



Hawaiian Shabbat

Friday, December 13, 2024

***We'll have Shabbat dinner, Kabbalat Shabbat services
 and we will welcome back Rachel Haymer, ukelelist.***

Details to follow!



Noah's Ark



Have you seen our replica of Noah's Ark in the lobby by the main office? It is walnut, measures 76" by 72", and has 149 plaques and 18 larger animals that can include engraved messages in honor of a family's children or anyone else, or in honor of a significant family event .

We are asking you to consider honoring your children (or anyone else) by donating \$250 to this project and buying a plaque. We hope that you might be further moved to buy one of the remaining animals for a donation of \$1,000.

Proceeds to benefit Kesher Beth El.



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WHILE THE PLANNER ENVISIONS
THE AMBIANCE OF CELEBRATION,
HER CONCEPT IS INSPIRED BY THE SOUL
AND SPIRIT OF HER CELEBRANTS.

**The deadline for the
January-February 2025 Bulletin
will be Monday, December 2 2024.**

**HOW WILL YOU ASSURE
JEWISH TOMORROWS?**



Commit to leaving a legacy and help ensure that Temple Beth El will be part of the fabric of the Stamford Jewish community for many years to come. [Click here](#) for our LIFE & LEGACY Honor Roll.

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350 Roxbury Road
Stamford, CT 06902
www.tbe.org



To create your legacy contact Steven Lander
execdir@tbe.org | 203-322-6901, ext. 304



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Dedicated to TBE's event space

www.thebigeventspace.com

Please let your friends and business
associates know how we can fulfill their
celebratory and meeting needs.

**ART GREENWALD
President**

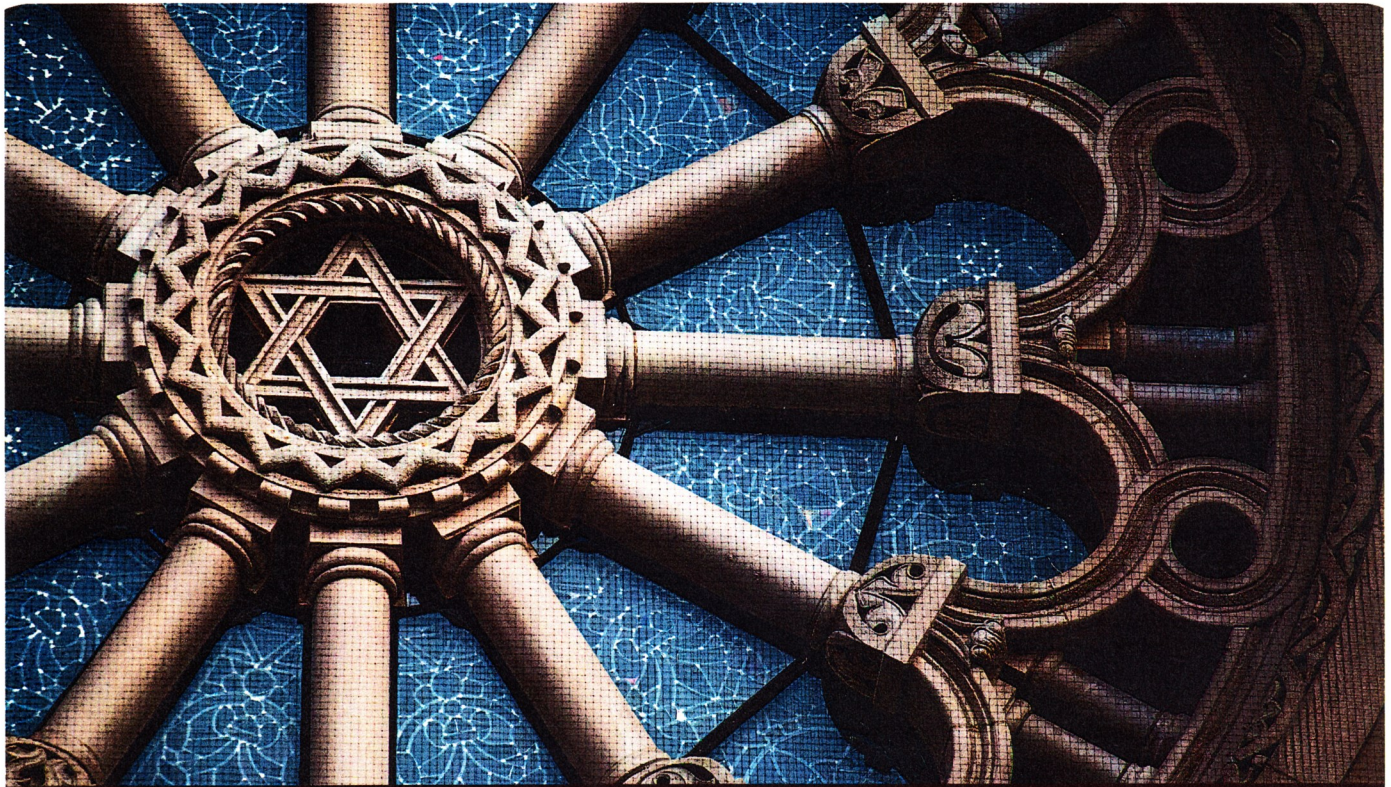
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