

THE SHOFAR

TEMPLE BETH EL OF ONEONTA'S MONTHLY BULLETIN



PRESIDENT'S MESSAGE

As I write this, today is the first full day of fall. You can clearly see it, the leaves are changing color, and it's getting dark much earlier than it was just several weeks ago. In fact, the days have as much dark as they do light. I would say that pretty soon there would be frost on the pumpkins, but it doesn't seem to get as cold as it used to and pumpkins haven't been growing well the last few years.



This morning, I visited the Sunday morning Hebrew school. It was good to meet the parents and talk to them. It is very much appreciated that they have enrolled their children and that they were all punctual. We discussed some changes in curriculum format and our goals not just for the coming year but for the future years. My personal goal would be for each child to be able to read from the prayer books, at least phonetically. Possibly some of them will be able to translate some of the words or have learned them by memorization compared to the transliterations on the opposite pages. It would be very fulfilling to see them leading services on the Friday night of their B'nai Mitzvot. It would be especially wonderful to see them read from the Torah scroll on Shabbat morning.

Some people said to me that it would be too much to ask the children to demonstrate facility with reading from the prayer books and especially from reading from the Torah scroll. When my older daughter turned 12, I went to the rabbi of our small congregation which was primarily in a resort and



We commemorate October 7th on the 1st Anniversary - Yizkor Service

On Monday, October 7, 2024, at 7:00 pm, the Temple Beth El community will gather to mourn those who were murdered, to pray for those who are missing, and to stand with Israel and the soldiers of the Israel Defense Forces. Our Yizkor ("memorial") service will include candle lighting, prayers, poetry, singing "Hatikvah," and live music performances. Please join us as we remember those we lost and honor those who continue to defend Israel.

This event is only open to temple members and their spouses, and to other Jewish members of the community by personal invitation of the Board.

For more information, contact Ken Sider: ksider@hotmail.com

HIGH HOLY DAY SCHEDULE 5785

Erev Rosh Hashana

Wednesday Oct. 2nd
Evening service 7:00 pm



Rosh Hashanah Day 1

Thursday October 3rd 10:00 am
Morning Service | Torah Service | Shofar Service

Rosh Hashanah Day 2

Friday Oct. 4th 1:00 pm
Tashlikh at Lower Wilber Park, Spruce St entrance

October 7 Anniversary

Monday Oct. 7th
TBE MEMBERS ONLY EVENT

Erev Yom Kippur

Friday Oct. 11 th 7:00 pm (Please be prompt!)
Kol Nidre

Yom Kippur

Shabbat Oct. 12 th 10:00am
Morning service | Torah service | Yizkor Service
Torah Study with Cantor Green: "The Struggle of Self Reflection"
Forgiveness Workshop guided by Dr. Jim Bercovitz and Alice Lichtenstein 4:30pm
Neilah 6:00pm
Tekia Gedolah – (Shofar blast)
Break-the-fast*

Sukkot

Friday October 18th – 5:30pm
potluck dinner, preceded by candle lighting and blessings in the Sukkah.*



retirement area. Just like Beth El now, a very large proportion of the congregation was over 60. The Hebrew school was nonexistent. I asked him who would prepare her for her Bat Mitzvah. He told me I would. I hadn't studied Hebrew since my Bar Mitzvah 36 years earlier. He said to stay a lesson ahead of her. It was a very painful year. I had a long struggle with her every night, her fighting not to work and me fighting to get her to study. Every night we went through this display of ½ hour of fighting and ½ hour of studying. We were both pretty miserable. But then a miracle occurred. She led the Friday evening services the night before, wonderfully. On Saturday morning, in front of her family, all 40 other children in her grade at school, and all her teachers and the school's headmaster, she read from the Torah singing the trope beautifully. When services ended, we stepped outside and I quietly whispered to her, "It was worth it, wasn't it?" She nodded and very quietly said yes.

Having learned to read Hebrew was not just a requirement to be a Bat Mitzvah but also gave her a feeling of pride of accomplishment and in her Jewishness.

We are very lucky to have such fine dedicated teachers as Faye, Eileen, and Roger. The rest of the congregation and the parents do not have to go through the process of having to learn or relearn Hebrew. Our goal of having prayer book reading competency and the self-satisfaction it will give our children, is the reason that the teachers, the administrator, the board and I will work very hard to help them learn Hebrew.

Richard Sternberg



BREAK-THE-FAST RESERVATIONS ARE REQUIRED

MEMBERS should have received the break-the-fast reservation form with their High Holy Day tickets
NON-MEMBERS and new members should contact Steven Feuer at (607) 434-2538 for tickets and break-the-fast reservation form.

*All food brought to the temple should be dairy or pareve (no meat or poultry; kosher fish only).
Please look at ingredient labels.

CHERISH YOUR RELATIONSHIPS AND EACH INDIVIDUAL

CANTOR GREEN

During these Days of Awe, we try to spend time with our friends and family to talk, pray, reflect, laugh and of course, share holiday meals together.

I would like to share with you a relationship that I cherished for 20 years. Not only did I cherish this person, but also my son Michael and my wife Lori did as well. This relationship was with a person named Kelly.

Over the years, every time we were in San Diego, we had lunch or dinner with Kelly. She was always happy, cheerful and eager to hear about our lives and how we were doing. We listened to Kelly's stories and journeys in her life's experiences as well.

Kelly was homeless and lived right in front of the Memorial for sailors who lost their lives on destroyers during World War II. She was always cheerful and chose to concentrate on the positive experiences in her life. She relished telling us about her father who was a captain on one of the World War II destroyers. We were always uplifted by her expressions of positive living.

We have lost touch with Kelly in recent years, but we learned so much from our relationship with her. It is not just appreciating what we have or the importance of tzedakah. The most important lesson I learned from Kelly was that of relationships, the importance of the individual and how each person impacts our lives. It is also a lesson of choosing our friendships and relationships wisely and who has meaning in our own lives.

Rabbi Karen Kedar reminds us of the importance of relationships in the following writing:

God Whispers
It is most important
That the company you keep
Reflect the life you wish to live.
Choose your companions wisely,
Seek your teachers well,
Consider carefully the ones who engage
In serious conversation.

Kelly encompassed all these virtues. She always, in her own gentle way, encouraged our family to look at our relationships in our lives, and hopefully make the best of those relationships. She also reminded us of the Jewish value of the importance of every individual. Kelly brought her own special gifts to relationships and impacting positively in people's lives.

As Martin Buber stated: "Every person should know and consider the fact that you, in the particular way that you are made, are unique in the world, and no one like you has ever been. For if someone like you had already been, there would be no reason for you to be in this world.

The importance of the individual and the role of relationships is such a powerful message for this time of year and the challenges we are currently facing in our own personal lives and the troubled world in which we live today.



HEBREW SCHOOL

LOIS CHERNIN

The Sunday School term has begun. We'd love to have your children join our classes, kindergarten to 5th grade. Each of the 3 classes will be starting Hebrew reading at an appropriate level, along with holidays, traditions, history and ethics. The school meets on Sundays from 9:30 to noon.

For information or with any questions please call Lois Chernin, Hebrew School administrator at (607) 988-7460 after 10:30 am.

Lois Chernin, School Administrator (607) 988-7470

Teachers: Eileen Pollack, Faye Munson, Roger Chauveron

HEBREW SCHOOL DATES FOR THIS YEAR ARE:

October 6, 20, and 27	February 2, 9, and 23
November 3, 17, and 24	March 2, 9, 16, 23, and 30
December 8 and 15	April 6, 13, and 27
January 5, 12, and 26	May 4, and 18

MEN'S CLUB AND SISTERHOOD JOINT MEETING

On Sunday October 20th at 10am, Bernadette Winters Bell will offer a personal presentation of the Solidarity Mission to Israel she attended with Cantor Green this past summer. Meet the many Israelis who shared their stories of upheaval, fear, kindness, love and community since the 10/7/23 terrorist attacks. Learn how you can offer needed and fruitful support.

The Men's Club and Sisterhood are hosting this special remembrance of a life-changing experience.

The cost for breakfast is \$10 per person.



ADULT HEBREW CONVERSATION CLASS

OHAD SHEM TOV

Planning a trip to Israel? Or maybe just dreaming about it? Wouldn't it be wonderful to say more than just 'Shalom'? To help bring your dreams closer, Temple Beth El is offering a 'Conversational Hebrew' class, taught by our Jerusalem born and raised member, Ohad Shem-Tov. The class will be held in the library on the same dates as the Hebrew School, from 10am to 11:30am.

Come and learn modern Hebrew from a native Israeli and enrich your connection to the language and culture.

WHEN YOU SEND MAIL TO TEMPLE BETH EL

Please address all mail to Temple Beth El to our post office box (PO Box 383, Oneonta, NY 13820) and not to the physical building.

And please direct your mail to the "Attention of" the Treasurer, President, or other Officer or Committee Chair, on the envelope. Thank you.

ONEGS

If you would like to sponsor an Oneg to celebrate a simcha or in honor or in memory of someone, please CALL or TEXT Faye Munson at (607) 434- 3911.

PLEASE DO NOT SEND EMAILS.

LOVINGKINDNESS: CHESD AND LOVINGKINDNESS

BERNADETTE WINTERS BELL

Many years ago, I offered to provide calls, cards, etc. to our Temple members who have had a Simcha or Tzuris, a joy or sorrow. It was shared with me that those actions are the Jewish values of Chesed, so the Chesed committee was created.

My research showed me that "Chesed" is a Hebrew word that means 'kindness or love between people' Chesed is never merely an abstract feeling of goodwill, but always entails practical action on behalf of another", describes author and biblical scholar Dr Will Kynes.

Rabbi Simon the Just taught: 'The world exists through three things: the [Torah] Law, Service [Temple sacrifice, later replaced by prayer], and acts of loving kindness [Chesed.]' (Pirkei Avot 1:2).

A statement by Rabbi Simlai in the Talmud claims that 'The Torah begins with chesed and ends with chesed.'

During this time frame, I was also learning and teaching the concept of Lovingkindness.

Loving-kindness is a noun that means tender and benevolent affection. Lovingkindness is an interesting word in the English language. Built out of two other words, it combines the definitions of both and then some. It means tenderness and consideration towards others. Those are the key words capturing the essence of lovingkindness; it is always towards others. This is an outward expression, not one of self-seeking motivation. Lovingkindness is not charitable acts...it is showing respect for our fellow humans during times to honor and/or support them.

Chesed Love goes Above and Beyond. A tangible display of the chesed love, which goes above and beyond, is an organization in New York City that provides home-cooked kosher meals to hospital patients and their families. They do so free of charge, regardless of background or affiliation (no application has ever been required.)

Satmar Bikur Cholim began in the 1950s with a small community of Holocaust survivors in the USA who recognized the value of supporting other survivors. They wanted to help fellow survivors sustain the Jewish tradition they had before the war. And they would travel all around NYC to do just that.



They strive to maintain the same ambition as in their founding days to help whoever needs it. Preparing and delivering home cooked meals to others in the community extends beyond a simple act of kindness. You could even say it's... lovingkindness.

In my personal and professional life, these two concepts began to be seamlessly woven together as traditional/modern concepts that have a substantial, significant and timeless value.

It truly felt that Chesed was a Hebrew word for Lovingkindness.

And so the Chesed committee evolved into the Lovingkindness Committee.

When you share with me the a simcha/joy, or tzuris/sorrow of a Temple member, you are providing an opportunity for this Committee to offer Lovingkindness/Chesed.... a true Jewish value and belief.

BERNADETTE WINTERS BELL, LMSW PLLC
(607) 376-6732 | b15lola@aol.com



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Please consider making additional donations to support Israel. From United Synagogue of Conservative Judaism:

- [Jewish Funders Network](#)
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- [Jewish Federation of North America](#)



GOOD NEWS ISRAEL

Please recommend www.verygoodnewsisrael.blogspot.com to any individuals who you think need to know about the good work that Israel does.

YARZHEITS

JSept. 27 – Oct. 3 (24 Elul – 1 Tishrei)

Herbert Rapp
 Fima (Haim) Rom
 Mary (Manya) Weinberg

Oct. 11-17 (9-15 Tishrei)

Andrew Paisley Winters Bell

Oct. 25- Oct. 31 (23 Tishrei – 29 Tishrei)

George Gideon Betts

Oct. 4-10 (2-8 Tishrei)

Sylvia Chernin
 Samuel (Shlomo) Weinberg
 Sid Levine

Oct. 18-24 (16-22 Tishrei)

Regina Betts
 Marion Rapp
 Frank Klein

May their names always be remembered as a blessing

IN CASE OF EMERGENCY

In the event of a rabbinic emergency, or in the case of an urgent need, please contact Temple Beth El's President, Phyllis Sherman, at 607-376-7411 or tbeoneonta@gmail.com. In the event of a death, please contact Steven Feuer at 607-434-2538.

TORAH PARASHAS IN OCTOBER

9Oct. 5 – Ha'Azinu/Shabbat Shuva (Deut. 32:1-32:52) "Ha'Azinu" means "Listen!" Moses sings to the people before he dies, speaking of their past, present, and what might be their future if they do not obey G-d. (Check out "Moses' Last Song, funkified, on Youtube, Bim Bam"- parashat haazinu - Google Search.)

Oct. 12 – Yom Kippur (Leviticus 16:1-16:34) G-d tells Moses to take two goats to Aaron, the high priest, to cast lots on them – one goat for Azazel, the other for G-d. One is to be sent to die over a cliff and the other sacrificed to G-d to atone for the sins of all the people. ("Azazel" is not defined; perhaps a fallen angel, a place, or just "wilderness".)

Oct. 19 – Sukkot (Exodus 33:12-34:36) Moses ask G-d to lead them to the land as promised and asks to see G-d's face. G-d says Moses may not see His face, but will pass before Moses and Moses can see His back. G-d gives Moses the tablets with the Asseret HaDibrot, the 10 sayings. Moses' face is "radiant" because he had spoken with G-d. (There is a mistranslation in the Latin Vulgate Bible that Moses was 'horned' after he sees G-d.)

Oct. 26 – Bereshit (Genesis 1:1-6:8) "In the Beginning" – we begin the Torah cycle again.

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From Heartache to Healing and Hope



with host
Bernadette Winters Bell, LMSW, PLLC

"I am here holding the hope for you until you can hold it for yourself." -BWB



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THE SHOFAR

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Save the dates:

Wed. Oct. 2	7 pm	Erev Rosh Hashanah services
Thurs. Oct. 3	10 am	Rosh Hashanah services, followed by Tashlikh at Wilber Park Bridge, Spruce St.
Fri. Oct. 4	1 pm	Rosh Hashanah 2 nd day, (Tashlikh only)
Mon. Oct. 7	7 pm	Program to mourn the October 7 victims. Members only. See page 4.
Fri. Oct. 11	7 pm	Erev Yom Kippur – Kol Nidre PLEASE BE PROMPT
Sat. Oct. 12	10 am	Yom Kippur Service
	6 pm	Neilah
Fri. Oct. 18	5:30 pm	Sukkot pot-luck. See page 2
Sun. Oct. 20	10 am	Joint Men's Club/Sisterhood Breakfast \$10 per person Bernadette Winters Bell will speak about her mission trip to Israel. See page 5.

Shabbat times:

Fri. October 4	Light Shabbat candles at 6:22 pm
Fri. October 11	Light Shabbat candles at 6:10 pm
Fri. October 18	Light Shabbat candles at 5:59 pm
Fri. October 25	Light Shabbat candles at 5:48 pm

Hebrew School & Adult Hebrew: October 6, 20, 27
(No School on Columbus Day Weekend- 10/13.)

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