



Beth Israel Bulletin

TEMPLE BETH ISRAEL OCTOBER EVENTS

SIMCHAT TORAH
OCTOBER 1ST
6:00 PM

FROM THE RABBI

What are you learning?

Learning as an adult has been much on my mind recently. For a number of years, I'm not sure I would have known how to answer it. At the moment, my life feels filled with learning.

I'm reading a double-page of Talmud a day. I've been doing this for some 20 months now. As a result, I understand how Talmud operates at an entirely different level than I did previously. I took graduate level courses in Talmud (at least three, maybe four?), but quantity has a quality all its own. In addition to understanding how the text works, I've also come to understand things about the world in which it is set, how the rabbis of the time thought, and bits of both their theoretical and practical concerns.

In the last month, I started taking a course at SUNY, primarily to qualify for health insurance. I'm taking Psych 101, something I always wanted to take in college and never got around to. It is both daunting and fascinating to begin learning a new subject at the age of 50. I found myself wondering if I would struggle to learn the details that a younger me would have just soaked up? Had I forgotten how to learn at an undergraduate level? I've learned that my learning style has changed significantly. My notes on what I read are a whole lot better and more detailed than they were 30 years ago. Learning the parts of the nervous system requires me to consciously review the material--30 years ago the information would have just stuck in place. On the other hand, I suspect I will have longer term access to the information I'm learning now than I would have then. I'm

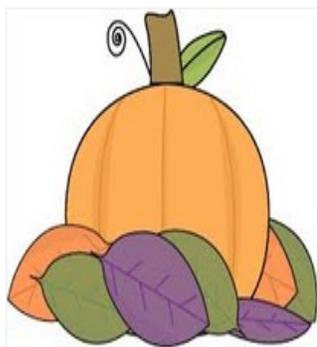
learning more slowly but more thoroughly.

I'm learning in our Proverbs class. Not just about Proverbs (though I am learning about that), but also about a new way to study biblical text. Letting others explain the truth of each proverb in their own life and experience teaches me to approach the text less critically than I often do. We have begun to read the text much more slowly than we did with Psalms, or certainly with Torah. And to some degree, it may be changing some of our approach to Torah study as well.

And then, there are all the things I've learned in the last couple of years. I have learned so much about racism and the structural racism of our society. I've learned how my assumptions about access to resources and fairness were simply incorrect. I've learned to listen when people tell me their stories of being shut out of opportunity.

And I have learned so much about public health and different ways of thinking about disease. Fomites versus aerosols versus droplets were not concepts I understood two years ago. Now I understand their implications for how we arrange seats. Reading a daily bulletin from "Your Local Epidemiologist" has helped me understand how epidemiologists think about disease and what kinds of questions they ask.

There is so much learning going on in my life at the moment. Some of it deliberate, some of it required by the times, some of it accidental. So what are you learning in these times?



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Schedule of Shabbat Services

Oct. 1, Friday, 6:00 pm Shabbat / Simchat Torah Service
Bereshit (Gen. 1:1 - 6:8)

Oct. 8, Friday, 7:00 pm Shabbat Service
Noach (Gen. 6:9 - 11:32)

Oct. 16, Saturday, 10:00 am Shabbat Morning Service
Lech-Lecha (Gen. 12: 1 - 17:27)

Oct. 22, Friday, 7:00 pm Shabbat Service
Vayera (Gen. 18:1 - 22:24)

Oct. 29, Friday, 7:00 pm Shabbat Service
Chayei Sara (Gen. 23:1 - 25:18)

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



YAHREZITS

October 1, 2021

Margaret Pickman
David Paul Reuter
Henry T. Woehl
Anna R. Hutner
Susan Satriano
Richard Ford
Leon Rednor
Gabriel Davis
Sarah Kaye
Edward R. Brohel
Herman Lichtig
Ida Fox
Sarah Eigenberg
Isaac Merkel
Ada Schantz
Jack Greenfield

October 8, 2021

Hyman Cohen
Abraham Colman Feldman
Herbert Marx
Samuel Rubin Bolker
Silas Pasquorella
Devorah Handelsman
Eleazar Handelsman
Itchek Handelsman
Heniek Handelsman
Samuel Cohen
Bessie Kaplan
Minnie Bella Brody

October 16, 2021

Stanley Gotlieb
Harry Duchin
James Godfrey
Mary B. Moskovitz
Irving Albert Elias
William Lorberbaum
Beverly Caroline Nussbaum
Libby Selbst
Jesse A. Zeeman
Bertha Levien Schoenkopf
Gerald Reuter

October 22, 2021

Samuel Goodrich
Samuel Kaufman
Pauline Balkan
Alex Goodrich
Karoline Sinsheimer
Bertha Miller
Michael B. White
Frances Goodrich
Leibowitz
Minnie Steiner Schiff

October 29, 2021

Joseph W. Feldman
Rachel Feldman
Gregory F. Merrihew
Harry Joseph Sklut
Joan K. Weinstein
Elizabeth Cohen
Morris Furman
Alice Ratner
Joyce Fievisohn
Rosa Scheier Mendelsohn
Monty Miller
Milton Gross



FROM THE PRESIDENT

Notes from the prez...Who hasn't chuckled when Peanuts' character Lucy VanPelt looks at poor Charlie Brown and exclaims, "Good grief, Charlie Brown"?

The term "good grief" made me wonder. Is there such a good thing as "good grief"? As I ponder this, I realize there may be; if one considers doing grief work helpful in moving past acute immobilizing pain.

All of us face loss in our lives: loss of a loved one, loss of employment, loss of a marriage, loss of ability and function, loss of our ideal child or partner, loss of our faith and beliefs. And we have all dealt with the myriad of losses caused by the COVID plague.

Public losses usually generate sympathy and support from others. Personal losses not so much. They are private and internal. Yet, personal losses can generate as much grief as the death of a loved one and may prove to be just as difficult to move past.

Unfortunately, many of us do not do our grief work and the loss we've experienced remains an ever-open wound. We hear it from the person who is still angry and bitter over a painful divorce. Their conversation is full of the hurts and mistreatment they endured during the breakup. They can't move on. Or, how about the aging individual who focuses only on what they cannot do anymore; how they hurt all the time, and how no one can help them. Their interaction with life has stopped and they are locked into the negative. They are immobilized in a rut of discontent and pain and their lives have stopped at this point.

How do we get out of this predicament? How do we break loose and start easing into life again? It's not easy and often times we are not even consciously aware we have stagnated. That's where the benefit of having a true friend becomes invaluable. A real friend will love you with all your flaws and will tell you the painful truth, even at the risk of facing your anger. Your job is to listen.

As many of you, I too have faced personal losses both great and small. Even small losses take a toll on body and soul. Devastating losses can make life seem unbearable and each new sunrise mocks our sadness. Like many of you, I too have resurfaced from that world of sorrow and slowly re-emerged back into living life. With the help and support of professionals, friends, family and even strangers healing can begin. With your

indulgence, I'd like to share some ideas for self-healing and maintenance.

Take baby steps on your journey. Make a goal for each and every day, however small, i.e., Sitting outside listening to birds for 15 minutes or getting nicely dressed today, going out for tea with friends. Give yourself a big hug for each completed goal. Don't expect overnight success. Your love and dreams didn't develop overnight and that big hole in your heart won't be filled in one day, but it is a start. Become consciously aware of your environment: the cooling sensation of air conditioning, the taste of cool refreshing water, the comfort your favorite music, the security of a cherished quilt as it snuggles you at night. Be open to accepting the little comforts around you and the bigger ones will come.

Give yourself permission to make an oops. We all do and after all only the Divine is perfect. (*Which we sometimes question in Torah study*). Forgive yourself for all the real and imagined hurtful or neglectful things you done or think you have. Drop "I should" from your vocabulary for a while.

Either you do it or you don't and if you don't what's the worst? Set priorities – you being first.

Did you know there is a constant self-talk tape playing in our heads? Listen and ask yourself, "what is playing in my mind now"? Is it defeating? Is it keeping you stuck? It is telling you "I'm dumb, I can't do it, I can't ever be happy or OK".

Consciously replace the negative, self-defeating tapes with positive phrases like, "I can", "I'm healing", "I'll get through this", "I did my very best and that's enough", "I deserve to lead a happy life", it's time to take care of me". Repeat the positive tapes over and over again until you believe it. Sometimes it helps to post your positive thoughts where you see them every day, like on the bathroom mirror or on the refrigerator. Whatever works is OK.

Accept what is given instead of being disappointed in not getting what you think you wanted. So, your partner is not a high-powered go getter. Is he/she kind, considerate, hard worker, respectful, spiritual, funny? Now these are gifts so many others wish they had. If you can't run the mile in 20 minutes anymore, can you walk 2 meters in a fund raiser? Remember baby steps. Still find yourself stuck? Touch base with a healing professional. That's what they are here for.

(Continued to Page 5)

WE GRATEFULLY ACKNOWLEDGE GIFTS TO THE VARIOUS TEMPLE TRUST FUNDS

August 16 - September 15, 2021

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- in memory of Dr. Henry Freedman.

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- in gratitude to Rabbi David and my friends who lovingly supported me when my beloved husband passed.

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Elle Berger and Mike DiNunzio:

- to say "mazel tov" to the Kabeli Family on the Bat Mitzvah of Sophie;

- to say Thank You to President Beth Brumfield who made our visitors from Florida feel so welcome while they toured our Temple;

- to thank everyone who works so hard to make our holidays so meaningful at this challenging time of Covid.

YENTA

Condolences to Tom (& Miriam) Worthington for the loss of his mother, Gladys Worthington on Erev Rosh Ha Shannah. May her memory be a blessing. Prayers of healing for Rivkah Bullins and her parents. To all Happy, Healthy, Sweet New Year.



FROM THE PRESIDENT (CONTINUED)

Re-booting your inner computer, rethinking your abilities, making yourself a priority, accepting love and support as it is given; these are all ways of doing grief work. As the saying goes, "what doesn't kill you makes you stronger". And stronger is what we all need to be in this crazy covid world we are living through.

Ba'ruch HaShem,

ElizaBeth

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21st Century Fund: Ensures that funds are available to retain a Rabbi.

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

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Rabin Religious School Trust Fund: Supports the Religious School.

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