



Donor Brunch Sunday, October 27

From the Rabbi

We are on a journey during this season that began over the summer, through the Hebrew month of Elul, Rosh Hashanah, the ten days of teshuvah and Yom Kippur, culminating on Sukkot Simchat Torah. All of these holidays are connected.

Rabbi Alan Lew wrote a book called, *This is Real and You are Completely Unprepared* about the days of awe as a journey of transformation, self-discovery, spiritual discipline, self-forgiveness, and spiritual evolution. He taught that Tisha B'Av is not about only the walls of the ancient Temple in Jerusalem that came crashing down nearly 2000 years ago, but also the crashing of the walls that we build around ourselves, to protect ourselves from what we fear or the reality of our lives. Tisha B'av is about exile from the Divine. We may become estranged for multiple reasons – sins, mistakes, struggles, loss, illness, being too hard on ourselves, distractions, forgetting our real purpose in this life. *Teshuvah* – repentance, or more literally, turning, brings us closer to the Divine presence within us and surrounding us.

The walls have crumbled and we examine our relationships and patterns during the month of Elul. On Rosh Hashanah, we are reminded that rebirth is always possible. On Yom Kippur we face our mortality, the stark reality of it all. The Books of Life and Death are open. Our liturgy is calling us to wake up

and live with meaning and with purpose. We write ourselves into the book of life by living life more fully.

By the time we reach Sukkot, also called *zman simchateinu*/the season of our rejoicing, we are filled with joy, because we are fully here. The walls that came crashing down on Tisha B'Av are like the impermanent walls of the sukkah – fluid enough that we can be more aware of God's presence in our lives, just as we may be when we dwell in a sukkah, and smell the fall and the harvest and look up at the stars. On Simchat Torah we grasp our Tree of Life, our Torah, which has nourished our people for thousands of years, and we dance.

This journey of self-transformation does not happen in isolation, but in the context of community. We are all in this together.

Rebirth. Renewal. Another chance. For all of us.

I hope you can join us along the way, including for an exciting Harvest to Table Sukkot Shabbat Dinner with our Green Team, our all-generation Simchat Torah celebration when we dance and unroll a scroll, and so much more.

Blessings to you and your families in this season

Rabbi Alison Adler

Schedule of High Holiday Services - 5780-2019

See High Holiday Family and Babysitting information on page 2

EREV ROSH HASHANAH - Sunday, September 29

Light candles 6:11 PM **Ma'ariv – Evening Service** 7:00 PM

FIRST DAY OF ROSH HASHANAH - Monday, September 30

**Shacharit** — Morning service 8:45 AM,

**Family Service** - 10:00 AM — Noon

**Celebrate Creation at Dane Street Beach** - open to the community – 4:15 PM \*

**Tashlich** at Dane St. Beach 5:00 PM \*

\* Rain Date: Tuesday, October 1

SECOND DAY OF ROSH HASHANAH - Tuesday, October 1

**Shacharit** — Morning service 8:45 AM

**Family Service** 10:30 AM — 11:30 AM

EREV YOM KIPPUR - Tuesday, October 8

**A musical version Kol Nidre** will be played 5:30 by Steve Swartz

**NEW: Family Kol Nidrei** with Rabbi Adler and Cantor

Grossman, 5:30-6:00 PM

**Community Kol Nidrei/Evening Service**, 7:00 PM

YOM KIPPUR DAY - Wednesday, October 9

**Shacharit** – morning service 8:45 AM

**Yizkor/Memorial** prayers will be recited during the Torah service

**NEW: Study and Meditation with Jerry Schwartz 4:15**

Mincha – Afternoon Service: 5:15 PM

Ne'ilah – Concluding Service 6:15 PM

Sounding of the Shofar 6:55 PM

SUKKOT- Sunday, October 13

Light Candles 5:48 PM

**Monday, October 14**, Shacharit/Morning Service: 9:00 AM at TBA

**Tuesday, October 15**, Shacharit/Morning Service: 9:00 AM at Temple Ner Tamid

SHEMINI ATZERET – Sunday, October 20

Light Candles 5:37 PM

**Monday, October 21** Shacharit/Morning Service with Yizkor: 9:00 AM at Temple Ner Tamid

SIMCHAT TORAH

**Monday, October 21** Dancing/Unrolling the Torah and Ice Cream Social 6:30 PM

**Tuesday, October 22** Shacharit/Morning Service 9:00 AM at TBA

## From the President

At some point, we have all had to explain the High Holidays to our non-Jewish friends and families.

Describing the facts is pretty straightforward. On Rosh Hashana we celebrate the New Year. On Yom Kippur we fast and atone for our sins and prepare to have a better year. On Sukkot, we celebrate nature and the harvest, and on Simchat Torah we celebrate the end of the Torah-reading cycle and the beginning of the new one. Three of them are happy, one not so much.

What is almost impossible to describe, however, are the many feelings we all experience over the three weeks that encompass the holiest time of the year. Our feelings are unique - no two people experience the Holidays the same way.

For some, the Rosh Hashana service brings back memories of going to Temple with our parents and if we are very lucky, grandparents. It is impossible to hear the piercing wail of the Shofar and not feel awakened. Some of us find that Taschlich's ritual casting away of our sins at Dane Street Beach helps ground us. Others find the experience of fasting and asking for forgiveness, and introspection on Yom Kippur to be

especially impactful. Many of us find Yizkor to be a powerful way to honor the memories of loved ones. Eating in the Sukkah is something everyone remembers from our youth and singing and dancing with the Torah at Simchat Torah is a joyous culmination of this season.

What I find most interesting is that although the services, traditions, and rituals don't change much from year-to-year, my experience is always different. I never know when I am going to read or hear something new that makes me pause and consider something for the first time. It's deeply personal and hard to describe but it happens differently each year. As I prepare to observe our High Holidays, I have a sense of anticipation of what I am going to experience for the first time this year.

I want to thank the Ritual Committee, Sisterhood, Seating Committee, Rabbi Adler, Cantor Grossman, Deb Schutzman, Erin Lipkowitz, Bernie Der, Deb Willwerth and Ritual Committee, Greeters, Board of Directors, and countless others for their hard work to enable the rest of us to experience the most special time of year.

Shana Tova

Ken Hartman, President

## Family High Holiday Programming and Babysitting Schedule

**Rosh Hashanah Day 1 - Monday, September 30 – Babysitting 10 AM – 12 noon**

**Family Service led by Deborah Schutzman and Alex Hogan**

10 AM to noon: with shofar blowing, following by challah, apples and honey Kiddush

**Celebration Creation with Rabbi Alison Adler and Friends**

4:15 PM \*at Dane Street Beach on Lothrop Street

**Tashlich (ritual tossing of crumbs into the water representing letting go of the past year)**

5:00 PM\* at Dane Street Beach

\*in case of rain, meet on the Second Day of Rosh Hashanah on Tuesday, October 1

**Rosh Hashanah Day 2 – Tuesday, October 1**

**Family Service led by Allison Wolper**

10:30-11:30 AM followed by challah, apples and honey Kiddush

**Erev Yom Kippur Tuesday, October 8**

**Kol Nidre for Families led by Rabbi Alison Adler and Cantor Evan Grossman**

5:30 – 6:00 PM

**Yom Kippur Wednesday, October 9 - Babysitting 10 AM – 12 noon**

**Family Service led by Deborah Schutzman and Alex Hogan**

10:00 AM – noon

**Jonah and the Whale Interactive Storytime**

6:15 PM followed by last shofar blast and break-the-fast at 6:55 PM

## In the Shul

### **Cantor Siegel Genesis classes have started!**

Thursdays in the TBA Library, at 10 AM, Drop ins and newbies are always welcome! Free and open to all!

### **Sunday Morning Meditation**

You didn't miss out if you were not able to join us during Elul!

**Sunday morning meditation** will continue throughout the year at 7:30 – 8:15 am

Absolutely no experience needed. A quiet contemplative time to sit in silence and give yourself a pause from the constant rush of sound and the busy-ness of our lives.

Please join us. Call Jerry Schwartz, 978-500-8769, with any questions

### **Celebrate a Sustainable Sukkot and join us for a Farm to Table Harvest Shabbat Dinner!**

The TBA Green Team is cooking up a vegetarian Farm to Table Harvest Shabbat Dinner on Friday, October 18 at 6:00 PM. We will be feasting on local organic produce, enjoying the bounty of Essex county and appreciating the hard work of our local farmers. Brought to you by the new TBA Green Team.

Cost is \$10 per adult, \$5 children, children 4 years old and younger free, \$20 maximum per family.

RSVP temple office by Friday October 11: [office@tbabeverly.org](mailto:office@tbabeverly.org)

Are you interested in joining The Green Team? Do you want to help? We will be preparing the meal on Thurs. October 17.

RSVP: [maddyAugust@hotmail.com](mailto:maddyAugust@hotmail.com)

## **Religious School**

Please join me on Sunday, October 13 at 10:00 AM for our TBA Sukkah Decorating event. This is the only day we will be able to prepare our Sukkah before the holiday begins and because it is a holiday weekend we do not have Religious School classes. Feel free to bring decorations if you would like but we will have some available along with the decorations our students will be making in class. This is always a lot of fun and a huge mitzvah for our community. I hope to see you!

Deb Schutzman, Education Director

### **Parenting Through a Jewish Lens - SIGN UP NOW!**

Free (generously sponsored by the Sam and Eve Weinberg Fund) for religious school parents – meetings to be held at Temple B'nai Abraham

Great opportunity to learn from both ancient and contemporary sources of wisdom that you are not alone in your parenting journey. Join other parents in your community for moderated discussions about topics that matter to you as a parent. Explore Jewish values that can enrich your family. Reflect on the joys and challenges of raising kids today. Find support, encouragement, and connection.

- ❖ Share the joys and challenges of raising a family
- ❖ Learn with master teacher, Dena Glasgow who also designed the curriculum, and Rabbi Alison Adler
- ❖ Discover how the wisdom of ancient texts and the current thinkers can inform our daily lives.
- ❖ 6 monthly sessions starting Sunday, November 3, 10:30 AM – 12:00 PM
- ❖ Free
- ❖ Free babysitting

For more information and to register, contact Ahava Rosenthal at:

[arosenthal@hebrewcollege.edu](mailto:arosenthal@hebrewcollege.edu) or 617-599-8734

## Sisterhood

Hope that everyone enjoyed the summer months, as we now return to busier schedules and prepare for the High Holidays. It is a time for reflection, as we look back at the past year and consider how we can improve our lives and those of others in the coming year. Sisterhood Board members looked at our organization this spring and summer to consider ways to stay relevant, so that people want to be part of our team and attend our events.

As part of our initiatives, we will implement a leadership team, rotating quarterly. I am the current President, followed by Lynn Duncan, Linda Feldman and Phyllis Freeman.

Your favorite events will be returning and we hope to offer new or revamped programs. New ideas are always welcome. Please remember that an important part of our mission is FUNdraising, with our revenues helping to support the Religious School and the Temple budget.

I would like to take this opportunity to thank Judy Matfess for her years of dedicated leadership service to Sisterhood. Alan and I wish the entire community a sweet and healthy New Year.

If you wish to become involved in planning these and other Sisterhood activities we would be happy to have you join the TBA Sisterhood Board. Please contact Donna Pierce at [donna.pierce5@gmail.com](mailto:donna.pierce5@gmail.com).

### Donor Brunch Sunday October 27

An interesting program focused on health and wellness for all ages. Food by Becky Beckman. Watch for your invitation in the mail.

### The TBA Book Club

Like to read? Want to share the experience?

Then try out **Sisterhood's Book Club!**

We meet midweek evenings at a member's home.

This month we will meet on Thursday, **October 24**, at 7:30 pm location to be determined.

We will be discussing ***Between the World and Me* by Ta Nehisi Coates**

**PLEASE** consider joining us, this is open to everyone, we have very interesting discussions and are looking forward to hearing your ideas! Please contact Judy Matfess if you are interested in coming to the next meeting.

To RSVP and for directions, contact Judy Matfess: [judy.matfess@verizon.net](mailto:judy.matfess@verizon.net) Put "Book Club" in the Subject line.

## In the Community

### Family Promise Update

Join us on **Saturday, October 12** as we walk to end homelessness so children and their parents can have a better future.

The 6<sup>th</sup> Annual Walk to End Homelessness has expanded! This year you can choose between a morning or an afternoon walk, and join us for the **Family Promise Fall Festival from 11:30 AM to 1:30 PM**. This year there will be a 2nd start time at noon to specifically accommodate those of us who attend Saturday morning services. We will be able to attend services, grab a quick bite and head over to Lynch Park for the walk.

There will be lunch, games and prizes for families and friends of all ages.

Please join us and show your support by inviting your friends to attend and donate! Register or donate online, and find out more at [www.familypromisensb.org](http://www.familypromisensb.org).

Please contact me with any questions and to get on our Family Promise email list.

Arnie Cowan | Phone: 508-843-7310 | [arnie.cowan@hp.com](mailto:arnie.cowan@hp.com)

All the Best,

Arnie

## **The Congregation is Grateful for the Following Donations**

### **GENERAL FUND**

Bonnie & Arnie Goldsmith to David Huth & Lisa Horowitz, deepest sympathy on the loss of David's mother, Patricia  
Cheryl Fisher in honor of her granddaughter's Brit Bat, Emma Lily Brownstein  
Bonnie & Arnie Goldsmith to Eric and Julie Zieff, deepest sympathy on the loss of Eric's dad  
Linda & Fred Feldman to the Zieff Family in memory of Eric's father, Dr. Ralph Zieff  
Donna & Alan Pierce to Eric Zieff in memory of your father  
Donna & Alan Pierce to David Huth in memory of your mother  
Donna & Alan Pierce to the Moffitt/ Averill Family in honor of Wilbur's Bar Mitzvah  
The Serman /Duchin Family in celebration of the renovations

### **ONEG AND KIDDUSH FUND**

Moffitt/Averill Family in honor of Wilbur's Bar Mitzvah

### **JERRY'S SPECIAL FUND**

Susan Wolper to Leo Berman, Mazel Tov to a great granddaughter - Zoe Maya

### **RABBI'S DISCRETIONARY FUND**

Deborah Willwerth  
Rebecca Blank to Rabbi Adler in appreciation for conducting the Wedding of Anna Blank and Jeremy Zafran  
Sandra Zigelbaum in honor of Mr. and Mrs. Smith's 50<sup>th</sup> Anniversary  
Girl Scout Troup 62807, thank you for sharing your time with our girls to learn more about faith and women's journeys through their own faith and religion  
Rick and Jan Miller in honor of their grandson, Tyler Wallace's Bar Mitzvah

### **SAM & EVE WEINBERG FUND**

Paul Weinberg to the Zieff Family in memory of your father, Dr. Ralph M. Zieff

### **STERMAN/ISENBERG FUND**

Diane Isenberg to the Zieff Family, condolences on your loss

### **YAHARZEIT FUND**

Susan Wolper in memory of Jerry and all our family and friends  
Michael Stearn in memory of George Stearn  
Michael Stearn in memory of Rose Stearn  
Robert Freedman in memory of Rachel Gordon  
Robert Freedman in memory of Ralph Freedman  
Bette Siegel in memory of Louis Landsky  
Betsy Visnick in memory of Harry Winer  
Cynthia Cohen and Paula Ivey in memory of Marilyn Cohen  
Cynthia Lann in memory of Edith Lann  
RosaLee Goldstein in memory of Max Weinberg  
Elaine Israelsohn in memory of Edward Gelin  
Louis Tanzer in memory of William Fliegel  
Eleanor Faye in memory of Stanley Cohn  
Arnold Goldsmith in memory of Phyllis Goldsmith  
Jackie Zoll in memory of Nathan Zoll  
Harvey Maibor in memory of Freda Maibor  
Richard Blake in memory of Florence Blake  
Bonita Levine in memory of Paul Spar  
Philip Goldberg in memory of Mildred Goldberg  
Joan Heller in memory of Celia Heller  
Edward Goldstein in memory of Daniel Goldstein  
Robert Freedman in memory of Abraham Freedman  
Joan Heller in memory of Benjamin Heller

**Thank you for your donations - Please excuse any omissions or errors**



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**Content for November Bulletin is due**

**October 14**

**Send your content to: [editor@tbabeverly.org](mailto:editor@tbabeverly.org)**

**Monday Night Supper**

Adult and youth volunteers from Temple B'nai Abraham regularly prepare and serve dinner at First Baptist Church on Cabot Street, Beverly.



Please join us on the third Monday of the month.

Our next Monday Night supper date is:

**Monday, October 21**

We need help in the church kitchen and in the dining room anytime from 4:30 - 6:30 PM

Visit our Facebook page

or watch for our weekly email with information updates.

**Service Hours at Temple B'nai Abraham:**

Weekdays: Mondays and Thursdays 6:55 AM

Shabbat: Friday 7:00 PM and  
Saturday 9:00 AM

Sunday: 9 AM

**Temple Office Hours:**

Mondays, Tuesdays, Thursdays, and Fridays  
9:00 AM – 2:00 PM

**Upcoming Events at TBA**

**Sunday Morning Meditation with Jerry Schwartz**

Sundays at 7:30 – 8:15 AM

**Cantor Seigel Genesis Class**

Thursdays at 10 AM

**Second Day of Rosh Hashana**

Tuesday, October, 1

**Erev Yom Kippur/Yom Kippur Day**

Tuesday/Wednesday, October, 8/9

**Family Promise Walk A Thon**

Saturday, October, 12

**Sukkot**

Sunday/Monday/Tuesday, October, 13/14/15

**Farm to Table Harvest Shabbat Dinner**

Friday, October 18 at 6 PM

**Shemini Atzeret** at Temple Ner Tamid

Monday, October, 21 at 9:00 AM

**Simhat Torah**

Monday/Tuesday, October, 21/22

**TBA Book Club *Between the World and Me***

Thursday, October 24, at 7:30 PM

**Donor Brunch**

Sunday, October 27

**Game Night**

Saturday, November 16

If you or someone you know has been sick, in the hospital, or needs some comfort, please contact Rabbi Adler: 978-927-3211 or [rabbi.adler@tbabeverly.org](mailto:rabbi.adler@tbabeverly.org)