



# Beth Israel Bulletin

## TEMPLE BETH ISRAEL SUMMER EVENTS

BAR MITZVAH  
OF  
BEN GRAFSTEIN

SATURDAY  
JULY 24TH



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## FROM THE RABBI

Assuming nothing changes between now and then (and in the last year and a half, we've all learned a lot about not making that assumption), we will be resuming in-person worship in the sanctuary on June 4. At the same time, we also intend to continue to stream services for those who are distant, who do not yet feel comfortable being present in-person, or who simply prefer to worship while in their pajamas.

When you first come back into the building, I want to suggest that you take a moment and savor the return. Perhaps recite the *Shehechyanu* for coming back to this place after more than a year. Maybe take a pass on kissing the mezuzah by the door, though.

As we re-enter, our current plans are that this will not be a return to our old normal. For now, we are expecting to have seats blocked off to ensure social distancing. We are not expecting to begin with Onegs after services until later. For now, we are taking our first steps towards in-person community, not throwing the doors wide open.

It is our hope, obviously, that this will be the beginning of a straight-line trajectory towards a return to full normalcy. At the same time, none of us knows what lies ahead. We are aware that new variants or a rise in cases in the area may dictate that we take steps back. If so, we will do so.

This pandemic period has been long and difficult. While many of us may have discovered new strengths or hobbies, others among us have had very hard years. In professional circles, the word that we keep using is "trauma."

As we come back together, please be patient with yourself and with others. Some of us will bounce back, ready to engage in everything. For others, a more cautious approach is called for. For some of us, our entire households have been vaccinated for months, as well as virtually everyone we know. For others in our community, there is no vaccine yet approved for their children. Each of us faces different circumstances, and may feel differently based on those.

Ever since spring of 2020, I've had a vision of what coming back together looked like. This isn't it. My vision was a grand party, with, as Miriam Worthington suggested, everyone bringing their favorite foods from the holidays we'd missed celebrating together over the last year. That's not where we are yet. That vision represented a complete return to our old normal as an initial step. In retrospect, that was neither probable nor wise. Still, I grieve that we cannot celebrate in that full fashion.

We are taking steps back to being together the way we would like to be. We are not there yet. Neither I, nor anyone else, can say when we will get there. Step by step, however, we will work towards that day.

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## Schedule of June Services

June 4, Friday, 7:00 pm Shabbat Service

Sh'lach (Num. 13:1 - 15:41)

June 12, Saturday, 10:00 am Shabbat Morning Service

Korach (Num. 16:1 - 18:32)

June 18, Friday, 7:00 pm Shabbat Service

Chukat (Num. 19:1 - 22:1)

June 25, Friday, 7:00 pm Shabbat Service

Balak (Num. 22:2 - 25:9)



## Y A H R Z E I T S

### June 4, 2021

Harry Elbaum  
Kevin Edward Adler  
Estelle Dorothy Elson  
Hyman Krinovitz  
Leona Lorberbaum  
Henrietta Chanah Kaufman  
Brigitte Hirschfels  
Herman Leighton  
David Caplan  
Francis Levy  
Charles Miller  
Lottie Winkler  
Rose Berwitz  
Dr. Leonard J. Schiff  
Caroline Janet Schlesinger  
Jonas Wallace  
Alan Davis  
Isadore Fievisohn  
Irving Goldman

### June 12, 2021

Frances Krinovitz  
Dorothy Levites  
Eliza Scheier Schiff  
Mildred Cohen  
Sarah White Gross  
Lena R. Albert  
Sadie Lipschutz  
Renee Ruzow  
Thomas Brumfield  
Abraham Caplan  
Louis Cohen  
Avrom Jacobs  
Adam Ruzow  
Nathan Smith  
Mattie Morris

### June 18, 2021

Stanford C. Reed  
Rose Rabin  
Hanina Cao-Ba Ezerzer  
Minnie R. Gottlob  
Aaron Merkel Scheier  
Sarah Goodrich Forman  
Rebecca Lavut  
Lillian Adler

### June 25, 2021

Rose Hurwitz  
Nathan Selbst  
Barbara Lichtig  
Thinh Cao-Ba  
Hector Escudero  
Delores Escudero  
Max Copeland  
David Fields  
Katherine Jeanne Merkel  
Albert Tamman  
Nathan Feldman  
Herbert Reuter  
Rose Ruzow  
Abe Kaifetz  
Gabriel Mamane  
Wlodziemierz "Wolf" Zachariasz  
Bernice Bernstein  
Josephine Lichtig  
Abraham Schaffer



## Schedule of Services

July 2, Friday, 7:00 pm Shabbat Service  
Pinchas (Num. 25:10 - 30:1)

July 10, Saturday, 10:00 am Shabbat Morning Service  
Matot-Masei (Num. 30:2 - 36:13)

July 16, Friday, 7:00 pm Shabbat Service  
Devarim (Deut. 1:1 - 3:22)

July 23, Friday, 7:00 pm Shabbat Service  
(Ben Grafstein's Bar Mitzvah)

July 24, Saturday, 10:00 am Ben Grafstein's Bar Mitzvah  
Vaetchanan (Deut. 3:23 - 7:11)

July 30, Friday, 7:00 pm Shabbat Service  
Eikev (Deut. 7:12 - 11:25)

Aug. 6, Friday, 7:00 pm Shabbat Service  
Re-eh (Deut. 11:26 - 16:17)

Aug. 13, Friday, 7:00 pm Shabbat Service  
Shoftim (Deut. 16:18 - 21:9)

Aug. 20, Friday, 7:00 pm Shabbat Service  
Ki Teitzei (Deut. 21:10 - 25:19)

Aug. 27, Friday, 7:00 pm Shabbat Service  
Ki Tavo (Deut. 26:1 - 29:8)

## YAH RZEITS

### July 2, 2021

Dorothy Appel Feldman  
John J. Hiller  
Joseph Kassel  
Eve Lewin  
Max Lessner  
Myer Levine  
Robert L. Berger  
Israel Cohen  
Harry Kleinberg  
Jeannette Nizel  
Saul H. Rubin  
James Bergman  
Clara Achouche  
Katherine Wood  
Jennie Rovins  
Helen Evans Wolfe

### July 30, 2021

Mary Hurwitz  
Morris M. Shubert  
Doris Bornstein Edelman  
Harold B. Shubert  
Hannah Bornstein  
Betty Goldner Lipshultz  
Gertrude Kriff  
Lillian Shubert

### July 10, 2021

Mollie Cohen  
David Sterns  
Aaron Watermeier  
Kate Wolfe  
Sally D. Hirsch  
Jerome Levine  
Harold Weisburgh  
Dorothea Ann Merkel  
Milton Rubin  
Violet Rovins Caplan  
Dr. Israel Winkler  
Celia Bookman

### August 6, 2021

Michael Kaufman  
Abraham Levine  
Jack Siegel  
Irwin Stevens  
David Aibel  
Mary Elaine Marcus  
Stanley D. Weinstein  
Clara Schwartz  
Irving Fishman  
Isidore Goldstein  
Lillian Sarnow

### August 13, 2021

Pearl Goldenberg  
Sharmaine Haas  
Yetta Shainmark  
Louis Evans Wolfe

### July 16, 2021

Ruth Smith  
Louis Kalofsky  
Harry Lippert  
Blanche Mendelsohn  
Ruth Ship  
Harry Skloff  
Ben Spielberg  
Harvey E. Duchin  
Barney A. Kobel  
Louise Treistman  
Barbara Gordon Nolland  
Noel Merrihew

### August 20, 2021

Julius Bernstein  
Harry S. Roth  
Dr. Dorothy W. Gross  
Bella Selig London  
Moishe H. Myerson  
Ray Schweizer Wallace  
Fanny Rosenak  
Rae Selbst  
Sylvia Berger  
Harry Dunn  
Maude Doernbach  
Myron J. Gordon, Sr.

### July 23, 2021

Aldrich M. Benson  
Melvin Cohen  
Rose Furman  
Mae Resnick  
Ollie McNulty Paul  
Charles E. Slatkin  
Samuel Cohen  
Yetta Juskowitz  
Samuel Gordon  
Irene Hartoch Marx  
Harold Rome

### August 27, 2021

Harry Alpert  
Minnie Cohen  
Louis Ratner  
Edith Goldman Shipley  
David Burde  
Ruth A. Kobel  
Harry Levites  
Jennie Feldman  
Moses Katzper  
Ada Brown  
Rachel Dunn  
Christopher A. Rem  
Louis Marcus  
Helena Bibliowicz  
Tsilla Trunk

## FROM THE PRESIDENT

NOTES FROM THE PREZ... Oops! You missed it. Oops! There it goes again. What I'm referring to, gentle reader, is those moments of joy and contentment that happen several times during our day and get lost in the bustle of our lives. It took this writer way too long to realize how important it is to capture these fleeting moments which can be a lifesaver in a sea of pain and sadness. I believe these lifesaver moments are the Almighty's way to help us survive the worst of days. Finding and utilizing the available moments of joy and peace can make the difference between mental health and survival through the worst of times.

The process of seizing the moment is both simple and difficult. Simple, because it requires no special preparation or equipment. Difficult, because it requires us to harness our overactive minds and focus on the now. For our part, we need to interfere with the chaos in our head and focus on the joy mixed within the mire. Small moments of joy won't take all the pain away, but it will buffer the grief and give us strength to move past the sorrow.

So, where are these joyful moments? They're literally everywhere; even in a simple cup of coffee. Gulping the coffee gets it down but it also misses the moment. Now, rewind. Breathe with consciousness and experience the cup in your hand. Take note of the weight of the cup, the warmth radiating to your fingertips, the sensual aroma and finally the taste as it rolls across your tongue. Your being in the moment has released you from anxiety and grief even if only for a few seconds. All your senses have been involved in the time it takes to savor the sip of coffee and you have allowed yourself a moment of joy.

Another joy and one of my favorite moments, is the healing moment in a hug. Now, I'm not talking about an air-kiss Hollywood hug. I'm talking about a real, arms-around-you, body contact hug that has your whole attention.

Research have shown that a real hug lasting approximately 20 seconds can produce both physical and psychological benefits. The pressure of just holding someone stimulates deep receptors in the autonomic nervous system which send us a feeling of safety, which in turn decreases our anxiety. A real hug also causes the release of oxytocin, a hormone that makes us feel safe and bonded. Oxytocin also calms us. There is even some research that suggests hugs boost the immune system and promote healing.

As we go about our daily lives, I encourage you to stop for a few seconds, become aware of all that is happening in that moment and immerse yourself in it. Being in the moment allows us to perceive moments of joy and healing. It breaks into our frantic thought processes, interrupting feelings of sadness and anxiety. The Almighty has equipped you to receive both joy and sadness. It would be a darn shame to miss out on our daily doses of joy and calm.

During the next few months, I urge you to practice being in the moment and find the joy that is yours for the healing. Wishing you and yours a safe and joyful summer.

Ba'ruch Hashem

Beth B.

## YENTA

Condolences to the families of Jerry Resnick and Ellie Goldman. May their memories be a blessing.



Congratulations to Jordan Young, (grandson of George & Carol Staves) upon his graduation from SUNY Oswego, majoring in Communication & Marketing.

Don't forget to send Yenta a note to share!

## WE GRATEFULLY ACKNOWLEDGE GIFTS TO THE VARIOUS TEMPLE TRUST FUNDS

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### JOYCE COHEN BUILDING MAINTENANCE FUND

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- In Memory of Ellie Goldman and Jerry Resnick.

*Thank  
You*

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**Elle Berger and Mike DiNunzio:**

- In Memory of a wonderful role model, Evelyn Marks;  
- In Memory of our dear friend, Jerry Resnick;  
- To Say "Mazel Tov" to Sophie Kabeli on her Bat Mitzvah.

**Debra Good and Douglas Chaves:**

- To Congratulate Sophie and the Kabeli family on the occasion of her beautiful Bat Mitzvah;  
- To Thank the CaoBa's for speaking up with nicely written opinion on Israel;  
- To comfort Lil and her family on the passing of Jerry Resnick;  
- To Thank Maria for her terrific work in the office;  
- To Thank the Board for the leadership;  
- To comfort the family of Ellie Goldman on her passing.

**Andrew Kaplan:**

- In Memory of my beloved father Isidore Kaplan;  
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- In Memory of Jerry Resnick.

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- In Memory of Evelyn Marks.

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### JULY

1/Sara & Harvey Hurwitz  
 1/Shelley & Michael Lack  
 2/Marilyn Lorberbaum  
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 23/Mark Sarnow  
 27/Harvey Hurwitz  
 27/Jason Marx  
 28/Jessica Harrison-Repko  
 29/Jodi (nee Goldenberg) Sperling  
 30/ Mike Sperling  
 31/Marcy Weisburgh



### AUGUST

14/Sarah Reif  
 16/Debra Rabin Menase  
 16/Ian Ratner  
 16/Michelle Davis & Ben Stafford  
 16/Jeff Weisburgh  
 22/Sarah Davis & Kori Redepenning  
 28/ Kevin Smith



### SEPTEMBER

1/Jen Shutts  
 7/Joel Shutts  
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 21/Carol Klepper  
 25/Cheryl & Sabieli Kabeli  
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**21<sup>st</sup> Century Fund:** Ensures that funds are available to retain a Rabbi.

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**Martin M. Goldman and Family Fund:** To provide for the enhancement of Jewish life and worship in Plattsburgh.

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rabbi@plattsburghtbi.org

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