

## Shabbat Worship Calendar

**Friday, November 3rd | 6 PM**

*Kabbalat Shabbat Service*

**Friday, November 10th | 6 PM**

*Kabbalat Shabbat Service*

**Friday, November 17th | 6 PM**

*Kabbalat Shabbat Service*

**Friday, November 24th | 6 PM**

*Kabbalat Shabbat Service*

*Shabbat Services are held in our Sanctuary  
and simulcast via Zoom and on our website.  
Visit our [Shabbat Page](#) for links.*

## CELEBRATING 75

### UPCOMING EVENTS

**FRIDAY, MARCH 1st:**

**Special Guest Speaker at Shabbat Services**

Rachel Gordan, PhD, Author, & Historian,  
author of "Suburban Temple and the  
Creation of Postwar American Judaism", a  
chapter in the book "Cleveland Jews and  
the Making of a Midwest Community."

**FRIDAY - SUNDAY, APRIL 12th - 14th:**

**Rabbi Vann's "Bat Mitzvah" Weekend**

Featuring Artist-in-Residence Dan Nichols!  
Mark your calendar to celebrate Rabbi  
Vann's 13 years at ST-KA.



## MUSSAR

As I write this article Israel is at war. Only four hostages have been released by Hamas. The devastation continues to grow as Hamas proves how little it values all life.

I consider how to manage the emotional toll of these times. I'd like to introduce you to *mussar*.

*Mussar* is a Jewish practice that leads to spiritual development of the inner self. In short, by cultivating our inner virtues, or soul traits, we connect and develop ourselves. This inner work is the most important work we can do. There are many soul traits in *mussar*. One is *hakarat hatov*, which means "recognizing the good", or gratitude.

According to *mussar*, gratitude is the ability to recognize the good in any situation.

The contemporary teacher of *Mussar*, Alan Morinis writes, "When gratitude is ...well established in our hearts, however, we constantly refresh our vision so that we make accurate note of the good that surrounds us. This is the ethos that lies behind the ancient proverb, which asks, 'Who is rich?' and then answers, 'One who rejoices in their own lot.'"

Research shows that when times are difficult, remembering gratitude can help us cope with trauma. It can support us through challenging times. *Hakarat Hatov*—recognizing the good—is an intentional practice.

To practice the soul trait of *hakarat hatov*, pick one week. (If you were doing a whole program of *mussar*, you'd dedicate one week to each soul trait).

To weave gratitude into our lives, *mussar* invites us to create a morning intention. I suggest either, "'Who is rich?' 'One who rejoices in their own lot.'" Or "My cup is filled with gifts."

During the day, whenever you encounter a moment of gratitude, offer your own prayer—it can be as simple as "Blessed is this moment of gratefulness!"

In the evening, review your day. Spotlight gratitude. Identify moments of gratitude, and notice, as the week continues if you find this exercise easier.

-May this practice be a source of comfort and support.

*Rabbi Allison B. Vann*

Rabbi Allison Vann  
[avann@suburbantemple.org](mailto:avann@suburbantemple.org)



## FROM BRETT'S DESK

In the November bulletin, I often write about Thanksgiving, perhaps Chanukah, and maybe a bit about end of year giving opportunities. All important. But not this year. This year, it's personal.

By the time you read this, over 3 weeks will have transpired since the horrific attacks in Israel were perpetrated by Hamas. I'm certain that hundreds more will have lost their lives since my writing.

A few nights ago, I was speaking with my neighbor who's not Jewish, but has lots of Jewish friends, has attended our family's seders and our children's B'nai Mitzvah. We were lamenting the war, the loss of life, and more. I reminded John that at 53 years old, I was alive for the Yom Kippur war but obviously have no recollection. In my memory Israel has faced multiple wars, the Intifada, the assassination of Yitzchak Rabin and more. However, never, not once, before now, have I had the slightest hesitation to proudly identify myself as Jewish and a Zionist. And now...

Something changed on October 7. The attacks were evil. They weren't about "occupation." It was only about killing Jews. I haven't yet wrapped my head around that. Not since the Holocaust have so many Jews died in a single day. Every day, my emotions are all over the place. Raw, angry, sad, worried.

At Suburban Temple – Kol Ami, we strive to foster a "*kehillah kedoshah*", "a holy community". We do this through creative programming, meaningful worship, a unique educational model, and a membership program that engages you where you are. We are proud of what our community and congregation provide.

In a time of strife, angst, anger, and uncertainty, your congregation must be a safe space for you to come and worship, learn, simply sit in the sanctuary, or talk to us. As a Jewish community, a Reform congregation, and a "*kehillah kedoshah*", we are here for you, for me, and for each other.

Every Shabbat it has been tradition at ST-KA to close our service with the priestly benediction...May G-d Bless You and Keep You, May the light of G-d's presence shine upon you and be gracious to you, and May G-d lift up each one of us and give us peace, Shalom. Amen.

*B'shalom,*

Brett

[bshankman@suburbantemple.org](mailto:bshankman@suburbantemple.org)

### VOLUNTEERS NEEDED!

**SOMETIMES, WE NEED SHABBAT  
USHERS, GREETERS, HELPERS FOR ONEG  
SET UP, AND SHABBAT ZOOM HELPERS!**



**INTERESTED?**



**CONTACT BRETT FOR INFORMATION!**





## AND YOU SHALL BE A BLESSING

Recently we read in, Parshat Lech L'cha, that God commands Abram (later to be called Abraham) to leave the only land he has ever known and to travel to a land that God will show him. He is promised that he and his descendants will be a blessing. It is a promise that God made with Abram and us as well, and like Abram, we must journey through our lives making choices that lead us to be a blessing.

Of this portion Rabbi Levi Meier, a chaplain at Cedars-Sinai Hospital in Los Angeles writes:

As we prepare to retire for the night, we think back over our day. What did we do and why did we do it? Why did we choose one course of action over another? Did we act out of conscience and conviction, or out of ulterior motive? What brought us joy and what caused us pain? Whom did we help and whom did we hurt?

Feelings of anger, regret, and remorse may keep us from the peaceful slumber that we so crave. One prescription that I would suggest for a good night's sleep is the adoption of a special life mission statement for yourself and your family. In this way, you will be able to see the events of the day within a holy perspective. The Divine words that were spoken to Abraham – "And be a blessing" – can become the guiding force in your life, just as they were for him.

Throughout your day – and your life – you will feel pulled in more than one direction by competing forces. It may be difficult to decide what to do. But remembering to "be a blessing" will guide you to act in a loving fashion – in thought, words, and action. (Restful Reflections, p. 37)

As we prepare to celebrate Thanksgiving, one of the many ways we can offer gratitude is by becoming a blessing. How will you know you are on the right track? One measure is to ask yourself each night have I done something today to improve the world, to make myself, my family, my community proud? If you can answer yes to at least one of these questions, then you are truly a blessing. May we all work every day to become the blessing, and may we go to bed each night feeling grateful and proud.

Rabbi Shana

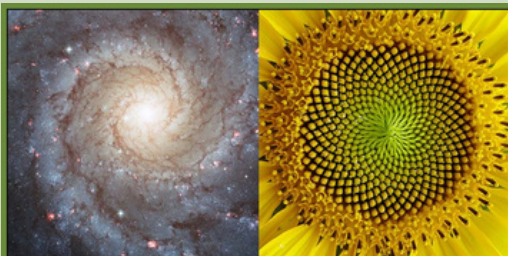
[snyer@suburbantemple.org](mailto:snyer@suburbantemple.org)

## Celebrating Rabbi Shana

Looking back at September 8th!

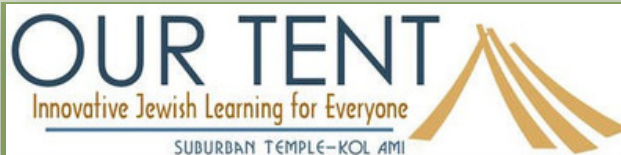






## MAH RABU

Living a Life of Wonder  
and Awe

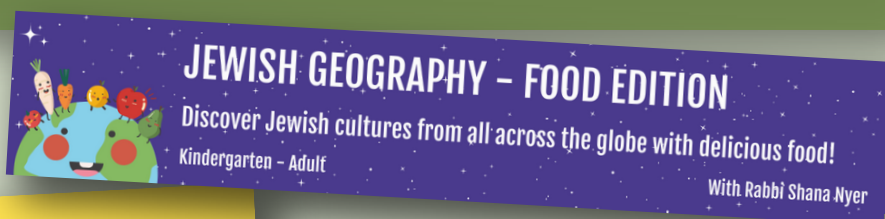


Now in our  
**SEVENTH** year!

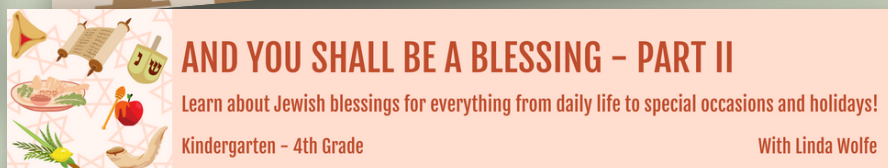
## "Mah Rabu – Living a Life of Wonder and Awe"

We will discover the greatness of the world God created, the awesomeness of all the places we can find God in it, and the wonder of all the ways we are connected. We will spend the year uncovering all the places we can find God, ourselves and community in this miracle of a world we live in.

**Trimester 2 starts November 5th!**



**VISIT US ON THE WEB TO  
CHECK OUT OUR FULL LIST  
OF CLASSES!**







# WE'RE gathering THIS FALL!

FOODIES  
UNITE!

HIKE AND  
KIBITZ



Break bread with us - or tortillas -  
or naan - or challah - or...  
who knows what's next? Our  
newest gathering!

Fresh air.  
Exercise.

Lively conversation.

This **gathering** has been  
active (ahem) since we  
introduced the program!

**gatherings**  
share. experience. connect.

Small groups. Build Relationships. Deepen Connections.

Visit our webpage for all the details and to register.

## Kol Nashim Book Club Selections for 2023/2024!

Watch your Temple  
Times e-mails for  
details and  
registration!

Nov. 14

Let There be Light  
by Liana Finck

Dec. 18

The Book of Eve  
by Carmen Boullosa

Feb. 19

Kantika  
by Elizabeth Graver

April 1

The Book of Goose by YiYun Li

May 20

21 Lessons for the 21st  
Century  
by Yuval Noah Harari

President Garfield:  
from Radical to Unifier  
by C.W. Goodyear

## We Gratefully Acknowledge the Following Contributions

Please consider making a contribution to Suburban Temple-Kol Ami to celebrate a special occasion, express gratitude or sympathy or to honor important accomplishments or events. A current list of temple funds is available from the temple office. Donations may be made online at [www.suburbantemple.org/form/STKAdonation-form](http://www.suburbantemple.org/form/STKAdonation-form). Donations listed below were received between August 20, 2023 and October 19, 2023. Please let us know if we made an error or failed to list your donation. Thank you.

### Annual Appeal

Gina and Carl Ashby  
Anne and Scott Flamm  
Susan and Bruce Long  
Dorothea and Michael Polster  
Joy Savren

### Art Fund

In loving memory of  
**Louella Kohn**  
Pattie Ferris

### Bimah Flowers

In loving memory of  
**Phillip J. Braff**  
Dori and Blair Haas

### Curtiss Family Director's Discretionary Fund

In loving memory of  
**Rosaline Streem Bloomfield**  
Loree and Alan Resnik

### Kol Nashim

Gina and Carl Ashby  
Jan Lieblich  
Susan and Bruce Long  
Richard and Barbara Margolius  
Dorothea and Michael Polster  
Sherry and Gary Dinner  
Laurie Ticktin

### Rabbi's Discretionary Fund

Nancy and Howard Feldenkris  
Anne and Scott Flamm  
Sue Ellen Korach  
Susan and Marc Silbiger

In honor of  
**Rabbi Allison Vann**  
Julie Lineburgh and Shane Kearns

In loving memory of  
**Adele Spiegelman**  
Joyce Watts

In honor of  
**Suburban Temple's 75th Anniversary**  
Marcia Goren-Weser

### Oneg Shabbat

In loving memory of  
**Howard Orpett**  
Susan and Bruce Long

In honor of  
**Their 50th Wedding Anniversary**  
Susan and Bruce Long

### Operating Fund

Sheryl Arms  
Barbara Margolis and Nancy Hunstman  
Daniel Katz  
Rita Orpett  
JoAnne and Leonard Podis  
Gail Rosewater  
Susan and Tom Wiegand

In honor of  
**Rabbi Shana**  
Carole and Bart Bookatz

In honor of  
**Shelley Galvin's Milestone Birthday**  
Barbara and Irwin Feldman

In loving memory of  
**Albert Markowitz**  
Emily and Jim Gusky

In appreciation of  
**Online Services**  
Daniel Katz

In honor of  
**Joan Levy's Aliyah**  
Joan and Stan Levy

In honor of  
**Patti and Hadley Morganstern-Clarren**  
Amy and Marc Morganstern

### Our Tent Education Fund

Tom Gerson

In honor of  
**Rabbi Shoshana Nyer for her exceptional work as a Rabbi educator for over 20 years**  
Donna Breskin

In honor of  
**Rabbi Shoshana Nyer**  
Amy Kalk

In honor of  
**Rabbi Shoshana Nyer**  
Jan Lieblich

In honor of  
**Rabbi Shoshana Nyer**  
Eric Rubin

### Shewitz Music Fund

In honor of  
**Stanley Morgenstern's 99th birthday**  
Jan Schwartz

### Stashower Family Garden Fund

In honor of  
**Jon Forman's 70th Birthday**  
Sara Stashower and Mark Heller

In loving memory of  
**Marlin Farver**  
Rita Orpett

### 75th Anniversary Campaign

Carole and Bart Bookatz  
Judith and Dick Cohen  
Ruth and Jim Friedman

### Linda Wolfe Talmud Torah Fund

In honor of  
**Rabbi Shoshana Nyer for 12 years at Suburban Temple**  
Neil Chakoff

In honor of  
**Rabbi Shoshana Nyer for 12-year anniversary with Suburban Temple**  
Ellyn Ross

In honor of  
**Rabbi Shoshana Nyer**  
Sara Stashower and Mark Heller

Thank  
you

# RISE & SHINE Shabbat!

Stories, Music, & Activities  
for Families with  
Very Young Children

**Sat. Nov. 11th**  
**10:30-11:30am**  
at the Orange Library


Please RSVP to Rabbi Shana at  
[snyer@suburbantemple.org](mailto:snyer@suburbantemple.org)


**Future Dates:**  
Dec. 2nd, Jan. 27th,  
March 2nd, April 27th, May 18th



 SUBURBAN  
TEMPLE  
KOL AMI



## ST-KA Technology Links

 Can't join us in person in the sanctuary? Attend online! Visit our website at [suburbantemple.com/shabbat](http://suburbantemple.com/shabbat) for links to live and recorded services.

 Missed a Service or other video? Our recorded programming and other video resources can be viewed on our [YouTube Channel!](#)

  Follow us on [Facebook](#) and [Instagram!](#)

## Milestone Birthdays And Anniversaries

**Mazal tov to our members  
who are celebrating  
milestone birthdays in November:**

Barnett Bookatz  
Jeremy Pilloff  
Dan Schuman  
Maxine Singer  
Ellen Widen

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**...and mazal tov to our members  
who are celebrating  
milestone anniversaries in November:**

Gail and Elliot Schlang

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Milestone birthday listings begin  
at age fifty and every five years afterwards.  
**All birthdays 100 and over are listed.**  
Milestone anniversary listings begin at ten  
years and then every five years afterwards.  
Please let us know if we are missing your  
important milestone!



22401 Chagrin Blvd. • Beachwood, Ohio 44122-5345  
Phone: 216.991.0700 • Fax: 216.991.0705  
E-mail: [info@suburbantemple.org](mailto:info@suburbantemple.org)  
[www.suburbantemple.org](http://www.suburbantemple.org)

Member, Union for Reform Judaism

## STAFF

Allison Vann, *Rabbi*  
Rabbi Eric J. Bram, D.D., z"l (2002-2010)  
Rabbi Michael A. Oppenheimer, D.D., z"l (1976-2002)  
Rabbi Myron Silverman, D.D., z"l (1949-1976)  
Brett Shankman, *Executive Director*  
Rabbi Shoshana Nyer, *Director of Lifelong Learning*  
Annika Balish, *Music Director*  
John Farragher, *Maintenance Supervisor*  
Rochelle Arian, *Administrative Assistant*  
Smadar Lahav, *Administrative Assistant*

## OFFICERS

Lori Rosenberg, *President*  
Ellyn Ross, *Vice-President*  
Margery Mazoh, *Secretary*  
Michelle Brown & Tracey Messer, *Co-Treasurers*  
Matt Lehman, *Immediate Past President*

Follow us on social media:



[www.facebook.com/suburbantempl](http://www.facebook.com/suburbantempl)



<http://bit.ly/ST-KAyoutube>



[www.instagram.com/suburbantemplekolami](http://www.instagram.com/suburbantemplekolami)

# Looking Forward to Chanukah? Us Too!

Chanukah is an extra special time for us here at ST-KA as we celebrate the Consecration of our newest learners!

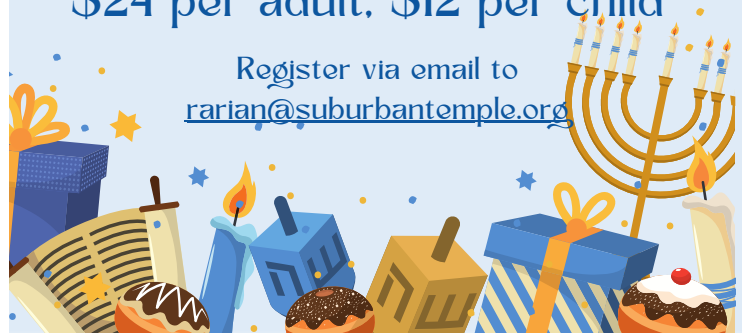


We will welcome them to begin their journey and we dedicate ourselves to helping them become a light in our world.

Our Chanukah and Consecration service will take place on **December 8th** at 6pm, dinner to follow!

**\$24 per adult, \$12 per child**

Register via email to  
[arian@suburbantemple.org](mailto:arian@suburbantemple.org)



We will be out of office from the 23rd to the 26th  
**BUT**  
Shabbat services will still happen on the 24th!

Join Rabbi Allison Vann and  
Music Director Annika Balish  
at 6pm in person or via Zoom!



**COME GROW WITH ME**  
WILL JOIN THE MAIN  
CHANUKAH  
SERVICES WITH  
RABBI SHANA AND  
MAGGIE WISE!

**FRI. DEC. 8TH 6PM**  
AT SUBURBAN  
TEMPLE-KOL AMI  
DINNER FREE FOR  
CGWM FAMILIES!

**RSVP TO RABBI SHANA AT [SNYER@SUBURBANTEMPLE.ORG](mailto:SNYER@SUBURBANTEMPLE.ORG)**