



Newsletter

15 Elul - 15 Tishre

September 2023

High Holy Days

2023 ✨ 5784

September 15 - September 25



Selichot: Saturday, Sept. 9: 6:30 pm
Erev RH services: Friday, Sept. 15 7:30 pm
RH Family and Adult Services: 10:00 am
Tashlich (Hubert Frye Ctr) 5:00 pm
Kever Avot (Cemetery): Sunday, Sept. 17 11:00 am
Erev YK (Kol Nidre): Sunday, Sept. 24: 7:30 pm
YK Family/Adult services: Monday, Sept. 25 10 am
Adult Discussion session: 12:30 pm
Afternoon service: 2:00 pm
Yizkor services (Book of Remembrance) 4:00 pm
N'ilah (closing) service with Havdalah: 5:00 pm



SELICHOT

an evening of song in
preparation for the
High Holy Days

Sat, Sept 9
from 6:30-8:30 PM

Marianna and Susan bring you an evening filled with musical selections that will help you reflect and usher in the High Holy Days. From Schwartz to Sondheim, join us for this entertaining yet meaningful evening.

6:30 PM | Reception in Feinstein Hall
7:00 PM | Havdallah
7:15 PM | Concert in the Sanctuary
8:15 PM | Changing of the Torah covers

Mizpah Congregation SUSHI IN THE SUKKAH

Fri, 29 Sept 2023



5:00 Sukkot Crafts & Decorating
6:00 Shabbat Services
7:00 Sushi in the Sukkah

Fun for All Ages! RSVP via the Mizpah Calendar
mizpahcongregation.org

BIRTHDAYS

September 1

Rachel Dzik

September 2

Val deOloqui

September 3

Jo-Ann Morris

September 5

Christopher Conn

September 9

Miriam Herstik

George Sivils

Robert Marlowe

September 10

Charlie Moss

Raul Beker

September 11

Barbara Paper

September 13

Zoe McCarley

September 14

Jonah Hodes

Millie Lander

Brenda Hodges

Binder

Valerie Roslin

Deborah Levine

Kenneth Opengart

September 15

Emma Gefter

Thomas Stapleton

September 17

Scott Presley

Mila Caminez

September 18

Pam Miller

Hudson Fuhrman

Joseph Nash

September 19

Aliya Opengart

September 20

Teddi Mendel

Shalett

Marcie Mott

September 21

Rachel Solomon

Reverie Meadows

September 24

Ellen Hays

September 25

Marty Hershey

Rachel Nelson

September 26

William Fischer

Monica Jaenicke

September 27

Jill Weitz

September 28

Henry Poss, Jr.

September 29

Warren Posternack

Candy Kruesi

ANNIVERSARIES

September 2

David Binder & Brenda Hodges Binder

September 4

Frank & Pam Miller

Scott Presley & Joanna Nash-Presley

Aaron & Jennifer Lincove

September 6

Gary & Millie Lander

Reverie Meadows & Wyatt Bumbalough

September 9

Marc & Ariel Pollack

September 10

Ben & Cindy Sirota

September 16

Paul & Caroline Kaplan

David & Finette Winer

September 20

Tom Farnam & Judith Mogul

Seth & Jill Weitz

September 22

Christopher & Angela Conn

September 26

Art & Vicki Lewis

September 27

Jeff & Monique Gefter

September 30

Charles & Kristen Joels

A MESSAGE FROM YOUR PRESIDENT...



Vicki Lewis

August 18, 2023 1 Elul, 5783

Dear Fellow Congregants,

It's hard to believe summer break is over, but I know we all would like a respite from the heat. **Susan Caminez** organized the second annual *Elul* celebration and challenge Saturday evening, August 19. I hope many of you attended. *Elul* is the period of time to prepare for the High Holy Days. This can be achieved in numerous ways.

Traditionally, *Elul* is meant as a time for introspection and reflection. The point of *Elul* is to set the tone for the High Holiday period, so it's all about taking personal stock of the past year and thinking about the year ahead.

Leading up to Rosh Hashanah, Jews engage in *cheshbon hanefesh* ("an accounting of the soul"). The entire month is a 'preparatory period' to make repentance more meaningful, genuine and intentional.

Other than hearing the shofar sound, reading Psalm 27 and *Selichot* (prayers of repentance), there are many other ways to find meaning in *Elul*.

For starters: meditating, taking time to pause and reflect on the past year, remembering the different moments, events and experiences you may have already forgotten, and beginning to picture yourself in the year ahead.

It might also be meaningful to put these thoughts onto paper by taking up a journaling practice during the month of *Elul*. Journaling, in general, can be a helpful tool for personal expression, honoring your emotions, and sorting through your thoughts.

Some things to journal about during this time:

- Things you would have done differently over the past year
- Challenges you overcame
- People from whom you may seek forgiveness
- Goals and intentions for the coming year

This is also the time to think about all the relationships in your life. Relationships with the divine, with loved ones, and with community. In *Elul*, "relationship is the key."

As your president, I would like to encourage you to think closely about your relationship with Mizpah. Is there more you would like to do? Is there more you would like to say? Is there more that you would like to give? Time? Energy? Dollars? Talents? We are so fortunate to have so much, but there is always room for a little more.

L'dor va dor!

From generation to generation!

Warmly,

Vicki Lewis

MIZPAH MAJOR FUNDRAISER!

November 5, 2023

3:00 pm Mizpah Sanctuary

The Emily Nelson Quartet

Classical, semi-classical and pop tunes!

Sponsor tickets available



A MESSAGE FROM YOUR RABBI...

It has been fun the last few weeks, seeing on social media, all the first day of school pictures. Lots of great smiles fill my news feed, framed by new outfits and back-to-school haircuts. It is also fun to see the creativity behind some of the pictures. In many cases, there is the tradition of the familiar backdrop, a particular painting or wall in the house, or the front steps, a view which lets us appreciate how each child has grown, relative to the locale. I also like the signs or sidewalk chalk that list the new grade level and often academic or career ambitions.



Rabbi Craig Lewis

Seeing how those change over time can be a joy as well, like a child whose ambition was once to be a ninja now wants to be an electrical engineer. I suppose ninja may not be a bad thing to fall back on, but chemical engineering offers better longevity, and frequently a dental plan to boot.

At any rate, the new school year, which is huge in the lives of our children and the teachers, whose first day pictures can also be fun, gives us a unique way to explore an important Jewish idea, one which (spoiler alert) you will hear about during the High Holy Days. Renewal. A lot of us are missing out. If we have children, live vicariously through them in the excitement a new school year brings. However, we rarely have markers in our lives and work by which we celebrate milestones or embrace the momentum of a new season. It could be helpful if we found ways to identify cycles and periodically launch into new beginnings, without having to start a new job every 6 to 18 months. Could a CPA announce their 35th tax season, and in sidewalk chalk write some new goals or even how they anticipate celebrating its completion? Or a physician enter flu season with a goal, written on posterboard, stating they hope to help patients diminish down time? Could a rabbi officially announce their 16th Rosh Hashanah with their picture photoshopped into a Ted Lasso scene, accompanied by a topic they hope to teach this year? The answers are yes, yes, and yes. But we do not usually do these things, reserving the excitement of new beginnings for our children who have well-defined cycles with beginnings and endings. However, we all deserve a moment, with new outfits, new haircuts, and brimming with excitement for what lies ahead. We need renewal, and the Jewish New Year is the perfect time for us to act on it.

Rosh Hashanah happens to fall on Shabbat this year, but even in years when it falls on a weekday, it is still called a “Shabbaton (see Lev 23:24).” As we know, the point of Shabbat is “*shavat vayinafash* (Ex 31:17),” to rest and be restored. Being that the word, “*vayinafash*” holds the word for soul (“*nefesh*”) at its root, Rabbi Debra Rapport, a Reconstructionist rabbi from Minnesota, says the word is not really “restored,” but to be “re-ensouled,” based on the idea that during Shabbat we are provided with a second soul which elevates holiness, or like a can of Red Bull, propels us into the coming week. The Zionist poet Ahad Ha’am said beyond the visible, corporeal reality of energy, a Shabbaton holds a higher spiritual, even ethical function for the Jewish people: “If [Sabbath] hadn’t returned to them their souls and renewed the lives of their spirit each week, all the sufferings of the ‘days of creation’ would drag us farther and farther downward, until they eventually descend to the bottom floor of materialism, and ethical and intellectual baseness.”

A Sabbath or a festival Shabbaton such as Rosh Hashanah is our chance to become refreshed, restored, re-ensouled, to overcome materialism and ethical baseness, to re-commit ourselves to the new year with our eyes pointed directly toward new goals with new excitement. For us grownups, let us make this our new school year “photo opp”, and with or without social media, think about the best, renewed version of ourselves, at work, at home, at Mizpah, and anywhere we may go in our community or beyond. And we can help to fulfill our prayer that we say to “*Avinu Malkeinu*, our parent and sovereign God, *chadeish aleinu shanah tovah*—renew us for a good year.”

Have a Happy and Sweet 5784.

Rabbi Lewis



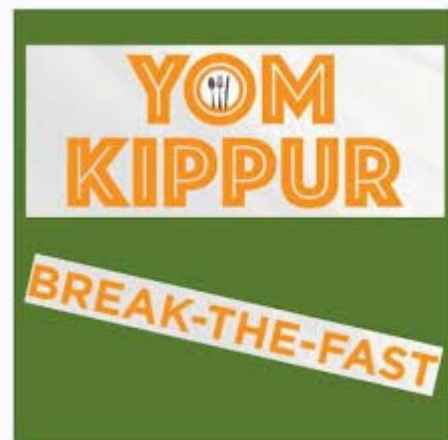
MIZPAH CONGREGATION YAHRZEITS - July 30– September 2

August 27- September 2	September 3-9	September 10-16	Barbara Smith Rose Kaminker Bertha Kann	Margot Bode Haesloop
Phyllis Bell Simon Lasky Jennie Miller Jerry Bentley Bettye Ingle Harrison Leo J. Koplan Dorothy Rose Wise Lily Segil Shapiro Isaac Shapiro Bernard Tepper Annabelle Rubenstein Miriam Edelstein Effron Morris Louis Levine Seymour Lorberbaum Eric Richelson Deborah Horowitz	Jerome Feinglass Hilda Richelson Sharon Allen Frances Brown John McFadden Rebecca Merenbloom Bill Raider Sarah Edelstein Okin Abraham Prebul Jasper Brown Helen Goldberg Ed Lindberg Celia Marks Eugene Mendel Ann Rambo Mary Magrill Shapiro Mary Skolnick Irving Wein Julius Goldman Peter Paul Pap Harry Rambo Lucille Heymann Effron Anna Rachel Mennen	Max Stock Donna Karp Eleanor Levine Fisher Julia Little Gertrude Monen Kalman Cohen Phillip Richelson Esther S. Seessel Sherwood Smith Leon Spiegel Felix Diamond Lillian Dropkin Pennie Richelson Pearlman Mark Wagner Sarah W. Adler Jay Bisen Elliot Bush Errol Marshal Dobelle Margaret Friedman- Vaughan Elmer Miller Daniel Israel Perlberg Meyer D. Winer Robert Berger Fannie Burke Dorothy M. Greene R.F. Lauer Jr. Leonard Lorberbaum Saul E. Lorberbaum Anne Mittleman Fannie B. Salwin Dorothy Seeber	September 17-23 Nat Wolensky Sydney Lauren Tabakin Maurice S. Weber Samuel Nathaniel Goldberg Robbie Herskowitz Sidney Milder Paul Wolf Nathan Edelman Elizabeth N. Kalman Ike Morros George Odineal Phyllis Justman Cohen Ingeborg Wolfe Haesloop Dora Kauffman Perlberg Blanche Morris Henry Nechy Selma Cutler Jessel Follick Harry H. Michelson Bernard Rice Jacques Leon Weiss Susan Wolf-Schwartz Eron H. Appleby Robert Garry	September 24-30 Eva Witt Siskin Beverly Hocher Knight Jacob Levine Marcia Shaffer Edna Shaw Shea Thomas Minnie L. Koplan Benjamin Levitt Abraham M. Levy Maggie Moses Minnie Hudes Lillian Smith Gwen Coulter Irving Greenblum Priscilla Monen Max Traeger Thomas McKay Bunting Vivian Fine Nathan Vogel

YOM KIPPUR BREAK-THE-FAST

Now that we have your attention! For the first time in years, Mizpah is at real risk of NOT hosting our Annual post-Yom Kippur Break-the-Fast meal. It's pretty simple...we have had **Dana Banks** for years to serve as Coordinator, and **Vivian Hershey** before that. Dana will not continue this year. We are NOT laying a guilt trip on Dana, or anyone. Fact is, someone (or two) must step up. We have a long list of members who bring in food, and help prepare. But someone must serve as overall chair. Mizpah does NOT have a paid food director. Our Office Staff is NOT paid to do this.

So, who's it gonna be? Is this your time to step up? Dana tells me she is more than happy to advise. We already have a volunteer to coordinate the Sign Up Genius, which last year was very effective. Talk amongst yourselves and call the Office. Yom Kippur is Monday, Sept. 25th. The Coordinator is *not* expected to miss out on worship services. Mizpah is grateful for your help.



A MESSAGE FROM YOUR EDUCATION COORDINATOR...Susan Caminez

Dear Mizpah Families, L'Shana Tova! I'm excited to share all of the great events we have for you and your families to engage with and share in with other members of our congregation as we go into this New Year. Below is a handy calendar of events to help your family plan. Feel free to save this page and post it on your fridge! Let us know you're coming by RSVPing via the Mizpah calendar on our website or email me directly: Education@mizpahcongregation.org. I look forward to seeing you at ALL the events!

- Susan



Upcoming Mizpah Events Perfect For the Family!



Family Shabbat in the Garden & First Friday Dinner
Fri, Sept 1 at 6 PM

HIGH HOLY DAY COLLEGE CARE PACKAGES GO OUT



Techilah: High Holy Days
Sat, Sept 9 at 10 AM
Toddler & Family Class
PLEASE RSVP



Mizpah Hebrew School
Wed, Sept 13 at 5 PM
First Monthly Meetup

MHS Tutoring starts



Children's Rosh Hashanah Service & Activities
Sat, Sept 16 from 10:00-12:00 PM
Parents can drop-off or join
PLEASE RSVP



Tashlich
Sat, Sept 16 at 5 PM
A casual, but meaningful family experience at the TN River



Children's Yom Kippur Service & Activities
Mon, Sept 25 from 10:00-12:00 PM
Parents can drop-off or join
PLEASE RSVP



Sukkah Decorating followed by Shabbat & Sushi in the Sukkah
Fri, Sept 29 at 5 PM
Chicken nuggets for kids!

SUKKAH GOES UP



Family Shabbat & First Friday Dinner
Fri, Oct 6 at 6 PM



Simchat Torah
Sun, Oct 8 at 5 PM
Dance with the Torahs with a live band!



SAVE THE DATE
Family Event & Havdallah
Sat, Oct 21 at 5:30 PM
Details coming soon!



SAVE THE DATE
All Ages Social Action Chattanooga Food Bank Event
Thurs, Nov 30 at 5:00 PM
Details coming soon!



MIZPAH FUNDS: YOUR DONATIONS ARE GREATLY APPRECIATED!

Donations received by the 15th of prior month \$18 - "chai" - minimum donation

Archives
Building
Capital Campaign
Cemetery
Educator
Endowment
Flower
Garden of Life
Goldman/Moses
Mary W. and Jacob L. Levine

Leadership Development
Library
Miller/Lefkoff
Marks Memorial
Mazon (Feed the Hungry)
Miller/Schwartz
Music
NFTY (Youth Group)
Operating
Oneg
Prayer Book

Physical Property
Religious Activities
Rabbi's Discretionary Fund
Rabbinic Endowment
Rita Russ Speer
Religious School
Social Action
Staff Support
Kindertransport Chapel

Operating

In Memory of Steve Coulter

Robert and Pris Siskin
Ellen Freiberg

For a Speedy Recovery of Dana Banks

Ellen Freiberg

In Memory of Bruce Lebovitz

Larry, Nancy, Scott and Fran Lebovitz,
Robyn and Jared Sobelson
Vicki McGinnis

Lee and Iris Abelson

In Memory of Helen Smith

Issi and Marjorie Goldberg
Lee and Iris Abelson
Barbara Paper
Florence Abelson
Sanford and Elaine Winer
Nancy J. Johnson

Rabbi's Discretionary Fund

In Memory of Helen Smith

Judy Sachsman

Hilary Marcus and Jonathan Magaziner
Will Melnyk and Glyn Ruppe-Melnyk

In Memory of Steve Coulter

John Gilbin and Karen Diamond-Gilbin

In Honor of the B'not Mitzvah Class

Frank and Pam Miller

Endowment

In Memory of Steve Coulter

Frank and Pam Miller
Herb Cohn, Jon and Amy Cohen

Social Action

In Memory of Helen Smith

Deb Dubow and Tom Lyons
Sidney Simon

Music

In Memory of Helen Smith

Judy Mogul and Tom Farnam

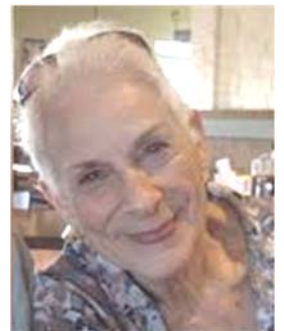
Mazal tov...

...**Christina and Chris Warner**, new members! If you attend services on Saturday mornings you may have seen Christina, or on Friday nights, in the choir. Christina will also participate in our High Holiday Choir!. She was recently a Bat Mitzvah, Memorial Day Weekend. Christina wears beautiful head scarves which always coordinate with her outfits. Originally from Northern Virginia, Christina moved to Chattanooga to attend Covenant College. She currently works for Unum. Christina's interests include archery, choir participation and reading. Christina and Chris live in Hixon. Welcome!



Condolences...

...to daughters **Julie and Rachel**, and families of **Helen R. Smith**, who recently passed away. Helen was preceded in death just last year by her beloved husband, **Stan Smith**. Mizpah members, Chattanoogaans at large and friends far and wide will miss Helen, her indefatigable energy and her concerns for all around her. Helen touched many lives and made all feel welcome and uplifted.



May Her Memory Be for a Blessing.

LOST AND FOUND

Our Mizpah Library is home to countless volumes of fiction, non-fiction, research, historical and religious titles. We are happy to accept donations, but they MUST be designated and the donor identified. We will judge each offering for appropriateness and whether we already have a copy. Recently, the book The New Professional Chef was left anonymously. If this book belongs to you, please claim it. Otherwise, off it goes to McKays!. Thank you.



A Message from your Temple Administrator.... Angela Rickert

Dear Mizpah Family and Friends,

We hope this newsletter finds you well and in good spirits. As we navigate the changing seasons, I am excited to share some important updates with you, keeping you in the loop of the events at Mizpah.

New Freezer Installation: A Perfect Fit

We are thrilled to announce that our new freezer has been successfully installed and is already proving to be an invaluable replacement. We extend our deepest gratitude to all those who generously contributed to make this upgrade possible. Your support truly makes a difference in enhancing our synagogue's offerings.

Security Upgrades Underway

The safety and security of our community remain a top priority. I am pleased to share that the installation of new security upgrades began last week. While there is still work to be done, we are optimistic that these enhancements will be completed soon. We appreciate your patience and understanding as we work to create a secure space.

Cemetery Wall Restoration

For those of you who did not know, the Cemetery wall had been hit by a truck, although we have no actual proof. We received a few estimates; last Friday marked the beginning of the restoration work. Fence repairs will begin soon. We are committed to maintaining this important historical site in the best possible condition. We anticipate that the work will be completed in the coming week.

High Holy Days

As we prepare for the upcoming High Holy Days, our synagogue comes alive. Lots of visits, phone calls, and prep work to get things ready. Please keep an eye out for our schedule of services and events and make plans to participate!

Joys and Challenges in our Personal Lives

In the hustle and bustle of synagogue life and everyday life, it's important to take a moment to acknowledge the joys and challenges. Sometimes it's easy to get caught up in things and not notice all our blessings. On another note, the race car is repaired; we are waiting for its inspection, a reminder that life's little pleasures can bring excitement. I know Karl will be ready to get out there again. As we move forward at home and work, let's remember the power of staying positive and counting our blessings every day.

Till next time!

Your Administrator,

Angela



Social Action Update: Debra Dubow, Chair

High Holiday Chattanooga Area Food Bank Donation: Please remember to bring checks for our high holiday annual Food Bank Collection. Consider double or triple Chai! \$36.00 feeds 108 individuals! Please write your checks directly to Mizpah to donate

Pride Festival 2023: Sunday, October 8th, Please Mark your Calendar!

I am pleased to announce that Mizpah will be participating as a Silver Sponsor in the Fall 2023 Pride Festival. Our donated money will be going to the Health and Mental Health Fund to help folks who need special assistance. We will be hosting a booth on **Sunday, October 8th; please mark your calendars from 1-6 pm**. Please let me know if you are interested in having a one or two-hour shift with another person, or would like to help with set-up or close-down. We are also creating a special Mizpah Social Justice Banner that we can use throughout the year. Unfortunately, due to security precautions, there will be no outdoor fair this year, there will be a parade earlier in the week. On Sunday, there will be musical entertainment all day with booths at the Convention Center. Please join us and mark your calendar for this special event.



Family Promise:

Thank you to **Richard Zachary, Vivian Hershey, and Ellen Hays**, who joined me volunteering for our most recent Family Promise Week! After much deliberation, due to changes in the program we have decided that we will no longer be participating like we have in the past as it is felt we are not making the same impact and fewer of us are continuing to volunteer. We will explore if there are other ways to be involved, if at all. I personally would like to thank all of you who volunteered over the years to make a difference. My special thanks to **Vivian Hershey** for her continued dedication and coordination of this program.

Seeking New Social Action Chair:

Finally, after two very satisfying and rewarding years I decided to step down as Chair of the Social Action Committee. It truly has been an honor to serve in this role. If you would be interested in fulfilling this role please let me or President **Vicki Lewis** know. I would be very happy to help you during the transition and continue to support Social Action activities.



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Mizpah is a Reform Jewish Congregation. We offer worship, learning and social action / social justice programs designed to enhance our lives and improve our world. Mizpah is a welcoming congregation as we embrace interfaith couples, those of all faith-traditions and culturally-diverse backgrounds as well as families in all forms.



Find us on:
facebook®

www.MizpahCongregation.org
Office@mizpahcongregation.org
www.urj.org

Email: Office@mizpahcongregation.org
www.mizpahcongregation.org
Monday-Friday: 9:00 am - 4:00 pm
423-267-9771

Craig Lewis, Rabbi
Rabbi@mizpahcongregation.org

Vicki Lewis, President
President@mizpahcongregation.org
Angela Rickert, Administrator
Susan Caminez, Education Coordinator
Richard Zachary, Newsletter

TEMPLE OFFICERS AND BOARD

July 1, 2023 - June 30, 2024

Craig Lewis, Rabbi
Susan Caminez, Education Coordinator
Angela Rickert, Temple Administrator

OFFICERS:

President:	Vicki Lewis
VP-Administration	David Israel
VP-Programming:	Jed Mescon
VP-Annual Giving	Bev Coulter
Treasurer:	Mike Birghenthal
Board Secretary:	Beth Thomas
Immed. Past President:	Frank Miller

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Bob Marlowe Caroline Kaplan
Rachael Ruiz Holly Schwartz Edie Weiss

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Dana Banks, Board Representative
Gary Chazen Donna White-Dropkin David Israel
Ruth Longway Andy Stone

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Gary Chazen Sandy Dittus
Jim Levine Flossie Weill

Who Nu?

Australia has the largest proportion of Holocaust survivors of any country besides Israel. Before the Holocaust, Yiddish was spoken by 13 million people, mostly in Eastern Europe. For some, Yiddish is the hard-fought language of everyday life. For others, it evokes a long -ago childhood in an immigrant neighborhood in Melbourne. In the classroom, Hebrew and English are taught at the world's only secular primary school where Yiddish is a compulsory daily subject. Beyond the lighting of candles and blessings in Yiddish over bread and wine on Friday night, there are scant few signs of organized religion. The preservation of the language has become an almost holy crusade. Many of Melbourne's present-day Yiddish speakers descend from a wave of Jewish refugees who settled in the city between 1938 and 1960, giving Australia the largest proportion of Holocaust survivors of any country beside Israel. At the *Kadimah*, a Jewish cultural center and library in Melbourne, attendees can enjoy Yiddish theater, dances and other events. During the pandemic, many of Melbourne's Yiddish institutions saw an uptick of enthusiasm in online activities that has since filtered into the physical world.



Thanks to **Chaim Charyn** for this story, excerpted from the *NYTimes*, July, 2023.