

# HaShomer

SEPTEMBER 2010

Congregation Beth Shalom

ELUL 5770/TISHREI 5771

## Schedule of Services

September 2010  
Elul 5770/Tishrei 5771

Friday, September 3, 8:00 pm  
S'lichot Scholar-in-Residence  
at Congregation Beth-El

Saturday, September 4  
Shabbat Service 9:30 am  
at Congregation Ahavath Sholom

Torah: Nitzavim-Vayeilech  
S'lichot Service 9:00 pm  
at Congregation Beth Shalom

Wednesday, September 8, 8:00 pm  
Erev Rosh HaShanah Service

Thursday, September 9, 9:00 am  
Rosh HaShanah Morning Service

Friday, September 10, 9:00 am  
Rosh HaShanah II Service

Friday, September 10, 7:30 pm

Saturday, September 11  
Torah Study 9:00 am  
Shabbat Service 10:00 am  
Torah: Ha'Azinu

Friday, September 17,  
Erev Yom Kippur  
Kol Nidre 7:00 pm

Saturday, September 18, 9:00 am  
Yom Kippur Morning Service  
Afternoon Service 5:00 pm

Wednesday, September 22  
Erev Sukkot

Gumbo in the Sukkah 6:00 pm  
Sukkot Service 7:00 pm  
Led by Cantor Sheri Allen

Friday, September 24  
Pizza in the Hut 6:30 pm  
Sisterhood Service 7:30 pm

Saturday, September 25  
Torah Study 9:00 am  
Shabbat Service 10:00 am  
Sisterhood Kiddush  
Torah: Shmot

Thursday, September 30, 9:00 am  
Shmini Atzeret

Morning Service & Yizkor  
Led by Cantor Sheri Allen  
Simchat Torah Service 7:00 pm  
Led by Cantor Sheri Allen

## My Two Shekels

The following article is an excerpt from my Dvar Torah from Parashat Shoftim, given on August 14th, 2010.

As we near the end of Deuteronomy, once again, our Parashah is full of laws that will be put into action once the Israelites enter the Promised Land. Moses must have been thinking, "So much to teach them, and so little time!"

But I want to focus on one seemingly simple verse. If a dispute is too complicated for the people to resolve in a local court, they are ordered to (17:9): "appear before the Levitical priests, or the magistrate in charge at the time, and present your problem." Seems pretty straightforward. But why add the words, "at that time?" What other time would it be?

Rabbi Allan Schranz surmises that we must resist the temptation to nostalgically yearn for our past leaders, and concentrate instead on putting our faith and trust in those who are here "at the time." To illustrate, he quotes a lament at the end of Tractate Sotah (9:15): "When Rabbi Meir died, the composers of fables ceased. When Ben Azzai died, the assiduous students of Torah ceased, when Rabbi Akiva died, the glory of the Torah ceased." Rabbi Schranz astutely observes, "According to this hyperbolic statement, no current or future scholar will ever match the learning or piety of these deceased giants."

I'm afraid that we might be a bit guilty of engaging in this way of thinking at Beth Shalom. Although it's been over a decade since he left, I still hear people talking about the glory days of Beth Shalom when Rabbi Stern was at the helm.

Make no mistake: I loved Rabbi Stern too! He was charismatic, funny, he made services spiritually uplifting and warm. He was truly a dynamic leader. I felt privileged to share the Bimah with him at various times through the years. But he's moved on, and sometimes I'm afraid that we haven't. Not completely.

We can blame the reduced membership, and the reduced service attendance on the fact that things just haven't been the same since Rabbi Stern left. We can blame it on the migration of many of our members to outlying areas, or on new melodies, services that are too long or too short, too much Hebrew or not enough, or on all the other obligations that vie for our attention. But the bottom line is this: if we don't start concentrating on what we DO have, and not on what we used to have, soon we'll have nothing.

From where I'm standing here's what we do have:

1. A congregation that, when it really wants something, makes it happen. I was at Camp Impact, so I know what we are capable of.

2. A Cantor that is dedicated to making Beth Shalom a vibrant, energetic, warm house of worship.

3. Services that, although, perhaps a bit different musically, strive to maintain a balance between the familiar and the new, the English and the Hebrew. Services that, in time, will become the "way we've always done it" if just given a chance.

4. A group of leaders, including Barry Goldfarb, Stuart Snow, Stephanie Posner and Janet Aaronson, as well as members of the Board who truly care about the future of this synagogue.



*Continued on page 2 . . .*

## From the President Hineni

Hineni, Here I Am. It's one of the most famous Hebrew words in the Torah. The word Hineni shows up 178 times in the Tanach. The most known use is when God calls individuals (e.g. Abraham, Jacob, Moses, Isaiah) and they respond with Hineni, Here I Am!

The most famous of these is during the Akedah or The Binding of Isaac, which is the Torah portion we read on Rosh HaShanah. Abraham says it three times in that story. Once when God calls Abraham to sacrifice Isaac, once when Isaac asks Abraham as they climbed up the mountain, and finally when the God's Messenger stopped Abraham from sacrificing Isaac.

On Yom Kippur, Cantor Allen will chant the Hineni Prayer or the Chazzan's Prayer. The usual translation for the beginning of the prayer is "Here I am poor in deeds to recommend me, frightened and trembling before the glorious presence of God, I have come to beg and plead for Your People Israel who have sent me."

According to our tradition, Hineni has a deeper meaning than here I am, a fundamentally different meaning from the other Hebrew phrase Ani Po, which also means I'm here. Hineni might be more accurately translated as Here I Stand, with the connotation of "at your service." Hineni implies a readiness, rather than just presence.

Hineni, Here I Am. These are powerful words, that mean that I'm not just present, but ready. I ask you to say those words now. Congregation Beth Shalom needs you. We need all of you. Our membership is down. The old 10% of the people do 90% of the work model doesn't work anymore. We are all in this boat together, and if you are not rowing, then you are just dead weight.

We need people to come to services, both Friday night and Saturday. Too often we don't have a Minyan, and people who come to say Kaddish cannot. As I have said before, Judaism is a communal relationship with God. We need to have a community to pray, and we need all of you to make a community.

We need people to serve on committees and on the Board of Trustees. Too many of our board members have served multiple terms, and it is time for new people to step up. If you had ever thought about volunteering, now is the time. Call or email the office; call or email me, and I will find a place for you to help out. You might be surprised and enjoy yourself.

To quote Rabbi Hillel in Pirkei Avot: "If not now, when?"

– *Barry Goldfarb, CBS President*



## Rabbi Emeritus Message

*To our dear members of Congregation Beth Shalom. May your High Holy Day services this year be meaningful, inspirational, instructive and most important life-changing. May the personal strength you derive strengthen the CBS community and indeed the entire Jewish community. And may all of you, your families, and Congregation Beth Shalom be blessed with shalom.*

– **Rabbi Ned Soltz**  
**Rabbi Emeritus**

## My Two Shekels

... continued from page 1

Here's what we need: Every member of this congregation committed to moving this synagogue into the future. Every member to be part of the solution, taking responsibility for filling this sanctuary each week, participating in services, serving on committees, making calls to bring people back, sponsoring onegs, celebrating simchas, taking classes, and trusting in the leadership "at the time: this time".

As I begin my 2nd year as your Cantor, I pray that we all have the strength and the energy to look ahead, and create and celebrate the future of Beth Shalom.

– *Cantor Sheri Allen*

## Tarrant County Synagogues' Annual Selichot Weekend Scholar-in-Residence

Join us as we gather as one Jewish community to prepare for the Holy Day Season, pondering the eternal themes of Judaism.

Rabbi Harry K. Danziger, an outstanding speaker and national Jewish leader, is renowned for his charm as well as his erudition. The whole community is invited to all of these programs, one at each of our congregations.

Friday, September 3, 8:00 p.m., Beth El  
*Our Upcoming Family Reunion*

Saturday, September 4, 9:30 a.m., Ahavath Sholom  
*What Happens After We Die?:  
It's Not What You Think!*

Saturday, September 4, 9:00 p.m., Beth Shalom  
Talk and questions, followed by a reception,  
then Selichot Services at 10:30 p.m.

*What You Believe in Depends  
on What You Believe*

Sunday, September 5, 9:15 a.m., Beth Israel  
Adult Education Session

*How We Came To Be the Jews We Are:  
A Trunk in the Attic, Peanut Butter and Herring,  
Black is Beautiful*

### HaShomer

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Editor: Hy Siegel Editorial Assistance: Janet Aaronson

## Sisterhood

As the High Holidays approach, I usually think of renewal, but this year it is just anticipation. Anticipation of seeing friends again as Sisterhood events begin and anticipation of making our Beth Shalom Sisterhood the best it can be in my first year as President.

I am filled with anticipation for Sisterhood's kickoff August 29, at the Rose Garden Tea Room. A real ladies afternoon tea with my best friends. What could be better! Other than the jewelry and accessory shopping we'll be sure to do at the store connected to the tea room...Membership Vice President, Fran Kreindler, has a wonderful event scheduled to get our Sisterhood year underway.

Our High Holiday card fundraiser was a huge success and a big thank you to Julie Eisenfeld for her beautiful cover artwork. Thank you to Debra Kaplan and Fran Kreindler for heading up this year's committee for one of our most important fundraisers.

Programming Vice President, Yael Sasley scheduled yummy instruction for Bubbe's Kitchen Club on August 22, for Laura Fleischer's famous fast challah. Everyone had a wonderful time at our Ceramics class at Creative Hands on Thursday, August 19. Homemade Judaica pieces make it so much more special. Yael is also committee chair of our new Sisterhood cookbook with the first organizational meeting, Sunday, September 5, at 9:30am at Sweet Tomatoes. Let us know if you would like to be on the cookbook committee.

Also, please mark your calendars and save the weekend of September 24, 25, & 26. This is our Sisterhood Shabbaton Weekend. Friday, Sept. 24, Sisterhood will sponsor, "Pizza in the Hut", a pizza dinner eaten in the sukkah. This will be followed by a Sisterhood led Shabbat service, with a D'var Torah by National Women of Reform Judaism, Vice President Sharon Benoff from Pennsylvania.

On Saturday Sept. 25, all Dallas/Fort Worth WRJ synagogues have been invited to Beth Shalom for services, kiddush luncheon and a workshop on 'Implementing Social Action into Your Programming' led again by Sharon Benoff. This workshop is open to the congregation, community and all that would like to attend. We are so honored to have Sharon for this much ANTICIPATED weekend!

Please contact me any time at [jdsports27@hotmail.com](mailto:jdsports27@hotmail.com) if you would like to be on a committee or just help with any of our upcoming events. I wish my Congregation Beth Shalom family a happy and healthy 5771 and look forward to seeing you in September!

- Jennifer Daley  
Sisterhood President

**A leaf on the Tree of Life, located in the Dora Saxe Sanctuary, is a perfect opportunity to commemorate a simcha in your family or to acknowledge someone special.**

**The minimum donation is \$100 and benefits the Building Fund. To order a leaf, please write your own inscription and mail it with your check to the CBS office.**

## Brotherhood

**Join Brotherhood on Sunday Morning  
September 26, at 10:30 a.m.  
in the Social Hall for a Presentation  
by Dr. Brent Sasley on  
*The Illusion of Time*  
(See Article on Page 4)**

### CBS Mission Statement:

Congregation Beth Shalom is a Reform Jewish community; warm and caring, welcoming of all, rich in tradition, committed to G-d and Israel, devoted to life-long learning, Jewish programs and spiritual growth.

### CBS Vision Statement:

Congregation Beth Shalom strives to be the center for strong Jewish spiritual growth in the Mid-Cities community, where our members engage in the study of Torah, the warmth and friendship that evolves through our Jewish way of life, and our commitment to Tikkun Olam.



*Jennifer Daley presents president Barry Goldfarb with a check for a generous donation to Congregation Beth Shalom.*

## Congregation Beth Shalom Sisterhood Gift Shop

***New Selection of High Holy Day  
and Gift Items - Large New Selection  
of Jewelry - Lots More!***

**Open Sundays and Wednesdays During  
Religious School Sessions and by Appointment:  
Contact Janet Aaronson, 817-860-5448**

## Jews and Cemeteries

It's been a couple months since I last wrote for **HaShomer**. I was hoping that someone would notice my absence, but no such luck. That is a shame since I thought that I was writing some clever things and no one noticed that either. If no one is reading this stuff, I don't have to be too careful about what I write.

I got an e-mail from Janet about a deadline for the September issue and decided to do something. I am flying out of DFW at 5:00 a.m. tomorrow and will be gone most of the time before this article is due. I get home about midnight of the deadline and have to face a house with no hot water because I haven't been able to get a plumber before I leave.

Well, enough of my problems, I have to write something. Susan and I are leaving early in the morning to get the maximum time on St. Lucia in the Eastern Caribbean where we will live in luxury for a week and celebrate my birthday. While we are there, I will be looking for a Hebrew cemetery to learn when there was a Jewish community in that remote part of the world.

This is my first trip to St. Lucia, but I have been to many islands where Jews settled after they were thrown out of Spain and many other countries after 1492. I was surprised, on my first visit to Jamaica, to find a large Hebrew cemetery with headstones dating as early as the 1800's. Since the time of King Solomon, Jews have set up business in distant places to make a living.

This trait was recognized by the rulers of Babylon when they realized that since they took all the wealthy Jews out of Israel, there was no one to pay taxes. They sent a delegation of Jews, led by Nehemiah and Ezra, back to Israel to get the economy going. Jews were also influential in Spain before the Christians took over and thought they could steal their wealth and get along without them. The same thing happens in all of Europe. That's why the dark ages were so dark. Jews ended up in the New World just to make a living..

Last Spring, I finished a new book called, *Abraham's Children*, that confirms a lot of our suspicions about the genetic heritage of the Jews. They have found that Jewish roots go very deep and most of the people named "Cohen" really are descended from the priests in the temple. They started looking into this when so many Mexican women had "Jewish" diseases like breast cancer and ovarian cancer. These Mexicans were descendants of "Crypto-Jews". I wrote about this in the April **HaShomer**.

In Jamaica, people who built the Hebrew cemeteries are now gone and all that is left are the headstones. I wonder, do you think, in the future, people will be looking at our headstones in Arlington and wondering what happened to the Jews here?

Keep the faith.

– *Sherwin Rubin*  
[sherwin@rubin.net](mailto:sherwin@rubin.net)

## The Illusion of Time

The Obama Administration announced toward the end of August that direct peace talks would begin between Israelis and Palestinians on September 2. This was hailed as a major step forward in the search for peace. Later, even Benjamin Netanyahu proclaimed that peace talks on final status issues could be concluded within a year, by August 2011.

But time is not on the side of the two-staters—those who promote a Palestinian state and an Israeli state separated and independent from each other. Instead, the idea of a single state is becoming increasingly legitimate and accepted as both appropriate and probable.

This single state would either be bi-national (two communities sharing power but with the ability to govern most of their own affairs) or more likely unitary (no internal divisions within the state, with only one set of citizenry). What is most interesting is that the one-state solution is being promoted by many Israelis themselves.

In the past, a one-state solution was something only Arabs or "crazies" supported. Before 1948 it was obvious to the Zionists in the Yishuv that a one-state solution was code word for the end of the Zionist dream. By 1945 the Arab-Jewish population ratio in Mandatory Palestine was around or at least 2:1. The formation of a single state would have led to the end of Zionist communal institutions, as they were transformed into state institutions whose civil servants would be drawn primarily from the large majority of the population, that is, Arabs.

Among Jews there were some who did support this notion, on the grounds that Zionism as it was conceived of at the time was a form of colonial control. Instead, tiny and marginalized groups like Martin Buber's Brit Shalom promoted a single-state universalism that would, they believed, entail harmonious and peaceful relations between Jews and Arabs, and in which Zionism would be ended but Jews could expand their cultural life in Palestine.

After 1948 Palestinians and Arabs continued to argue for a single state in all of Mandatory Palestine, but in the context of "liberation"—in which the land would be recaptured from the usurping Zionists and given back to its rightful owners. Jews, some anyway, would still be allowed to live in what would inevitably become an Arab state.

Israelis and many Jews understandably rejected such ideas, arguing that Jews deserved and needed their own separate state. The advent of the Madrid multilateral process in 1991 and the Oslo process in 1993 put the one-state solution on the shelf, as both Palestinians (represented by the PLO) and the Arab states seemed to accept that Israel was here to stay and a separate state in the West Bank and Gaza was achievable and acceptable.

But today, the one-state solution is back. Palestinian intellectuals and activists have, since the breakdown of the Oslo process in the early 2000s, been promoting it as the fairest and most achievable solution. The inability to agree on key issues such as the right of return for Palestinian refugees and the division of Jerusalem could be resolved, they argued, by simply creating one state where nothing would have to be negotiated over.

But perhaps surprisingly, some Zionists are today also

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Have you renewed your membership by returning your Fair Share request form?  
 Supporting Congregation Beth Shalom ensures the future of Judaism in the mid-cities and we count on each and every one of you for your support.  
 Thanks to those who increased their financial level of giving.

# Yiddishkeit

## Retaining a sense of Jewishness

As we enter this time of reflection for the High Holy days I thought it would appropriate to consider a real religious controversy, the High Holy Days themselves. More specifically the prayers we say during this sacred time.

In a new multi volume series "The Days of Awe" the origin of various prayers will be studied. Many of the prayers we say were originally *piyyutim*, poetry that was written from the beginning of the Common Era until recent times.

The first volume of Prayers of Awe considers the controversy surrounding only one prayer said during the High Holy Day Service, the Un'taneh Tokef. This is the heart of the High Holy Day service, the prayer meant to strike fear into each of us. Who shall live and who shall die. Sounds pretty straightforward doesn't it, where is the controversy? In this book, "Who by Fire, Who by Water" (Rabbi Lawrence A Hoffman editor), over 40 different Rabbinic scholars, artists and poets look at all aspects of this prayer.

There is the myth/story of Rabbi Amnon who wrote the prayer as he was being tortured. There are discussions on appropriateness or inappropriateness of this prayer. We all know the verse, "On Rosh Hashanah it is written and on Yom Kipper it is sealed", but what about "who by fire, who by water" or who by earthquake and who by plague, or who by strangling and who by stoning. Are these acts of a compassionate God?

Among the contributors to this volume are Rabbi Lawrence Kushner, well-known author, Rabbi David Stern (Emanuel-Dallas) and Rabbi David Teutsch, the first guest Rabbi to lead a service at Congregation Beth Shalom.

Modern Un'taneh

<http://www.youtube.com/watch?v=s55eHZUNcE>

Traditional Un'taneh

<http://www.youtube.com/watch?v=iBbEIDYVGtU>

- Dr. K

[oygevalt@sbcglobal.net](mailto:oygevalt@sbcglobal.net)

## 2009 - 2010 CBS Executive Board and Board of Trustees

President	Barry Goldfarb
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2nd Vice President	Ben Weiger
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# Sylvia Gray Chaverim

Invite you to join them for

## A Trip to Winstar Casino

Our own van will leave Beth Shalom  
Sunday, October 17, at 9:30 a.m.

Arrival time in Oklahoma should be around  
11:00 a.m. Lunch and gambling are on your own.

Back on the van at 3:00 p.m.

Arrival time at Beth Shalom by 5:00 p.m.

Mail \$10 check to Rosalie Cagan,  
3029 Winstone Ct., Bedford, TX 76021.

Please make your check payable to SG Chaverim.

Seating is limited! Send your check ASAP.

For more information contact:

Rosalie Cagan, 817-684-7197, [ccagan@tx.rr.com](mailto:ccagan@tx.rr.com)

*Sylvia Gray Chaverim made possible through a grant from the Jewish Federation of Fort Worth and Tarrant County. You need not be a member of Congregation Beth Shalom to participate in the Sylvia Gray Chaverim.*

## Daytimers Presents:

### Calvin Littlejohn: Portrait of a Community in Black and White

Presented by the author, Bob Ray Sanders

Wednesday, September 15, 12 noon  
at Beth-El Congregation

A talented commercial photographer from the 1930s through the 1990s, Calvin Littlejohn compiled a comprehensive portrait of the African-American experience in Fort Worth and Tarrant County, shining a light on it while documenting its shadows.

Bob Ray Sanders, columnist and vice president for the *Fort Worth Star-Telegram*, recalls Littlejohn as having "captured much of the social, religious, educational and family life of African-Americans in Tarrant County."

Lunch, catered by Pak-a-Pocket, \$9.00  
Program only, \$4.00 per person

For information/reservations contact: Barbara Rubin,  
817-927-2736, or Sylvia Wexler, 817-294-1129.  
*The Sylvia Wolens Jewish Daytimers is a program of Beth-El Congregation with support from the Jewish Federation.*

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If you can't read this, you need to see us.

## The Illusion of Time

... continued from page 4

supporting this outcome. And they are not marginal or tiny; they have considerable clout within Israeli politics and are insistent and vocal about their ideas. These are religious Zionists who live in the West Bank settlements and have also despaired of achieving a mutually-acceptable solution.

In private, settlement leaders will also note that Israeli control over the territories that deprive Palestinians of civil and political rights is not acceptable to the international community. In an age of economic interdependence, efforts to boycott and divest from Israel could be very disruptive for settlement economic activity. Establishing a single state and giving Palestinians full rights, including voting rights, is increasingly offered as a way out of the impasse.

The right-wing political parties currently in control of Israel's government do not talk about a one-state solution. But with growing pressure from all sides, it is not inconceivable that the idea will become politically viable and inserted into the Israeli-Palestinian discussions. This would mean the end of the Zionist project, in the sense of establishing a Jewish state primarily for Jews. Others would argue that Zionism means something more, for non-Jews as well as Jews. Depending on your Zionism, you'll either be excited or fearful at how this plays out.

– Brent E. Sasley, Ph.D.

## Standing as a Community Before G-d

I love the High Holy Days! As the new year approaches, I can't help but reflect upon the many years I've spent standing in front of the Ark wherever the location might have been during the High Holy Day season and whatever the number of people who filled the sanctuary. I am always moved, uplifted, and I feel a spiritual bond to my people.

When I hear our voices singing together, chanting, praying, it comforts me to look out into the sanctuary and see so many recognizable faces and hear those familiar words from our prayer book. I am reminded how fortunate I am to be part of this congregation.

I wish each and every one of you a healthy, joyous and meaningful year. May you be inscribed in the Book of Life and may Beth Shalom continue to be a home for all of us for many years, filled with wonderful memories and a warm, loving sense of community.

*L'Shanah Tovah Tikatevu,*

– Janet Aaronson



### Check out:

**Congregation Beth Shalom Arlington on Facebook!**

Lynne Jacobs has been doing a terrific job updating the page. It's a great way to connect with current and past CBS members.

## Birthdays

**September 1**  
Stephanie Posner  
Ryan Silverberg

**September 2**  
Mary Ann Levine

**September 3**  
Felicia Freeman

**September 4**  
Ryan Blair

**September 8**  
Marah Cohen

**September 9**  
Joshua Friedensohn

**September 10**  
Michael Kornitzky  
Martin Wichter

**September 14**  
Davina Sassoon  
Madison Weiss

**September 15**  
Raquel Rosenthal

**September 18**  
Jordan Wagner

**September 19**  
Talia Feinberg

**September 21**  
Phil Pelletier  
Les Pock

**September 22**  
Eugene Posnock  
Sharon Self  
Nathaniel Zrodowski

**September 23**  
Daniel Kapin

**September 25**  
Debby Hein

**September 27**  
Linda Barasch  
Ashley Stein

**September 28**  
Dylan Jeffreys  
Larry Thomas

**September 30**  
Jerry Aaronson

## Anniversaries

**September 3**  
Yael & Brent Sasley (10)

**September 5**  
Felice & David Silverberg

**September 8**  
Pat & Roy Rubins

**September 14**  
Sarita & Stephen Cabrero

**September 16**  
Eric Fernandes & Margaret Berthoff-Fernandes (15)  
Debbie & Marty Goldsmith  
Judi & Philippe Lecoq

**September 20**  
Mary & Larry Goodman

**September 22**  
Loesje & Elliott Blumberg



### *The congregation records with joy the birth of:*

Ethan Thomas Garbett, grandson of Dina and Jerry Lindell on July 29<sup>th</sup>. Proud parents are Tammy and Neal and his big sister is Allison.

Akiva Sawyer, son of Mimi and Lee Kravetz, and grandson of Terri and Jim Kravetz.

### You can advertise in

## HaShomer

the monthly newsletter of  
Congregation Beth Shalom

Ad Rates: (Business Card Size)

1 month - \$25    3 months - \$65  
6 months - \$120    12 months - \$225

Contact the CBS office for information 817-860-5448

# Donations

(Received prior to August 18)

## MORTGAGE REDUCTION FUND

In honor of the birthdays of: Fran Levy, Hy Siegel, Mical Self, Judi Lecoq, Lew Pincus, Sherwin Rubin, Laurie Sherwin, Sheri Allen, Ellen Pincus, Barbara Bushner, Shelley Sternblitz, Pat Rubins, Phil Landsberg; in honor of the anniversaries of: Stuart and Andrea Snow, Mike and Suzi Kapin, Ben and Fran Weiger, Larry and Wanda Brunell; in memory of: Betta Mandell, David Mandel, Gloria Ershler  
from Harold Mandel and Sharon Self

## IRA UDES MEMORIAL BIMAH FUND

In honor of the birth of Akiva Sawyer Kravetz  
from Leslie Udes  
from Shelley and Steve Sternblitz

## CAMP IMPACT FUND

In memory of Isaac Pack  
from Lena Pack

## BUILDING FUND

In memory of Irma Grace Stewart  
from Karen and John Blair  
In honor of the birth of Akiva Sawyer Kravetz  
from Judi and Philippe Lecoq  
Wishing a complete recovery to Judi Lecoq;  
in memory of Lee Landsberg and Shirley Wichter; in honor of Davina Sassoon's graduation  
from Melanie Garver

## GENERAL FUND

In honor of the birth of Akiva Sawyer Kravetz  
from Barbara and Larry Bushner  
In loving memory of Esther Siegel Schatten  
from Hy Siegel

## EDUCATION FUND

In memory of Carol Collier and Leonard Schulman  
from Leslie and Lee Schulman

# Don't Worry – Be Jewish

As a general principle, Jewish holidays are divided between days on which you must starve and days on which you must overeat.

Some Jews observe no fewer than 16 fasts throughout the Jewish year, based on the time-honored principle that even if you are sure that you are ritually purified, you definitely aren't.

Though there are many feasts and fasts, there are no holidays requiring light snacking.

Note: Unlike Christians, who simply attend church on special days (e.g. Ash Wednesday), on Jewish holidays most Jews take the whole day off. This is because Jews, for historical and personal reasons, are more stressed out.

## The Diet Guide to the Jewish Holidays:

Rosh HaShanah	-----	Feast
Tzom Gedalia	-----	Fast
Yom Kippur	-----	More Fasting
Sukkot	-----	Feast for a week +
HaShanah Rabbah	-----	More feasting
Simchat Torah	-----	Keep right on feasting
Month of Heshvan	-----	No feasts or fasts for a whole month. Get a grip on yourself
Chanukah	-----	Eat potato pancakes
Tenth of Tevet	-----	Do not eat potato pancakes
Tu B'Shevat	-----	Feast
Fast of Esther	-----	Fast
Purim	-----	Eat pastry
Passover	-----	Do not eat pastry for a week
Shavuot	-----	Dairy feast (cheesecake, blintzes, etc.)
17th of Tammuz	-----	Fast (no cheesecake or blintzes)
Tish B'Av	-----	Serious Fast (Don't even think about cheesecake or blintzes)

# Yahrzeits

## September 3-4

Harvey Pock\*  
Gussie Ponter\*  
Warner C. Brunell  
Phil Handel\*  
Mary Shaw\*  
Isadore Weiss  
Sophia Shwiff Robinson\*

## September 10-11

Irving Kaplan\*  
Rusty Sokol\*  
Jules Flack\*  
William Schwartz  
Ingeborg Czerner\*  
Fannie Dorfman\*  
Martin Kirshbaum\*  
Joseph Moskovitz  
Louise Schubach  
Evelyn Preisler\*

## September 17-18

David Feld\*  
Samuel Jonas Katz\*  
Irving Steinberg\*  
Dorothy Eisenfeld\*  
Herbert Paul\*  
Helen Marie French\*  
Jack Jeffreys  
Jack Cohen\*  
Louis Laves  
Leo Lenhoff

## September 24-25

Maurice Kramer  
Albert Schneider\*  
Nancy Spindler  
Pearl Eisenstein\*  
Edward Kulick  
Ethel Craden  
Marcie Schulman

## October 1-2

Herman Kabakoff\*  
Rae Siegel  
Irwin Weiner  
Mordechai Miskin\*  
Constance Stuart\*  
Lillyan A. Kaplan\*  
Anne Kravetz\*  
Gertrude Steinberg Rubin\*  
Lorraine Tan Posner\*  
Vera Sherwin

\* Memorial Plaque in Sanctuary

*The Congregation records with sorrow the passing of:*

Rabbi Lawrence (Jake) Jackofsky  
beloved rabbi, teacher, and friend to  
Congregation Beth Shalom

## New members

Dorit and Stan Mikulencak, Zachary  
and Jonathan - Fort Worth  
Returning: Sue and Vince Brezinsky  
- Arlington

*Welcome to Beth Shalom*