



Reconstructionist Temple Beth Israel of Bergen County

A Contemporary Look at Tradition

201-845-7550
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www.rtbi-online.org

34 West Magnolia Avenue
Maywood, NJ 07607

2nd of Elul, 5771 - 2nd of Tishrei, 5772

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September 2011

Rabbi Jarah Greenfield
Congregational Cantor Lois Kittner

ב' בַּאֲלוּל תִּשְׁעִ"א - ב' בְּתִשְׂרֵי תִשְׁעִ"ב

Rabbinic Reflections

By Rabbi Jarah

The High Holiday Diet Plan: 10 Best Tips for a Better You

At the opening of every summer, nearly every magazine cover touts its own "10 best tips for summer weight-loss." On occasion, while sitting in a doctor's waiting room, I'll give one of these articles a cursory scan, which will inevitably lead me to the same response: "Thanks for these 10 simple tips, which I will certainly never try and surely forget as soon as I turn the page."

The curious thing is that, as infrequently as I peruse magazines, I do keep making the same choice, over and over, to pick up the magazine which promises the seasons best dieting tips, even though I know I'll be silently scoffing at its contents when I put it down.

So, why do I keep picking up that magazine? Why do any of us keep doing the same unhelpful things over and over even when we know it won't change who we are or how we behave? As one popular saying puts it, "Insanity is doing the same thing over and over again and expecting different results." But before we get too hard on ourselves, we may really have something to learn from those "10 best tips" that have nothing to do with the benefits of goji berries or 3-day juice fasts, but have everything to do with what drives us to keep seeking guidance for the things we find so hard to change about ourselves.

If you have read this far, you probably realize that I don't really believe in the "High Holiday Diet Plan" that promises 10 quick ways to reinvent yourself and become a better person. But, if you are like me, there is a little part of you that hoped it was true, even though you know that the internal work you would need to do in order to make a true and lasting life change requires a level of effort and commitment far beyond reading a bulletin article. What is important about your urge to seek that easy remedy is that it signals a longing inside of you that deserves your attention and respect. There is a lot of wisdom within the Jewish tradition, especially around the themes of the High Holidays, that is available to you at whatever level you're ready to engage it.

Continued page 9

From the Boardroom...

Old Faces & New

by Christine O'Donnell, Ritual Chair

Because we are currently without a president, board members will be contributing to this column each month to keep our congregation abreast of our work.

At this year's annual retreat (held in the scenic Mel Room), we on the board discussed our goals and concerns for the year. Most centered on the small size of active congregation members. It was felt that our community could benefit from more participation and people, which would allow us to hold a greater number and variety of programs and services.

After a discussion, we voted on a motto for the year: "New Faces." Most of us felt that this motto summed up our main goals for the year: encouraging greater participation by community members, or faces we knew but did not see often enough. It also states our goal to gain new members this year.

The board, with our clergy, has already taken some exciting steps towards the realization of New Faces:

- Our Welcome Back Picnic on Sept. 18 will kick off the fall with a fun potluck event.
- For the first time, the family services for Rosh Hashanah and Yom Kippur will feature an interactive drumming service with Rabbi Jarah and Richard Reiter.
- A special Selichot service on forgiveness will be held on Sat., Sept. 24. Guest speakers will hold this workshop in preparation for the High Holidays.

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Reconstructionist Temple Beth Israel of Bergen County

34 West Magnolia Avenue
Maywood, NJ 07607

Rabbi Jarah Greenfield
Rabbi Jarah has a direct line for RTBI calls.
You can reach her at **201-838-9824**.
You may also send email to: rabbi@rtbi-online.org

In the event of an emergency, please contact
Caryn Starr-Gates at 201-791-4694 or
carynstarr@yahoo.com

RTBI Board of Directors

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Recording Secretary: Rachel Ladutke

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Onegs: Alexandra Hanson-Harding
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Yahrzeit reminders: Judy Baslaw
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RTBI MISSION STATEMENT

Reconstructionist Temple Beth Israel is a community of open-minded people who value social justice, learning, full and equal participation, and inclusiveness. Our worship services and social action initiatives provide spiritual experiences connected to sacred moments. Our commitment to Reconstructionist Judaism confirms our continuing evolution and growth as a Jewish community in a changing world.

Oneg Shabbat

A Delicious Way to Give to the Temple

Each of our member households is expected to sponsor an oneg Shabbat (" joy of the Sabbath ") after Friday night services once during the year. Onegs—refreshments served after the service—are sponsored for happy occasions such as birthdays, anniversaries, and engagements; serve to commemorate Yahrzeits and memorials; or can be sponsored " just because. " **AS PART OF YOUR MEMBERSHIP, YOU MUST SPONSOR ONE ONEG EACH YEAR.**

The sponsor is responsible for shopping and setting up the Oneg (other members can help if you are not physically able to do it yourself). For your oneg, you should buy:

Cakes, cookies, pastries—*parve and kosher dairy*

There needs to be one parve, packaged choice available.

Soft drinks, seltzer or other drinks—*with a hechsher*

Juice for Kiddush—*marked as kosher*

Fresh fruit (*cut at temple with our knives, or*

purchased from a produce-only or Kosher market)

Challah for Saturday morning

You 'll be sent a letter outlining how to set up, and there are people to lend you a hand if you need one.

Please contact Alexandra Hanson-Harding at ahh13@comcast.net to sponsor an oneg shabbat

KASHRUT POLICY

Our kitchen is kosher dairy.

All food brought into the temple for snacks, onegs or meals should be parve (neutral) or dairy. You may prepare food at home *only* if you have been certified by the kashrut committee. Any prepared/packaged foods (things in packages, jars, cartons, etc.) must have a hechsher (kosher certification) mark, such as OU, Circle K, Star K or Chaf K.

Contribute to The Rabbi's Discretionary Fund

This vital fund is used to help congregants who are in need or for other special situations, at the rabbi's discretion.

You may send donations to the Rabbi's Discretionary Fund to:

The Rabbi's Discretionary Fund—RTBI

Book Club News

September 13: *The Pearl* by John Steinbeck at Roz Altman's house

October: no meeting due to High Holiday schedule

November 7: *Major Pettigrew's Last Stand* by Helen Simonson at Alma and Bill Katz's house

RTBI Now Takes Credit Cards Through PayPal

If you wish to pay your bill or make a donation to RTBI, you may do so on our website through the PayPal buttons you will find on our internal pages (just access these through the main navigation at the top). On the right side of these pages is a section called Support RTBI and under that is the Donate button which directs you to the PayPal portal.

With PayPal, you can use a credit card, your own PayPal account, or have funds transferred from your bank account. The process is simple and makes payment easy! When you click on the Donate button, you will be directed to the payment page. Please be sure to fill out the "Purpose" line so we know what you are paying or why (examples are dues, building fund, tuition, fundraiser, donation in memory of ..., general donation). Enter the amount and complete the transaction; we receive an email in our general inbox with transaction details which will be forwarded to our financial secretary, Rena Rabinowitz. You might also want to contact Rena at rleikin@yahoo.com after you have completed your transaction to ensure she is informed of it in a timely manner.

Social Action Collections

Through the first week of September, please deposit **new school supplies** for needy children in the blue bin in the coat-room.

Please donate shoes for **Soles4Souls**. Tall bin in lobby—new or gently used shoes of all kinds accepted through 12/31.

The Center for Food Action desperately needs these items:

- * Canned items: meat (tuna, chicken, etc.), hearty soup, vegetables, fruit
- * Macaroni and cheese, peanut butter, jelly, cereal (low sugar), instant potatoes, 100% juice
- * Baby formula, diapers. (Sizes 4, 5, 6)
- * Bar soap, toothpaste, toothbrushes
- * Supermarket gift cards.



SUNSHINE

To Joy Rothschild and family: Condolences on the loss of Gil Wolf.

- Alma and Bill Katz and Audrey Burdick.

To the Rothschild family: Condolences on the loss of Gil Wolf.

- Sue and Gene Coleman

To the Rothschild family: Condolences on the loss of your brother.

- Shirley and Norman Epstein

To Sue and Gene Coleman: Congratulations on the upcoming marriage of Lillie Coleman and Nathan Bruce.

- Shirley and Norman Epstein

High Holiday Greetings

A healthy & happy New Year!

- Mark Elfant and Wendy Schofield

L'shana tova to my RTBI friends!

- Gloria Lieberstein

A year blessed with health and peace to all!

- Ilene Matza

A happy, healthy, peaceful new year to all!

- Shirley and Norman Epstein

Thank you all for your support; hoping for a wonderful 5772

- Caryn and Larry Gates

L'shana Tova to the entire RTBI community!

- Judy Baslaw and Joe Freedland

L'Shana Tova to our RTBI family

-Rena and Mitch Rabinowitz

NATHAN KITTNER

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CERTIFIED CRIMINAL TRIAL ATTORNEY

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(201) 488-5565
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ONEG SHABBAT SPONSORSHIP FORM

At RTBI, we value the sharing of food and drink while getting to know each other better as an important part of our communal life. Everyone who attends a Friday night service knows that those who stay afterwards enjoy some refreshments provided by our temple members at the weekly *oneg Shabbat* ("delight of the Sabbath").

As clearly stated in our monthly bulletin, we expect all members to sponsor at least one *oneg Shabbat* throughout the year as part of their community involvement. To make this process easier so that it shared by everyone more equally, we are providing this form for you to sign up for your intended date.

Please indicate your first and second choices for Friday night *oneg* on this form and **return to Alexandra Hanson-Harding no later than September 20**. You may choose a special occasion or commemoration as your reason, or any random Friday "just because." If for any reason the date you have chosen is already taken or is a date when there are no services, will call you to reschedule your *oneg Shabbat*.

Once you are assigned a date, you are responsible for it. *If for some reason you must make a change, we ask that you contact another member to make a switch and notify Alexandra of the change in advance.*

We always take into account special needs or concerns; please contact Alexandra Hanson-Harding directly if you need to discuss this with her.

Name: _____

Phone number(s): _____

Email address: _____

1st choice: Friday, _____ Occasion: _____

2nd choice: Friday, _____ Occasion: _____

Please mail to Alexandra Hanson-Harding at 278 Mountain Ave., Rutherford NJ 07070 or attach to an email message and send to ahh13@comcast.net

YIZKOR REMEMBRANCES

We are compiling our annual yizkor booklet, which is used four times a year during yizkor services (Yom Kippur, Sukkot, Pesach and Shavuot). The booklet contains the names of those deceased who you wish to commemorate.

Write the names of your loved ones clearly on the form, and enclose \$6 per name. Send all completed forms and payments to:

RTBI

Attn: Rena Rabinowitz
34 West Magnolia Avenue
Maywood, NJ 07607

DEADLINE: September 23rd. This is firm, so we have time to compile and print the booklets. Note what you are donating for on the memo line of your check (for example, 5 names @ \$6 ea.)

YIZKOR NAMES (**deadline Sept. 23st**) IN LOVING MEMORY OF: (List names to memorialize)

BY: (Member/s name/s): _____

RTBI BIRTHDAYS

September

- 4 Sue Coleman
- 9 Norman Epstein
- 12 Joe Freedland
- 14 Judith Cohen
- 23 Marian Goldberg
- 26 Kyla Ginsberg
- 29 Joy Rothschild
- 30 Carole Barr



Ecumenical Program Commemorates Sept. 11 at Presbyterian Church

Congregational Cantor Lois Kittner will give the benediction and sing "God Bless America" at Maywood's September 11th memorial program at the Presbyterian Church at 401 Maywood Avenue. The program begins at 7:30 pm. on Sunday, September 11.

SUKKOT ACROSS AMERICA



October 16, 2011, 11:30 AM - 1:30 PM
Reconstructionist Temple Beth Israel
 34 W Magnolia Avenue, Maywood, NJ
 RSVP: (201) 845-7550 x1 info@rtbi-online.org

The RTBI community gratefully acknowledges a generous donation by Marvin Katz in honor of his 95th birthday which he celebrated in May.

Kitchen Wish List

- *Stainless steel water/coffee urn
- *High-quality stainless steel sauté pan (12 or 16")
- *Glass soup bowls—one dozen
- *White or black coffee mugs (aiming for 3 doz.)

ADS in the BULLETIN, Oy what a deal!

Got a business? Take out an AD! An ad in the RTBI bulletin will reach families throughout Bergen County. Rates are reasonable; the ad will run monthly for one year.

Yearly rates:

1/8 page \$125

1/4 page \$175

1/2 page \$250

full page \$300

Contact David Volin at rtbbulletin@yahoo.com or 201-794-1107 & he'll give you info about placing an ad. Copy or logos should be submitted in electronic format (email or on disc) when possible.

*Steven A. Weisfeld, Member
of the Law Firm of*



BEATTIE PADOVANO, LLC

50 Chestnut Ridge Road
 Montvale, New Jersey 07645
 (201) 573-1810

www.beattielaw.com

Maywood Pharmacy and Surgical Supplies

We care about your health and well-being



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Registered pharmacist on duty

*We accept all major insurance plans plus
Medicare Part D and Medicaid*

*Services include: Medication management,
vaccinations, wellness consultations, and
free delivery*

**102 West Pleasant Avenue
 Maywood, NJ 07607
 201-880-5290**

RTBI Events & Services

Fri., Sept. 2

Erev Shabbat Services at 8pm
Rabbi Jarah and Cantor Lois lead
Oneg sponsored by the Eisenberg Family

Sat., Sept. 3

Shabbat Services at 10am
Rabbi Jarah and Cantor Lois lead
Bar Mitzvah of Max Eisenberg
Luncheon sponsored by the Eisenberg Family

Fri., Sept. 9

Erev Shabbat Services at 8pm
Joe Freedland leads

Sat., Sept. 10

Shabbat Services at 10am
Caryn Starr-Gates leads

Sun., Sept. 11

First Day of Children's Learning Center
Now taking registrations!

Fri., Sept. 16

Shir Hadash Services at 8pm
Cantor Lois leads

Sat., Sept. 17

No Services

Sun., Sept. 18

Welcome Back Picnic at 1pm
Please RSVP by Sept. 11 at 201-845-7550 ext. 1 for
this annual potluck gathering. Invite interested friends!

Fri., Sept. 23

Erev Shabbat Services at 8pm
Rabbi Jarah leads

Sat., Sept. 24

No morning services

Slichot at RTBI at 8pm

Moving toward Forgiveness: Tools & Strategies for Bringing Meaning to the High Holidays

Forgiveness of yourself or someone else can transform your life. When you hold on to your hurt, anger, disappointment, and/or mistrust of others long after you've been hurt, betrayed or offended, your feelings will interfere with your relationships, not only with the injuring party, but also with "innocent" people.

In this program you'll learn steps to forgive and let go so that you can live authentically empowered and whole. The program will be led by Loren Gelberg-Goff, LCSW, a psychotherapist in River Edge and Dr. Carmel-Ann Mania, a chiropractor in Hackensack, the founders of and partners in Being Well Within, a wellness and personal development practice based in River Edge, N.J. This one-hour forgiveness workshop relates directly to the theme of Slichot and the internal work we must do toward "tshuva" (repentance) during the High Holiday season.

Wed., Sept. 28

Erev Rosh Hashanah
Services at 8pm

Thurs., Sept. 29

Rosh Hashanah
*Interactive Family Services with Drumming, Singing & Storytelling at 9:00am
*Regular Services at 10:00am

Fri., Sept. 30

Rosh Hashanah, Day 2
Services at 10:00am

OTHER EVENTS

Sun., Sept. 11

RTBI Congregational Cantor Lois Kittner will give the benediction and sing "God Bless America" at Maywood's September 11th ecumenical commemorative program. It will be held the Presbyterian Church at 401 Maywood Avenue in Maywood and begins at 7:30 pm.

Sun., Sept. 25

Storahtelling: Moses' Story 10-11:30am
Ideal musical family entertainment for kids from 2-7 & parents of all ages. This event is open to the public and is free of charge. RSVP to abickell@ssdsbergen.org. Held at Solomon Schechter Day School at 275 McKinley Avenue in New Milford. For more information, call 201-262-9898 or see www.ssdsbergen.org.

CHANGETHETHEWORLD.

ONE CHILD AT A TIME.

Are you retired and looking for something meaningful to do with your time?

Do you have some free time after you drop the kids at school? Or an hour available before you pick them up?

Do you work part-time and want a unique opportunity to do something special on your day off? All you need is one hour per week and

Consider becoming a Bergen Reads literacy volunteer.

the desire to help a child learn to read. We'll take care of the rest.



Jewish Federation
OF NORTHERN NEW JERSEY



Recruitment is going on now. Don't delay!
Call Beth Figman at 201-820-3947 or
email bethf@fnj.org for more information
or to receive an application.

September 2011

2 Elul 5771 - 2 Tishrei 5772

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2 ELUL	2 3 ELUL	3 4 ELUL
					7:07 8pm Eve Shabbat Services	Shofrim 10am Shabbat Services Max Eisenberg Bar Mitzvah
4 5 ELUL	5 6 ELUL Labor Day	6 7 ELUL	7 8 ELUL	8 9 ELUL	9 10 ELUL	10 11 ELUL
					6:56 8pm Eve Shabbat Services	Ki Seitzei 10am Shabbat Services
11 12 ELUL First Day of CLC	12 13 ELUL	13 14 ELUL	14 15 ELUL	15 16 ELUL	16 17 ELUL	17 18 ELUL
					6:44 8pm Shir Hadash Services	Ki Savo No Services
18 19 ELUL 1pm Welcome Back Potluck Picnic	19 20 ELUL	20 21 ELUL	21 22 ELUL	22 23 ELUL	23 24 ELUL	24 25 ELUL
					6:32 8pm Eve Shabbat Services	Nitzavim - Vayelech No Morning Services 8pm Moving Towards Forgiveness
25 26 ELUL Selichos Begin	26 27 ELUL	27 28 ELUL	28 29 ELUL	29 1 TISHREI	30 2 TISHREI	
			Erev Rosh Hashanah 6:24 8pm Erev Rosh Hashanah	Rosh Hashanah - Day 9am Family Services 10am Services	Rosh Hashanah - Day 6:20 10am Services No Evening Services	

MEET OUR MINYAN COORDINATOR

by Judy Baslaw

Over the last number of years, attendance at services, both Friday nights and Saturday mornings, has slowly and steadily declined. In response to this situation, the Ritual Committee has decided to create a new position, "Minyan Coordinator." I have volunteered to fill this position.

A primary function of a synagogue community is to provide religious services for the members of their community. To conduct a full religious service, a minyan consisting of at least ten Jewish adults is needed. A minyan is necessary and important for many reasons:

- To show respect and support for our professional and lay leaders, all of whom have prepared to lead services and to impart to the community words of Torah.
- To support our "Team Torah" volunteer leyners (readers) who invest a great deal of time and effort preparing to leyn (read) their assigned Torah portions. If there isn't a minyan, the Torah cannot be taken out and read. We will be listing the names of leyners in the bulletin this year; please support them.
- To support members who are in need of saying Kaddish. If there isn't a minyan, Kaddish cannot be recited.
- When guests attend our services, praying with a minyan provides them with a positive experience about our community.
- The more community members we have attending our services, the more joyful the atmosphere. Last but not least, we need to provide a living and vibrant example for our children.

With this in mind, we are asking our members to seriously consider making a commitment to attend a Friday night and/or Saturday morning service at least once a month.

Soon I will be calling all our members to help ensure we have a minyan at every Friday night and Saturday morning service.

I thank you in advance for your commitment and cooperation. L'shana Tova!

For Sale

Beautiful black or brown microsuede jackets
in large or extra large

Suggested donation: \$75, a great price

All proceeds go directly to RTBI

See Caryn.

Holiday Bazaar

Nov. 20

High-quality vendors
needed. See Shirley or
Eleanor for details.



Drum & Sing At RTBI Family Services

This year's High Holiday Family Services will feature Drumming, Singing and Storytelling with acclaimed musician Richard Reiter and Rabbi Jarah. The services will begin at 9am on the first day of Rosh Hashanah, Sept. 29 and on Yom Kippur, Oct. 8.

Reiter, a member of Reconstructionist synagogue B'nai Keshet in Montclair, will bring drums for all participants and stresses that no musical experience is necessary. He says the workshops are fun, "exhilarating and unifying" and relieve stress. He says they also "help people experience a closeness with their fellow drummers and feel more exuberant about being powerfully alive."

In addition to studying drumming in Senegal, Reiter is an Emmy-award winning composer, plays ten woodwind instruments, has recorded six jazz albums and has been awarded three NEA grants. He has run his Spiritual Drumming workshops for people of all ages at numerous corporate retreats, schools, arts and health organizations, and places of worship.

Continued from page 1

- First-time attendees will be offered free high holiday tickets and RTBI will be participating in the UJA's EZ-Key program.
- We will be receiving an advertising grant to participate in "Sukkot Across America" with two new programs: a pre-holiday workshop for adults on Oct. 9 and a fun multi-generational program in our Succah with nature activities and a scavenger hunt on Oct. 16.
- Caryn will teach Hebrew Across America beginning Sun., Nov. 6. This is a fun, informative and stress-free way to learn beginning Hebrew.
- Our garage sale on Sun., Oct. 30 offers plenty of opportunities for volunteering and a reason to empty out a cluttered basement or attic. The last two sales

have raised about \$1,500, so the time is well worth it!

- Our Holiday Boutique on Sun., Nov. 24 will raise funds and provide an opportunity for publicity.
- We will begin a Jewish film series this fall; stay tuned for further details.

All of these events provide a great opportunity to intro-

duce family, friends and neighbors to RTBI. Why not extend an invitation to someone you know to attend services, an event or a class?

There are many ways to get involved at RTBI, from the short-term (Martin Springer has stepped forward to help with our Sukkot programming) to the long (we have many new board members this year serving for the first time.) Please don't be shy about volunteering- you can contact any of the committee chairs on page 2 of the bulletin. Not only will the RTBI congregation benefit, but you will meet fun new people and learn new skills at the same time. We look forward to seeing your "new face" this year.



The Synagogue Leadership Initiative is a project of the UJA Federation of Northern New Jersey and the Henry and Marilyn Taub Foundation.



Welcoming the Stranger

The following is excerpted from the blog "Alice's Synagogue Adventures" and tells of one woman's experience visiting different synagogues.

(W)alking into an unfamiliar synagogue reminds me of my first day as a new kid in junior high school. Everybody else knows each other, they know where the restrooms are, how the schedule works, and what to avoid in the cafeteria line. They're in a familiar environment, they've got their friends, and they feel at home. For me, each place is new and a little bit scary.

Just entering the synagogue can be daunting: What if I can't find the sanctuary? Will I know which is the right prayer book, if there's more than one? There are so many things regulars take for granted that newbies like me find unnerving—and that's even before we get to the service itself.

Fortunately, three synagogues we visited had greeters near the front entrance. Two were friendly, wishing us a good Shabbos and handing us books and materials for the service. The third greeter clearly wished she were anywhere else. She made no eye contact, barely said hello, and shoved the handout in our general direction. To be fair, everyone else she "greeted" received the same treatment. Still, it didn't make us feel glad we'd chosen that synagogue, or eager to return.

The most important factor in feeling welcomed is the human factor, of course. Only in two synagogues did anyone other than a greeter speak to us. On one occasion, I was attending services alone. As soon as I was seated, the rabbi walked over to introduce himself. He shook my hand, and asked my name, told me he was delighted to meet me, and asked what had brought me to their synagogue. We chatted, and I felt very welcomed. When I returned with my husband a few weeks later, the rabbi remembered me and greeted us both.

Unfortunately, no one else in the congregation seemed as friendly as the rabbi. People were pleasant, but they were ensconced in their own social groups and didn't seem eager to include people they didn't already know. (Didn't I say earlier how much this reminded me of junior high school? Clearly the intervening decades haven't resolved my basic discomfort with "not fitting in.")

I'm happy to say that we had an experience that was as welcoming as the last one was unwelcoming. I had chosen a small synagogue almost on a whim. The initial omens were not promising: their website had posted the wrong start time (probably from winter), so we had more than an hour to kill before services began. The place was almost empty when we entered, and very, very dark. Only one room was

Continued next column

illuminated, a small sanctuary by the

From previous column

front door. A woman poked her head out, seemed a bit surprised to see us, but greeted us in a friendly way and invited us in. She assured us that there would be a service, but mentioned that the rabbi was just recovering from surgery so it would probably be a less formal service than usual.

Others began arriving, and everyone expressed delight at meeting us. People came up to welcome us and ask how we had found their synagogue. As they exchanged greetings and news among themselves, they would turn to us and explain the context of their conversations. Each one wanted to tell us how he or she had discovered the rabbi or the synagogue, and how much they enjoyed being together. Their sense of community was infectious, and their warmth enveloped us.

Indeed, it did seem to be an unusual service, led with great charm and humility by a senior congregant. And it was a service that glowed with happiness and appreciation. I was taken aback when the leader asked us to come up front and say Kiddush. At first I demurred, but the group waved me up to the front. It would have been rude to decline such a sweetly-offered honor. They smiled encouragingly as I recited the blessing, and seemed so pleased that I had participated.

My husband and I both floated home on a cloud of goodwill and warm invitations to return. Will we go back? You can be sure we will. I'm eager to meet the rabbi who generates such openness and community feeling in his congregation.

With Thanks

Thank you to all the members of Temple Beth Israel who made contributions in memory of my brother, Gil Wolff, and to those who helped in so many other ways. Our family appreciates your thoughtfulness and your notes of condolence.

-Joy Rothschild

Garage Sale!!!

RTBI will hold its next Indoor Garage Sale on Sunday, October 30 from 1-5PM. Please start collecting your resellable items in good condition and store them in your homes until Sunday, October 23rd when we will be collecting them at RTBI from 1-5PM. The committee needs volunteers to help with the collecting, sorting and cleanup. Contact Rena Rabinowitz for information or to volunteer: rleikin@yahoo.com or 201-796-6357.



If you wish to donate to the Sunshine Fund,
call Sue Coleman at 201-837-1490.

When you give a donation with a message to someone,
a card is sent out by Sue to that person.

We ask for a \$5 donation for a card .

TRIBUTE CARDS

For a donation of \$18 or more, you can send
someone a tribute card for special recognition.

Send a check to RTBI, attn: Roz Altman, Tribute Card. You
can also contact Roz at rozzi0630@aol.com or 201-342-
1641. Include a note with the message you'd like in the
card, the name & address of the person it's going to, and
how it should be signed. (The tribute card is an art card,
larger and nicer than the regular sunshine card.)



Yahrzeits



It is customary to attend services on the Shabbat
before the yahrzeit to say Kaddish.

Richard Katz	Sept. 2	Elul 3
Michael Barr	Sept. 4	Elul 5
Harold Kopf	Sept. 5	Elul 6
Evelyn Reisman	Sept. 9	Elul 10
Joseph Rosen	Sept. 18	Elul 19
Paula Polishook	Sept. 22	Elul 23
Rose Wolff	Sept. 22	Elul 23
Robert Heller	Sept. 23	Elul 24
Marty Burdick	Sept. 25	Elul 26
Louis Perlman	Oct. 1	Tishrei 3

Remember, Hebrew days begin at sunset, so light
candles on the evening preceding the civil date.

RTBI HIGH HOLIDAY SEATS – ORDER FORM

Seats for members are included as part of your annual membership dues.

Members may reserve additional seats for immediate family members at \$100 each.

Non-members are welcome to attend our High Holiday services and we enjoy seeing many old friends from year to year. **Seats are available for non-members at the rate of \$150 each (\$50 for teens ages 13-18).**

We welcome first-time-ever attendees to our services without the customary advance contribution; reservations are required so please let us know if you will be taking advantage of this, as a limited number of these free seats are available.

Full-time college students may attend for free with valid ID.

Please fill out the form if you are ordering tickets and return with your check made payable to Temple Beth Israel no later than September 18, 2011.

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

TEMPLE MEMBER: Y N

SEATS NEEDED: ADULTS _____ TEENS (13-18) _____

COLLEGE/GRAD STUDENTS (Free with valid i.d. – enclose copy) _____

I/WE ARE FIRST-TIME ATTENDEES: Y N

TOTAL ENCLOSED (If not first-time attendees): \$ _____



The season we are now entering as a Jewish community, beginning with the month of Elul prior to Rosh Hashanah and continuing through *yamim nora'im* (the days of awe) to Yom Kippur, is an interval of many days structured by the tradition to provide us with adequate time, guidance and opportunity to make a well-considered decision to take steps toward self-transformation. To engage in this process is not only to recognize the falsehood of any promises based upon "10 best tips" but also to finally interrupt our unhelpful, repetitive wishful-thinking-based routines, exchanging them for more productive and concrete efforts such as study, practice, reflection, prayer, acts of kindness, communal involvement, and, of course, "teshuvah" or "repentance."

As you focus your intentions this High Holiday season, I especially encourage you to attend our Selichot program on September 24th at 8:00pm, "Moving toward Forgiveness: Tools & Strategies for Bringing Meaning to the High Holidays." I hope to see you.

Shanah tovah!

Remember:

November 6 is Mitzvah Day

RTBI High Holidays Schedule

September 28, Wednesday

Erev Rosh Hashanah
Services at 8pm



September 29, Thursday

Rosh Hashanah
Interactive Family Service with Drumming, Singing & Storytelling from 9:00am to 10:15am
Main Services from 10:00am to 1pm

September 30, Friday

Rosh Hashanah, Day 2
Services from 10:00am to 1pm

October 7, Friday

Erev Yom Kippur
Services at 6:30pm



October 8, Saturday

Yom Kippur
Interactive Family Service with Drumming, Singing & Storytelling from 9:00am to 10:15am
Morning Services from 10am to 1 pm
Afternoon Torah Study from 5pm to 6pm
Ne'ilah Service from 6pm to 6:45pm

Upcoming Holiday Services:

Sukkot

Sunday, Oct. 16 from 11:30am to 1:30pm

Shemini Atzeret & Simchat Torah

Wednesday, Oct. 19

Yizkor Service at 7pm

Simchat Torah Service at 7:45pm



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LOIS KITTNER
201.343.2107

RTBI's Congregational Cantor

What We Did on Our Summer Vacation

Visited the Jewish Museum...



And went to a New Jersey Jackals game.

Acclaimed Musician to Entertain & Engage at RTBI's High Holiday Family Services



Rabbi Jarah & musician Richard Reiter will hold free Family Services this High Holiday season featuring drumming on Rosh Hashana and Yom Kippur. See story, p. 8



34 West Magnolia Avenue
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A Contemporary Look at Tradition