



**September 29, 2018  
20 Tishri 5779**



**Shabbat  
Shalom**

**IN THE WEEK AHEAD**  
**Saturday, September 29**

Shacharit.....	9:00 a.m.
<i>Insights into the Weekly Torah Portion</i> .....	5:50 p.m.
Mincha/Seudah Shilshit.....	6:35 p.m.
Havdalah.....	7:51 p.m.

**Sunday, September 30 - Hoshana Rabah**

Shacharit @ Beth Israel.....	8:40 a.m.
Candle Lighting.....	6:50 p.m.

**Monday, October 1 - Shmini Atzeret**

Shacharit @ Beth Israel.....	9:00 a.m.
Sermon, followed by Yizkor.....	10:00 a.m.
Mincha/Maariv .....	6:45 p.m.
Hakafot.....	7:00 p.m.
Candle Lighting.....	7:49 p.m.
Simchat Torah Dinner.....	8:00 p.m.

**Tuesday, October 2 - Simchat Torah**

Shacharit.....	9:00 a.m.
Mincha/Maariv .....	6:45 p.m.
Havdalah.....	7:46 p.m.

**Wednesday, October 3 - Rabbi Ari will be out of town**

Shacharit @ Beth Israel.....	7:00 a.m.
Mincha/Maariv @ Rose Blumkin Jewish Home .....	6:40 p.m.

**Thursday, October 4 - Rabbi Ari will be out of town**

Shacharit @ Beth Israel.....	7:00 a.m.
<i>Jewish Ethics</i> with Rabbi Shlomo @ UNMC.....	12:00 p.m.
Mincha/Maariv @ Rose Blumkin Jewish Home .....	6:40 p.m.

**Friday, October 5**

Shacharit @ Beth Israel.....	7:00 a.m.
Mincha.....	6:42 p.m.
Candle Lighting.....	6:42 p.m.



Remember to "like" us on Facebook and keep up with all the Beth Israel updates. Great new content is added each week including a weekly message from Rabbi Ari. Many thanks to Yaakov Jeidel for handling the Facebook page.



## Mazel Tov to Those Celebrating Next Week

### Birthdays



Sandra Kohll	Sept 29
Shalom Beneda	Oct 1
Vera Lewis	Oct 2
Rick Eirenberg	Oct 3
David Cahan	Oct 3
Alexandra Oregon Shyken	Oct 5



*Celebrating a special simcha in October? Call the office or speak to Bette Kozlen to be a part of the October 27 Simcha Kiddush.*



...to our ongoing kitchen volunteers, Jordana Kurtzman, Anna Goldberg, Helene Shrago, Linda Potash, and other volunteers for their on-going help in baking, shopping, and prep work.

...to Susan Katzman for sponsoring Shabbos Sheets throughout the year.

....to Esther Silver for sponsoring the September Kiddush in honor of her birthday, our apologies for not including Esther's name in the earlier list.

### BETH ISRAEL SISTERHOOD NEWS

#### LOOKING FOR SOMETHING TO BRIGHTEN YOUR HOLIDAY

#### TABLE? VISIT THE SISTERHOOD GIFT SHOP!

The Sisterhood Gift Shop has beautiful apple and honey containers, challah covers, and more. Gift Shop available during regular office hours, 9am -4pm Mon-Thu and 9am-2pm Fri. Treat yourself and support Sisterhood.

#### SAVE THE DATE FOR THE 2018 SISTERHOOD DONOR EVENT

"Life is a Bowl of Cherries...and So Much More!" is the theme for this year's Sisterhood Donor Luncheon, Style Show, and Silent Auction which will be held Sunday, November 4 beginning at 11:30 a.m. This is always a great event to enjoy with your family and friends. Reserve the date on your calendar now!



**Everyone is asked to please dispose of used tissues in waste cans in the back of the sanctuary. Thank you for being considerate of others.**

# **SHEMINI ATZERET AND SIMCHAT TORAH**

## **Sunday, September 30 - Hoshana Rabba**

- 8:40 a.m. Shacharit  
10:00 a.m. STEM in the Sukkah - P.J. Library (Ages 5 & under)  
10:00 a.m. Sukkah Hop for Grades L-6  
6:50 p.m. Mincha/Maariv/Candle Lighting

## **Monday, October 1 - Shemini Atzeret**

- 9:00 a.m. Shacharit  
10:00 a.m. Sermon, followed by Yizkor  
6:45 p.m. Mincha/Maariv  
7:00 p.m. Hakafot  
7:49 p.m. Earliest candle lighting  
8:00 p.m. Simchat Torah Dinner

## **Tuesday, October 2 Simchat Torah**

- 9:00 a.m. Shacharit  
6:45 p.m. Mincha/Maariv  
7:46 p.m. Havdalah



### **FJA Event**

#### **STEM in the Sukkah at Beth Israel for Ages 5 and Under**

**Sun, Sept 30, 10:30-11:30 a.m.**

PJ Library will bring the stories, and Friedel will bring STEM-focused activities to celebrate Sukkot! The activity is geared toward ages 3-5, with an adult, but siblings are welcome.

**Please contact Sara Kohen at [skohen@fjaomaha.com](mailto:skohen@fjaomaha.com) to register.**



### Please Claim Your Items from the Coat Room Collection

Once again there is an amazing variety of items that have accumulated in the coat room. Coats, gloves and scarves, hats for all seasons for both women and men, bags, and even a girl's dress. There are also books, toys, a seder plate, magazines, and several umbrellas. We understand some items are used frequently and those are welcome to stay. For all items, please stop by and take home. Thanks!

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# Nebraska Jewish Community Candidate Forum

**Sunday, October 7, 3 p.m.**

**Congregation of Temple Israel • 13111 Sterling Ridge Drive**

## Candidates for Governor



Governor  
Pete Ricketts



State Senator  
Bob Krist

## Candidates for U. S. Congress (NE-2)



Congressman  
Don Bacon



## Candidates for U. S. Senate

Council Member  
Jane Raybould



## Nebraska Legislature Candidates

State Senator Robert Hilkemann (District 4)

Michaela Cavanaugh (District 6)

State Senator Theresa Thibodeau (District 6)

Mina Davis (District 8)

Megan Hunt (District 8)

Matt Deaver (District 10)

State Senator Merv Riepe (District 12)

State Senator Brett Lindstrom (District 18)

Scott Winkler (District 18)

State Senator John McColister (District 20)

*Find your district at [nebraskalegislature.gov/senators](http://nebraskalegislature.gov/senators)*

**After the Forum, we invite you to join us for the Jewish Federation of  
Omaha Community Event at the Hilton Omaha downtown.**

**Temple Israel**  
The Reform Jewish Congregation of Omaha

**B'NAI B'RITH  
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**BETH EL  
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# Holding onto Joy: Celebrating Simchat Torah

Sara Debbie Gutfreund, aish.com

Jon Krakauer describes reaching the top of Mount Everest in his book, Into Thin Air: "Straddling the top of the world, one foot in China and the other in Nepal. I'd been fantasizing about this moment, and the release of emotion that would accompany it, for many months. But now that I was finally here, actually standing on the summit of Mount Everest, I just couldn't summon the energy to care."



This happens often in life. We imagine that once we reach our destination, we will be ecstatic. We fantasize about that moment of happiness, but it is elusive, falling so easily out of our grasps, disappointing us just at the moment when we are straddling the top of the world. How can we find and hold onto joy in this world without it slipping out of our hands?

The holiday of Simchat Torah provides an answer. As we dance with the Torah, we bask in the unique, eternal happiness that only Torah can bring into our lives. "It is a tree of life for those who grasp it" (Proverbs 3:18).

Here are five ways that Torah brings us this lasting joy and life.

**1. It gives us higher goals.** The highest predictor of a person's lasting happiness is a goal that transcends himself. The Torah gives us higher goals to strive for.

**2. It shows us how to be grateful.** The Torah shows us how to be grateful several times each day. With prayer three times a day, with blessings over food and mitzvot. It imbues within us a constant awareness that we are receiving goodness and kindness from the Source of all life from the moment we open our eyes in the morning.

**3. It teaches us hope.** The Torah teaches us that nothing is impossible. That God never gives us circumstances that we can't handle. That tomorrow will be brighter. That we are not struggling in vain.

**4. It connects us.** The Torah pulls us each out of our isolation. It shows us how to set up communities and bring people together. It teaches us that we need each other. It connects grandparents to their grandchildren. It gives us a common language and a shared truth. It connects us to each other.

**5. It gives us flow.** Our happiest moments occur when we are in the "flow," completely engaged and absorbed by an activity we are doing. We transcend our physical and emotional limitations by immersing ourselves in the energy of the moment. Torah gives us this sense of flow when we are doing a mitzvah that is challenging for us but within our grasps. We choose to overcome a limitation inside of us and move forward.

This is the flow of Simchat Torah, celebrating the Torah that teaches us how to transcend our limits, how to be happy, how to be connected. The higher goals, the gratitude, the hope, the sheer joy of connecting to our Creator. For this moment He created us. For this joy He created the world.



## **WELCOME TO BETH ISRAEL SYNAGOGUE**

We are delighted to welcome you to Beth Israel Synagogue. A passage from Deuteronomy 30:11-14 inspired the art work in the sanctuary. "For this commandment that I command you today - it is not hidden from you and it is not distant. It is not in heaven, [for you] to say, 'Who can go to the heaven and take it for us so that we can listen to it and perform it? Nor is it across the seas, [for you] to say, 'Who can cross to the other side of the sea for us and take it for us, so that we can listen to it and perform it?' Rather, the matter is very near to you - in your mouth and your heart - to perform it." Mitzvot are obtainable.

- ◆ The focal point of the sanctuary is the Menorah Window, which frames the Ark and is shaped in the form of the six branched candelabrum. To the right, brilliantly colored windows have forms that reflect the heavens, while the left side depicts the seas.
- ◆ The message is completed in a frieze, the horizontal painting on wood mounted on the wall. The background of the frieze symbolically and abstractly represents the relationship between G-d and the people of Israel through the Covenant. The perochet, or curtain over the Ark, completes the symbolic composition, with an expression that intertwines the Torah and the letter Aleph, the first letter of the Hebrew alphabet, of the Ten Commandments, and of G-d's name in Hebrew.
- ◆ As is traditional, the sanctuary has 12 windows, representing the 12 tribes of Israel. These windows contain the name of each tribe in flowing, organic letters. The windows are located above the continued frieze, which includes two central texts of the revelation at Sinai - "If you will keep my Covenant, you shall be precious to me," and "You shall be a kingdom of priests and a holy nation." This composition expresses the unity of Israel as the people stood together at Sinai and accepted the Torah.

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*Beth Israel Synagogue strives to perpetuate the legacy of Torah Judaism in the modern world. Beth Israel welcomes all persons of the Jewish faith to join and accepts the diversity of practice and thought among its members.*

Rabbi Ari Dembitzer, Senior Rabbi

Toba Cohen-Dunning, President

Mary Sue Grossman, Executive Director

Rabbi Shlomo Abramovich, Visiting Scholar

Leo Fettman, Cantor Emeritus

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