

Shofar



Elul 5779 - Cheshvan 5780 • September/October 2019



Rabbi's Message

Living with the Broken Tablets

The High Holy Days span the period of forty days from Rosh Chodesh Elul to Yom Kippur. According to our tradition, this corresponds to the forty days Moses spent atop Mount Sinai receiving the second set of Tablets.

Little has been passed down to us about what was happening down below among the people while Moses communed with God on high, but we can imagine. They had committed a most egregious sin by making and worshiping a golden calf and suffered dire consequences. Theirs was a state of brokenness powerfully symbolized by the fragments of the original Tablets Moses smashed.

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Mini Golf Outing

September 22, 11:30 a.m. to 3:00 p.m.

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Rosh Hashanah, September 29 to October 1

Yom Kippur, October 8-9

Consult your tickets for service times

Sukkah Dinner and Services

October 13, 5:30 p.m.

See page 9

Simchat Torah

October 20, 7:00 p.m.

Interfaith Candidates

Forum

October 27, 9:00 a.m.



Worship Schedule

SEPTEMBER

Friday, September 6

6:00 p.m. Back-to-Shul BBQ
7:30 p.m. Shabbat Evening Service with the Tefillah Band

Saturday, September 7

Parashat Shoftim, Deuteronomy 16:18-21:9
10:00 a.m. Shabbat Morning Service and Torah Study and the Bat Mitzvah of Jillian Zack

Friday, September 13

7:30 p.m. Shabbat Evening Service with the Choir

Saturday, September 14

Parashat Ki Teitzei, Deuteronomy 21:10-25:19
10:00 a.m. Shabbat Minyan Service and Torah Study

Friday, September 20

7:30 p.m. Shabbat Evening Service

Saturday, September 21

Parashat Ki Tavo, Deuteronomy 26:1-29:8
10:00 a.m. Shabbat Minyan Service and Torah Study

Selichot

7:30 p.m. Community-wide Selichot Service, showing of feature film Extra Innings, with director Albert Dabah (at Temple Har Shalom, Warren)

Friday, September 27

7:30 p.m. Shabbat Evening Service

Saturday, September 28

Parashat Nitzavim, Deuteronomy 29:9-30:20
10:00 a.m. Shabbat Morning Service and Torah Study and the Bar Mitzvah of Jake Cohen

Sunday, September 29

Rosh Hashanah
8:00 p.m. Erev Rosh Hashanah Service

Monday, September 30

Rosh Hashanah
9:30 a.m. Rosh Hashanah Morning Service
1:15 p.m. Rosh Hashanah Experience for Young Families (up to grade 2)
2:00 p.m. Children's Service (up to grade 5)
3:30 p.m. Tashlich (at Duke Island Park)

OCTOBER

Tuesday, October 1

Rosh Hashanah
9:30 a.m. Rosh Hashanah Morning Service

Friday, October 4

Shabbat Shuvah
7:30 p.m. Shabbat Evening Service

Saturday, October 5

Shabbat Shuvah
Parashat Vayeilech, Deuteronomy 31:1-30
10:00 a.m. Shabbat Minyan Service and Torah Study

Tuesday, October 8

Yom Kippur
8:00 p.m. Kol Nidrei Service

Wednesday, October 9

Yom Kippur
9:30 a.m. Yom Kippur Morning Service
12:30 p.m. Reflection Service
1:30 p.m. Study Session
1:30 p.m. Meditation and Contemplation
1:30 p.m. Children's Service (up to grade 5)
2:30 p.m. Healing Service
3:30 p.m. Afternoon Service
5:45 p.m. Yizkor
6:15 p.m. Neilah*
Break-the-Fast to follow*
*Time approximate

Friday, October 11

7:30 p.m. Shabbat Evening Service

Saturday, October 12

Parashat Ha'azinu, Deuteronomy 32:1-52
10:00 a.m. Shabbat Minyan Service and Torah Study

Sunday, October 13

Sukkot
5:30 p.m. Sukkot Service and Dinner

Monday, October 14

Chag Sukkot
Offices Closed

Tuesday, October 15

Chol HaMoed Sukkot

Wednesday, October 16

Chol HaMoed Sukkot

Thursday, October 17

Chol HaMoed Sukkot

Friday, October 18

Chol HaMoed Sukkot
6:00 p.m. Young Family Sukkot Experience
7:30 p.m. Shabbat Evening Service

Saturday, October 19

Chol HaMoed Sukkot, Holiday reading, Exodus 33:12-34:26
10:00 a.m. Shabbat Minyan Service and Torah Study

Sunday, October 20

Sukkot
Erev Simchat Torah
7:00 p.m. Simchat Torah Services

Monday, October 21

Simchat Torah/Shemini Atzeret
Offices Closed
10:00 a.m. Shemini Atzeret Services with Yizkor followed by Potluck Brunch

Friday, October 25

7:30 p.m. Shabbat Evening Service

Saturday, October 26

Parashat B'reishit, Genesis 1:1-6:8
10:00 a.m. Shabbat Minyan Service and Torah Study

Temple Calendar Webpage

<http://www.ourbethel.org/luach-beth-el>

Shofar Submissions and Deadline

The next issue of the Shofar will be November-December 2019. PLEASE NOTE: The deadline for submissions is October 15. Submit articles via email to: ShofarEditor@templebethelnj.org.

In the subject line, please use the following naming convention: Shofar Month/Shofar/Committee Name or Professional Staff Name.

Torah Portions

You can read a Weekly Torah Commentary by visiting the Union of Reform Judaism's web page: www.reformjudaism.org/learning/torah-study

Rabbi's Message, continued from page 1

Each year during these forty days, we are called to relive the experience of dwelling with those broken Tablets and see them as a symbol of our own failings, our shortcomings, and wounds. It is important that we do this — that we live with and reflect seriously upon our own brokenness — not to bring ourselves down, but in order to lift ourselves up.

We can do this by engaging in the process of *cheshbon nefesh*, by taking account of the state of our souls and our ways in the world. And as we do, it is helpful to remember that there is light at the end of the tunnel. Yom Kippur will come, with its promise of forgiveness and renewal. Just as God called Moses to ascend the mountain to receive a second set of Tablets, there is hope at hand for us. God's love is ever present, and, as with our ancestors, our slate will be wiped clean.

But it is not sufficient merely to wait for Yom Kippur to come. Like the second set of Tablets, the forgiveness and pardon we receive from God, and, hopefully, from one another, will do us little good if we do not receive them with a new heart and a renewed spirit. That we must accomplish through the work of *teshuvah*, of repentance and repair.

Yet some may feel so broken that it is hard for them to imagine the possibility of mending their fractured souls. Like the glass that is broken under the *chuppah* at a wedding, some feel that they will never find wholeness again. But what is true of shattered glass need not be true of souls. The *neshama* can find healing, and even more, if we will it and are prepared to work at it. We can transform our challenges and failures into some of our

greatest strengths. This is akin to the biological truth that after a bone heals from a fracture, the place where it broke becomes stronger than it was before. As Ernest Hemingway put it, "Life breaks us all, but some of us become stronger in the broken places."

My friend and teacher, Larry Dressler, offers us a beautiful metaphor for the possibility of healing from the ancient Japanese art of *kintsugi*, which is dedicated to repairing broken ceramics by filling in the cracks with gold. "Once the repair is complete," he writes, "the 'brokenness' of the item — its defects — become its source of beauty and resilience." We can, he says, "transform personal hardship into gold."

Maybe this is why we call these forty days the *yamim noraim*, the Days of Awe. What an awesome and wondrous gift is this opportunity to achieve the kind of transformation that begins with acknowledging our brokenness and then sets about reassembling the pieces into a thing of beauty. We can do this for ourselves, and we can help each other to find wholeness if we are willing to spend these days living with the broken Tablets of our lives. This possibility is a sign of divine grace. The commitment to realize it is a gift of love we can give ourselves and one another.

L'shanah tovah! May we all be blessed to find healing and wholeness in these Days of Awe and throughout the New Year.

L'shalom,

Rabbi Arnold S. Gluck

Student Rabbi Rachael Pass to Join TBE for the Holy Days

Rachael Pass, a fourth-year rabbinical student at Hebrew Union College-Jewish Institute of Religion, is excited to be joining Temple Beth-El for the 5780 High Holy Days!

Rachael grew up in Louisville, KY, attending a Reform synagogue at URJ summer camp. Rachael was an undergraduate at Brandeis University, where she studied Psychology and Near Eastern and Judaic Studies. At Brandeis, Rachael was very involved in Reform Judaism and LGBTQ+ Jewish Life on campus.

After graduating, Rachael served as the director of youth engagement at Temple Shir Tikva in Wayland, MA. During her HUC-JIR Year In Israel, Rachael served as the rabbinical intern at Kehilat Birkat Shalom on Kibbutz Gezer with Rabbi Miri Gold. On the New York campus, Rachael's studies focus on liturgy, worship, feminist scholarship, theology, and modern Jewish and Hebrew literature.

Rachael has served as the HUC-NY campus ambassador for the Women's Rabbinic Network for the past three years.

This year she is honored to add to her work for gender equity her new role as the rabbinic intern for the CCAR Task Force on the Experience of Women in the Rabbinate, aiding the Task Force in drafting policy and educational materials to promote gender equity in the rabbinate. Rachael also works as the intern for Modern Ritual, an innovative, deeply Jewish project on Instagram that engages Jewish youth and young adults. During her third year of rabbinical school, Rachael served as the student rabbi of Temple Emanu-El Beth Shalom of Williamsport, PA.

"I am so excited to be joining Beth-El for the holidays this year," Rachael said. "After hearing for years from Shira (now Rabbi Shira Gluck!) about the amazing work that happens in this dedicated congregation, I am honored to be able to join and contribute to the experience of the Days of Awe. I am looking forward to teaching, praying, and learning with you all!"

From Our President

My journey toward becoming President at Temple Beth-El started with an unlikely trip to Cape May – the Victorian beach community at the southern tip of New Jersey.

My family joined Temple Beth-El just after our children were born. We made good friends with Religious School families, started to attend family services and slowly but surely began to get involved in temple activities. One year, my wife Shari approached me with the idea of joining the sort-of-annual Temple trip to Cape May. The thinking was that in the middle of winter, you could have the opportunity to sequester yourself in mostly deserted Cape May with the rabbi, cantor and educators and a bunch of similarly minded families doing off-site religious activities, holding debates/discussions about what I have started calling the “other questions” while also making time for fun activities – taking hikes, visiting the lighthouse and even going bird watching. While I initially agreed to attend Cape May “for the kids,” these trips made an extraordinary impression on me personally. It was the first time I really had “fun” spending time in a religious setting and was able to finally break down the self-imposed authoritative wall that had prevented me from realizing that clergy were people too!

At the conclusion of each of these Cape May trips, each participant was asked to anonymously provide some comments on how they felt about the weekend. And each time, the only thoughts that came to my mind were that I felt “more Jewish” and “more connected.” Since those days, I’ve become increasingly involved in life at Temple Beth-El – walking through main entrance doors, religious school doors, front office doors, and sanctuary doors, each time with an increasing feeling of belonging and eventually that I might even have something to contribute to the community.

Interestingly, Bella Almeida hit on this exact theme in her speech a couple of months ago when she was accepting her Brotherhood Youth Person of Honor award. Bella described Temple Beth-El as a place of comfort and how she felt like she was coming home each time she walked through our doors. And this feeling of *belonging to a community and coming home to Temple Beth-El* is what I want every one of our congregants to share.

Ultimately, the feeling that I have in my heart for Temple Beth-El and the vision that I have in my mind for my presidency is how we can continue to work in our community to help as many as possible feel what I feel and see what I see. In other words, to further explore how our community (inside these walls and outside) see Temple Beth-El as THEIR Promised Land and THEIR Jewish home.

So, what should our home feel like?

- Home should be a **haven** from the outside influences of the rest of the world. Notice I didn’t say “oasis,” as I don’t think we’ll find a beach or palm trees or perfection around here. But given the increasing influence of all kinds of anxieties finding ways into

our lives, Temple Beth-El should be a place where we can slow down from the rigors of everyday life, running the kids from here to there, and worrying about what is going on at work. I’d love Temple Beth-El to be the place where we can put our phones into our pockets and we *demand* the time of *ourselves* to explore the “**other questions**” of life rather than live by *everyone else’s* cadence of life.

And we should demand this time for ourselves – not just for the kids in Religious School or Confirmation Academy – but for the benefit of our entire community of all ages. It takes courage to spend our time in different ways, but I challenge everyone (including myself) to explore how we can round ourselves out and create a place which makes us feel “She-le-moot” or in English, “wholeness.”

- Our temple is already such a vibrant place. Activities, Religious School, adult education, services, and a whirlwind of things that go on all the time here – I find it amazing to drive into the parking lot and see it bustling with cars at unexpected times. But my challenge for all of us is exploring how we can get even more of our membership involved and reaching out to the broader community to become interested in becoming part of what we do here. In other words, how can each of us explore how we can contribute to and sustain this community in our own way?
- And finally, we should always feel safe and sound in our home. Much of this will come from achieving a feeling of “wholeness” and “comfort” in a place, but some of it needs to be about the security of the house itself. And you should know that we are doing everything we can to ensure our physical facilities at Temple Beth-El are secure, and that we have spent a great deal of effort getting ready to make visible and not-so-visible improvements to keep our community safe and sound, while at the same time maintaining our commitment to being a welcoming congregation. Much more to come on this topic over the next few months!

I am thrilled at the opportunity to serve as president of Temple Beth-El. I hope that I can bring to this responsibility a great deal of humility, seriousness, caring and passion – and hopefully a little bit of humor. And for our congregants, I hope I can deliver a greater sense of “home” for each of you and help you explore the contributions that each of you may be able to make to our sacred work.

Leigh Miller



A Note From Our Cantor

A Warm and Melodic Welcome to Student Cantor Simkin

As many of you know, this month ushers in not only a return to school and to shul, but also the debut of our new cantor, Emily Simkin. Student Cantor Simkin is thrilled to be part of the Temple Beth-El community, and is looking forward to helping our congregation continue to grow musically and spiritually through song.

Cantor Simkin's roots are in the nearby Philadelphia suburbs, where her family was actively involved in their Conservative synagogue. She loved those early experiences of Jewish religious life in a tightly knit community, fondly recalling how the temple minyan "regulars" were like an extended family to her.

As a young child, she attended URJ Camp Harlam for the first time. It was her first experience with the musical traditions of Reform Judaism, and it not only broadened her perspectives on Judaism but set her on her cantorial career path. "At camp, I was exposed to Jewish music as a vehicle for spirituality," Cantor Simkin recalls. "There was something truly magical about that, and it made me feel part of the camp community in a very special way." That summer, at barely nine years old, she decided she wanted to be a cantor.

Returning home with her mind made up, she began to plan her next steps. Understanding that she needed to strengthen her Hebrew and religious foundation if she was to be a cantor, she set her sights on Akiba Hebrew Academy (now Jack M. Barrack Hebrew Academy), a day school in Bryn Mawr, Pa., where she began studying shortly after her bat mitzvah. While there, she also explored her love of music through performing in musical theater.

Attending Berklee College of Music in Boston affirmed her drive to guide others spiritually through music – "to sing with people, not to them as a performer," she explains. Throughout college, she kept in close contact with the Hebrew Union College-Jewish Institute of Religion's admission officers to ensure she was taking the right steps to prepare for cantorial school some day.

After college, she continued on to Hebrew Union College-Jewish Institute of Religion for her first year of cantorial school in Jerusalem, Israel. She returned stateside to New York City, where she is now in her fifth year of cantorial school, and where she will be ordained as a cantor in May 2020. A newlywed, she and her husband, Adam, who is a medical student at Touro College of Osteopathic Medicine in New York City, live in Harlem.



Cantor Simkin says she was struck by the warmth and vitality of Temple Beth-El from her very first meeting with the professional and lay leadership. "It's very important to me to have my cantorial and spiritual home be one and the same," she remarks. "At Temple Beth-El, I feel extremely fortunate to work with such great leadership. TBE brilliantly blends tradition and progressive values. It is such a vibrant community where people really matter."

Our new cantor brings to her role a longstanding passion for pastoral care, which was reinforced by her stint at Memorial Sloan Kettering as a chaplain intern. She has also been influenced by her experiences serving a congregation in Hawaii. Mindfulness is important to her and is something she brings to both her observance of Shabbat and, in her spare time, her yoga practice. As Cantor Simkin points out, the Hebrew word neshema (breath) and neshama (soul) share the same Hebrew root. This is why she finds singing and music so deeply spiritual in connecting with Judaism and with the temple community as a whole.

As Cantor Simkin prepares for her first High Holy Days with our congregation, her goal is "not to change TBE's rich musical culture, but to add to it and help it grow." She is excited to meet more members of the congregation and to work with both the adult and children's choirs. "There is so much meaning in the intention we bring to singing and praying together. That's why I want as many people as possible to be on the bima with me. We need everyone's voice to be heard." We couldn't agree more. Welcome, Cantor Simkin!

Summer Service Leaders

Thank you to our dedicated volunteers, who kept our summer services lively, spirited, and engaging.

Summer Service Leaders:

Dave Cohen, Liz Cohen, Jim Lavranchuk, Jay Lavroff, Harold Levin, Steve Lieberman, Ed Malberg, Henry Nerenberg, and Ronnie Weyl

Tefillah Band:

Jay Lavroff, Evan Lerner, Barry Rosenberg, Vicki Schwartz, and Alan Zeldin

A Fresh Start: Our New Service Times

At Temple Beth-El, coming together as a congregation in our sanctuary to worship and welcome Shabbat on Friday evenings has always been at the center of our ritual life. Therefore, in an effort to ensure that the start times of services meet the needs of temple members, TBE conducted a brief survey in late June to early July, spearheaded by the Ritual Committee, to find out more about the congregation's preferences.

One of the aims of the survey was to assess the needs of young families. Since participating in Shabbat services is crucial to children's Jewish and spiritual growth and development, it was key to get input from these families about which times best meet their needs and those of their children. Another aim of the survey was to get insight into the needs of our older members, some of whom have

expressed their discomfort with driving late at night.

The results, based on 172 respondents, were reviewed by the Ritual Committee. According to Committee Chairs Ed Malberg and Mike Bloomstein, and Rabbi Gluck, an overwhelming majority of respondents wanted Family Shabbat services to remain at 7:00 p.m. With respect to all other Friday evening Shabbat services, a third of the respondents preferred 8:00 p.m., a third opted for 7:00 p.m., and a third voted for 7:30 p.m. Thus, regular Friday Shabbat services will now begin at 7:30 p.m., beginning on Friday, September 6.

As with any such change, the impact will be evaluated periodically over this year by the Ritual Committee to make sure that it is achieving its purpose.

We honor our Legacy Circle:

Anonymous (4)
 Rande and Janet Aaronson
 Lou and Myrna Binder
 Gari and Charles Bloom
 Mike Bloomstein
 Jody and Gary Cohen
 Liz and Dave Cohen
 Rabbi Arnold and Sarah Gluck
 Julie and Greg Hirsch
 Chrys Jochem
 Barbara and Russ Johnston
 Andy and Leslie Kass
 Bob Krovetz
 Jay Lavroff
 Leigh Miller
 Rick Miller
 Robin and Larry Osman
 Art and Betty Roswell
 Amy Rubin
 Lillian Swickle
 Goldie Taub
 Irwin Vogel
 Steve and Elayne Weitz
 Ann Weinstein
 Bruce and Marlane Wolf

THE EXCITEMENT OF THE FIRST SHOFAR BLAST
 THE SWEET TASTE OF AN APPLE DIPPED IN HONEY
 THE BLESSINGS OF A NEW YEAR . . .



HOW WILL YOU ASSURE
 JEWISH TOMORROWS?



To create your Jewish legacy contact:
 Lil Swickle, LegacyCircle@TempleBethElNJ.org



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Please remember Temple Beth-El with a gift in your will, trust, retirement account or life insurance policy.

A legacy gift ensures that the community will continue to serve future generations.

Contact Lil Swickle at LegacyCircle@TempleBethElnj.org.

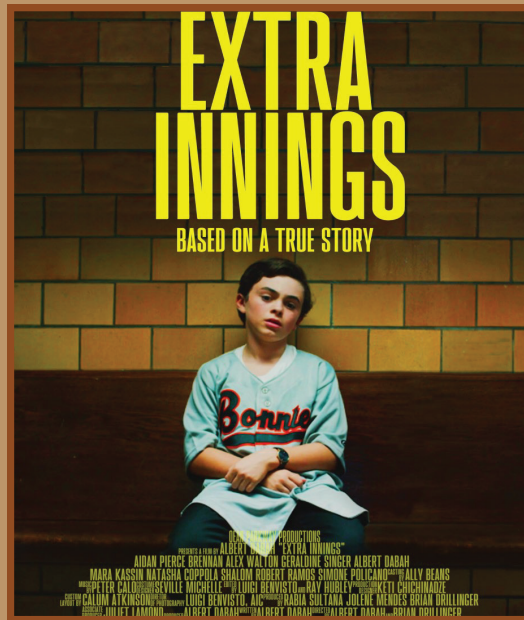
The High Holy Days begin with *Selichot*

A night of inspiration in preparation for the New Year

Saturday, September 21

7:30 pm – Movie Treats

8:00 pm – Premiere showing of the feature film



followed by a talk back with director and writer **Albert Dabah**.

Selichot service will culminate the evening.

Set against the enchanting backdrop of 1960's Brooklyn, **Extra Innings** tells the story of David Sabah who pursues his dream of playing baseball while staying devoted to his Syrian Jewish family, but a tragic loss makes reconciling the two impossible. Based on the true story of writer and director Albert Dabah.

This evening is sponsored by and held at



104 Mt. Horeb Rd.
Warren, NJ 07059
(732) 356-8777
www.templeharshalom.org



594 North Bridge St.
Bridgewater, NJ 08807
(908) 722-1339
www.templeshalomnj.org



Temple Beth-El
67 US Hwy 206
Hillsborough, NJ 08844
(908) 722-0674
www.ourbethel.org

Security at TBE

Temple security is a longstanding priority at Temple Beth-El. It is an issue for which we continue to stay abreast of techniques and technologies to keep our congregants safe. To that end, we have implemented the Standard Response Protocol for emergency preparedness, upgraded parking lighting, put phones in the classrooms, and established door-locking protocols. In addition, we've added externally visible classroom numbers, improved access to emergency equipment, and introduced Stop-the-Bleed training. Improving security is an ongoing process.

Unfortunately, incidents of anti-Semitism have risen sharply in the last few years. According to the Anti-Defamation League, almost 2,000 anti-Semitic incidents were reported in the United States last year, including the deadliest attack on Jews in U.S. history: the massacre of 11 Jewish worshippers, and an additional two more injured, at the Tree of Life Synagogue in Pittsburgh by a white supremacist. Moreover, New Jersey had the third highest number of incidents reported of all states. An unfortunate reality is that these incidents are occurring at an increasing and alarming rate.

TBE leadership, keenly aware of these statistics, decided that it was time to examine more closely our security and establish appropriate action plans. Late in 2018 former TBE president Jay Lavroff, with support from the Board of Trustees and Oversight Committee, formed a Security Committee. TBE member Evan Lerner was asked to chair, and the Committee was formed with TBE members Jay Lavroff, Kevin Skole, Ryan Maizel, Harold Levin, and Paul Walitsky, TBE President Leigh Miller, TBE First Vice President Gary Cohen, TBE Executive Director and member Amy Rubin, and former Somerset County Sheriff Chief Tim Pino serving as Committee members.

The Committee's charge included:

1. Assess the TBE facility from a security point of view and determine what upgrades are required/recommended to help insure that all operations at the temple can be continued in a safe manner while maintaining the open and inclusive nature of our congregation;
2. Investigate ways in which TBE members can assist in improving our security as well as analyze and institute plans to enable the TBE community to respond to an incident in the safest manner;
3. Seek funding to help defray the costs of improvements; and
4. Implement a comprehensive plan to effectuate the foregoing.

The Committee met several times in the past nine months and had members of the Hillsborough Police Department and Chief Pino conduct security assessments of the facility. As a result of these meetings and assessments, the Committee has decided that some significant improvements to the facility are required. These "target hardening" improvements include, but are not limited to, installing more secure exterior and interior doors, treating windows, upgrading the electronic security access features, installing a video monitoring system, upgrading alarms, and installing security bollards as appropriate around the building. These projects will take time, but we have started the process. For example, we expect to have the bollards in place for the High Holidays.

In the spring, the Committee met several times to formulate and write a grant request seeking funds from the New Jersey Office of Homeland Security and Preparedness to pay for many of the identified security improvements. We are pleased to report that the Committee's efforts were very successful, and on Aug. 19, we received notice that we were awarded \$100,000 in grant money to use toward the designated improvements. The grant money, which we will receive incrementally over the course of up to three years, will cover a significant portion of the costs of the upgrades. The balance of the funds required will come from previously budgeted funds and donations from congregation members (for which we are very grateful and thank you!).

Many communities have recruited community members to assist in identifying potential security issues, and the Security Committee decided to implement a like program based on this model. In May we commenced recruitment for our volunteer group (called "Shomrim," which means "watchers" or "guards"). We currently have 25 volunteers and are seeking more. The Shomrim will be used as extra eyes and ears around the synagogue during services and special events. Shomrim will also receive some training in first aid, as well as processes and procedures to follow in the event of an incident at TBE. Shomrim will not be asked to act in lieu of security personnel. In fact, part of the comprehensive security plans calls for an increased police presence at higher-attendance functions at TBE. We are seeking more volunteers for this service opportunity and interested TBE members should contact Harold Levin, Evan Lerner, or Amy Rubin if you'd like to participate.

The final leg of our comprehensive plan is to identify exactly which items will best serve our purposes, purchase them, and have them installed. This will be a process and has already started. We hope to have all identified items purchased and installed as early as possible.

Please Join the TBE Shomrim Volunteers

Temple Beth-El is in the process of forming a volunteer group of shomrim. Most of you are probably wondering what this means. When Evan Lerner formed Temple Beth-El's Security Committee late last fall (see article in this edition of the Shofar), one of the things we decided to do was form a group of volunteers, which we initially called the Temple Watch Group. An initial meeting was held last spring, where we discussed how volunteers could help make our temple community safer. Each shomer will be asked to serve as an additional layer of security a few times per year at Friday evening services, Saturdays when b'nei mitzvah take place, holidays and festivals, and large events, such as concerts, the Purim carnival, etc.

Shomrim is plural for shomer, which comes from the book of Exodus. According to Jewish halacha, a shomer is one who is tasked with guarding someone's property or goods. In Exodus 22:6-8, the shomer Hinam is referred to as the unpaid watchman. At Temple Beth-El, our shomrim will very much be Shomer Hinam, as they will be volunteering their time to help watch over our sacred community, including its members and guests. In my personal opinion, participating in this compassionate act of volunteerism equates to performing a mitzvah.

As a shomer, you will play a key role in maintaining the safety and security of the TBE community. Your tasks will include ensuring that entrances are either staffed or locked, identifying yourself to clergy and/or lay leaders who will be on the bimah or the school administration on class days, being aware of all emergency procedures and apparatus available to you, taking periodic strolls through

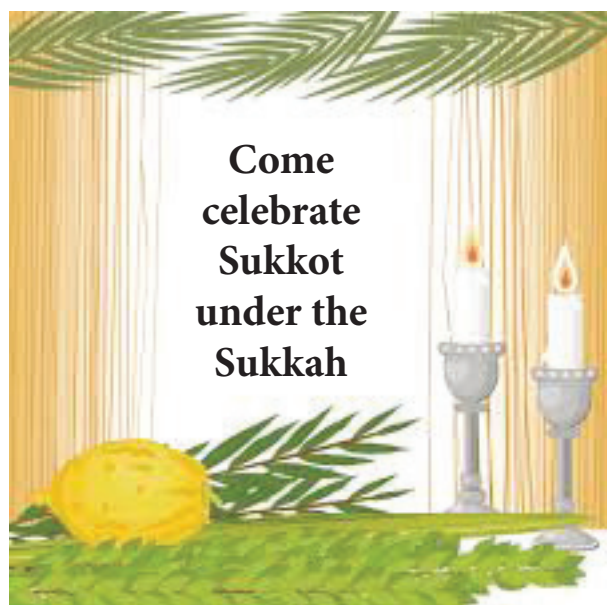
the building, lending a hand to any ushers who are present, and just being helpful and friendly at all times, while serving as an extra set of eyes and ears. This role is not meant to be that of a police officer or security guard, but simply that of a more alert and aware congregant.

Presently, we have about 25 congregants committed to this effort and need several more to join us. You will be asked to sign up for a few shifts during the coming year (two to four would be great, but there is no set number) and will be given very easy-to-follow instructions. On Sunday, September 15, 2019, there will be a training session for all shomrim from 9:15 a.m. until about 10:30 a.m. During that time, we will go into detail about the do's and don'ts of the position, and we will take a tour of the temple, to show you just how your shift will play out and where everything you could possibly need is located.

This training session is open to all who participated in the spring session, as well as anyone else – women, men or college-age young adults – who wishes to volunteer. You may sign up by contacting Amy Rubin, or reaching out to me at hblevin58@gmail.com or 908-672-6477. A response is important so we can select the proper-sized meeting space.

Special thanks to Evan and my colleagues on the Security Committee for their ongoing support. The clergy, professional staff, Operating Committee, and Board of Trustees all support this as well. We need all of you to consider assisting in this very important effort.

Harold Levin



**Come
celebrate
Sukkot
under the
Sukkah**

Please join us for dinner in the temple sukkah on Sunday, October 13, at 5:30 p.m.

The service will be held outdoors, weather permitting, under our expanded sukkah.

This event is sponsored by the generosity of all of our members.

Please reserve your space as soon as possible. Deadline is October 6. Register online at <https://www.ourbethel.org/events/sukkot-dinner-2019/>

We hope to see you there!

Lifecycle

Our Condolences to

Steve Sloan on the passing of his beloved mother, Judith Sloan
Erica Erb on the passing of her beloved father, Manuel Erb
Rochelle Levin on the passing of her beloved brother, Howard Rosen
Beth Borrus on the passing of her beloved mother, Florence Borrus
Rabbi Arnie Gluck on the passing of his beloved mother, Aileen Gluck
Susan Goldberg on the passing of her beloved mother, Tiby Laufer
Neil Julian and Jody Berkowitz on the passing of their beloved mother, Estelle Julian
Donna Tischfield on the passing of her beloved mother, Martha Mitchell

Mazel Tov to

Neil and Debbie Friedman on the marriage of their son, Ross Friedman, to Rachel Calman,
daughter of Marshall and Ellen Calman
Glen and Carol Landesman on the marriage of their daughter, Dana, to Leigh Green,
son of Drew and Diane Green
John Carraher and Jaqueline Peterson on their nuptials

Upcoming B'nei Mitzvah Students

Jillian Zack, daughter of Rick and Rachel, on September 7
Jake Cohen, son of Seth and Marie Cohen, on September 28

Welcome to the World

Brayden Keim arrived on May 29, welcomed by parents Jessica and Joe, big brother Asher,
and joyful grandparents, Debbie and Rich Levenberg
Simon Boyle arrived on July 24, welcomed by parents Hilary and David, and big brother Cohen
Daniel William Gavzy arrived on August 8, welcomed by parents Sharon and Benjamin Gavzy
and grandparents Debbie and Gary Tompa
Nathan Adam Manaster arrived on August 31, welcomed by parents David Manaster and Jennifer Griffie
and big brother Ben

Our Caring Community

Keshet Network: For those who are unable to attend our worship and simcha events and some adult education classes, our video streaming service is the next best thing to being there. Navigate to new.livestream.com/OurBethEl from a personal computer or mobile device (apps are available for [apple](#), [android](#) and [roku](#) devices) for a list of upcoming and recent livestream events from Temple Beth-El.

Shiva Minyans: For a leader or participants, contact Amy Rubin.

Mitzvah Committee: To offer or request help, please contact Amy Rubin.

Ladles of Love: (New initiative of soup or bread to lift the spirit): To offer to help deliver care packages or to suggest someone who might need a little extra love, contact Andrea Bradley, abradley616@gmail.com.

In the event of a loss during the evening or on the weekend, call Rabbi Gluck at 908-722-0674, ext. 311, or 908-229-1618.

To share your family's news in the Shofar, call Dina Fisher in the temple office. Please contact Dina with information about significant occasions, hospitalizations, or the loss of a loved one.

Prayer for Healing Cards: Cards are available in the temple lobby to let those in need of healing know that their names were included in our Mishebeirach prayer. The cards can be mailed as postcards by writing the address over the Temple Beth-El watermark or directly inserted into get well cards.

Acts of Tzedakah

General Donation

Contributions to this account are used where they are needed most, and often make special programs possible.

In memory of Sarah Schwartz
Sylvia Rubin
 In memory of Jack Fastag, husband of Lee, father of Ethan and Eliana
Lee Rosenfield
 In memory of Reba Wolin
Martin and Zina Wolin
 In memory of Sema Brienies
Martin and Zina Wolin
 In memory of Bernie Brienies
Martin and Zina Wolin

Memorial Fund

Contributions to this fund support the ritual life of the congregation, including making special ritual events possible.

In memory of Harry Bernstein
Terry and Ann Wallin
 In memory of Jay Oshinsky
Terry and Ann Wallin
 In memory of Benjamin Roth
Bobbie D'Angelo
 In memory of Myke (Myron) Krovetz
Robert Krovetz and Ellen Stept
 In memory of Molly Fass
Alan and Elaine Fass
 In memory of Helen Lieberman
Charles and Madelyn Okun
 In memory of Morris Mendelson
Stanley Mendelson
 In memory of Isidore Kirsch
Stanley Mendelson
 In memory of Howard Rosen
David Hoffman
 In memory of Mildred Kaitz
Bruce and Reva Lee Brody
 In memory of Ruth Schoenberg
Michael and Isa Beck

In memory of Edith Beck
Michael and Isa Beck
 In memory of Richard Hammer
Diane and Bernard Foss
 In memory of Henrietta Greenbaum
Robert and June Greenbaum
 In memory of Larry Cudzynowski
Joseph and Barbara Cudzynowski
 In memory of Stanley Witlieb
Michael and Beth Berger
 In memory of Joel Stryker
Barbara Blake
 In memory of Elizabeth M. Stryker
Barbara Blake
 In memory of David Schoenberg
Michael and Isa Beck
 In memory of Peter Spaulder
Mara and Michael White
 In memory of Bernard Cudzynowski
Joseph and Barbara Cudzynowski
 In memory of Irv Schwartz
Sandy Schwartz
 In memory of Richard Johnston
Russ and Barbara Johnston

Cantor's Discretionary Fund

Gifts to this fund enable the cantor to assist congregants who are in need and to support our community's music programs.

In memory of Judith Sloan
Steve Sloan

Rabbi Gluck's Discretionary Fund

Gifts to this fund enable Rabbi Gluck to assist congregants in need and support important causes.

In honor of Aileen Gluck
Goldie Taub and Rabbi Murray Levine
Deborah Cohen
Arthur and Betty Roswell
Robert and June Greenbaum
Edward and Jeanette Tuckman
Edward and Laura Kasauskas

David Goldberg and Cindy Scott
Terry and Ann Wallin
Terri Nover
Charles and Madelyn Okun
Elaine Krantz
Fran Zeitler and Fred Edelman
 In honor of the ordination of Rabbi Shira Gluck
Terri Nover
 In memory of Nathan, Ethel and Stanley Milstein
Edmond and Gail Meyers

Jules Swickle Cheshed Fund

Gifts to this fund, created in honor of one of our founding members, will enable acts of loving kindness for those in need.

In memory of Albert Taub
Goldie Taub and Rabbi Murray Levine
 In memory of Isidor Taub
Goldie Taub and Rabbi Murray Levine
 In memory of Estelle Julian
Bob Julian

Social Action Fund

Donations to this fund support the temple's wide range of social justice initiatives.

In memory of Florence Borrus
Jay and Pam Lavroff

Yad Chazakah Fund

Your contribution supports our community's commitment to Torah by enabling lessons for those who want to learn how to chant Torah during services.

In appreciation of Larry Epstein with wishes for a speedy recovery
Greg and Julie Hirsch

Youth Scholarship Fund

Donations to this fund provide scholarships to our temple youth, enabling them to attend Jewish camps, youth events, and/or trips.

In honor of Isabella Almeida
Lou and Myrna Binder

Temple Beth-El has many funds available to which members can contribute. Donations to these committed funds help support Temple programs and enable us to continue to maintain a high level of programming for our community.

- | | | | |
|------------------------------------|-----------------------|------------------------------------|-------------------------------------|
| • Adult Education | • Cemetery | • Jules Swickle Cheshed Fund | • Religious School Enrichment |
| • Ariel E. Malberg Memorial Fund | • Cultural Arts | • Kesher Network | • Religious School Scholarship Fund |
| • Beautification | • Garden | • Library | • Yad Chazakah Fund |
| • B'nei Mitzvah Special Needs Fund | • General Fund | • Mazon Hunger Fund | • Youth Activities |
| • Brotherhood Youth Scholarship | • Holocaust Education | • Memorial | |
| • Cantor's Discretionary Fund | • Israel Matters | • Prayer Book | |
| | • Israel Travel Fund | • Rabbi Gluck's Discretionary Fund | |

From the Education Directors

Know, Feel and Do: *Social and Emotional Learning at TBE*

In our faculty handbook, we offer the following framework for the work of our Religious School:

In everything we do at Temple Beth-El, we aim to guide our students in developing a greater awareness that their Judaism is an integral and valuable part of who they are. We strive to educate the whole child — to touch each child and help them grow in mind, body, heart, and spirit.

Each time we encounter our students, let's remember that they are coming from somewhere and will leave us on their way to somewhere else. Our sacred task is to offer them a safe and loving space in which they can slow down, open their minds and hearts, and learn and grow. We must encourage them to open up and share what's on their minds, and we must listen well and help them think deeply. When we do this, we build trust, help them understand the meaning of their learning, and help them integrate the different pieces of their lives.

We have always tried to do this. Over the years, many of you have engaged in conversation with us about what we — you and us together — hope for, dream about, and imagine for our children going forward. We ask, what will they “know, feel, and do”? What will our students learn? How will their learning touch their hearts? Most significantly, how will they integrate the knowledge they acquire and their response to it as they grow and assume their rightful place in the world?

Judaism demands of us that we learn not just for learning's sake (though very important) but, ultimately, in order to do. How do we act in the world in accordance with God's vision at Creation of what human beings can and must strive to be? How do we bring the very best that is within each of us to ourselves, to those we love and encounter every day, to our many circles of community and responsibility, to our people, and to humanity at large?

This year, as a continuation of the temple's Youth Mental-Health Initiative, our teachers and we are deepening our understanding of Know, Feel, and Do by learning about and promoting Social and Emotional Learning (SEL). The SEL version of Know, Feel, and Do is about preparing children to become “knowledgeable, responsible, and caring” adults:

For children to become *knowledgeable*, they must be ready and motivated to learn, and capable of integrating new information into their lives. For children to become *responsible*, they must be able to understand risks and opportunities, and be motivated



to choose actions and behaviors that serve not only their own interests but those of others. For children to become *caring*, they must be able to see beyond themselves and appreciate the concerns of others; they must believe that to care is to be part of a community that is welcoming, nurturing, and concerned about them....

Social and emotional competence is the ability to understand, manage, and express the social and emotional aspects of one's life in ways that enable the successful management of life tasks such as learning, forming relationships, solving everyday problems, and adapting to the complex demands of growth and development....Social and emotional education is targeted to help students develop the attitudes, behaviors, and cognitions to become 'healthy and competent' overall — socially, emotionally, academically, and physically — because of the close relationship among these domains.

(Maurice J. Elias et al., *Promoting Social and emotional Learning: Guidelines for Educators*, ASCD, 1997, pp. 1 and 2)

Our work this year with SEL will help our students build important life skills so that they can learn successfully and integrate mind, body, heart, and spirit.

We look forward to sharing more with you throughout the year. In the meantime, we can't wait to welcome everyone back to shul and back to school!

L'shalom,

Sarah Gluck, Lisa Friedman,
and Rabbi Arnie Gluck

From the Education Directors

Seeking Soul Connection

In July, I had the opportunity to spend a week participating in the Beit T'Shuvah Immersion Program for Clergy and Educators in Los Angeles. Beit T'Shuvah is a Jewish residential addiction treatment center that focuses on recovery and spiritual wholeness through a comprehensive program of Jewish spirituality, psychotherapy, and the 12 steps in a caring, community setting.

Beit T'Shuvah (BTS) was founded more than 30 years ago by Harriet Rosetto, a remarkable woman with the belief that addiction is a malady of the soul requiring spiritual healing. As a social worker visiting Jewish prison inmates, Harriet realized they had no place to go when released from the "system." She started a halfway house with the goal of giving inmates a chance to integrate as whole people back into society. Rabbi Mark Borowitz joined Harriet in 1988 (at that time having just been released from prison; he had not yet been ordained a rabbi) and used his deep love of Judaism and personal experience to destigmatize the life-threatening disease of addiction.

Beit T'Shuvah has grown organically, from its first 25 beds in a small, run-down house located in a very rough Los Angeles neighborhood, to its current iteration as a multi-faceted residential treatment and prevention center with 140 beds (and a significant waitlist). Unlike most treatment programs that last 30, 60 or 90 days, residents spend nine to 12 months at Beit T'Shuvah immersed in an individualized program involving a combination of psychotherapy, 12 steps, and spiritual counseling.

I quickly learned that spiritual counseling is the "secret" to Beit T'Shuvah's success. Theirs is a Judaism that understands the Torah as a guide to living as complete human beings — as both holy souls and imperfect beings who make mistakes. As Harriet loves to say, "You do not have to be an addict to be in recovery." While the destructive behaviors of addiction and crime are severe symptoms of deeper brokenness, each of us lives and struggles with the human dilemma of seeking to integrate our contradictory selves.

We are all in recovery and we are all discovering ourselves.

The daily work of Beit T'Shuvah is a model for all of us. The focus is to see people for who they really are, as humans who make mistakes and take wrong turns. Each

one of us matters and is worthy. This framework also allows us to appreciate the value of deep relationship, helping us to recognize that what each of us most seeks is soul connection.

One of the most profound takeaways from my time at Beit T'Shuvah was a first-hand experience of what Harriet refers to as "the difference between role connection and soul connection." Through intimate Torah and Jewish text study alongside residents, it became clear that the most profound growth occurs in soul-to-soul relationships. While roles provide frame and structure, interactions are not simply counselor-to-patient, teacher-to-student, rabbi-to-congregant, normie*-to-addict; rather, relationships are all person-to-person, soul-to-soul.

We have the power to move away from seeing those who are different from us as "other" and perpetuating what plagues us most today — "my way is the right way, which means your way is wrong." This manifests as people being unwilling to listen to those with opinions different from their own, and, worse, verbal abuse and vitriol used as a means through which to be "heard." When we cherish one another for the precious souls we each are, we can move away from "us vs. them" and instead celebrate our differences, which make us each unique, special, and holy, as gifts we bring to our community.

I am so deeply grateful for my time spent with the Beit T'Shuvah community. I had the opportunity for self-reflection and introspection, and I look forward to the integration of the work of this incredible place into my life both professionally and personally.

Learn more about the [Beit T'Shuvah Residential Treatment Center and Community](#). I am also excited about the opening of the [T'Shuvah Center](#) in New York.

L'shalom,

Lisa Friedman

**Normie is the term commonly used by Beit T'Shuvah staff and residents to refer to an individual who has not struggled with addiction.*

Meet Our New Youth Director



Hi everyone!

My name is Hannah Lafargue, and I am so excited to be joining the TBE community as the new director of youth engagement! I have met some of you as I started my transition last spring, but I am thrilled to be here officially and have a chance to meet everyone. Most

recently, I come from the University of Delaware, where I graduated with a double major in political science and psychology and a minor in cognitive science. I grew up in Middletown, New Jersey and attended Temple Shalom in Aberdeen. There I participated in Hebrew school all the way through to post-confirmation and was a member of the youth group board for all four years.

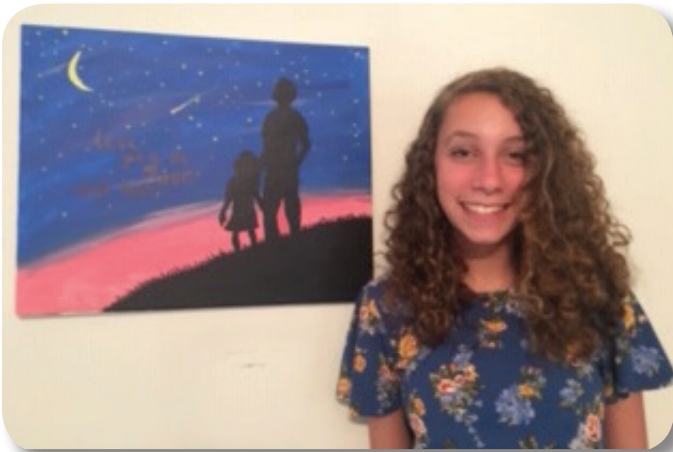
For the past 11 years, I have spent my summers participating in the Jewish camping experience with Camp Harlam, from being a camper, to going on the NFTY in

Israel trip, to becoming a counselor in training and a counselor, to now serving as a supervisor. I feel incredibly fortunate to have had these opportunities, and I am so excited to bring all that I learned from those experiences to Temple Beth-El, to ensure that another generation of Jewish youth is inspired and shaped the way that I was.

This year, I will be working as a shared professional between Temple Beth-El and Camp Harlam, which means that for the most part I will be spending the school year here and the summer in Kunkletown, Pa., actively working with and being mentored by both year-round.

At TBE I will be co-teaching eighth grade in Confirmation Academy with another wonderful Camp Harlam supervisor, serving as the advisor for our youth groups, helping to oversee the madrichim program, and serving our youth community in whatever way possible.

If you have any questions or would like to introduce yourself, please feel free to stop by my office, next to Lisa Friedman's in the school office, or email me at hannahlafargue@templebethelnj.org. I am looking forward to a great year!



My name is Michelle Engler, and I am painting a mural representing Israel in the multipurpose room, for my Girl Scouts Gold Award. Temple Beth-El is my second home. It's not just the building, but the people that make it so. I want to do this mural to help give everybody this same feeling of home.

I'd also like to include pictures that congregants have of Israel in the mural itself. I believe that adding these photos will help bring us all together, and I hope we all feel closer after seeing it.

If you have pictures or copies of pictures of Israel that you want to send in, please email them to bethelmural@gmail.com. Thanks and Chag Sameach.

dk
deli king of clark

30 Clarkton Drive
Clark, New Jersey 07066
(732)-574-2040
fax (732)-574-3447

Toll Free 1-800-410-DELI



Jewish LIFE

CLASSES

BEIT MIDRASH WITH RABBI GLUCK

Sunday, 9:00-10:00 a.m.

The classic setting for Jewish learning is the Beit Midrash, the "house of learning." "Midrash" means to interpret, to seek, to draw forth meaning from our sacred texts. The Beit Midrash is where Jewish tradition has lived for 2,000 years and where it is recreated every time Jews join in serious study of Torah. Each of these sessions in our own TBE Beit Midrash will explore classic texts on one of the great themes of Judaism that guide us in living an honorable and ethical life.

November 3, 17, 24; February 2, 9; March 1, 8, 15

INTERMEDIATE BIBLICAL HEBREW

Sunday, 10:00-11:30 a.m. • Sarah Gluck

Now in its third year, this class will continue to guide you toward reading, understanding, and translating passages from the Hebrew Bible. If you have not participated previously and would like to join the class this year, please contact Sarah Gluck to learn about the prerequisites. Textbook: The First Hebrew Primer (EKS Publishing)

October 20, 27; November 3, 17, 24; January 5, 12; February 2, 9, 23; March 1, 8, 15, 22; April 19, 26

ADULT CONFIRMATION CLASS

Tuesday, 7:00-8:30 p.m. • Rabbi Gluck

Over the years, the 10th-grade confirmation class has been an enlightening and transformational experience for our teens. Over the years, parents have asked whether a similar class might be available to them. The time has come! Please join Rabbi Gluck for a 12-session exploration of core Jewish beliefs, values, and practices. Topics include: What does it mean to be a religious person?

How to read the Torah and understand its message

What does our tradition teach us about how to live an ethical life?

Confronting mortality: death as part of life

Why be Jewish?

November 12, 19; December 3, 17; January 7, 28; February 4, 11, 25; March 3, 17, 31

Jewish LIFE Film Series

Saturdays at 7:00 (unless otherwise noted)

October 26

December 14

February 8

March 28 (at 7:15 p.m.)

May 23

Doors open roughly 15 minutes before show time.

Israeli Folk Dancing

Thursdays at 7:30 p.m. • multipurpose room

September 19, 26; October 3, 10, 17, 24, 31; November 7, 14, 21;

December 5, 12, 19, 26; January 2, 9, 16, 23, 30; February 6, 13,

20, 27; March 5, 12, 19, 26; April 2, 16, 23, 30; May 7, 14, 21, 27

(Wednesday); June 4, 11, 18, 25; July 3 (Wednesday), 11, 18, 25



**Shabbat with
5,000 Reform Jews?
Priceless!**

Join Temple Beth-El's delegation at the URJ Biennial 2019.

URJ.org/Biennial #URJBienial



URJ BIENNIAL 2019

DECEMBER 11 - 15 • CHICAGO, IL

Temple Beth-El's

MINI GOLF OUTING

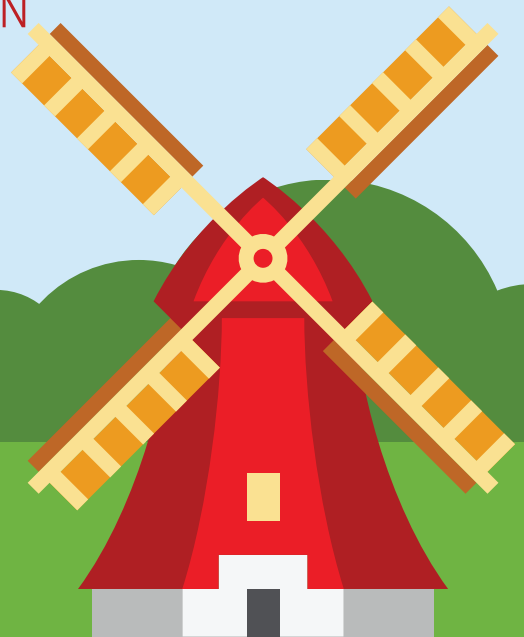
COMMUNITY EVENT

FUN FOR ALL AGES

MINI GOLF
GOLF SIMULATOR COMPETITION
BUCKETS OF BALLS FOR THE DRIVING RANGE
PIZZA, ICE CREAM, TBE's FAMOUS LEMONADE
BASKET AUCTION
50/50 RAFFLE

SUPPORTING
TEMPLE BETH-EL'S
RELIGIOUS SCHOOL

September 22
11:30 to 3:00



The Golf Range @ Branchburg, 3091 US 22 East
Register www.ourbethel.org/events/mini-golf-2019
Questions: MiniGolf2019@TempleBethEINJ.org



Ladles of Love: Ready to Welcome the New Year

Ladles of Love is gearing up for another big year of nourishing those in our Temple Beth-El community who need a little extra attention, in times of joy or challenge. Each Ladles of Love care package includes a quart of homemade soup and a seasonal sweet bread. Since our launch in 2018, more than 65 community members have received Ladles of Love care packages, delivered by more than 13 TBE volunteers, who are always ready with a friendly visit and conversation. More than 30 TBE volunteers have participated in one of our four community cooking sessions, making 78 quarts of soup and loaves of sweet bread.

Our Ladles of Love initiative continued strong this summer, with more than 20 deliveries happening since Memorial Day. Our TBE community benefited from Ladles

of Love care packages throughout the summer, whether they experienced a death in the family, were recovering from surgery or celebrating a new addition to their family.

As a result, it's time to make some fresh soup and sweet breads to restock our TBE freezer. Our next community cooking session will be held on Sunday, Oct. 27, 2019, from 2:00 to 5:00 p.m., in the TBE kitchen. Volunteers do not need to be master chefs and do not need to bring any equipment or supplies. If you can chop vegetables, stir soup or make cake batter, you can be a Ladles of Love volunteer chef! Look for a link to sign up in one of our weekly TBE-blasts this September. More community cooking dates will be announced this fall.

If you are interested in delivering Ladles of Love care packages, please contact Andrea Bradley at abradley616@gmail.com. We'd love to have your help!

Accolades for Ladles of Love

One day I received a phone call, and a sweet lady and her college-age daughter came to my home with delicious soup and bread. They didn't just drop it off, they came in and sat on my couch and visited with me for a while. They made me feel good.

When the call came out for soup makers, I was there. I knew what it was like to receive it, I wanted to help be a part of the experience for someone else. As a new member, I didn't know very many people on the day I went to make soup. Everyone was so warm and so welcoming. It gave me a wonderful, warm, feeling. I would definitely do it again.

From a recipient and volunteer chef

You have no idea how much this helps and puts a smile on our faces.

From a recipient

Just got a "Ladles of Love" package yesterday. Being a part of the Temple Beth-El community is the best medicine I could receive. Thanks!

From a recipient

I was looking for something to do, a way to get involved when my second child went off to college.

From a volunteer chef and driver

Ladles of Love is a Temple Beth-El initiative to deliver care packages to our community members in need of a little love. TBE volunteers gather periodically in the TBE kitchen to make the soup and bake the sweet breads together. Ladles of Love is generously underwritten by the Jules Swickle Cheshed Fund.

It's a volunteer opportunity I feel good about being a part of. It's easy, convenient to my schedule, and people are kind and appreciative.

My husband and I went on the first delivery. We ended up spending an hour there. It was really nice. The recipient was so touched and so grateful.

From a volunteer chef and driver

What are *You* working on today?

עֲנוּה

Humility

Anavah

סְבִלְנוּת

Patience

Savlanut

הַכָּרַת הַטּוֹב

Gratitude

Hakkarat HaTov

רַחֲמִים

Compassion

Rachamim

כְּבוֹד

Honor/Respect

Kavod

שְׁתִּיקָה

Silence

Shtikah

חֶסֶד

Lovingkindness

Chesed

Temple Beth-El Congregants on the Road This Summer

Summer makes for great travel opportunities. Here are a few shots of our congregants getting together on their travels.



At URJ's 6 Points Sci-Tech camp, TBE congregants had a blast. Rachel Frish (second from left) gives a ride to Audrey Stark, while her brother Sam Stark carts Ben Cousineau and Noah Horowitz lifts Dan Shapiro.

Andrea Bradley (center), her sister Barbara (seated far right) and the Rubin family (Mike, Amy Jr., Amy Sr., Talia and Ken) enjoyed dinner at the Katama airport on Martha's Vineyard.



Judi Steinman (right) traveled all the way from Hawaii for a visit with Lillian Swickle and Betty and Art Roswell.



During their Birthright trip, Marissa Kass, Sam Radowitz and Stephanie Weiss visited the Israel Museum.



Cultural Arts

Cultural Arts Happenings for September and October

Welcome back, after the long days of summer heat, to our air-conditioned movie hall and dance studio. I know I am certainly happy to come home finally, after two months of exertion (it was a vacation designed by my husband) driving through many states, including South and North Dakota, Minnesota, Montana, Wyoming, Wisconsin and Michigan. We also hiked in Montana's Glacier National Park (searching for disappearing glaciers), and spent days driving through Yellowstone National park (95% of smart people like us do not hike, just drive). So I am ready to get back to my flyers and posters to let my temple community know of the wonderful Cultural Arts programs that we have prepared for you.

"Here's to another great year of wonderful movies," said one of our movie lovers. Now it's become a slogan for our Jewish Film Series, which has grown stronger every year and has a lot of followers and supporters. Consider becoming a sponsor to help us to continue our highly educational and entertaining Jewish/Israeli film program! Write with your questions on matters of sponsorship to Simona: bakerec@comcast.net.

Our Jewish film program is intertwined with a few of our temple committees in an effort to promote conversations at TBE about issues relevant to our community and dear to our hearts. We would welcome more committees and individuals to participate in film screenings (contact SR) and in leading discussions.

Saturday, Oct. 26, is opening night of the film series with wine and cheese!

The doors open at 6:30 p.m. for you to partake of a delicious spread of snacks, treats, coffee, tea and beverages. At 7:00 p.m., we will screen a light comedy, "Off-White Lies," about father and daughter con artists. Make sure to see our flyers and big poster in the lobby.

RSVP required to Simona Rivkin, Cultural Arts chair: bakerec@comcast.net

Also, mark your calendars now for our scheduled movie dates: Dec. 14, Mar. 28, and May 23. Film titles TBA.

Israeli folk dancing with ruach also continues!

This year we start on Thursday, Sept. 19, 2019 with our professional dance instructor, Sara Alter. Sara has been teaching Israeli dance for more than 25 years. Sara instructs children and adults from the age of two to 80 years young, capturing their hearts and spirit with her grace and overflowing energy. Also, we now have a new dancing floor! You should come and try it. Remember, the first dancing session is free for newcomers, always. So, what are you waiting for? You will lose yourself in the rhythms of the dance and the tuneful music and feel great as your endorphins kick in! Wouldn't it be nice to feel happy, and lost in the pleasure of the moment?

When: Every Thursday from 7:30 p.m. til 9:00 p.m., except holidays.

Cost: \$15 at the door, or prepay for five sessions (\$50 for five). Ask Simona how and when to prepay.

See our flyer and ad box in this Shofar; there are more flyers in the lobby.

The Cultural Arts Committee wishes you a happy, sweet and healthy New Year. We hope to enhance your joy, pleasure and knowledge as you participate in the programs of Jewish cultural life that we bring to you!

L'shana tovah!

Simona Rivkin

Cultural Arts Committee

Dance Your Way to Better Health

If you're a regular Shofar reader, you've undoubtedly seen the articles in the Cultural Arts section about our lively, fun Israeli dancing program. Maybe you've hesitated to try it out, whether it's because of your schedule, your energy level or your (mistaken) belief that you have two left feet. But this might just change your mind. Two very different studies now show that dancing is more than just fun. It can keep your mind sharp and your heart healthy.

In the first study, conducted in the United Kingdom and published in the American Journal of Preventive Medicine, researchers pooled results from 11 surveys totaling 49,000 people. The investigators compared the health effects of walking and dancing, and found that moderate-intensity dancing was associated with a lower risk of dying from heart disease. They believe the heart-health benefits of dance come from its bouts of high-intensity movement, which is similar to interval training, and to the fact that it's a stress-relieving hobby you can do for life.

While we Israeli folk dancers know from experience that dancing is great calorie-burning cardio, a separate study, published in Frontiers in

Aging Neuroscience and conducted by researchers at a number of U.S. universities, found that learning dance choreography offers cognitive benefits, too. Researchers specifically looked at the effects of learning the steps of a country dance, which is similar to our Israeli folk dancing. The need to remember steps and directions, while dancing in time to the music and with other people, can stimulate a key area of the brain and slow down natural brain aging.

Both studies also underscored the positive effects of dance as a social activity, a known brain booster. So, while you could simply turn on your favorite tunes and dance around the house, why not come to your home away from home, Temple Beth-El, and enjoy the company of other dancers? You'll leave with a healthier – and a happier – heart, and it'll boost your spirits for the rest of the week.

Intrigued? See the Cultural Arts article for more information on how you can dance your way to better health and happiness.

Temple Beth-El Jewish Film Series presents

off white Lies

**Saturday, October 26
7:00 p.m.**

**Doors open at 6:30 p.m.
for Wine and Cheese Reception**

In Hebrew with English subtitles.
Not rated, 1 hr. 26 min.

Discussion after the film led by
Simona Rivkin, Chair, Cultural Arts

RSVP required to Simona at
bakerec@comcast.net

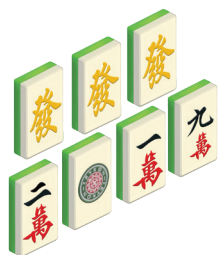
About:

Poised unwaveringly between gentle comedy and delicate drama, Israeli filmmaker Maya Kenig uses the 2006 war between Israel and Hezbollah as a springboard for an exploration of the troubled relationship between an unemployed father and his teenage daughter. While posing as war refugees, father and daughter learn the limits of deception and slowly form an emotional bond that finally transforms them into something like family.

Fourteen award nominations and four wins, including Israeli Film Academy 2011: Best Actor, Best Supporting actor, Best screenplay, Best Director



Mah Jongg moves to Thursdays



Come join our fun group of mah jongg players. Beginners welcome.

Now on Thursday nights at 7:00 p.m.

Contact Eileen Ruderman at Mah-Jongg@TempleBethEINJ.org.

Game Night Returns

Join the grown-up board game fun on Saturday, September 14 at 7:00. Bring a favorite board game or try the featured game of the month: **The Fury of Dracula**.

RSVP to Alan Leventhal at TBEGames@TempleBethEINJ.org



Cooking for the “Other” High Holy Days

When it comes to recipes and food features for the High Holy Days, Rosh Hashanah gets all the love – recipes for honey cake, apple strudel and so on. But all of our holidays have special foods that are traditionally associated with them. For example, during Sukkot, which has its roots in agricultural festivals, Jews in many parts of the world will prepare fruit and vegetable dishes for the meals eaten in the sukkah. Many are embellished with pomegranate seeds, which symbolize abundance and good fortune. My cousin once prepared for me a beautiful spinach salad with orange sections, walnuts and pomegranate seeds. In Ashkenazi countries, Jews often eat chicken soup with kreplach on the last day of Sukkot, as it's thought that kindness will cover, as the kreplach dough does the filling, any strict judgment of misdeeds.

Even Yom Kippur, a holiday you might not think is too food-oriented, features special dishes for the meals before and after the fast. In both the Ashkenazi and Sephardim

worlds, chicken is a common pre-fast food. This is rooted in the custom of kapparot, an ancient “scapegoat” ritual involving a chicken. Thus, the pre-fast meal typically starts with chicken soup, with kreplach or matzo balls for Ashkenazim, and perhaps chicken and lemon soup in Sephardic cultures. This is often followed by a chicken dish and rice. The meal to break the fast is, of course, more festive. A traditional Ashkenazi meal is chopped herring, chicken soup with mandlen, carrot tzimmes, roast chicken with stuffing, sponge cake, teiglach (a honey pastry) and fresh fruit. Sephardim break the fast with a cold drink, such as lemonade or apricot juice, followed by small savory and sweet pastries and anise-flavored breads, served with tea. In many communities worldwide, the break-fast meal is a dairy one.

Hungry now? Here are a few recipes to whet your appetite for the many festive meals ahead.

Chicken and Okra Stew

This is a simple and tasty stew made with okra, chicken, carrots and North African spices. It's a delicious one-pot meal that is perfect for the Yom Kippur pre-fast meal.

- 2 T. extra virgin olive oil
- 4 large chicken thighs, bone in, skin on (about 1½ lbs.)
- 1 medium onion, sliced
- 2 medium carrots, peeled and sliced
- 2 tsp. garlic minced
- 1 lb. fresh okra, cut into ¼ -inch pieces, tops discarded
- 2 c. low sodium chicken broth, or more if needed
- 1¾ c. diced tomatoes, or 1 can
- 3 T. tomato paste
- ¾ tsp. paprika
- ¾ tsp. cinnamon
- ½ tsp. cumin
- ¼ tsp. turmeric
- Pinch cayenne
- 1/3 c. chopped cilantro, divided
(or substitute flat leaf parsley)

Source: *Toriavey.com*



Sprinkle chicken thighs lightly with salt and pepper. Heat olive oil in a large sauté pan with high walls over medium heat until hot. Place the chicken thighs into the hot oil, skin side down, and turn heat to medium high. Brown the thighs for about 10 minutes, flipping once halfway through, until thighs are browned on both sides and skin is golden and crisp. Remove the thighs from the pan. Do not drain the fat or juices from the pan.

Add the sliced onion to the pan and sauté for 3-4 minutes until softened. Add the carrots and sauté them for 2-3 more minutes until the onion starts to turn golden. Add the garlic and cook for 1 minute more until fragrant.

Add ½ cup chicken broth to the pan, stirring and scraping up the brown bits from the bottom of the pan as the mixture cooks. Add 1½ cups more broth to the pan along with the diced tomatoes, tomato paste, paprika, cinnamon, cumin, turmeric, cayenne, and 3 tablespoons of the chopped cilantro or parsley. Be careful when adding the cayenne, as it's extremely spicy. One-quarter teaspoon is enough to give the stew a slight kick. Stir the mixture and bring to a boil. Add ¼ teaspoon salt and ¼ teaspoon black pepper to the pot. Stir all the ingredients, then reduce heat to a simmer.

Put chicken thighs back in the sauté pan and ladle sauce and carrots over them. Cover the pot, vented on one side, and let the stew simmer for 45 minutes, occasionally basting the thighs with sauce, until the chicken is tender. Uncover the pot and remove chicken thighs and skin. Stir the sliced okra into the sauce, bring to a simmer, reduce heat to low and cover again, letting the okra cook for 15-20 more minutes until tender. Meanwhile, cut the chicken meat from the bones in thick shreds, discarding bones, skin and excess fat. (If you prefer, you can keep the chicken pieces whole instead of shredding them; be sure to discard the skin before serving.)

Stir the sliced chicken back into the pot with the okra as it cooks. If the stew seems too dry, add a little chicken broth to rehydrate. Let the mixture simmer until the okra is softened and the sauce has thickened. Remove from heat and sprinkle with remaining 2 tablespoons chopped cilantro. Serve stew over cooked quinoa or brown rice.

Fig Soufflé

This elegant, lovely but simple dessert is perfect for your Sukkot table. The figs, honey and lemon juice are festive and delicious!

10 medium fresh figs, peeled and pureed to produce one cup
(or 10 dried figs, soaked in water and pureed)
2 egg yolks
10 T. sugar
4 egg whites
1 T. honey
2 T. lemon juice, preferably fresh

Preheat oven to 400 degrees. Butter six $\frac{3}{4}$ -cup soufflé dishes or a 4-cup soufflé mold.

Whisk the egg yolks and 5 tablespoons of the sugar until the mixture lightens in color. In another bowl, beat the egg whites

and 2 tablespoons of the sugar to soft peaks. Then add 3 tablespoons of sugar and beat to firm peaks.

Mix 4 tablespoons of the fig purée into the yolk mixture, and then, in thirds, fold in the whites.

Fill the soufflé cups or mold three-quarters full and bake for 10-12 minutes. DO NOT open the oven door during this time. While the soufflé is baking, add the honey and lemon juice to the rest of the fig purée. Serve the soufflé in its dish, pouring the sauce over the top.

Source: *The Jewish Holiday Kitchen*, by Joan Nathan

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Renaissance Happenings

The Scoop

In June: Members enjoyed two historic New Jersey tours on a warm, sunny afternoon. First stop was Drumthwacket, Princeton's historic governor's mansion, with its formal Italian gardens. We learned a noteworthy piece of history as we viewed a particular painting hanging in the residence. The painting, titled "Point Breeze," captured the lavish homestead owned by Napoleon Bonaparte's brother, the exiled king of Spain. How strange to have such a painting hanging here, we thought. However, having fled Spain, it was to be America where Napoleon's brother immigrated and built his country estate, in Bordentown in the Delaware Valley! This caught our attention, as Bordentown was our second scheduled tour stop, and needless to say, we were all one up on our tour guide about this fact when we arrived. We strolled Bordentown's historic neighborhoods, learned of its Quaker founding, its role as a center of trade and transport between Philadelphia and New York, and heard many stories about hometown patriots during the time of the American Revolution. Thomas Paine was famously amongst them; however, lesser known people played their part as well. One such person was artist Patience Lovell Wright, who while living in England supplied sensitive secret information back to the colonists encased in her wax sculptures. This outing was a day of very interesting local history.

In August: Thanks to Bob Taber's organizing, a summer evening outing to the Somerset Patriots ball game and dinner at Girasole Restaurant in Bound Brook was a fun combo once again!

Esther Wallach
Renaissance Group

Upcoming: Mark Your 2019 Calendars

Sat., Oct. 26 The Capitol Steps, performing at 8:00 p.m. Raritan Valley Community College

This well-known satirical troupe is currently touring the U.S., and this is a special opportunity to see them locally. With its special blend of music and political comedy – putting the "mock" in democracy – these equal opportunity jokesters poke fun at all sides of the issues. Tickets are \$40-\$50, minus a senior 10% discount. The theater has earphones available; the show runs approximately one hour and forty-five minutes with one intermission. Interested but missed the advance email notification? Contact the RVCC Theatre Box Office directly at 908-526-1200. Would you like to meet up pre-theater for dinner? Email hwallach77@comcast.net

Sun., Dec. 15 Annual Chanukah Gourmet Potluck 12:00 p.m.

Watch for all the particulars as we get closer, for a special holiday social.

The Renaissance Group is a 50+ social group that gets together to share interests, experiences, and activities. New membership is welcomed! Should you wish additional information about the group, or want to contribute to the Renaissance Happenings column, we welcome your submissions on a learned experience or human interest story. Please contact Harriet Thaler at 908-788-0269 or thalerz@embarqmail.com.

Ritual

Share your Joy and Blessings — Host an Oneg

Hosting a Friday night oneg is a wonderful way to celebrate a special birthday, anniversary, baby naming or other special occasion with the congregation. Hosting is also an excellent way to build community with fellow congregants. The following dates are available for committees, families or individuals to host and, no worries, instructions will be provided!

9/20/19	12/20/19
10/11/19	1/10/20
10/18/19	1/31/20
11/8/19	2/14/20
11/22/19	2/21/20
12/6/19	5/29/20
12/13/19	

If you are interested, please contact Jodi Siegal at jsdegonzalez@gmail.com or 908-541-1170.



Sisterhood

There Is Strength In Sisterhood

Join And Connect With Your Sisters - We Are Stronger Together

Thank you to everyone who bought jars of honey during our Rosh Hashanah honey sale, to send wishes to friends and family for a sweet new year! And an especially sweet thank you to Marsha Malberg, for again chairing this annual program.

Sisterhood's annual Welcome Back Dinner was held at the home of Esther Wallach this year. Those who attended had a great time talking about their summer adventures. We always enjoy each other's company and spending time together.

Sisterhood and Brotherhood will co-sponsor the break the fast event following Yom Kippur services on

Wednesday, Oct. 9. To help with this annual event please email Barbara Johnston at bjohnston1836@gmail.com or Gayle Skolky at gskolky@gmail.com.

Join us for the first of our Women's Torah Talk sessions, to be held at 7:30 p.m. on Wednesday, Sept. 18. Email Gayle Skolky at gskolky@gmail.com for more information. Check out the calendar below with the dates for the year. More information on the hosts and leaders to follow.

Please check out the calendar below for all of the events we have scheduled for this year. We would love to have you join us and are looking forward to seeing you at an event this year.



Sisterhood Calendar of Events 2019-2020

Sisterhood Mission: To promote women working together to achieve personal fulfillment, spiritual growth, support the goals of Temple Beth-El and to improve the quality of life in our local and greater communities.

Sisterhood: It's a place you want to be with women you want to know! New members always welcome!

Honey Sale

Date: Order in June-July 2019 Contact: Marsha Malberg

Sisterhood Welcome Event Dinner

Date: Wednesday, Aug. 28, 2019 Time: 6:30 p.m.
Contact: Fern Jurgrau Location: Esther Wallach's Home

Sisterhood Meet & Greet at the TBE Back to Shul BBQ*

Date: Sept. 6, 2019 Time: 6:00 p.m. with services starting 7:30 p.m.
Contact: Fern Jurgrau Location: TBE

Sisterhood Co-sponsor Break the Fast after Yom Kippur with Brotherhood

Date: Wednesday, Oct. 9, 2019
Contact: Barbara Johnston/Gayle Skolky

Women's Torah Talk, Wednesday evenings, 7:30 p.m.

Dates: Sept. 18, Nov. 6, Jan. 22, April 22, May 20
Hosts: TBD Locations: TBD Contact: Gayle Skolky
*Note: Feb. 19 is the snow date for Jan. 22

Artist-In-Residence Shabbat Services with Israeli Band Banot

Services: Friday, Nov. 15, 2019 Time: 8:00 p.m.
Contact: Fern Jurgrau Location: TBE

Thanksgiving Baskets with Religious School

Kick Off Collection Date: Oct. 13, 2019
Assembly Date: Sunday, Nov. 17, 11:00 a.m.
Contact: Barbara Johnston Location: TBE

Chanukah Gift Shop

Dates: Sunday, Dec. 8 and Dec. 15, 2019 Time: 9:00 a.m.-12:00 p.m.
Breakdown: Dec. 15, 2019
Contact: Donna Tischfield Location: Main Lobby

Sisterhood Woman of Valor Dinner

Date: Thursday, Dec. 19, 2019 Time: 6:30 p.m.
Contact: Fern Jurgrau Location: Kitchen Social Hall

Family Shabbat Chanukah Service*

Date: Friday, Dec. 27, 2019 Time: 6:00 p.m.
Contact: Marcy Rosenfeld

*Temple events Sisterhood is participating in

Sisterhood/Brotherhood Breakfast

Date: Jan. 26, 2020 Time: 9:00a.m. Topic: Jewish Gangster? Jewish Life
Contact: Fern Jurgrau

Participation Temple-wide Tu BiShvat Seder 12pm (following services)

Pot Luck Luncheon*
Date: Saturday, Feb. 8, 2020

Sisterhood/Brotherhood Social Event

Time: 7:00 p.m.
Date: Feb. 29, 2020 Contact: Karen Kaplan

Sisterhood Breakfast

Date: Mar. 22, 2020 Guest Speaker: Nutrition
Time: 9:00 a.m. Contact: Fern Jurgrau

Purim Bags - Assembly

Date: Mar. 1, 2019 Time: 9:00 a.m.-12:00 p.m.
Contact: Cindy Scott/Laura Miller Location: Sanctuary Social Hall

Purim Bags - Pick Up & Delivery

Pick Up: Thursday and Friday Mar. 5 - 6, Sunday, Mar. 8, 2020
Time: 9:00 a.m.-12:00 p.m. Location: Sanctuary Social Hall
Delivered By: Mar. 9, 2020 Contact: Cindy Scott/Laura Miller

Sisterhood/Cultural Arts Israeli Movie and Refreshments Evening*

Date: Saturday, Mar. 28, 2020 Time: 7:15 p.m.
Contact: Marcy Rosenfeld Location: TBE Social Hall

Sisterhood Day of Rest & Renewal - Field Trip

Date: Sunday, May 3, 2020 Time: TBD
Contact: Fern Jurgrau Location: Old York Cellars Winery, Ringoes, NJ

Sisterhood End-of-Year Dinner and Installation Service

Date: Wednesday, Jun. 3, 2019 Time: 6:30 - 9:00PM
Contact: TBD Location: TBD

Mah Jongg Mondays*

Date: Every Thursday Time: 7:00 - 9:00 p.m. Contact: Eileen Ruderman

Sisterhood Board Meetings: Wednesdays, 7:00 p.m.

Sept. 11, Oct. 16, Nov. 13, Dec. 11, Jan. 15, Feb. 12, Mar. 11, Apr. 1, May 13
Location: TBE Library

Social Action

Repairing the World...One Mitzvah at a Time!

Interfaith Hospitality Network

Leigh Freeman, Coordinator — IHN / Temple Beth-El

Our next hosting date is Oct. 13-20

2019-2020 IHN Hosting Schedule

Oct. 13-20	Dec. 22-29	Feb. 2-9
Apr. 19-26	Jun. 7-14	Aug. 2-9

The Interfaith Hospitality Network of Somerset County (IHNSC) is a not-for-profit organization that provides many layers of services for homeless families with children. IHNSC provides a valuable service, as most other programs for homeless families do not provide the range of services to families with children.

Temple Beth-El hosts clients of IHN six times a year, approximately February, March or April, June, August, October or November and December. The families call Temple Beth-El "home" for a week and our volunteers give their time to assure that the families have a warm and welcoming stay with good food, compassion, play, and lots of good conversation.

Getting involved requires only a few hours from one to six times a year...you choose your level of involvement. Every volunteer is an important mentor to our IHN families.

Please visit www.tinyurl.com/TBEIHNSignup or call the appropriate coordinator listed below to schedule a volunteer shift. Always check the IHN Coordinators Contact List in each issue of the Shofar, as it's possible that there have been changes. **Each volunteer is expected to honor their commitment to the IHN hosting week. If a volunteer is unable to fulfill their commitment, they should contact another volunteer and swap dates.**

IHNSC Raffle Benefits Homeless Families

Tickets are on sale now for the Interfaith Hospitality Network of Somerset County's annual fundraiser. The Holiday Calendar Raffle draws seven winners each week in November, December and January 2020. All tickets are re-entered for each weekly drawing, giving ticket holders 13 chances to win! Each day of the three-month period has a designated value of \$30 to \$100. Winners will receive a check in the mail after each drawing.

Tickets are \$10 and are available by calling Karen Donohue at 908-704-1920 or emailing Karen@ihnsc.org. You may also stop by IHN's Flynn Day Center, 98 West End Avenue, Somerville, during regular business hours.

IHN provides emergency shelter, transitional housing and support services to families throughout Somerset County, supported by a network of volunteers from 30 religious congregations in the county.

Thank you for your support.

IHN Coordinators Contact List

Function	Name	Main Phone	Other Phone	Email Address
Coordinator	Leigh Freeman	908-359-2724	908-391-1397 (c)	dancer.leighfreeman@att.net
Dinner Shift Volunteers	YOUR NAME HERE			
Evening Shift Volunteers	Julie Hirsch	732-580-8246		jbghirsch@gmail.com
Overnight Shift Volunteers	Sharon Sietz		908-256-6483	sharon.sietz@gmail.com
Meals	YOUR NAME HERE			
Food/Supplies	Mara White	908-231-1518	301-704-6066 (c)	mara@alumni.brown.edu
Linen Pick-Up	Cindy Andrews		908-635-6858 (c)	cjrandrews@gmail.com
Set-Up/Breakdown	David Cohen	609-683-5766		david@decarchitect.com
IHNSC/Day Center	Karen Donohue	908-704-1920	908-217-0217 (c)	karen@ihnsc.org

TBE at the 4-H Fair

August 14 - 16



Temple Beth-El had another successful fundraising year at the 4-H Fair. Rain on Wednesday, the first day of the fair, resulted in a slow start, followed by parking challenges on soggy fields the second day. But a bright day of sunshine dried the fields, allowing thirsty fairgoers to park on the grounds and come quench their thirsts with lemonade. Friday was a perfect fair day. TBE's booth and two remote stands were busy the entire time, and we finished strong.

We had many wonderful volunteers helping us out for this year's fair. Entire families squeezed lemons, filled cups with ice and sugar water, and served delicious lemonade with a smile. TBE members of all ages helped out, having fun, making friends and strengthening our temple community.

TODAH RABAH, A TREMENDOUS THANK YOU, to all our volunteers! There are too many people to name, but the time and effort each and every person contributed is greatly appreciated.

Shanah Tovah to all!

Melissa Pyle



Yahrzeits S e p t e m b e r

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We extend our deepest sympathy to those of you who will be marking a loved one's Yahrzeit in the coming month. Below are the dates for the Yahrzeits we will be reciting during Shabbat services.

To be read on September 6 and 7

Morris Bauer, father of Elaine Goldsmith
Evelyn Osman, mother of Larry Osman
Sheldon Taber, brother of Robert Taber
Howard Auerbach, husband of Andrea Auerbach
Joseph Shubitz, grandfather of Gerald Shubitz
Joan Finke, grandmother of Jeff Stuart
Celia Dilson, aunt of Cindy Mangel
Sadie Baker, grandmother of Pam Sharenow
Sarah Schwartz, aunt of Sylvia Rubin
Fred Plan, brother of Michael Plan
Eva Cooperman, mother of Frances Taber
Jay Oshinsky, cousin of Ann Wallin
Leon Rothman, father of Shelley Gomolka
Joshua Irvin Albin, son of Robert and Shari Albin
Barbara Fine, mother of Tamar Yarkoni
Jane Ellen Franzblau, sister-in-law of Barbara Franzblau
Samuel Cohos, father of Jane Waldorf
Meyer Trachtenberg, father of Alta Malberg
Ernie Ellison, stepfather of Lori Roth

To be read on September 13 and 14

Albert Kanterman, father of Stanley Kanterman
Jean Schwartz, mother of Vicki Schwartz
Fay Stern, great-aunt of Jeff Stuart
Solomon Maizel, grandfather of Ryan Maizel
Janice Wasserman, mother-in-law of Tracy Wasserman
Aaron Ritzer, father of Gayle Skolky
Marvin Finkelstein, father of Lori Blond
Michael Freiberg, father of Wendy Amodeo
Leonard Alan Shubitz, brother of Gerald Shubitz
Ava Faltz-Miller, sister-in-law of Rick Miller
Andrew Freiberg, brother of Wendy Amodeo
Walter Geller, father of Ira Geller
Dorothy Lowenthal, grandmother of Lynn Small
Claire Katzenstein, grandmother of Howard Mangel
Sol Greenberg, father-in-law of Phyllis Greenberg
John Gale, father of Janet Aaronson

To be read on September 20 and 21

John Jordan, father of Pat Galler
Anita Maizel, grandmother of Ryan Maizel
Herbert Sloan, father of Steve Sloan
Gregory Sussman, father of Yelena Kalikina
Irving Siroty, father of Robert Siroty
Frances Tolman, mother of Edward Tolman
Martin Richard, father of Scott Richard
Frances Shapiro, mother-in-law of Joshua Skowronek
Alvin Resnick, father of Jeff Resnick
Susan Berger, mother of Michael Berger
Ida Cudzynowski, mother of Joseph Cudzynowski
Benjamin Roth, grandfather of Bobbie D'Angelo
Alan Wohl, husband of Gail Wohl
Marsha Wohl, mother of Robyn Becker
Marian Weigl, grandmother of Lynn Small
Gloria Rothschild, mother of David Rothschild
Bessie Friedman, grandmother of Helene Fine
Judith Edelman, mother of Marsha Malberg
Sheila Ann Levine, sister of Alvin Levine
Louise Arens, mother of Margo Siroty
Edith Katchen, mother of Beverly Cohen

To be read on September 27 and 28

Debra Lee Schreiber, sister of Shari Farmer
Lillian Roberts, mother of Sharon Hambro
Daniel Tucker, brother of Barbara Cohen
Elaine Cohen, mother of Gary Cohen
Norman Willett, father of Susan Willett
Blanche Levendel, mother of Sheila Koen
Leonard Levitt, father of Laura Miller
Sol Braun, father of Daniel Braun
Richard Goldsmith, husband of Elaine Goldsmith
Irene Drozd, mother of Joseph Drozd
Thomas Angeline, husband of Hillary Angeline;
father of Joseph, Anthony and Lauren Angeline
Dorothy Shapiro, mother of Irene Lieberman
William Weinstein, father of Jeffrey Weinstein
Allan Miller, father of Leigh Miller
Ida Shrensel, grandmother of Nancy Feusse
Jim Rothschild, brother of David Rothschild
Charles Zolin, father of Jodi Harwood

Yahrzeits October

[Click here to return to Page 1](#)

We extend our deepest sympathy to those of you who will be marking a loved one's Yahrzeit in the coming month. Below are the dates for the Yahrzeits we will be reciting during Shabbat services.

To be read on October 4 and 5

Beatrice Simon, mother of Janet Halpern
Natalie Gorka, mother of Wendy Horowitz
David Roswell, father of Arthur Roswell
Leonard William Hambro, father of Larry Hambro
Seth Martin Rawicz, son of Scott Rawicz
Hank Kampf, father of Alexander Kampf
Perry Bucholtz, father of Ronnie Weyl
Mathew Morelli, son of Ralph Morelli and Marci Becker-Morelli
Russel Johnston, Sr., father of Russ Johnston
Sigmund Miller, husband of Laura Miller
Max Tischfield, father of Jay Tischfield
Charles Howard, brother of Sidney Horowitz
Jay Jefferson Cooke, friend of Caryn Shinske
Doris Herman, mother of David Herman
David Golub, father of Jill Geller
Joseph Paulanski, father-in-law of Linda Paulanski
Mollie Goldstein, grandmother of Heather Lissa

To be read on October 11 and 12

Gussie Glatt, mother of Evelyn Silverstein
Irwin Brody, brother of Bruce Brody
Anne Siegel, sister of Ted Baker
Daniel Franzblau, father-in-law of Barbara Franzblau
Joseph Brieness, father of Zina Wolin
Irv Cohen, husband of Beverly Cohen
Liz Rawicz, wife of Scott Rawicz
Julius Tompa, father of Gary Tompa
Mahdy Flacks, mother of Jill Wedeen
Irwin Fidelman, father of Wayne Fidelman
Louis Goldstein, grandfather of Seth Goldstein
Sheryl Carraher, wife of John Carraher
Allen Febesh, father of Ilene Rothschild
Arnold Cooper, father of Brett Cooper
Seymour Fogel, godfather of Donna Tischfield
Stanley Breslow, father of Janice Klein
Elizabeth Ann Feusse, mother of Andy Feusse
Lawrence Siegel, father of Debbie Levenberg
Karl Rebarber, father of Roxanne Levinston
Morris Kaminetsky, father-in-law of Fern Kamine
Irv Steinberg, grandfather of Wendy Horowitz
Rachel Lorraine Andell, daughter of Jonathon Andell
Jerome M. Cohen, brother-in-law of Barbara Cohen
Lena Lieberman, grandmother of Steven Lieberman
Edith Tesser, mother of Laurie Novak

To be read on October 18 and 19

Ira Zelnick, brother of Zelda Reinhart
Jeff Mitchell, brother of Donna Tischfield
Joseph Halpern, father of Morris Halpern
Frederick Klein, father of David Klein
Leslie Rosner, brother-in-law of Robert and Margo Sirotky
Abe Raynes, father of Harriet Thaler

Dora Friedman mother of Helene Fine
David Ellenberg, father of Naomi McGlashan
Mary Wisniewski, mother of Carol Nerenberg
Jacob Kaplan, grandfather of Gail Wohl
Carl Smith, father of Joseph Smith
Sidney Grossman, father of Linda Strand
Carl Edward Feusse, father of Andy Feusse
Judith Moroz, mother of Tracy Wasserman
Bertram Edelman, father of Marsha Malberg
Leon S. Rosenblum, brother of Fern Kamine
Joseph Marciniak, father of Judi DiMaio
Celia Stept, grandmother of Sheldon Stept
Gerald Moshinsky, brother of Leonard Moshinsky
Samuel Stept, grandfather of Sheldon Stept
Marion Kaplan, mother of Mitchell Kaplan
Ruth B. Rosenblum, mother of Fern Kamine
Sondra Rosner, sister of Robert and Margo Sirotky
Mary Klimczak, mother of Joan Weiss

To be read on October 25 and 26

Lynette Byers, sister of Jonathon Andell
Hilda Blaustein, mother of Betty Roswell
Malcolm F. Becker, father of Marci Becker-Morelli
Ralph Saperstein, father of Carolyn Wald
Anne Rubin, mother-in-law of Sylvia Rubin
Betty Plan, mother of Michael Plan
Daniel Eisenberg, father of Dorothy Vogel
Alice Greenhut, grandmother of Robert Adler
Esther Skowronek, mother of Joshua Skowronek
Jules Cohen, father of David Cohen
Alvin Silverstein, father of Fern Smith
Saundra Schiff, aunt of Rick Miller
Howard Vogel, brother of Irwin Vogel
Donald Picker, father of Sharon Rizzi
Frances Fishman, mother of Andrew Fishman
Mildred Schrier, mother of Sheryl Miller
Albert Katzenstein, grandfather of Howard Mangel

To be read on November 1 and 2

Miriam Schumsky, grandmother of Nanette Mantell
Martine Kamenetzky, sister-in-law of Simona Rivkin
Rubin Cohen, father of Gary Cohen
Judith Cohen, sister of Jeanette Tuckman
Donald Meyers, stepfather of Stacy Rankin
Abraham Etkins, father of Donna Etkins
Seymour Roth, father of Lori Roth
Ruth Brenner, mother of Leslie Klein
Jennie Frenkel, grandmother of Gary Friedman
Harry Wolin, father of Martin Wolin
Wendy DeLapi, sister of Evette Adler
Claire Skowronek, daughter of Brian and Lynnette Skowronek
David Small, uncle of Brian Small

September

Calendar of Events

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Monday, September 2

Labor Day
Temple Offices Closed

Tuesday, September 2

6:30 p.m. Religious School Faculty Meeting
7:30 p.m. Ritual Committee

Wednesday, September 4

6:30 p.m. Religious School Madrichim Meeting
7:30 p.m. Choir Rehearsal

Thursday, September 5

7:00 p.m. Mah Jongg

Friday, September 6

6:00 p.m. Back-to-Shul Barbeque
7:30 p.m. Shabbat Evening Service with the
Tefillah Band

Saturday, September 7

10:00 a.m. Shabbat Morning Service with Bat Mitzvah
of Jillian Zack

Sunday, September 8

9:00 a.m. GreenFaith Showcase
9:00 a.m. Opening Day of Religious School
11:15 a.m. Grade 6 B'Nei Mitzvah Parent-Student
Meeting

Monday, September 9

6:30 p.m. Post-confirmation
7:30 p.m. Oversight Committee Meeting
6:00 p.m. Security Committee Meeting

Wednesday, September 11

4:30 p.m. Hebrew School
6:30 p.m. Confirmation Academy
7:00 p.m. Sisterhood Board Meeting
7:30 p.m. Choir Rehearsal

Thursday, September 12

7:00 p.m. Mah Jongg

Friday, September 13

7:30 p.m. Shabbat Evening Service with the Choir

Saturday, September 14

10:00 a.m. Shabbat Minyan Service
7:30 p.m. Game Night

Sunday, September 15

9:00 a.m. Religious School
9:15 a.m. Brotherhood Board Meeting
9:15 a.m. Training for Shomrim
9:15 a.m. Young Family Schmooze
1:00 p.m. Baby Boomer/Empty Nester Group at
the Jazz Festival

Monday, September 16

6:30 p.m. Youth Culture Committee
7:15 p.m. TBE Reads: Inheritance by Dani Shapiro

Tuesday, September 17

7:00 p.m. Young Family Initiative Meeting

Wednesday, September 18

4:30 p.m. Hebrew School
6:30 p.m. Confirmation Academy
7:30 p.m. Choir Rehearsal
7:30 p.m. Women's Torah Talk

Thursday, September 19

7:00 p.m. Brotherhood Kick-off Event
7:00 p.m. Mah Jongg
7:30 p.m. Jewish LIFE: Israeli Folk Dancing

Friday, September 20

7:30 p.m. Shabbat Evening Service

Saturday, September 21

10:00 a.m. Shabbat Minyan Service
7:30 p.m. Selichot

Sunday, September 22

9:00 a.m. Religious School
11:30 a.m. Mini-Golf Outing

Monday, September 23

6:30 p.m. Post-confirmation
7:30 p.m. Board of Trustees

Tuesday, September 24

7:00 p.m. GreenFaith Meeting

Wednesday, September 25

4:30 p.m. Hebrew School
6:30 p.m. Confirmation Academy
7:30 p.m. Choir Rehearsal

Thursday, September 26

7:00 p.m. Mah Jongg
7:30 p.m. Jewish LIFE: Israeli Folk Dancing

Friday, September 27

7:30 p.m. Shabbat Evening Service

Saturday, September 28

10:00 a.m. Shabbat Morning Service with Bar Mitzvah
of Jake Cohen

Sunday, September 29

Erev Rosh Hashanah
Rosh Hashanah
8:00 p.m. Erev Rosh Hashanah Service

Monday, September 30

Rosh Hashanah
Temple Offices Closed
9:30 a.m. Rosh Hashanah Morning Service
1:15 p.m. Rosh Hashanah Experience for Young Families
2:00 p.m. Rosh Hashanah Children's Service
(up to grade 5)
3:30 p.m. Tashlich Service

Visit our online calendar at www.ourbethel.org/about/calendar/ for more information, room locations and updated information.

October

Calendar of Events

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Tuesday, October 1

Temple Offices Closed

9:30 a.m. Rosh Hashanah Morning Service

Wednesday October 2

7:30 p.m. Choir Rehearsal

Thursday, October 3

7:00 p.m. Mah Jongg

7:30 p.m. Jewish LIFE: Israeli Folk Dancing

Friday, October 4

7:00 p.m. Family Shabbat Service

Saturday, October 5

10:00 a.m. Shabbat Minyan Service

Sunday, October 6

10:00 a.m. Sukkah Building

Monday, October 7

7:30 p.m. Oversight Committee Meeting

7:30 p.m. Ritual Committee

Tuesday, October 8

Erev Yom Kippur - Kol Nidrei

8:00 p.m. Kol Nidrei Service

Wednesday, October 9

Yom Kippur

Temple Offices Closed

9:30 a.m. Yom Kippur Morning Service

12:30 p.m. Reflection Service

1:30 p.m. Meditation and Contemplation

1:30 p.m. Study Session

1:30 p.m. Yom Kippur Children's Service

2:30 p.m. Healing Service

3:30 p.m. Afternoon Service

5:45 p.m. Yizkor

6:15 p.m. Neilah

7:00 p.m. Break-the-Fast

Thursday, October 10

7:00 p.m. Mah Jongg

7:30 p.m. Jewish LIFE: Israeli Folk Dancing

Friday, October 11

7:30 p.m. Shabbat Evening Service

Saturday, October 12

NFTY-GER Event

10:00 a.m. Shabbat Minyan Service

Sunday, October 13

Erev Sukkot

IHN Hosting Week

5:30 p.m. Sukkot Dinner

Monday, October 14

Chag Sukkot

IHN Hosting Week

Offices Closed

Tuesday, October 15

Chol HaMo'ed Sukkot

IHN Hosting Week

Wednesday, October 16

Chol HaMo'ed Sukkot

IHN Hosting Week

4:30 p.m. Hebrew School

6:30 p.m. Confirmation Academy

Thursday, October 17

Chol HaMo'ed Sukkot

IHN Hosting Week

6:30 p.m. Federation Event: Sushi in the Sukkah

7:00 p.m. Mah Jongg

7:30 p.m. Jewish LIFE: Israeli Folk Dancing

Friday, October 18

Chol HaMo'ed Sukkot

IHN Hosting Week

6:00 p.m. Young Family Sukkot Experience

7:30 p.m. Shabbat Evening Service

Saturday, October 19

Chol HaMo'ed Sukkot

IHN Hosting Week

10:00 a.m. Shabbat Minyan Service

Sunday, October 20

Sukkot

Erev Simchat Torah

IHN Hosting Week

7:00 p.m. Simchat Torah Services with the Tefillah Band

Monday, October 21

Simchat Torah/Shemini Atzeret

Temple Offices Closed

10:00 a.m. Shemini Atzeret Services with Yizkor followed by Potluck Brunch

Wednesday, October 23

4:30 p.m. Hebrew School

6:30 p.m. Confirmation Academy

Thursday, October 24

7:00 p.m. Mah Jongg

7:30 p.m. Jewish LIFE: Israeli Folk Dancing

Friday, October 25

7:30 p.m. Shabbat Evening Service

Saturday, October 26

10:00 a.m. Shabbat Minyan Service

7:00 p.m. Jewish LIFE: Film Series "Off-White Lies"

7:30 p.m. Game Night

Sunday, October 27

9:00 a.m. Candidate Forum

9:00 a.m. Religious School and Grade PK/K Fam Ed

10:45 a.m. Sukkah Take Down

2:00 p.m. Ladles of Love Cooking Session

Monday, October 28

6:30 p.m. Post-confirmation

Tuesday, October 29

7:15 p.m. TBE Reads: The Thing Around Your Neck by Chimamanda Ngozi Adichie

Wednesday, October 30

4:30 p.m. Hebrew School

6:30 p.m. Confirmation Academy

Thursday, October 31

7:00 p.m. Mah Jongg

7:30 p.m. Jewish LIFE: Israeli Folk Dancing

Contacting Temple Beth-El

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