

Bulletin

L'Shanah Tovah!



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September/October 2017 Service Schedule

September 1

7:09pm Candle Lighting
6:30pm Kabbalat Shabbat Service

September 2

9:30am Shabbat Services

September 8

6:00pm Schmooze into Shabbat Service & Dinner
6:57pm Candle Lighting

September 9

9:30am Shabbat Service, Bat Mitzvah of Jerrilyn Sibboni

September 15

6:45pm Candle Lighting
6:30pm Kabbalat Shabbat Service

September 16, Selichot

9:30am Shabbat Service
9:00pm Selichot Program/Service at The Conservative Synagogue, Westport

September 17

12:15pm Cemetery Service
7:00pm Night of Remembrance Service

September 20, Erev Rosh Hashana

6:37pm Candle Lighting
6:00pm Service, Board Installation

September 21, First Day Rosh Hashana

9:00am Shabbat Service
1:00pm Tashlich, Norwalk River
7:40pm Ma'ariv Service

September 22, Second Day Rosh Hashana

9:00am Service
6:33pm Candle Lighting
6:30pm Kabbalat Shabbat Service

September 23

9:30am Shabbat Service

September 29, Erev Yom Kippur

6:21pm Candle Lighting
6:00pm Kol Nidre Service

September 30, Yom Kippur

9:00am Service/Yizkor
4:30pm Study Session
5:00pm Mincha/Ne'ilah
7:26pm Ma'ariv/Final Shofar Blast/Break Fast

October 4, Erev Sukkot

6:11pm Candle Lighting

October 5, Sukkot, First Day

9:30am Shabbat Service
6:11pm Candle Lighting

October 6, Sukkot, Second Day

9:30am Shabbat Service
6:11pm Candle Lighting
6:30pm Kabbalat Shabbat Service

October 7, Shabbat Chol Hamoad Sukkot

9:30am Shabbat Service
10:30am Shabbat Youth Service

October 11, Hoshana Rabbah

6:02pm Candle Lighting

October 12, Shmini Atzeret

9:30am Service, including Yizkor
7:00pm Erev Simchat Torah Service

October 13, Simchat Torah

9:30am Service
5:58pm Candle Lighting
6:30pm Kabbalat Shabbat Service

October 14

9:30am Shabbat Service

October 20

5:48pm Candle Lighting
6:30pm Kabbalat Shabbat Service

October 21, Rosh Chodesh Cheshvan

9:30am Shabbat Service
10:30am Shabbat Youth Service

October 27

5:37pm Candle Lighting
6:30pm Kabbalat Shabbat Service

October 28

9:30am Shabbat Service

**Office Closed: September 4,
September 21-22, October 5-6,
October 12-13**

**Join us for Minyan
Monday-Friday
at 8:00am**

THE BETH EL BULLETIN

Congregation Beth El-Norwalk

Affiliated with the United Synagogue of Conservative Judaism and the Jewish Theological Seminary of America

109 East Avenue, Norwalk, CT 06851
(203) 838-2710 • www.congbethel.org

RABBI	Ita Paskind
ADMINISTRATIVE DIRECTOR	Jody Dietch
NAVASKY DIRECTOR	Alfred Treidel
NITZAN SCHOOL DIRECTOR	Amy SantaLucia

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1 ST VP HR/RITUAL	David Loewenberg
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COMMITTEE CHAIRS

BUDGET	Hilary Shaeffitz
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DINNER/KITCHEN	Ellen Wasserman
FUNDRAISING	Stephanie Gordon
HIGH HOLIDAY	Marvin Rosenbaum, Riva Silverman, James Sugarman
HOUSE	Winthrop Baum
INVESTMENT ADV. COMMITTEE	TBD
L'CHAIM SOCIETY	TBD
MEMBERSHIP	Andrea Greenberg, Ali Hurwitz, Melissa Marlowe
MEMORIAL PARK MITZVAH DAY	Paul Ginsberg, Keith Satter Jessica Rutherford, Andrew Meyers
NAVASKY RELIGIOUS SCHOOL	Fran Charlip, Samantha Eskenazi
NITZAN NURSERY SCHOOL	Lindsey Rossen
NOMINATING	Keith Satter
OFFICE	Ellen Wasserman
PUBLICITY/MARKETING	Alison Sherman
RITUAL COMMITTEE	David Loewenberg, David Hirshfield, Andrew Moss, Marvin Rosenbaum, Steven Freshman
SECURITY	Steven Freshman
TOT SHABBAT/YOUTH SERVICE	Andrea Goldman
TRUST FUND/SPECIAL FUNDS	Robert Gordon
YOUTH	TBD

Rabbi's Table by Rabbi Ita Paskind

A New Year — 52 Opportunities to Eat Shabbat Dinner

Friends, the new year of 5778 is upon us, and I cannot wait to celebrate another season of High Holy Days with each of you.

Each year, we put a lot of effort into these special days, and very often, we drop off after they conclude. This year, I want to make a push for more sustained engagement. And how? Through eating, of course.

It wouldn't be a Jewish event if there weren't food, and Erev Shabbat — Friday evening — is the perfect occasion.

In the coming Jewish year, there are 52 weeks (as opposed to 56 during a leap year). That's 52 opportunities to transform a quick end-of-the-week meal-on-the-run into sacred time, with special foods, with special blessings to welcome in Shabbat.

Now, there are definitely typical Shabbat dishes that could — and maybe already do — make an appearance in your home, such as roast chicken and potatoes, or stuffed cabbage, or brisket. I myself grew up with a rotation of such dishes, with a vegetable and a salad, and always a delicious fruit salad for dessert. But you don't need to go the traditional route when it comes to Shabbat dinner. In my opinion, all you need are 4 "ingredients" to make Shabbat dinner a success, and here they are:

- A grape beverage for Kiddush and some challah for HaMotzi
- The words for a few blessings (if you're going minimalist, choose the blessings for the grape beverage and the challah, plus a blessing for kids, if you have them. If you need the words, call me!)
- At least one dish you wouldn't make during the week that makes the Shabbat meal feel special. It can be a meat meal, or not. It can be a traditional Jewish meal, or not. Just do something to make it feel special.
- Time. Not thyme (although that's ok too!) but time. The magic of a Shabbat meal is that it's not rushed. It's an opportunity to connect with family and friends, and not to skedaddle to do homework or go to a movie. Making the time to reconnect on Shabbat is a gift we so desperately need in 2017, in 5778, and we can give it to ourselves on a weekly basis.

Beth El will give each of us a few opportunities this year for a Shabbat dinner, starting with Schmooze into Shabbat on September 8 — I hope you'll join us! Many of the 52 will be up to you. Perhaps this is the year you make Shabbat dinner a regular event in your home. Perhaps this year, you invite guests to join you. The best part about Shabbat dinner is this: There's always another chance, just 7 days away.

Best wishes for a Healthy and Sweet New Year,
Rabbi Ita Paskind

The Membership Committee Invites You to

Schmooze into Shabbat

👉 **Friday, September 8**

👉 **6:00 pm , Kabbalat Shabbat**

Service, featuring

Rabbi Paskind on guitar

👉 **7:00 pm, Family Shabbat Dinner**



Catch up with old friends and welcome new and prospective members.

RSVP before September 1

To the office at 203-838-2710 or via email to office@congbethel.org

Fast Meaningfully: Feed the Hungry

On Rosh Hashanah, we will distribute grocery bags with shopping lists. Please be sure to take one and fill it with non-perishable items.

Bring it back with you on Kol Nidre, or drop it off during the week between Rosh Hashanah and Yom Kippur.

All donations will be taken to JFS for the K kosher Food Pantry.

Today Rabah

To Brian Tyson for the beautiful job he did installing the sign for Nitzan

To Naomi Heftler for donating new slipcovers in the women's bathroom

President's Greeting by Sharon DeFala

I am pleased and proud to announce that BOTH of our Beth El schools received awards this summer.

Nitzan Nursery won the 2017 Best of Norwalk Award in the Child Care Services category by the Norwalk Award Program. No surprise – our teachers and director Amy SantaLucia strive every single day to make Nitzan innovative, challenging and fun. They use a thematic and integrated approach. Jewish values, holidays, and traditions are incorporated into every subject. Our children develop personal and social skills, work on logic, numbers and problem solving, enhance their creative abilities, practice their motor skills, expand their use of languages, and most of all, have fun!

Yes, we are talking about 2, 3 and 4 year olds here – but it works, and the kids are happily engaged and challenged, and exceptionally well prepared for kindergarten.

Meanwhile, the Navasky Explorers are being recognized at the national level. Out of over 200 applicants, Congregation Beth El has been awarded a 2017 Solomon Schechter Artisan Award. This award recognizes congregations for initiatives that transform Conservative Judaism. Navasky's "Chanting Our Way To Israel" initiative was chosen by an international committee as an exemplar of Israel Education, Engagement and Advocacy.

In recognition of this honor, our education director Al Treidel will be sitting on a panel at this year's USCJ national convention to share the wonderful work he's doing, and to enable other congregations to model similar initiatives.

If you are not familiar with "Chanting Our Way To Israel," Navasky students participated in an imaginary flight to Israel through a program in which they earned "flight miles" by learning lines of Hebrew in their siddur curriculum, and the cumulative goal was for the entire school to earn enough miles to fly to Israel and back. We partnered with El Al airlines, which sponsored a big kick-off event including a slide show about Israel. There were individual rewards along the way, as well. For a certain number of lines, students could earn El Al paraphernalia, such as posters, hats, pins, and flags. A big reward was a large Israeli Elite™ chocolate candy bar as each kid passed the 20 lines mark. The program culminated in a school-wide field trip to the Connecticut Sports Center in Shelton.

Chanting their way to Israel encouraged our kids to talk about Israel not only in their Jewish studies classes, but in Hebrew and music classes as well. Kids ran to greet their parents at pick-up showing off their Israeli awards and wanting to practice their Hebrew skills. We are giving our children a greater appreciation of their own relationship with Israel, and belief in their ability to master Hebrew and tefila.

You may have noticed the prominent map of the world posted in the school hallway, where Mr. Treidel marked the kids' progress each week. Look for it this year, and ask any of our students – "How many miles have you read?" I bet you'll find the answer ... rewarding!

18 Best Colleges For Jewish Life

Aiden Pink – University of Michigan Hillel
August 8, 2017

<http://forward.com/news/379218/18-best-colleges-for-jewish-life/>

What do you need for Jewish life to thrive on campus?

Well, start with having lots of Jewish students — the fact that you need a *minyan* of ten people to properly pray shows how much Judaism values coming together. Add thriving Hillel and Chabad chapters to provide a wide variety of popular religious and cultural programs — or just a place to hang out. There should be lots of options for Jewish fraternities, sororities and extracurricular clubs. The community should be free of anti-Semitism, and should have lots of synagogue options (both for places to pray and to pick up Sunday school jobs). And of course, what kind of Jewish community could exist without kosher food?

In other words: When it comes to thriving Jewish life, we think you need all of the above.

The *Forward College Guide* weighed all of these factors and more to determine the Jewish Life score for our university rankings. There are many, many schools that provide a positive Jewish experience for students. But here are the 18 schools that scored the best:

- 1) University of Pennsylvania — 37.33/40
- 2) Cornell University — 35.5/40
- 3) University of California, Los Angeles — 35.17/40
- T-4) University of Michigan — 34/40
- T-4) Tulane University — 34/40
- 6) New York University — 33.83/40
- 7) Emory University — 33.67/40
- 8) George Washington University — 33.17/40
- 9) Yeshiva University — 33/40
- 10) University of Maryland, College Park — 32.5/40
- 11) Brandeis University — 31.33/40
- 12) Queens College — 31/40
- 13) Tufts University — 30.83/40
- T-14) Binghamton University — 30.5/40
- T-14) Rutgers University — 30.5/40
- 16) Boston University — 30.33/40
- 17) Washington University in St. Louis — 30.17/40
- 18) American University — 29.67/40

Navasky News by Al Treidel, Director of Education

It's hard to believe that summer has quickly drawn to a close and we are enthusiastically approaching another exciting year for Navasky Explorers. **We are ecstatic to hear that Navasky Explorers is an award-winning school.** Please read the article written by Sharon DeFala to get all the details. We are thrilled that our "Navasky Chants Its Way to Israel Challenge" has received international recognition as we continue this special program for a third consecutive year. The real credit belongs to our very dedicated staff and an amazing group of youngsters in our religious school.

We welcome aboard several new staff members including Morah Cindy Wapnitsky who will be teaching K'tanim's 4-year olds, Morah Hannah Gale, our Kindergarten and K'tanim 3's teacher, Itamar Erez, our new Young Israeli Emissary, Noah Morgan, our new music teacher and working with Noah is Donny DeFala, our Music Intern. These terrific additions to our staff will bring a lot of excitement and enthusiasm to our school. Returning to our staff is Morah Hadas, teaching grades 1 and 2, Morah Debbie, teaching Judaic Studies to grades 3 through 6, Moreh Spencer, Hebrew/Siddur teacher for grades 3 through 6 and Moreh Justin, our 7th grade teacher. Returning in a full-time capacity as our Learning Specialist is Morah Marcy Nirschel who will also serve as our new Assistant Director. Morah Marcy brings with her a wonderful educational background and a reputation for reaching and encouraging every student who she works with. Navasky Explorers has a stellar team of educators and I am confident with the wonderful group of youngsters in our school, that we are approaching our best year yet.

Over the summer, adjustments were made to our curriculum based upon teacher recommendations as they implemented the new curriculum this past school year. We will continue to closely monitor instruction and make needed adjustments as they emerge. However, I suspect that 90% of needed changes occurred over the summer.

We are planning, in early November, a parallel Shabbaton and Shul-In. Our 3rd through 6th graders will participate in a Shabbaton while our 7th through 9th graders will sleep over as part of a Shul-In. The students will eat together and attend services together but activities will be parallel. We anticipate utilizing the talents of three Camp Ramah counselors and our four Young Israeli Emissaries as staff members. Several of our teens, along with Marcy Nirschel and I, will round out the staff. We have never run both activities simultaneously. I anticipate a lot of fun for our Navasky and Day School youngsters along with some guests. Make a point of coming to Beth El for Shabbat Services on November 3 and 4 and see for yourselves.

We still have room for additional students in our program as either students or volunteer Madrichim. Please refer friends and neighbors to Navasky Explorers and encourage your 8th through 12th graders to become an integral part of our learning community.

As we approach the High Holiday season, I want to wish you and yours a L'shana Tova U metukah.

High Holiday Youth Activities

We are at that time of the year when we prepare for the upcoming High Holidays. High Holiday Youth Activities are available to children age 2 through 6th graders. This year all activities will be housed here at Beth El. Each activity will be led by an adult professional assisted by teen volunteers. Thirteen teens have already signed up to help. If you have a son/daughter in grades 8-12 who is still interested in helping, s/he needs to contact Al Treidel at 203-838-2710 or via email at: treidad@aol.com. Students will be assigned based upon our needs and on a first come/first served basis.

Here are the times and locations of the programs:

1st and 2nd Day of Rosh Hashanah (Sept. 21 and 22): 10:00am – 12:30 pm

Yom Kippur (Sept. 30): 10:30am – 1:00 pm

PROGRAM LOCATIONS

Babysitting (2 and 3 year olds) – Classroom 3

3, 4 and 5 year olds – Classroom 2

1st, 2nd and 3rd graders – Classroom 5

4th, 5th and 6th graders – Library

Children ages 2 through 5 must be wearing a name tag with his/her name and parent's name on it. Each youngster should bring a favorite toy with him/her. Parents are responsible for changing of diapers for their children. Parents of younger children are encouraged to stop by the classroom every 45 minutes to an hour to check up on their child.

We ask that parents be punctual in picking up their child(ren). Wishing you and yours a very special and meaningful High Holiday season.

Nitzan News by Amy SantaLucia, Director



Did you hear the wonderful news... Nitzan Nursery School was voted "Best Nursery School" in Norwalk for 2017!! Isn't that amazing? Thank you to all who have a hand in making Nitzan such a wonderful, unique school.

What a fabulous summer we have had at Nitzan Nursery School during our Summer Fun Camp experience. The campers enjoyed our water days

through playing in the sprinklers, splashing in the water table, spraying each other with water sprayers and going through the "car wash." They were also able to enjoy the fresh air while playing outside at our sand table, climbing on the playground equipment, painting at the easel, and manipulating our giant abacus made from pool noodles, to name a few activities. During camp we also created an art experience each day – a sun visor, a moon rover, painted shells, etc. We even had a few special visitors show up to surprise our campers. Sparky the fire dog arrived with some of his fire fighter friends, paramedics visited with an ambulance, the tooth fairy flew on by, and a humongous dump truck visited during our construction theme week!! Let's not forget the enjoyment the children got from watching all the construction that was going on right in our very own parking lot!! A very busy summer indeed.

Although I am a bit sad to see the summer end, I am also looking forward to another wonderful school year. Please help me to spread the word around town that we do have a few openings left for the 2017-2018 school year. If you know of anyone who might be interested, please have them contact me. I have spent quite a bit of time this summer working on getting some new programming in for the children to experience. My teachers have been busy getting the classrooms ready for the children to arrive on September 5th. Please join me in welcoming some of our new families to Nitzan: Ryder Sugarman (parents Heather & Matt and grandparents Jim & Laura), Declan McNeal (parents Elizabeth & Jay), Mario Bertolino (parents Yusmerith & William), Chase Brown (parents Christine & Christian) and Andrei Epure (parents Claudia & Stelian). We are thrilled to have them all join our Nitzan family.

In the next few months we look forward to helping the children get adjusted to their new classrooms and meet some of their new classmates. Learning the classroom rules and following directions are two big skills we will be focusing on. The children will also be discovering the fall Jewish holidays. I can already promise you... apples and honey will be a big treat during snack time!! Some programming that we are looking forward to are the Suzuki music school, Jump Bunch, the Norwalk librarian, and of course, our Israeli emissaries.

The children and families at Nitzan are working on their Fall Mitzvah Project. Our families will be collecting school supplies to be donated to The Mercy Learning Center. This project teaches our children that it is a mitzvah to help others who are in need. We will also help to teach this by collecting tzedakah every Friday at our Shabbat program. The money collected will then be donated to Jewish Family Services.

Our "Baby and Me" class will be starting back up again soon. We will be meeting every Thursday from 9:30-10:30. If you know of any children under the age of 2, please tell them about this unique program. Rabbi Paskind plays her guitar, we sing songs, do finger plays, read stories, and PLAY. We would like to see our program grow – help us spread the word about our wonderful play group.

Don't forget to attend our "Dining for Dollars" event at Bertucci's on September 5th. We are hoping to see some of our old friends and many of our new ones as well. We would love to see members of the congregation there also. Come out, have some pizza and support Nitzan Nursery School.

Do your friends tell you that you have a special talent? If so, come share it with the children at Nitzan. Storytelling, a craft, instruments... we love visitors. Just contact Amy at nitzan@congbethel.org if you want to schedule a time to come in.



Please keep collecting those BOX TOPS for us. Nitzan earns 10 cents for each BOX TOP we collect! This money goes toward funding new programming for the children.

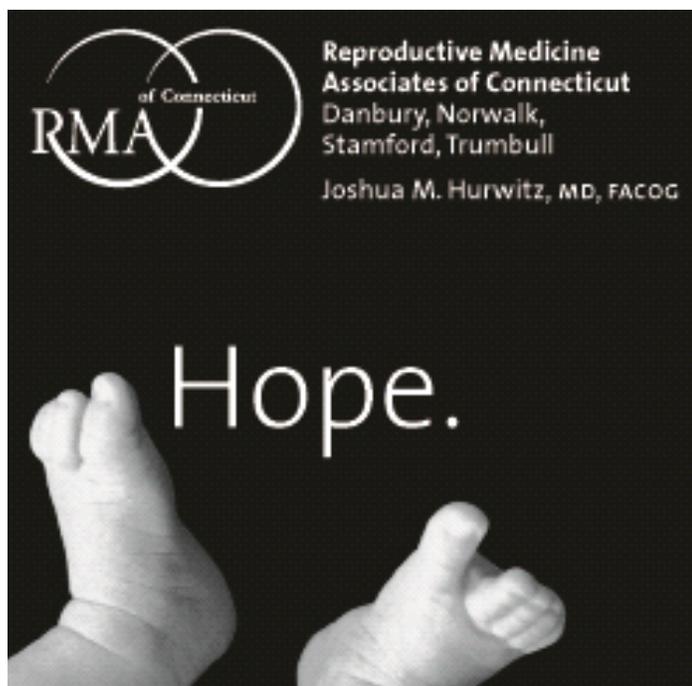


Welcome To Itamar Erez, Our New Young Israeli Emissary

Welcome to Yuval Hazan, Bar Degani, Itamar Erez and Ofek Moscovich, who will be joining our community in the fall as part of the Israeli Young Emissary program sponsored by the Federation for Jewish Philanthropy of Upper Fairfield County. Below is a message from Itamar who will serve as Navasky Explorers New Emissary. All four emissaries will serve as staff members for Beth El's Combined Shabbaton and Shul-In on November 3rd and 4th.



Above, Itamar is second from the left.



Hello Everyone!

My name is Itamar Erez, and I will be your new young emissary next year! I'm from Caesarea, a small and quiet beach town right between Haifa and Tel-Aviv. I lived in Caesarea with my parents for my entire life, except for fourth grade, when my parents and I went sailing in our yacht around the world for an entire year. My father, Nimrod, was a decorated officer in the Israeli Navy for many years, and fought in the Yom Kippur war. Later, he became VP for several big corporations in Israel. My mother, Yehudit, worked in education for many years, and now teaches volunteers how to edit biographies. She also serves as the CEO of our region's Reform Judaism community. I have three older siblings, Ori (33), a VP in a medical equipment firm, Gon (31) an adult emissary for JAFI in Ohio, and Noga (27) a successful singer and musician.

I do a lot of sports, and I try to keep myself as active as I can. I surf on stand-up paddle boards, I play soccer and most of the time I rock climb. Climbing is one of my favorite ways to exercise, and I truly believe in "a sound mind is in a sound body".

During the summer between 9th and 10th grade, I, along with a group of friends, founded a Hebrew Scouts tribe in our town. We were the first counselors, and started with a small group of elementary school kids which grew and grew, and today our "Shevet" consists of 200 counselors and pupils! This year, I manage all special activities (trips, events, etc.). The Scouts in general and counseling in particular shaped me into the person I am today, and made me better in every aspect.

I chose to do Shnat Sherut because I believe that every person should give as much as they can to the world and to society in general. I wanted to become an emissary in particular because I recognize how important Israel's connection is to Jewish communities abroad, how meaningful it is for all Jews of the world to be connected through tradition and values of Judaism, and how imperative it is to maintain and strengthen these unique relationships. Also, my brother, grandfather, great-grandfather and two cousins were also emissaries for JAFI, so you could say it runs in the family!

I am so excited about arriving at a community with such a rich and long history, and to start making meaningful connections and friendships with as many people as possible. I'm looking forward to bringing my special sense of "Israel" to you guys, and to having a successful, happy and fulfilling year!

*With a lot of anticipation, see you guys soon,
Itamar*

Nitzan Nursery School at Congregation Beth El Receives 2017 Best of Norwalk Award

Norwalk Award Program Honors the Achievement

NORWALK June 11, 2017 – Nitzan Nursery School at Congregation Beth El has been selected for the 2017 Best of Norwalk Award in the Child Care Services category by the Norwalk Award Program.

Each year, the Norwalk Award Program identifies companies that we believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Norwalk area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2017 Norwalk Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Norwalk Award Program and data provided by third parties.

About Norwalk Award Program

The Norwalk Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Norwalk area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value.

The Norwalk Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy.

SOURCE:
Norwalk Award Program

CONTACT:
Norwalk Award Program
Email: PublicRelations
@onlineawarded.org
URL: <http://www.onlineawarded.org>



*Bat Mitzvah of
Jerrilyn Sibboni,
September 9, 2017.
Jerrilyn is the daughter
of Amy Gottesman
and granddaughter
of Judy Gottesman.*



A NIGHT OF REMEMBRANCE AND RENEWAL

High Holiday Program for Bereaved Jews

Sunday, Sept. 17 at 7pm
**Congregation Beth El,
Chapel**

Honor the memory of a
loved one and take comfort
in the teachings of
Jewish tradition as the
High Holidays approach.





Congregation Beth El-Norwalk's
Gift & Simcha Shop
 is ready for THE HIGH HOLIDAYS!

We have

- ✧ A Lovely array of Tallitot
- ✧ Beautiful Honey Pots and Dishes
- ✧ Shofars...Large and Small
- ✧ Kiddush Cups & Candlesticks
- ✧ Challah Boards, Knives and Covers
- ✧ And so much more!!!

On September 10th, the gift shop resumes its Sunday hours.

Join us on that Sunday for a

Talit Extravaganza

Meet us in the Lobby from 9:30 am – Noon and enjoy coffee and a nosh!!

Need an appointment?

Contact Nancy Oberst (nancy@oberstlaw.com) or Hilary Shaefitz (shaef@optonline.net) and they will be glad to help you.

What is Scrip anyway?

Every weekly email, program and announcement encourages us to buy scrip, also known as the gift card program. Congregation Beth El's scrip program is very successful with the help of Harry Morgenthaler and Josh Lander. Yet, we can be doing better. Here is a little math problem to show you how much your simple purchase of gift cards affects the bottom line at Beth El.

One family spends \$200 per week at ShopRite. Beth El receives 5% of that sale each week.

\$200 x 5% = \$10 to Beth El

52 weeks per year x \$10 = \$520 to Beth El

Participation by 10 new families = \$5200 profit to Beth El each year.

What would \$5200 added to the income of Beth El get us each year? Those funds help us maintain the building and pay for the programming we offer our congregants.

The best part of this program is that it doesn't cost you anything additional, not one penny! We all shop at the local grocery stores, be it Stop & Shop, ShopRite, Stew Leonard's (from which we receive 10% rebate) and others. Why not buy gift cards? Can't get to the office to buy them? Harry can deliver and/or we can mail them to you. Even better, give us a credit card number to keep on file, and we will automatically send them to you each month. It's that easy.

In addition to the grocery stores, we stock many other cards including CVS, Target, Dunkin Donuts, Starbucks and more! You can also request certain store cards. A full list is available, and regularly updated, at www.shopwithscrip.com. If there is a store you would like, just email giftcards@congbethel.org and your request will be processed with our next order.

Questions? Give us a call in the office at 203-838-2710.



Back by popular demand...

A Taste of Honey

Purchase freshly harvested Bee Baum Honey generously donated by Win & Stefanie Baum. Stop by the office or the gift shop to make your purchase, \$12 per bottle.

High Holiday Reminders

Ritual Committee High Holy Day Honors

Please do reply to your Honors Letter which you should be receiving shortly. Even if you choose not to accept your honor, it will help us to know your plans. The Honors Committee strives to include as many congregants as possible. Please call the synagogue office and let us know of any omission.

Get Your High Holiday Pledges In Now

Check the mail – you should have received your High Holiday appeal letter in mid-August. In the past Dr. Stephen Stein has stood up on the Bimah during Yom Kippur to announce we had 100% participation by the Board of Trustees and the Executive Committee! What if this year he could stand up and announce that by the time Yom Kippur even begins, we have **100% participation from each and every congregant family?** Why wait? The earlier pledges come in, the more value they have – for budgeting, scheduling and paying bills. **Please, no matter what the size of your High Holiday contribution, make it as early as you can!** Let this be the year that Dr. Stein says, “every member of our Beth El family has already contributed something to the High Holiday campaign.”

Usher In the Holidays!

We are looking for volunteers to assist in ushering during the High Holidays. All are welcome to volunteer. Also, parents, if you have a Bar/Bat mitzvah-aged child, we would love to pair you with your child to usher for a 30-minute rotation at one of the doors. We look forward to making this holiday even more enjoyable for everyone. To volunteer, please contact Sam Shukovsky at sshukovsky1@yahoo.com.

Handicap Access

Please contact the office prior to the holidays to arrange wheel chair assistance into the synagogue, where an usher will also help you to your seat.

Friendly Reminders...

Your cooperation is needed to ensure a meaningful experience on these Holy Days. A few friendly reminders include:

- Please bring your tickets and be prepared to show them to the security guard at the door.
- Please be courteous to our neighbors when parking on the street.
- All men, and all women who choose, should bring tallitot and kippot. The synagogue only has a limited quantity of each.
- Please do not save seats. It is unfair to your fellow congregants who arrive early and are unable to find seats if so many are being saved.
- Please arrive early with your family to find your seats together.
- Please follow the guidance of the ushers when entering the sanctuary and auditorium, including remaining outside until after particular prayers or the sermon.
- We appreciate your cooperation in helping to maintain proper decorum during services by refraining from congregating in the halls and foyer and from unnecessary conversation.

5778/2017 High Holiday Greetings

Please join us as we greet one another and joyously welcome the New Year for just \$36.00. There will be a High Holiday greeting list emailed out to the congregants extending your best wishes to the entire Congregation. Get your order in by **September 6th**.

Flowers on the Bimah

It is customary in our congregation to sponsor flowers for holidays and simchas to beautify our sanctuary and to honor or memorialize a loved one or to mark a special occasion. The names of the donors and those being honored or memorialized will be read from the Bimah. To participate, send your check in and choose the holiday preferred. Return by **September 6th**.

Yizkor Book

The Yizkor Book of Remembrance, in which we memorialize our departed loved ones, is an annual tradition at Congregation Beth El. It will be distributed on Yom Kippur, which this year falls on Saturday, September 30, 2017, and on Sukkot, Pesach and Shavuot.

Full Page (<i>up to 28 lines</i>)	\$200.00
Half Page (<i>up to 16 lines</i>)	\$136.00
Quarter Page (<i>up to 8 lines</i>)	\$90.00
Sixth Page (<i>up to 5 lines</i>)	\$54.00
<i>New this year is the listing for \$100 per name.</i>	

Please return to the office by **September 6th**.

Interesting High Holiday and Sukkot Customs

Want to learn something new about the upcoming holidays? Here are some customs and facts, some of which may be new to you, to enhance your holiday celebrations. *(Many thanks to Neil Perlman for his help in compiling this information.)*

Rosh Hashanah

- ❑ Light/bless candles in the evening prior to the start of the holiday (**Wednesday, September 20**)
- ❑ Hear the sounding of the shofar
- ❑ Foods:
 - For the motzi, use a round challah to symbolize the crown of our Sovereign and the cycle of the year
 - On all the holidays from Rosh Hashanah through Shemini Atzeret, dip your challah in honey
 - Eat a piece of apple dipped in honey to symbolize your desire for a sweet year
 - On the 2nd evening of Rosh Hashanah (**Thursday, September 21**), eat a fruit that you have not yet eaten this season
- ❑ Wear a new article of clothing
- ❑ Say the Shehechyanu blessing after Kiddush, after eating the new fruit, and after putting on new clothes
- ❑ Bless one another by saying, “L’Shana tova tika-teiv v’tzechateim” to a man , “L’Shana tova tikateivi v’tzechateimi” to a woman (May you be inscribed and sealed for a good year), or simply, “L’Shana tova”
- ❑ Recite the Tashlich service (Join Beth El on **Thursday, September 21 @ 1:00 PM**) by a body of water and throw bread-crumbs into the water to symbolize casting off your sins. (This is usually done in the afternoon of the 1st day if it is not Shabbat; otherwise on the 2nd)
- ❑ Give charity before and after the holiday just as you ask G-d to deal charitably with you in the coming year
- ❑ Visit the graves of loved ones/other righteous people just before Rosh Hashanah or during the Days of Awe (**Beth El’s Kever Avot Service at Memorial Park on Richards Avenue on Sunday, September 17**)

Yom Kippur

The rabbis long ago noted that a person can scale to the greatest heights on Yom Kippur, reaching to the level of angels. In fact, several of the widely adopted customs of Yom Kippur are based on midrashic works that compare Israel on Yom Kippur to the angels, because the people have repented and are free of sin. Like the ministering angels, on Yom Kippur, we:

- ❑ Forgo bodily pleasures and focus only on spiritual matters
- ❑ Stand more frequently during services (angels cannot sit)
- ❑ Wear white/a kittel (like the angels who are dressed in white [Daniel 10:5])
- ❑ Recite out loud the phrase, “Baruch Shem K’vod Malchuto L’Olam Vaed.” (This is the second line of the Sh’ma that we say in a low voice every other day of the year)
- ❑ Are united in peace with each other

Sukkot:

- ❑ Build a sukkah and live in it (e.g., eating, sleeping) as much as possible (Leviticus 23:42)
- ❑ Decorate the sukkah by hanging fruits, vegetables, New Year’s cards, or artwork drawn by children. Invite guests to join you in the sukkah
- ❑ Wave the “4 species” which consists of a lulav (unopened palm branch), etrog (citron), hadassim (3 myrtle twigs) and aravot (2 willow twigs) (Leviticus 23:40) This year, select your own lulav and etrog at our Community Sukkah Shuk, **September 24**.
- ❑ Rejoice throughout the holiday week (Deuteronomy 16:14)
- ❑ Light Holiday candles the first two evenings (**Wednesday, October 4 and Thursday, October 5**)
- ❑ After lighting candles the first night, or after saying Kiddush the first night, or the first time taking the 4 species or sitting in the sukkah, add the “Shehechyanu” blessing

Save the Dates! More details to come!

Sukkah Building

October 1st at 9:30 am

Interfaith Sukkot Dinner

Sunday, October 8th

5:30pm



Don't Forget...

**Abel Caterers Food
Orders are due at Beth El
September 10.
Pick-up is September 20.**

NEW! OPINION/EDITORIAL

Disclaimer: *The views and opinions expressed on this page are those of the authors and do not necessarily reflect the official policy or position of Congregation Beth El-Norwalk, its clergy, staff, or volunteers.*

To the Editor:

Are We One People?

American Reform and Conservative leaders are deeply upset by a recent spate of rulings from Israel's official Chief Rabbi and Government itself questioning the "authenticity" of non-Orthodox Jews in the Diaspora. It's not a new problem. But Israel is a Jewish State where the Orthodox, comprising about 1/3rd the population, the others non-observant, define Israeli's Jewish "character." While Israel considers itself a western Democracy it fails one of the basic tenants – separation of church and government. Israel is a de facto Orthodox theocracy espousing Democratic values.

American Jews, who moved heaven and earth in 1948 to secure Israel "against the odds," are rightly upset at their second class Jewish status in their homeland. Since 1948 American Jews have disproportionately supported Israel – the recipient of America's most generous foreign aid. Certainly in 1948 the vision for Israel was for a Jewish State open to all Jews on an equal footing. Some of us still remember the Orthodox marching in New York City in 1948 by the thousands protesting the new State. Only when kibbutzim blood was shed in large numbers did the Orthodox quiet down. Now they define who is an authentic Jew from the Israeli perspective. Surely a strange set of events.

No matter how unhappy we may be at these developments, the facts are that Israel is a sovereign State. Its citizens have been at war for 70 years against enemies pledging to rid the Jewish homeland of its Jews. Some 25,000 Israelis have paid the ultimate price.

We can protest. But those committed to Israel will continue to provide political and financial support. Following the oft repeated words of Rabbi Irving Miller, head of the American Zionist Organization in 1948 which spearheaded American Jewish support for Israel, "the most important observance for Jews is saving the lives of other Jews and helping Jews in need." That remains true even today.

The really good news is that hundreds of thousands of young American Jewish adults and others in the Diaspora are visiting Israel through the energies of the Birthright Program. And returning with impressive new found enthusiasm for Israel as key to their Jewish heritage. We in America beset by declining

numbers and endemic inter-marriage remain uniquely privileged to support and encourage Israel despite some serious misgivings about how Israelis develop their country. At day's end it's their country. Not ours. No other generation in 2000 years has been uniquely privileged to participate in the rebirth of our Jewish homeland. That need remains our true focus.

Peter I. Berman
Norwalk

To the Editor:

I propose that non-orthodox religious Jews seek a new ideology that is religiously based. Most would agree that non-orthodox Jews tend to be religious on a ritualistic, ethnic level, not on an economic or socio-political one. I challenge whether any comprehensive attempt has been made to remove this ideological mechitzah among the non-orthodox movements.

It is a fallacy to believe that something that challenges the liberal set of Diaspora, non-orthodox views inherently leads to the opposite pole. There are other options, all of which come from Torah. In Shelach Lecha we learn there is One Law for all people in the Land of Israel. While the Torah is largely about the Exodus and the initial establishment of the nationhood of Israel, it can be too easily and mistakenly deduced that the entirety of our heritage applies only to Jews. "All" people, not just we Jews.

The Nevi'im further establishes that our heritage is founded on our national identity, but is not exclusive to our ethnic identity as Jews. Israel is not about just us, but about how our heritage can and will uniquely establish justice for all within our sovereign domain. Can any nation achieve a comprehensive justice inclusive of all its minorities? It remains to be seen. But, I offer that Torah is and ever has been our unique "playbook" to achieve this.

Judah Halevi in his Book of the Kuzari in the 12th century described a physiological parallel of Israel and the Jews being to the nations like the heart of the human body. A half century later, Rambam, though thoroughly approving of Aristotelean rationalism, qualifies that Judaism uniquely possesses a divine endowment that is superior to scientific observation alone. While Rambam described pondering on a "purpose of the world" as futile, in the 14th century Rabbi Hasdai Crescas (an opponent of Rambam) forwarded concepts that saw a conscious purpose of the world.

continued on the next page

Opinion/Editorial (continued from pg. 12)

Justice does not begin and end with ideology. Justice begins from lifelong commitment and learning to discern wisdom from chaos, then to acknowledge the realities, and THEN to begin a path toward a mutually successful peace.

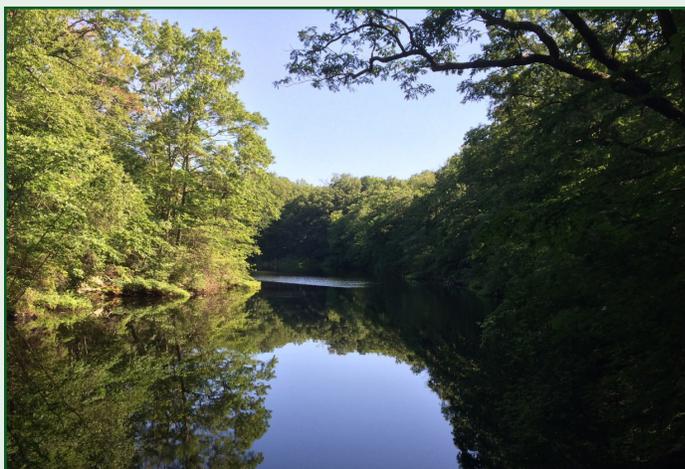
Is it possible to offer Arabs in Israel, inclusive of Judea and Samaria, something better than what their representatives have? I believe it is possible, notwithstanding that it requires a profound rethinking of a “new way.” One that is not really new, but is new in the sense of non-orthodox Jewry looking beyond secular “rational” Western sources as “authoritative,” and rather to the uniquely authentic wisdom of Torah.

Let’s place ourselves in Solomon’s court. Let’s imagine that an alternative conclusion is possible. Perhaps the false mother concedes her pain and agony. Or, perhaps, to aspire saving dignity offers to share custody. We can be open to many things as the wisdom of Solomon did. Two-State? One-State? Three-state? But, we must accept in our present world that “dividing the baby” (destroying Jewish sovereignty and Jewish residency in ancestral Israel) is not, nor will it ever, be a solution.

Oliver Wellington

Beth El Nature Hike Series #3 – Devil’s Den

Join us for a hike with fellow Beth El-Norwalk members and friends on Sunday, September 10 at 2:00 PM. We will meet at Devil’s Den in Weston and hike for approximately one hour. Devil’s Den encompasses 1,746 acres and is the largest preserve in Fairfield County. It is located about 9 miles (20 minutes) from the shul. For more information or to RSVP, please email office@congbethel.org.



Food and Gift Card Certificates



Don’t forget to buy your Food and Gift Cards! To order, call the synagogue at 203-838-2710 or fill out the form below.

Beth El Food Certificate Program

Please return this form to:
 Congregation Beth El, 109 East Ave, Norwalk, CT 06851

Please consider joining the growing number of congregants participating in the Food Certificate program of the Synagogue. We earn a profit of 5-10% on your purchase of **Acme, Caraluzzi, Fairway, ShopRite, Stew Leonard’s, Stop & Shop, Whole Foods** and **Fresh Market** certificates. It doesn’t cost you a penny, because the profit comes to us directly from the stores when we purchase the certificates. Please fill out the form below and we will enroll you in the program. You may pick up the certificates at the Synagogue or from one of our volunteer sellers, or we will be happy to DELIVER them to you on a regular basis. Remember, it doesn’t cost you anything; you buy the certificates at face value from the Synagogue. Use them as cash at the participating stores and the Synagogue earns money! This all goes to help support our various programs. Call the office at 838-2710 with any questions. Thank you!

Name _____ Telephone _____

Address _____ City _____

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Caraluzzi \$ _____ ShopRite \$ _____ Whole Foods \$ _____

Fairway \$ _____ Stew Leonard’s \$ _____

Please set up delivery of the certificates on the _____ of each month. I will pick up the certificates from the Synagogue on the _____ of each month. _____ I would prefer to pick up the certificates from one of the Synagogue’s sellers. Please tell me the name and phone number of the closest seller.



Donations

Thank you to the following congregants whose generosity helps to maintain our Congregation.

General Fund

Gloria Walkoff in appreciation of the Friday night Oneg

Mitchell & Rina Reichgut in honor of Lia Gordon's Bat Mitzvah

Stephen & Janet Green in honor of Joan Fanwick's College Graduation

Stephen & Janet Green in honor of Lily Fanwick's Bat Mitzvah

Joel & Ellen Wasserman to Eric & Michelle Fanwick in honor of Lily's Bat Mitzvah

Joel & Ellen Wasserman to Andrew & Caryn Moss in honor of Talia's Bat Mitzvah

Brett & Allison Pogany & Arin, Noa & Koby in honor of Talia Moss' Bat Mitzvah

Brett & Allison Pogany & Arin, Noa & Koby in honor of Lily Fanwick's Bat Mitzvah

Edward & Marjorie Hurwitz in honor of receiving an Aliyah

Keith Satter & Betsy Bernstein in memory of Crawford Lesser

David Ball, Bonnie Slyn & family in memory of Crawford Lesser

Building Fund

Gerald & Elaine Rosenberg in honor of Lily Fanwick's Bat Mitzvah

Leona Lepofsky

Joseph & Irma Schachter in memory of Marguerite Schachter Walmark

Joseph & Irma Klein Schachter in memory of Rose Gilstein Klein

Joseph & Irma Schachter in honor of Lia Gordon's Bat Mitzvah

Joseph & Irma Schachter in honor of Lily Fanwick's Bat Mitzvah

Joseph & Irma Schachter in honor of Nathan Meyers' Bar Mitzvah

Marvin & Sarah Rosenbaum Kiddush Fund

Joel & Ellen Wasserman in honor of Nathan Meyer's Bar Mitzvah and his parents' hospitality

Marc & Sharon Rosen in honor of Talia Moss' Bat Mitzvah

Marc & Sharon Rosen in honor of Lily Fanwick's Bat Mitzvah

Marvin Rosenbaum in honor of Lily Fanwick's Bat Mitzvah

Marvin Rosenbaum in honor of Talia Moss' Bat Mitzvah

Marvin Rosenbaum in honor of Lia Gordon's Bat Mitzvah

Marvin Rosenbaum in honor of Doug Karp and all that he does

Marvin Rosenbaum for David Loewenberg & Pamela Felstein being honored by Carmel Academy

Marvin Rosenbaum for Mitch & Cheryl Podob being honored by Temple Beth El-Fairfield

Marvin Rosenbaum in honor of the Bar Mitzvah of Aaron Damsky, James & Laura Sugarman's grandson

Marvin Rosenbaum in honor of the birth of Joe Brachfeld & Sandy Levy's grandson, Loup

James & Laura Sugarman in honor of Talia Moss' Bat Mitzvah

Steven Rotstein & Marguerite Felsenfeld in honor of Sheri Jacobson receiving the JCC Center Woman of the Year Award

From all the Karps in appreciation of Paul & Ronni Ginsberg's kindness

Doug & Dr. Sharon Karp in appreciation of Marvin Rosenbaum's kindness and friendship

Doug, Dr. Sharon, Michael, Lauren & Jonathan Karp in memory of Aston Karp

Doug & Dr. Sharon Karp in appreciation of Joel & Ellen Wasserman's support of the Rosenbaum Kiddush Fund

Doug & Dr. Sharon Karp in appreciation of Richard & Karen Schwam's support of the Rosenbaum Kiddush Fund

Doug & Dr. Sharon Karp in appreciation of Larry & Rhonda Ginsberg's support of the Rosenbaum Kiddush Fund

Doug & Dr. Sharon Karp in appreciation of Bruny Nieves Cortes' support of the Rosenbaum Kiddush Fund

Doug & Dr. Sharon Karp in appreciation of Jeffery Silberman & Linda Lerman's support of the Rosenbaum Kiddush Fund

Doug & Dr. Sharon Karp in appreciation of John & Lysa Caplan's support of the Rosenbaum Kiddush Fund

Doug & Dr. Sharon Karp in appreciation of Hilda Schwartz's support of the Rosenbaum Kiddush Fund

Doug & Dr. Sharon Karp in appreciation of Steven Rotstein & Marguerite Felsenfeld's support of the Rosenbaum Kiddush Fund

The Karp family in memory of Royce Wolfson Lewis Cherniack

Jim & Laura Sugarman in memory of Crawford Lesser

Congregation Beth El in memory of Crawford Lesser

Tzedekah Fund

Alan & Sonya Rich in memory of Edith G. Rich

Rabbi's Discretionary Fund

Andrew Meyers & Andrea Tolchinsky in honor of Nathan's Bar Mitzvah and as thanks to Rabbi Paskind

Lusia Gertelman in memory of Peppi Schwebisch

Lusia Gertelman in memory of Isack Schwebisch

Lusia Gertelman in memory of Victor Gertelman

Lusia Gertelman in memory of David Gertelman

Lusia Gertelman in memory of Danielle Gertelman

Dr. & Mrs. Jack Rice in memory of Elaine Mandelbaum

Dr. & Mrs. Jack Rice in memory of Gertrude Eisman

Dr. & Mrs. Jack Rice in memory of Irving Eisman

Michelle, Alan & Ethan Moskowitz in honor of Sonya (Sunny) Rich becoming a Bat Mitzvah in Israel

Alan Rich in honor of Sonya (Sunny) Rich upon her Bat Mitzvah in Israel

Joanne Kozak in honor of Leona Lepofsky's birthday

Helen Levine

The deadline for the November/December Bulletin is **October 7**. Please submit articles on disk or via email to bulletins@congbethel.org. All charitable contributions must be submitted to the office by the last day of the month (**Sept. 30**) to be included. Donations made between **Aug-Sept** will be included. Charitable contributions to all funds received after the deadline will be included in the following issue's Bulletin Funds listing.

Donations (continued)

Hesed Fund

Donald & Hilary Shaefitz in memory of Alice Marks

Donald & Hilary Shaefitz in memory of Irene Plotkin

Soup Kitchen Fund

Donald & Hilary Shaefitz in honor of Lily Fanwick's Bat Mitzvah

Donald & Hilary Shaefitz in honor of Talia Moss' Bat Mitzvah

Judith Rafael

Gerald & Elaine Rosenberg in memory of Samuel Rosenberg

Hilda Kadden in memory of Minna Firnich

Hilda Kadden in memory of Alex Firnich

Richard & Karen Schwam

Congregation Beth El in memory of Herbert Meyers

Minyannaires Fund

Hilda Kadden in memory of Theodor Kadden

Navasky Religious School Fund

Ilana & Neil Plain in memory of Crawford Lesser

Nitzan Nursery School Fund

Morah Beverly to Ryan Johnson & Jessica Goldman wishing Mazal Tov on the birth of their new son

Les & Phyllis Asher in memory of Crawford Lesser

Torah Repair Fund

Marvin Rosenbaum & Dottie Steinmeitz in memory of Michael Galina

Leona & Hazel Lepofsky in memory of Irwin Kotcher

Leona & Hazel Lepofsky in honor of Dorothy Grimm

Community Events Fund

Mark Sugarman in memory of Alfred Goldstein

Yahrzeit

Lewis Cherniack in memory of Roslyn Cherniack

Stephen Karlins, Ellen Martin & Arlene in memory of Anne Karlins

Stephen Karlins, Ellen Martin & Arlene in memory of Meyer Karlins

Gloria Walkoff in memory of Eleanor Samowitz

Sandra Ferguson in memory of Anna Schub

Marvin Goldstein in memory of Harry (Ezra) Goldstein

Arlette W. Britton in memory of Leon Rene Rasson

Susan & Alvin Epstein in memory of Sandra Gerson

Lois Miller in memory of Malverna Hirsch

Irwin & Lilia Kfare in memory of David Kfare

Mitzi Knishkowsky in memory of Jack Knishkowsky

Steven Rotsein & Marguerite Felsenfeld in memory of Natan Rotstein

Nancy Glater in honor of Helen Glater

The Karp Family in memory of Jennie Kaplan (to the Flower Fund)

Alvin & Susan Epstein in memory of Edith Epstein

Michael Simpson in memory of Rose Simpson

Jim & Patty Samuels in memory of Jennie Samuels

Harvey & Barbara Hennes in memory of Nathan Hennes

Harvey & Barbara Hennes in memory of Mildred Shubs

Harvey & Barbara Hennes in memory of George Shubs

Jayne Wattenberg (Chase) in memory of Ida Applebaum Daven

Gloria Berman in memory of Murray Berman

Renée Golub in memory of Abraham Horn

Marion, Adam & Dena Strachman in memory of Joel Strachman

Paul & Ronni Ginsberg in memory of Lillian Ginsberg

Ellen & Arthur Gerstein in memory of Harold Gerstein

Richard & Phyllis Weisberg in memory of Freida Hertz

Winthrop & Stephanie Baum in memory of Erna Marx

Richard Weisberg in memory of Herbert M. Weisberg

Fred M. Barr in memory of Gertrude L. Barr

Michael, Gabriel & Jordan Albert in memory of Bernard Albert

Phyllis Eldridge in memory of Norma Tarshis

Lois Miller in memory of Emanuel Hirsch

Lois Miller in memory of Richard Miller

Harriette & Marvin Goldstein in memory of Baruch ben Zvi v. Goldie

Winthrop & Stefanie Baum in memory of Emanuel Baum

Winthrop & Stefanie Baum in memory of Morris Baum

The Karp family in memory of Albert Karp

The Sherman family in memory of Lillian Sherman

Steve & Linda Stein in memory of Esther Stein

Fred Barr in memory of Esther Robin

Fred Barr in memory of Evelyn R. Barr

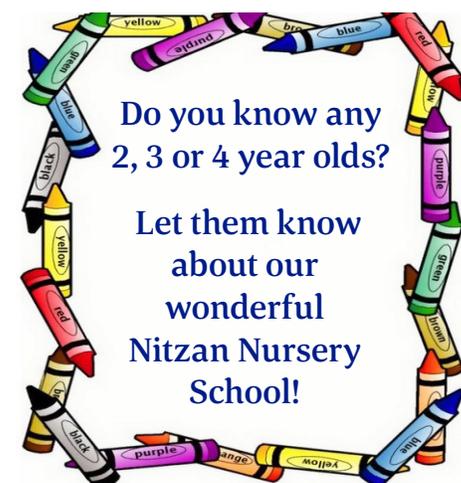
Mr. Seymour Simpson in memory of Ethel Simpson

Andrew Meyers & Andrea Tolchinsky in memory of Henry Meyers

Eleanor Dinitz & family in memory of Arthur Dinitz

Beverly Moskowitz Krieger & family in memory of Bebe Moskowitz

Janet & Stephen Green in memory of Annabelle Schmerl



Beth El-Norwalk



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