

B'nai Sholom Reform Congregation

420 WHITEHALL RD., ALBANY, NY 12208
E-mail: office@bnaisholomalbany.org
September 2026

Phone: 518-482-5283
Visit us at <https://www.bnaisholomalbany.org>
Elul 5786/Tishrei 5787

B'nai Sholom Reform Congregation is a Brit Olam Congregation in covenant with the world because we seek the world we want for all, not the world as it is. We embrace our sacred responsibility to care for the Earth and its inhabitants, a Jewish tradition of stewardship and partnership in the ongoing work of Creation.

JOIN US FOR PRAYER, MEDITATION, CELEBRATION AND STUDY

Zoom links for services are sent out weekly.

Please call the office for information about telephone access to prayer services.

Friday, September 4	TOT SHABBAT KABBALAT SHABBAT SERVICE	5:30 PM 7:00 PM
Saturday, September 5	EXTENDED STUDY OF THE TANACH (HYBRID) STUDY SESSION + S'lichot Service	10:00 AM 7:30 PM
Friday, September 11	EREV ROSH HASHANAH + SHABBAT SERVICE	7:00 PM
Saturday, September 12	ROSH HASHANAH MORNING SERVICE	10:00 AM
Friday, September 18	SHABBAT SHUVAH SERVICE	7:00 PM
Saturday, September 19	TORAH STUDY (ZOOM)	10:00 AM
Sunday, September 20	KOL NIDRE SERVICE	7:00 PM
Monday, September 21	YOM KIPPUR MORNING SERVICE SEE ANNOUNCEMENTS FOR ADDITIONAL SERVICES AND STUDY TIMES	10:00 AM
Friday, September 25	KABBALAT SHABBAT AND EREV SUKKOT SERVICE	7:00 PM
Saturday, September 26	TORAH STUDY (ZOOM)	10:00 AM
Friday, October 2	KABBALAT SHABBAT AND SIMCHAT TORAH SERVICE	7:00 PM
Saturday, October 3	EXTENDED STUDY OF THE TANACH (HYBRID)	10:00 AM

Visit <https://reformjudaism.org/learning> for each week's parashah.

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 other's 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.

From Our Rabbi...

Our High Holy Day season is upon us! This year, Rosh Hashanah overlaps with Shabbat on September 11-12, and Yom Kippur is close on its heels, as always – September 20-21. But there is still plenty of time to prepare yourself for these Days of Awe, starting with S'lichot. This year will feature an extra opportunity to engage in the work of self-reflection. Join us at 7:30 pm on Saturday, September 5 for a special study session led by Marsha Lazarus before our traditional S'lichot service at 8 pm, where we change the Torah mantles to their holiday white and officially start our transition to the new year ahead.

Wishing you all a season of joy, returning, and lots of great new beginnings. L'shanah Tovah!

L'shalom,

Rabbi Weisbrot

Sat 9/5 7:30 PM – S'lichot Study Session

8:00 PM – Leil S'lichot

Fri 9/11 7:00 PM – RH Evening

Sat 9/12 10:00 AM – RH Morning

Sun 9/13 4:30 PM – Community Tashlich @ Buckingham Pond

3:30 PM – PJ Library Tashlich

Sun 9/20 7:00 PM – Kol Nidrei

Mon 9/21 10:00 AM – YK Morning

1:30 PM – YK Study Session

3:30 PM – Healing Service

4:15 PM – YK Afternoon

5:30 PM – YK Yizkor

6:15 PM – YK Ne'ilah

Fri 10/2 7:00 PM – Simchat Torah (includes Yizkor)

Here for You: The Caring Community

The Caring Community is here to support you through life's ups or downs — in times of joy as well as times of illness or sorrow. We have had a great response from volunteers eager to cook, drive you to appointments, run errands, participate in a shiva minyan or just visit. So please call on us if there is anything you need for any reason and give our volunteers the opportunity to perform a mitzvah!

From Our President...

Welcoming new B'Yachad director just in time for the New Year!

The Jewish New Year has always seemed to dovetail so much better with new beginnings for me than January 1st. It came at the same time as the start of the academic year, for one thing, a time of fresh starts with a new snap in the air, new school supplies and good intentions in hand.

And, true to form, this new year comes with a fresh new face at B'nai Sholom. You may have seen the announcement elsewhere, but I wanted to take a moment here to welcome Lena Eson Roe, the new director of our shared religious school, B'Yachad.

Lena brings a wealth of educational leadership and specialized expertise to our community. She has been a part of the Ohav Shalom community for her whole life, recently became a member at B'nai Sholom, and returns to lead our Jewish community. Her background includes serving as principal of the Brooklyn Heights Religious School and as the associate director of Yachad at Congregation Beth Elohim, both in NYC.

Currently she is working as an educational consultant, drawing on her special education background to support individuals, schools and non-profits on a wide range of programmatic and instructional needs. Lena also founded Eson Roe Coaching as an ADHD Coach.

Lena will spend the coming weeks getting to know our community and preparing for the new school year. She wants everyone to know they can come meet her (whether they have kids in the religious school or not) at B'Yachad's upcoming Ice Cream Social Meet and Greet on Wednesday, September 2 from 4:30 to 6:00 p.m. at Ohav Shalom.

"I am excited to be working with you all! B'Yachad means together, and I hope we will do just that—partner to innovate the programming at B'Yachad and ignite a passion for Jewish learning in our children. Something I love to do is to grab a coffee and chat with parents outside the walls of either synagogue, so please don't hesitate to reach out so we can get to know each other better!"
Lena can be reached at byachaddirector@bany.com.

Please join me in welcoming Lena to the B'nai Sholom family!

L'Shanah Tovah!

Liz Davis

Board President

Safety and Security Committee Reminders

Please note the following safety reminders.

Overnight Parking in the Temple Lot

While we do not encourage overnight parking in the synagogue lot, there may be specific circumstances when it is warranted. In this time of heightened security, concerns over antisemitism and the emphasis on “if you see something, say something,” you can take some simple steps to inform us that you want to park there and avoid unduly alarming anyone. When this happens, please follow these guidelines to avoid our calling the police and/or having the vehicle towed:

- Inform one or all these parties that you need to park in the temple lot overnight: the Rabbi, the office or Safety and Security chair Howard Stoller. If you do not inform all three, then whomever you notify will alert the others about your need to park overnight. If an owner parks a vehicle without notifying anyone, and the vehicle is towed, the tow will be at the owner’s expense. The synagogue assumes no responsibility for damages incurred during towing or storage of unauthorized vehicles.
- Put a clearly visible sign on the vehicle’s dashboard indicating the name of the owner and the start and end dates for when the vehicle will be in the lot.
- Please park in the spaces closest to Congregation Beth Abraham-Jacob.

B’nai Sholom community members are encouraged to report any concerns about vehicles to synagogue staff rather than approaching unknown vehicles directly. This guideline reflects our commitment to maintaining a safe and welcoming environment while responsibly accommodating occasional needs for overnight parking.

Remember Your Key Fobs

As part of our ongoing commitment to safety, and considering heightened security concerns, please remember that our temple doors are always locked. If you have a key fob, please bring it with you every time you come to the building. Using your own fob ensures you can enter smoothly and securely without needing to rely on someone else to open the door for you.

While we deeply appreciate our volunteer greeters who welcome us at services and events, they cannot always be at the door. Greeters are typically stationed to allow entry starting 30 minutes before an event begins and will usually be available 10 minutes after it starts. Outside of this specific window, they may not be available to grant access.

Bringing your fob is a simple but vital way you can help us maintain a secure environment for our entire community.

No Unauthorized Tailgating

If you use your own fob to enter the building, please make sure that no one unknown to you is “tailgating” you by entering behind you on your fob swipe without using their own credential.

Congregants should politely refuse to let unknown individuals follow them in and ask them to use their own fob or check in at the office or with security/greeters. Greet people warmly while still maintaining security. (For example, "I'm happy to hold the door, but for everyone's safety, please swipe your own fob or wait outside until we can have someone confirm you should be granted building access.")

If someone insists on entering without proper credentials or makes the congregant uncomfortable, the fob holder should not engage further and should promptly notify staff or security volunteers, or call 911 if there is an immediate safety concern.

Contact Howie Stoller hstoller130@gmail.com with any questions.

Thank you for your continued cooperation and understanding!

Let There Be Lights: Safety & Security Committee Update

"And God said, 'Let there be light,' and there was light." (Genesis 1:3)

In the very beginning of the Torah, God speaks into the darkness and brings forth light to establish order, clarity and safety in the world. Now, the Safety and Security Committee is happy to announce that we are bringing our own new light, having just completed **the \$88,000 temple grounds lighting project**.

This was a multi-year effort to ensure our congregation remains a secure and welcoming environment.

- **Phase One (January 2022):** We applied for and received our first New York State Hate Crimes Grant. With this initial funding, we invested **\$40,000** to install lighting for the driveway and around the main building and to acquire a lighting control system.
- **Phase Two (April 2024):** We applied for and received another grant of which **\$48,000** was for lighting. This allowed us to finish the project by having seven new light fixtures installed around the parking lot perimeter.

We are grateful to New York State for making these funds available to houses of worship, because without these grants, we would never have undertaken this lighting improvement project. In addition, we express a note of appreciation to LaCorte Electrical, the contractor that installed the lights, for both taking on the project and doing it so well.

In a time of heightened antisemitism, these Hate Crime grants remind us of the challenges we face, but the resulting lights are a powerful symbol of our resilience. Practically, this project ensures that our congregation can continue to worship safely. Spiritually, it is our hope that this illumination will help us see more clearly how to manage our way through these difficult times with strength, unity and unwavering faith.

— **The Safety and Security Committee**

BE A MITZVAH MAVEN!

According to the New York Blood Center, every two seconds, someone in the U.S. requires a blood transfusion. The benefits of donating blood include helping people injured in accidents, undergoing cancer treatment and battling blood diseases, among other reasons. As this is written (end of July '26) we hear in the news that the Capital District has less than a one-day supply of Type O blood – a dire situation!

B'nai Sholom no longer hosts blood drives in-house because of Red Cross logistical issues, but we can still help ensure this vital resource remains available when needed. For blood donation opportunities in the Capital District, go to: <https://www.redcrossblood.org/give.html/find-drive>. Enter your zip code and a list of local blood donation opportunities will be presented.

The Surprising Benefits of Donating Blood

"Every time you donate blood, you can save up to three lives," says Dr. Elizabeth Stone, assistant attending physician in transfusion medicine and cellular therapy at New York-Presbyterian/Columbia University Irving Medical Center. "If we don't have a constant supply from healthy, altruistic donors, unfortunately, our patients may not get the lifesaving blood transfusions that they need."

For blood donors, rolling up your sleeve comes with some surprising health benefits. Here's what you get when you give blood:

A Free Health Screening

"By going to donate blood, you are getting a mini-physical," says Dr. Robert DeSimone, director of transfusion medicine at New York-Presbyterian/Weill Cornell Medical Center.

Before you are allowed to donate, your vital signs will be checked to make sure you are fit enough for the procedure. This exam might turn up a condition that needs medical attention, such as high blood pressure or a heart arrhythmia like atrial fibrillation. In addition, you'll be screened for infectious diseases you may be unaware of.

The health screening will also reveal if you have a rare blood type. This information can be useful if you ever face surgery or another medical situation in which a transfusion may be required. Plus, you'll have the satisfaction of knowing your donation is particularly needed.

A Healthier Heart and Vascular System

Regular blood donation is linked to lower blood pressure and a lower risk for heart attacks. "It definitely helps to reduce cardiovascular risk factors," says Dr. DeSimone.

What's the connection? "If your hemoglobin is too high, blood donation helps to lower the viscosity of the blood, which has been associated with the formation of blood clots, heart attacks, and stroke," Dr. DeSimone says.

A Happier, Longer Life

People usually donate because it feels good to help others, and altruism and volunteering have been linked to positive health outcomes, including a lower risk for depression and greater longevity. "Giving blood is a great way to help the most vulnerable people in your community around you," says Dr. Stone. "People who do altruistic things like donating blood feel closer to their communities, and these positive feelings can lead to better health and longer lives."

Added Bonus: A Free Snack

"Every time you donate blood, it's like burning calories without doing anything, as your body burns 500 calories to replace the blood that was removed," says Dr. Stone.

What to Do Before Donating Blood

If you plan to give blood, follow these steps:

- **Drink plenty of water.** Staying hydrated makes it easier to find your veins and helps prevent you from becoming light-headed after donating.
- **Eat well beforehand.** Don't skip breakfast and be sure to eat snacks offered to you after you donate.
- **Exercise before donating blood, not afterward.** It's OK to go to the gym before you donate blood but not so wise afterward.
- **Take iron tablets.** The American Red Cross recommends that individuals who donate blood frequently take an iron supplement or a multivitamin with iron.

This article is adapted from: <https://www.nyp.org/healthmatters/the-surprising-benefits-of-donating-blood>

A New Year, A New Display

Be sure to check out our new display in the front lobby. Long-time congregant, Deb Adler, is a multi-talented artist who wants to show that it's never too late to hone your artistic talent.

As a painter, photographer and illustrator who focuses on nature and animals, she grew up in a home that fostered love of music, visual arts and literature.

Over the years, Deb has studied a variety of pursuits and has mastered different techniques to express herself.

Don't miss her creations!

Help Staff Your Local Polling Place

Our elections depend on ordinary people who make sure voting runs smoothly and everyone's vote is counted — people like you.

You can make sure we have safe, fair, efficient elections for all: Step up today and become a poll worker for the next election in your community. Poll workers receive training and are paid.

To register to be a poll worker, contact your county election board. Fill out the form and your name will be sent to the election board in your county. Or call your county election board directly.

BECAUSE THE NEED IS GREAT....

Start the High Holy Days with an act of generosity

We are all aware of the increasing cost of groceries. If you are dialed into the news, then you probably are also aware of the severe cuts in food benefits for many of our neighbors. One out of every eight of our upstate residents is unsure how they're going to put food on the table. For children, the hunger numbers are worse—one in six.

You can start the Holy Days with an act of *Tikun Olam* (repairing the world) by bringing non-perishable items to services. Just place them in the boxes as you check in for services. *Please make sure that items have not expired or are about to expire as we will not be transporting them to distribution centers until after Simchat Torah.*

OOPS!

One Free Food Fridge was left off the list in the August Bulletin. You can also leave fresh food in the fridge in the Honest Weight Coop parking lot at 100 Watervliet Ave., Albany.

EVERY VOICE/EVERY VOTE

We are participating in the "good democracy" campaign to ensure that every citizen has their vote counted. We will be writing non-partisan postcards to voters in districts whose residents are at risk of being disenfranchised.

Watch for writing party dates in the bulletin and weekly announcements. You may also contact Valerie Tabak at walksing53@gmail.com or Becky Marvin at beckymarvin4574@gmail.com to add your name to the notification list.

ADULT ED FALL 2026

Presentation: *Song of Life, an extraordinary story*

Tuesday, September 29 at 2 p.m.

In-person at B'nai Sholom

Followed by dessert

Please join us for a special presentation by Mimica Tzezana Hyman chronicling the survival of the Jewish community on the Greek island of Zakynthos during the Second World War. Mimica will tell the story of her father and his family who lived on the island and how the Jews there were protected from the Nazis by the courage of the island's bishop, mayor and other residents. As a result of this, all 275 Jewish lives on Zakynthos were saved. Her presentation consists of a summary of Jewish life there in the days before WWII, stories of her father, as well as a screening of a short film.

Mimica, a Hudson Valley resident, is an artist, educator and advocate who shares her family's historic experience during the Holocaust to keep the memory of Greek Jewish survival alive.

Relationships in Our Sacred Texts

Thursdays - October 22, October 29 and November 5 at 4 p.m. (In person only)

Join us for a three-part course led by Rabbi Weisbrot using the Torah and Talmud to explore parent-child, marriage/family and possibly teacher/student relationships. The October bulletin will have a fuller description and registration information.

Jews and the Civil War

Author Talk with Richard Kreitner (via Zoom)

Thursday, December 10 at 8 p.m.

In a very special program, we will be hosting a Zoom talk by Richard Kreitner, author of the groundbreaking and highly praised new book, "*Fear No Pharaoh: American Jews, The Civil War and the Fight to End Slavery*." The book addresses how Jews engaged with the debates and moral questions of that tumultuous period in American history and illuminates the complex lives of 19th century American Jewry. Kreitner's work has been called "revelatory" (*Wall Street Journal*).

Richard Kreitner, a resident of the Hudson Valley, is a contributing writer at *The Nation* and also authored *Break It Up: Secession, Division, and the Secret History of America's Imperfect Union*. He's been published everywhere from Slate to The New York Review of Books and hosts a podcast, *Think Back*, about American history.

MOVIE NIGHT SATURDAY, NOVEMBER 14 @ 7:30 p.m.— in person. Film TBA.

Thank You!

...to the fantastic Bulletin Brigade who folded and stuffed the July Bulletin: Ken Tannen; Joan Savitt; Martie Teumim; Mari Vosburgh; Rema Goldstein; Dee Wind; Anita Stein.

...to the following congregants who recently hosted an Oneg Shabbat or kiddush lunch: Ian Duckor; Lois Gordon – in memory of Eva Gordon and Jeannette Lubitch Katz

The Congregation Notes with Thanks These Contributions:

General Fund

In memory of **Earl Marvin** by Ben and Becky Marvin

In memory of **Gerald Fruiterman** by Roy and Judy Fruiterman

In memory of **Nathan Green** by Ellie and Randy Davis

In memory of **Lorraine Tharus and Milton Schwartz** by Barbara and Jack Devore

In memory of **Cecily Redler Jacobs** by Steve Redler and Ann Lowenfels

Free Food Fridges

Valerie Tabak and Jesse Dinkin; Maxine and Eric Goldberg; Ann Shapiro and Barry Pendergrass;

Please note, some donations will be recorded a month after they are received due to technical issues.

The following Yahrtzeits will be observed in September:

9/4

Sydell Morris; Marvin Morris; Franklyn Cole*; Nathan Green; Marvin J. Finkelstein*; Arthur T. Singer*; Louis Greenstein*; Belle Schwartz; Minna Katzin*

9/11

Harold Quell; Leah Royne; Edith Cabelly; Elsie Logwood; Edward Hoffman; Morris Parets*; Ethel Link

9/18

David Engler*; Vivian Quell; Marylin Ruben; Joseph (Norm) Ouellette; Lubi Radosh; Ari Propp; Rifka Propp; Charlotte Sacks; Shari Knieling; Edward Lindquist; Betty Herbert; Alice Winston*; Mollie Belkin Lazoroff*; Henry Nussbaum; Rose Levine Goldstein*

9/25

Martin Kleinfeld*; Yetta Berman*; Irving Cherry; Arthur Nitka; Jakob Simon Krochmal; Saul Toback; David Binewitch*; Samuel Pock*; Jeannie Bick; Rosemary Daly

10/2

Donald Goldberg; Asher Kaplan; Luci Shapiro; Carrie Huang

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

Be On Guard Against Email/Text Spoofing Scams

STAY ALERT! If you see a suspicious email or text message that claims to come from Rabbi Weisbrot or someone else at B'nai Sholom, double-check the email address or phone number of the sender – it may be a scam. When in doubt, ***do not click on any links or attachments*** and ***do not reply*** to the message. Send a fresh message to the correct address or number for the supposed sender or call them directly to confirm.

NOTE: Recently, there has been a wave of unsolicited emails asking you to rate or recommend someone for a position. Please watch out for these and do not click on the links; they are also a scam!

RABBI: Danielle Weisbrot can be reached at rabbi@bnaisholomalbany.org

RABBI EMERITUS: Donald P. Cashman

PRESIDENT: Elizabeth I. Davis can be reached at president@bnaisholomalbany.org

OFFICE MANAGER: Emily Pickering can be reached at office@bnaisholomalbany.org

OFFICE HOURS: TUE/WED/THURS/FRI 9:30 AM–4:00 PM

Articles and news received after the deadline are subject to omission. As a rule, the Bulletin deadline is the 2nd Wednesday of every month. Adherence to the deadline is critical to ensuring that the Bulletin is sent out in a timely manner.

Period Covered

October
November

Deadline

September 9
October 14