

B'nai Sholom Reform Congregation

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visit us at <http://www.bnaisholom.albany.ny.us>

SEPTEMBER 2015

ELUL/TISHREI 5775

JOIN US FOR THESE SERVICES AND STUDY SESSIONS

Friday, Sept. 4	KABBALAT SHABBAT SERVICE	6:00 PM
Saturday, Sept. 5	PSALMS STUDY	9:30 AM
	SELICHOT SERVICE	9:00 PM

Friday, Sept. 11	EREV SHABBAT SERVICE	8:00 PM
Saturday, Sept. 12	TORAH STUDY: <i>Nitsavim Deut. 29.9-30.20</i>	9:30 AM

Sunday, Sept. 13	EREV ROSH HASHANAH	8:00 PM
Monday, Sept. 14	ROSH HASHANAH MORNING SERVICE	10:00 AM
Community Tashlikh: 5:00 PM, Buckingham Pond at Colonial Avenue		

Friday, Sept. 18	EREV SHABBAT SERVICE	8:00 PM
Saturday, Sept. 19	TORAH STUDY: <i>Va-yelekh Deut. 31.1-32</i>	9:30 AM

Tuesday, Sept. 22	KOL NIDRE	8:00 PM
Wednesday, Sept. 23	YOM KIPPUR MORNING SERVICE	10:00 AM
	HEALING SERVICE	3:15 PM
	AFTERNOON SERVICE	3:45 PM
	YIZKOR	6:00 PM
	NEILAH/CONCLUDING SERVICE	6:30 PM

Friday, Sept. 25	EREV SHABBAT SERVICE	8:00 PM
Saturday, Sept. 26	TORAH STUDY: <i>Ha'azinu Deut. 32.1-52</i>	9:30 AM

Sunday, Sept 27	EREV SUKKOT SERVICE	7:30 PM
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Friday, October 2	KABBALAT SHABBAT SERVICE	6:00 PM
	Sukkot Potluck in the Sukkah	7:00 PM
	Dinner RSVP to Maxine Goldberg, at 729-4751 or maxm0304@yahoo.com	

Saturday, October 3	PSALMS STUDY	9:30 AM
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Sunday, October 4	EREV SIMHAT TORAH SERVICE	7:30 PM
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From our Rabbi...

Anyone who has done painting around the house knows the rule of thumb is that the major part of the work is the preparation. Since I spend so much time in the summer on my deck reading, writing, making music, cooking, eating, and surveying my garden, I carefully re-stain it every couple of years. This entails sweeping, scrubbing with a strong detergent and oxygen bleach solution, rinsing, and dealing with nails that don't want to stay down anymore. During the last two years I even replaced some boards. Timing the cleaning isn't so important, but I want two days for the wood to dry before staining, another dry day for the actual staining, and a dry day afterwards. Careful preparation makes for a successful outcome.

Jewish holidays, too, need careful preparation in order to obtain the most successful outcome. If you've ever tried to obtain a lamb shankbone on the day of the first seder, you know the disappointment of having to settle for a chicken bone. Similarly, well before Rosh Hashanah and Yom Kippur, we begin preparing the Days of Awe. Our soloist and harpist were lined up well before June. Various committees, the board, our office manager, and I begin planning in the spring or earlier for children's programming, holiday food receptions, tickets, advertising, and obtaining volunteers to participate in the service, to usher, and to perform other tasks. My rabbinic preparation begins the day after last Yom Kippur, and maybe even before, pondering worthwhile sermon topics. Starting one month before Rosh Hashanah, I sound the shofar every weekday. The tradition teaches us that the listener is thereby reminded to begin preparing spiritually for the holy season ahead. Those of us at the business end of the ram's horn also need to get our lips in shape.

In a congregational setting, the Selihot (suh-lee-KHOT) ceremony is the first public opportunity to prepare for the season. Not strictly speaking a service, Selihot is a liturgical event where the themes of Rosh Hashanah and Yom Kippur are brought to mind, encouraging us to engage in reflection in the continuing days preceding the New Year.

In Ashkenazic Jewish tradition, Selihot takes place on the Saturday night before Rosh Hashanah, often near midnight. At B'nai Sholom we begin at a more reasonable 9:00 p.m. with Havdalah, the ritual concluding Shabbat. We do this ceremony in the round, in a mostly darkened sanctuary using a gender-sensitive modern liturgy. One innovation in recent years is the ritual changing of the Torah mantles from their year-round color to Days of Awe white. After singing Avinu Malkenu, we end with the shofar.

An even more informal ritual event for the Days of Awe is our community Tashlikh ceremony at Buckingham Pond on Rosh Hashanah afternoon at 5:00 p.m.. Hundreds of people from at least 5 congregations "cast away" their sins symbolically with pieces of bread into a body of water, with a penitential liturgy led by most of the community's rabbis and cantors. It's a wonderful piece of Rosh Hashanah afternoon, and helps with the transition to Yom Kippur.

In addition to seeing you at our services for the Days of Awe, I hope you will avail yourself of the opportunity to enjoy these events as well.

Best wishes for a happy and healthy 5776.

L'shalom,

Rabbi Don Cashman

BSRC Welcomes Mayan Hands To Whitehall Road

As of August 1st, B'nai Sholom is now sharing its building with Mayan Hands, a non-profit, fair trade organization that markets woven baskets, handbags, scarves, table linens, and other products handcrafted by rural Mayan women in Guatemala. The Albany-based organization has agreed to a one-year lease of rooms 1, 2, and 3 in our classroom wing, which it will use as office and warehouse space for its imported merchandise.



BSRC President Mimi Bruce, who spent considerable time and energy this summer working out the many details, is enthusiastic about the new arrangement. "We're thrilled to be renting to a reputable non-profit whose goals we endorse, and one with ties to our local Jewish community," she says.

Moreover, Mimi continues, "With our religious school moving offsite, this is a great opportunity for us to find a use for our classroom space that will present minimal wear and tear yet provide some rental income."

Mayan Hands is a foundation run by a board, with Brenda Rosenbaum and Anne Kelly as co-directors. Brenda and her late husband Alfredo founded the organization 25 years ago. Ms. Rosenbaum grew up in Guatemala City, within the small but vibrant Sephardic Jewish community there, while her husband's family were Jews of German origin. The couple moved to Albany in 1980 to escape the civil war in Guatemala, but also so that Brenda could pursue a Ph.D. in anthropology at UAlbany. After receiving her degree, she says, "I had traveled and lived with indigenous people for years, and I was much more interested in working with them and giving something back than I was in teaching." Consequently, in 1990, Mayan Hands was born.



Mayan Hands works to promote and sell products produced by cooperative groups of women in rural villages in the Guatemalan highlands. Most are illiterate and speak only Mayan languages, rather than Spanish, and are, as Rosenbaum describes, "amazingly talented." With the training and income provided by Mayan Hands, these women have become more self-sufficient and empowered. Mayan Hands also provides new opportunities for their daughters, through scholarships for high school and college.

There is a wealth of information about the organization, plus great shopping for its beautiful products, at www.mayanhands.org. And, congregants will have the opportunity to meet and welcome Ms. Rosenbaum at Days of Awe services, which she hopes to attend at B'nai Sholom, perhaps with her young grandchildren in tow.

B'nai Sholom Reform Congregation, a Reform Jewish synagogue, is a community that fosters individual, family and congregational spirituality by engaging in worship and prayer, promoting learning on all levels, supporting each others' needs, bettering our community and our world, and forging connections with worldwide Jewry.

We take pride in being warm, welcoming, informal, progressive, open-minded, diverse, and participatory.

We strive to create a vibrant Jewish present, linking our ancient traditions with the promise of the future.



**Bring Your Friends, Colleagues and
Neighbors
to
Days of Awe Services**

Complimentary Tickets for Non-Members!

As explained in last month's bulletin and in the letter sent with your tickets for Rosh Hashanah and Yom Kippur services, B'nai Sholom's Days of Awe Services are now open to all, regardless of affiliation with B'nai Sholom.

Please spread the word and invite your friends, family, colleagues and neighbors to join us for these services. We are confident that opening our doors in this way will strengthen our already warm and vibrant congregation.

Information on obtaining tickets is available on the website; you can also call the office at 482-5283 with questions.



Join us for a special evening

7 pm, Saturday, October 3, 2015
B'nai Sholom Reform Congregation

CD Release Party and Benefit Concert

Celebrating Phil Teumim's second CD of original songs,
Far and Wide

Songs from the new CD, songs from the first CD,
and featuring some special guests

Tickets \$10 per person, max \$25 per family, children under 10 free
All proceeds from tickets and CD sales to benefit B'nai Sholom

Don't miss this special event!!!



SUKKOT POTLUCK

Friday October 2, 2015
6pm Service
7pm Potluck in the Sukkah
(Weather depending)

Please rsvp to Maxine Goldberg,
729-4751 or maxm0304@yahoo.com

Sponsored by the B'nai Sholom Religious School Committee

B'Yachad: Inside Out

By Ruth Malka

Ruth Malka is the principal of our religious school, B'Yachad, a joint venture among B'nai Sholom, Congregation Ohav Shalom, and Temple Israel. The new school year begins on Sunday, September 20, at Temple Israel. Find more information at BSRC's website, under the "learning" tab.

One of the box office's greatest hits for the summer has been the animated movie *Inside Out*. In this movie, we get a behind the scenes view of our brain, and specifically our emotions. The movie depicts how different emotions struggle, argue, compete with and ultimately complement one another. The five emotions in the movie are *Joy, Sadness, Fear, Disgust, and Anger*. As in many animated films, which are geared towards children, the underlying message and values are appreciated differently and in more depth by adults.

For my nine-year-old daughter, Lia, it was a fun movie, full of action and humor. For me, it was a movie that made me think, touched my emotions, and left me with a metaphor to use when considering my own behavior. In everyday life, we are faced with many moments and interactions. Some are pleasant and wonderful, and some are challenging and complicated. When things are going well, and we are happy, then *Joy* is the leading character. We smile, laugh, and feel at ease. *Joy* is the easiest emotion. *Sadness* is expressed in different ways by different people. Young children cry easily, older children tend to withdraw, and adults try to hold in their *Sadness* but privately shed a tear.

When faced with *Fear*, some children enjoy the thrill of a scary ride or movie, while others are more timid. I think that most adults avoid scary situations because there is more insight into the seriousness of the outcomes that can occur. *Disgust* also varies greatly from children to adults, as children enjoy messy activities such as digging up worms or playing in the mud, while adults are more likely to have an aversion to getting dirty, but can also tolerate foods such as vegetables, which children may claim are disgusting.

This movie is at the forefront of my mind as I think and plan for the next school year. I imagine a sequel, *B'Yachad: Inside Out*, but the characters that I would feature are *Excitement, Anxiety, Nervousness, Anticipation and Hopefulness*. The scene opens with *Anticipation* and *Hopefulness*, preparing for the new year, meeting with the teachers, welcoming back the students, and planning new programs, and moving into our new location for the year.

Continued, next page

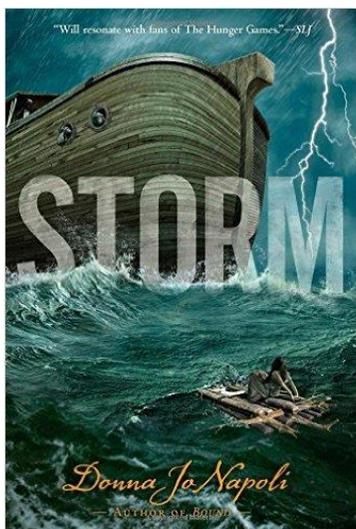
B'Yachad: Inside Out *Continued from p.5*

Eventually, *Anxiety* and *Nervousness* rear their ugly faces as *Excitement* takes back stage! Will our new little Kindergartners be prepared to leave mommy and daddy on their first day? Will the students like their new teachers? Will the books arrive on time? Will the Sukkot program be as successful as last year's? Will our B'Yachad Shabbat dinner have a good turnout? Will the middle school students enjoy their special art projects? And finally, will our student body top 100, last year's total?

Fortunately, *Excitement* takes center stage, as we rapidly approach the start of our new year! As our student body grows, so do our many wonderful programs, including *shira* (music), Hebrew language arts, Israeli Dance, special art projects, computer lab, Rap with the Rabbis, and school wide holiday celebrations. As if this were not enough, we are launching another new program this year geared towards fluent Hebrew speaking children. *B'Yachad Etchem* will provide these children an immersive Hebrew learning classroom while integrating them into all of B'Yachad's group programs and family celebrations.

In our closing scene, all of these emotional elements are funneled together, as they create a positive, exciting and engaging learning environment where faculty, parents and children build a vibrant Jewish community together – B'Yachad! THE Place to be!!!

New Books in the BSRC Library



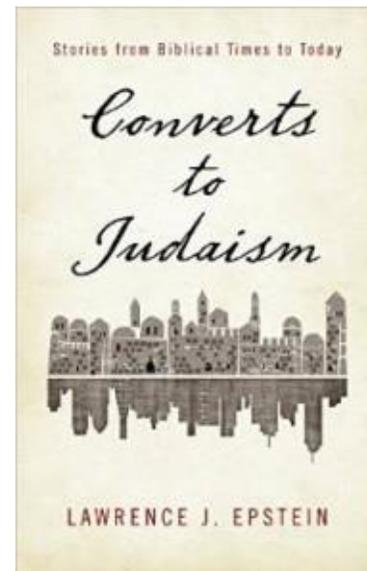
The Storm by Donna Jo Napoli (Simon & Schuster, 2014)

Napoli's recent young adult novel (ages 14+) is a retelling of Noah and the Ark with a sixteen-year-old girl stowaway as the main character. It won the 2015 Sydney Taylor Book Award for Teen Readers, and a positive review from *School Library Journal*, which claims, "Will resonate with fans of *The Hunger Games*." The back of the book includes a timeline of the story from Genesis verses. Napoli is a Professor of Linguistics at Swarthmore College and has written great books for children of all ages. Her research for this book included not just history but also animal behavior.

Converts to Judaism: Stories from Biblical Times to Today by Lawrence J. Epstein (Roman and Littlefield, 2015)

This book has fascinating stories of individual converts, but Epstein also has an agenda. He advocates actively seeking converts to Judaism, an intriguing and controversial idea. Epstein's writing is readable (unfortunately rare for academics) and his ideas are thought provoking. Expensive to own (\$37) and hard to find (no copies in Mid or Upper Hudson Library Systems), so a great book to borrow from BSRC.

Did You Know? Books can be borrowed from the library any time the synagogue is open. Just follow the easy check out procedure posted in the library.



The following Yahrtzeits will be observed in September.

- 9/4 Minna Katzin*; Harold Quell; Vivian Quell; Pauline Tauss; Leah Royne; Edith Cabelly; Morris Parets*; Edward Hoffman; Ethel Link; Elsie Logwood; Martin Klein
- 9/11 David Engler*; Marilyn Ruben; Lubi Radosh; Joseph Berkowitz*; Ari Propp; Rifka Propp; Charlotte Sacks; Alice Winston*; Betty Herbert; Rose Goldstein*; Mollie Lazoroff*; Henry Nussbaum; Pauline Stern; Shari Knieling
- 9/18 Martin Kleinfeld*; Yetta Berman*; Jakob Krochmal; Arthur Nitka; Saul Toback; David Binewitch*; Samuel Pock*; Jeanne Bick; Rose Dietchman;
- 9/25 Donald Goldberg; Asher Kaplan; Sara Esther Pogoda; Luci Shapiro; Rose Pass

**denotes that a Perpetual Memorial has been established.*

THE CONGREGATION NOTES WITH THANKS THESE CONTRIBUTIONS...

General Fund

- In honor of **Bruce Goldstein** and his fabulous help on maintaining our website by Ellie Davis.
- In honor of **Ruth and Herb Swift's 60th Anniversary** by Francine and Steven Berg.
- In honor of **Ruth and Herb Swift's 60th Anniversary** by Richard and Vera Propp.
- In honor of **Ruth and Herb Swift's 60th Anniversary** by Ben and Becky Marvin.
- In honor of **Ruth and Herb Swift's 60th Anniversary** by Efrosini and Julius Frankel.
- In honor of **Ruth and Herb Swift's 60th Anniversary** by Barbara and Jack Devore.
- In memory of **Ann Radosh, Lubi Radosh and Martin Klein** by Susan Radosh.
- In memory of **Nathan Green** by Ellie and Randy Davis.
- In memory of **Martin Klein** by Steven Klein.
- In memory of **Lorraine Tharus and Milton Swartz** by Barbara and Jack Devore.
- In memory of **Robert Stoller and Gina Kleinfeld** by Howard, Bettina and Jeremy Stoller.

Social Action Fund

- In honor of **Matthew Rockefeller's work in youth services residential group homes** by Nancy and Larry Rockefeller.

Library Fund

- In honor of **Ruth and Herb Swift's 60th Anniversary** by Anne Hausgaard

Adult Ed Fund

- In honor of **Ruth and Herb Swift's 60th Anniversary** by Bruce and Edith Goldstein

Caring Community Fund

- In honor of **Ruth and Herb Swift's 60th Anniversary** by Bruce and Edith Goldstein.

Rabbi's Discretionary Fund

- Bert and Diana Isen

The following congregants have shown generosity in signing up for additional Patron Dues:

Nancy Maurer and Bruce Bell

Doris and Mitch Levinn



URGENT! Bubbe Needs a Ride

Project 5 is looking for
volunteer drivers.

There are many Capital Region
Jewish seniors who no longer drive
and need occasional rides to medical
appointments, errands, social events,
religious services and more.

Project 5 is looking for drivers to take
Bubbe where she wants to go.

GET INVOLVED

- Do a mitzvah and help a senior
- Get reimbursed for mileage
- Drive as much or as little as you can

Please call if you are
available: 518-482-8856
jfsneny.org



THANK YOU

to the following congregants who recently hosted an
Oneg Shabbat: Phil and Marty Teumim, Jim and Joan
Savitt, Elizabeth Alowitz, Amy and Yossi Koren-Roth
and Ben and Becky Marvin

to the Bulletin Brigade who helped fold, insert and
stuff envelopes to get the July bulletin out: Cheryl and
Mark Reeder, Joan Savitt, Anne Hausgaard and Marilyn
and Richard Strassberg



.....to. Rachael Strohl, daughter of Linda and Richard
Strohl, who graduated from SUNY Albany with a
Masters in Social Work

Red Cross Blood Drive and Judaica Sale

SUNDAY, NOVEMBER 1, 2015

9 AM to 1 PM

B'NAI SHOLOM SOCIAL HALL

Call the temple office anytime
for an appointment or to volunteer:
482-5283



The last day you can donate before this drive is:
September 7, 2015

(56 days are required between donations)
MINIMUM AGE 16 (Parental permission is required if under 17)

RABBI: Donald P. Cashman
PRESIDENT: Melody Bruce
OFFICE MANAGER: Christine Blackman
BOOKKEEPER: Lisa Allendorph
OFFICE HOURS: MON/WED/THURS/FRI 9:30 AM – 2:30 PM

*Unlike in past years, the bulletin will be published each month on the
regular schedule throughout the summer.*

As a rule, the BULLETIN DEADLINE is the second Wednesday of each month.

Period Covered

October
November

Deadline

September 16
October 16

Articles and news received after deadline are subject to omission.