

November 2023

Cheshvan 5784 - Kislev 5784



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CONGREGATION BETH ISRAEL'S *Newsletter*



6 Dundee Park
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www.BethIsraelMV.org

Congregation Beth Israel

**Where the old is made new,
and the new, holy.**

Congregation Beth Israel

A spiritual oasis for the Jewish community!

Moving? Email change? Please inform us of your new address.

Lach L'cha!

By Rabbi Howard Mandell

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The respected 20th century Buddhist spiritual leader, Thich Nhat Hanh, wrote that the Kingdom of Heaven exists, not outside but within ourselves, and that experiencing the Kingdom of Heaven requires a peaceful mind and a heart full of love and kindness.

Recognizing that it is far easier to experience the Kingdom of Heaven, if one is part of a supportive and loving community, he established communities, known as “Plum Village Practice Centers,” across the world, communities in which peace, generosity, and loving kindness were practiced.

While I have been able on my own, for brief and fleeting moments, to experience the feeling that Thich Nhat Hanh describes, I was given the opportunity, on October 15, to “bring heaven to earth” for an entire afternoon, as I took full advantage of being surrounded by a kind and caring community. I was somehow able to remain present and at peace, despite all of the challenges existing in the world around us, and to focus all of my attention on the people, who mean the most to me in my life, and on the love and kindness being shown by all those present.

In my Lach Lecha article this month, I thus want to thank you, the entire CBI community for the kindness, generosity, and love that you have shown me over the past 10 years and for having made my invited guests, especially my son, Charlie, feel so cared for and loved that afternoon.

I especially want to thank Janet and the committee members, Barabara & Bob Moverman, Co-Chairs, Rebecca Fishbein, Robin Rose, Jim Shinker, and Elaine Winic, and all those, who helped plan and organize the event; Bob, Bill, Robin, Carmen Vega, and Jeff, who spoke so eloquently and humorously that day; all those, whose names appear in the event brochure and/or made a donation to CBI, and *aharon aharon haviv*, “last but not least,” to the members of Bashert, who closed out the afternoon, not only singing and playing beautifully, but singing and playing a number of my favorite songs and prayers.

To a person, all of my guests, from each of my different “worlds,” expressed to me how blessed and fortunate I am to be part of such a warm, caring, and loving synagogue community. Is it any wonder that I feel such gratitude and humility being the Rabbi here at Congregation Beth Israel?

I want to close by briefly sharing with you 2 important lessons that were really brought home to me that afternoon. I commented in my remarks, that day, how good it felt to hear the kind words being expressed, and how, as a result, I have come to better appreciate the Sephardic *minhag*, or “custom,” of naming babies after living relatives. While I have long had a gratitude practice that includes letting people know how much I appreciate them, my having personally experienced how good it feels to be appreciated has inspired me to expand and to further this practice.

A second lesson was taught to me by my son, Charlie. As I drove him to the airport and in a subsequent phone conversation, he noted that, while he had often heard me talk about my work, my friends, and my congregants, this was the first time that he had had a chance to witness firsthand, what my friends and congregants thought of me, and that he now knew me in a more profound way.

I thus urge you not to make the same mistake that I made with my children and extended family. If you have not already done so, why not invite those close to you to observe you at work and to speak with the people with whom you work and interact. I think that we all want the people we love the most to see and know us, not only through their eyes, but through the eyes of others.

I also want to express my gratitude for the personal and very meaningful gifts that I was given, ranging from the beautiful inscribed *yad* to the personalized sweatshirt—and please do not worry, I am not planning on holding you to “10 more years!”

Appreciatively!

Rabbi Howard Mandell

MESSAGE OF THE MONTH FROM THE EXECUTIVE BOARD

By Jon Brody

Tis the Season

I am not referring to the “Holiday Season”, but instead to the season for being “Thankful” with Thanksgiving upon us.

As many of you know from reading my articles over the years, I often look for material and inspiration from Cindy Sherr (not related to Amy, but a dear friend of my cousin), who is the editor of the Jewish United Fund (JUF) monthly magazine out of Chicago. She also writes for other media as well.

I came across this article she wrote back in 2018 and I thought it was worth sharing with all of you. This story was also featured on NPR in 2020.

By CINDY SHER - 18 October 2018

A.J. Jacobs traveled the world to thank everyone who helped make his cup of joe.

Manhattan-based humorist and author ended up thanking over 1,000 people, from farmers to steel workers, involved in making sure he was able to have his morning coffee.

JUF News via JTA — Author A.J. Jacobs has encouraged his three sons to be grateful for all they have.

He and his wife urged them to write thank-you notes, to thank the bus driver — even thank their household smart speaker Alexa for weather forecasts.

Jacobs, who is Jewish, sometimes says a prayer of thanksgiving with his family at the dinner table in appreciation of those who helped get food to their plates.

But not too long ago, Jacobs’ son Zane raised an observation to his dad.

“You know these people can’t hear you, right?” he asked.

Zane’s remark got Jacobs thinking. Indeed, those people could not hear him.

So the Manhattan-based humorist and writer set out on a quest to thank everyone who plays a role in making his morning coffee possible.

He chose coffee because it was a more manageable undertaking than an entire meal — and he “can’t live without” his java.

Jacobs chronicles the journey in his new book, “Thanks A Thousand: A Gratitude Journey” (TED Books), which will be coming out November 13 (2018) in conjunction with a TED Talk that he delivered on the same topic.

During his quest, which took him from a farm in Colombia to a steel plant in Indiana, he discovered how interconnected the world is. So many more people than he could have imagined contribute to his morning cup of coffee. Obviously, there are baristas and farmers, but also unsung heroes like artists (think coffee lid and sleeve designer), chemists, biologists, truckers, and miners.

Continued on Page 4

MESSAGE OF THE MONTH FROM THE EXECUTIVE BOARD

By Jon Brody

"I went around the world and thanked everyone I could find," he said, "because they reminded me there are so many people who help with every little thing in our lives and we take them for granted."

All told, Jacobs said he thanked 1,000 people for his cup of coffee — and actually could have thanked way more.

Along the way, he learned that gratitude isn't just a nice gesture for the recipient — scientific research show it's healthy for the thanker, too. A study in Scientific American found that gratitude is the single best predictor of well-being and good relationships. Psychological research shows that gratitude can lift depression, improve our diet, help heart patients recover quicker and lead to overall greater kindness and happiness.

Before the quest, Jacobs said, his default mood was usually grumpiness. The adventure helped him change his mindset.

"I believe that genetically or culturally my default is negative — more a Larry David than Tom Hanks way of looking at the world. It's fun to watch on TV but not necessarily fun to live," he said.

And Jacobs is certainly not alone — people are genetically programmed, evolutionary psychologists say, to focus on what goes wrong in daily life because it was a matter of survival back in Paleolithic times.

But the result today is modern-day anxiety — a so-called "deficit mindset" — that's no longer helpful, said Jacobs.

To the contrary, "it's inspiring and energizing to focus on the hundreds of things that go right every day instead of the three or four that go wrong," he said.

Jewish teachings can help us move the needle on gratitude. In research for his book — as well as for his past best-seller, "The Year of Living Biblically," in which Jacobs embarked on a quest to live according to every precept in the Bible for a year — he learned that much wisdom on gratitude comes from Judaism.

"To be Jewish is to be thankful," one rabbi told Jacobs.

In fact, the very word "Jew," derived from the tribe of Judah, means thanksgiving. We as Jews deliver prayers of thanks from the time we wake up to the time we go to bed.

There is a catchphrase in Judaism that Jacobs learned during his research called "creed before deed."

At first, Jacobs said it was hard to feel gratitude, but if he went through the motions of acting with compassion and gratitude, eventually he would feel them.

"One of the best ways to go about life is to 'fake it til you feel it,' and it's an extremely Jewish way to live," he said. "If you act a certain way and follow the mitzvot, your mind will eventually catch up."

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MESSAGE OF THE MONTH FROM THE EXECUTIVE BOARD

By Jon Brody

In October 2018, at an interview with [The Current's](#) guest host Piya Chattopadhyay., Jacobs said:

"There's hundreds, thousands of ... people that we take for granted,"

When speaking with his local barista, "She told me the hardest part is when people don't even treat her like a human, they just treat her like a vending machine or a kiosk and hand her their credit card, without even looking up from their phones."

He realized he had done that hundreds of times, and that "to just look someone in the eye, acknowledge they are human, is so important."

"It's so easy and small, but it has such a big impact on both you and the person you're dealing with, because we are wired to interact with humans face-to-face."

So as we get ready for our Thanksgiving dinners and then move on to the real holiday season, I would ask you to step back and take the time to thank those who make your life a better place each day; your family, your friends, your corner coffee shop attendant. In today's difficult world, I think we need to do more than just go around the table and say what you are thankful for, but actually go up to that someone, look them in the eye and thank them. It will not only make them feel more human but it will improve your mental health as well.

I have purchased a copy of A.J. Jakob's book, "Thanks A Thousand: A Gratitude Journey" and I will add it to the Temple library when I am done with it for any of you to borrow if you would like.

Happy Thanksgiving.



Thank
You

Dear CBI family,

I want to take this opportunity to thank each of you for your kindness and the get well wishes you showered on me with during my recent hospital stay and recovery from appendicitis.

I was overwhelmed with the texts, emails, food, and well wishes. My daughter was able to go back to New Jersey knowing that her mother had such a wonderful support system.

I am so blessed to be part of the CBI family.

Todah Rabah,

JD

In Loving Memory

Memorial plaques for the loved ones of CBI members and friends who have passed away are on display in the CBI hallways to be viewed at any time.

To honor the memory of your loved one with a memorial or *yahrzeit* (anniversary of death) plaque at CBI, please contact Janet at 978.474.0540 or via [email](#). The cost is \$250 per plaque.

CBI Cares

CBI Cares is here for you.

Please notify Barbara Moverman at

Barbara.moverman@gmail.com or Janet at

office@bethisraelmv.org if you know of someone could use a meal or support of any kind.

UPCOMING EVENTS AND HOLIDAYS!

- ♦ November 5 - Boston Jewish Film Festival @ 7:00pm
- ♦ November 12 - Afternoon Talk and Music at Temple Emmanuel Wakefield
- ♦ November 17 - Shabbat Chai on the Road at Brooksby Village
- ♦ December 1 - Shabbat Chai & Ethel's 100th Birthday
- ♦ December 7 - 1st night of Chanukah

Rabbi's Discretionary Fund

Consider making a donation to the Rabbi's Discretionary Fund which gives Rabbi Mandell the ability to purchase or fund items that benefit the synagogue, our members, and our neighbors in need. Kindly send your donation to Janet in the CBI office, check made out to CBI, including the notation "RDF", and it will be credited accordingly.

Thank you for your generosity!

BALLARDALE UNITED FRESH FOOD DROP-OFF

There are now refrigerators in Ballardvale so people can donate fresh food.

BOARD OF DIRECTORS

The CBI Board of Directors will meet on Monday, **November 13** at 7:15pm for their regularly scheduled monthly meeting.

All Board Meetings are open to the membership. If you would like to attend, RSVP no later than November 8 to Janet at 978.474.0540 or office@BethIsraelMV.org and the Zoom link will be provided, along with an agenda.

The December 2023
Bulletin deadline is
Friday, November 24, 2023

Send your articles to
Newsletter@BethIsraelMV.org with
"December Newsletter"
as the subject.

BIRTHDAYS & ANNIVERSARIES NOVEMBER 2023

HAPPY BIRTHDAY

יום הולדת שמח

Alysa Dudley	November	1
Robin Rose	November	5
Ilana Pike	November	6
Howie Flagler	November	8
Rachel Abbott	November	10
Alissa Onigman	November	10
Peter Edelstein	November	21
Ali Flagler	November	21
Susannah Abbott	November	26
Ethel Somers	November	27
Rachel Sharpe	November	27

Best wishes for many more
healthy and happy
celebrations!



BOSTON JEWISH FILM FESTIVAL
PRESENTS

"THE OTHER WIDOW"

SUNDAY, NOVEMBER 5
@ 7:00PM

JCC RIEMER-GOLDSTEIN THEATER
333 NAHANTON STREET
NEWTON, MA

WE WILL MEET FOR DINNER @ 5:00
PRESSED CAFE
300 NEEDHAM STREET, NEWTON

PLEASE PURCHASE YOUR OWN TICKETS



KIDDUSH SPONSORS NEEDED

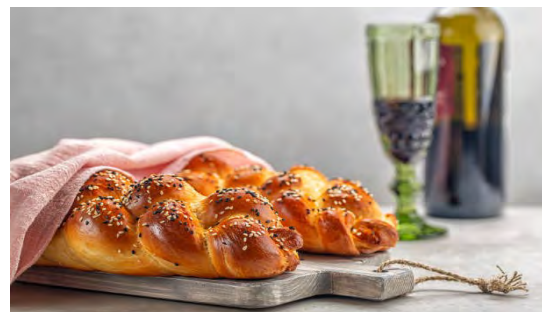
We have a few dates still available for the remainder of the year. Do you have a Yahrzeit coming up? Special Birthday? How about just because?

We can do the shopping and setup for a small fee of \$75.

The following dates are still available:

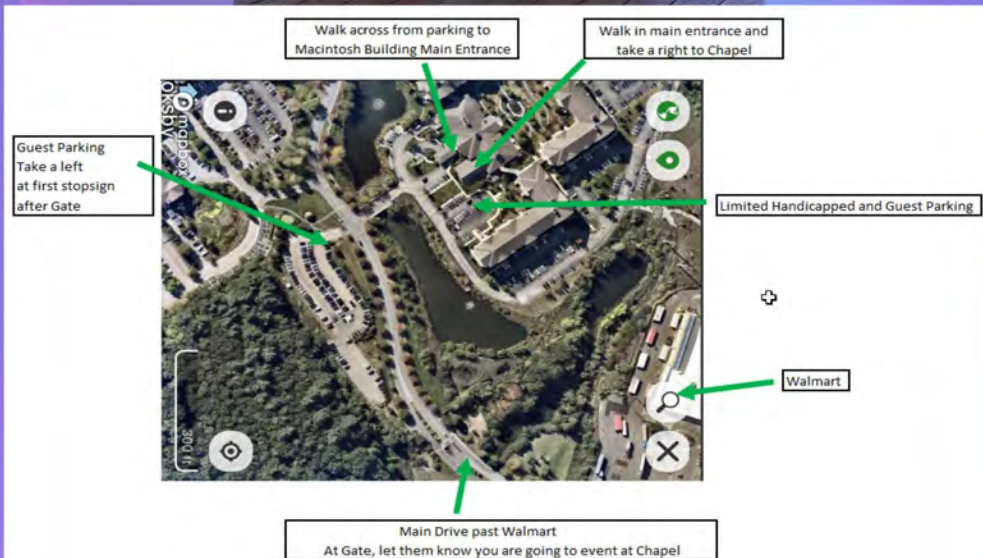
- ✧ November 18
- ✧ December 9
- ✧ December 30

Please contact Janet at
office @bethisraelmv.org or at 978.474.0540.





SHABBAT CHAI ON THE ROAD AT BROOKSBY VILLAGE WITH BASHERT FRIDAY, NOVEMBER 17TH @ 7:00PM



Join us for Kiddush Luncheon following Shabbat Morning Services!

**THANK YOU OUR JUNE & JULY
KIDDUSH / ONEG / SPECIAL EVENT SPONSORS**

<u>Sponsor</u>	<u>Date</u>	<u>Occasion</u>
Robin Pike	October 7	In memory of her beloved mother, Harriet Kaplan
Elaine Winic	October 28	In memory of her parents, Sam & Edna Winic

Donations to the Kiddush Fund are always gratefully accepted.

Upcoming dates are available to honor / remember loved ones
and / or special events / holidays.

Contact Janet for more information on Kiddush sponsorships.

UPCOMING EVENTS

☆ Thursday, November 2 @ 7:00pm Minyan	☆ Friday, November 17, 2023 @ 7:00pm Shabbat Chai on the Road Brooksby Village
☆ Sunday, November 5, 2023 Turn Clocks Back	☆ Friday, December 1, 2023 Shabbat Chai and Ethel Somer's 100th Birthday Celebration
☆ Sunday, November 5, 2023 Dinner at Pressed Café @ 5:00pm ☆ Boston Jewish Film Festival @ 7:00pm "The Other Widow"	☆ Thursday, December 7, 2023 First night of Chanukah
☆ Sunday, November 12 @ 1:00pm Afternoon Talk & Music with Elizabeth Splaine @ Temple Emmanuel in Wakefield	☆ Saturday, December 9, 2023 Chanukah Party
☆ Thursday, November 16 @ 7:00pm Minyan	☆ Friday, January 12, 2024 Shabbat on the Road

Kind & Generous Donations

TEMPLE FUND

FROM

TO

OCCASION

Elaine Winic	Burt & Cindy Ochs	Mazel Tov on the birth of your granddaughters, Ruthie Ava & Lina Aria
Elaine Winic	Jill Schoenberg	A Refuah Shelamah on her hip surgery
Caren Jacobson & Blair Roberts	Elaine Winic, Bob Moverman Merle & Mike Roesler, and Jeremy Finkle	Thank you for your hard work in helping Merle and to make the High Holiday Services even more beautiful and meaningful with your beautiful music.
Terry Fetters		Tzedakah Box
The Adoff & Corton Families	Ethel Somers	In honor of Ethel's 100 th birthday. Mazel Tov!
Caren Jacobson & Blair Roberts	Barbara and Bob Moverman Ellen & Jon Brody, Robin Rose Rebecca Fishbein, Jim Shinker, and Elaine Winic.	For the CBI community to be together to celebrate Rabbi Mandel's 10 wonderful years of service was a <i>mechaye</i> . Thankyou for making this happen. and Your dedicated efforts were most appreciated.
Caren Jacobson & Blair Roberts	Bill Shek	Thank you for Mastering the Ceremony at Rabbi Mandell's 10 year Celebration. Your comments were poignant, comedic, and uplifting. Kol HaKavod.
Caren Jacobson & Blair Roberts	Robin Insuik	Thank you for sharing all your inciteful words with us at Rabbi Mandell's 10-year celebration. So good to see you in person.
Robin Insuik	Barbara and Bob Moverman Ellen & Jon Brody, Robin Rose Rebecca Fishbein, Jim Shinker, and Elaine Winic.	Thank you for organizing the wonderful event in honor of the Rabbi.
Burt & Cindy Ochs	Rich Soll	In memory of your beloved wife, Faye.
Burt & Cindy Ochs	Michelle & Larry Soll	In memory of your beloved sister, Faye
Burt & Cindy Ochs	Allison Soll	In memory of your beloved mother, Faye
Burt & Cindy Ochs	Lindsey and Brad Allen	In memory of your beloved mother, Faye
Burt & Cindy Ochs	Lynne Dress	In memory of your beloved daughter, Faye
Ellen & Jon Brody	Cindy & Burt Ochs	Mazel Tov on the birth of your twin granddaughters, Ruthie Ava & Lina Aria
Ellen & Jon Brody	Rich Soll & Family	In memory of your beloved wife & mother, Faye
Ellen & Jon Brody	Michelle & Larry Soll	In memory of your beloved sister, Faye
Ellen & Jon Brody	Janet Damelin	Get well soon!
Ellen & Jon Brody	Barbara & Bob Moverman	For doing an amazing job chairing the Rabbi's Celebration
Ellen Macklin	Janet Damelin	Wishing you good health!
Ellen Macklin	Jill Schoenberg	Wishing you good health!
David & Leslie Silverstein	Cindy & Burt Ochs	Mazel Tov on the birth of your twin granddaughters, Ruthie Ava & Lina Aria
David & Leslie Silverstein	Rich Soll & Michelle Soll and families	In memory of their beloved wife & sister, Faye
Peter & Beth Edelstein	Rich Soll & Michelle Soll	In memory of their beloved wife & sister, Faye

TEMPLE FUND

FROM

Marcella Lemberger
Ellen Macklin
Howie & Tina Spector
Howie & Tina Spector

TO

Ethel Somers
Rich Soll & Family
Rich Soll & Family
Burt & Cindy Ochs

OCCASION

In honor of Ethel's 100th birthday. Mazel Tov!
In memory of your beloved wife and mother
In memory of your beloved wife and mother
Mazel Tov on the birth of your
granddaughters, Ruthie Ava & Lina Aria

RABBI'S DISCRETIONARY FUND

FROM

Elaine Winic
Elaine Winic
Sarah Blumenstock & Kris Girell

TO

Rabbi Mandell
Mindy Harris
Rabbi Mandell

OCCASION

In appreciation of the High Holiday Services
In appreciation of the High Holiday Services
In appreciation

HIGH HOLIDAYS

FROM

Gary & Chana Zimmerman

OCCASION

In appreciation of your support of the Phillips
Academy students.

KIDDUSH FUND

FROM

Les Tye

OCCASION

In memory of his beloved wife, Bernice and his
beloved son, Merrill.

Yahrzeit Donations

MOURNER

Janet Damelin
Gary Mauser
Lawrence & Zoila Feldman
Lawrence & Zoila Feldman
Edward & Ilene Boroda
Edward & Ilene Boroda
Ed Sloan
Les Tye
Les Tye

DEPARTED

Louis Damelin, Zayde
Herman Mauser, Father
Fannie Moore, Aunt
Dolly Feldman, Aunt
Solomon Boroda, Father
Rachel Boroda, Mother
Ruth Sloan, Mother
Estelle Segal, Sister
Suretta Bronstein

YAHRZEIT DONATIONS

MOURNER

Faye & Rich Soll
Bonnie Heines
Judy & Joel Alson
Judy & Joel Alson
Lisa Fisher
Morris, Rose, & Cynthia Simon
Philip & Alysa Onigman
Natalie Greenblatt
Michael & Deborah Gerstein
Steven Cohen & Esther Barmac
Larry Soll
Barbara Pofcher
Barbara Pofcher

DEPARTED

Fay Soll, Mother
Leonore Rambach, Mother
Samuel Winic, Uncle
Edna Winic, Aunt
Reba Fisher, Grandmother
Bertha Simon-Schatz, Mother
Murray Onigman, Father
Dora Serkman, Mother
Samuel Gerstein, Father
Benjamin Cohen, Father
Fay Soll, Mother
Harry Pofcher, Father-in-law
Lillian, Mother

CBI Supports the People of Ukraine:

Please contribute to HIAS's efforts to provide relief to displaced Ukrainians!

The Social Action Committee has created a fundraiser to support HIAS's work to provide relief in Ukraine. We have already made \$200 in donations, and hope to raise an additional \$550 for a total of \$750.

According to HIAS's website:

The UN Refugee Agency reports that more than 5 million refugees have fled Ukraine to Europe since the war began, making it the fastest-moving refugee crisis in Europe since the end of WWII. UNHCR says there are more than 6 million internally displaced people in Ukraine and around 15 million people have been affected in the areas hardest hit by the war within Ukraine and are in need of humanitarian and protection assistance.

HIAS' long-time partner on the ground in Ukraine, [Right to Protection \(R2P\)](#), continues to aid refugees and displaced persons. HIAS has sent emergency funding to R2P, an independent NGO, to assist their response. R2P specialists are providing legal assistance; operating a hotline to provide information about services, evacuation, and refugee status; conducting protection monitoring at checkpoints and monitoring visits to those who have not left their home; and also distributing food and supplies.

You can support these efforts by making a gift online at: www.act.hias.org or by mailing a check to:

HIAS
PO Box 97077
Washington, DC 20090-7077

If you'd like the Social Action Committee to count your gift toward our goal, please let Susannah Abbott know at zaninando-ver@gmail.com. Thank you for supporting this important work!

The Social Action Committee

HIGH HOLYDAY THANK YOUS 5784

CBI & Contracted Staff

Rabbi Howard Mandell
Mindy Harris, Cantorial Soloist
Janet Damelin, Administrator
Alicia Strunk, Production Host
Sara Wilkins, Cellist

Technology Group

Jonathan Brody
Bob Moverman
Burt Ochs
Rick Pike
Mike Roesler

Office Assistance

Hilary Guida

High Holydays Members of Bashert

Jeremy Finkle
Bob Moverman
(including Erev Simchat Torah)
Merle Roesler
Mike Roesler
Elaine Winic

Shofar Blowers

Jonathan Brody
Sam Poulton
David Tye
Jeff Tye - Ba'al Tekiah

Speakers

Bob Moverman
Ethel Somers
Jeff Tye

Candle Lighting

Ellen Macklin

Torah/Haftorah Readers

Jonathan Brody
Peter Edelstein
Jeremy Finkle
Judy Mizner
Hannah Moverman
Bill Shek
Adelle Stavis
Jeff Tye
Elaine Winic

Gabbaim, Torah Pointers

Jon Brody
Bill Shek
Elaine Winic

Coordination of Honors

Elaine Winic

Services Coordination

Jeff Tye

Alternate Zoom Host

Robin Insuik

Entrance Security/Usher

Ted English
Judy Mizner
Jeff Tye

Organizing/Coordinating Yom Kippur Break Fast

Janet Damelin
Hilary Guida

Thank you to all who helped with Ark openings, English readings, Torah lifting, tying, and carrying. Thanks to each person honored with an Aliyah and/or reading. Thanks to all who delivered Mahzorim. Thanks to the Temple Beth El Cemetery for sponsoring the printing of the Memory Booklets. Anyone who may have been omitted, inadvertently, of course, please contact Janet in the office, so we can correct our error and acknowledge your participation. Feedback from in-person and Zoom participants is appreciated and will guide us in planning for the future. Call Janet at 978.4574.0540 or email office@bethisraelmv.org. Sh
anah Tovah - A good year to all!

The following names will be read, and people remembered at *Yahrzeit*, on Shabbat Morning

November 4 - 10, 2023 20 -26 Cheshvan	November 11 - 17 27 Cheshvan - 4 Kislev	November 18 - 24 5 - 11 Kislev	November 25 - December 1 12 - 18 Kislev
<p>Leo Adams Paula Alt Shabsai Bord Jacob Brand Joseph Bronstein Ida Warren Cohen Israel Feldman Reba Fischer Samuel H. Gerson Rose Golubzik Charles Gordon Abraham Halpern Max Lebowitz Ralph Lehr Rebecca Lipchitz Rose Margolis Seymour Moritz Eva Neusner Harry I. Neusner Charles Pearl Lillian Mildred Finkelstein Pivnick Abraham Rappaport Charles Rappaport Maurice Rosen David Rosenberg Sidney Rosenberg Eva Salovitch Philip Schneiderman Ben Z. Segal Ida Gilman Seigel Dora Serkman Esther R. Shapiro Harry Soreff Israel Stefin Bessie S. Travis Sheldon White Edith Witznudel Rabbi Elias Wolfson Yankiv Laeb Auslander</p>	<p>Saul Arkin Bertha Bacon Abraham Bain Herman Bell Myer P. Bernstein Samuel Blotner Louis Bord Elizabeth H. Cohen Harry H. Friedman Samuel Gilboard Susan Krevlin Gleicher Bessie Goldberg Fannie Goldblith Harry S. Goldman Lee Gould Ida Kaplan Rose Lightman Louis J. Loftus Aleck Loftus Herman Mauser Morris Muscovitz Max Newman Sylvia Neyman Ray Niedergang Leo H. Penn Mildred Rainen Jessie Risman Bennett Rogers Anna Rostler Irving Rubinstein Bertha Rifkin Shapiro Sidney Slavin Lena Swartz M. Michael Weinberg Goldie Weisberg Philip Winer Fannie Winner Lena Witznudel Abraham Wolff Max Wolff</p>	<p>Bernice S. Abramson Arnold Bacon Annie Bass Pearl Benson Jennie Berman Marilyn Lee Block A. Albert Broad Benjamin Chalin Minnie Doppelt Hilda Entes Flora L. Faber Rose (Zelinsky) Fagerson Lena Gerson Jerry Goldman Jay J. Goodman Lee Greenberg Alex Heifetz Mae Feldman Kahn Jennie Kallman Stephan P. Karp Eliot Kates Sidney Kutel Oskar Lehr Marcia Lovitt Lena Marmer David M. Meyers Jacob Posternak Chester Rosoff Frances Sadow Mrs. David Salovitch Manuel Segal Rebecca Shapiro Joseph Shyavitz Melvin R. Silver Dr. Maurice J. Silverman Hilda Smith Mildred C. Spector Morris Spector Samuel Swartz Oscar Tenenbaum Gertrude Tessler Dora Vinecour Harry Zeller</p>	<p>Sylvia Abramson Fred Bachner Paul Bain Judith Bernstein Jennie Brindis Harriet Cohen Murray Cohen Max Farman Beatrice (Betty) Feldbin Rabbi Abraham Isaac Feldbin Abraham B. Franks Rose Gass Kaity Gedansky A. Melvin Glazer Lena Pessia Goldberg Murray Green Max Greenberg Elizabeth H. Greenglass Joseph Halpern George Hantgan Sanford Hershfield Samuel Katze David Francis Kennedy, MD Gloria Levenstein Kolman Malis Adele F. Mascott Emily Platt McDaniel Jacob Moshe Marc Onigman Leo Pepper Salleigh Peterson Samuel Poulten Jacob Primak Abraham Rick Max Rosengard Samuel Rostler Lillian Schacter Chester R. Schneider Pearl Schwartz Morris J. Shapiro Hena Shupak Howard M. Siegel Phillip Snyder Lena Spector Minnie Stein Hilda S. Steinberg</p>

COMMUNITY NOTICES

רפואה שלימה ~ Refuah Shelamah

Marcia Berns
Melodie Teich

תנחומים ~ Tanchumim, Condolences

Soll Family on the loss of their beloved wife, mother, and sister,
Faye Soll

תודה רבה ~ Todah Rabah, Thank You

Rabbi's 10th Anniversary Committee for a job well done:
Barbara & Bob Moverman, Co-Chairs, Rebecca Fishbein, Robin Rose,
Jim Shinker, and Elaine Winic.

Bashert for the beautiful music at the Rabbi's Celebration.

Jon Brody for checking the synagogue voicemail.

Rabbi Mandell for the moving "Stand by Israel" Prayer Service.

Hilary Guida & Bob Moverman for leading the Israel discussion group.

CBI Cares Committee for cooking and restocking the freezer.

THURSDAY NIGHT MINYAN

**Regularly scheduled on the 1st & 3rd
Thursdays of each month**

Thursday, November 2 & 16 @ 7:00pm

You are invited to join us whenever you can to support the congregants and friends who are in mourning or observing a yahrzeit of a loved one.

Please let Janet know if you plan on attending by the Wednesday before by clicking here:

office@bethisraelmv.org and we will email you the Zoom link.

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Rabbi Mandell is available by calling the Synagogue or via email, RabbiMandell@BethIsraelMV.org

Synagogue Office Hours

9:00 am - 5:00 pm
Monday - Friday

It's always a good idea to call/email prior to making a trip to the Synagogue to be sure someone is available to greet you.

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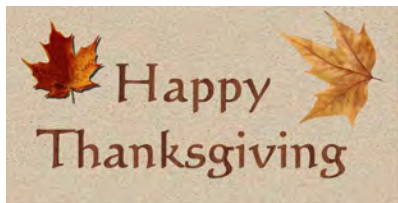
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CBI Email Addresses

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NOVEMBER 2023

Cheshvan - Kislev 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 17 Cheshvan	2 18 Cheshvan Minyan @ 7:00PM	3 19 Cheshvan 5:17pm Candle Lighting	4 20 Cheshvan Shabbat Services @ 9:30am Parashat Vayera Havdalah @ 6:17pm
5 21 Cheshvan TURN CLOCKS BACK Dinner at Pressed Café @ 5:00pm Jewish Film Festival @ 7:00pm 	6 22 Cheshvan	7 23 Cheshvan Mah Jongg @ 7:00pm	8 24 Cheshvan	9 25 Cheshvan	10 26 Cheshvan 4:08pm Candle Lighting	11 27 Cheshvan Shabbat Services @ 9:30am Parashat Chayei Sara Shabbat Mevorchim Chodesh Kislev Veteran's Day Havdalah @ 5:10pm
12 28 Cheshvan	13 29 Cheshvan Sigd	14 1 Kislev Rosh Chodesh Kislev Mah Jongg @ 7:00pm	15 2 Kislev	16 3 Kislev Minyan @ 7:00PM	17 4 Kislev 4:02pm Candle Lighting Shabbat Chai on the Road @ Brooksby Village	18 5 Kislev Shabbat Services @ 9:30am Parashat Toldos Havdalah @ 5:05pm
19 6 Kislev	20 7 Kislev	21 8 Kislev NO MAH JONGG	22 9 Kislev	23 10 Kislev THANKSGIVING	24 11 Kislev 3:57pm Candle Lighting	25 12 Kislev Shabbat Services @ 9:30am Parashat Vayetzei Havdalah @ 5:01pm
26 13 Kislev	27 14 Kislev	28 15 Kislev BLOOD DRIVE @ 4:00PM Mah Jongg @ 7:00pm	29 16 Kislev	30 17 Kislev		



DECEMBER 2023

Kislev - Tevet 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 18 Kislev 3:54pm Candle Lighting	2 19 Kislev Shabbat Services @ 9:30am Parashat Vayishlach Havdalah @ 4:58pm
3 20 Kislev	4 21 Kislev	5 22 Kislev Mah Jongg @ 7:00pm	6 23 Kislev	7 24 Kislev 1ST NIGHT OF CHANUKAH 4:43PM LIGHT 1 CANDLE Minyan @ 7:00PM	8 25 Kislev 3:53pm Candle Lighting 2ND NIGHT OF CHANUKAH 3:53PM LIGHT 2 CANDLES	9 26 Kislev Shabbat Services @ 9:30am Parashat Vayeshev Shabbat Mevorchim Havdalah @ 4:58 3RD NIGHT OF CHANUKAH 5:00PM LIGHT 3 CANDLES
10 27 Kislev 4TH NIGHT OF CHANUKAH 4:43PM LIGHT 4 CANDLES	11 28 Kislev 5TH NIGHT OF CHANUKAH 4:43PM LIGHT 5 CANDLES	12 29 Kislev 6TH NIGHT OF CHANUKAH 4:43PM LIGHT 6 CANDLES Mah Jongg @ 7:00pm	13 1 Tevet 7TH NIGHT OF CHANUKAH 4:43PM LIGHT 7 CANDLES	14 2 Tevet 8TH NIGHT OF CHANUKAH 4:44PM LIGHT 8 CANDLES	15 3 Tevet 3:53pm Candle Lighting	16 4 Tevet Shabbat Services @ 9:30am Parashat Miketz Havdalah @ 4:59pm
17 5 Tevet	18 6 Tevet	19 7 Tevet Mah Jongg @ 7:00pm	20 8 Tevet	21 9 Tevet Minyan @ 7:00PM	22 10 Tevet 3:56pm Candle Lighting	23 11 Tevet Shabbat Services @ 9:30am Parashat Vayigash Havdalah @ 5:02pm
24 12 Tevet	25 13 Tevet	26 14 Tevet Mah Jongg @ 7:00pm	27 15 Tevet	28 16 Tevet	29 17 Tevet 4:01pm Candle Lighting	30 18 Tevet Shabbat Services @ 9:30am Parashat Vayechi Havdalah @ 5:07pm
31 19 Tevet New Year's Eve						