



# Beth Israel Bulletin

TEMPLE BETH ISRAEL  
NOVEMBER EVENTS

SHABBAT SERVICES



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## FROM THE RABBI

November brings with it Thanksgiving (also Hanukkah, this year, but Thanksgiving is what I want to write about). A trend I've been noticing over the past number of years on social media is people turning all of November into a Thanksgiving practice. By this, I do not mean that they are eating turkey all month, but rather that they are engaging in a conscious gratitude practice each day.

A gratitude practice can be as simple or complex as you want to make it. In general, when I engage in such a practice (and I hope to this November), I try to make sure that at some point each day I consciously identify three things for which I am grateful at that moment. Some people formalize this by writing down the three things each day. Others will spend a period of time journaling their gratitude or meditating on their gratitude each day. For some people it is important to do this at the same time each day. For me, I generally just do it at whatever point in the day I remember.

What if you are not feeling particularly grateful at the moment? What if the major parts of our life feel hard and sad, not bursting with joy and gratitude? In that case, find something small to be grateful for. Have a piece of chocolate and enjoy the taste. Then count that as something to be grateful for. Is it cold and wet outdoors? Be grateful that we live in a time when our homes are insulated and adequately heated so that we do not suffer the cold as

those in ages gone by did. Even if some of our relationships are strained and we are lonely, what are the relationships that do nourish you (cats count)? What experiences of the past are you grateful to have had?

A gratitude practice is a powerful psychological tool. Research shows it impacts our entire world view, making us more grateful and happier. By training our brains to look for the things that make us happy, we become happier.

Up until this point the only explicitly Jewish aspect of this column has been my assertion that I wasn't talking about Hanukkah. So let me add a Jewish element to a gratitude practice for those who may want that.

In the Jewish tradition we are taught that the first words out of our mouth in the morning should be "Modeh (for a man)/ Modah (for a woman) ani lifanecha..." I express my gratitude before you. While the traditional text goes on to state that the gratitude is for having our soul returned to us (i.e., waking up from sleep), this same formula can be used to introduce anything we are grateful for. "Modeh Ani Lifanech for the squirrels bouncing around the yard."

As we enter this season of gratitude, let me express my gratitude to all of you, who allow me to bring my self to my rabbinate, and for allowing me to explore Judaism with you all.

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## Schedule of Shabbat Services

Nov. 5, Friday, 6:00 pm Family Service  
Toldot (Gen. 25:19 - 28:9)

Nov. 12, Friday, 7:00 pm Shabbat Service  
Vayetzei (Gen. 28:10 - 32:3)

Nov. 20, Saturday, 10:00 am Shabbat Morning Service  
Vayishlach (Gen. 32:4 - 36:43)

Nov. 26, Friday, 7:00 pm Shabbat Service  
Vayeshev (Gen. 37:1 - 40:23)



\*\*\*All Service will be on-site at the Temple and also on Zoom (unless circumstances change)

## Yahrzeits

### November 5, 2021

Milton Gross  
Hyman H. Harrison  
Tamar Farrington  
Arlene Amith  
Mitchell Lewis  
Martha Jayne Clark  
Chaya Lifshitz  
Leah Lifshitz  
Aaron Fox

### November 12, 2021

Harriet Berkowitz  
Henry Braunstein  
Fannie Dora Kobel  
Abraham Alpert  
Morris Gitlin  
Irving Krinovitz  
Lena Fox  
Ann Goldman Rednor  
Joseph Aaron Schiff  
Thelma Kaplan  
Samuel Morris Schantz  
William Levy  
Samuel N. Newman  
Violetta Bill-Brumfield  
Martin M. Goldman

### November 20, 2021

Walter Kasnowitz  
Morton M. Markstone  
Morris Cohen  
Hattie G. Kaifetz  
Ida Shapiro  
Louis Winkler  
Bertram Anderson  
Lillian Newman  
Margarate Nolland  
Saul Nolland  
Florence Davis  
Louis Freedman  
Bessie Goldsmith  
Bessie Hurwitz  
Abraham Moldovan  
Regina L. Slatkin

### November 26, 2021

Ray Miller Groetzing  
Morris Isaacson  
Abraham Moses Krinovitz  
Henrietta Greenfield  
Lillian Newman  
Loretta Oppenheim  
Jeanette Kahner Merkel  
Terry Ford  
George J. L. Taylor  
Lillian B. Garrell  
Henry Schapiro  
Scott Norman Woolman



## FROM THE PRESIDENT

Notes from the prez..."All at once, summer collapsed into fall." Oscar Wilde

Autumn is undoubtedly one of my favorite seasons. And while it is short lived, it dances through its season with brilliance and flair. Fall's time limited duration astounds the eye with dazzling hues and intense colors. Fall is a time of change: rapid and dynamic - the leaves turn and fall, the wind chills, and riotous color gives way to subtle browns. All in preparation for the emergence of new life in the spring.

We must also deal with change, some jarringly dynamic and some imperceptively subtle. We must change to live. In reality, we have no choice in this. Change will happen with or without our agreement much less our consent. From the moment we enter this world, we are changing. We grow, we age, we learn, we do.

And as we grow, we humans develop routines and pattern in our lives to deal with change. We develop a belief of control over our lives and just when we fool ourselves into believing things are settled, Change happens. We start school, fall in love, marry, leave home, have a child, lose a parent or loved one, become ill, divorce, get older, etc, etc. Life is not very stable because it is always changing.

One of my favorite expressions is, "If you want God to laugh, make plans".

Some changes are visible, right out there. Others are internal, spiritual and psychological. These may be the most important and impactful, because these changes we have some input into. Without these changes, we stagnate and stop emotional and spiritual growth.

Imagine our lives if we accept our character flaws and imperfections and decide to make positive changes that will help us grow and develop? Imagine our lives if we do not? We are all familiar with people who hoard their resentment, nurse their anger, feed their prejudice and flame their pettiness. They're the people we try to avoid because they ooze bitterness and unhappiness. They have stopped changing emotionally and spiritually. They are sad people.

Growth doesn't come without struggle and work. But it has its own divine reward. And we don't have to do it alone. Prayer, acts of kindness, friendship, and maybe even divine intervention are available to help us change.

As you and I continue our life's transition, I pray we find insight to see what needs be done, courage to accept the need to change, strength to make the changes and joy in the divine plan for renewing our lives.

Ba'ruch HaShem,

ElizaBeth



## YENTA

Welcome home again Janet & Jerry! They had an enjoyable reunion with family in Minneapolis. One of the children became ill, but now is on the mend.

Seems like Sophie Kabeli's travel theme for her Bat Mitzvah bit Beth Brumfield, Tom DuFore (currently healing from Covid), Deb Mondovan and Suzi K. Merrihew who will leave in November for Iceland. (oh the wool, knitting patterns ohhh).

Rabbi and Eva are headed to Maine for a well deserved vacation. Condolences to the Robert Willins family. May his memory be a blessing.



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

September 16 - October 15, 2021

### Yahrzeit Fund:

**Roberta and David Sullivan:**

- in Memory of Eleanor Goldman and Jerome Resnick.

**Carolyn Payne:**

- in Memory of my Dad Monty Miller.

**Gayle Ratner:**

- in Memory of Jack Greenfield.

**Michael Ratner:**

- in Memory of Alice Ratner.

### Rabbi's Discretionary Fund

**Barbara Rothstein:**

- thank you to the Rabbi for helping me thru the pandemic and life.

**Neil Kominsky and Deborah Frank**

### General Fund

**Debra Good and Doug Chaves:**

- to Thank everyone for the good wishes on our Anniversary;  
 - in celebration of the marriage of Jeanot and Caroles' granddaughter;  
 - in celebration of Sophies milestone;  
 - to wish Andy a successful surgery and quick recovery;  
 - in appreciation of the Rabbi and the Board;  
 - to wish everyone a happy and healthy New Year.

**Rachel and Ralph Grafstein:**

- in honor of Dr. Leo, Ellen, Max and Benjamin Grafstein's bar mitzvah.

**Susan F. Schiro**

**Neil Kominsky and Deborah Frank:**

- Contribution in appreciation of High Holy Days.

### SPECIAL THANK YOU:

Thanks to PJ Miller and Simon Davison for taking down the Sukkah and cleaning it all up.

*Thank  
You*

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**General Fund:** Everyday Temple operations.

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**The Joyce Cohen Building Fund:** The interest from this fund is used to make any capital improvement on both the Temple and Rabbinate. Contributions to this fund will continue to insure our ability to keep up on repairs and maintenance of our congregation’s properties.

**21<sup>st</sup> Century Fund:** Ensures that funds are available to retain a Rabbi.

**Woolman Rabbinical Trust Fund:** Supports a Rabbi as spiritual leader for our community.

### Education Funds

**Rabin Religious School Trust Fund:** Supports the Religious School.

**Merkel-London Library Fund:** Supports the purchase of books, periodicals and films that support the needs of the congregation and Religious School.

**Fanny S. Schiff Trust Fund for Youth Activities:** Supports youth programs and activities.

**Judge Robert J. Feinberg Memorial Educational Fund:** For acquiring books, periodicals, audio-visual equipment, software and the like to aid in the education of the members of the congregation.

**Rachel Harrison Camp Fund:** Provides scholarship money for children and teens to attend Jewish camps.

**The Israel Student Scholarship Fund:** Provides supplemental funding for current and former students of RRS to travel to Israel.

### Cultural Funds

**The Charles E. and Regina L. Slatkin Lecture Fund:** Supports programs with Jewish content in the areas of art, literature or music.

**Mensch Fund:** To be used for programs and purchases that might not be accommodated within the regular Temple budget.

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

**Harvey Duchin Jewish Cultural Fund:** Cultural programs and/or activities, including music, art, lectures etc., for the benefit of the congregation.

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