



☆ SEPTEMBER 2013 / ELUL 5773~TISHREI 5774 ☆

## From Rabbi Jana

### *Take Care*

If, at the end of the day, or now- at the end of the year, you feel good about what you accomplished - that's great. And despite the fact that I am a Jewish Mother and a Rabbi, what I am trying to say is not intended as a Guilt Trip.

Our obligation in life is to take care of each other and to take care of this world. If, by the end of the day you have successfully taken care of everything (or everything except those things you can do tomorrow), this season reminds you to look at the checklist, and see how many things on it had to do with taking care of each other or taking care of the world. The fact that you did everything in your inbox, and you cleaned out the garage or organized the photos finally should make you feel a sense of accomplishment. If you look back at a week of those days, you deserve to feel good. But if nothing you did was for others, or the most you did to take care of the world was to recycle the envelopes from your inbox - you should use these Days of Awe to re-evaluate your lists and add some new accomplishments to the lists for the New Year.

Often when we look back at the week or the year we see how busy we have been, and how much we have accomplished, and it seems difficult to add something this important, because it seems so time-consuming. I can be the first to admit that taking care of others – visiting with people in person or on the phone – is often time-consuming. In fact, I take this opportunity to apologize to everyone for the times when the end of the day came, and I ran out of time to return a call, or to visit when I hoped I would – it is my biggest regret at the end of the day and the end of the year.

Taking care of others doesn't always have to take extra time out of your life. You can realize that someone is lonely, and see if they can join you when you run errands, for example. You can find someone who needs a ride, and take them to lunch. You can ask before you go shopping to see if you can get things for others. You can see someone standing by themselves after services and invite them to join you for dinner. In our congregation, these are wonderful ways to make a difference in someone else's life.

There is a Jewish teaching: to repent the day before you die – to create a clean slate, so that your death is marked with little or no regrets. Ideally we learn if that is how we should try to die, then we should try to live in a way that we leave each day with no loose ends. It is not just about the tasks that need to get done, but we need to ensure that the people in our lives know how we feel about them, and what are hopes are for them, and that they are taken care of. There are days when we just can't make all of that happen. Sometimes those days turn into weeks... and then we get to a point where we forget to think about these goals at all. The Days of Awe are here for us to stop and take a break and renew our commitment to living with little or no regrets, by stopping and refocusing on what is important. We get a new opportunity to focus on taking care of each other and taking care of the world, by putting our lives back on track.

This year may you be able to renew your vision of what is important. May you find time to take care of yourself. May you find fulfilling opportunities to care for others. May you find at the end of your days and the end of your year that you can look back and see that your successes outnumber your regrets. May you realize that we do these things not in order to die with a clean conscience, but to live life well.

L'shanah tovah t'kateivu (May you be inscribed for a good year!)

*Rabbi Dr. Jana L. De Benedetti*



## From our President

Shalom Friends,

Calendars and clocks are crazy devices! It's August and we are making plans for the High Holy Days for the beginning of September which makes the first night of Hanukkah the eve of Thanksgiving! It's the middle of our summer and the temperature is close to 100. I'm thinking the months are misprinted on my calendar. Then I walked outside this morning to pick up the paper (yes, I am one of the last subscribers to the Times — I need my cup of coffee and the comics in the morning!) the weather was cool and crisp! In August! In Louisiana! So don't look at your regular calendar, only use the calendar in this bulletin. Post this bulletin's calendar in a prominent place. Use it, follow it and it will lead you to all the special and wonderful events at B'nai Zion.



This is a wonderfully busy time for all of us. The High Holy Days and all the special preparations, family gatherings, a new school year, youth group and the completion of the sanctuary remodel are just a few of the things going on here.



I hope you have all had a wonderful summer and are ready for an exciting and spiritual fall. I look forward to seeing you all in Lefkowitz hall for the upcoming holiday and Shabbat services.

I wish you a sweet and happy new year!

Best Regards,  
*Craig*



### B'nai Zion Board of Trustees 2013-2014

President	Craig Toys
Vice President	Don Posner
Treasurer	Todd Muslow
Secretary	Kathy Plante
Past President	Mitch Newstadt
Sisterhood	Bethany Sorkey
Brotherhood	Joe Badt, Jr.
Gary Abrams	
Tammy Courtney	
Larry Evensky	
Marla Hyman	
Randolph Kallenberg	
Brett Lake	
Tim Levin	
Charlton Meyer	
Suzee Robison	

## From our Educator

There's nothing like a full moon over the Rocky Mountains to remind me of my link to Creation and to a higher purpose. Many times over the summer I've contemplated the sacredness of the task of educating ourselves and our children, and my vacations to Colorado have given me time to think creatively about our congregational and community life. The cool weather and the gorgeous scenery have been a backdrop to my reading of Dr. Ron Wolfson's new book *Relational Judaism*, and I am inspired to share with you, and with our teachers, ideas that can bring all of us closer to each other and to something larger than ourselves.



I look forward to speaking to many of you personally and to sharing with some of you as a group when we study together on Yom Kippur afternoon. Even if you are not present at that time, you can expect to hear more about a new model for synagogue life that can lead all of us to lives of meaning and blessing. What could be better at this time of the High Holy Days than to commit ourselves to knowing each other better and shaping a new model for living Jewishly. I hope you will be interested in joining me in a year-long journey to renewing our Religious School and transforming our relationships with each other.

On Sunday, September 8 we will begin our Religious School year with approximately 60 students, an energetic and excited faculty, and a new ISJL fellow to support our teachers and engage our kids. Please welcome to our faculty Sharon Goldman and Goldy Marrus who will teach K-3 and K-4, Diane Dufilho who will teach 1st and 2nd grade, and Kathy Brodnax who will teach 5th and 6th grade. We are, of course, thrilled to welcome back Bill Braunig who will teach K-5 and Bethany Sorkey who will teach 3rd and 4th grades. I am also excited to tell you that I will return to teaching as this year's teacher of 8th and 9th grade while the Rabbi will teach 7th grade. She is especially happy to be teaching the young people she is guiding toward B'nai Mitzvah this year.

Please read the bulletin carefully for information about our various activities and programs in September. The fall holidays offer opportunities for personal reflection, communal worship, social action, and educational growth. The opening of school offers opportunities for children to engage with teachers and with other congregants who have stories to share. Our success depends on your joining us in showing our children why Judaism matters, not just on Shabbat or Sunday mornings, but every day.



L'shalom,

**Helaine Braunig**

We proudly  
use the  
ISJL  
Curriculum





## Simcha Shabbat



Please join us each month when we bless and honor those who will be celebrating a **birthday** or **anniversary** during the month. If your birthday or anniversary is in **September** we will celebrate and honor you **September 6, 2013**, and will have a special Oneg Shabbat.

If your birthday or anniversary is in **October** your Simcha Shabbat will be **October 4, 2013**.

It is a mitzvah for us to celebrate together.

Please make sure that the office knows your birthday and anniversary dates. If you are not on our birthday and anniversary list in the bulletin, it means we do not have your information.

## Under Construction

Our renovation of the sanctuary and foyer and office hall continues.

We will not have access to the sanctuary “wing.” Please use the glass doors (front) to enter and exit the building.

Evening services will be held in Lefkowitz Hall, morning Torah Study and services will be held in the Parlor.

Watch for signs on the glass doors for any changes to these plans.

We will not be finished with the renovation by the Holy Days, but we have been working on the designs for years, and we finally see an end in sight. Thank you for your patience. Our new space will be ready in this new year

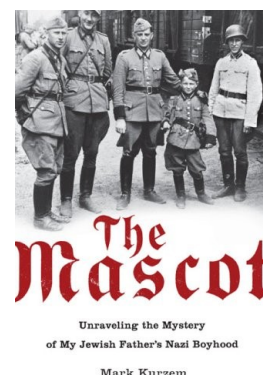


## People of the Book Club

The People of the Book club will meet Tuesday, September 24, 7 p.m. to discuss *The Brother's Ashkenaszi* by I.J.Singer. A wonderful, historical novel that has been translated from Yiddish, about the Jews in Poland.

For October, the group plans to read *The Mascot: Unraveling the Mystery of My Jewish Father's Nazi Boyhood*, by Mark Kurzem. Published in 2007, it is described by a New York Times reviewer as “part mystery, part memory puzzle.” It's listed as a spellbinding thriller. It is available on Kindle and other formats.

We look forward to you joining us there.



## Religious School Resumes September 8



**The first day of Religious School is September 8.** We are very excited to see returning students, and meet some new students.

There are a number of teachers who are new to the B'nai Zion faculty. We have already had orientation sessions with ISJL (Institute of Southern Jewish Life) Education Fellows, and everyone is looking forward to a great year of learning, mitzvot, and making new connections.

**Register your students online at: <http://www.bnaizioncongregation.org/Education.htm>**

If your student was enrolled last year, choose the Mini Registration Form. If you have a first time student to B'nai Zion, please fill out the long Registration Form. Tuition and registration should be received before the first day of school. If you need help paying for tuition, or would like to help provide scholarships for students, please contact Helaine Braunig.

Hebrew classes will begin in October - because Rabbi Jana hopes she will see the students at Shabbat and Holy Day services throughout September. Class times can be found at the B'nai Zion Education website, or [www.HebrewDoc.com](http://www.HebrewDoc.com).

## Register for the New Kroger Community Rewards

An easy way for B'nai Zion to continue to receive hundreds of dollars each year from Kroger store purchases is by registering in their new Community Rewards Program. You can begin to earn money for B'nai Zion in September, but first you must register online by going to: [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) and entering **B'nai Zion's unique code number, 83728**. If you do not have a computer, please come in or call the office and we will help register you for the program. We no longer can use the UPC code to register our purchases.



Another change is that Kroger will pay the bonus to our congregation quarterly instead of annually. We look forward to being able to report our earnings more frequently.

Thank you for your help in this easy fundraising opportunity for B'nai Zion.

 **L'Shanah Tovah T'kateivul**  **May Y'all Be Inscribed for a Good Year!**

## Blessing the Animals



The day after we read in the Torah about gathering animals in Noah's Ark, the Rabbi will bless our animals, during Religious School, **Sunday, October 6, at 11:30 AM**. Please be responsible for your pet: provide leashes, carriers, collars with ID tags, appropriate cleanup equipment, etc. You know what you need to keep it safe. The animals lived together in the Ark for many weeks — we can have ours get along for a brief service, blessing, and "Meet and Greet." If you can't bring your pet, bring a photo, and we can bless it anyway.

## Andrew Meyer Bar Mitzvah



### Save the Date

We invite you to share in our joy when our son

**Andrew Edward**

is called to the Torah as a Bar Mitzvah

Saturday, the fifth of October

Two thousand and thirteen

at ten thirty in the morning

Susan and Charlton Meyer

Kiddush luncheon to follow

B'nai Zion Congregation

## Federation ~Share Your Ideas~ We'll Share Our Funds

### NORTH LOUISIANA JEWISH FEDERATION



Share your ideas...

We'll share the funds!!!

The Annual Meeting for 2013 will be a community forum where ideas for new projects and activities can be presented to the whole Jewish community.

Federation has funds available to make your best ideas happen.

Please fill out the form below so that the Federation Board can consider placing your proposal on the agenda. We may request additional details from you. Then plan to attend the Annual Meeting in October (date to be determined) to more fully explain your idea, and give input on others that will be presented.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Amount requested: \$ \_\_\_\_\_

Proposed project/activity:

---

---

---

Respond by September 15 to:

North Louisiana Jewish Federation 245 Southfield Road Shreveport, LA 71105

## B'nai Zion Shabbat Dinner



You are Invited

### B'nai Zion Congregation Shabbat Harvest Sukkot Dinner Friday, September 20

Service at 6:00 PM / Dinner will begin approximately 7:15 PM  
\$10 for adults and \$6 for children under 13  
Vegetarian Harvest Dinner for Sukkot with Dessert  
Catered by Rachel Ginsburg

Reservations **MUST BE MADE** by Wednesday, September 18 before Sukkot

Payment may be made by check, cash or credit card  
and can be submitted via mail, email, in person, online or phone.

Please, no payments on Shabbat or Holy Days

## Decorate the B'nai Zion Sukkot



The Brotherhood will build the big Sukkah the morning after Yom Kippur. It is a great way to start the new year with a Mitzvah. The Religious School will meet at 4:30 Sunday, September 15 with parents and any other congregants who would like to help us with the Mitzvah of decorating the Sukkah. There are tasks for congregants of every age, young and not so young. We need to decorate outdoors and indoors, so there is a place for you whatever your preference. Refreshments will be served.



We may have to be creative about where we build both the indoor and outdoor Sukkot, depending on how well the sanctuary renovation is going. We still need to build Sukkot to celebrate the holiday.



## Red River Radio Jewish Holiday Programs

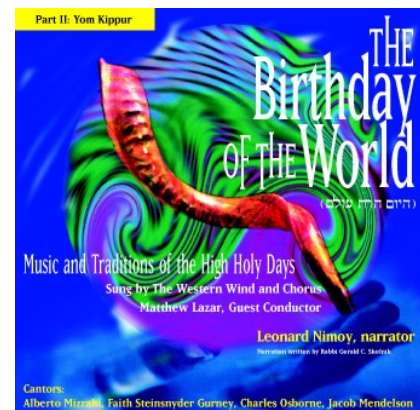
**2 pm, Tuesday, September 3** – Birthday of the World Part I with the Western Winds

**6 pm, Sunday, September 8** - Remember Us Unto Life with Rabbi Ismar Schorsch

**2 pm, Monday, September 9** - The Jewish New Year: Music and Inspirational Teachings from the Kabbalah

**3 pm, Wednesday, September 12** - Music for Rosh Hashanah & Yom Kippur (two back to back half hour programs).

**2 pm, Thursday, September 13** - Birthday of the World Part 2 with the Western Winds



## Food Bank: We CAN Make a Difference



As you prepare to fast or acknowledge the fast on Yom Kippur, please remember to bring food as a donation for the Shreveport area Food Bank. Please bring non-perishable, non-expired food to place in the bins that will be at B'nai Zion starting Yom Kippur through the end of Sukkot. On Yom Kippur as we fast for a day, we become more aware of the needs of those who never have enough food. On Sukkot we are aware of the harvest of good food that we enjoy, and realize that we have a responsibility to help provide for those who are less fortunate. Start your new year with a simple act of Tzedakah. Together, we CAN make a difference.

## Sisterhood Flower Fund



The flowers that adorn our bimah at High Holy Days, Shabbat services, and special occasions are provided by our Sisterhood. Anyone can make a donation to commemorate a personal or public occasion. After services the flowers are brought to someone who is recuperating, has a special life cycle event, etc. Contributions can be made to our Sisterhood for the flowers to enhance our worship services. You are welcome to call the office to suggest someone to receive flowers for the week. We appreciate that Margaret Rifkin is usually the person who volunteers to deliver the flower arrangements. These flowers bring good feelings and joy to many of our congregants and their families. During the High Holy Days we have a much larger need of flowers, and always appreciate your contributions.

## Warm and Welcoming and Rewarded Community

B'nai Zion received a check for \$10,008 from an anonymous donor described at the website: [www.ChaiMinded.org](http://www.ChaiMinded.org). According to the site, this benefactor is travelling around the country and giving the same size check to congregations that are: providing a welcoming and comforting spiritual community for members and guests. We are so proud that B'nai Zion has met these expectations.

The amount is a multiple of 18 (Chai, which means, "Life" in Hebrew). It is a one time gift, which will be used to make our sanctuary space more welcoming.





## Children's Services for the Holy Days



We will continue to conduct High Holy Days Children's Services for the pre-readers led by Rabbi Jana in the Parlor.

We hope that offering these services helps to satisfy the spiritual needs of our children during the High Holy Days.

Babysitting will be available for children during adult services, but children are always welcome at the regular services. It is very helpful if you let us know at least three days in advance that you plan to use the babysitting services, and tell us how many children and their ages, so that we can be properly prepared.

Please note: Particularly during our renovation period, children who leave adult services cannot wander without adult supervision and must be accompanied by their parent or an adult or stay in the babysitting room.

Families also especially enjoy the Tashlich service at the Glen but adults without children will also appreciate this ceremony.

## Tashlich

On the afternoon of Rosh HaShanah, traditionally the ceremony called Tashlich is observed. Jews go to the ocean or a stream or river (or a Duck Pond) to pray and throw bread crumbs into the water as symbols of throwing away our sins.

Last year we went to the pond at the Glen for our Tashlich ceremony. It was wonderful. Not only did we get to visit with our congregants who live at the Glen, but the location provided a covered area where we could stand or sit, protected from too much sun, or even rain.

We will again have our Tashlich ceremony at the Glen this year. Last year we had our oldest and our youngest congregants gathered together. Please join us this year.

4:30 PM Thursday, September 5

Meet at the pond at the main entrance of The Glen,  
403 E Flourney Lucas Road

Individuals and Families come cast your "sins" into the water.

We will provide crumbs, if you don't bring your own.



Animals enjoying our "sins" last year

# Contribute to Renovating the Sanctuary

During the time when we were wandering in the wilderness, each individual contributed according to their ability to make a Tabernacle where God's presence could reside. During the reign of King Solomon, each individual contributed according to their ability, to create the Holy Temple in Jerusalem. There are commandments for each person to give a small amount, and a separate commandment to contribute whatever we could.

In order for everyone to feel that they helped to contribute to our Sacred Space at B'nai Zion, please consider making a contribution of whatever amount you can. Any amount will help, and please choose how you would like to help. Some people prefer knowing that they have contributed to a specific item. Some people prefer to give to the process, knowing that they have contributed to creating a space where we find spiritual fulfillment.

Any amount can be applied to help with any aspect of the project. The giving levels shown here are examples of ways your contributions can help, and be a part of building our House of Worship. The amounts listed offer suggestions of contributions toward aspects of the whole project. We will not have names of contributors on each item. When you make a donation to the project, you can choose to have your name listed on a Tree of Life plaque that will be outside the sanctuary to show that you helped make the new Sacred Space a reality. Contributions can be made at these levels, or whatever the amount you would like to give.

If you have questions about giving to the Sanctuary-Renovation project, please contact those named below. If you would like a list of donations to cover the cost of something specific, please contact Craig Toys, Mitch Newstadt or Fred Kent.

Note that contributions are shown in multiples of 18, because in Hebrew the number 18 is represented by the letters that spell: Life. This list just represents suggestions and ideas — your options are unlimited.

Your contributions will infuse new life to B'nai Zion and our Sacred Space.

A Contribution of at Least:	Goal:	By Contributing Toward:
\$180	All Who Enter May Have a Place	Seats
\$1,800	Every Book May Have a Place	Lecterns
\$3,600	Our House of Worship is a Welcoming Place	Doors
\$5,400	Be a Light Unto the Nations	Lighting
\$7,200	Help This Vision Never Fade	Video System
\$9,000	Sound the Great Shofar of Freedom	Sound System
\$18,000	Help Us get to Higher Places	Bimah / Pulpit
\$36,000	Access to the Kotel (Western Wall)	Jerusalem Stone
\$54,000	Let the Heavens and Earth be Glad	Ceilings and Floors
\$100,008	Guardian of Zion	Sanctuary Needs



# High Holy Day Schedule 5774

## S'lichot

Saturday Evening, August 31  
8:00 PM Gather for Foods of the Holidays  
8:30 PM S'lichot Service

## Rosh HaShanah

Evening: 7:30 PM Wednesday, September 4 in Lefkowitz Hall  
Morning: 10:00 AM Thursday, September 5 in Lefkowitz Hall  
Children Service: 12:15-12:45 PM Thursday, September 5  
Office is closed Thursday, September 5 in observance of Rosh Hashanah



## Tashlich Service

4:30 PM Thursday, September 5  
Meet at the pond at the main entrance at The Glen 403 E Flourney Lucas Road  
Individuals and families, cast your "sins" into the water.



## Shabbat Shuvah

Evening: 6:00 PM Friday, September 6  
Torah Study: 9:45 AM Saturday, September 7  
Morning Worship: 11:00 AM Saturday, September 7

## Yom Kippur

Kol Nidre / Evening: 7:30 PM Friday, September 13 in Lefkowitz Hall  
Morning: 10:00 AM Saturday, September 14 in Lefkowitz Hall  
Children Service: 12:15-12:45 PM Saturday, September 14  
Study with Helaine Braunig: 1:15-2:15 PM Saturday, September 14  
Afternoon Service: 2:30 PM Saturday, September 14 in Lefkowitz Hall  
Yizkor / Memorial, and Concluding Services: begin approximately 3:30 PM  
B'nai Zion Congregational Break Fast following Yom Kippur Concluding service



## Sukkot

Decorate the Sukkah 4:30 PM Sunday, September 15  
Religious School meets at 4:30 PM instead of 9:30 AM  
Fun and food for all  
Sukkot Morning Service 10:00 AM Thursday, September 19  
Office is closed Thursday, September 19 in observance of Sukkot

## Sukkot Social Gatherings

Sukkot / Shabbat / Harvest Dinner after services Friday, September 20  
Reservations must be made by WEDNESDAY, September 18  
\$10 adult, \$6 under 13  
Office is closed Thursday, September 19 in observance of Sukkot



## Yizkor / Simchat Torah Morning Service

Our second Yizkor service of the year occurs at the end of Sukkot  
10:00 AM Thursday, September 26  
Office is closed Thursday, September 26 in observance of Simchat Torah

## Simchat Torah / Consecration/ Shabbat Evening Service

Join us 6:00 PM Friday, September 27 for family-friendly service and Consecration



Tickets are not required to attend any B'nai Zion worship services. Donations are always appreciated.



## Let's Break the Fast Together



We will Break our Yom Kippur Fast  
Saturday, September 14th  
at Our  
B'nai Zion Reception  
following  
Yizkor and Concluding Services

≈≈≈

With thanks to  
Bethany Sonkey  
and  
The B'nai Zion Sisterhood Volunteers

## Not Feeling Well?



When you are ill, in the hospital, or recuperating, B'nai Zion can be an important resource. Let the Rabbi know. She will only know if you tell her.

Rabbi can come to visit you in the hospital, at home, or wherever you are. She can speak with you by phone. Even if you truly prefer to have no visitors, sometimes a quick prayer with the Rabbi helps.

Rabbi can put you on our list for healing prayers. We have a number of names we mention for prayers for speedy and complete recuperation. We also have a number of names of people who are on the list for prayers, but prefer not to be mentioned out loud in public. If you know someone who could use our prayers, please let the office or the Rabbi know. Names will never be read out loud without permission.

B'nai Zion has a We Care service that can provide meals for you when you are recuperating from illness, in mourning, enjoying the birth of a new baby – or other reasons in which it is complicated for you to prepare your own meals. If you know of someone whom you think should be receiving meals, please let the office know.

When you are recuperating, or sometimes for other joyous reasons like birthdays, the B'nai Zion Sisterhood can bring the Shabbat flowers to you to add a little beauty to your world.

Please remember that the best way for us to help you when you are in need is to contact the Rabbi or have the office contact the Rabbi. She cannot find out that you are at the hospital directly from the hospital, unless you call her directly, have your friends or family call, or specifically have a nurse or doctor call her.

## Should You Fast for Yom Kippur?

Fasting was originally seen as fulfilling the biblical commandment to “practice self-denial.” The Yom Kippur fast enables us, for at least one day each year, to ignore our physical desires, focusing instead on our spiritual needs. Throughout the day, we concentrate on prayer, repentance, and self-improvement before returning to our usual daily routine after the holiday.

According to tradition, all adult Jews must fast. We abstain from food and drink, do not wash or anoint our bodies, do not wear leather footwear, and abstain from sexual intimacy.

Judaism has a deep reverence for life, and though the Yom Kippur fast is of great importance, it is never allowed to jeopardize health. Those too ill to fast (or to fast fully) are prohibited from doing so. Those who need to take medication are allowed, as are pregnant women or women who have just given birth.

Children under 13 sometimes try to fast a limited amount, perhaps skipping a meal, to prepare themselves to fast as adults beginning when they turn 13.

It is important to eat well before you begin your fast. Some people begin preparing more than a week ahead, by reducing how much coffee they drink before the fast, making sure to stay hydrated the days before, and other healthy practices. You can consult with your doctor, a friend who has fasted successfully, or various websites for advice on how to fast.

May your fast be easy, may you find inspiration from fulfilling this mitzvah, and may you be inscribed and sealed for a good year.



## You Can Dance



Some books are so wonderful you don't want them to end. When we read Torah and we get to the end, we immediately start at the beginning again. We are so happy to have completed a year of reading the whole Torah, and so excited to be beginning reading it again, that we can't help it — we have to dance!

At B'nai Zion, we usually only see one or two Torah scrolls in our ark during the year. At Simchat Torah, you will be amazed at how many Torahs there are with which to dance.

Everyone who wants gets a chance to carry a Torah around the congregation — even children (although theirs are more huggable than the grown-up Torah scrolls). Some people march, some people really dance, some people clap and watch. Our youngest members see their parents carrying the scrolls and dancing. Our oldest members see how their efforts to pass down the Torah to the next generations are succeeding.

Please join our joyous celebration Friday, September 27 beginning at 6:00 PM.

After the serious Holy Days at the beginning of the month, it is wonderful to end the month of holidays with joy and music.

After Simchat Torah the next holiday (other than our weekly Shabbat) is Chanukah. This year Chanukah begins before Thanksgiving — but that is a story for another time.

## ShFTY News

ShFTY -B'nai Zion's Temple Youth Group is getting re-established this year. We recently met for dinner to discuss plans for the coming year. This year's group has expanded to include all Jewish teens in 8<sup>th</sup> grade through 12<sup>th</sup> grade, although, our 8<sup>th</sup> graders will only be involved on a local level. We hope some of our older youth will also participate in NFTY (Regional Youth Group) this year.

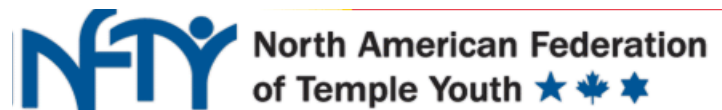
Our teens will once again be running our High Holy Days social action project. This project will include the collection of non-perishable goods which will then be donated to the local Food Bank. Grocery bags will be distributed following Rosh Hashanah services for you to take home and fill. Please leave your donations in the collection bins that will be located in the foyer. They will be available Yom Kippur through Sukkot, so please feel free to drop off your donations whenever it is most convenient for you.

The Youth Group plans to stay busy this year with monthly meetings, social action projects, and much more. The next NFTY conclave is in Little Rock in late November and we are hoping several of our members will be able to attend.

Our members will be electing officers and planning more activities.

I remember how much I loved being a part of the B'nai Zion Youth Group, and I hope I can provide our youth the same kind of memorable experience I had.

**Jennifer Plante Walker**  
Youth Group Advisor



## Torah Ark Door Design

This is a picture of the ark door design, by Deb Roth, our designer, using the old oak tree near the playground at B'nai Zion as the model for our Tree of Life. The door handle will spell out the Hebrew word "chaim," which means "life." Above the door, in Hebrew, it will say: "For out of Zion goes forth the Torah," and up the trunk will be written in Hebrew: "It is a Tree of Life to those who hold it fast."





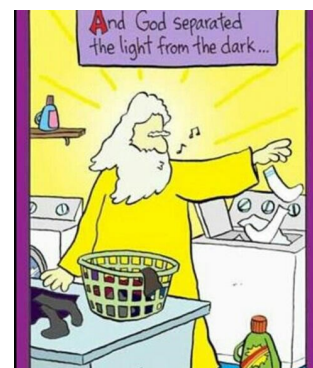
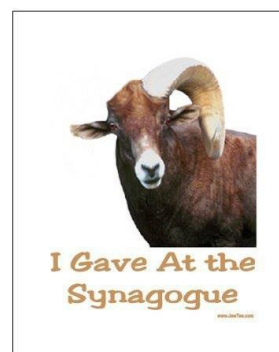
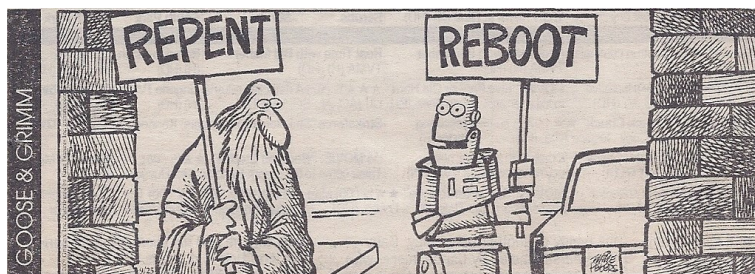
# Did You Hear the One About the: High Holy Days?

So many people loved these High Holy Day jokes, that we have decided to print them again with a few updates.

On the afternoon of Rosh Hashanah, traditionally the ceremony called Tashlich is observed. Jews go to the ocean or a stream or river (or a Duck Pond) to pray and throw bread crumbs into the water as symbols of throwing away our sins.

Occasionally, people ask what kind of bread crumbs should be thrown. Here are some suggestions for breads which may be most appropriate for specific sins and misbehaviors:

For ordinary sins: White Bread  
 For complex sins: Multi-Grain  
 For particularly dark sins: Pumpernickel  
 For substance abuse: Stoned Wheat  
 For twisted sins: Pretzels  
 For tasteless sins: Rice Cakes  
 For sins of indecision: Waffles  
 For erotic sins: French Bread  
 For sins committed in haste: Matzah  
 For sins of chutzpah: Fresh Bread  
 For use of heavy drugs: Poppy Seed  
 For petty larceny: Schtollen  
 For committing auto theft: Caraway  
 For timidity/cowardice: Milk Toast  
 For ill-temperedness: Sourdough  
 For silliness, eccentricity: Nut Bread  
 For not giving full value: Shortbread  
 For excessive irony: Rye Bread  
 For telling bad jokes or puns: Corn Bread  
 For war-mongering: Kaiser Rolls  
 For dressing immodestly: Tarts  
 For causing injury to others: Tortes  
 For racist attitudes: Crackers  
 For sophisticated racism: Ritz Crackers  
 For being holier than thou: Bagels  
 For dropping in without notice: Popovers  
 For over-eating: Stuffing  
 For impetuosity: Quick Bread  
 For indecent photography: Cheesecake  
 For raising your voice too often: Challah  
 For pride and egotism: Puff Pastry  
 For laziness: Any long loaf  
 For trashing the environment: Dumplings



May you have a HAPPY new year!

## Mazel Tov



✧ Alys Frances Parker was born to Sloane and Hank Parker. She is **Clare Maisel's** first great grand-daughter

✧ **Sarah Caminker** married Matthew Weiss. She is Rabbi Harold and **Debbie Caminker's** daughter, **Rachel** and **Leah's** sister, and **Clare Maisel's** grand-daughter.

✧ **Amy and Sandy Katz** got married. He is the father of **Renee** and **Abby**.

✧ **Howard Sklar** competed in the 19th Maccabiah games this summer in Israel in the Triathlon competition Master's category. He came in 2nd place in the bicycling portion, and competed well in the swimming and running portions.

*We love to share good news with our Congregational family. Please contact the office with details about your "simchas."*

## Birthdays and Anniversaries

### September Birthdays

1 Tracy Gold	14 Rachel Ginsburg	20 Lane Rosen
2 Lionel Eltis	14 Daisy Kallenberg	21 Savannah Badt
4 Larry Evensky	15 Robert Frierson	21 Taylor Badt
4 Laura Holman	17 Ryan Dalto	24 Robert Rosenfield
4 Ron Nierman	17 Arden Gillum	25 Sharon Frankel
6 Sidney Kent		26 Charles Vosburg
7 Marilyn Cahn		27 Abry Cahn III
7 Daphne Nierman		27 Michelle Katz
7 Barry Suckle		28 Michelle Bayer
8 Oren Leff		28 Jerie Black
10 Stephen Muslow		28 Aaron Borin
12 Donald Zadeck		28 Craig Toys
13 Peggy Selber		28 Donald Rosen



### September Anniversaries

17 Gloria & Donald Rosen
22 Henry Elaine & Jules Dreyfuss
28 Colleen & Christopher Brown
28 Marti & Ron Lepow



***We give thanks for life, for health, for all that sustains us, and for this joyous day.***

***If you are not on the above list for current birthdays or anniversaries  
it means that the office does not have your information.***

***Please provide the office with the appropriate month, date, and year to complete our data.***

# Tributes

## DISCRETIONARY FUND

### *In Memory of:*

A. Adler Hirsch  
 Rachelle & Marcus Hirsch  
 Helen Katzenstein  
 Jean & Herman Van Os  
 Aaron Selber, Jr.  
 Jean, Herman, Jill Van Os &  
 Ellen Becker

## ENDOWMENT FUND

### *In Memory of:*

Aaron Selber, Jr.  
 Bobbye Goodman  
 Elaine Lieber & Daughters  
 Cary & Charles Rogers  
 Charlotte Webb

## GENERAL FUND

### *In Honor of the Birthday of:*

Sylvia Katz  
 Marcia & Albert Katzenstein  
 Sue & David Rubenstein  
 Pam & Lee Rubin

### *In Memory of:*

Philip A. Bergman  
 Vicki & Fred Marks  
 Helen F. Katzenstein  
 Frances & Donald Zadeck

## LIBRARY FUND

### *Hoping for the Complete Recovery of:*

Dot Kaplan  
 Bea Blumberg

## RELIGIOUS SCHOOL FUND

### *Hoping for the Complete Recovery of:*

Dot Kaplan  
 Pauline Murov

### *In Memory of:*

Joseph Pratt  
 Margaret Rifkin  
 Naomi Sorkey  
 Margaret Rifkin

## RENOVATION FUND

### *Hoping for the Complete Recovery of:*

Dot Kaplan  
 Margaret Rifkin  
 Fan Walker

### *In Memory of:*

Dave Spitzer  
 Lotty Brodsky

## SCHOLARSHIP FUND

### *In Memory of:*

Aaron Selber, Jr.  
 Suzanne Selber Miller



*While care was taken to compile these lists, errors may have occurred. If you notice any omissions, misspellings, or names in the incorrect category, please accept our apologies and notify the office so that we may correct our records.*

# Calendar Notes

- ★ The office will be closed for Labor Day, Monday, September 2. The office hours will resume normal schedule (9-2) Tuesday, September 3.
- ★ The office will be closed for Rosh Hashanah, Thursday, September 5
- ★ The office will be closed for Sukkot, Thursday, September 19.
- ★ Reservation deadline for Shabbat Harvest Dinner is Wednesday September 18, Dinner is September 20, 7:15 p.m.
- ★ The office will be closed Thursday, September 26, for concluding Sukkot service. Yizkor Service at 10 a.m.



# B'nai Zion Schedules

## Shabbat Schedule

*Friday Evening Service - 6:00 PM*  
*Saturday Torah Study - 9:45 AM*  
*Saturday Morning Service - 11:00 AM*



## Office Hours

*Monday through Friday 9:00 AM - 2:00 PM*  
*No Business on Shabbat or Holidays*  
*Call for appointment to meet with the Rabbi*

*Evening Services will be in Lefkowitz Hall until Sanctuary renovation is complete*



# Yahrzeits ~

## Sep 1-7

Ivan Binder  
Albert Clark  
Jennette Ginsburg Desmonde  
Harry Goodman  
Sidney L. Herold  
Morris Horn  
Edward S. Klein  
Ira Krandle  
Carroll Lahourcade  
James M. Manhein  
Esther Morris  
Goldie Morris  
Louise Shaw Olive  
Marvin Rabinowitz  
Sam Vedlitz  
Bertha G. Weisman

## Sep 8-14

Bella L. Abramson  
Hyman Badt  
Abry S. Cahn, Sr.  
Leslie Robert Cruvant  
Sarah Fishman Fogel  
Joe Gold  
Adelle B. Goldstein  
Gerald S. Goodman  
Israel Greengus  
Esther Gugenheim  
Bernard Kallenberg  
Elma Harrell Law  
William B. Levinson  
Hyman Lipsen  
Leon Loeb  
Esther Mandel

## Sep 8-14 (continued)

Charlton Meyer Jr.  
Ben A. Phelps, Sr.  
Evelyn Redstone  
Elmer Simon  
Henrietta Rosen Simon  
Rebecca Siegel Stadiem  
Edward Weil  
Earl Loeb Wiener  
Donald Zadeck, Jr.

## Sep 15-21

Janet Lorraine Abrams  
Abraham Atkins  
Richard L. Bailey  
Lillie Bernhard  
Mary Harris Block  
Henrietta Clark  
Elizabeth Fox  
Abe B. Freyer  
Harriett Gruber Goldberg  
Bronna Harris  
Frieda K. Hyman  
Mose Kaufman  
Sam S. Kleban  
Houston Oglethorpe  
Carol Herzberg Perlman  
Milton Robinson  
Goldie Siegel Toys  
Betty Wiener

## Sep 22-28

Isaac Abramson  
Jennie Abramson  
Marion Berg  
Nathan Bernstein  
Augusta G. Brenner  
Rosabel C. Cahn  
Irving Cooper  
Rae Cooper  
Frieda Horn  
Jacob Kaplan  
Edith K. Levy  
Herman Loeb  
Joseph Marcus  
Frances Matloff  
Hyman Nierman  
Mrs. Max Rosenbloom  
Clara Levine Rosenzweig  
Isaac Ruben  
Mollie Shapiro  
Lucile S Van Os  
Mandell Weisman  
Mrs. S. S. Weisman

## Sep 29-Oct 5

Max Dover  
Frances Feinberg  
Melvin Goldberg  
John Miller  
Neal Nierman  
Anna Pincus  
Lee Segall  
Herbert Seligman  
David B. Weisman, Sr.  
Doris L. Zuzak



*May Their Memories  
Be A Blessing*

# May God Comfort the Family and Friends of



☆ Aaron Selber, Jr., husband of Peggy, father of Patty, Pam, Polly, and Penny.

☆ Isaac Wilson

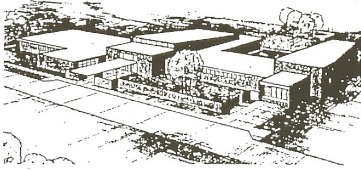
*May Their Memories Be A Blessing*

# September 2013 / Elul ~ Tishrei 5774

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 26th Elul <b>NO RELIGIOUS SCHOOL</b>	<b>2</b> 27th Elul <b>LABOR DAY</b>   <b>B'NAI ZION OFFICE CLOSED</b>	<b>3</b> 28th Elul <b>Regular Office Hours Resume 9 AM-2 PM</b>	<b>4</b> 29th Elul <b>Erev Rosh HaShanah 5774</b> <b>7:30 PM</b>  <b>7:17</b>	<b>5</b> 1st Tishrei <b>Rosh HaShanah 5774</b> <b>10 AM</b> <b>Children 12:15 Tashlich 4:30 at @ The Glen</b> <b>OFFICE CLOSED</b>	<b>6</b> 2nd Tishrei  <b>SIMCHA SHABBAT</b>  <i>Service 6 PM</i> <b>7:15</b>	<b>7</b> 3rd Tishrei <b>Shabbat Shuva Ha'azinu</b> <b>Deut. 32:1-52</b> <b>Hosea 14:1-10; Micah 7:18-20; Joel 2:15-27</b>  <i>Torah Study 9:45 AM Service 11 AM</i> <b>7:49</b>
<b>8</b> 4th Tishrei <b>RELIGIOUS SCHOOL RESUMES 9:30-12:00</b> 	<b>9</b> 5th Tishrei	<b>10</b> 6th Tishrei	<b>11</b> 7th Tishrei	<b>12</b> 8th Tishrei	<b>13</b> 9th Tishrei <b>Erev Yom Kippur</b>  <b>7:30 PM Kol Nidre</b> <b>7:05</b>	<b>14</b> 10th Tishrei <b>Yom Kippur</b> <b>10AM</b> <b>Children 12:15 Study 1:30 Afternoon 2:30 YIZKOR ? 3:30 Break Fast will Follow Services</b> <b>7:40</b>
<b>15</b> 11th Tishrei <b>RELIGIOUS SCHOOL MEETS 4:30 PM SUKKAH DECORATING FUN AND FOOD</b> 	<b>16</b> 12th Tishrei <b>BULLETIN DEADLINE</b> 	<b>17</b> 13th Tishrei <b>BZ BOARD MEETING</b>  <b>7 PM</b>	<b>18</b> 14th Tishrei <b>EREV SUKKOT</b>  <b>NOON DEADLINE RESERVATIONS FOR FRIDAY SHABBAT DINNER</b> <b>6:59</b>	<b>19</b> 15th Tishrei <b>SUKKOT 10 AM</b>  <b>OFFICE CLOSED</b>	<b>20</b> 16th Tishrei <b>SUKKOT SHABBAT DINNER 7 PM</b>  <i>Join us for Shabbat.</i> <i>Service 6 PM</i> <b>6:56</b>	<b>21</b> 17th Tishrei <b>SUKKOT</b> <b>Exod. 33:12-34:26 Ezek. 38:18-39:7</b>  <i>Torah Study 9:45 AM Service 11 AM</i> <b>7:31</b>
<b>22</b> 18th Tishrei <b>SUKKOT RELIGIOUS SCHOOL 9:30-12:00</b> 	<b>23</b> 19th Tishrei <b>SUKKOT</b> 	<b>24</b> 20th Tishrei <b>SUKKOT</b>  <b>BOOK CLUB 7 PM</b>	<b>25</b> 21st Tishrei <b>SUKKOT (Hoshana Raba)</b>  <b>6:49</b>	<b>26</b> 22nd Tishrei <b>SHMINI ATZERET 10 AM YIZKOR</b>  <b>OFFICE CLOSED</b>	<b>27</b> 23rd Tishrei <b>CONSECRATION SIMCHAT TORAH</b>  <i>Service 6 PM</i> <b>6:47</b>	<b>28</b> 24th Tishrei <b>Bereshit</b> <b>Genesis 1:1-6:8</b> <b>Isaiah 42:5-43:11</b>  <i>Torah Study 9:45 AM Service 11 AM</i> <b>7:21</b>
<b>29</b> 25th Tishrei	<b>30</b> 26th Tishrei	<b>OCT 1</b> 27th Tishrei	<b>OCT 2</b> 28th Tishrei	<b>OCT 3</b> 29th Tishrei	<b>OCT 4</b> 30th Tishrei <b>ROSH CHODESH CHESHVAN</b>  <b>SIMCHA SHABBAT 6:37</b>	<b>OCT 5</b> 1st Cheshvan <b>Noach</b> <b>ROSH CHODEH CHESHVAN</b> <b>Gen. 6:9-11:32</b> <b>Isaiah 66:1-13, 23</b>  <b>7:12</b>

# ☆ B'NAI ZION TEMPLE ☆

B'nai Zion Congregation  
245 Southfield Road  
Shreveport, LA 71105-3608



NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
SHREVEPORT, LA  
PERMIT NO. 213

(318) 861-2122 office  
NEW: BnaiZionOffice@gmail.com  
www.bnaizioncongregation.org  
*Rabbi Dr. Jana L. De Benedetti*  
*Craig Toys, President*  
*Helaine Braunig, Educator*  
*Sheila Lawrence, Editor*



A Proud Member of the URJ

See You in September  
at B'nai Zion!

**Elul** **Rosh Hashanah** **Yom Kippur**  
  
**Simchat Torah** **Sukkot**

Religious School  
begins September 8

So Much to do  
See details inside

≥ Special thanks to Boyett Printing for helping with our colorful printing needs ≤