

the SHOEFAR



TEMPLE BET YAM

November 2020

Cheshvan/Kislev 5781



from the desk of
Rabbi Nadia Siritsky,
LCSW, BCC

As November descends upon the world, it coincides with the Jewish month "Cheshvan" which has sometimes been nicknamed "Mar Cheshvan" (=the bitter month of Cheshvan).

The rabbis explain that the month of Cheshvan is personified as bitter and jealous, because it has no holidays (the month before is full of holidays, Rosh Hashanah, Yom Kippur, Sukkot, Simchat Torah and Shemini Atzeret...the month after will have Chanukkah). But this month, there are no traditional Jewish holidays. It also coincides with the darkening of our part of the earth, where days begin to get shorter, and nights get longer. And for those who struggle with seasonal affective disorder, this month begins a difficult season.

And of course, in 2020, this month might feel especially challenging, as we continue to struggle to ensure that physical distancing not become social distancing... as illness, natural disasters and political division continues to plague us all. And so, perhaps there is a special wisdom that can be learned from the way the rab-

bis invite us to experience the month of Cheshvan.

There is a teaching that the reason that this month is the only Jewish month without a single holiday is that this is the month when a future salvation will come...this is the time of redemption, of a messianic era that has not yet happened. We conclude the previous month of joyful celebration with Shemini Atzeret with prayers for rain...and this month is the beginning of the rainy season. We may recognize that we need rain in order for flowers to grow, but it is hard to remember the beauty of future flowers when it is dark, cold and rainy.

Indeed, the rabbis teach that the High Holy Days can be likened to a wedding celebration with The Holy One of Blessing, and this month can be likened to the day-to-day drudgery. Our spiritual task this month is to remain hopeful, focused on the flowers that will emerge after the rainy season. We are invited to practice the ultimate spiritual gift...the ability to find joy, love, blessing and meaning in the every day.

Perhaps this is why Jewish Americans have so gravitated to the holiday of Thanksgiving. It is a time when we can

THE SHOFAR

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come together with others, regardless of our religious beliefs. It is also an opportunity to practice the spiritual discipline of gratitude. Research has shown us that people who develop a habit of writing down at least five things a day for which they are grateful are able to reduce depression and improve their physical and mental well-being.

The rabbis teach that every person should recite at least 100 blessings a day... over water, over breathing, over study, over-seeing a rainbow... this practice helps us to develop the skill of being able to find blessings in all things. This year especially, when so many of us are struggling, let us take this month to work on cultivating our capacity to be grateful.

I am especially excited to be able to join in our annual St. Augustine Interfaith Thanksgiving Service which will be held over Zoom on November 19th at 6:30 PM. Let us give thanks for our neighbors of all faith backgrounds and beliefs, who want to join with us in prayer. May our time teach us all how to partner with one another in creating a world where reasons for gratitude abound everywhere.

Now that the High Holy Day Season is over, it is time to dive back into Torah... learning, growing, healing and deepening our understanding of the rich resources of our tradition. We have several Zoom opportunities (in addition to our regularly scheduled Shabbat and yahrzeit services) for November and some that have already begun in October.



from the President Ruth Kurlandsky

It's now after the fall Holy days as I write this, and I know we promised to re-assess the reopening of our building at this time. So far, our assessment amounts to it not being safe yet. It's unclear when it might be, but we'll keep hoping and praying. I've read that what we're all going through is a state of grieving—and some are still in the denial stage. Many of us have accepted that this pandemic is here for a while, that we have to work extra hard to keep track of what day it is, and that our friends, relatives, and grandchildren will have to do without our

hugs for a while. I made a baby quilt for a friend whose first grandchild is brand new in New York; I'm only hoping my friend will get to see him before he's too tall for the quilt.

If you'd like to read an insightful article called "That Discomfort You're Feeling is Grief", check out this link: <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>.

Some Temple Bet Yam organization business: I'd like to thank Patty Savage for all the work she has done before retiring from the board as Corresponding Secretary. It's taking three people to replace her! Scott Sims will take on the role of Corresponding Secretary. Our TBY Policy Manual describes a Sunshine committee; it deals with life crises such as illness, hospitalization, death in the family. Laura Weiss will be taking that on. Please remember that it's not magic: when something happens, you need to let somebody know. Laura will ask if the person in question wants the whole Temple membership notified, or wants to keep it private, phone calls welcome or not, and so forth. If you can't deal with it, ask a friend to call for you. Next, the funny thing is, our governing documents don't mention happy events. Nevertheless, they are worth celebrating! Terri Beasley will send a card for birthdays, anniversaries, engagement, weddings, b'nai mitzvah, new births (one generation, grands, great-grands, nieces, nephews, whatever), promotions... Anything you want to celebrate—and again, a friend could let Terri know. [She gets notified of member birthdays and anniversaries automatically.]

A "rave" and a thank you: to the Ways & Means committee and its chair, Teresa Freedman, for the TBY cookbook: "Covid 19—We're All Cooks Now!" My old-fashioned imagination saw something like mimeographed pages stapled together; NOT!! This cookbook is gorgeous, has some wonderful recipes, meaningful reflections, original artwork, and a lovely layout, not stapled! It was printed to order, and even the extras are all sold. I believe there is going to be a second printing, so watch your email for eblasts of information, since this run will also be by advanced order.

Did you know that there is a new kind of mask available? It's an Israeli product (not cheap) that is impregnated with nano particles and has been lab tested to show that it kills the corona virus. Larry and I ordered some, and the package arrived in about four days, via DHL. Check here: <https://sonoviatech.com/shop/>.

Lastly, in case you think 2020 is the worst year ever, try looking up 536 CE (also known as 536 AD). Here's one article: <https://www.sciencemag.org/news/2018/11/why-536-was-worst-year-be-alive>.

November will see the second half of the Hebrew month of Cheshvan, sometimes called Mar (bitter) Cheshvan—it's sad because there are no Jewish holidays in it. But Kislev, with Chanukah, is next, so let's hang in there, in safety and in health, in any happiness that comes along.

In Memoriam

November 2nd, Lawrence Grossner,
Father of Louise Crawford

November 5th, Shirley Kornstein,
Mother of Patty Savage

November 6th, Lois Greenfield Steck,
Sister of Paul Greenfield

November 8th, Pauline Diamond,
Stepmother of Meri McCarthy

November 9th, Molly Slossberg,
Aunt of Carol Gladstone

November 12th, Leslie Cowell,
Father of Sherry Toy

November 14th, Elizabeth Miller,
Mother of Harold Miller

November 15th, Jack Becker,
Father of Nadine Bernstein

November 15th, Mollie Brink,
Mother of Eileen Goldberg

November 16th, Maurice Aronowitz,
Brother of Jackie Witte

November 19th, Rose Hoichman,
Aunt of George Goldberg

November 19th, Terry Stafford,
Mother of Barbara Stafford

November 20th, Anna Strock Raskind,
Mother of Rabbi Fred Raskind

November 21st, Lawrence Rector,
Father-in-law of Marcia Rector

November 22nd, Bessie Smith,
Grandmother of Barbara Molinari

November 22nd, Barry Weintraub,
Brother of Stan Weintraub

November 23rd, Lillian Keiser,
Mother of Maury Keiser

November 23rd, Edgar Lucas,
Father of Merrie Meiselman

November 24th, Jeanette Cohen,
Mother of Marty Cohen

November 24th, Austin Leroy (Roy) Zicht,
Father of Richard Zicht

November 25th, Samson Wallach,
Husband of Terre Wallach

November 26th, Martin Botnick,
Husband of Rhona Botnick

November 27th, Irmgard Marx,
Mother of Joe Marx

November 28th, Abe Grabowsky,
Father of Sharon Rice

November 28th, Robert Leibowitz, Father of Andrea Marx

May their memory be a blessing

Donations Made To Temple Bet Yam

General Fund:

Shelly & Marty Cohen - In honor of the Bar Mitzvah of Barbara & Art Rogove's grandson Jacob, special birthdays of Phyllis Greenfield & Phyllis Keiser; sending wishes for continued recovery to Carol Gladstone

Cathy & David Kasriel - In memory of Ernestine Kasriel, mother of David Kasriel

Carol & William Schwarzschild

Laura Weiss & Robert Dawkins

Donations Continued

General Fund:

Joel Rosenfield - In memory of Joel Rosenfield's father Sheldon Rosenfield

Nancy Sorkin - In honor of the Bar Mitzvah of Barbara & Art Rogove's grandson Jacob, in honor of special birthdays of Phyllis Greenfield & Phyllis Keiser

Patty & Barry Savage - In honor of Barbara & Art Rogove's grandson's Bar Mitzvah; in memory of Martha Savage, Barry's mother; in memory of Shirley Kornstein, Patty's mother; sending Carol Gladstone get well wishes

JNF Trees For Israel:

Jackie Witte - In memory of Meryl Goldman

Ellen & Myron Mensh - In memory of Ronald Maller

Rabbinic Leadership Fund:

Emily & Jeremy Gordon

Jane & Henry Seiden - In honor of the Bar Mitzvah of Barbara & Art Rogove's grandson and the birth of Robert Dawkin's and Laura Weiss's granddaughter

Mitzvah Fund:

Noreen Davis & Alan Gramet - Dining with Dignity

Jane Gray - Dining with Dignity

Member High Holiday:

Isabel Sherman

Non Member High Holiday:

Claudia Pollack

Janice & Richard Sevcech

Dr. Wayne & Carol Gunthorpe

Tracie Loube

Mindy & Martin Oksenhorn

Carol Rovinsky & John McCuskey

Marge Heilweil

JNF Trees for Israel:

Ellen & Myron Mensh - In memory of Ronald Maller

Jackie Witte - In memory of Meryl Goldman

Sanctuary Fund:

Noreen Davis - In memory of my mother Selma Snyderman Weiss

Rabbi Discretionary Fund:

Ruth & Larry Kurlandsky - for Rabbi Nadia

Ellen & Harold Miller - In honor of Sharon & Rod Rice's new grandson, Aiden; in honor of Laura Weiss & Robert Dawkin's new granddaughter Teddy; Barbara & Art Rogove's grandson's Bar Mitzvah, get well wishes to Chuck Meiselman & Carol Gladstone

Religious School Fund:

Ronnie Botnick - In honor of the Bar Mitzvah of Barbara & Art Rogove's grandson Jacob Baumstein

Let's Celebrate!

November Anniversaries

November 4th, Jane & Henry Seiden, 25th anniversary

November 15th, Dorit Cohen & Phillip Esaian, 24th anniversary

November 30th, Gale & Samuel Zucker, 29th anniversary

November Birthdays

November 3rd, Melinda Toro

November 5th, Ruth Kurlandsky

November 7th, Elianne Sims

November 9th, Pamela Diamond

November 15th, Earl Brown

November 15th, Lucille Zicht, 12th birthday

November 15th, Oliver Zicht, 12th birthday

November 16th, Andrew Guglielmo

November 19th, Margaret Brown

November 20th Shelly Cohen

November 21st, Alison Soroka

November 24th, Phil Kushner

November 29th, Barbara Rogove

For Your Information

The Sunshine Committee sends cards or gifts to TBY members or family members who are ill or have had a death in the family. If you know of such a situation, please notify Laura Weiss at (805) 705-6266 or l.s.weiss@comacast.net or Terri Beasley at (904) 825-1918 or tkbeasley@att.net.

Temple Bet Yam Cemetery – TBY has consecrated a portion of the Craig Memorial Park on Old Moultrie Road. All Temple members are eligible to purchase burial plots in this section for themselves, their spouses, partners, children and parents. Following Reform Jewish philosophy, there are no restrictions concerning burial of non-Jewish family members adjacent to their loved ones.

Those interested in purchasing burial plots as part of their preplanning should contact Craig Memorial Park directly at (904) 824-1672. For further information or questions, contact Marty Cohen at shelmar826@gmail.com.

Lifelong Learning

Ever wonder about the American Jewish accent? If so, you may enjoy an online article by "Atlas Obscura – Why linguists are fascinated by the American Jewish accent." If you click on this link: <https://www.atlasobscura.com/articles/why-linguists-are-fascinated-by-the-american-jewish-accent> it will take you to the article. It is more than the New York city, Yiddish accent. Even those of us who have never lived in the Big Apple have picked up its ways. A fun, educational article with video examples.

Donations

The custom of making donations as an expression of prayer traces back to Biblical times and has always been a practice of congregations. The amount given is less important than the deed. At TBY, we have a number of offerings for you to consider when making donations. Here is an explanation of a few of them. Additional funds are listed on our Contribution Form.

Memorial Board Plaques – When you purchase a plaque for your loved ones, you memorialize them on our memorial board in the sanctuary, as well as in the Book of Remembrance. All names on the Memorial Board are recognized during the Yizkor Service on Yom Kippur. See the Donation form on our web site, TempleBetYam.org or contact Phyllis Keiser at (904) 797-1508.

Celebratory Wall – Celebrate a simcha in your family or honor a TBY member by purchasing a plaque for our commemorative garden wall. For additional information and order forms, please contact Phyllis Keiser at (904) 797-1508.

Murray Weiss Memorial Fund – In the spirit of Tzedakah, this fund helps congregants in need. Past gifts have helped pay for dental surgery, medications, enrollment for children in a Jewish summer camp, and past due mortgage payments. Requests are held in the strictest of confidence. For more information, contact Mimi Selig at (904) 461-4316. To make donations, see the Contribution Form on the next page.



Trees For Israel



We are enjoying huge success with our Trees for Israel. Every tree purchased is not only recognition of some significant event in your life or in the life of someone close to you but is also a mitzvah for Israel and contributes to our Temple fundraising effort. Please use this very important program as a memorial to a friend or loved one or in celebration of a happy occasion for someone dear to you.

Israel's forests are not only a valuable source for water preservation, but are a source for boosting the morale of Israel's citizens by providing a haven in which to put aside the pressures of living in a nation under siege.

JNF will acknowledge every donation with a receipt to the donor and a certificate to the recipient of the honor. Your donation will also benefit Temple Bet Yam with a portion of the donation amount. It is a double Mitzvah.

Trees may be ordered by contacting Toby Weintraub at 904-471-0418. Please provide Toby with your name, address, phone number, the name and address of the person being honored and the name and address of the person you want to receive acknowledgment.

Donations for Trees for Israel are \$18.00 per tree.
Checks should be made out to Temple Bet Yam.

CONTRIBUTION FORM**TEMPLE BET YAM****PO BOX 860098****ST. AUGUSTINE, FL 32086****DONOR NAME:** _____**ADDRESS:** _____**CITY/STATE:** _____**ZIP:** _____**TELEPHONE:** _____**IN HONOR OF:**

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**NOTE: A SEPARATE CHECK IS REQUIRED FOR THE RABBI'S DISCRETIONARY FUND.*

PLEASE MAKE PAYABLE TO TEMPLE BET YAM, WITH NAME OF FUND ON THE MEMO LINE. THANK YOU.

Upcoming Events for November

Mark your calendar!

Please note all services and functions will be via Zoom until further notice.

Sunday, November 1st, 9:00am, Religious School

Tuesday, November 3rd, 6:30pm, Board Meeting

Friday, November 6th, 6:30pm, Yahrzeit Service

Friday, November 6th, 7:30pm, Shabbat Service

Saturday, November 7th, 11:00am, Introduction to Talmud

Sunday, November 8th, 9:00am, Religious School

Tuesday, November 10th, 1:00pm, Sisterhood Book Club: *The Only Woman in the Room* by Marie Benedict, discussion led by Renee Speisman

Sunday, November 15th, 9:00am, Religious School

Monday, November 16th, 5:00pm, Dining with Dignity

Tuesday, November 17th, 1:00pm, Sisterhood Meeting, Speaker: Rabbi Nadia

Thursday, November 19th, 6:30pm, Interfaith Thanksgiving Service

Friday, November 20th, 6:30pm, Yahrzeit Service

Friday, November 20th, 7:30pm, Shabbat Service

Saturday, November 21st, 11:00am, Torah Portion of the week Bible Study

Saturday, November 21st, 12:30pm, Adult B'nai Mitzvah Class

Sunday, November 22nd, 9:00am, Religious Shool

Tuesday, November 24th, 5:00pm, Executive Committee Meeting



More Upcoming Events Mark your calendar!



Sisterhood Book Club, Monday, December 7th, 1:00pm, *Boston Girl*, by Anita Diamant, discussion led by Phyllis Feirman.



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