

CONNECT

CONGREGATION GATES OF HEAVEN AFFILIATED WITH THE URJ



**HIGH HOLY DAYS
SCHEDULE INSIDE**

OUR GATES ARE OPEN

We're Here!

**LOOKING FORWARD
TO FALL**

**Services and Programs
remain In-Person and Virtual.**

**Our Gates Are Open
In-Person & Virtual
Connected & Safe**

**SHABBAT SERVICES
IN-PERSON & LIVE-
STREAM EVERY FRIDAY
AT 7:00 P.M.**

**Jammies & Jeans
5:30 P.M. FIRST FRIDAY OF
THE MONTH FOR FAMILIES
WITH YOUNG CHILDREN**

**ZENOBIKS TAI CHI
EVERY MONDAY
AT 6:30 P.M.
ON ZOOM and IN PERSON**

**WEEKLY EVENTS WITH RABBI MATT
IN-PERSON AND VIRTUAL**

**• TALMUD STUDY
EVERY THURSDAY AT 12:00 P.M.**

**• TORAH STUDY
EVERY SATURDAY AT 9:00 A.M.**

**ALL VIRTUAL PROGRAMS
ARE HELD BY ZOOM.**

**WORSHIP SERVICES
ARE LIVE-STREAMED
AND IN-PERSON**

**VISIT OUR WEBSITE AT
www.cgoh.org for
access to our virtual and
live-stream offerings.**

High Holy Day 2022/5783 Service Schedule

(also on our website under Worship, then High Holy Days)

- **Selichot:** Saturday, September 17, program at 6:30 p.m. and service at 8:00 p.m.
- **Erev Rosh Hashanah Service:** Sunday, September 25 at 8:00 p.m.
- **Rosh Hashanah Children's Programs (K-6 grade):** Monday, September 26 at 9:45 a.m. [click here for information](#)
- **Rosh Hashanah Services:** Monday, September 26 at 10:00 a.m.
- **Rosh Hashanah Family Experience:** Monday, September 26 at 3:00 p.m., followed by a walk to Central Park for Tashlich
- **2nd Day of Rosh Hashanah:** Tuesday, September 27 at 10:00 a.m. At Collins Park, Clifton Park
- **Memorial Plaque Dedication:** Friday, September 30 at 7:00 p.m.
- **Cemetery Service:** Sunday, October 2 at 1:00 p.m.
- **Kol Nidre Service:** Tuesday, October 4 at 8:00 p.m.
- **Yom Kippur Children's Programs (K-6 grade):** Wednesday, October 5 at 9:45 a.m. [click here for information](#)
- **Yom Kippur Services:** Wednesday, October 5 at 10:00 a.m.
- **Yom Kippur Study Session:** Wednesday, October 5 at 1:00 p.m.
- **Yom Kippur Family Experience:** Weds., October 5 at 2:00 p.m.
- **Yom Kippur Afternoon Service:** Weds., October 5 at 3:00 p.m.
- **Yom Kippur Yizkor/Memorial Service:** Wednesday, October 5 at 4:30 p.m.
- **Yom Kippur Ne'ilah/Concluding Service:** Wednesday, October 5 at 5:15 p.m.
- **Break The Fast:** following Yom Kippur concluding service

Additional Holiday Services and Programs:

- **Family Sukkot Dinner & Sukkah Decorating:** Sunday, October 9 at 5:30 p.m. & Service at 7:00 p.m.
- **Sukkot Services:** Monday, October 10 at 9:00 a.m.
- **Simchat Torah Service:** Sunday, October 16 at 6:00 p.m.
- **Shemini Atzeret/Yizkor Service:** Monday, October 17 at 9:00 a.m.

*Tickets for Services have been mailed to members.
Please call the office for guest tickets.*

FROM OUR RABBI

SOUNDING THE HORN FOR THE TRANSFORMATION OF A NEW YEAR

RABBI MATT CUTLER ~ MCUTLER@CGOH.ORG



The Hebrew months of Elul and Tishrei are synonymous with the High Holidays. As the calendar hits Elul, we start the preparations. For the institutions within the Jewish world, that means cleaning, assigning parts, sermon writing, organizing and mailing out tickets. For us as individuals, it is the hard work of *teshuvah*—the process of turning inward and finding the courage to seek/grant forgiveness for the wrongs committed as well as the courage to seek to transform ourselves into something more sacred. And we all need to do this—that is the essence our institutions provide: the place, the format and the structure to help us transform as we usher in the New Year.

The last 2 years have been rather trying for us all. COVID concerns have transformed us into a virtual congregation for the past 2 seasons. The first year, things were pre-recorded and inserted at appropriate times. Last year, we had very small in-person crowds as we maintained social distance and vaccinations. This year, our hope is to have many of us together to share the holidays as we follow the latest health protocols. Our friends from Magic Wig Production will be with us again this year, but I personally invite you to bring your tallitot, kippot, mazhorim as well as perhaps your mask to join us for Yontif. Let us be here together. And let me say as I have for 25 of the last 27 years: “Let us come together, pray together, and then leave together.”

But that is the Rabbi as the institutional leader speaking. Now let me speak to you as your spiritual leader. Let me encourage you to truly feel the sound of the shofar this year. As Neil Golub blows that ram’s horn, I pray that the notes pierce your souls and reverberate within each one of you. Savor the sounds, for each note has meaning.

In my personal perspective, the four different notes convey a different set of emotions:

**Tekiah*! That note symbolizes the joy of the holiday season. I remember once speaking with a kindergarten student who thought that it was TEQUILA and not *Tekiah*. It made me laugh—but often mistakes are great metaphors. Yes, let’s feel a sense of “*L’chaim*” as we joyfully hear that note. Smile and sigh as Neil sounds that note over and over again.

**Shevarim* is three broken notes that is at the other end of the emotional spectrum. This word literally means “breaks” or “fractures.” The *shevarim* blast is three medium-length notes that have been compared to the sound of weeping. It triggers memories of heartache and cries. May the broken notes remind us that world cries out from its brokenness and begs us for repair. In *Pirke Avot*, it is written that it is not our responsibility to complete the task of repair, but that does not mean we are exempt from doing our fair share in its renewal. These notes signify 7 things that are broken: our environment is in need of protection, poverty plagues so many people, racism and discrimination are plagues among us, there are many in need of healing from diseases, oppression is far too common, justice is often allusive for people who are in a different socio-economic stratum than most of us, and xenophobia that blinds to the plight of others. Let these notes serve as pangs to the heart, compelling us to act on the behalf of righteousness.

**Teruah* is a series of very short, staccato sounds that have been compared to an urgent alarm, calling us to rouse from our spiritual slumber. Let it inspire us to take a hard look at who we are and what we aspire to be. These notes are at the heart of our *teshuvah* and our desire to transform our behavior. Let these notes move us with a sincerity and earnestness to be authentic to the image of God imbedded deeply within us.

**Tekiah Gedolah* is the long sustained note that is a blessing for a good year and a healthy one at that. May that note be our prayer to God that awards us and those we love with a long and productive life.

I look forward to greeting us personally during the High Holidays. May 5783 be a blessed one for us all.

SHANA TOVAH!!

Matthew A. Cutler

AUTUMN LEAVES

Josh Cooper-Ginsburg

Director of Administration and Operations



There's something about Autumn that always excites me. The falling leaves, the cooling air after the heat of summer, preparation for winter months, the transition and the feeling of new things coming. Labor Day and students' return to school bring a much-needed regularity to our community as we get back into the swing of real life.

Rosh Hashanah starts our year off looking forward to a new and exciting year ahead. Soon after, follows Yom Kippur and Sukkot. We are excited to bring back our Sukkot dinner and celebration of the harvest, before it gets too chilly out!

We have a full calendar of events in the coming months and we can't wait to celebrate them with you. We're planning this year's Distinguished Service Awards and Volunteer Service Awards with the Board of Advisors, and we're gearing up to honor Rabbi Matt's 25th anniversary as our spiritual leader, a few years late due to COVID, but better late than never.

Our Brotherhood and Sisterhood are active and planning a host of events to entertain and enlighten you throughout the coming months, despite saying goodbye to our summer tent in the coming days, but not before our Sisterhood celebrates its 125th anniversary celebration. We had breakfasts and lunches, birthday parties and memorials, ceremonies and celebrations in the tent this summer and it was a great way to stay together while staying safe and healthy. Join us for a special oneg under the tent one last time on Friday, September 9, as we celebrate our Volunteer Service Award honorees for 2020, 2021, and 2022.

Programming will continue in hybrid-format for the foreseeable future and we're ready to share with you new sensational opportunities to engage in Jewish life as well as the traditional social engagements we've had for many years. Daylight Saving Time will end and our clocks fall back an hour, soon after followed by our Mitzvah Day the week of Thanksgiving. Before you know it, Hanukkah and winter will be here and we'll miss our swimming pools, but we'll hunker down and keep each other cozy until spring comes and renews our excitement for next summer. Keep checking your email – we'll be in touch as new programs develop. L'shana tova tikatevu umetukah, may we all be inscribed for a good, sweet, safe, happy, and healthy year ahead!

Best,

A handwritten signature in black ink that reads "Josh". The script is fluid and cursive, with a long horizontal stroke at the end.

COLLEGE SCHOLARSHIPS 2022

2022-2023 Marwill & Weifenbach College Scholarships



Four recipients were honored on June 17, 2022
with scholarships to their colleges.



The Weifenbach Scholarship went to Rebecca Schechter (pictured below, left). She plans to major in Astrophysics at Wesleyan University in CT. She has been active in sports, honor society, and music with leadership, time management, and organizational skills.

Three Marwill scholarships were awarded this year. Melanie Couillard (pictured above, left) will attend Rochester Institute of Technology. She plans to major in Computer Science. Her High School activities included: Girl Scouts, Drama, Computer Science Honor Society, Yearbook Club, animal rescue, and anchor of the television announcements show. She wants to further the number of women in STEM and has been running a Girls Who Code club.

Jacob Goldman (pictured above, right) will be attending Flagler College in FL. He plans to major in Business Administration and Sports Management. Jacob volunteered for Street Soldiers and Brendan's Breakfast, he also coached and facilitated basketball games and drills. Jacob further developed his public speaking skills when he participated in a Social Justice Seminar in Washington, D.C. He presented to elected officials on greenhouse emissions.

Jack Price (pictured below, right) also received a Marwill scholarship. He plans to major in Animation and Sequential Art at Savannah College of Art and Design in GA. He has held leadership roles in the temple; in his school he was Art Club President and A World of Difference President. In addition, Jack was in the National Honor Society and the National Art Honors Society.



Ralph & Edna Marwill Scholarship Fund

Dr. Marwill was a graduate of the University of Pennsylvania Dental School and Columbia University. Edna was a civic and Jewish community leader with a wide variety of interests, from school board and the Schenectady Day Nursery, to chairman of the Freedom Forum.



Rena Weifenbach Educational Fund

Rena Weifenbach was a courageous woman and a devoted student of Judaism. Rena emphasized the study of the Torah and, at an advanced age, mastered the chanting of the Torah. Rena knew that knowledge was central to personal fulfillment, making us better Jews, better citizens, and more valuable to our families, our communities, and ourselves. Each scholarship will serve as a testament to Rena's commitment to the pursuit of knowledge, righteousness and justice.

FROM OUR DIRECTOR OF CONGREGATIONAL JEWISH LIVING

No Grandparent Left Behind- A New Year Resolution for 5783

by Arnold Rotenberg



I was recently asked to help a senior (who recently received brand new hearing aids) how to use the hearing aid app. We decided to use Zoom. Suffice it to say, it was a challenge. I knew "operation hearing aid app training" would go a lot smoother if we had done this in person, which we eventually had to do.

Since last week's virtual training, something has been nagging at me. I have been unable to rest easy after realizing that an assistive device, such as high-power hearing aids, relies on app technology, when by in large, the users of said device are elderly people who don't own smart phones.

- Of the 37 million adults with hearing loss:
- 91% are 50 and older
- those 80 and older have the greatest hearing loss

To put this in perspective, try making a mental list of the 80-something year olds that you know.

- How many are hard of hearing and use (or should be using) hearing aids?
- Of those, how many: 1) own a smart phone, 2) are adept at using it, and 3) have it handy at all times?

The individual above is competent with technology for someone their age –they own a tablet, a Kindle, and an iPhone, all of which are used regularly. Prior to the hearing aid training session, I thought they would learn and use the app easily. However, I failed to consider the *severe arthritis* in their hands which makes it difficult to tap and swipe, the *macular degeneration* that impairs their ability to read screens, and of course, *hearing loss* which makes helping (especially on Zoom) pretty challenging. All these issues are common among those 80 and above -- people who commonly need hearing aids.

About a month ago, I happened upon a Twitter post that really spoke to me. The poster told a compelling story about his dad (84) who illegally parked in a lot that only took payment by credit card or app. Having neither, he parked without paying so he could attend a friend's memorial service. I felt same frustration more times than I can count, as I've borne witness to how difficult life can be for older people living in a world that wasn't designed for them.

While the purpose of technology innovation has always been to improve the human experience, and indeed, our lives have been made better by countless technologies, it's also true that sometimes (perhaps more often than we'd like to admit), technology improves life for some people, but not all people. And often, those who are left behind are our parents, grandparents, and loved ones that came before us.

I would like to put together **a team of tech savvy teens to help seniors** learn how to access information and apps needed for healthcare, banking and other daily living activities. Contact me if you know a willing tech savvy teen! We will coordinate the teen-senior assistance. Please encourage your teens to engage in our community and help plant seeds for them to envision their own role in contributing to a better, more equitable world.



L'Shana Tova!



Rabbi Matt Cutler with Shofar Blowers Addy & Ephren Tabankin

CONGREGATION
GATES
OF HEAVEN 


LIFE & LEGACY
Assuring JEWISH TOMORROWS
A program of the HAROLD GRINSPOON FOUNDATION

Thank you to all of the LIFE & LEGACY donors for inspiring future generations with their generosity. Your LEGACY matters.

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Karen R. Gerhardt
Lisa & Kenny Priddle
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Curious how Life & Legacy works? Please contact Mindy Holland 518-365-5084



Bake Along with Dr. Beth Ricanati

WHAT IF THE ACT OF MAKING A ROUND CHALLAH FOR ROSH HASHANAH AS A COMMUNITY COULD HELP STOP THE NOISE CURRENTLY AROUND US, MAKING LIFE LESS STRESSFUL AND MORE MEANINGFUL?

Congregation Gates of Heaven is pleased to collaborate again with, Dr. Beth Ricanati, author of the award-winning book, Braided: A Journey of a Thousand Challahs, to explore the idea that a weekly ritual of baking challah can be the best medicine for healing a stressed soul.

**JOIN US FOR AN ONLINE BAKING WORKSHOP
(BAKE ALONG WITH US or JUST JOIN US ON SCREEN)**

DATE: SUNDAY, SEPTEMBER 18 AT 2:00 PM

Register for our online baking workshop on our website.

This Fall...Recognize the Alumni House

Did you notice that Hudson Valley Community College has a new Alumni House and president's residence?

*excerpts from an article by Regina LaGatta, Executive Director, External and Government Affairs,
Hudson Valley Community College Foundation*

The building in Troy was purchased from the HVCC Foundation with a leadership gift from Gordon Zuckerman '62. 11 Whitman Court was purchased in the fall of 2021, as the future **Gordon N. '62 and Linda S. Zuckerman Alumni House and president's house**.

Gordon began his higher education at Hudson Valley, and ultimately graduated from Union College with a B.S. in Chemistry & Mathematics. He served in the Army in Vietnam, and entered the insurance industry in 1970, eventually serving as president of Murray and Zuckerman, Inc. a nationally recognized life, health, group and annuity brokerage firm located in Schenectady.

The new property is the first purchase by the Foundation. It can be used as a venue for Foundation and Alumni Association activities. It will also be the official residence of the college president and a space to host guests of the Foundation and college. Gordon has served on the Foundation board since 2004, as chairperson from 2013-2015, and remains an executive committee member.

The historic house was designed by local renowned architect Marcus Cummings with his son Frederick. We are proud to hear of Gordon's support to his local Community College!

OUR TEMPLE FAMILY: UPCOMING B MITZVAHS

Miles Elson: September 10, 2022

Ari Urowsky: October 8, 2022

Carter Carr: October 15, 2022

Sarah DesBiens: October 22, 2022

Alex & Miguel Balkin: November 5, 2022

Evelia Echandy: November 12, 2022

Gates Circles

Gates Circles are congregant-led small groups which meet on a regular basis or just once or twice. These self-reflecting affinity groups serve to intersect shared interests and Jewish values. Gates Circles provide a safe and nurturing community within our community and participants experience meaningful connections and powerful personal growth. Here are a few ideas:

- Cinema Circle—movies are often a mirror image of society and can be inspirational and expand our basic knowledge of the world and attitudes around us.
- Adult Bar/Bat/B Mitzvah Circle—it is never too late to become a Bar/Bat/B Mitzvah. Whether you studied Hebrew years ago or starting from scratch, this can be an extremely meaningful opportunity to spark a new relationship with Judaism.
- Dance Circle—dance is journey. Improve your technique and meet new friends.
- Dayenu Circle—join a nation-wide movement of small groups of Jewish people working on climate action.

What would you like to share with others? We are looking for willing facilitators to lead a small circle. This can be a one-time meeting or an ongoing gathering. We offer necessary ingredients to make your get-together successful. The staff will help you with sign-ups and reservations if needed, promotion and more. Email Arnie at arotenberg@cgo.org or call the synagogue office and let us know what you would like to do.

CGOH Upcoming Events

The Full High Holy Days
Schedule is inside the
front cover of this issue
and on the CGOH website
under Worship

9/8/22 The Jewish roots of the
Ouija Board via Zoom
Thursday 7:00 p.m.

9/9/22 Volunteer Service
Awards
Friday 7:00 p.m.

9/12/22 Sisterhood 125th
Anniversary under the tent
Monday 5:30-7:00 p.m.

9/18/22 Challah making for
the High Holy Days via Zoom
Sunday 2:00 p.m.

9/21/22 Sisterhood Book Club
The Hidden Palace by Helene
Wexler In-Person & Zoom
Wednesday 7:00 p.m.

10/2/22 Brotherhood Breakfast &
Speaker TBA/Zoom
Sunday 10:00 a.m.

10/23/22 Distinguished Service
Awards, Schaffer Auditorium
Sunday 2:30 p.m.

10/24/22 Sisterhood - Corrine
Carey will speak. "To Everything
There is a Season"
Monday 7:30 pm Zoom

**More information is
available on our website
www.cgoh.org or the
weekly
"What's Happening at
Gates" newsletter.**

Geneivat Da'at – "Thought Theft" From Arnie Rotenberg

Did you know there is an actual law in Judaism prohibiting the theft of one's knowledge? Known as *geneivat da'at*, the principle states that fooling someone and causing them to have a mistaken assumption, belief or impression leads the deceiving individual to be held responsible for the deceived person's actions.

In Judaism, *geneivat da'at* is a worse offense than lying or cheating. The repercussions often negatively affect many more people than only the original individual who was duped.

Many instances of *geneivat da'at* occur when innocent people are misled by fraudulent email messages, websites, text messages or social media posts. Often, the result of these individuals being victims of *geneivat da'at* is that their identity is stolen, which is a nightmare scenario. Not surprisingly, it is usually older people who fall victim to this.

Facebook is certainly one of the most common places in which users over a certain age (we'll call them "Boomers") become deceived. Many of us receive duplicate friend requests on Facebook that are from fake accounts posing as older users. These illegitimate Facebook requests are part of a scam. The Facebook user often will post a legitimate message on their Facebook account letting their friends know that they shouldn't accept any new Facebook friend requests from them because their profile has been duplicated, but they may not realize the seriousness of this act.

If you receive a friend request from someone you are already friends with, search your friend list to see if you are still friends with that person. If you are, you have likely received a friend request from a fake Facebook account that was duplicated from a legitimate account. You can contact your friend by Facebook Messenger, by phone or send them an email or text message to verify if the new friend request was intentional. If it was not, they can report the duplicate account to Facebook to shut it down.

There are many other ways seniors are being taken advantage of on the web by hackers and scammers. The email may be very confusing because it alerts them that their password was compromised and there's a link to change it. If they click the link, they're providing their credentials to a hacker. If you are not sure about an email, call or email the office and we can work it out together.

It's also important to never feel pressured to give information like your Social Security number, credit card information or account passwords over the phone. This is especially true if the call was unexpected or from an unusual number.

Scammers may try to use calls, texts, and emails to impersonate customer service representatives from companies you use and trust (like the electric company, your internet provider or Amazon). If you are ever unsure, it is always safest to end the call and reach out directly to customer support using a trusted number.

Additionally, remember that reputable companies will never ask you to provide payment information over the phone or demand that you purchase a gift card for payment.

When in doubt about the legitimacy of any website, email message or phone call, it is always best to dig a little deeper or ask someone for help before succumbing to *geneivat da'at*.

DONATIONS

Donations received between May 11 to August 10, 2022

7th Grade Collection Fund

Steve & Maya Elson in honor of :

- Claire Zonderman becoming a bat mitzvah
- Jordyn Baxt becoming a bat mitzvah
- Juliet Smith becoming a bat mitzvah
- William Stolfi becoming a bar mitzvah

Alan Sternstein Cheder Scholarship Fund

Gail Sternstein in memory of Arline Davis

Brotherhood

Dorothy Meyer in memory of John Meyer

Peter & Miriam Vollweiler in honor of Ellen & Stan Strauss' 50th Anniversary

Brotherhood Yom Hashoah

Bernard & Bailey Bloom

Gay Griffith

Lauren Savage

Gerry & Bea Hahn

Gordon Zuckerman

Sidney & Ann Cramer

Chapman Lifelong Learning Fund

D. Graham Holmes & Karen Cohen Holmes in memory of Christopher Buchen

Jewish Vibrancy Fund

Gay Griffith in memory of Chaim Szeffan, Grandfather of Gay Griffith, Great Grandfather of Jeremy Cohen & David Griffith

Cynthia Cohen in memory of Dr Jeffrey Cohen

Joanne & Bob Schnee in memory of Edythe Schnee

John Berhaupt & Suzanne Gold in memory of Ettarea Alpert

Jerry & Mary Rosen in memory of Gloria Rosen

Aaron & Ina Fried in memory of Harry Goldberg

John Berhaupt & Suzanne Gold in memory of Judith Shepherd

Ronald & Jill Bucinell in memory of Judith Shepherd

Marlene Leboff in honor of Juliet Smith's Bar Mitzvah

Kate Bingham in honor of My life-changing conversion experience with Rabbi Matt Cutler

Sidney & Ann Cramer in honor of Rabbi Bert & Bailey Bloom's 65th Anniversary

Cynthia Cohen in memory of Sheila Randall

Stephen & Allyson Grayman in honor of Josh Cooper-Ginsburg and in memory of Judith Diamond

Gay Griffith

Wayne Greene & Marcia Fox

Stacey Farber in honor of Arnold Rotenberg for his energy & dedication to CGOH education

Susan Kipp in memory of Dennis Kipp

Trudi Melamed in memory of Gary Melamed

Jewish Vibrancy Fund (continued)

Gay Griffith in memory of Genia Szeffan, grandmother of Gay Griffith, Great Grandmother of Jeremy Cohen & David Griffith

Lisa Norelli in memory of Howard Norelli

Silver Forest, Inc. in memory of Jacqueline Freedman

Suzanne Gold & John Berhaupt in memory of Jacqueline Freedman

Gail Kendall & David Galletly in memory of Jacqueline Freedman

Stacey Farber in honor of Josh Cooper-Ginsburg for his professionalism and dedication

Anonymous in memory of Judith Shepherd

Michelle Ostrelich in memory of Judith Shepherd

Stacey Farber in honor of Max Caplan, Elisa Harrington-Verb, Ze'evi TovLev & all those who bring beautiful music to CGOH

Steven & Roberta Berk Mazel Tov on Claire's Bat Mitzvah

Elaine Hughes in memory of Michael Ruzyla

Richard & Barbara Preisman in memory of Rakhil Maizels of Minsk & all those who perished

Lisa Norelli in memory of Saila Harju

Sanford Fialkoff in memory of Sheila Randall

The Zonderman's, Gebell's, Harrison's, & Josie Kivort in honor of Sid & Ann Cramer's 60th Anniversary

Andrea Leighton in memory of Sonia Friedman

Anonymous in memory of Suzanne Koppett

Miriam & Peter Vollweiler in memory of Sydna Schwartz

Joanne & Robert Schnee in memory of Sylvia Orr

Lee Brice

Prayerbook Fund

Eric & Rachael Siegelman

Rabbi's Discretionary Fund

Eric Rimm & Allison Caplan Rimm in honor of Rabbi Matt with thanks

Susanna & John Hurley in memory of Tillie Stein

James Adler in honor of William Stolfi

Hillary Davis in memory of Arline Davis

Gail Sternstein in memory of Sanford Sternstein

Gordon Zuckerman

Dr. Steven & Linda Goodman in memory of Adeline Blacker

Renee Geyer in memory of Arline Davis

Dorothy Meyer in honor of Barbara & Jeffrey Walton

Lawrence & Ellen Eisenberg in honor of Brandon Eisenberg, grandson of Lawrence & Ellen, going to Rowen University in NJ
Jeff Gilman in memory of Della Rose Gilman

DONATIONS

Rabbi's Discretionary Fund

Susan Kipp in memory of Earle Dennis Kipp
Mordecai & Shiela Braunstein in loving memory of Joette Braunstein Krupa z"l
Lawrence & Ellen Eisenberg in honor of Josh Auerbach's engagement to Danielle Berg
Harvey Randall in memory of Judith Shepherd
Lawrence & Ellen Eisenberg in honor of Juliet Smith's Bar Mitzvah
Susanna & John Hurley in memory of Martin Stein, father of Susanna Hurley
Susanna & John Hurley in memory of Yetta Hochman, grandmother of Susanna Hurley
Jeffrey Kimmer
Debra & Brian Gordon

Rabbi Szenes Scholarship Fund

Miriam & Peter Vollweiler in memory of Rabbi Michael Szenes
Janet & Larry Kaufmann in memory of Rabbi Szenes

Randall Adult Library Fund

Suzanne Gold & John Berhaupt in memory of Sheila Randall
Ellen & Stan Strauss in honor of A special anniversary for Sid & Ann Cramer
Kay Keller in memory of my mother, Virginia Brown
Kay Keller in memory of my sister, Tomi Freely

Religious School Fund

Sidney & Ann Cramer in honor of Ellen & Stan Strauss' 50th Anniversary

Sisterhood

Peter & Miriam Vollweiler in honor of Ellen & Stan Strauss' 50th Anniversary
Eric Darlow in honor of Lois Bluestein

Sisterhood Soup Kitchen

Megan Levine

Temple Community Service Corps (TCSC) Fund

Rachael & Eric Siegelman
Dr. Steven & Linda Goodman
Suzanne Gold & John Berhaupt in honor of Jessica Snap & José Ibarra's marriage
Kay Keller in memory of my beloved husband, Lester Keller

Each donation is gratefully appreciated!

The Old Shall See Dreams and the Youth Shall See Visions

Coming soon: Programs for Grandparents & their grandchildren

- Jammies & Jeans—Children and the adults who love them. Come with the whole family to a toddler and child friendly service followed by pizza or mac & cheese for everyone.
- Teens and grandparents partnering in a philanthropy endeavor—our teens learn the value of philanthropy while our seniors share their experiences in raising monies for Jewish causes both locally and globally.
- The goal to pass on the love of Judaism that Jewish grandparents and others desire for the next generation is there. We will come together either live or virtually and share materials designed not just for grandparents, but for any older adults and younger friends like grand nieces and nephews or family friends.

OUR TEMPLE FAMILY

We share in their joy and extend warm congratulations to:

- Rabbi Bert & Bailey Bloom celebrated their 65th wedding anniversary in June. Their granddaughter Jaffa Rose Olsen, daughter of Margo & Jeff Olsen, married Topher (Christopher) Jung in June.
- Jessica Snapp, daughter of Lorna & John Snapp was married in June to José Ibarra.
- Josh Auerbach, son of Ellen & Michael Auerbach, became engaged to Danielle Berg.
- Jen Weiskopf, daughter of Richard and Diane Weiskopf, on her marriage to Bryan Olsen.
- Zachary & Stephanie Leighton, on the birth of their son, Lior Mattyahu Leighton. Also to the grandparents, Ed & Andrea Leighton.
- Linda & Michael Friedman on the marriage of their daughter Sarah, to Hans Lauzen.
- Gordon Zuckerman was elected President of the Schenectady JCC for a two year term.

Many thanks for our volunteers:

Thank you to all those who volunteered and helped with the SICM Lunch program the week of July 5th:

Mary Matthews, Jonathan Falk, April Friedman, Kim Mousaw, Lauren Savage,

Sally Magid, Lorna Snapp, Lisa Newmark,

And a big thank you to Yvette Gebell and Irit Magnes for making the arrangements with SICM and organizing our volunteers.

Thanks from Arnold Rotenberg

2022 Confirmation Photo of Ethan Waters,
Jacob Stolfi, and Samantha Morlitz
Congratulations!



We grieve with those who have lost loved ones and extend our condolences to:

- Paula Metzner, on the passing of her sister, Judith Shepherd.
- Katherine Koppett, on the passing of her mother, Suzanne Koppett.
- Heather Schechter, on the passing of her father, Bernard Natt.
- Rochelle Natt, on the passing of her husband, Bernard Natt.
- Lisa Newmark, on the passing of her husband, Harold Eisenstein.

Yahrzeit listings
are in the Friday
temple e-newsletter.

WE RECORD WITH SORROW THE PASSING OF OUR MEMBERS



**Arline Davis
Natalie Rice
Harold Eisenstein**



852 ASHMORE AVENUE
SCHENECTADY, NY 12309



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Join us for Tai Chi classes

From fast, jolting karate to calmer, slower Tai Chi, Aaron and Ina Fried took their time learning two very different styles of Asian martial arts. Following the example of their Vietnamese Tai Chi master, now they share their Tai Chi knowledge at no charge. New and returning participants are invited to join **Tai Chi every Monday from 6:30 to 7:30 pm** at Congregation Gates of Heaven for relaxing exercise to charge up for the week. Masks are required for classes in the Hatkoff Room.

When they were in their late 20s, the Frieds studied Korean Karate, while Aaron was in graduate school and Ina was employed as a writer/editor, both at Emory University. They took a break of many years before beginning Tai Chi. After about eight years of studying and practicing Tai Chi, they were certified to teach.

Tai Chi originally developed in about 600 CE in China as a style of fighting with powerful punches, kicks and jumps. Over time, the forms were slowed and softened, and focus was added on mindfulness and breathing. Sometimes described as meditation in motion, Tai Chi has shown in scientific studies significant positive effects including:

- Increase in balance, cognitive performance and muscle strength.
- Reduction of falls, hypertension, obstructive pulmonary disease, pain and depression.

Classes at Gates of Heaven begin with warm-ups and conclude with Qigong breathing to cultivate universal energy and redistribute it to major organs for overall benefit while simultaneously enhancing relaxation. Developed in China thousands of years ago as part of traditional medicine, Qigong is the progenitor of Tai Chi.

For more information, contact Aaron and Ina Fried at imgfried@hotmail.com or Josh Cooper-Ginsburg at josh@cgo.org.