

## Shanah Tova – a happy, healthy and prosperous New Year 5770

### HIGH HOLIDAY SERVICES AND EVENTS

Sunday, Sept 13	8:00 pm	Documentary film screening
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Friday, Sept 18	8:00 pm	Erev Rosh Hashana
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Saturday, Sept 19	8:30 am	Rosh Hashana early service
	11:00 am	Rosh Hashana late service
	9:00 am	children's service
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Sunday, Sep 20	10:00 am	Rosh Hashana second day
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Sunday, Sept 27	6:00 pm	Kol Nidre early service
	8:30 pm	Kol Nidre late service
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Monday, Sept 28	8:30 am	Yom Kippur early service
	11:00 am	Yom Kippur late service
	9:00 am	children's service
	4:00 pm	Tashlich (at Alexander Muir Park)
	5:00 pm	Mincha, Neilah (services resume)
	7:15 pm	Havdalah (suitable for children)

Saturday, Sept 26 10:00 am Bar Mitzvah of Alexander, son of Jenny and Richard Steinberg

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Saturday, October 10 10:00 am Sukkot-Yiskor service

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Saturday, October 10 7:15 pm Simchat Torah

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### HIGH HOLIDAY TICKETS

If you need to purchase High Holiday tickets for family (children 19 and older) or friends, or have problems with your tickets, do not fret: we can help! Perhaps you did not receive them all, or they're for the wrong service?

Come to the synagogue :

Thursday, September 10, or  
Tuesday, September 15

between 4:00 and 6:00 pm and we will happily sort out your problems.

### HELP IN PREPARATION FOR THE HOLIDAYS

I will need some help setting up chairs and mahzorim for the high holy days, please give me a call and I will confirm the day and time.

Tentatively it will be Sunday Sept. 6th @ 11.00 a.m.  
Please call me at 416-638-0693.

Thanks, Roger

With the High Holidays approaching, we have to order flowers for the bimah. We are appealing for a donation to cover the cost.

Please contact Roger at 416-638-0693 if you can help.

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### HABONIM INTERNATIONAL DOCUMENTARY FILM FESTIVAL

Film to be screened: *Leaving the Fold*

Date: Sunday, September 13th, time: 8:00pm

Place: Congregation Habonim, 5 Glen Park Avenue

Admission: Donation at Door.

Leaving the Fold is a documentary film which tells the story of five young people born and raised within the ultra-Orthodox Jewish world who no longer wish to remain on the inside. As children, they grew up in a closed society where deviation from the rules of conduct is often punishable by ostracism, intimidation or worse. As young adults, they pay a steep price for abandoning their parents and community to seek the freedom to make their own choices.

From the Hasidic enclaves of Montreal, Brooklyn and Jerusalem come stories of conflict, coercion and struggle. Tinged with pain and unexpected humor, *Leaving the Fold* documents the process by which our five heroes emerged from a strictly controlled

society into a baffling secular world of endless choices: What should I wear? What shall I become? Who will I marry? Once everything was decided for them. Now they must decide for themselves. But the answers don't always come easily.

**Each month**, starting in September, we will be screening a very interesting documentary movie that will be followed by a panel discussion. In each case the panel will consist of relevant experts, hopefully the film's director and others with intimate knowledge and experience of the subject.

Dates will be confirmed soon, as will the titles of the films to be screened.

If you know of any documentary film maker who would like to submit a film to us for screening, please have them contact Eli Rubenstein (uiaeli@passport.ca) or Paul Kuttner (office@congregationhabonim.org).

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### SO WHAT'S THE BIG SPIRITUAL DEAL?

*By Avrum Rosensweig*

It's the New Year once again. What does one say with the onset of this season that hasn't been said? What, at this point, is the spiritual big deal about the High Holidays?

This year you will once again review your actions. In the Jewish month when the High Holidays occur you will once more set a personal path for the next twelve months. No doubt you will consider how you have acted toward those you love and think about how you behaved toward those you don't know – like the gas station attendant or the waitress.

It's *Rosh Hashanah* when the gates of heavens swing open bidding welcome to those who have come to

the end of their days. *Who shall live and who shall die?*

It's *Yom Kippur*, this according to Judaism, is the holiest moment of the year when we adorn ourselves with white garb, remove our shoes, refrain from sexual intimacy, deprive ourselves of nutrition; the only sense allowed according to Judaism is that of smell – hence the inevitable bottle of smelling salts that makes its rounds in the synagogues. We hear the words of the *ba'al tefillah* – the one who leads us in prayer – *Al Chait She'chetanu*, a liturgical reference to the sins we have committed.

But what is the big spiritual deal? If we are thirty, this is our thirtieth year in shul; if we are sixty, how different can the service be after three score; how different can it be after three score and ten? What in essence are we doing differently in 5770?

The difference, I believe, is not found in the words of the prayer book or the tune of the ominously sung *Kol Nidre* on the eve of Yom Kippur. It is not necessarily in the message of the speakers – who generally focus on introspection and forgiveness.

The difference this year, in 5770 over last year, the year before, and the one ten years before - is you!

We all know or at least have a sense of who we are today versus yesterday. We have a gut sense about whether we're a better person now, than we were last year. We just know. We just know.

I know that I am more withdrawn on the eve of 5770 than I was at this same time two years ago, and more at ease one year and a bit after suffering a heart attack.

This High Holiday season is different because I am different; I am a man who has not stayed the same, as you have not, and my spiritual bucket is sometimes tilted so that goodness pours in and sometimes pours out.

So what's the big spiritual deal? You. Settle into that reality bravely, and look very closely at how you are different. Find a quiet spot at dusk, and look at yourself.

Prepare for the few hours you will spend in shul, prepare well - so that when the moment comes and you are standing before God, or standing before your shadow – you'll be ready.

Make it good, really good. Wonder, question, query, speculate, conjecture and ask. Ask others how you've done, who you are, and ask yourself while looking in the mirror – am I better?

Intend to study yourself. How do you want to be different. Do you have ideas about your relationship to the person you love the most; to all the others; to God? Are you humble enough to ask forgiveness, and are you able to recognize the things you have done that are right and the things that are wrong? Do you intend to be a better person?

These High Holidays are different because your skin has been shed since last year, your mind has changed and your soul has grown, or perhaps not. Know this and be there, in shul, when you are there.

*L'shana Tova*, Happy New Year

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**FROM THE NEW PRINCIPAL OF HABONIM  
RELIGIOUS SCHOOL**

Dear Habonim Members,

I am delighted to introduce myself to you. I am the new principal at our Hebrew School and am very excited about the year we have planned for the school and the youth group.

We have hired a very talented and delightful music educator to join our team. We have also hired new

teachers and youth group leaders from the Habonim-Dror youth movement and summer camp. These talented folks bring vibrancy and creativity to our program as well as great skill at engaging young people in Jewish education and celebration.

We welcome you to join us for this terrific year of learning and fun.

The Hebrew School is open for young people entering grades 3 through 6 and meets on Sunday mornings. The Youth Group is open for young people in grades 7 and 8 and meets on Sundays in the late afternoon.

Registration for the 2009/2010 year is now open. The fee schedule is as follows:

#### Hebrew School

non-members: \$750

members: \$650

#### Youth Group

non-members: \$550

members: \$500

To register, please contact our registrar, Cathy Rechtshaffen at 416-322-0749 or by email at [habonimschool@gmail.com](mailto:habonimschool@gmail.com).

I am also available to answer any questions. Please contact me at [habonimprincipal@gmail.com](mailto:habonimprincipal@gmail.com).

If you know of a family that may be interested, please pass along the information.

May this new year be a sweet and healthy one for all of us.

Sincerely,  
Sarah Margles  
Principal

### COMMUNITY SERVICE IN INDIA - HABONIM MEMBER SANDRA VADASZ AMONG GROUP

This summer, a group of five Israelis and five Jewish Canadians traveled to India to volunteer with various community service organizations. Organized by IsraAID & Hillel Israel, the students are providing humanitarian aid in conjunction with the 130,000 strong exiled Tibetan community in Dharmsala.

The students are working in a variety of Tibetan institutions in India - health clinics, old-age homes, schools and more.

They are participating in an HIV/AIDS awareness initiative, working as teachers in the Tibetan Women's Association program Stitches for Tibet, where women are taught how to sew traditional Tibetan clothing, and are provided with health care, English lessons and a small weekly stipend.



*Photo is of students' visit with Karmapa (2nd in command to Dalai Lama) in India. Sandra Vadasz is pictured on the far left. The white scarves are gifts from the Tibetan People.*

Sandra Vadasz, whose family belongs to Congregation Habonim, was brought to tears on her first day of work. She posted this realization on the blog about life there: "I am often so busy I don't get

a chance to eat sitting down. Everything is so fast-paced it's hard to look around and observe the world. In fact, sometimes it's difficult to find a moment in the day to breathe!"

Vadasz's job is in the health clinic of an organization called Tibet Charity India. She is working alongside the head nurse, who serves as "doctor, teacher, mother, psychiatrist and friend, among other things, to the elderly."

She says that there are no doctors or prescription medicine, and the head nurse handpicks children from the community to become nurses, training them herself.

It really seems that only a few days into her trip, Vadasz's hope for the trip has been fulfilled. "My view was that this is four weeks of my whole life that will impact me more than one year at home," she says.

The travelers began their trip in Tel Aviv, where they spent a week participating in orientations with their Israeli counterparts, volunteering with organizations such as City Tree that focus on sustainable development, and meeting with Canadian and Israeli diplomats.

From there, the team continued on to India and will spend four weeks there.

Various organizations both in Toronto and in Israel, including The UJA Federation of Greater Toronto, IsraAID, the Israel Forum for International Humanitarian Aid, the Israeli Friends of the Tibetan People, and Hillel of Greater Toronto, joined forces to help make this program possible.

*The trip's blog can be found at  
<http://olamothilleltravelstoindia.blogspot.com>  
 Story based on files from Lea Kaplan, of the Jerusalem Post, Aug. 8, 2009*

## DONATIONS

### **In Memoriam:**

Remembering with love and sadness our dear son and brother, Richard Morton - The Morton and Small families

### **In appreciation:**

Our thanks to Eli Rubenstein for his help after the passing of our dear mother - Aron, Mel and Hadassah Goldberg and Jay Wortsman

**Please remember any occasion, be it happy or sad, with a donation to Habonim.**

Our Congregation tries to provide quality addition to our spiritual lives, your donations help to sustain the excellence we try to maintain.

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### To SEND GREETING CARDS and DONATIONS

call Rhoda Sion at (416) 782-9663 or write to 716 - 660 Eglinton Ave. W., Toronto M5N 1C3

### OUR WEBSITE:

[www.congregationhabonim.org](http://www.congregationhabonim.org)

### OUR E-MAIL ADDRESS:

[office@congregationhabonim.org](mailto:office@congregationhabonim.org)

To **SPONSOR AN ONEG SHABBAT** call Sandra Levy at (905) 780-9425

Are you **MOVING, CHANGING** your **ADDRESS OR PHONE NUMBER?**

Call Dianne Erdos-Rush at (416) 630-7921 or e-mail to: [dijer@sympatico.ca](mailto:dijer@sympatico.ca)

**TO BUY A LEAF FOR EITZ CHAIM** for any occasion call Victor Goldman at (416) 483 1277 or email at [vicgoldman@symoatico.ca](mailto:vicgoldman@symoatico.ca)  
 Leaf \$175

**QUESTIONS OR NOTICES RE JAHRZEITEN?**

Call Linda Brager at (416) 488-0282

**JAHRZEITEN SEPTEMBER**

Willy Lobel	Elul 12	September 1
Karoly Feuer	Elul 13	September 2
Ilsa Haim	Elul 16	September 5
Tina Brucker-Taube	Elul 16	September 5
Gerhard Baumann	Elul 16	September 5
Rose Wittekind	Elul 17	September 6
Belle Charkow	Elul 17	September 6
Adolph Hahn	Elul 19	September 8
Myer Grammer	Elul 19	September 8
Leonard Williams	Elul 22	September 11
Donald Sivitz	Elul 22	September 11
Harry Eric Smith	Elul 23	September 12
Joseph Hymson	Elul 25	September 14
Jack Freedman	Elul 26	September 15
Irving Marcus	Elul 27	September 16
Clara Lupescu	Elul 28	September 17
Esther Bain	Elul 28	September 17
Joyce Kuttner	Elul 28	September 17
Peter Barsony	Elul 29	September 18
Louis Mendell	Elul 29	September 18
Klara Neufeld	Tishrei 1	September 19
Rosa Kahn	Tishrei 1	September 19
Leo Neufeld	Tishrei 1	September 19
Flora Stern	Tishrei 5	September 23

Henia Shuster	Tishrei 5	September 23
Irene Beldegruen Kohn		
	Tishrei 6	September 24
Julius Koblitz	Tishrei 6	September 24
Ruth Kumer	Tishrei 6	September 24
Lazar Levy	Tishrei 7	September 25
Mary Medline	Tishrei 9	September 27
Amelia Rose	Tishrei 9	September 27
Yocheved Mendelovich		
	Tishrei 9	September 27
Clara Kahn	Tishrei 9	September 27
Henry Weingluck	Tishrei 9	September 27
Abraham Kahn	Tishrei 10	September 28
Carl Kimerling	Tishrei 10	September 28
Esther Finestone	Tishrei 10	September 28
Amalia Braun	Tishrei 10	September 28
Solomon & Bertha Steuerman		
	Tishrei 10	September 28
Emil Karp	Tishrei 10	September 28
Dr. Gertrude Freund	Tishrei 10	September 28
Morrie Cohen	Tishrei 11	September 29

**In mourning:**

Ben Mendell, Sylvia Van Der Hout, Bella Tiefenbach, Celia Fischer, Eve Baxter, Arnold Jussem, Kaethe Ritter, Aron Kravchik, Kate Freeman, Dr. Ladislaus Vogel, Hillary Firestone, Lorretta Grammer, Edgar Wittekind, Paul Firestone, Nina Zlotkin, Rita Lichtblau

Information and contributions to THE BULLETIN?  
call Erika Erdos at 416-787-0527  
e-mail eerdos@sympatico.ca

Deadline for contributions to the next Bulletin:  
*Wednesday, September 30, 2009*

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