

# BETH OHR NEWSLETTER

Vol. 66 Issue 9  
tionbethohr@gmail.com

September 2019

Elul/Tishri

congrega-

Synagogue

## Six Ways to Prepare for the High Holidays



As summer winds down and the back-to-school season approaches, so, too, do the High Holidays of Rosh HaShanah and Yom Kippur, which mark the beginning of the Jewish New Year. Our tradition provides us with several reminders of the upcoming Days of Awe (*Yamim Noraim* in Hebrew), as well as ways we can prepare during Elul, the Hebrew month that precedes them.

### 1. Make time for spiritual self-reflection and study.

Elul traditionally is a time to engage in spiritual self-reflection and evaluation. As we face our transgressions and strive to be better people in the coming year, it's equally important to focus on self-care and our own spiritual nourishment. The Hebrew letters that comprise the word Elul – *aleph, lamed, vav, lamed* – are an acronym for “*Ani l’dodi v’dodi li*,” a verse from Song of Songs that means “I am my beloved’s and my beloved is mine.” Most often interpreted as love poetry between two people, the phrase also reflects the love between God and the Jewish people, especially at this season, as we assess our actions and behaviors during the past year and hope for blessings in the coming year.

Elul is also traditionally a time for study. Beginning in the 16th century, Jews began to prepare for the High Holidays by studying a midrashic text, *Maaseh Avraham Avinu* (The Tale of Abraham our Patriarch). Exploring the early life of Abraham, this midrash (interpretation of a biblical narrative or story) reflects on the themes of Rosh HaShanah and Yom Kippur. *A Faithful Heart* by Rabbi Benjamin Levy offers a translation and commentary on this text that takes readers on a journey of spiritual preparation. *This Is Real and You Are Completely Unprepared: The Days of Awe as a Journey of Transformation*, a book by Alan Lew, and *Jewels of Elul*, a daily email that contains brief stories and anecdotes from a variety of sources, are other selections that may offer inspiration at this season.

### 2. Involve children in holiday preparations.

The Days of Awe can be made more meaningful for the children in our lives if we take time to involve them in holiday preparations. For example, polishing silver, setting the table, and helping prepare special holiday foods all are great ways to engage children in preparing for the

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## SCHEDULE OF SERVICES

All Friday evening services begin at 7:30 p.m. unless otherwise stated, Saturday morning Shabbat services begin at 9:30 a.m., Sunday morning minyan begins at 9:00 a.m.

### Schedule of Services and Events

Thurs. Sept. 5	Heschel Philosophy Class	9:30AM
Fri. Sept. 6	Friday Evening Service	7:30PM
Sat. Sept. 7	Shabbat Morning Service	9:30AM
Sun. Sept. 8	Sunday Morning Service, Shofar Lesson & Men's Club Breakfast Men's Club Photo Sunday (Wear Men's Club Shirt)	9:00AM
Thurs. Sept. 12	Heschel Philosophy Class	9:30AM
Fri. Sept. 13	Friday Evening Service	7:30PM
Sat. Sept. 14	Shabbat Morning Service	9:30AM
Sun. Sept. 15	Sunday Morning Service Shofar Lesson & Men's Club Breakfast Sisterhood Meeting and Crafts Program High Holiday Ticket Sales	9:00AM 10:00AM 10:30AM
Fri. Sept. 20	Friday Evening Service	7:30PM
Sat. Sept. 21	Saturday Morning Service Selichot At Temple Beth Ahm of Aberdeen	9:30AM 8:30PM
Sun. Sept. 22	Sunday Morning Service Shofar Lesson & Men's Club Breakfast	9:00AM
Thur. Sept. 26	Temple Executive Board Temple Board of Directors	7:30PM 8:00PM
Fri. Sept. 27	Friday Evening Service	7:30PM
Sat. Sept. 28	Saturday Morning Service	9:30AM
Sun. Sept. 29	Sunday Morning Service Shofar Lesson & Men's Club Breakfast Erev Rosh Hashanah Mincha Ma'ariv	9:00AM 6:20PM 6:30PM
Mon. Sept. 30	Rosh Hashanah First Day Tashlich Mincha Ma'ariv	9:00AM 6:30PM 7:00PM 7:20PM

*WISHING EVERYONE L'SHANAH TOVA*



## Rabbi's Message

### Babi Yar - 10 Av 5779

This message was offered by Rabbi Mishkin on Tisha B'Av at the Marlboro Jewish Center.

One of the things that I have learned from my congregants over the years is that we Jews frequently travel with a particular eye. That is, wherever it is that we journey - be it near or far, we will always pause during those journeys to see communities where Jews are or have been present. We visit synagogues and we visit neighborhoods in search for the existence of Jewish life or the evidence that at one time a Jewish community did exist. That is true of a recent trip that my wife and I made through the Ukraine. Beginning with the city of Odessa and ending with the Ukrainian capital, Kiev we were able to take a glimpse into the life of the relatively sparse Jewish community that presently lives there as well as remember the thriving world of Judaism that once populated the landscape there, particularly before the Second World War.

Two images have stayed with me since our journey that I believe are most appropriate to this day of the Hebrew calendar year - the ninth day of Av - the most somber and saddest day in Jewish history. We all recognize that Tisha B'Av represents not only our remembrance of the destruction of the two sacred temples in Jerusalem - the first in 586 BCE and the second in 70 CE - but also other times which will live in infamy that happened on that day. In other words the ninth day of Av serves as a continual reminder that we Jews have suffered at the hands of others over the centuries and yet we have consistently demonstrated our resilience and our collective strength in facing and recovering from those devastating tragedies.

The visit to Kiev, Ukraine's thriving capital was the highlight of our journey. It demonstrated the strength of the Ukrainian people at their very best - it is a beautiful and graceful city, dotted with lovely parks, neighborhoods and sophisticated European eateries. However one sparkling afternoon we went to a place called Babi Yar, in English, the old women's ravine. Today, it remains a densely wooded ravine, but in the bright sunshine, its dark message fades. There we remembered the storied history of the Jewish people of Eastern Europe - where over 160,000 Jews resided in this metropolis. In 1941 Jews constituted about twenty percent of the city's population.

In 1941 German forces occupied Kiev and approximately 100,000 Jews fled in advance of the occupation. On September 19, 1941 the German forces entered Kiev and along with the rest of the Ukraine the city was incorporated into the Reichskommissariat Ukraine, headed by East Prussian Nazi district leader, Erich Koch. During the first days

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of the occupation two major explosions, apparently set off by Soviet military engineers, destroyed the German headquarters in the city center. The Germans then used the sabotage as a pretext to murder the entire remaining populations of the Jews of Kiev. At that time there were about 60,000 Jews in the city, most of them women, children and the elderly. On September 29-30, 1941 the SS and German police units murdered the Jewish population of Kiev at Babi Yar, just northwest of the city. That Sunday we visited that site, the site of one of the largest mass murders to take place during the Second World War. The remaining Jews of Kiev were murdered in small groups surrounding the massive ravine and according to reports 33,731 Jews were massacred in two days. In the months to follow German authorities killed thousands more Jews at Babi Yar, as well as non-Jews, Gypsies, Communists and Soviet prisoners of war. In all it is estimated that 100,000 people were murdered at Babi Yar.

That is one image I will not forget from our journey. The other image happened in Odessa during the first days of our trip. The days in Odessa were marked by the scorching heat that plagued most of Europe last week and we walked through the streets under the blistering sun. We stopped along the way at a beautiful, well-used synagogue. We happened to arrive at the same time that the rabbi of the shul was walking into the place. He was young, vibrant and most enthusiastic to welcome us. The synagogue was bright and in pristine condition and thankfully air-conditioned. We walked among the pews peering at siddurim and chumashim and immediately recognized that Jewish life continues even in a part of the world where it had once been decimated. That is the image I wish to take away from our journey - that once again we Jews have suffered at the hands of others who wished to do us harm, and that we continue to grieve for the innocent souls who perished, but we also take comfort in the knowledge that we continue to exist, to thrive and to live. That ultimately is the message of the 9th Day of Av. Through it all, we Jews shall prevail.

## President's Message



Hello, Congregation Beth Ohr members and followers. The summer won't be officially over for another few weeks but Labor Day usually gets us thinking of the Fall and cooler weather, etc. The snowbirds begin to prepare for their annual trek to Florida whether for the entire winter or parts of it. Personally, I don't look forward to the colder weather coming before we know it.

I have told you about the a button in the sanctuary that we have that will allow us to be able to keep the front door of the synagogue locked during services. The button has been installed but we need to have a little more work done by the alarm company so we can use the system efficiently.

The Security committee is working on the procedures for the ushers to employ to assure that this security feature operates without too much inconvenience when you attend services. I know I have been talking about this for a few months but we need to make sure that we have the correct and complete procedures in place when we start using the process. We will continue to look at different security features that we can apply to our synagogue in a cost effective manner and that meets our needs. Rest assured that during the High Holidays and major events we will continue to have additional security measures so you can feel comfortable when you are in the building. Obviously, we are preparing for the High Holidays that will be here before we know it.

Before you come for Services there is a lot of preparation that needs to be done so that everything appears seamless. Here are some of the tasks that need to be done - Chairs setup, Siddur to Makzor changeover, Tallit cleaning, change of ark and bema covers, Silver polishing, ticket sales, sermons, service order and preparation, etc. I know I missed some things in this list. The bottom line is that it takes the community to get everything done. We need your help to do some of these things. Give us an hour or so to help us have the type of services and environment to which we have become accustomed. Please let Chuck Rogol, the Rabbi or me know if you can help in any of these tasks. I will look forward to seeing all of you and meeting members of the Temple that I don't know at services.

If you have any concerns or suggestions, please do not hesitate to contact me. There is one caveat to this, though. I would prefer not to discuss Temple business on Shabbos and would appreciate if you would respect this request. Have a great month and I will look forward to seeing you in the near future.

- Stan Perlman



Downloaded from [www.sisterhood.org](http://www.sisterhood.org)

## **NEWS FROM SISTERHOOD**

Dear Sisterhood Friends,

The summer may be drawing to a close, but we have a great year to look forward to. Our first meeting of the year will be Sunday, September 15, at 10 AM. We are having a Crafts Program. This is a great opportunity to do community service for babies and Israeli soldiers as we knit/crochet baby caps and scarves. Or just try your hand, literally, to make a quick take-home necklace scarf. Please bring extra needles, hooks, yarn if you have it. No experience? No worries! We'll have some great teachers and directions. If you've never knit or crocheted, why not now? Dues are only \$36 for temple members and \$45 for non-temple members. You can use the form below or bring your check to the September meeting. Bring a new friend to our Crafts Program and both you and your friend will be entered in a prize raffle drawing. Take care and have a meaningful New Year.

Ashna Pincus 732-254-8622, Edna Yourman 732-387-8815 Sisterhood Membership Co-VPs  
Please call us if you have any questions!

Temple Members - Dues: \$36, Non-Temple Members \$45. Checks are payable to:  
Sisterhood Congregation Beth Ohr  
Mail To: Estee Spiegel, 9 North Street, Old Bridge, NJ 08857

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

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

**PLEASE NOTE;**  
DONOR CREDIT OF \$5 WILL BE AWARDED TO MEMBERS WHO PAY  
THEIR DUES ON OR BEFORE WEDNESDAY, NOVEMBER 6, 2019.  
MEMBERS WHO HAVE NOT REJOINED SISTERHOOD BY  
DECEMBER 31, 2019 FORFEIT ALL PREVIOUSLY ACCUMULATED DONOR  
CREDIT.

DAYTIMERS NEWS

THURSDAY, SEPTEMBER 12: *THREE IDENTICAL STRANGERS*

Please join the Daytimers at Beth Ohr at 2:00 PM for a screening of the documentary

***Three Identical Strangers.***



*Three Identical Strangers* tells the astonishing true story of three men who make the chance discovery, at the age of 19, that they are identical triplets, separated at birth and adopted by different parents. The trio's joyous reunion in 1980 catapults them to fame, but it also sets in motion a chain of events that unearths an extraordinary and disturbing secret that goes far beyond their own lives – a secret that goes to the very heart of all human behavior.

The screening will be followed by a Daytimers ice cream social. Please RSVP to Linda (609-642-8182) or Ira (732-679-2652) by Sunday, September 8.



## **SUPPORT ISRAEL AND SISTERHOOD**

**SISTERHOOD WILL BE SELLING ISRAELI OLIVE OIL AND HONEY FOR THE HOLIDAYS. OLIVE OIL \$16.00 (\$4.00 Donor Credit) HONEY \$8.00 (\$2.00 Donor Credit.)**

**Please note there is a limited supply. Call Liz Aroyo 732-257-6010 or Ilene Gray 732-390-5017 to request. Will be sold at upcoming Sisterhood meetings.**





## Gold Cards - Paula Yourman

I will be very happy to be your Hallmark lady. You can always send your personal cards through Sisterhood by emailing me with the information @ [bubbe513@gmail.com](mailto:bubbe513@gmail.com), or call me at 609-409-0346. We have cards for speedy recovery, good wishes and remembrance. Each card is \$1.50 which includes the stamp. Some of you believe that cards can only be sent to temple members, this is not true, I will send to anyone.

Also when responding to messages that I send out, I would appreciate it very much if you would respond to me and not to ALL.

If you want a message to go out, please let me know as I will not send anything out that comes to me second-hand; it needs to come directly from you.

## SCRIP

**Sisterhood** sells **Shoprite**, **Stop 'n' Shop**, and **Acme** Supermarket Gift Cards. This ongoing fundraiser helps support **Oneg Shabbat** and other activities of our congregation. (Sisterhood members receive donor credit equal to 5% of their scrip purchase.)

Your contacts are the following people for purchasing scrip and/or information:

Monica Atzbi 732-390-5890

Sharen Silverman 732-266-2389

Marcia Trechak 609-655-9507 (summer months)

Phyllis Greenberg --Temple Office 732-257-1523

**When ordering from Phyllis at the temple office, please try to call in your order at least one day earlier and pick up your order during the following hours: 10 am-12 noon or 1:30PM to 3:00PM**

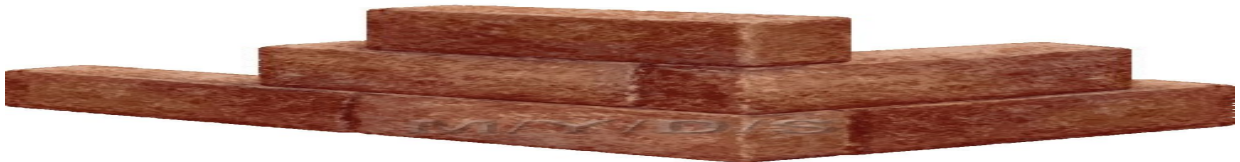


*SCRIP IS  
FUNDRAISING  
WHILE YOU*



## Sisterhood Bricks

Bricks are available @ \$6.00 to send to anyone to commemorate a death, birth, in honor of, or good wishes. Call Ronnie at 732-254-1135 or send info to [emrmcats@aol.com](mailto:emrmcats@aol.com)



A-K

Date: 08/12/19

Name	Amount	Carry Over	Name	Amount	Carry Over	
Appel	Wilma	\$22.00	Finkelstein	Meryl	\$ 10.00 0.5	
Aroyo	Elizabeth	\$ 125.25	3.0	Fox	Helene	
Atzbi	Monica	\$ 135.00	31.5			
			Garfinkel	Linda	\$ 55.00 5.5	
Benish	Linda		6.5	Gasior	Ellen	
Bernstein	Roberta	\$ 5.00	7.0	Gilbarg	Marilyn	\$ 12.00
Birnbaum	Eileen		0.5	Golden	Elizabeth	12.0
Boshak	Rochelle			Goldenberg	Susan	1.5
Branfman	Ann	\$ 40.00	3.0	Goldstein	Rosalyn	
				Greenstein	Barbara	
Cadel	Cheryl			Grynberg	Helene	\$ 10.00 11.0
Cannata	Susan					
Clark	Lisa			Hillman	Pearl	4.5
Cohen	Harriet	\$ 40.00		Honig	Alice	
Cohen	Lana			Honig	Eloise	
				Hyman	Lee	\$ 3.00 3.0
Donenfeld	Lee	\$ 22.00				
				Kagan	Sylvia	\$ 12.00
Edwards	Sue	\$ 10.00	0.5	Kamenitz	Marilyn	\$ 12.00
				Karlstein	Marilyn	2.5
Fachler	Roberta	\$ 38.00	3.0	Karpel	Roberta	\$ 20.00 5.5
Falkowitz	Marion	\$ 12.00		Kaufman	Maxine	7.5
Feder	Barbara		0.5	Klein	Caroline	
Feld	Harriet	\$ 12.00	0.5	Krieger	Karen	

L-Z Liz Aroyo

Date: 8/10/2019

			Carry	
Name		Amount	Over	
Lazarowitz	Andrea	\$62.00	2.0	
Levenstein	Glenda			
Mason	Lisa			
Mendlowitz	Ronnie		11.0	
Nadler	Elinor			
Perlman	Ryselle	\$12.00		
Pincus	Ashna	\$10.00	0.5	
Polovsky	Terrie		2.5	
Rabinowitz	Harriet	\$78.00	22.5	
Reinstein	Sheila			
Rogol	Lysa		0.5	
Rosenzweig	Ronnie	\$10.00		
Gray	Ilene	\$47.50	4.5	

			Carry	
Name		Amount	Over	
Schlussfeld	Mindy			
Schneider	Barbara		6.5	
Schottlander	Hilde		2.5	
Shafran	Dorothy	\$20.00	1.0	
Silberstein	Joyce	\$15.00	2.0	
Silver	Arlene		1.5	
Silverman	Sharen	\$85.00	2.0	
Simon	Mala	\$6.00	2.5	
Simon	Marjorie	\$11.00	1.0	
Skupp	Linda	\$92.00	12.0	
Spiegel	Estee	\$70.00	5.0	
Trechak	Marcia	\$100.00	14.5	
Ulman	Sara			
Ulmann	Irene			
Ward	Phyllis			
Weintraub	Deborah			
Weiss	Harriet	\$42.00	2.0	
Wittlin	Renee			
Yourman	Edna	\$32.00	1.0	
Yourman	Paula	\$40.00	1.5	
Zussman	Virginia			

Dear Congregant,

As you know, our congregation runs a large deficit each year and your Board is constantly looking for ways to cut costs wherever possible. One such expense has been identified.

In the last fiscal year, we spent over \$1,400 in credit card fees. These fees were incurred for the convenience of some of our members who use credit cards to pay for services received from our synagogue such as dues, high holiday tickets, etc.

We had two options to eliminate or reduce the fees. The first was to eliminate the use of credit cards and the second is to pass these convenience fees back to the members who take advantage of this opportunity.

Effective September 1, 2019 we will begin charging a 3.5% convenience fee whenever a credit card is used. The fee will be added onto the amount being charged at the time the charge is incurred.

We thank you for your understanding.

Sincerely,

Roberta Karpel, Treasurer

Phil Rabinowitz, Financial Secretary

## Reminders from the Financial Secretary

During the month of July, bills were mailed out to any members with outstanding balances. Please remit payment as soon as you receive your bill. **ALL** financial obligations **MUST BE CURRENT** to purchase High Holiday seats.

High Holiday Seat registration forms have been mailed ASAP..

In addition, High Holiday seats will be sold at the synagogue on Sunday September 15<sup>th</sup>, from 10:30 am to 12:00 pm.

Our Constitution and By-Laws state that to qualify for the senior-citizen dues discount, you must be over 65 and retired. Contact the Financial Secretary if you fall into this category.

While we hope that all of our members will remain part of the Beth Ohr Family forever, we recognize that job changes, retirement to Florida, etc. make it necessary for some families to leave the synagogue. Our Constitution and By-Laws obligate our members to be FINANCIALLY responsible until the Financial Secretary is notified in writing that a member is resigning.

Thank you for your continued support of Beth Ohr.

If you have any questions, please call:  
Philip Rabinowitz  
Financial Secretary  
732-501-4799



## **Thank you.**

**Allen Skupp** thanks the Men's Club for the tefilin he received as outgoing president of the congregation.

**Phyllis Greenberg** thanks Ira & Lee Donenfeld, Liz Aroyo, Paula Yourman, Meryl Finkelstein, Ann Branfman and Edna Yourman for helping in the office during the month of August.

**Sylvia Kagan** would like to thank the following people: for visiting with her while at Summerhill for rehabilitation: Lee and Ira Donenfeld, Meryl Finkelstein, Phil Rabinowitz, Harriet Feld, Joe Shafran, Paula Yourman, Lee Hyman, and Ashna Pincus.

**Sylvia** would also like to thank all the people who sent cards and gold cards. It was very much appreciated.

## **Mazel Tov**

**Harriet Cohen** proudly announces the engagement of her grandson Jeremy Cohen to Hollis Schwanz. Parents are Julianne and the late Mark Cohen. Harriet is also proud to announce the marriage of her granddaughter Marissa Cohen to Etan Tammam on 8/25. Marissa's parents are Sharon & Neal Cohen

**Dara and Ken Deitz** on the birth of their new granddaughter, and to Jackie and Adam Brooks on the birth of their new daughter, Sadie Blair Brooks. Sadie was born on June 20th, 2019.

**Jack and Rochelle Boshak** are proud to announce the Bar Mitzvah of their grandson Felix Ian on September 14, 2019. Parents are Toby and Paul"

**Fern & Anthony Calascibetta** proudly announce the birth of their granddaughter Mila Blake Curci, daughter of Geri & Brian Curci on August 3, 2019.

**Alice & David Honig** proudly announce the marriage of their daughter Amanda Musante to Jared Yasovsky on August 24, 2019.

Ellie & Bob **Honig** proudly announce the marriage of their grandson Joshua Lamb to Natalie Purpuro on August 31, 2019.

**Michelle Silverman**, daughter of **Sharen & Burt Silverman**, graduated from Brookdale Community College with an Associates degree in Biology and is entering Rutgers's University as a pre-veterinary major.

## **Welcome New Members**

Diane & Powell Saks  
Edna & Jay Schiffres

## **Memorial Plaques**

Phyllis Nightingale  
Leonard Nightingale  
Seymour Henry Golden

## Programming Planning In The Works

Although synagogue programming is slowing down for the summer, planning for the fall is already underway!

We plan to continue providing special Shabbat programs throughout the 2019-2020 year and will again be offering varied Adult Education classes and individual sessions. But we also hope to try something new:

All of you who live in the Monroe Township area are in our sights! Rabbi Mishkin is looking forward to teaching classes in Monroe several times throughout the year, starting after the holidays. If you would be interested in opening your home for just one or two Wednesday morning classes, let me know. We can hold sessions in different communities, making learning more accessible to those who live in the area. You can contact me at 609-426-8727 or palinda@aol.com.

Once you get a calendar for the new year you can highlight November 1<sup>st</sup> and 2<sup>nd</sup>. We will be welcoming Rabbi Eric Wisnia, Rabbi Emeritus of Cong. Beth Chaim of Princeton Junction as our Scholar-in-Residence. Anyone who has met Rabbi Wisnia knows we are in for an amazing weekend. Plan to join us. Details in the fall.

Finally, in this newsletter find the flyer describing the FABULOUS trip to Israel that Rabbi Mishkin will be leading next May 3-14. If you are interested in any more information, call Allan Benish at 609-426-8727

Linda Benish



**Join Congregation Beth Ohr  
Exploring Israel Adult Tour  
Led by Rabbi Joel Mishkin  
May 3 – 14, 2020**

**Optional Eilat—Petra extension May 14-17, 2020**

*View and download itinerary and application at [www.israeltour.com/rmishkin](http://www.israeltour.com/rmishkin)*

DISCOUNTED PRICE FOR CHECK PAYMENT	FULL PRICE FOR CREDIT CARD PAYMENT	REDUCTIONS
Land only Package - \$4145 per person in a double room	Land Only Package - \$4311 Per person in a double room	Third in a Room \$300
Land and Air Package - *\$5475 Per person in a double room	Land and Air Package - *\$695 Per person in a double room	
<u>Single Room Supplement - \$1250</u>	Single Room Supplement - \$1299	

Round trip air: EWR – Tel Aviv – Return

Added to the costs above are tips for guide, Driver, Restaurants, and Porterage - \$180

\*Air price is subject to change as are fuel and security surcharges

\*\*\*Tour price is based on 20 participants; price will increase with less participants and be reduced at 25 or more participants

**The Secret is Out: Israel is #trending**

**Join Congregation Beth Ohr's adult Israel trip where you can walk through the tunnels under the Old City, Float in the Dead Sea, become part of the daily life in Jerusalem and Tel Aviv. Visit the Palmach Museum, Historic Neve Tzeddek neighborhood, City of Sand and Sea mosaic fountain, Founders' Monument, New Israeli Innovation Center, Tel Aviv Stock Exchange, Yitzhak Rabin Center, Palmach Museum, Western Negev, Kibbutz Alumim, Briefing on local regional security from Rafi Babian, Salad Trail on Moshav Talmei Yosef, Encounter/ workshop with local sculptor Yaron Bob, Makhtesh Ramon, Traditional Bedouin community, David Ben Gurion's House, Kitchen Queens of Yerucham, Torah Study session at Bamidbar, Discover the archaeological story of the Western Wall , Western Wall Tunnels, Tour of the Archaeology Wing at the Israel Museum, Greet the Sabbath at the Western Wall, pray together as a congregation at the "Masorati Kotel", Meet Lone Soldiers, New sound and light show at the Tower of David, Ruins of Qumran, where the Dead Sea Scrolls, Masada and the Dead Sea, Guided tour of Yad Vashem Campus focusing on Holocaust art, Tasting tour of the bustling Machane Yehuda Market, Hebrew Music Museum, Update on Israeli politics, New Six Day War Heritage Museum on Ammunition Hill, Your senses will be filled with the life, smells, sounds and textures of modern Israel, along with an appreciation of our connections to our Jewish roots and biblical history. Your experience will be a exciting fantastic, fun-filled spiritual adventure! Come join us.**

*For additional information please contact:*

*Rabbi Joel Mishkin by email; [rabbijoelmishkin@gmail.com](mailto:rabbijoelmishkin@gmail.com) or call Rabbi at 732.257.1523*

*Tour arranged by ITC: call Janine at 800.247.7235.- 973.535.2575 or email [janine@israeltour.com](mailto:janine@israeltour.com)*



*One does not travel to Jerusalem, one returns*

*See next page for itinerary*



**Sunday, May 3** – Depart USA Monday,

**May 4 – Going up into the Land •**

Morning arrival in Israel to be met and assisted by your ITC representative (today's program depends on arrival time) •

Walking tour of the historic **Neve Tzeddek** neighborhood, once home to Zionist cultural pioneers Eliezer Ben Yehuda, S.Y. Agnon and Rabbi Kook, which 25 years after its founding gave birth to Tel Aviv – The first Hebrew city in 2,000 years

• **ITC Touch: Discover City of Sand** and Sea, a mosaic fountain created by artist and writer Nachum Gutman portraying scenes from the history of Jaffa and Tel Aviv

Hear about the establishment of Tel Aviv at the Founders' Monument then stroll down Rothschild Boulevard to view the Bauhaus architecture for which central Tel Aviv was declared a UNESCO World Heritage Site •

Visit the new Israeli Innovation Center located in the Tel Aviv Stock Exchange to learn how Israel became the Start Up Nation •

Lunch on own•

Tour the Israeli Museum at the Yitzhak Rabin Center for a critical look at Israeli history and society

1st Timers Option: Multimedia tour of the Palmach Museum to learn about the elite underground organization that played a critical role in founding the State of Israel•

Check-in to the Carlton Hotel on Tel Aviv's Mediterranean Coast

Welcome Dinner at Maganda Restaurant in Tel Aviv's old Yemenite Quarter. • Overnight: Carlton Hotel, Tel Aviv

**Tuesday May 5 – Defense and Pioneering in the Western Negev**

Travel to the western Negev

Visit Kibbutz Alumim to meet with a local kibbutznik and hear first-hand about living on the Gaza border, pioneering in the Negev and kibbutz as a community

Briefing on local regional security from Rafi Babian, security coordinator of the Sdot Negev Regional Council and Kibbutz Alumim member

Lunch at Kibbutz Alumim•

Discover hi-tech agriculture and innovative crops on the Salad Trail on Moshav Talmei Yosef • Encounter/workshop with local sculptor Yaron Bob, who has created works of art out of Kassam rockets that have fallen in the region

Travel to the Negev Highlands•

Check-in to the Ramon Inn in Mitzpe Ramon • Dinner at hotel

Overnight: Ramon Inn, Mitzpe Ramon

**Wednesday, May 6 – Negev Highlands: Primeval Desert Beauty**

Learn about the natural history of the region at the multimedia Makhtesh Ramon Visitors Center dedicated to fallen Israeli astronaut Ilan Ramon

Explore Makhtesh Ramon (Ramon Crater) on foot and by jeep to discover magnificent desert landscapes and a fascinating window into the earth's past

Lunch on own

ITC Touch: Encounter with a traditional Bedouin community in the Negev Highlands for a "non-touristy" Bedouin tourism experience - Hear about how social changes are impacting their community

Dinner at hotel

Overnight: Ramon Inn, Mitzpe Ramon

**Thursday, May 7 – Vision and Development in the Negev**

Walk in the stunning white canyon of Ei Avdat in the Zin Valley in the Zin Valley

Tour of David Ben Gurion's House on Kibbutz **Sde Boker** to learn about his vision for developing the Negev

Travel to the Negev development town of

**Yerucham**

Lunch with the **Kitchen Queens of Yerucham** - a true gastronomic experience •\

Tour of **Yerucham** with a local social activist to hear about its transformation from a downtrodden development town to a dynamic growing community •

**Study session** on the role of the desert in the Torah at **Bamidbar**, a Yerucham based educational and social action center • Travel north to **Jerusalem** \

Check-in to **Leonardo Plaza Hotel in Jerusalem**

Dinner on own • Overnight: Leonardo Plaza Hotel, Jerusalem

**Friday, May 8 – The Old City of Jerusalem: An Ancient Jewish Legacy**

Discover the archaeological story of the **Western Wall** and episodes of Jewish life in Jerusalem 2,000 years ago at **Robinson's Arch** and the **Southern Wall Excavations**, including a recent discovery related to the Chanukah story •

Unique tour of the Western Wall Tunnels, including impressive new discoveries with **Dr. Avi Solomon**, the site's former chief archaeologist (subject to availability)•

Tour of the Archaeology Wing at the **Israel Museum** with an emphasis on Jewish Archaeology, followed by free time to explore additional exhibitions on own

Lunch on own

Free time to relax and prepare for Shabbat

**Friday/Shabbat Evening Options:**

Join hundreds of other Jews from around the world to Greet the Sabbath at the Western Wall. Option to pray together as a congregation at the "Masorati Kotel", where men and women can stand together or attend Friday night services at a local Jerusalem synagogue.

**Festive Shabbat Dinner at hotel – Lone Soldiers invited**, subject to availability. • Overnight: Leonardo Plaza Hotel, Jerusalem Saturday/

**Shabbat, May 9 – And on the Seventh Day....in Jerusalem •**

Shabbat morning services at a local Conservative/Masorati synagogue.

Traditional Shabbat Lunch at hotel

Shabbat Afternoon Options:

**Late afternoon** walking tour to the historic **Montefiore Windmill** to discover the first neighborhood built outside the walls of the Old City and/or Walking tour to the First Temple period Jewish burial site at **Ketef Hinnom** – Where archaeologists discovered the oldest biblical text ever found

**Havdalah** with Rabbi Mishkin • Dinner on own •

**Evening:** Watch the **New sound and light show at the Tower of David •**

Overnight: Leonardo Plaza Hotel, Jerusalem

**Sunday, May 10 – Nature, Rebels and Refugees in the Judean Desert**

**Tour** the ruins of **Qumran**, where the **Dead Sea Scrolls** were discovered and hear about the ascetic Jewish sect that lived there 2,000 years ago

Lunch on own

1st Timers Option – Masada and the Dead Sea: Freedom Fighters or Fanatics?

Set out across the **Judean Desert** and ascend Masada by cable car to tour the ruins of Herod's palace and the last outpost of Jewish independence.

**Discussion: Which Jewish Legacy – Masada or Yavne**

Swim in the **Dead Sea**, the lowest place on earth, at a local resort. The resort also has a fresh water pool and spa facilities. Massage and spa treatments available by prior reservation at own expense. •

Lunch at Dead Sea resort

**Return to Jerusalem •**

Free evening •

Dinner on own

Overnight: Leonardo Plaza Hotel, Jerusalem

**Monday, May 11 – Holocaust, Remembrance and Continuity**

**Guided tour of Yad Vashem Campus focusing on Holocaust art.** This tour will examine both art created to memorialize different aspects of the Holocaust and art produced during the holocaust by its victims, including visits to the **Museum of Holocaust Art, the Yad Vashem Synagogue** and viewing sculpture installed at Yad Vashem.

1st Timers Option: Yad Vashem Tour of Yad Vashem – Israel's national Holocaust memorial and museum, including the Holocaust History Museum and Children's Memorial

**Tasting tour of the bustling Machane Yehuda Market to discover Jerusalem's many flavors** from East and West •

Lunch on own, if still hungry•

**Guided tour of the new Hebrew Music Museum in downtown Jerusalem's Nachalat Shiva** neighborhood to learn about the history of Jewish music from biblical times and through seven different regions of the Diaspora

Free evening •

Dinner on own

Overnight: Leonardo Plaza Hotel, Jerusalem

**Tuesday, May 12 •**

**Update on Israeli politics by Steve Linde**, editor-in-chief of the Jerusalem Report and former editor-in-chief of the Jerusalem Post •

Multimedia tour of the **new Six Day War Heritage Museum on Ammunition Hill**, the site of the fiercest and most costly battle of the Six Day War •

Lunch on own

**Geopolitical tour of Jerusalem** to examine several key geopolitical issues impacting on the city, including borders, building and settlement (Jewish and Arab) and Israel's security fence •

Dinner on own •

Overnight: Leonardo Plaza Hotel, Jerusalem

**Wednesday, May 13 – Modern Realities and Departure •**

Engage in **hands on tzedakah** preparing food packages for distribution to some of Israel's neediest people at **Pantry Packers** in southern Jerusalem

Tour of less visited sites in the **Jewish Quarter: The Israelite Tower**, a 2,600 year old "archaeological puzzle" beneath the modern day neighborhood, the restored **Karaites Museum** and hear about the remarkable new discoveries under the ruins of the **Tiferet Yisrael Synagogue**

Lunch on own •

Remainder of afternoon free to explore on own and get in last minute shopping

Late check out

Farewell Dinner at Olive and Fish Restaurant

Transfer to Ben Gurion Airport

**Thursday, May 14 – Arrive in USA**

# Yahrzeit Memorial Fund

We honor the memories of our loved ones whose Yahrzeits occur during the months of **August and September**. We acknowledge the following for their contributions to the Yahrzeit Memorial Fund:

## **DONATED BY:**

Suzanne Balaban  
Linda & Allan Benish  
Fern Calascibetta  
Suzanne Edwards  
Elias Engber & Family  
Meryl Finkelstein  
Rosalyn P. Goldstein  
Pat & Don Gordon  
Sylvia Kagan  
Seymour Nussenbaum  
Zelie & Mel Prussack  
Irene & Neil Rosen  
Rita & Bernie Selden  
Melody & Myles Schwartz  
Clifford Shulman  
Arlene & Nelson Silver  
Simon Family  
Paula Yourman & Family  
Susan & Michael Weinstein  
Deborah & Lawrence Weintraub

## **IN LOVING MEMORY OF**

Max Balaban  
Edgar Sender  
Sally Schwartz  
Jacob Lowenthal, Helen Edwards  
Marcia Engber  
Clara Gray  
Helen Fichtenbaum  
Lucille Post  
Srul Nemet  
Samuel Nussenbaum, Bertha Staff  
Victor Sass  
Lyle Damon Rosen  
Sally Kestenberg  
Sally Schwartz  
Anne Obsatz  
Benjamin Nathan Schenker, Lillian Silver  
Frank Simon  
Arnold Yourman, Eva Litwak  
Evelyn Wallace  
Harry Plaut



## **BETH OHR CEMETERY**

Congregation Beth Ohr owns and operates a cemetery which is located on Ernston Road in Sayreville. The cemetery is a non-profit entity using existing funds and fundraising as its source of operating revenues. Membership in Beth Ohr entitles each congregant to one individual plot which must be reserved at a cost of \$50. All other costs such as perpetual care, administrative fee, funeral, plot opening, headstone, etc. are borne by the family of the deceased. Please call Phyllis Greenberg in the office at 732-257-1523 for further details.

## September Yahrzeits

The actual date that the Yahrzeit is observed is to the right of the name. It is customary to light a memorial candle on the eve of this date and to give tzedakah in memory of the Yahrzeit. One should recite the Mourner's Kaddish at services the evening before as well as the day of the Yahrzeit. Please call Phyllis in the Synagogue office at 732-257-1523, if you need information about the schedule of worship. The name of your departed will be read at the Friday evening and Shabbat morning services the week before the Yahrzeit date which are represented by the dates in the column which are in bold print.

<u>Sept. 6/7</u>		<u>Sept. 13/14 (cont'd)</u>	
Helen Edwards	9/7	Blima Goldwaser	9/19
Florence Fuchs	9/7	Rebecca Paley	9/19
Hannah Heisler	9/7	Milton Schwartz	9/19
Ruth Woodman	9/7	Heinrich Adler	9/20
Moshe Atzbi	9/8	Pauline Simon	9/20
Hinde Krakowsky	9/8	<u>Sept. 20/21</u>	
Mildred Rosenthal	9/8	Hannah Epstein	9/21
Julian Scheir	9/8	Irving Kestenberg	9/21
Larry Wishnia	9/8	Abraham Rizick	9/21
Mary Zekser	9/8	Morris Zimmerman	9/21
David Bernstein	9/9	Hannah Zwerdling	9/21
Regina Deutsch	9/9	Marcia Engber	9/22
Blanch Linz	9/9	Marilyn Greenberg	9/22
Ernest Schottlander	9/9	Issac Merein	9/22
Jean Seltzer	9/9	Dorothy Krebs	9/23
Toby Zeidel	9/9	Mel Dlugash	9/24
David Cohen	9/10	Abraham Ganis	9/24
Harold Hyman	9/10	Sadie Ladinsky	9/24
Trudy Vollweller	9/10	Paula Nuzzo	9/24
Abraham Morgenstein	9/11	David Pulchin	9/25
Anne Absatz	9/11	Morris Simon	9/25
Harriet Rockaway	9/11	Frances Deutsch	9/26
Helen Fichtenbaum	9/12	<u>Sept. 27/28</u>	
Marie Horwath	9/12	Bruce Cohen	9/28
Hyman Seidner	9/12	Greg Rakovsky	9/28
Eleanor Silverman	9/12	Phyllis Seidman	9/28
Sam Silver	9/13	Sidgfried Altscher	9/29
Sophie Zaret	9/13	Esther Schiffer	9/29
<u>Sept. 13/14</u>		Sylvia Schneider	9/29
Ronnie Bernstein	9/14	Irene Schweidel Marshall	9/29
Eugene Bercovici	9/15	Jerome Solomon	9/29
Jerry Feldstein	9/15	Gertrude Gilbarg	9/30
Frank Simon	9/15	Mildred Levy	9/30
Isaac Albert	9/16	Bertha Ruchelman	9/30
Harvey Smith	9/16	Gregory Yakubovich	9/30
Jack Stern	9/16	Phyllis Leif	10/1
Melvin Gravitz	9/17	Rubin Levenstein	10/1
Samuel Lewis	9/17	Betty Pekor	10/1
Morris Hodos	9/18	Sam Springer	10/1
Beatrice Kalb	9/18	Grigoriy Tsaliovich	10/1
Eva Litwak	9/18	Samuel Winters	10/1
Pearl Moster	9/18	Hyman Cohen	10/2
Rose Rosenberg	9/18	Hannah Kalefsky	10/2
Dorothy Cloney	9/19	Pauline Kaufman	10/2
		Paul Krublitz	10/2
		Jeanette Schenker	10/2
		William Gelb	10/3
		Martin Goldzweig	10/3
		Lawrence Hilfman	10/4
		Alice Nehman	10/4

Days of Awe. Tina Wasserman's cookbook for kids, *Entrée to Judaism for Families*, provides essential tools for helping children learn to cook with confidence, with clear, step-by-step instructions for every recipe and tips for adults to make the experience safe and rewarding. Reading stories with young children is another way to help them get excited about the Jewish New Year. Many authors have written children's books for the High Holidays. *Sophie and the Shofar*, for example, is a delightful tale about a dog named Farfel and a shofar that has gone missing.

### **3. Visit the cemetery.**

It is customary for Jews to visit the graves of friends and relatives in the days prior to Rosh HaShanah and Yom Kippur. We recall our loved ones in the *Yizkor* liturgy on Yom Kippur and visiting their graves during Elul often provides us with the opportunity to reflect on their lives and to feel a renewed sense of closeness and connection to them. Visiting the graves of loved ones also can add poignancy and perspective to the High Holidays.

### **4. Plan a High Holiday menu.**

For those who love to cook, Rosh HaShanah and Yom Kippur offer a time to make family favorites and try new recipes. Spending Elul thinking about and planning to prepare holiday recipes is a wonderful way to get ready for the New Year, a time during which we often host friends and family. Frequently, fond memories of Jewish holidays center on family gatherings and delicious meals. In *Entrée to Judaism*, Tina Wasserman offers an international array of recipes for Rosh HaShanah and Yom Kippur, as well as a fascinating look at the traditions behind many of the foods we eat.

### **5. Listen to the sounds of the High Holidays.**

Customarily, the shofar (a ram's horn) is sounded daily during the month of Elul (except on **Shabbat**), both as a reminder that the shofar will be blown on Rosh HaShanah and as a wakeup call of sorts, reminding us of the upcoming High Holidays and urging us to begin our preparations. Also during Elul, we add Psalm 27 to our worship services. Beginning with the words, "Adonai is my light and my help; whom should I fear?" this psalm beseeches God to protect us from our enemies and urges us to put our faith in God. Listening to the memorable tunes of the Rosh HaShanah and Yom Kippur liturgy can also help us reacquire ourselves with the sounds of this time of year. Whether you listen to *Avinu Malkeinu* during a quiet time of the day, *Shiviti Adonai* on a walk, or *Al Cheit* on an iPod before bed, familiar melodies can both summon memories of long ago and help you look forward to the New Year.

### **6. Attend Selichot services.**

The month of Elul culminates with *Selichot* (which literally means "forgiveness") services, when we gather in our congregations to recite special prayers of penitence that include beautiful Jewish religious poetry. This year Congregation Beth Ohr and Marlboro Jewish Center will be visiting Temple Beth Ahm of Aberdeen for *Selichot* services on Saturday evening, September 21, 2019 at 8:30PM. Customarily, Jews recite *Selichot* beginning late at night on the Saturday before Rosh HaShanah. (Depending on the calendar, congregations may observe *Selichot* in the hours before midnight on the Saturday night a week prior to Rosh HaShanah.) This moving service urges us to reflect on the year that is ending. With strains of the High Holiday melodies as a backdrop, we utter our first confession of the season, as well as *Sh'ma Koleinu*, asking God to hear our voices.

How will *you* prepare for the New Year?

## HIGH HOLIDAY RAFFLE

High Holiday Raffle Books have been mailed. First prize is 2 free High Holiday seats. Ten reserved parking places at the Synagogue for the holidays will also be raffled. The cost is \$18.00 per raffle or \$54.00 a book.

Please have your ticket stubs and payment mailed to the Synagogue office no later than September 16, at P.O. Box 206, Old Bridge, NJ 08857



## High Holiday Machzor

If you are interested in dedicating a High Holiday prayer book, please contact Meryl Finkelstein by email at [Merylrob@aol.com](mailto:Merylrob@aol.com) or by phone at 732 679 8701.

Donations can be made to memorialize someone special or in honor of a simcha. The cost for each book is \$36.00, and checks should be made payable to Sisterhood Congregation Beth Ohr. The donation must be paid in full before a bookplate will be affixed to the book.

## Yizkor Memorial Book 2019

By now everyone should have received the 2018 Yizkor Memorial Book appeal letter. Please verify the spelling of the names, and any additions or deletions to the listings. Kindly return the letter and include a check for \$10 for each name. The deadline is Friday September 27, 2019. If you would like to use your credit card, please call Phyllis Greenberg at 732-257-1523.

## **BETH OHR MEN'S CLUB TO GIVE SHOFAR LESSONS**

The approach of the High Holidays is signaled by the blowing of the shofar (ram's horn) in the synagogue daily, except on the Sabbath, during the morning service. Getting the right notes out of a ram's horn is a skill that few naturally possess but which can be taught. Beginning Sunday morning, September 1, the Men's Club of Congregation Beth Ohr will give lessons to any man, woman or child of any age who wants to learn. The Men's Club will furnish the shofars for the lessons.

Instruction will be given during the morning service each Sunday, 9/1 – 9/29. The service runs from 9:00 AM through 9:45 AM and is followed by a complimentary bagel breakfast to which all are invited.

For reasons of security, please bring photo ID with you.

Congregation Beth Ohr is located at 70 Route 516, Old Bridge. For further information contact Ed Mendlowitz at [emcpal@aol.com](mailto:emcpal@aol.com)



gg89134265 www.gograph.com

## High Holiday Services

Selichot Service and Program—Sat. September 21, 2019 at 8:30 PM at Temple Beth Ahm in Aberdeen

Erev Rosh Hashanah – Sun. September 29, 2019

Mincha - 6:20 PM

Ma'ariv - 6:30 PM

1st Day Rosh Hashanah Mon. September 30, 2019

Morning Service - 9:00 AM

Tashlich - 6:30 PM

Mincha - 7:00 PM

Ma'ariv - 7:20 PM

2nd Day Rosh Hashanah Tues October 1, 2019

Morning Service - 9:00 AM

Summerhill Rosh Hashanah Service - 1:30 PM

Erev Yom Kippur Tues. October 8, 2019

Mincha - 6:00 PM

Kol Nidre - 6:15 PM

Yom Kippur Services Wed. October 9, 2019

Morning Service 9:00 AM

Summerhill Yom Kippur Service - 2:30PM

Mincha - 4:55 PM

Ne'ilah - 5:55 PM

Ma'ariv - 6:55 PM

Havdalah - 7:05 PM

Shofar Blowing 7:10PM

## 7

# TIPS FOR ROSH HASHANAH

By Alyssa Rachel Gross

How to get closer to your best self this New Year.

- 1 If not now, when?**  
It's never the perfect time to change an ingrained habit. Don't wait for a magical moment or to hit rock bottom. Start today.
- 2 Gradual steps**  
Stop trying to change everything all at once. Make an ironclad commitment to one action.
- 3 Write down your goals**  
Write it down, type it out, or text yourself your goals for the month or the year. Not only will you have a daily anchor to review but you will also have a benchmark for success.
- 4 Tell someone**  
Let someone (or a few) know that you're making a change. You'll gain support and accountability. And once you see them rooting you on, you won't want to let them down.
- 5 Break it down**  
If you want to supercharge an area of your life, break it down into an actionable set of steps. Instead of saying "I'd like to get healthy", write down "no sugar in my coffee" or "1 hour at the gym on Monday and Wednesdays."
- 6 Focus on the rose**  
Keep your eye on what you're working towards rather than on what you are giving up. Every rose has its thorns. Focus on the rose.
- 7 Be kind to yourself**  
Forgive yourself when you slip up. Talk to yourself as you would a good friend or your child, expressing compassion, understanding and inspiration to jump back on the horse.



Visit [aish.com/highholidays](http://aish.com/highholidays) for more inspiring articles and videos.



# Why is it customary to visit loved ones' graves before or during the High Holidays?

ANSWER BY:  
RABBI DANIEL B. SYME

[PRINT](#)



## Why is it customary to visit loved ones' graves before or during the High Holidays?

Jewish tradition gives structure to many aspects of mourning as a way to create order at a time when mourners may feel unmoored. Our tradition offers guidance that suggests when to visit a grave and cautions against visiting *too often*, lest the visits keep us from living full lives that include joyous occasions. Indeed, Jeremiah 22:10 proclaims: "Weep ye not [too much] for the dead." Many Jews make a point of visiting loved ones' graves during the Hebrew month of Elul just prior to the onset of the High Holidays, on the day before [Rosh HaShanah](#) or [Yom Kippur](#). During this season, some congregations hold communal memorial services (sometimes called "*Kever Avot*" or "ancestors' graves").

Visiting the graves of loved ones prior to the High Holidays helps connect us to the holidays' themes of renewal, repentance, reflection, and growth through memories of our loved ones. Visiting these graves can add poignancy and perspective to the High Holidays.

Other appropriate days to visit graves include Tishah B'Av (the 9<sup>th</sup> day of the Hebrew month of Av, a general day of mourning numerous Jewish events throughout history), on a loved one's *yahrzeit* (anniversary of the death), birthday, or other special days. Jewish practice also provides for a regular, structured, communal expression of reminiscence through *Yizkor*, which is observed several times during the year.

Jews historically do not visit graves on Shabbat, Hanukkah, or the middle days of Passover or Sukkot, which are joyous, celebratory holidays.

*Source: Rabbi Daniel B. Syme, The Jewish Home: A Guide for Jewish Living (URJ Pr*

**SEPTEMBER CELEBRATION OF  
BIRTHDAYS, ANNIVERSARIES AND  
OTHER SIMCHAS**

The Ritual Committee will honor members celebrating a birthday, anniversary or other simcha once a month at a Shabbat service.

Mazel Tov to the following congregants whose birthday and/or anniversary will be recognized on Saturday, September, 21, 2019

**Birthdays:**

Roberta Karpel  
Caroline Klein  
Zellie Prussack  
Powell Saks  
Marcia Trechak

**Anniversaries**

Mr. & Mrs. Robert Honig  
Mr. & Mrs. Bernie Pincus  
Mr. & Mrs. Sturart Rizick  
Mr. & Mrs. Robert Simon



# Men's Club News

Minyan every Sunday. All are Welcome.



## Men's Club News

Top: Tee shirts at Minyans. Elliot Leibowitz, Allan Benish and Herb Goldenberg. Chuck blowing his Shofar. The shofar is blown every morning except Shabbos during the month of Elul. Every Sunday during September the shofar will be blown and we will have extra shofars for anyone that wants to learn how to blow it.

Bottom: Every Sunday following the minyan we serve cream cheese and bagels plus extra goodies. Shown are Ken Deitz and Herb Goldenberg trading stamps. You never know what happens following the minyan.

## Men's Club Happenings!

Participate with the Men's Club any Sunday morning. Shul, Schmooze and Schmear!  
Just show up.

### Men's Club Program of Events (partial listing)

Sep 1—We start blowing the shofar every Sunday in September. We will also have lessons if you want to try it. We have extra shofars to use.

Sep 8—Photo Sunday. Wear a Men's Club Tee Shirt if you have one.

Ed Mendlowitz, Men's Club President, emcpa1@aol.com tel 732 890-3344

***If you don't usually attend, try coming once in a while and see what we have to offer.***

# Beth Ohr Photos



**Chabad.ORG**

**Eichah - Lamentations - Chapter 1**

Next » Chapter 2

RASHI:

SHOW CONTENT IN:

**1** O how has the city that was once so populous remained lonely! She has become like a widow! She that was great among the nations, a princess among the provinces, has become tributary.

**2** She weeps, yea, she weeps in the night, and her

אֵיכָה | יִשְׁבֶּה  
בְּיָד הַיְעוֹל רֵבִיתִי עִם  
הַיְתֵה כְּאַלְמָנָה רֵבִיתִי  
בְּגוֹסִם שְׂרָתִי בְּמִדְיָנוֹת  
הַיְתֵה לְמַסִּי

זָכָה בַלַּיְלָה  
עַל לַחְיָה



## Photos happenings

Top row: The Benishes and Fachlers at a Minyan. Ed in front of Met Museum of Art with his office's interns.  
 2nd row: Tisha B'Av at Beth Ohr Sunday morning. Mark Chassen reading Book of Lamentations. Next is Mark with Hagba Aliyah. We all read Lamentations from Chabbad.com on our smart phones.  
 Bottom: Torah reading on Tisha B'Av. Next is our Security committee at a meeting. A good group of leaders do a lot of work to keep Beth Ohr functioning and safe.

# Beth Ohr People Photos



## Photo descriptions

Top: A lunch gathering with a visiting Marilyn Silverberg. Next is Roberta Bernstein and Marilyn Silverberg. Roberta and Ralph Karpel, Mark Karpel, and Phyllis Karpel Fassler and Erica Beth.

2nd: Paula Yourman's family. Next is Paula with Eva at a Queen concert celebrating Paula's birthday.

Bottom: Beverly and Rabbi Mishkin and Rabbi Geoffrey and Susan Huntting in Odessa,. Rabbi Mishkin in Kiev. Beverly during the vacation trip.

## CONGREGATION BETH OHR SPECIAL FUNDS

The following is a listing of the Special Funds to which tax deductible donations may be made.

*David Benish Memorial Fund*

*Stephen Edwards Memorial Youth Fund*

*Elaine Leibowitz Memorial Fund*

*Beautification Fund*

*Herman & Frieda Lipp Memorial Fund*

*Mindy Nightingale Memorial Fund*

*Stuart Polovsky Memorial Fund*

*Herb Reinstein Memorial Fund*

*Heidi Rogol Memorial Fund*

\*\*\*When donating to these funds, please make your checks out to **CONGREGATION BETH OHR** and write the fund's name in the memo portion of the check. Thank you to the following people who made donations to Special Funds:

**Stephen Edwards Memorial Youth Fund**

Sue Edwards in memory of Jacob Lowenthal

**David Benish Memorial Fund**

Linda and Allan Benish in memory of Edgar Sender

**General Fund**

In memory of Shiffry Davidson from Lynette & Kenneth Ronkowitz

For your convenience, we have included this **Yahrzeit Memorial Plaque Form**. If you would like to order a plaque, please fill out and return this form with a check in the amount of **\$300** to the Synagogue office. If you have any questions about Hebrew names and/or dates, please call Phyllis at the office at 732-257-1523.



(Print Name in Hebrew Here)

(Print Name in English Here)

---

(Date in English) \_\_\_\_\_

(Date in Hebrew)

#### PLEDGE

I hereby authorize you to supply and maintain permanently on your Memorial Tablet, a name plate *in memory of*

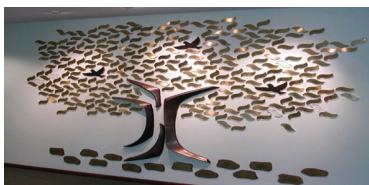
NAME IN FULL \_\_\_\_\_

for which I agree to pay \$300.00. It is mutually agreed that each year, on the Yahrzeit of the departed, and on other appropriate occasions in accordance with Jewish custom a Memorial Prayer will also be said.

Signed by

Date \_\_\_\_\_

Tree of Life  
to honor or memorialize a loved one  
Leaf - \$118.00



# Announcements

The deadline for the next newsletter will be  
**Thursday, September 12, 2019**

Please send all of your thanks, articles  
and announcements via e-mail to:

**congregationbethohr@gmail.com**

or call

Phyllis in the Synagogue office at 732-257-1523

## **“Ritually Speaking” Sponsor a Kiddush**

**If you are interested in sponsoring a Kiddush to celebrate a simcha, commemorate the Yahrzeit of a loved one, or “just because,” contact Phyllis in the office at 732-257-1523.**

If you need to reach Rabbi Mishkin, please use any of the following:

**Office Phone # 732-257-7031**

**Home phone #732-967-6710 after hours for emergencies**

**e-mail address: [rabbijoelmishkin@gmail.com](mailto:rabbijoelmishkin@gmail.com)**

Rabbi Mishkin will be available for counseling by appointment.





Hello Everyone,

Congregation Beth Ohr has partnered with Community Recycling and their Shoe-Box Recycling program. Together we are on a mission to help promote the importance of shoe recycling while raising funds to help further our efforts. Shoe-Box Recycling is easy, engaging and rewarding for everyone involved.

Participating is simple. We are collecting gently used shoes for reuse, meaning all the shoes we recycle as a group are destined for another home. From South America and Africa to areas right here in the United States, our ShoeBox Recycling efforts will go to help people and communities in over 50 countries.

And what's even better is the many ways that our community benefits as well. Not only will your recycled shoes help Congregation Beth Ohr raise funds, it will also help keep usable shoes out of our local landfills. ShoeBox Recycling also gives us a chance to connect with the people and places that receive our recycled shoes. By writing a SoleMate Note to include with your shoes, you can let their new owner know about where they came from, what they were used for, or even any special memories attached to them. In return, they can write back to us and we can make a SoleMate connection.

So start cleaning out your closets and start looking under your bed for gently used shoes. Every pair you recycle means extra funds for us, less landfill waste and the potential to connect us to a SoleMate!

For more information contact Allan Benish at [abenish@aol.com](mailto:abenish@aol.com) and check out Community Recycling online at [www.communityrecycling.biz](http://www.communityrecycling.biz).

You can drop off your shoes at the synagogue and place them in the box labeled "SHOES" in the lobby during regular office hours of 9:00AM to 3:00PM.

#### **What is Allowed**

Gently Used Pairs, Men/Women's/kids, Soccer Cleats, Casual Shoes, Dress Shoes, Work Boots, Sneakers, Sandals, Heels, Flats, Loafers

#### **What is Not Allowed**

Damaged/Holes, Wet Mildewed, Single Shoes, Metal Spikes, Flip Flop/Plastic Shoes, Slippers, Dress Boots, Ski/Winter Boots, Skates/Blades

Dear Friends,

By volunteering your time, you can brighten the day for hundreds of seniors -- or just one special senior. Our partners, Jewish Family & Children's Services of Monmouth County (JFCS) and Jewish Family Services of Middlesex County (JFS), both need volunteers. Here are the details:

**JFS in Middlesex needs drivers for Kosher Meals on Wheels**

Delivery is daily Monday-Friday but volunteers can give their time once a week, once a month, etc. It's your choice.

There are 2 pickup locations: The Orchid in Metuchen and the JFS office in Monroe.

Various routes are in need.

Meal pick up is typically between 10am and 11am. Meals are to be delivered by 1pm. Some routes June run later than 1pm based on pick up time.

To volunteer reach out to Michelle Belay-Bianco at [michelleb@middlesexjfs.org](mailto:michelleb@middlesexjfs.org)

Nothing feels better than connecting with people who really appreciate you. As a volunteer, you will be giving your time to those who appreciate you, but most often it's the volunteer who feels the experience has been a gift for them!

**Please sign up to volunteer!**

Sincerely,  
Stacy Feldman, Director of Community Impact





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Congregation Beth Ohr  
P.O. Box 206  
Old Bridge, NJ 08857

**Shabbat Candle Lighting Times For August, 2019**

<b>September 6, 2019</b>	<b>7:03</b>
<b>September 13, 2019</b>	<b>6:52</b>
<b>September 20, 2019</b>	<b>6:40</b>
<b>September 27, 2019</b>	<b>6:28</b>

