How to Apologize Like a Jewish Grown-up!

Our reluctance to apologize can often cause more harm than the original offense. We argue, we justify, and we stick to our guns, just to be right! We fight back the urge to yell, “I know you are but what am I!” This time of year Judaism helps us be the grownup. We are told that apologies and making amends are better for the world then digging our heels in.

Once we have decided that we have to apologize, we might be tempted at this time of year to offer the Non-Apology apology. The Non-Apology apology is defined by Wikipedia as a statement that has the form of an apology but does not express the expected remorse. It most commonly entails the speaker say that he

No one likes to say they’re sorry. I think it is because no one likes to be wrong. It means that we did something wrong; even worse it might mean that we did something bad. We are good people, right? Good people don’t have to say they are sorry, right? That’s right, until we do. We all need to say we are sorry at one time or another.
Stop Hunger Now
Sunday, October 23, 2016
Noon - 2:00 p.m.

Rabbi Nagel will kick off the event in the Sukkah following the dismissal of religious school.

Stop Hunger Now is a nonprofit international hunger relief organization that coordinates the packaging and distribution of food and other life-saving aid to people in developing nations. Its mission is “to end hunger in our lifetime by providing food and life-saving aid to the world’s most vulnerable and by creating a global commitment to mobilize the necessary resources.”

WE NEED 40 to 50 volunteers to HELP assemble over 10,000 meals in the Goldburg Auditorium. Volunteers will help in the following ways:

- setting up and taking down packaging stations and equipment
- filling bins with raw ingredients
- scooping ingredients into meal bags
- weighing and sealing the bags
- boxing and stacking the bags on pallets
- loading the pallets and equipment onto a truck

The meals we assemble will include rice, soy, dehydrated vegetables and a packet containing 23 essential vitamins and minerals. The meals are shipped throughout the world to support school feeding programs, orphanages and crisis relief. The food is stored easily, transported quickly and has a shelf-life of two years.
A MESSAGE FROM THE EXECUTIVE DIRECTOR:

Dear Friends,

In our tradition the High Holy Days are referred to as The Days of Awe. These ten days, and the days of preparation for these ten days, which include two holidays, a fast day and a special Shabbat are a time that is neither joyous nor sad. These are times when we are introspective, looking inside ourselves rather than outside, at the world; times when we think about what we are doing with our lives.

The Days of Awe begin with Rosh Hashanah and end at Yom Kippur—beginning with the celebration of the New Year and concluding with a day of promise. They present us with a time for remembering and thinking, a time to measure what we have done so we can do better.

As we begin a new year, let us work together to make Congregation Beth Ahabah a better place and a warm and caring community where we come together to strengthen our Jewish lives.

My family joins me in wishing all of you a Healthy and Happy New Year.

“May we all be blessed with good health and may there be lasting peace in Israel and throughout the world”.

L’Shanah Tovah,
Russell M. Finer, FSA

Beth Ahabah Cares

Beth Ahabah Cares reaches out to our congregational members who are ill, hospitalized, or perhaps sitting Shiva by sending cards, making calls, and delivering healing meals. We reach out in times of gladness as well by sending Mazel Tov greetings to our families with new babies. We love sending newly knit caps and/or booties to our newest tiny members.

This active committee is always open to welcoming new members who are available to bake, cook meals, knit, or make telephone calls. Everyone is welcome! If you can give us a little of your time you can help our community in a big way.

Please contact Lori Skiles at 804.346.2684 or llskiles@verizon.net; or Miri Eynan at 804.269.5424 or pink4good@gmail.com to begin touching lives one family at a time.

Two volunteers are needed per night. There will be CARITAS personnel as well as a Beth Ahabah staff member present each evening. No advanced training is needed to perform this mitzvah. Please consider volunteering as an individual or a family. Most Beth Ahabah volunteers agree to work the same night each week for the duration of the program. Several members who have participated in the program with their teenage children have found this a rewarding family experience.

Items such as appropriate magazines, playing cards, books and toiletry items are always welcome as donations. To sign up or for more information, please contact Chuck Greenberg at 794-6800 or cgre41@yahoo.com.

CARITAS

Beth Ahabah will again serve as an intake site for the CARITAS Program for the homeless. CARITAS stands for Congregations Around Richmond Involved To Assure Shelter. From Saturday, December 10, 2016 through Friday, January 27, 2017, persons seeking shelter for the night will come to our school building at approximately 5:45 p.m.

We need volunteers to help CARITAS personnel sign in the homeless, offer them refreshments and make our guests feel at home until the CARITAS bus takes them to their shelter for the night. The bus arrives at approximately 7:00 p.m. Volunteers need to be at Temple by 5:30 p.m. and should be finished by approximately 7:15 p.m.
or she is sorry not for a behavior, statement or mistake, but rather is sorry only because the person who has been hurt is requesting the apology or expressing an objection. Examples of the Non-Apology apology including saying “I’m sorry that you feel that way,” or “I’m sorry if you were offended.”

Judaism urges us during the Ten Days of Repentance (that is the ten days between Rosh Hashanah and Yom Kippur) to really apologize. We are not told that we have to be perfect by the New Year (Rosh Hashanah), rather we have the first 10 days of the New Year to finish, just in case we were not fully prepared. The Shofar (ram’s horn) blast wakes us up to this mission: Apologize and apologize well.

A genuine apology offered and accepted (for we are called to do both in this season) is one of the most profound exchanges of civilization. It has the power to unburden the soul and repair a damaged relationship. Judaism teaches in the Talmud, that God in fact created repentance before creating the universe. God knew that Human beings would make a lot of mistakes and have a lot of apologizing to do along the path of life.

Therefore, a Jewish grown-up apologizes in a very particular way. There is an anatomy to a grown up apology:

1. Acknowledge the wrongdoing and accept responsibility for it.
   No “buts”, no “ands”, no “ifs” — Make no excuses for your behavior, just own it.

2. Show you know why the wrongdoing was wrong.
   Let the other person know not only that they were hurt, but that you understand why they were hurt.

3. Make it right.
   Sometimes an apology is not enough. If a situation can be fixed fix it and make restitution.

4. Pledge to do better in the future.
   Don't promise, but do try not to make the same mistake again.

5. Move on.
   Once you have completed the steps above, let it go. Simply start living and acting in a way that shows your apology was authentic through your changed behavior.

A WARM WELCOME TO OUR NEW MEMBERS!

Congregation Beth Ahabah would like to welcome the following new members and their families:

Kevin and Rachel Beanland
James & Hillary Hawkins
Sheldon & Rose Herold
Dustin & Ciara Morse
Laura Petrella
Fay Rozovsky
Daniel and Robin Salzberg
Alayne Schweitzer

Please excuse us if we missed listing your name, we will include it in the next issue.

It was so great to see everyone at the annual Congregational picnic and we especially enjoyed meeting our newest members.

We extend a warm welcome to the newest members of our Beth Ahabah community and look forward to engaging you in all of the exciting things that are happening in our congregation.

Carol Ann Callahan
Membership Committee Chairperson
BUILDING SACRED COMMUNITY—ONE PERSON AT A TIME
By Katie Roeper, Congregational President

I can still remember sitting in Rabbi Spiro’s office, my voice shaking as I asked if I could attend Religious School with my children. Ken and I had recently decided to raise our children Jewish after years of quiet debate and we were enrolling them in Religious School for the first time. Up until this point, our interfaith family’s religious practices had been defined by lighting the menorah, just after plugging in the lights on the Christmas tree. The Rabbi glanced over at Ken and then looked at me and smiled softly, “No, I’m sorry, our Religious School is not designed for parents but we do have adult education classes that the two of you may enjoy attending together.”

The first day of Religious School was not easy for our family. Our son, 8, and daughter, 5, had no idea what to expect but the thought of spending three hours in a strange building, where they did not know a soul, was overwhelming. “We will be right downstairs the entire time,” I had assured them, as I wiped their tears and handed them their favorite snacks to save for a mid-morning break. Ken had planned to attend a Brotherhood meeting and I had been invited to an opening brunch for Sisterhood.

Secretly, I was every bit as apprehensive as my children. I had no idea what Sisterhood even was. Although I had received an invitation to attend the event, I was sure they would never have sent it, had they known I was not Jewish. I felt like an imposter as I nervously entered the room and was momentarily relieved when I recognized one woman I knew professionally. “Just breathe,” I told myself. She introduced me to other women and I tried to make small talk while absorbing the unfamiliar signs and symbols decorating the walls. We filled our plates with bagels and fruit and I took another deep breath as I slid into a seat at one of the round tables draped with a mint green tablecloth.

Two women welcomed the group and asked everyone to introduce themselves and share their earliest Jewish memory. I could feel my skin growing hot as, table by table, women stood and talked about the smell of Challah baking in their Bubbe’s kitchen, making matzoh balls with Aunt Rose, and falling asleep to the clicking of Mahjong tiles. Inappropriate images flooded my mind as I frantically tried to think of what I would say—putting cookies out for Santa, shopping for Easter bonnets, and eating Sunday dinner after church—help! I made it through my introduction by referencing my mother’s wonderful chopped liver, (which she actually called paté, but of course, I didn’t mention that detail).

At 11:30 a.m., I politely escaped, nearly tripping over myself as I ran upstairs to rescue my children. I weaved my way through the hallway, swarming with parents and children, focused on the numbers painted on the classroom doors. I collected my son and then my daughter, wearing a forged smile to pretend everything was fine as we rushed toward the exit sign. “Let’s go find Daddy,” I said, trying hard to steady my voice. “How was your morning?” As each of them talked about the friends they had made, we stepped outside and I breathed in the September air to push down my anxiety.

Just then, I felt a tap on my back. I turned around to find the Sisterhood President. She put her hand on my arm and said, “I wanted to be sure to catch you before you left to say how happy we are that you were with us today. We would love for you to join us again next Sunday when we all get together to bake for the High Holidays.”

I was speechless. I couldn’t believe she had even noticed me in the meeting, let alone run after me to invite me to return. I managed to squeeze out a “thank you” before rushing off in hopes she didn’t notice the pools collecting in my eyes.

I did show up the following week… and the week after that. Ken and I did attend adult education classes and eventually I began to volunteer for projects and committees. Eight years later I found myself in Rabbi Beifield’s office. This time it was to ask how I could convert to Judaism.

Fifteen years later, as President of the Congregation, I am a regular visitor to Rabbi Nagel’s office. And while the topic has now shifted from personal to Temple business, as we discuss operations, finances and membership, I am constantly guided by my early experience. To me, this is what it means to be a “sacred community.” It means that we go out of our way to reach out to someone who is standing alone at an oneg, sitting by themselves in a pew, or walking into an event without someone by their side. It means that we offer a safe place to learn and grow for everyone, regardless of whether we were raised Jewish or we have come to know Judaism as adults. It means that we help others engage in their own way and at a pace that is comfortable to them. It means that we open our arms and our hearts and our minds as wide as possible and we wrap them around each other.
Building Sacred Community...Continued from Page 5

I have always been grateful for the one person who ran after me on our family’s first morning of Religious School. I am grateful she took the time, on one of the busiest days of the year, to find me in a sea of people to invite me to come back. That one action eased my mind at a moment when I was consumed with anxiety. That one action, although seemingly small, meant the world to me. That one action somehow assured me that Beth Ahabah would not only be a good place to raise our family but would also be a place that would welcome and encourage me to get involved. Thank you to Rabbi Spiro, Rabbi Beifield, Rabbi Gallop and Rabbi Nagel, for your support, encouragement, and patient teaching. Thank you to Ann Goodman, Sisterhood President, who invited me to return. And thank you to Congregation Beth Ahabah, for embracing me and providing me a safe haven to learn and grow into Judaism.

Beth Ahabah: Inspiring Jewish Lives—Building Sacred Community

HIGH HOLY DAYS TICKET POLICY
Tickets are required for all High Holy Day Services

Tickets will be issued free of charge to congregants who are in good standing. Family members will receive 2 ticket blocks; individual members will receive 1 ticket block. Additional blocks of tickets for members may be purchased for $100. Children’s tickets will be sent based on completion and return of a requested form.

GUEST TICKETS
- College students will be given a ticket by showing a valid college ID.
- Guests who are affiliated with a Congregation in other communities need only request that their home synagogue fax, mail or email us a High Holiday Courtesy Seating request to receive reciprocal tickets.
- Non-members wishing to attend all of our High Holy Day services may purchase a complete block of tickets for $300. Ticket blocks cannot be split between the two High Holy Day events. Should non-members choose to join the Congregation after the High Holy Days, the $300 will be credited toward their financial commitment to the Congregation.
- If you know anyone new to Richmond who would be interested in attending our High Holy Day services as our guest, please contact the Temple office so that we may invite them to worship with us.

Please let us know if you require handicap seating.

BABYSITTING
Professional babysitting for children ages 2 through 8 will be available for the 7:30 PM and 11:00 AM services on both Rosh Hashanah and Yom Kippur. The cost for babysitting is $10 per child, per service. Please contact us to make your reservations.

SECURITY
Every effort will be made to create a sense of security for congregants as they enter and leave the building. We will have taken every reasonable step to ensure the safety of all. An important security measure is to require tickets for all High Holy Days services. Please be prepared to show an usher your ticket when parking in the deck. Backpacks and large packages are prohibited in the Sanctuary. Thank you for your patience and understanding.

PARKING
The parking deck and parking lot will be open for all services. The parking deck is entered from Franklin Street.

HELP BETH AHAHABAH BY MAKING A LEGACY GIFT

Beth Ahabah is participating in a Life and Legacy program in partnership with the Richmond Jewish Foundation. A legacy gift to Beth Ahabah will help secure our future by strengthening our endowment. In addition, we may qualify for substantial incentive grants based on the number of new legacy gifts we receive. Please contact one of the following members of the Generations Legacy Giving team to find out how easy it is to make your legacy gift.

Jim Weinberg (jweinberg@hf-law.com)
Rosann Bocciarelli (rbocciarelli@gmail.com)
Rob Davidson (rob.davidson@aftonchemical.com)
Katie Roper (katie.roeper@gmail.com)
Jim Schuyler (jschuyler1@verizon.net)
IN SYMPATHY TO THE FAMILIES OF....

Gordon Mendelson
teacher of Michael (Shannon Kelley) Mendelson

Dorothy Caplan
grandmother of Rachel Pustilnik

Alan Fleischer
father of Sydney (Mike Camp) Fleischer

MAZAL TOV! GOOD NEWS & SIMCHAS TO:


Bonnie & Mike Eisenman on the birth of their grandson, Reid Paulson Eisenman, born August 9, 2016. Also to parents, Matthew Eisenman & Dana Paulson Eisenman of Atlanta, GA.

Ann Marie Benson on her daughter, Hannah Elizabeth Benson’s engagement to Zachary Ryan Viers.

Please send us your good news and simchas so we can share them with the congregational community! Mazel Tov!

Jackson Goldberg Oliver will be called to the Torah as a Bar Mitzvah on October 1, 2016. He is the son of Rebecca Goldberg, and the brother of Wyatt.

Jackson is in 7th grade at Tuckahoe Middle School (TMS) and has been a member of Beth Ahabah since the age of 6. Jackson enjoys math, science and engineering. His family and friends know he is friendly, funny, happy and enjoys working with teams. He was a track team manager for TMS last year and over the summer volunteered at the Richmond SPCA.

He hopes to attend a science, math and engineering program after high school and build new things for the world to use and enjoy.

Shoshana Chueca will be called to the Torah as a Bat Mitzvah on October 29, 2016. She is the daughter of Ruth Felsen and Miguel Chueca, and the sister of Ilan Chueca. She is the granddaughter of Harry and Marion Felsen of Silver Spring, Maryland and of Hector Oswaldo and Maria Luisa Chueca of Lima, Peru.

Shoshana is a 7th grade student in the Center Based Gifted program at Manchester Middle School. She plays alto saxophone in the school band and is a member of Girls Chorus Club and Spanish club, among others. Shoshana also practices Tae Kwon Do and is a member of the Tae Kwon Do Demonstration Team. She hopes to earn her black belt this year. She has played guitar with Ruach Chadash and Ruach Noar, and serves as a Madricha at Religious School.

Shoshana loves animals and has a great rapport with them. For her Mitzvah Project she has sought to better the lives of animals by volunteering with the Richmond Animal League and by collecting items to donate to this rescue group. Shoshana’s family is very proud of her and looks forward to sharing this special day with family and friends.

mazel tov!
URJ Summer Camps
by Earl Ferguson

One of the most delightful parts of my position as Chair of North American Camping and Israel Programs for the Union for Reform Judaism (URJ) is that I get the opportunity to visit the various camps around North America. Most of our congregants are not aware that the URJ owns the largest group of non-profit Jewish Camps in the world!

As of writing there are 16 of them. They are (in no particular order):

- 6 Points Sci-Tek, Massachusetts
- 6 Points Sports, Greensboro, North Carolina
- 6 Points Sports, Los Angeles, California
- Camp Newman, Santa Rosa California
- Greene Family Camp, Bruceville, Texas
- Henry S. Jacobs Camp, Jackson, Mississippi
- Camp Coleman, Cleveland, Georgia
- Camp Harlam, Kunkletown, Pennsylvania
- Day Camp Harlam, Philadelphia, Pennsylvania
- Eisner Camp, Great Barrington, Massachusetts
- Crane Lake Camp, West Stockbridge, Massachusetts
- Goldman Union Camp Institute, Indianapolis, Indiana
- Olin Sang Ruby Union Institute, Oconomowoc, Wisconsin
- Camp George, Ontario, Canada
- Camp Kalsman, Arlington, Washington
- Kutz Camp, Warwick, New York

This summer I had the pleasure of visiting California’s Camp Newman, and the new 6 Points Sports LA Camp, as well as Greene Family Camp in Texas. I have previously visited just about all of the rest of them. They are, in a word, wonderful. While the facilities contain just about everything that a summer camp should…from swimming pools to tennis courts to soccer fields to arts and crafts areas…they also contain something very, very special………their staffs. I have known each of the Camp Directors for years….they are incredibly dedicated people who care about each and every camper. In addition the summer staffs are very well trained in their specialty and very well trained on Reform Jewish Values to be imparted to the campers.

Perhaps the most magical part of the week at the URJ Camps is Shabbat. You have to see it to believe it. About 6 pm every Friday one of the song leaders starts walking through the camp playing guitar and singing Jewish folk songs. All (and I do mean ALL) of the campers and staffs fall in behind...
in a beautifully disorganized group of young people, generally dressed in various color pants or skirts, and white tops. With everyone singing they make their way to the (generally outdoor) chapels for a wonderful, joyous Kabbalat Shabbat service led by other campers. Everyone sings. Everyone prays. Everyone experiences the joy of Shabbat……truly amazing.

Saturday morning brings Shabbat services including a camper run Torah reading. The rest of the morning and afternoon is devoted to nontraditional activities to separate Shabbat from the rest of the week. And then, after Saturday dinner comes a very very special Havdallah Service….a beautiful sight to behold. The sun is setting. The air is filled with song and the campers are filled with emotion. They are so very proud to be Jewish and they express it in song, in dance, in poetry, in just being young people “hangin with their peeps”. When asked years later what their favorite part of camp was, invariably the response is “Shabbat”.

I have attended many Shabbats at many of our URJ Camps…. and each one is fantastic, emotional, and joyous. I am privileged to be around these young people……they are quite special.

CONGREGATION BETH AHABAH SENIOR BRIDGE

Invites You to an Evening Devoted to

AGELESS GRACE

presented by Judith Koziol

Wednesday, November 2 at 6:30 pm in the Joel House

The Ageless Grace Program—21 simple tools for lifelong comfort and ease—can be done by almost anyone of any age or ability.

Judith is currently teaching groups of active and independent seniors, assisted living facility and nursing home residents.

The exercises are practiced in a chair and the movements are natural- with no need to learn any special choreography. Each of the 21 tools are anti-aging techniques such as joint mobility, spinal flexibility, brain stimulation, balance, confidence, imagination and playfulness.

RSVP: rachelcohenschmidt@gmail.com

BARBARA GADEN, Cellist

Barbara Gaden has been a member of the cello section of the Richmond Symphony since 1993. A native of New York, she received a Bachelor of Music degree from the Juilliard School where she was a scholarship student of then New York Philharmonic principal cellist, Lorne Munroe. During college, she received a fellowship to attend the Berkshire Music Center at Tanglewood, where she worked with Leonard Bernstein, Seiji Ozawa, Gunther Schuller and others. Following graduation, Ms. Gaden worked in the classical music business, including a year as Director of Public Relations for the Louisville Orchestra and five years running her own concert management firm in New York City, the last three while also attending Fordham University School of Law. Since moving to Virginia in 1983 to practice law, she has also been heard in occasional solo performances, including recitals at Richmond.

CBA Music Makers

by Laura Savage, CBA Music Committee

This is the first in a series of articles to introduce you to the musicians who help to make our High Holy Days services so memorable.
Registration information:
Volunteers are strongly encouraged to register in advance so that we have a good idea of how many are participating and can plan accordingly.

Please register by October 15th via this form or online. It is preferred that you register online, but if you do not have access to a computer you may mail this form to:

Congregation Beth Ahabah,
Atttn: Stop Hunger Now,
1111 W. Franklin Street, Richmond, VA 23220

Sign up online at http://signupgenius.com/go/30E044EABAB2BA5F58-stop

Contact Karen Hough at houghhz@aol.com or Vicki Lynn at lynnv@stcva.org with any questions.

Last Name(s):
First Name(s):
email:
Telephone:

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Insist on Stevie!
Fall is here and our families have just begun to settle into the school year, both secular and religious, when the tumult of the High Holidays arrives. A joyful New Year, apples and honey, family feasts, solemn Days of Awe, asking forgiveness, fasting, and breaking the fast. This is the season that is most sacred for Jewish families, in that it is elevated, holy, set apart from the regular year in the same way that Shabbat is separated from the week. It is joyous, eventful and, often exhausting: cooking, traveling, deciding which services to attend, making up for lost time at work and school. By the time we have broken the fast after Yom Kippur, many of us are ready to resume a less elevated life.

But there are still a couple of great family holidays waiting for us. Sukkot, a week to relax, slow down, and move some of your family life outside. Building a Sukkah and decorating it with your children, and having friends in for meals or snacks to enjoy Richmond’s glorious fall weather is a wonderful family tradition, or come help raise and enjoy the Sukkah at Beth Ahabah on Sunday, October 16th at 8 am while your children are in Religious School. Second through Fifth Graders will enjoy a Sukkot After School Get Together from noon to two that afternoon.

And, finally, back to the synagogue, we conclude the season with Simchat Torah. Ask your children the meaning of this holiday, and the rituals we follow to celebrate it.

L’Shana Tova
Heather Dinkin

GESHERS
Parents are invited to join their children at Religious School to participate in our Family Education Program called GESHER (which means “bridge” in Hebrew).

Kindergarten, 1st and 2nd Grades
Sunday, November 13

Third Grade
Sunday, November 20
9:15 am: Students in class
9:30 am: Parents meet with Rabbi Nagel
10:30 am: Parents & children join their teachers in their classrooms for an age-appropriate project and brunch.

Kol Simchah Youth Choir
Singers are invited to raise their voices in song and sing in our delightful young children's choir. Our wonderful young performers bring joy to monthly Family Services and participate in special holiday and Mitzvah Day performances.

Musical Directors: Natan Berynshteyn & Sarah Beck-Berman

Please check the Religious School e-news for rehearsal dates and times.

Kol Simchah Youth Choir will accompany services and perform in a variety of community and Beth Ahabah events throughout the year.

PARENT ACTIVITIES
While your children are in Religious School

A Taste of Yoga
Sunday mornings October 30, November 13 & 20 in Joel House Multi-purpose room
9:30 to 10:30 am
Enjoy a yoga class while your children are learning.

TOT SHABBAT!
Saturday, October 15 & November 19
from 9:00 – 10:30 am in the Gumenick Chapel and Joel House

For our young congregants who are aged 18 months to 5 years, we have special services designed to give them a fun and warm introduction to the synagogue, to Shabbat, to the holidays, and to Judaism. A family friendly service with music and movement will be followed with an activity hour that includes stories, songs, crafts, snacks and social time.
Family Shabbat Dinners
Friday, October 7 & November 4
6:00 - 6:15 pm Family friendly snack
6:15 pm Family Service
7 pm Congregational Shabbat dinner
7:30 pm Supervised children's activity in the Joel House, with GaGa Pit! Adults continue to enjoy an adult Shabbat dinner

Vegetarian dinners available upon request. Reservations are required. RSVP to Heather at school@bethahabah.org and let us know how many are in your party.

CBA Youth Groups

Beth Ahabah Senior Youth Group
Grade 8 through 12

First Madrichim Social!!
Sunday, October 23

All madrichim are invited to come hang out or to stop by the youth lounge between 8:15 am and 9:15 am for free breakfast!

NFTY-MAR’s Fall Kallah
Friday, October 28 through Sunday, October 30

Watch your email for event details from Brian, our teen engagement specialist, and check midatlantic.nfty.org for more information on NFTY-MAR!

Save the date:
The Midrasha Retreat
Friday, November 18 - Sunday, November 20
at Richmond Hill

Details to follow.
Don't miss out on what many people call the best part of the year!

Beth Ahabah Middle Schoolers
Grade 6 through 8

Pizza & a Movie
Sunday, November 13 after Religious School

Hang out with us in the youth lounge, watch a movie and eat pizza!

Beth Ahabah Kids
Grade 2 through 5

First Junior Youth Group Event
Sunday, October 16 after Religious School

Celebrate Sukkot with lunch and a special activity!
Watch your email for details.

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We have all the ingredients to make your event special!

Did you know.....

• Locally owned and operated for over 30 years
• Complimentary menu planning, event planning, decorating and more, we do it all
• Fully licensed, health inspected and insured
  • Same trusted staff
• Specializing in kosher and kosher-style events

www.pickupspluscatering.com
804.740.5200
Fall is in full swing and our Annual BA-WRJ Brunch is here. On **Sunday October 9th**, we will welcome our very own Rabbi Randi Nagel to our little corner of the world. We are planning a wonderful morning with a little bit of everything. Food, WE always have mucho food at our brunches; Social Action, a small project to be finished while chatting and getting to know each other; and information. Learn about what Beth Ahabah women are doing and are planning to engage in this year. We look forward to your input and suggestions for our plans and activities. We will top off the morning learning more about the new Rabbi's family. Oh, wait—there might just be a couple of surprises. Please plan on joining us for a fun morning as we learn and laugh together.

We are here for you. If you have an idea for a program, activity, project or just an interesting tidbit, DON'T keep it to yourself. Share and there may be other people who would like to join you or take the idea a step further. Nothing is too big or small. Don't be shy! You can never tell what might become a new passion for BA WRJ.

If you love to cook and can help the BA Chefs on a Thursday evening before one of the Congregational dinners, let me know. The more hands we have the quicker the dinner gets prepared and the more time we have for a little socializing and/or wine. Stay tuned or check the e-news for dates and times of our prep. You can also give me a shout out and I will add you to our Chefs email list. Our slicing and dicing have become a fun couple of hours preparing to feed the Congregation. This year will be no exception. Watch the e-news for current dates.

Did you know...that Women of Reform Judaism have been directly involved in the education of Rabbis? We raise money for scholarships and living expenses for future Rabbis and Cantors. We have supported students in all of the Reform movement's Rabbinical Schools and continue to support the Student Rabbis in Israel.

Please let me know if there is anything that you would like to see us learn, do, or support. We are STRONGER TOGETHER!

---

**For Help Navigating Senior Care Options**

Information on Senior care and Services to help make educated decisions about:

- Independent Living
- Assisted Living
- Nursing Homes
- Memory Care
- Alzheimer’s Care
- Respite Care
- Home Health
- Hospice

**Rachel C. Schmidt**  
Senior Care Coordinator

Contact Rachel at 804.690.8439 or rachelcohenschmidt@gmail.com to set up a complimentary consultation today.
If you would like to host a Havurah, Havdalah, cookout, wine and cheese or other type of event at your home to help welcome Rabbi Nagel to the congregation, please contact Robert Freed via email at rfreed@freshlaw.com or call 804.330.5528, extension 223.
Beth Ahabah Men of Reform Judaism
by David Feibish
President Beth Ahabah Brotherhood/MRJ

To all our congregation, the Officers and Board of Brotherhood wish you Shanah Tovah Umetukah “A Good and Sweet Year.”

Brotherhood continues its long tradition and considers it a privilege to provide ushers for all Beth Ahabah High Holy Day services. We look forward to seeing our congregants at services.

While Brotherhood was very busy over the summer, providing two Shabbat Cookouts after services and cool treats after two Shabbat in the Park services, we transitioned into fall with our MRJ recognized/award-winning Congregational Picnic on September 11, the first day of religious school. Special thanks to Rob Davidson for his leadership coordinating the cookouts and the picnic.

Brotherhood’s transition to fall will include “Brews and Brotherhood” for the second year in a row. Brotherhood will sponsor this social event (free food and craft beer!) in late October for all adult male members of our congregation. Last year’s event at Hardywood Brewery was very successful and we are excited to try a new venue this fall, Strangeways Brewing/Craft Beer, which RateBeer named “Best Brewery Taproom in Virginia” and Southern Living magazine recognized as one of the “South's Best Breweries.”

Strangeways is conveniently located at 2277A Dabney Road. Be on the lookout for announcements, flyers and emails with specific date/time and RSVP. Brotherhood looks forward to seeing you there!

As always, we welcome your interest, inspiration, and especially your input for new ideas to further Brotherhood’s outreach to the men of our congregation.

Contact David Feibish at oldbenz@aol.com or call: 804-967-2735.

Beth Ahabah Book Club

Upcoming meetings
held at the home of Katy Yoffy
at 7:00 pm

December 8, 206
In the Courtyard of the Kabbalist
Ruchama King Feurerman

May 4, 2017
The Midwife of Venice
Roberta Rich

For more information, contact Katy at kyoffy@gmail.com.

Just in case you missed it, at our September 15th meeting we discussed The World to Come by Dara Horn

Tikkun Olam: Save the Dates

Stop Hunger Now: October 23, 2016 • Noon
Contact: Karen Hough (houghkz@aol.com) or Vicki Lynn (lynnv@stcva.org)
Registration: http://www.signupgenius.com/go/30E044EABAB2A5F8-stop

Tikkun Olam Speakers Series: Johanna Neumann
Sunday, November 13, 2016 • 3:00pm
Ms. Neumann was nine years old when her family escaped from Nazi Germany to seek refuge in Albania. They spent six years there and survived the war thanks to a number of Muslim families who sheltered them along the way. Her journey inspired a new documentary, Beso: The Promise.

Dinner for Doorways: November 17, 2016
(formerly Hospital Hospitality House)
Contact: Greg Fehle (cgrefehle@gmail.com)
Volunteers needed to help prepare dinner for families of patients in area hospitals.

Caritas: December 10, 2016 through Friday, January 27, 2017
Contact Chuck Greenberg (cgre41@yahoo.com)

Mt. Moriah: Wednesdays, August 2016 through June 2017
Contact: Lynn Burris (ackmanreality@gmail.com)
Volunteers needed to serve lunch for homeless every third Wednesday of the month. We are also in need of people willing to help with the cost of the lunches.
WE APPRECIATE THE THOUGHTFULNESS of those who support Congregation Beth Ahabah by remembering and honoring their friends and loved ones through their generous contributions.

The enclosed contribution of $_________ is to the __________________ Fund

☐ In Memory of ☐ In Honor of

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Congregation Beth Ahabah
1111 West Franklin Street
Richmond, Virginia 23220

Simchat Torah and Sh’mimi Atzeret Celebrate with us on Wednesday evening, October 23rd

Immediately following Sukkot, we celebrate Sh’mimi Atzeret and Simchat Torah, a fun-filled day during which we celebrate the completion of the annual reading of the Torah and affirm Torah as one of the pillars on which we build our lives. As part of the celebration, the Torah scrolls are taken from the ark and carried or danced around the synagogue seven times. During the Torah service, the concluding section of the fifth book of the Torah, D’varim (Deuteronomy), is read, and immediately following, the opening section of Genesis, or B’reishit as it is called in Hebrew, is read. This practice represents the cyclical nature of the relationship between the Jewish people and the reading of the Torah.
The History of Sukkot

Sukkot, a Hebrew word meaning “booths” or “huts,” refers to the annual Jewish festival of giving thanks for a bountiful fall harvest and commemorates the 40 years of Jewish wandering in the desert after the giving of the Torah atop Mt. Sinai.

Sukkot begins five days after Yom Kippur. It is observed for seven days by Israelis and many Reform Jews, and for eight days by other Jews living outside Israel. The eighth day of Sukkot, Shemini Atzeret, is traditionally a separate festival in its own right. In Reform congregations, which generally observe one day of holidays, rather than two, Shemini Atzeret is observed concurrently with Simchat Torah, the festival of “rejoicing in the Torah.”

Like many societies, the ancient Hebrews had a variety of agricultural festivals. Sukkot likely has its roots in one of these ceremonial expressions of thanks to God for a good crop. By biblical times, Sukkot had evolved into a celebration of the summer fruit harvest: “At the end of the year, when you gather in your produce from the fields” (Exodus 23:16).

Initially, the holiday that became Sukkot had no fixed date and was observed whenever the harvest had been completed, depending on climatic conditions. By Torah times, however, the Book of Leviticus (23:24) declared: “On the fifteenth day of the seventh month, there shall be a Feast of Tabernacles to God for seven days.” The date, then, was standardized.

Sukkot later became one of the three Jewish Pilgrimage Festivals (Shalosh Rgalim). As on Passover and Shavuot, the people would bring a portion of their harvest’s first fruits to the Temple in Jerusalem. There, it would be offered as a sacrifice to God by the High Priest. After the destruction of the Temple in 70 C.E., Sukkot became a synagogue and home celebration, marked by unique rituals and symbols. As was the case with other agricultural celebrations, the holiday also is invested with strong historical significance. Just as Passover is tied to the Exodus from Egypt and Shavuot is associated with the giving of the Torah, Sukkot has come to reflect the experience of the Israelites wandering in the wilderness. The 40 years of wandering in the desert prior to entering the Land of Israel is captured, symbolically, in the frail sukkah.

The Book of Leviticus (23:42–43) portrays God as commanding: “You shall dwell in booths for seven days... that your generations may know that I made the Children of Israel to dwell in booths, when I brought them out of the land of Egypt.” This passage is the biblical basis for building a sukkah.

There are two additional symbols associated with Sukkot that are historically based—the lulav and the etrog. Lulav is a Hebrew word meaning “palm branch” and refers to a unique ceremonial object associated with Sukkot. Lulav also is a generic term that describes a three-sectioned holder with a single palm branch in the center, two willow branches on the left, and three myrtle branches on the right. Etrog is a Hebrew word meaning “citron,” and refers to the special lemon-like fruit used together with the lulav in the Sukkot ritual.

As part of the biblical celebration of Sukkot, Leviticus 23:40 commands: “On the first day, you shall take the fruit of a goodly tree [literally etrog], palm branches, myrtle boughs, and willows, and rejoice before Adonai. With this passage, we know that the use of the lulav and etrog originated in biblical times. Over time, the combination of citron, palm, myrtle, and willow also became known as the arbaah minim (four species).

In Israel, Sukkot marks the beginning of the rainy season, which lasts until Passover. In Israel and among Jews in the Reform Movement, the holiday of Simchat Torah (rejoicing with the Torah) is celebrated on the eighth day after Sukkot begins and serves as a post-biblical festival created to honor the Torah.

Source: The Jewish Home (Revised Edition) by Daniel B. Syme
Havurot at members’ homes....
The Congregational Picnic at Deep Run Park
DONATIONS

TEMPLE FUND
IN HONOR OF:
Renate Forssmann-Falck for her kindness & generosity
Sharon Larkins-Pederson

IN CELEBRATION OF:
The birth of Miriam Shira Levy, granddaughter of Russ Finer & great granddaughter of Allen Finer
Ken & Katie Roeper
Marilyn Lowenstein

IN MEMORY OF:
Frank Rieman
Dr. & Mrs. Ira H. Goldstein
Ruth Maxine Jay
Marianne & Ted Metzger
Alexander Brodsky, brother of Heather & Caleb LaMont
Ken & Katie Roeper
Rose Rudnick
Alan Rudnick & Marc Villamiel
Leonard Friedman
Francine & Norman Morgan
Estelle Finer, my mom
Russell Finer
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Kenneth Olshansky
Lazar Brandman & Tamara Kotlyar
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IN MEMORY OF:
Harold R. Weiner, my brother,
Jessie Weiner, my mother
William Silverstein, my cousin
Bernice W. Slipow

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Janice & Robert Freed

CANTOR GOLDMAN
MUSIC FUND
IN APPRECIATION OF:
Sarah Beck-Berman, thank you
Darren S. Witte

IN MEMORY OF:
M. David Shapiro, my beloved father
from his daughter, Katherine Shapiro Wootton; son-in-law, Bill;
granddaughters,
Amy & Lisa

LEWIS I. HELD SCHOLARSHIP
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IN HONOR OF:
Our new rabbi, Rabbi Nagel
The Held and Wren Families

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IN HONOR OF:
Russ Finer on the birth of his granddaughter, Miriam Shira Levy,
Mazel Tov
Janice & Robert Freed

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IN HONOR OF:
Jack & Marilyn Spiro’s 60th wedding anniversary
Marilyn Lowenstein

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Scott & Nancy Bellemann

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IN MEMORY OF:
Alan Fleischer
Betty Sue Grandis LePage & Todd LePage

TIKKUN OLAM FUND
IN MEMORY OF:
Dorothy Caplan
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IN MEMORY OF:
Harold R. Weiner, my brother,
Jessie Weiner, my mother
William Silverstein, my cousin
Bernice W. Slipow

George Lewis
Stefanie Lewis
Matt Lewis
Alan Fleischer
Janice & Robert Freed

Gordon Mendelson
Janice & Robert Freed

MUSEUM & ARCHIVES
IN MEMORY OF:
Jeanne L. Landers
Dr. Audrey Landers
Alexander Brodsky
Dr. Audrey Landers

An armed security guard is on duty at Hebrew Cemetery on the first and third Sundays of the month from Noon to 3:00 p.m.

The CBA Communications Committee Wants You!
Do you have an interest in marketing, social media, photography or journalism?

We’d love your help!

Contact Ron Kasoff at rkassoff@aol.com or Russ Finer at r.finer@bethahabah.org for more details.

Have You Connected Yet?
BethAhabahConnect is a great way to network with other members of the Beth Ahabah community!

Create and share discussions, events, photo albums and groups that matter to you.

Meet people with similar interests or backgrounds within Beth Ahabah.

Your privacy is secure. Available only for members of Beth Ahabah

Sign up today! visit bethahabahconnect.twolikeyou.com
Directly behind the children in this October 1973 Consecration photo is a Torah scroll marked “Scroll 1392.” This is the Congregation’s Holocaust Torah, saved from the Nazis in Czechoslovakia and given by London’s Westminster Synagogue on permanent loan to Congregation Beth Ahabah in August 1973. It was written in the early 19th century and was originally at the Pinkas Synagogue in Prague.

The congregation held a series of programs in preparation for the Torah’s dedication in April 1974, and month by month, the scroll was adorned with Torah vestments purchased by contributions from members. A red velvet mantle with “1392” was created and a Torah crown, breastplate, and pointer, reproductions of those originally used in the Pinkas Synagogue, were donated by Mr. and Mrs. Philip W. Klaus, Sr. Today the Holocaust Torah wears a mantle of gray with the image of a concentration camp survivor reaching upwards for God. This mantle was given in memory of Marsha Benenson-Farley by her family, and was dedicated in April 2002.

A GEM FROM THE ARCHIVES

Many people are interested in the display of our confirmation class photographs that line the halls of the religious school building. The Archives also holds many photographs of our students at the time of their Consecration Service. Consecration marks the beginning of a child’s education in the religious school. Each year our new students are invited to join in this celebration. This photo from October 1973 has our students along with Rabbi Spiro, Harry Glasser (Temple and Religious School Administrator), Rose Weidenfeld (Kindergarten Teacher) and Frances Rothenberg (Teacher).

This is one of our photos where the subjects are unidentified. If you recognize any of the children, please call (804)353-2668 and let us know the child’s name and location in the photo. Thank you.

B’Yachad

Share your news, events, programs, ideas and stories with your fellow members of CBA through our bi-monthly bulletin. Now accepting information and ads for the following issues:

DECEMBER 2016/JANUARY 2017 Issue:
deadline Friday, October 21

For more information about advertising in the bulletin, contact Russ Finer in the Temple office, 804.358.6757

Please send editorial submissions and advertising artwork to susan@susanwmorganpr.com
THE SEASON FOR WHITE IS HERE
by David Farris, Director

One of the things we do very well at our Museum & Archives is storing things so that they will last hundreds of years in good condition. Each kind of material presents special problems requiring that special measures be taken. Fabrics can be especially challenging, as they are both delicate physically, prone to fading, attack by “critters”, and other damage if they are not preserved properly.

Of all the fabric items we store the most frequently seen are the special Torah covers used during the High Holy Days, which are brought out each year about this time. Unlike the everyday “mantles”, as they are correctly called, these are made of white material. Blue is perhaps the most common color for mantles, though others are occasionally seen. The mantle for our Holocaust Torah, from the Pinkas Synagogue in Prague, is grey, for example.

Like most of the other religions of the world, Judaism uses color to signify many things. Blue is frequently seen, as it is the color of the sky and thereby symbolizes divinity. In some uses it can signify equilibrium, as it is a color about halfway between white and black, or day and night. A blue thread is mandated for a certain place on the Tallit, and traditionally the blue dye used to make it must come from a particular type of shellfish. Red signifies blood, and therefore, life. It can also signify joy and happiness. Yellow is seldom predominant in ritual objects, as it signifies an anti-Semitic identification mark that was not worn willingly.

This brings us to the color white. It is an “achromatic” color that has no hue of its own, but which reflects the entire spectrum of visible colors. The white clothing of the bride and groom are a metaphor for the type of relationship they are now entering. Both bride and groom bring a kaleidoscope of colors into the marriage; some bright and some murky. All these colors are projected onto a “white” canvas, the pure essence of the soul. The white clothing reflects the commitment of the couple to establish a soul connection which touches at their very core. Once this connection has been created, any “color clashes” which may exist between the two can and will be resolved—because the connection runs deeper than the colors on the canvas.

How appropriate this is for the High Holy Days! We bring to them the colors we have painted on the canvases of the year just concluding, and study them in light of the teachings of the Torah. It is an opportunity to reflect on our lives, re-direct our thinking, and resolve to try our best to paint our canvases with better colors in the coming year.

So, while we museum staffers are generally aware that the High Holy Days are approaching, the thing that reminds us how close they are is the annual visit from members of the Temple staff to get the special white mantles so carefully stored, and to replace them a few days later with the “everyday” mantles for temporary safekeeping. In a few weeks the process is reversed, and all is quiet for another year.

And so the cycle continues.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Bar Mitzvah of Jackson Goldberg Oliver</td>
<td>October 1</td>
<td>10:30 AM</td>
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<tr>
<td>Erev Rosh Hashanah Service</td>
<td>October 2</td>
<td>7:30 PM</td>
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<tr>
<td>Rosh Hashanah Young Family Service</td>
<td>October 3</td>
<td>9:00 AM</td>
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<tr>
<td>Rosh Hashanah Morning Service</td>
<td>October 3</td>
<td>11:00 AM</td>
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<tr>
<td>Rosh Hashanah Lunch</td>
<td>October 3</td>
<td>1:00 PM</td>
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<tr>
<td>Rosh Hashanah Informal Youth and Teen Service</td>
<td>October 3</td>
<td>2:30 PM</td>
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<tr>
<td>Tashlich Service @ Pony Pasture</td>
<td>October 3</td>
<td>4:30 PM</td>
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<tr>
<td>First Friday Shabbat Service—Come As You Are</td>
<td>October 7</td>
<td>6:00 PM</td>
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<tr>
<td>Shabbat Service w/ Adult Choir</td>
<td>November 25</td>
<td>7:30 PM</td>
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<tr>
<td>Bar Mitzvah of Shoshana Chueca</td>
<td>October 29</td>
<td>10:30 AM</td>
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<tr>
<td>Religious School</td>
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<td>9:15 AM</td>
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<tr>
<td>First Friday Shabbat Service—Come As You Are</td>
<td>October 7</td>
<td>6:00 PM</td>
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<tr>
<td>Snack</td>
<td>October 7</td>
<td>6:00 PM</td>
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<tr>
<td>Service</td>
<td>October 7</td>
<td>6:15 PM</td>
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<tr>
<td>Dinner, Reservations Required</td>
<td>October 7</td>
<td>7:00 PM</td>
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<tr>
<td>Activities for kids in the Joel Hose</td>
<td>October 7</td>
<td>7:30 PM</td>
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<tr>
<td>Tot Shabbat</td>
<td>October 15</td>
<td>9:00 AM</td>
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<tr>
<td>Religious School</td>
<td>October 16</td>
<td>9:15 AM</td>
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<tr>
<td>Erev Yom Kippur/Kol Nidre Service</td>
<td>October 12</td>
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<tr>
<td>Yom Kippur Young Family Service</td>
<td>October 12</td>
<td>9:00 AM</td>
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<tr>
<td>Yom Kippur Morning Service</td>
<td>October 12</td>
<td>11:00 AM</td>
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<tr>
<td>Yom Kippur Afternoon Discussion</td>
<td>October 12</td>
<td>1:00 PM</td>
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<tr>
<td>Yom Kippur Informal Youth and Teen Service</td>
<td>October 12</td>
<td>2:30 PM</td>
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<tr>
<td>Yom Kippur Yizkor and Concluding Service</td>
<td>October 12</td>
<td>4:15 PM</td>
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<tr>
<td>Shabbat Service</td>
<td>October 14</td>
<td>7:30 PM</td>
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<tr>
<td>Tot Shabbat</td>
<td>October 15</td>
<td>9:00 AM</td>
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<tr>
<td>Religious School</td>
<td>October 16</td>
<td>9:15 AM</td>
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<tr>
<td>Erev Sukkot pizza, salad and wine</td>
<td>October 16</td>
<td>6:00 PM</td>
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<tr>
<td>Congregational Dinner followed at 7:00 PM by a short, joyous Service in the outdoor Sukkah</td>
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<tr>
<td>Midrasha Monday</td>
<td>October 17</td>
<td>6:00 AM</td>
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<tr>
<td>Shabbat Service</td>
<td>October 21</td>
<td>7:30 PM</td>
</tr>
<tr>
<td>Religious School</td>
<td>October 23</td>
<td>9:15 AM</td>
</tr>
<tr>
<td>Erev Simchat Torah Service w/ “My Son the Doctor” Klezmer band</td>
<td>October 23</td>
<td>6:45 PM</td>
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<tr>
<td>Followed by a Sundae and Sangria celebration in the Goldburg Auditorium</td>
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</tbody>
</table>

CALENDAR INFORMATION IS SUBJECT TO CHANGE, please check the calendar online at bethahabah.org
Don't miss this historic opportunity to join together as a sacred community, to usher in our new Senior Rabbi, only the 11th in the 175 evolutionary years of Beth Ahabah!