

August 2023
Av/Elul 5783



The Israelight

*Congregation Beth Israel of Media
A Reconstructionist Jewish Community*



WELCOME BACK SHABBAT

Friday, September 8, 2023

Tot Shabbat at 5:45

Potluck dinner and schmoozing at 6:15 PM

Followed by Shabbat services at 7:30

Led by both Rabbi Linda and Rabbi Nathan

Meet our new Education Director, Alicia DePaolo

Music by BIMAS

Specialty sandwiches provided. Pot luck green salads,
pasta and grain salads, chips, drinks, and desserts needed

Sponsored by the Membership Committee

Congregation Bnei Israel, Costa Rica	2	Yahrzeits:	8
Zoom exploration of a relationship		We remember them	
Religious Practice Committee	3	Donations: June	9
High Holidays General Schedule		Thank you	
Our Community I	5	Social Action Committee	10, 11, 12
NEW HEBREW SCHOOL DIRECTOR		Reports, pictures	
Adult Education & Arcc	6	New Members	13
August and planning for next year		Welcome to BI	
ARCC & Folk Dancing	7	Our Community II	14
Module 11 review; August schedule		Our Garden; Cleaning up Har Jehuda	

Rabbi's Message Rabbi Linda Potemken



Building Resilience and Building Community with Tmicha (Support)

We are supported in countless ways each and every moment. By gravity keeping us in place, by the earth underneath our feet, by the chair or sofa or bed upon which we rest, by the food and water that nourish us, by any medicine that we take to improve our health, by the very breaths that

keep us alive and by the people who we depend upon for emotional connection or for any of the many ways that we serve one another. By cultivating an awareness of these supports and by practicing gratitude for these gifts we develop our own resilience according to Jewish wisdom and to modern psychology.

There are two words in our Amidah prayer that describe the Divine as **סוֹמֵךְ נוֹפְלִים** somech noflim, the One who supports us when we fall. By focusing on that descriptor, we can take a prayerful moment to notice all of the ways that we are supported all the time. We can cultivate personal gratitude for every way that we are sustained.

But what does it mean to be supported when we fall? We all fall at times, in body or in spirit. We may need a literal hand up or some emotional encouragement or a different act of kindness. Every person needs support. At Beth Israel we recognize that we are the messengers of **סוֹמֵךְ נוֹפְלִים** somech noflim, of uplifting one another when we fall. That's why there is a branch of our community called "Tmicha", which literally means support. How does "Tmicha" work at Beth Israel?

Members who sign up to be part of the Tmicha team provide acts of kindness and support as they arise in the community. You can offer an act of kindness every week or once a month or less frequently. Here are some ways that Tmicha members offer acts of chesed, kindness, to help others: You might provide a ride for a member who wants to attend an event but doesn't drive; you might help out when someone has a loss, delivering food or helping to set up for shiva; you might bring something to someone who is sick; you might visit someone who is homebound; you might run an errand for someone. How else would you like to support members of our community?

Providing tmicha for one another builds us individually and as a community. Torah preaches that we should love others as we love ourselves (Leviticus 19:18) and

that we should manifest this love through acts of kindness. Contemporary psychology teaches that we are personally uplifted when we do something for others. Political commentator Thomas Friedman put it another way, in his book *Thank You For Being Late*. He points out that individuals and communities do better when people feel connected, respected and protected. How might we help one another to feel this way?

Please let me know if you'd like to be part of the Tmicha group or if you have any needs that Tmicha might address. As we get ready to enter a new year, let's partner with the Source of All to be a source of support to one another, spreading kindness, building our community and strengthening ourselves.

Rabbis' Note

Rabbi Nathan Martin



Having just recently travelled to Israel with my family, I'm coming back not only with a deeper understanding and engagement with the country, but also an appreciation for the many Israeli citizens working to promote fairness and justice in the country. May the efforts our Jewish/Israeli brothers and sisters inspire us here in the United States to also continue to work towards a repaired and more just society.

Congregation Beth Israel explores relationship with Bnei Israel in Costa Rica

Coming Soon: A zoom evening with Beth Israel leadership and Rabbi David Laor and Alfred Kaufmann of Bnei Israel of Costa Rica. We will explore ways that our 2 communities might interact, including a joint teen youth group.

Adults - come explore the possibilities
Teens - explore the possibility of a teen group with Costa Rica including sustainability projects, zoom get togethers and a trip to Costa Rica!

On zoom: **Thursday August 3 at 8:00 pm**

CONGREGATION BETH ISRAEL OF MEDIA

High Holy Days 2023

Mark your calendars to come together
and be spiritually uplifted on the Yamim Nora'im (Days of Awe).

Selichot program & service Saturday, September 9 7:30 pm (Zoom only)

Erev Rosh Hashanah Friday, September 15 7:30 pm

Rosh Hashanah Day 1 Saturday, September 16 10:00 am

Family Service on Lower Level 10:00 am

Rosh Hashanah Day 2 Sunday, September 17 10:00 am

BYO Lunch at Smedley Park 12:00 noon

Shofar Blowing & Tashlich at Smedley Park ~1:30 pm

Erev Yom Kippur Sunday, September 24 7:00 pm

Yom Kippur Monday, September 25 10:00 am

Family Service on Lower Level 10:00 am

Afternoon Programs - Drumming and Healing Services

Mincha/Neilah (Concluding Service) 5:30 pm

**Child Care Available after Family Service
on Rosh Hashanah Day 1 and Yom Kippur.**

Most services will be in person, with live-streaming anticipated for most.

Check the website calendar and save the dates for our Sukkot & Simchat Torah events.



Picture attributions.

Shofar PNG Transparent Image

Image by Harryarts on Freepik



Dear Beth Israel Community,

As the second half of summer is in full swing, I am reminded of my feelings about summer in the past. Between being a student for 17 years and a teacher for 43 years, my feelings about summer were: a time to rest, recharge the battery, have a lot of fun, and prepare for the upcoming year. Now I am thinking of assessing where I am in my life and what I want to do.

It is goal setting that I'd like to share my thoughts with you. We had a long time away from the physical Beth Israel and a lot of zoom in the virtual Beth Israel for the last two and a half years. Both these options will continue to exist, but I, personally, would like to be back in the building more often. I want to make connections with fellow Beth Israel congregants. Time away has changed us, but now we have the opportunity to return with schmoozing and food. Being involved in this rededication will only enhance our appreciation of our beautiful building, our fantastic rabbis, and our exciting community.

I encourage you to look for a role you can play:

Greeter - A greeter balances welcoming and security. In today's world where we need to keep the doors locked, you would open the doors for our community and friends. It is a great way to meet fellow congregants as well help Beth Israel remain safe.

Techie - If you are into technology, you could join our tech team as we have more tech needs than we did in the past. We currently have immediate need for folks to help with our website, do weekly checks of our security cameras, support our ongoing zoom services, and many more tasks that are way over my head. (I still don't own a cell phone.)

Foodie (part 1) - If you like to cook and eat, there are multiple ways to get involved. You can prepare a dish for 15 homeless folks on a fifth Monday (the next one is October). You could choose to support our fantastic Tot Shabbat team that invites young families for socialization, a meal, and a service on the second Friday of each month.

Foodie (part 2) - We are also forming a Fourth Friday Committee to grow this tremendous concept for the entire congregation. We have identified October 27th as our first dinner date. You can coordinate with volunteer cooks to put together a dinner for our community. The schedule will be:

5:45 Shabbat Schmooze, Gather & Nosh 6:30 Shabbat Services and Program 7:30 Shabbat Dinner

Won't you set a goal to do one new thing at Beth Israel? Opportunities abound for you to connect and reconnect with Beth Israel. I'm hoping you'll contact me if any of these opportunities (or other ideas you may have) sound good to you. Email mrosenberg14@comcast.net works best for me.

With gratitude for your consideration,
Mark

BI BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

President

Mark Rosenberg

Executive VP

open

VP, Finance

Larrye Loss

VP, Communications

Sea Amundsen

COMMITTEE CHAIRS

Membership

Hebrew School Education

Religious Practice

Social Action

Adult Education

Facilities Co-ordinators:

Immediate Past President:

Council of Past Presidents:

MEMBERS AT LARGE:

Jackie Gelman, Lynn Cashell

Lisa Blaskey deCamp, Natalya Zhukovskaya

Larry Hamermesh

John Greenstine, Louis Friedler

Marion Hamermesh, Rich Remenick

Elaine Feldman, Ron Romoff

Emma Lefkowitz

Jennifer Lenway

Marissa Band, Harry Chen, Jeff Golan, Adam Nicol,

Jonathan Washington

WELCOME TO OUR NEW HEBREW SCHOOL DIRECTOR, ALICIA DePAOLO!

Friends, we are delighted to welcome Alicia Depaolo who will serve as our new Hebrew School Director.

Alicia brings many talents to our community. She is a musician, composer, and Jewish educator who is passionate about making Jewish experiences meaningful and inclusive. She is a specialist in Early Music and she directs MIRYAM, a chamber ensemble dedicated to Jewish music from the Renaissance and Baroque. She is relocating from Washington DC to begin her rabbinical studies at Reconstructionist Rabbinical College. During her time in DC, she worked as a synagogue educator and prayer leader and started the DC/Northern Virginia chapter of Tzelem- a group for LGBTQ Jewish teens. Prior to moving to DC, she lived in Boston, where she received a Master's of Jewish Education and Jewish Studies from Hebrew College. Alicia is also passionate about Jewish disability inclusion and celebrating neurodiversity. She is thrilled to join the BI community and looks forward to this new year of meaningful learning!

**REMINDER - PLEASE DON'T PROP OPEN ANY EXTERIOR DOORS AT BETH ISRAEL**

Unfortunately in the world in which we live, it is necessary to consider the security of our building and our congregants. When we prop open doors, we expose ourselves to anyone with bad intent. If you do not currently have a fob for entry into the building, please contact our Safety and Security chair, Alan Ross, or our administrator, Mikayla Losanowych, to get a personalized fob for entry. Please don't prop open any exterior doors or leave the main entrance door in the unlocked (orange button) mode at Beth Israel.

As usual, check your email for more information and for zoom links.

How to Reach our Rabbis

By phone: (610) 566-4645, choose option 1 if Mikayla does not answer. A voice message left for either Rabbi will reach them quickly.

By e-mail: Rabbi Linda: ravltp@bethisraelmedia.org Rabbi Nathan: rabbinate@bethisraelmedia.org

Not sure who's 'on' this weekend? Check the calendar, easily available at bethisraelmedia.org and on the penultimate page of this Israelight. Also, each rabbi's e-mail account responds with a message indicating which rabbi is 'on.'

In cases of a real emergency...

Senior Rabbi Linda's and Associate Rabbi Nathan's home phone numbers can be found in the Member's Area of our website under How to Reach Our Rabbis and in our Directory.

The Rabbinic Liaison Committee exists in most Reconstructionist communities to ensure the maintenance of a good working relationship between the rabbis and the congregation. While congregants are always welcome and encouraged to discuss questions or concerns directly with Rabbi Linda or Rabbi Nathan, they may at times feel more comfortable talking to the Rabbinic Liaison committee. Issues raised by congregants are discussed confidentially and, when appropriate, are shared with a Rabbi in a constructive manner. To discuss a question or concern with a lay member of the committee please feel free to contact: Julian Yates (jyates@udel.edu) Deb Erie (debjoerie@gmail.com), Emily Levine (emily@emilysquireslevine.com), or Linda Cohen (lhc@comcast.net).

MEDITATION IN THE SANCTUARY AN ALTERNATIVE SPIRITUAL PRACTICE

Rabbi Linda will lead meditation on Wednesday August 23.

We will gather at 2:45 and begin at 3:00 promptly. Novices and experienced meditators are all welcome!

Come and explore mindfulness meditation through a Jewish lens.

RSVP and send any questions to Rabbi Linda.

MUSSAR with Rabbi Linda Thursday, August 24 12:30 on zoom

The group is currently working with the book Every Day Holy Day by Alan Morinis. This is a closed group but if you are interested in studying mussar, in this group or at another time, please contact Rabbi Linda

TORAH TREKS

will resume in the Fall, in person following services and
pot luck **LUNCH**
on the first Saturday of every month.

ADULT EDUCATION IS PROUD TO SUPPORT THE MODULES PROVIDED MONTHLY BY THE ARCC

BI is taking the lead to expose "hard history."

Presented with the **Anti-Racism Coordinating Committee**

ANTIRACISM DISCUSSIONS THE EXPLORATIONS CONTINUE



JUSTICE, JUSTICE YOU SHALL PURSUE
DEUTERONOMY 16:20

BI CONVERSATIONS ON ANTIRACISM

Please check your email for the modules that are delivered to your inbox. Each module includes a Jewish text, an antiracism resource and several questions to contemplate. The material is sent for you to explore at your convenience. The community will then gather on zoom for a discussion of the module, 7-9 days after you first receive it.

Wednesday August 16 7:30 on zoom with Rabbi Linda & Julie Mayer Module 12

How would you like BI to engage in this work? To share your thoughts or for more information contact any member of the ARCC - Harry Chen, Deb Erie, Michael Fishkow (chair), Julie Mayer, Katie Sibley, Rabbi Linda Potemken.

The ARCC is working to bring in rabbinic student Koach Baruch Frazier.

How would you like BI to engage in the work of antiracism? To share your thoughts or for more information contact any member of the ARCC - Harry Chen, Deb Erie, Michael Fishkow (chair), Julie Mayer, Katie Sibley, Rabbi Linda Potemken

From Antiracism Module #11

ANTIRACISM TED TALK

https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk_boldly_toward_them?language=en

DISCUSSION QUESTIONS

1. What does Myers mean when she says: "stop trying to be good people, be real people"?
2. What does she mean by: "we were all outside when the contamination came down?"
3. Why does she caution us against practicing color blindness?
4. How might you reset your biases? How might you work toward relearning and changing automatic assumptions?
5. Reflect on this teaching from the Ted Talk: "This is not about perfection, it is about connection. We are not going to get comfortable until we are willing to get uncomfortable." When does perfectionism get in your way of changing?
6. She teaches that we need to counter racist speech, that when we see something we need to say something, even to the people who we love. How might you find the courage to do this?
7. How do the Jewish texts on judgment and self-improvement support this aspect of antiracism work?

JEWISH TEXTS

Rabbi Zvi Miller in his translator's introduction to Yisrael Salanter's *Ohr Yisrael*, p.38

The Midrash teaches (*Bereshit Rabbah* 11:6), "Everything that came into being during the first six days of creation requires improvement – for example, the mustard seed needs to be sweetened ... also humanity needs rectification." Our world is a world of transformation. When we are improving and refining ourselves, we are in concert with the Divine plan – fulfilling our purpose for existing in this world ... Not only is the human being created for this purpose, but a person is also given the ability and capacity to attain this supreme goal.

Pirket Avot 2:4 Hillel taught: "Do not judge your fellow until you are in their place."

Come dance! Israeli Dancing at BI taught by Andi and Sharon! August 8 7:00 - 8:30pm



We will meet the 2nd Tuesday of every month from 7:00 to 8:30 in the sanctuary.

Ring and enter at the main entrance or phone Sharon. (RSVP to SharonLKleban@gmail.com; she will send her cell number)



No partner or experience is needed. The evening will include both beginner/liturgical dances and intermediate/modern dances. Wear comfortable clothes and shoes

and bring your own water bottle. You may bring your own smile or one will be provided for you :) Contact Andi at andiwallach@gmail.com or Sharon at sharonkleban@gmail.com for more information.

Mourner	Remembering	Relationship	Yahrzeit 2023	Yahrzeit 5783
Lydia Kendis	Irving Goldberg	Grandfather	August 2	15 Av
Sheldon Bernick	Judith Himmelstein Bernick	Wife	August 4	17 Av
Cameron Vanore	Jay McNeely	Uncle	August 4	17 Av
Marion Hamermesh	Debby Yager	Sister	August 4	17 Av
Cameron Vanore	Paula Blank	Beloved mentor	August 4	17 Av
Steven Goldfield	Leonard Goldfield*	Father	August 10	23 Av
Jane Laffend	Harry Joseph Metzger	Grandfather	August 13	26 Av
Amy Fantalis	Essie Sklar*	Grandmother	August 13	26 Av
Stanley Sklar	Essie Sklar*	Mother	August 13	26 Av
Judy Kinman	Edie Schwartz	Sister	August 13	26 Av
Marion Hamermesh	Paul Yager	Father	August 14	27 Av
Gwen Miriam Sigler	Florence Sigler	Grandmother	August 16	29 Av
Benjamin Alouf	Adi Alouf*	Brother	August 17	30 Av
Jeremy Loomis	Ben Loomis	Grandfather	August 18	1 Elul
Richard Block	Deenie Block	Wife	August 19	2 Elul
Ms. Amy Binder	Herbert Binder	Father	August 20	3 Elul
John Greenstine	Herbert Binder	Father-in-law	August 20	3 Elul
Alan Fink	Howard A. Fink	Father	August 21	4 Elul
Helena Landis	Julian Kulski	Father	August 21	4 Elul
Alison Manaker	Sanford Ehrlich	Father	August 22	5 Elul
Jane Laffend	Mortimer Metzger*	Father	August 23	6 Elul
Laura Lee Blechner	Avery Hugh Ferentz	Uncle	August 27	10 Elul
Candy Berlin	Irving Berlin	Father	August 28	11 Elul
Jane Laffend	Rose Metzger	Grandmother	August 30	13 Elul
Jane Laffend	Ken Laffend	Husband	August 31	14 Elul

*after a name indicates that there is a plaque.



Yahrzeit begins at sundown the evening before the date shown.

Adult Education Fund

David & Lynn Cashell, Thank you for the amazing adult education offering by Rabbi Richard Hirsh.

Endowment Fund

Lois Drake, In honor of the June 1st birthday of my brother, Burt Cohen.

Steven Arnold and Reisa Mukamal, in honor of Marilyn Drukin, past president of Beth Israel and 55-years-and-counting member, with much gratitude for your dedication and great warmth for our community.

Steven Arnold and Reisa Mukamal, in memory of Rita Simon, beloved sister of Linda Cohen and aunt of David and Jason. May her memory be for a blessing.

General Fund

Adva and Daniel Chatter, in honor of Anita Potemken.

Jay and Nancy Handwerker, in memory of Harry and Anna Handwerker.

Jerome Feldman, in memory of my mother.

Golden Book Fund

Penny and Sheldon Bernick, In honor of Marilyn Drukin, best wishes for much happiness and good health in your new home Hebrew School

Stacy & Daniel Beller

Condolences to the Beth Israel community on the death of member Sallie Holzman.

REFUAH SHLEIMAH There are many in the BI family in need of healing. Our blessings go out to everyone in need of refuah - healing of body and/or healing of spirit. Join us at Shabbat or weekday services where we pray for healing.

Please be sure to let the Rabbis know when you or someone in the congregation is in need of a blessing for healing.

Your generous support not only enables Beth Israel to provide a robust variety of programs that foster the spiritual needs of our community, your support also enhances our ability to bring about tikkun olam through our social action initiatives. Your generosity is appreciated now more than ever. Please consider honoring a friend or a loved one through a contribution to any of our designated funds.

DID YOU KNOW... if you're going to make a contribution by check to a restricted fund, like the Rabbi's Discretionary or Social Action Funds, that it's better for you (and for us), if you make your check payable to "Congregation Beth Israel of Media." You can always note any special purpose for the contribution in the memo line of your check. Why? "Congregation Beth Israel" is the correct payee. Also, by noting the special purpose, if any, on your check, we can make absolutely certain that your donation is directed to the appropriate fund, your account is properly credited, and your end-of-year tax letter is accurate. Like you, the rabbis, administrative staff, directors and officers of BI are absolutely committed to making certain your donation is put to its intended purpose. Please help us help you to make certain that happens. Thank you.

Report: John Greenstine and tutoring coordinator Louis Friedler met with [Chester Eastside Inc.](#) executive director Rev. Andy Jacob to review the progress Chester Eastside is making to revamp and renew its programs. Reverend Jacob introduced Tiffany Kea, their new operations manager, and discussed their new, twice-weekly mid-day meal program. They have engaged a local, social justice-oriented team named "[Everybody Eats Philly](#)" to cater the meals, which are served at CE by local volunteers to whomever wants one. Their "Camp Phoenix" summer camp and learning program is continuing, with our Social Action Committee sponsoring their annual field trip. (see p 11) It's hoped that their successful afterschool tutoring program will continue, once they hire a new education director. And, their newly expanded gardens are producing a great quantity of vegetables for local tables as well as for the meal program.

John Greenstine is coordinating the next Food Service for the Life Center shelter in Upper Darby, scheduled for July 31.

On July 17 and 18, a team of SAC members drove across Delaware County and Northern Delaware, delivering boxes of food and personal items to hungry residents on behalf of the [Jewish Relief Agency](#). Delivery people included Harry Chen, Judy Kinman, Amy Strauss, Ala Hamilton Day and her sister BJ Reeves, and John Greenstine and Amy Binder. JRA executive director (and BI member) Jodi Roth-Saks engaged SAC to fill in a gap in their schedule. Approximately two dozen homes will receive food.

The annual SAC "[Honey for the High Holidays](#)" is underway. The committee has also pledged to buy 10 bottles for Membership to use for marketing. As we have done recently, the committee has pledged all the proceeds to Tikkun Olam, directing the funds equally to a.) immigration support through HIAS PA, b.) the new, daily community lunch program at Chester Eastside, catered by the local kitchen "Everybody Eats Philly," and c.) the Rabbis' Discretionary Fund. Free shipping is included until August 1st; and orders before August 25th (with paid postage) will be delivered in time for Rosh Hashanah.

Members of the committee will attend the August 3rd ZOOM conversation between BI and the synagogue in Costa Rica. (see p 2 for more information)

BJ Reeves, Ala Hamilton-Day & Jodi Roth-Saks met for deliveries of food and needed items.



On Friday, July 7, the Social Action Committee sponsored a trip to the Adventure Aquarium in New Jersey for 35 campers and 13 staff from Camp Phoenix, a summer program offered by Chester Eastside Ministries. The children were delighted and awed by the variety of sea creatures they were able to see and even touch!

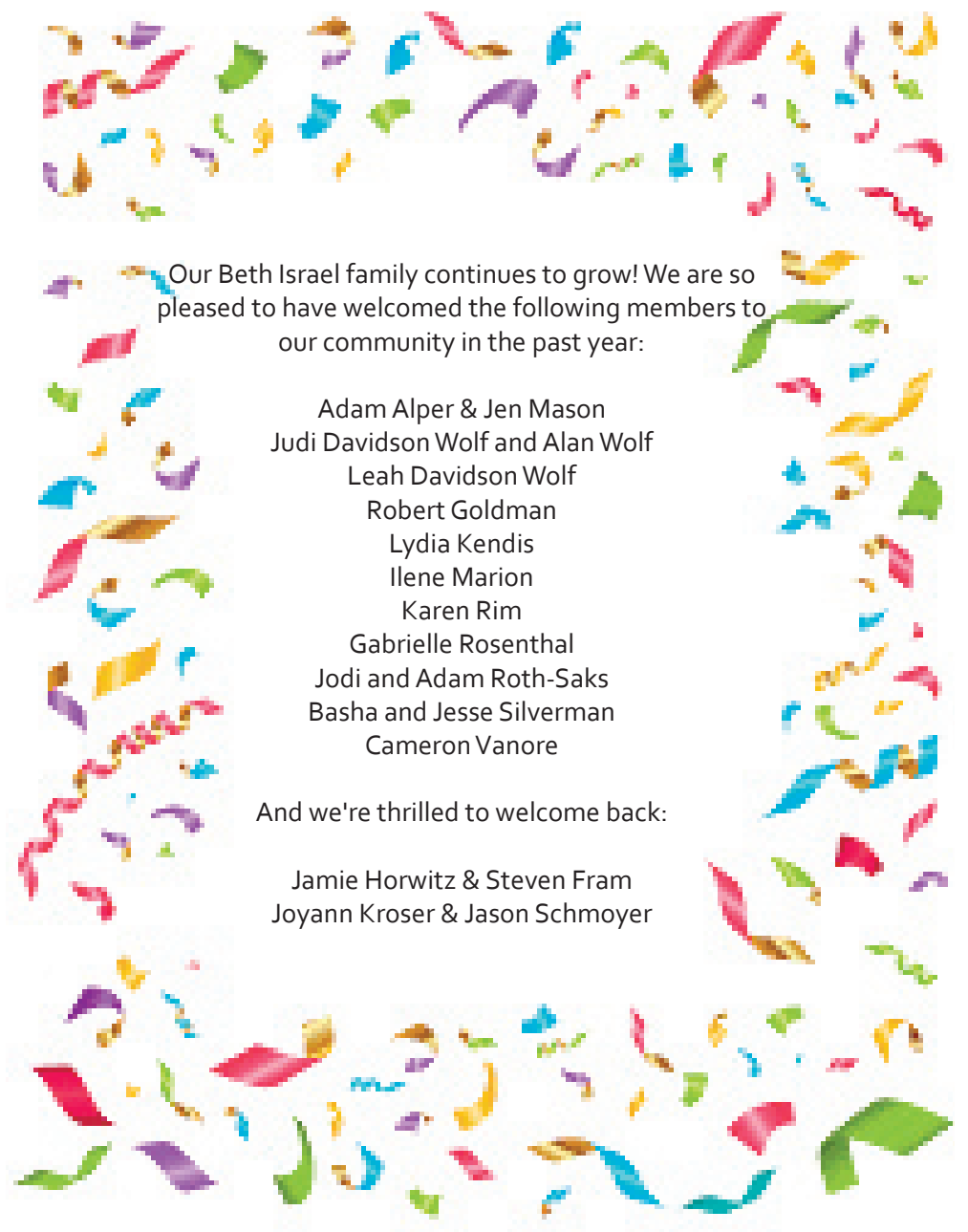
Kathryn Redd is the director of the program (first row on the left), and our own Eddie Wasekenas is one of the teachers. SAC is proud to sponsor a yearly trip for CEI.

Lynn Cashell, on behalf of SAC (see p 11 for more pictures)



PIC•COLLAGE

Please remember to donate personal care items and toiletries for the homeless shelters and the Community Action Agency. The collection box is on the main floor, under the coat rack.
Thank you –



Our Beth Israel family continues to grow! We are so pleased to have welcomed the following members to our community in the past year:

Adam Alper & Jen Mason
Judi Davidson Wolf and Alan Wolf
Leah Davidson Wolf
Robert Goldman
Lydia Kendis
Ilene Marion
Karen Rim
Gabrielle Rosenthal
Jodi and Adam Roth-Saks
Basha and Jesse Silverman
Cameron Vanore

And we're thrilled to welcome back:

Jamie Horwitz & Steven Fram
Joyann Kroser & Jason Schmoyer

Our BI Garden Continues!

Beth Israel's garden continues to produce! Below is a July collection of vegetables that was taken over to the Media Food Bank by Rabbi Nathan. If you are interested in helping out with the garden please be in touch with Dave Cashell at DavidCashell@protonmail.com.



On July 23, members of BI spent time cleaning up Har Jehuda Cemetery. There was a good turnout overall. BI participants were David Cashell, Linda Cohen, Lois and Steve Drake, Scott Mondell and Randi Raskin Nash.

There are two more clean ups scheduled this fall, **September 10** and **October 22, 9:00 -11:00 am**.



SUN	MON	TUES	WED	THU	FRI	SAT
30 Av 12	31 Av 13 5:30pm SAC Food Service	1 Av 14	2 Av 15 Tu B'Av 8:30am Morning Spiritual Practice (on Zoom) 7:30pm SAC Meeting (on Zoom)	3 Av 16 8:00pm Costa Rica Encounter with Rabbi Linda, Mark Rosenberg, and from Costa Rica - Rabbi David Laor and Alfred Kauffman	4 Av 17 7:30pm Shabbat Service (On Zoom with Rabbi Linda) 7:54pm Candle Lighting	5 Av 18 Eikev 9:45am Shabbat at Home (at home and offline) 9:01pm Havdalah
6 Av 19	7 Av 20	8 Av 21 7:00pm Israeli Dancing (in person)	9 Av 22 8:30am Morning Spiritual Practice (on Zoom)	10 Av 23 7:30pm ARCC Meeting on Zoom (closed meeting)	11 Av 24 5:45pm Tot Shabbat (in person) 7:30pm Shabbat Service (In Person with Rabbi Nathan) 7:46pm Candle Lighting	12 Av 25 Shabbat Mevarchim Re'eh 9:45am Shabbat at Home (at home and offline) 8:52pm Havdalah
13 Av 26	14 Av 27	15 Av 28	16 Av 29 8:30am Morning Spiritual Practice (on Zoom) 7:30pm Antiracism Discussion of Module #12 with Rabbi Linda & Julie Mayer (on Zoom)	17 Av 30 Rosh Chodesh Elul	18 Elul 1 Rosh Chodesh Elul 7:30pm Shabbat at Home (at home and offline) 7:36pm Candle Lighting	19 Elul 2 Shoftim 9:45am Shabbat Service and Bat Mitzvah of Hannah Bowen (in person with Rabbi Nathan) 8:43pm Havdalah
20 Elul 3	21 Elul 4	22 Elul 5	23 Elul 6 8:30am Morning Spiritual Practice (on Zoom) 3:00pm Meditation with Rabbi Linda in the Sanctuary	24 Elul 7 12:30pm Mussar with Rabbi Linda (Closed Group, on Zoom)	25 Elul 8 7:26pm Candle Lighting 7:30pm Shabbat at Home (at home and offline)	26 Elul 9 Ki Teitzei 9:45am Shabbat Service (On Zoom with Rabbi Linda) 8:33pm Havdalah
27 Elul 10 7:00pm Board of Directors Meeting (in person)	28 Elul 11	29 Elul 12	30 Elul 13 8:30am Morning Spiritual Practice (on Zoom)	31 Elul 14	1 Elul 15 7:15pm Candle Lighting	2 Elul 16 Ki Tavo 8:22pm Havdalah

Me'ira Pitkapaasi
Hebrew, B'nai Mitzvah,
Math, Special Ed

M.A. Education, T.C. Math & Special Ed
37 years experience
 484-470-5910 - meira77@att.net

Please be sure to support our advertisers and let them know that you learned about them from The Israelight

GROCERY CARDS ARE IN STOCK AT BETH ISRAEL —YES! I shop at Acme or Giant and I'm happy to purchase gift cards through BI! (for every card purchased, BI receives \$5 - it adds up and makes a difference!) Let Mikayla know if you'd like to purchase some. Phone 610-566-4645 or send her an email: mikayla.losanowych@bethisraelmedia.org



Congregation Beth Israel of Media
A Reconstructionist Jewish Community
542 South New Middletown Road
Media, Pennsylvania 19063-2240
Ph. 610-566-4645 Fax 610-566-2240
<http://www.bethisraelmedia.org>

NON-PROFIT ORG.
U.S. POSTAGE
PAID
MEDIA, PA 19063
PERMIT NO. 214

OR CURRENT RESIDENT

President	Mark Rosenberg
Senior Rabbi	Linda Potemken
Associate Rabbi	Nathan Martin
Editor, Content	Sharon Kleban
Editor, Production	Marion Hamermesh
Editor, Contributions List	Mikayla Losanowych

The Israelight is published on the first of each secular month. All submissions must be received by the editor by the 15th of the preceding month to guarantee inclusion. Articles may be submitted by mail to the synagogue office or by email to:

Israelight@bethisraelmedia.org

Next Issue: September Deadline: **August 11**

The Midrash says that G-d showed Adam around the Garden of Eden and said, "Look at my works! See how beautiful they are — how excellent! For your sake I created them all. See to it that you do not spoil and destroy My world; for if you do, there will be no one else to repair it."

[Midrash Kohelet Rabbah 7:13]



GreenFaith.
Certification Program

Jewish Reconstructionist Movement
In Association with the Reconstructionist Rabbinical College

FUSE
Fellowship of Urban Suburban Engagement



MAZON

A Jewish Response
To Hunger