

BEKI BULLETIN

Monthly Newsletter of Congregation Beth El-Keser Israel, a Full-Service Synagogue for Greater New Haven Jewry
September 1996 Vol. 2 Issue 8 ק"ק בית אל-בתר ישראל Tishrei 5757

Rabbi Alan H. Lovins and his daughter Rachel Lovins will again serve as our Hazzanim for the High Holy Days. Dr. Alan Lovins, a BEKI member, is a graduate of Yale University and holds a Ph.D. in clinical psychology from Columbia University. He was ordained as a rabbi by the Jewish Theological Seminary of America and lives in New Haven with his wife Trish Loving. Rachel Lovins, who spent many years in her youth at BEKI, is a Jewish educator and Cantor

Hazzanim Lovins



Rachel Lovins



Rabbi Alan H. Lovins

who lives with her husband Dan Kazer and son Benjamin in New York. She is a graduate of Brandeis University where she studied painting and sculpture and is attending University of Connecticut Medical School. In addition to Rabbi Lovins and Rachel Lovins, the

services will again be led by BEKI members serving as volunteer hazzanim.

For information on seating and ticketing call 389-2108.

Children's Programs

A wide-range of children's programs are being offered during the Holy Day period. During the morning services, the Children's Havura and the Junior Congregation will meet with special Holy Day activities. Babysitting will be available before and after the programs and on Kol Nidre Night (see "Events" listing for times). On the second day of Rosh HaShana children are encouraged to participate in the Tashlikh service at Edgewood Bridge. Older children may also help in setting up the Sukka on Sunday 22 September and can make decorations for sukkot on Thursday 26 September. The children's Holy Day season will climax with the Simhat Torah celebrations in the first week of October. All of these children's events are free and open to all.

BEKI Welcomes New Members & Their Families

- Andrew "Drew" Allison & Elizabeth "Liz" Shanks
- Allan Rubenstein & Carolyn Kone & Benjamin & Rebecca

Second Music Workshop

The second High Holy Days Music workshop led by BEKI member Rabbi Alan Lovins will be Wednesday 4 September at 7:30 p.m. at BEKI. This workshop, and the first part (Wednesday 28 August at 7:30 p.m.) are made possible by the Morris & Sara Oppenheim Endowment for Sacred Music at BEKI.

The melodies and meanings of selected prayers and poems will be taught and reviewed. Tape recording is permitted, and all are welcome.

Administrative Announcements

Synagogue Office Hours

Office hours are: Monday -Thursday: 9 am-3 pm and Friday: 9am-noon.

How to Contact the BEKI Bulletin

Responses to "A Message from Rabbi Tilsen," questions for "Dear Rabbi" and Letters to the Editor can be sent to: Editor, BEKI Bulletin, 85 Harrison Street, New Haven, CT 06515 or by email to jjtilsen@aol.com.

Rabbi Tilsen's mail and e-mail are opened directly and exclusively by the Rabbi himself and are as secure and confidential as mail and e-mail can be.

Deadlines for Submitting Material for Publication

For the BEKI Bulletin, submit your material by the 1st of the month for the following month. Deadline for December Bulletin is November 1st.

For mid-month flyer mailings, submit your material to the office by the 10th of the month. Deadline for the December mailing is November 10th. Please submit your material ON TIME.

BEKI Bulletin

The newsletter is published monthly by Congregation Beth El-Keser Israel for the benefit of its members. Congregation Beth El-Keser Israel is affiliated with the United Synagogue of Conservative Judaism.

To contribute articles or for inquiries regarding membership, donations, or special activities, call the Synagogue office (203) 389-2108, or write to 85 Harrison Street, New Haven, CT 06515 or email:

jjtilsen@aol.com or see our web page:

<http://www.uscj.org/ctvlly.newhavcb>.

For information about advertising, call the synagogue office. Deadline for submission of ads or articles is the 1st of the month preceding publication.

Annual subscription is \$36.00.

BEKI Bulletin

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A Message from Rabbi Tilsen & Dear Rabbi

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Dear Rabbi

Dear Rabbi,

I just don't know what to wear for the High Holy Days. Any suggestions?

Signed, Wary of Wearing Wrong Rags

Dear Wary,

While many deride the ostentation shown in dress in some communities on the Days of Awe, tradition does recommend special dress within certain guidelines. One's presence and one's spiritual involvement are more important than dress, and no one should stay away because they do not have or do not wish to wear special clothes. That said, traditional sources discourage the wearing of dirty or torn clothing. One ought to wear special clothes for Yontif, as a way to help oneself feel and others to see that it is a special day. One's attire ought to be distinct from one's regular workday outfit, and dress should reflect the value of *tzeniut*, modesty. A Tallit ought to reflect the value of *hidur mitzva*--beautifying the performance of a commandment. Fine tallitot are available through the BEKI Sisterhood Gift Shop (a gift for yourself or for a loved one) and at other fine Judaica stores. The tallit is worn to all morning services and to Kol Nidre service.

The wearing of a Kitel (white robe) is also traditional (not only for Rabbis and Cantors), especially for morning services and Yom Kippur. The kitel represents equality, simplicity and purity.

The wearing of non-leather shoes on Yom Kippur is traditional as well. For this reason, canvas sneakers have become a common sight in many Conservative shuls. Shoes should be comfortable, since we will be standing a lot; there is no mitzva of podiatral masochism.

Dear Rabbi,

Why do we have to stand so much during Yom Kippur? Is it supposed to be punishment or what?

Signed, Weary of standing

Dear Weary,

Most of the standing was instituted by Rabbis and Cantors to impress upon the congregation the importance of certain prayers or rituals. Much of it can be viewed as minor custom, not law. Even when the printed instructions in our mahzor tell us to stand it is usually reflecting no more than the editor's preferred custom. Even during the passages for which there is truly a "requirement" to stand, standing should not come at the price of pain or injury. On Yom Kippur we are supposed to "afflict our souls," not our soles. For perspective, consider that in the rabbinic scheme of worship, listening and answering "Amen" to the Cantor's berakhot is very important; standing for them is not very important.

Dear Rabbi,

My elderly mother insists on fasting on Yom Kippur even though she is very weak. Can't you tell her to stop it?

Signed, Worried about water

Dear Worried,

Fasting on Yom Kippur is a mitzva and it is spiritually very important for every adult Jew who is able to observe the fast. But if one's physician says not to, don't. Otherwise you must. You have to be able to control yourself. But it is not worth fainting or being sick. While in our High Holy Day imagery we sometimes depict ourselves as sheep, the purpose of the fast is not to cull the weakest of our flock. Tell your mother that Dear Rabbi says she can fast only with her physician's permission.

All letters to Dear Rabbi should be addressed to Rabbi J-J Tilsen, care of this newsletter. Due to the volume of mail received, Dear Rabbi cannot answer all inquiries.

Amitai Sela

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Of Counsel

BEKI Sisterhood News

A healthy, happy, productive and rewarding New Year to all!

In preparation for the High Holy Days, the sanctuary and social hall have been painted. The funds for this major project were totally supplied by BEKI Sisterhood under the able direction of its president, Adele Tyson. Every Sisterhood member can take pride in this accomplishment.

Please join Sisterhood if you are not yet a member. Your Sisterhood dues of \$18 (chai) help us to continue our efforts for our beloved BEKI.

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Men's Club

We need ushers for High Holy Days Rosh Hashanah morning services- both days and Kol Nidre/Yom Kippur services. If everyone does a little, no one will have to do a lot. Please call Drew at 389-9503.

Because of the way in which the holidays fall we will do the Sukkah construction in one day this year. It will all happen the Sunday before Yom Kippur (the day at Kol Nidre) 22 September at 9:30a right after morning minyan. Come help, it's a mitzvah! (And a fun one too!) (Rain day is Tuesday 24 September.) Call Drew at 389-9503.

Top 10 List to come to a daily minyan:

10: Reclaim an endangered form of Jewish communal life.

Drew Allison
President, BEKI Men's Club

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The Modern Quest for Yihus

During the summer I attended the International Seminar on Jewish Genealogy in Boston. This interest in family history research is one I share BEKI past-president Andy Weinstein, Michael Bohnen (son-in-law of Sara Oppenheim), a niece of Gloria & Morris Cohen, all of whom were also at the Seminar, and BEKI past-president Dr. Alan Gelbert, who I have met at other Jewish Genealogy programs.

All Jews are related, not only spiritually but in the conventional sense as mishpaha, family. We are probably not more than 10th or 20th cousins. Four hundred years ago the number of Jews in Europe numbered in the hundreds of thousands. Those few families married each other and multiplied, to the point where there were about 9 million Jews in Europe by around 1930.

Jews whose ancestors came from sub-Saharan Africa are not more than 30th or 40th cousins of those of European extraction. It is also possible although unproven that some of the Africans who were brought to America as slaves were practicing Jews, as there were isolated Jewish communities in Africa for at least the past 2,900 years, not to mention the time all of us were slaves in Egypt. And there were entire Jewish settlements in Arabia during the Muslim conquests, at which time many of them converted to Islam.

Converts (and non-Jews altogether) almost invariably have Jewish ancestors if we go back no more than five hundred or a thousand years. In 1492 hundreds of thousands of Jews were forcibly converted to Christianity (in addition to the many more who either fled Spain and Portugal or were killed for their refusal to convert), and those people have hundreds of millions of descendants. There are thousands of Indians in the Southwestern US and Mexico who know they have Jewish ancestors and secretly observe forms of Kashrut, Shabbat, Yom

Kippur, endogamy, and other Jewish practices; most of them owe their Jewish roots back to the events of 1492 and the Spanish and American Inquisitions.

So we see, once again, you don't have to be Jewish to be Jewish, but it helps.

Those who are Levites have unbroken family traditions that they are descendants of Levi, the son of Jacob the Patriarch in the Bible, and those who are Kohanim have preserved the family tradition that they are descendants of the biblical Aaron, himself a descendant of Levi. These family traditions have been passed from father to son for 3,500 years. Some Jewish families today (whether or not they are Levites) can document their lineage a thousand, two thousand years or more.

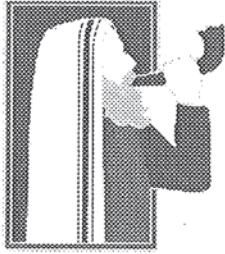
The history of our people becomes more salient and immediate when we realize it is the history of our own families. The long genealogies of the Bible are sacred history which become fascinating when we know how they link to our own grandparents. Genealogy is a point of return to Judaism for many on the periphery, a source of renewed Jewish identity and continuity. For medical researchers and gene therapists genealogical research provides valuable clues in understanding and treating genetic maladies.

For those interested in family history, the Holy Days are often an ideal time to gather information, for that is when several generations or branches of a family may gather. May our restored connections to our past give us strength and inspiration for the future as we begin the New Year.

LeShana Tova Tikatevu veTehatemu.



Rabbi Tilsen



Shofar Blowing Workshop

Join expert Ba'al Teqia Shofar Blower and slide-trombone artist BEKI member Isaiah Cooper for a lesson in blowing the

shofar. If you'd like lessons for beginners or tips for experts, or just a chance to get your hands on a horn, come to the BEKI small chapel on Wednesday 11 September at 7:30 p.m. Adults and children of all ages are welcomed. BYOS or try one of ours. This workshop is made possible by the Morris & Sara Oppenheim Endowment for Sacred Music at BEKI.

Meaning of the Holy Days

"The Meaning of the Yamim Noraim-Days of Awe" will be taught by Liz Shanks on Tuesday 10 September at 7:30 p.m. at BEKI. Shanks, a Talmud scholar and BEKI member, will present and discuss perspective on the meaning of the ritual and prayers of the Holy Days and will answer questions and lead a discussion. All are welcomed.

Selihot Service

The annual joint Conservative-Masorti Movement Selihot service will be Saturday night 7 September. A reception begins at 9:30 p.m., program at 10:00 p.m. and the service at 11:00 p.m. For directions call 799-2341.

Cemetery Memorial Services

The annual Qever Avot Cemetery Memorial Services will be held at 10:00 am at the Hamden Cemetery and at 11:00 am at the West Haven Cemetery on Sunday 8 September 1996. Rabbi Tilsen will lead us in communal prayer and there will be time for individual memorial prayers.

Cast Away Your Sins

The annual Tashlikh "casting" service will be held under the Edgewood Bridge (Edgewood

Avenue between Boulevard and Yale) on Sunday 15 September at 4:45 p.m. to 5:15 p.m. In the Tashlikh service crumbs are cast on the water as if to cast away the debris of our sin from the previous year.



Men's Miqva for Yom Kippur

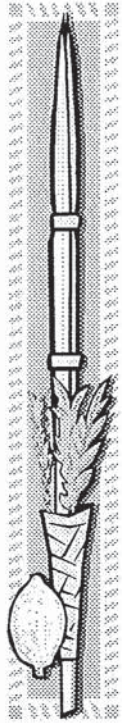
A group of BEKI men will meet at the New Haven Miqva (86 Hubinger Street) at 9:45 a.m. Sunday 22 September to immerse individually in the miqva in preparation for Yom Kippur. The miqva experience is one way to help us enter a heightened state of purity and spiritual awareness as we work toward teshuva and transformation on Yom Kippur.

Those who would like to participate should bring a \$7 user fee (cash or check payable to "New Haven Mikvah"), a towel and comb. For more information call Rabbi Tilsen at 389-2108 <jjtilsen@aol.com>.

Yizkor Memorial Service

A memorial service is held during the morning service of Yom Kippur to remember our loved ones who have gone to their eternal home. At this time when we are in a heightened state of spiritual awareness it is only natural for us to feel closer to those under the wings of the Shekhina. Often it is when we feel closest that we miss them most. All those who wish to remember a loved one or friend may remain for this portion of our service.

Make a Lulav Shake



Make your lulav and etrog shake to the music and dance during morning Sukkot Festival and Hol HaMoed services. Lulav and etrog sets are available from fine Judaic shops everywhere and through Ezra Academy.

Since time immemorial, blessing the lulav and etrog has been our way of thanking God for the blessings of the earth on the holiday of

sukkot. By holding the four species together, we symbolically "get our own act together" for the New Year. By pointing them in six directions, we remind ourselves that God's presence can be found in every area of our lives. And by shaking the lulav and etrog, we commit to being movers and shakers in the world this year, for good and for blessing. This year, make a lulav shake. Call today to reserve your own set. Every family should have one. To order your Lulav & Etrog from Ezra Academy, call 389-5500. Call now to avoid disappointment.



Build Your Own Sukka!

Building a sukka can be fun for the whole family, and it's a mitzva! If you've always wanted to build your own, now is the time. Sukkah Kits are available from Steve Henry Woodcraft at 919-489-7325.

Sukka Set Up

All are invited to join the BEKI Men's Club in setting up our shul sukka on Sunday 22 September following the 9:00 a.m. service. It's a mitzva! (Rain date will be Tuesday 24 September at 6:00 p.m.)

Children's Craft Hour in Sukka

BEKI and neighborhood kids are all invited to the BEKI sukka for crafts and fun on Thursday 26 September from 4:30 pm to 5:30 pm. The program will be held outside in the sukka unless it rains, in which case we'll be inside. Dress accordingly. Please feel free to invite neighborhood children with their adults to join us and help decorate the BEKI sukka!



1996

BEKI September

5756-5757

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 Elul 1	18 Elul 2 9:00a Weekday Morning Service 9:45a Rashi Study Group	19 Elul 3	20 Elul 4 7:30p Music & Poetry of Holy Days #2	20 Elul 5	22 Elul 6 6:00p Early Service 6:58p Candle Lighting 8:00p Late Service Installation of Officers	23 Elul 7 9:15a Shaharit Darshan: Robert Forbes 10:45a Havura 10:45a Jr. Congregation 5:45p Minha 7:47p Motse'ei Shabbat 9:30p Selihot @ Or Shalom
24 Elul 8 10:00a Qever Avot - Memorial Hamden 11:00a Qever Avot Memorial West Haven	25 Elul 9 7:45a Rashi Study Group	26 Elul 10 7:30p Meaning of Holy Days with Liz Shanks	27 Elul 11 7:30p Shofar Blowing Workshop with Isaiah Cooper	28 Elul 12	9 Elul 13 6:45p Minha 6:47p Candle Lighting 7:00p Rosh HaShana Evening Service	1 Tishrei 14 8:30a Rosh HaShana Service; 9:30a Begin Babysitting 11:00a Children's Programs 7:00p Evening Service
8:30a Rosh HaShana Service 10:00a Babysitting 11:00a Kids' Programs 4:45p Tashlikh under Edgewood Br. 5:45p Minha 15	3 Tishrei 16 7:45a Rashi Study Group	4 Tishrei 17	5 Tishrei 18	6 Tishrei 19	7 Tishrei 20 6:00p Early Service 6:34 Candle Lighting 8:00p Late Service	8 Tishrei 21 9:15a Shabbat Morning Service 10:45a Havura 10:45a Jr. Cong. 5:45p Minha 7:21p Motse'ei Shabbat
9:30a Sukka Set Up 11:30a Men'sMiqva 6:15p Minha 6:15p Babysitting 6:30p Kol Nidrei/Yom Kippur 6:30p Candle Lighting 22	10 Tishrei 23 9:00a Yom Kippur/Yizkor 9:30a Babysitting begins 11:00a Kids' Programs 4:45p Minha- Neila 7:29p Final Shofar	11 Tishrei 24	12 Tishrei 25	13 Tishrei 26 4:30p Sukka Crafts Hour for Kids, rain or shine	14 Tishrei 27 6:00p Shabbat Sukkot Service 6:22p Candle Lighting	15 Tishrei 28 9:15a Shabbat Sukkot Service 10:45a Havura 10:45a Jr. Congregation 10:45a Learners' Minyan 5:45p Minha Light candles after 7:10p
16 Tishrei 29 9:15a Festival Morning Service 5:45 Minha	18 Tishrei 30					

Dates and Times to Remember

September Events

02 Mon	9:00a	Weekday Morning Service
	9:45a	Rashi Study Group
04 Wed	7:30p	Music & Poetry of Holy Days 2
06 Fri	6:00p	Early Shabbat Service
	6:58p	Candle Lighting
	8:00p	Late Shabbat Service
		Installation of Officers
07 Sha	9:15a	Shabbat Morning Service
		Darshan: Robert Forbes
	10:45a	Children's Shabbat Havura
	10:45a	Junior Congregation
	5:45p	Minha
	7:47p	Motze'ei Shabbat
	9:30p	Selihot at Or Shalom
08 Sun	10:00a	Qever Avot Memorial Hamden
	11:00a	Qever Avot Memorial West Haven
09 Mon	7:45a	Rashi Study Group
10 Tue	7:30p	Meaning of Holy Days Class
11 Wed	7:30p	Shofar Blowing Workshop
13 Fri	6:45p	Weekday Minha Service
	6:47p	Candle Lighting
	7:00p	Rosh HaShana Evening Service
14 Sha	8:30a	Rosh HaShana Morning Service
	9:30a	Babysitting Begins
	11:00a	Children's Havura
	11:00a	Junior Congregation
	6:45p	Rosh HaShana Afternoon Service
	7:00p	Rosh HaShana Evening Service
		Candle Lighting after 7:35p
15 Sun	8:30a	Rosh HaShana Morning Service
	9:30a	Babysitting Begins
	11:00a	Children's Havura
	11:00a	Junior Congregation
	4:45p	Tashlikh under Edgewood Bridge
	5:45p	Rosh HaShana Afternoon Service
	7:33p	Motze'ei Hag (Holy Day Ends)
16 Mon	7:45a	Rashi Study Group
20 Fri	6:00p	Early Shabbat Service
	6:34p	Candle Lighting
	8:00p	Late Shabbat Service
21 Sha	9:15a	Shabbat Morning Service
	10:45a	Children's Shabbat Havura
	10:45a	Junior Congregation
	5:45p	Minha
	7:21p	Motze'ei Shabbat
22 Sun	9:30a	Sukka Set Up by Men's Club
	11:30a	Men's Miqva
	6:15p	Minha Afternoon Service
	6:15p	Babysitting
	6:30p	Kol Nidre/Yom Kippur Evening
	6:30p	Candle Lighting
23 Mon	9:00a	Yom Kippur Morning/Yizkor
	9:30a	Babysitting Begins
	11:00a	Children's Havura
	11:00a	Junior Congregation
	4:45p	Yom Kippur Minha/Neila
	7:18p	Maariv & Havdala
	7:29p	Final Shofar
	7:30p	Break-Fast in Lower Hall
26 Thu	4:30p	Kids' Sukka Crafts Hour

27 Fri	6:00p	Early Shabbat Sukkot Service
	6:22p	Candle Lighting
28 Sha	9:15a	Shabbat Sukkot Service
	10:45a	Children's Shabbat Havura
	10:45a	Junior Congregation
	10:45a	Learners' Minyan
	5:45p	Minha
		Candle Lighting after 7:10p
29 Sun	9:15a	Festival Morning Service
	5:45p	Festival Minha Service

October Events

04 Fri	7:00a	Hoshana Rabba Service
	6:00p	Shabbat Festival Service
	6:11p	Candle Lighting
05 Sat	9:15a	Shabbat Shemini Atzeret
		Yizkor Memorial Service
		Qohelet
	10:45a	Children's Shabbat Havura
	10:45a	Junior Congregation
	5:45p	Minha Afternoon Service
		Candle Lighting after 6:56
	7:00p	Simhat Torah Service
06 Sun	9:15a	Simhat Torah Morning
	5:45p	Minha Afternoon Service
07 Mon	7:45a	Rashi Study Group
11 Fri	5:59p	Candle Lighting
	6:00p	Early Friday Service
	8:00p	Late Friday Service
12 Sha	9:15a	Shabbat Morning Service
	10:45a	Children's Shabbat Havura
	10:45a	Junior Congregation
	10:45a	Learners' Minyan
	5:45p	Minha
	6:45p	Motze'ei Shabbat
14 Mon	7:00a	Morning Service
	7:45a	Rashi Study Group
18 Fri	5:48	Candle Lighting
	6:00p	Early Friday Service
	8:00p	Late Friday Service
		With Paul Bass
19 Sat	9:15a	Shabbat Morning Service
		Darshan: Rabbi Levine
	10:45a	Children's Shabbat Havura
	10:45a	Junior Congregation
	5:45p	Minha
	6:36p	Motze'ei Shabbat
20 Sun	9:30a	Congregational Breakfast
23 Wed	2:00p	Dinner RSVP due
25 Fri	5:38p	Candle Lighting
	6:00p	Family Service
	6:45p	Dinner by RSVP
26 Sat	9:15a	Shabbat Morning Service
	10:45a	Children's Shabbat Havura
	10:45a	Junior Congregation
	10:45a	Learners' Minyan
	5:45p	Minha
	6:26p	Motze'ei Shabbat
27 Sun	9:45a	Torah Pathways
	4:00p	LaMaazel at Benson-Tilsens
28 Mon	7:45a	Rashi Study Group

Thank You For Your Generous Donations

A generous contribution has been made by Ben Marks to the Louis Friedman Scholarship Fund

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- In memory of Malka Levine from Moishe Schnitman
- In memory of Malka Levine from Pat Goodwin & Family
- In memory of Marilyn Hurwitz from Sheila Gardner
- In honor of Jamie Talbot's Bat Mitzvah from Grandma Anna Goldberg
- In honor of Moe Miller's 80th Birthday from Gertrude & Willi Albrecht

- In memory of Shirley Rosen from Mr. & Mrs. Alan Gelbart
- In honor of new baby Johnston from Mr. & Mrs. Gerald Oppenheim
- In memory of Arona Cheskis from Stephen & Rachel Wizner
- In memory of Arona Cheskis from The Edelkind-Serkin Family
- In memory of Mrs. Francis Barberio from Bea & Milton Smirnoff
- In honor of the Ludwig's recent honor at the Bond Dinner by Pat Goodwin Family
- In memory of Morton Blumenthal from Pat Goodwin & Family
- In memory of Abe & Marion Goldstein from Pat Goodwin & Family
- In memory of Eugene Schaffer from Pat Goodwin & Family
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- In honor of Tillie Horwitz's 85th Birthday from Mimi Kahn
- In memory of Shirley Rosen from Mimi Kahn
- Best wishes to Regina & Martin Faymann in their new home from Mimi Kahn

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- In memory of Shirley Rosen from Mikki Ratner

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- In honor of Tillie Horwitz's 85th Birthday from Mr. & Mrs. Simeon Horwitz
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- In honor of Tillie Horwitz's 85th Birthday from Eva Black

Thank You For Your Generous Donations

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- In honor of Tillie Horwitz's 85th Birthday from Alberta Roseman
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- In honor of Tillie Horwitz's 85th Birthday from Mr. & Mrs. Max Papoosha
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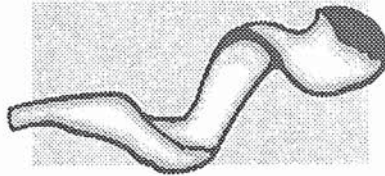
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Simhat Torah Celebration

Congregation Beth El-Keser Israel is the place to be for the evening and morning of Simhat Torah. Festival Evening services begin at 7:00 p.m., immediately following the conclusion of Shabbat, on Saturday 5 October. Festival Morning services begin at 9:15 a.m. on Sunday 6 October, and also include dancing. Goodie Bags will be presented by the Sisterhood to all the children at services. Save the dates!

Seminary's New Year Message

ראש השנה



"I'm Sorry."
"You Are?"
"Yeah... Wanna
Make Up?" "Okay."

It was easy back then. But now it can be so hard. Doesn't it seem that the more you need to say "I'm sorry," the less likely you are to say it? And the more you need to hear "I'm sorry," the less likely you are to accept it?

Look, we're human. We're going to wrong one another sometimes. But then we have a choice: live with it, deny it, or make it right. And you know you can't right a wrong by telling a friend or a counselor -- or even God -- how bad you feel about it. That doesn't do it. Neither does saying, "If I've hurt you in any way...."

The only way to make things right is to face

the person you've wronged and say it directly: I wronged you in this specific way, and I ask your forgiveness for it. And then commit yourself never to repeat the offense.

And when you've been wronged and the other person comes and sincerely asks for forgiveness, you have a choice, too. Sometimes it's very hard to forgive. But how long can you keep an injury alive before it cripples your life and degrades your character? Nurture it long enough, repeatedly refuse to reconcile, and the refusal becomes your failure.

In fact, there are times when the real act of courage is for the injured one to open the subject -- to go privately to the wrongdoer and say, "You have wronged me." God knows it would be easier to go on carrying that silent grudge. But to initiate the conversation can open the way to reconciliation.

And to be reconciled? It's as though you wake up one day and for the first time in a long time, you're not encased in ice.

This is not a new self-help theory. For thousands of years this has been the real work of the days leading up to Yom Kippur. Torah teaches that before we ask God to grant us well-being and peace, God asks us to make peace with another human being. You know which one. Try.

(Excerpt from the message of the Jewish Theological Seminary published in major newspapers at the High Holy Day season.)

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BEKI 2000

BEKI 2000 Update

Chairpersons have stepped forward for most of the eight BEKI 2000 planning committees that will work together to develop a vision for the synagogue for the next three-to-five years. The chairpersons will come together for an afternoon retreat and training session on Sunday 8 September to start their formal participation in the planning process. In addition, the chairpersons will actively seek volunteers to participate on each of the committees. You are welcome to volunteer to participate on any committee in which you are interested. The eight committees and their chairpersons are listed below.

Committee	Chairperson
Administration and Maintenance	Nadav Sela
Budget and Finance	
Community Relations	Mimi Glenn
Education/Youth Marketing/Membership	
Programming	Rabbi Murray Levine
Ritual	Ruth Greenblatt
Space Utilization	Tina Rose

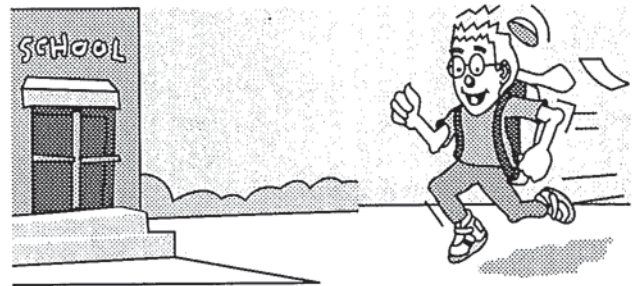
To make attendance at committee meetings easier, each committee will pick a particular night of the week and meet regularly on that night. This will make it easier to know which committees are meeting when, and to schedule your attendance at particular committee meetings. Even if you cannot attend all the sessions of a committee, you are welcome to sit in on whatever meetings you can make, and offer suggestions and comments. We enthusiastically welcome the thoughts and suggestions of all congregants!

Additional information about the planning process will be available at the synagogue during the High Holy Days. Please feel free to contact Tina Rose or Robert Leikind, co-chairs of BEKI2000, or Rabbi Tilsen.

Need a letter for Employer or School?

Shul members occasionally need letters to employers or principals explaining the nature of the Jewish holiday observance. Despite the high level of understanding in our community, there is still a need for education and information. It is important that our children be in shul for all of Yontiff.

If you would like such a letter for Rosh HaShana, Yom Kippur, or Sukkot, call Rabbi Tilsen at 389-2108.



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Officers & Board Installation

The new Officers and Board Members of the shul will be recognized and installed during the Late Friday Night Service on 6 September at 8:00 p.m. Join Cantor Irving Weinstein, Kevin Mack and Rabbi Jon-Jay Tilsen for this friendly evening of worship together.

The members of the Board as of 1 August 1996 are as follows.

Board of Directors 1996-97

President	Saul Bell
Vice President, Physical Plant	Jay Brotman
Vice President, Member Services	Diane Dumigan
Vice President, Ritual and Education	Steven Fraade
Secretary	Todd Strauss
Treasurer	Tina Rose
Financial Secretary	Ken Buckman
Assistant Financial Secretary	Natan Weinstein
Administrative Consultant	Milton Smirnoff
Financial Consultant	Bud Volain

One Year Term

Rob Leikind	Carole Bass
Helen Rosenberg	Janet Brown
Laura Yakerson	Ellen Jawitz

Two Year Term

Mannette Dodge	Gloria Cohen
Marty Gilens	Steve Wizner
Elma Guttenberg	Darryl Kuperstock

Three Year Term

Stephen Pincus	Gerry Oppenheim
Brian Karsif	Jeff Katz
Ina Silverman	Nadav Sela

Standing Committees:

Budget and Finance	Ken Buckman
Education	TBA
House and Maintenance	George Posener
Membership	Diane Dumigan
Ritual	Susan Voigt
Ways and Means	Steven Fraade
Men's Club	Mimi Kahn
Sisterhood	Mikki Ratner
Singles and Doubles	Drew Allison
Cemetery Association	Adele Tyson
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joy. In
construct
form (i.e.
attached to
the following
word) simha



is in the name of the holiday Simhat Torah (Joy of the Torah). In the first person plural imperfect verb form, nismeha, the word means "we will rejoice" and occurs in the popular children's song "Hava Nagila."

Yom Tov: Holiday. Literally, "a good day." In Yiddish, yontiff.

Rashi Study Group

Each Monday morning from 7:45a to 8:30a a small group of adults meets in the Rabbi's Study to read Rashi's commentary to the Torah. The study proceeds line by line; since its inception in January 1994 the group has covered about 35 chapters of Torah. It is possible to join the study for a single meeting or to begin at any time. Knowledge of Hebrew is not necessary. For more information, don't call; just come once and find out what it is about.

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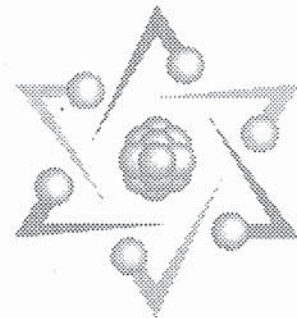
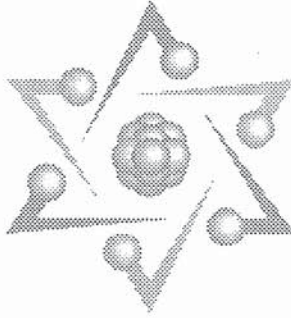
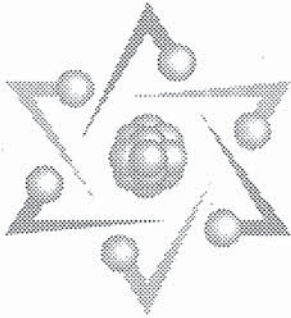
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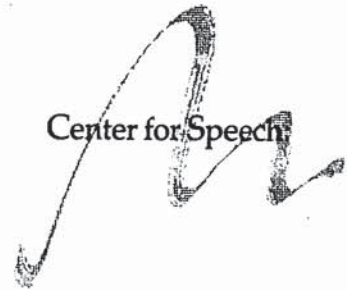
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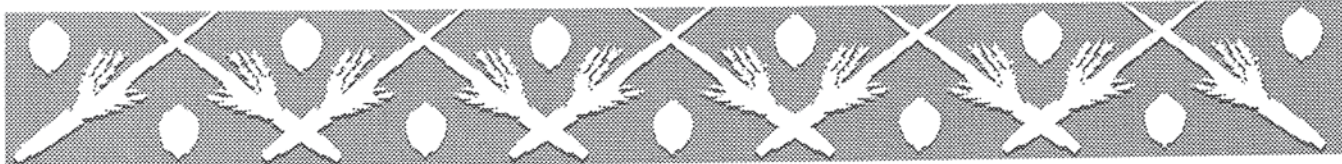
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