

# MISHPOCHEH

Temple Beth Shalom ☆ Brigantine Jewish Community Center

October 2009 Vol. 17, No. 9

Rabbi Gerald R. Fox

Tishrei/Heshvan 5770



## SERVICES

Every Friday Evening  
Throughout the Year,  
8-9 p.m.

## Saturday Services

October 10, 2009 • 10 a.m.  
Shemini Atzeret/Yizkor  
(Followed by Kiddush luncheon)

## Board Meeting

Sunday, Nov. 15 • 10 a.m.

## RABBI'S COLUMN

### *Resetting Your Spiritual Clock*

As we envision OUR New Year and how we hope to live our lives moving forward, I have come to one central idea: There is no way to manage the expectations others place upon us other than to live our lives as best we can and then to speak up for who we are, for who we know we are. And doing that requires a clear mind and a nourished soul.

So how do we do these things? We clear our minds and nourish our souls through a discipline of thoughtful practice, which is most successful when we have a plan. Here is my list of nine ways to reset your spiritual clock:

#### *Wake up with a prayer.*

When you wake up in the morning, set the tone for your day – every day or even just once or twice a week – with a prayer. The one I'd suggest is the prayer we traditionally say upon waking up, in which we thank God for the complex functionings of our body. But don't just stop there – add in a word or two about your hopes for the day. There is nothing like a morning prayer to remind you that there is more to life than the minutiae in which we often find ourselves mired.

#### *Allow yourself to laugh at something.*

Whether it is a morning newspaper blown around your front porch or something silly we forget, laughing at the sometimes annoying details of our lives is a sure-fire way to gain control over them. And doing so doesn't hurt in setting you up for a much happier mood, as well!

#### *Have a conversation with someone during which you just listen.*

So much of our conversation with loved ones or even someone we just met is filled with the competition of sharing. Listening, really listening, is a central spiritual practice. When we listen to what someone has to say without interrupting them with our own story, we allow space for the person with whom we're speaking to share things that they would never had thought to share. "Attentive silence" is a great healer and becoming a spiritual person is also about healing – both you and those around you.

#### *Have a cup of tea.*

Tea, whether decaf, herbal, or otherwise, can help you slow things down. Our fast-paced world is often at odds with the contemplative nature of a well-considered (translation: spiritual) life. Making tea takes time and attention and usually draws your mind away from your seemingly overwhelming troubles. Try sharing a cup with a like-minded person for the added benefit of companionship.

#### *Take a mini-vacation from your life.*

It may sound odd, but it works: Close your eyes or just stare out a window and day dream. Imagining yourself being somewhere else twice a day, maybe more, will lower your heart rate and raise your spirits. There is no greater spiritual healing than that which comes from meditation or prayer, which usually works best in a new setting (real or imagined!).



## JOIN THE GOLD AND SILVER RUSH!

Gather up your broken chains, your one earring, Aunt Minnie's old estate jewelry you never wear or would not want to wear, and donate them to Temple Beth Shalom.

We will sell them and give you up to 80% of their value with 20% going to the synagogue. Or, if you want, donate 100% of the proceeds to the shul. We will give you a tax donation form that you can use at tax time.

So get your picks and shovels and start digging!

Please take your goodies to the synagogue in an envelope or plastic bag marked with your name. We'll take it from there.

## Presidents' Column

### *L'Shanna Tova*

What a glorious start to the New Year!

Our services this year were truly inspiring. Rabbi Fox and Rabbi LaPayover led our services to new heights. They were well attended and everyone seemed to be uplifted. They even ended at a reasonable time. Good job and thanks to everyone who participated!

Our thanks to Bernie Cohen who arranged our Break-the-Fast this year at the American Legion Post. It went off without a hitch and was delicious. By the way, that beautiful white Ark curtain was donated by Bernie in memory of Morray Cohen, his dear departed wife.

Special thanks to the crew that set up our sukkah this year: Ron Shender, Mike Albert, Sid Morgan, Henry Jacoby and Marv Waxman. It was especially hard this year because of the high winds. Lots of sore muscles!

The Sukkot dinner was a success again this year. Good food, good friends, warm feelings – what else could you want? A couple more people maybe.... Again thanks to Ron Shender, Mina Kramer, the Morgans, the Goldenbergs and to everyone who graciously helped make this event a success.

Our special events committee is meeting this week to plan activities and events for the coming year. Stay tuned and if you want to help – call me!

As Rabbi mentioned during the High Holidays, Temple Beth Shalom is planning a trip to Israel sometime in mid-May 2010. Start saving and join us on this trip of a lifetime. It will be great! More info to come.

*Thanks again to all,*

***Lill Shender***  
***President***

P.S. Just a friendly reminder to redeem your pledges as soon as possible.



## Len Coplein Library

You are invited to browse through the library in the office. Anything you want to know about Judaism is available there. There are children's books, novels and information about Jewish holidays.

## New Members

Jewish residents of Atlantic County are invited to join Temple Beth Shalom. If you are interested in joining a friendly synagogue where you will know everyone and everyone will know you, call 266-0403. Bring your friends—visitors welcome. Annual membership \$550/family, \$275/single.

## Rabbi *(continued from page 1)*

### ***Treat yourself to show you love you.***

Try setting up a special treat for yourself every day that you know that you won't ever miss. This is your time, your gift to yourself, to use as you please. You could go on a 10-minute walk, stop by the library for 15 minutes, or just read a chapter or two of your favorite book. No matter what it is, make sure that it is a treat and not an indulgence – you want to recharge your batteries, not reinforce bad habits.

### ***Do something for the fun of it.***

Most of our day – working or retired – is spent doing things that either are or feel like obligations. Bring a little whimsy into your life – this is different from a treat in that this is without any goal in mind or specific redeeming value. Fun is just that – it is “down time” from our everyday lives.

### ***Listen to music that moves you.***

No matter the time of day or your mood, music can fundamentally change your outlook. In a world that is more often than not focused on entertainment that is video or computerdriven, our souls are even more thirsty for a drink of imagination. And you really can't beat the nourishment that your soul gets from music. If you aren't doing it already, just for fun, try listening to a song or two that you haven't heard for a long time. “Rinse and repeat” – the more you practice this activity (within reason), the more likely each day will find you more and more grounded and spiritually centered.

### ***Take stock of your blessings at bedtime.***

For most people, unfinished business is the biggest late-night, anxiety-producer. Instead of thinking about what you failed to complete that day, try thinking about how lucky you are to have the life you have. Being grateful – no matter what time of day, actually – is a great sedative and spiritual practice. After all, who wants to live a life that feels like it is without at least a few blessings?!

It is my blessing for you, each of you, that these spiritual practices (or some of your own) will enrich your life, clear your mind, and nourish your soul in the coming year. Remember: Changing your habits is not an overnight process, so don't assume you'll feel different immediately. In the end, slow and steady makes you ready . . . for anything!

May you find all the nourishment you need in the coming year and beyond!

***Rabbi Gerald R. Fox***

## TRIP TO ISRAEL

Start saving your shekkels and make plans to join us. We're going to Israel next May led by Rabbi Fox. It should be an awesome, rewarding excursion. Details to follow.

**Thank You** To the Oneg Shabbat & Kiddush Sponsors  
For September

**Friday, September 4 Drs. Robert & Roberta Ball**  
in memory of Roberta's mother, Evelyn Robin, who passed away August 13th and whose 91st birthday would have been today.

**Friday, September 11 Lorraine & Burt Stolove**  
in memory of Lorraine's father, Erwin Auginfeld.

**Saturday, September 12 Dr. Joseph & Lillian Hassman**  
in memory of Joe's parents, Benjamin & Ethel Hassman.

**Friday, September 18 Jack Greenberg**  
in memory of his mother, Janet Greenberg;  
**Drs. Frank & Sarah Kern**  
in memory of Frank's mother, Shirley Kern.

**Friday, September 25 Dr. Joseph & Betty Chaikin**  
in memory of Betty's sister, Ruth Bocour;  
**Jo-Ann & Ronald Massanova**  
in memory of Jo-Ann's mother, Rose Aufiero.



Thank you for helping us usher in the New Year in such a meaningful way. We wish Temple Beth Shalom a great New Year and are happy if we can help make it happen.

Best to our Brigantine Shul community.

**Jonathan & Jody Caplan & Family**

**Obituaries**

Temple Beth Shalom mourns the passing, on Sept. 26, of **Sylvia Leibowitz**, former President and Bat Mitzvah recipient. She was a cornerstone of Temple Beth Shalom who gave of herself completely to help us grow. She was very talented and wrote jingles for every occasion. Sylvia was a very warm and friendly person who volunteered her time and energy for every committee. We will feel her presence here forever.



Donations in memory of Sylvia can be made by sending a check payable to Temple Beth Shalom, for the Sylvia Leibowitz Memorial Fund. This fund will be used for the beautification of our synagogue.

**Mildred Richmond** passed away August 18 in California where she lived for many years. She was a fine lady who worked to develop Temple Beth Shalom from its very beginning in the 1970's.

**Donations to The Sylvia Leibowitz Memorial Fund**

**Bernie Cohen, Jacqueline & Fred Fabel, Dr. Henry & Gloria Jacoby, Sidney & Shirley Morgan**

**Simchas Birthdays & Anniversaries**  
Oct.

**BIRTHDAYS**

- |                              |                              |
|------------------------------|------------------------------|
| 1.....Phyllis Berkes         | 14.....Anna Weinstein        |
| 2.....Harriet Ackovitz       | 16.....Betty Chaikin,        |
| 4..Vera Getz, Barbara Pepper | Lillian Hassman              |
| 5.....Ida Levin              | 17.....David W. Silver       |
| 6.....Karen Dare             | 19.....Pearl Kaye,           |
| 9.....Daniel-Paul Alva       | Diane A. Waxman              |
| 10.....Larry Hatoff          | 28...Les Cahn, Sidney Morgan |
| Judge Sandra Mazer Moss      | 30.....Nancy K. Zucker       |

**ANNIVERSARIES**

- |                                     |
|-------------------------------------|
| 4.....Robert & Dr. Evlyne Harmon    |
| 6.....Michael B. & Carol E. Albert  |
| 10.....Sheila & Jerald Cohen        |
| 13.....John M. & Beth A. Bacha      |
| 22.....Dr. Joseph & Lillian Hassman |
| 31.....Jacqueline & Fred Fabel      |

**THE UNITED SYNAGOGUE OF CONSERVATIVE JUDAISM**

Founded in 1913 by Dr. Solomon Schechter as the Association of Conservative Synagogues in North America, the USCJ, through its numerous programs and publications, serves as a resource to its affiliated congregations and works to formulate a Conservative Jewish response to pressing social and religious issues. The United Synagogue, which works actively in the areas of educational programming and youth activities, also maintains an active presence in the State of Israel.

**I Believe**

*I believe in the sun,  
Even when it is not shining.  
I believe in love  
Even when I am not feeling it.  
I believe in God  
Even when God is silent.*

*(Found on the wall of a cellar in Cologne, where Jews hid from the Nazis.)*

**BOOK CLUB** For book club information, call Lill Shender, 264-9347.

**WWW. SEASHUL.ORG**  
For Temple Information

Be sure to sign in to our website. It contains a wealth of information. Remember you can use PayPal to take advantage of this convenient method of payment for your dues, your donations or anything else.

# October Yahrzeits

- 10/1 Ida Kessel *in memory of* her father, Louis Young  
 10/2 Dr. Joseph & Betty Chaikin *in memory of* Betty's sister, Ruth Bocour  
 Rose Zeltser *in memory of* her husband, Ronald H. Zeltser  
 Thelma Zuckerman *in memory of* her husband, Martin Zuckerman  
 10/3 Edward & Judith Rubin *in memory of* Ed's brother, Jeffrey Rubin  
 10/4 Natalie Fishman  
 Bessie Holtzman  
 10/5 Earl & Doris Berger, Gale Hoffman & Philip Goisman *in memory of* Doris' mother, Gale's grandmother & Philip's friend, Janet Kerstetter  
 Seymour & Dorothy Katz *in memory of* Dorothy's father, Louis Perilstein  
 10/6 Edith Krimstock *in memory of* her mother, Minnie Kunis  
 10/7 Edward & Judith Rubin *in memory of* Judy's uncle, Nathan Bell  
 Helen Spinrad & John Spinrad *in memory of* Helen's husband and John's father, Malcom Spinrad  
 10/8 David & Faye Kahn *in memory of* Faye's mother, Malka Mittelman Landau  
 Gerald & Barbara Pepper *in memory of* Gerald's mother, Tillie Pepper-Blum  
 10/9 Henrietta Burke  
 Fred & Marlene Paul *in memory of* Fred's mother, Celia Paul  
 10/10 Leon & Harriet Ackovitz *in memory of* Leon's father, Julius Ackovitz  
 Jacqueline & Fred Fabel *in memory of* Jackie's father, Emanuel Bilk  
 John Spinrad *in memory of* his grandmother, Eve Frankel  
 10/12 Charlotte Sweet  
 10/13 Anita Erman *in memory of* her mother-in-law, Rosalie Erman  
 Susan Mintz *in memory of* her father-in-law, Aaron Herbert Mintz  
 Leon & Harriet Ackovitz *in memory of* their uncle, Albert Orner  
 10/15 Helen Spinrad & Stewart Lapayowker *in memory of* Helen's mother and Stewart's grandmother, Mary Moskowitz  
 10/16 Ronald & Rhoda Bermon *in memory of* Ron's father, Samuel Bermon  
 Bernie Cohen and Jerald & Sheila Cohen *in memory of* Bernie's brother and Jerald & Sheila's uncle, Frank Cohen  
 Martha Cohen *in memory of* her husband, Frank Cohen  
 Michael & Marcia Kurland *in memory of* Michael's father, Irving Kurland  
 Annieta Mann *in memory of* her mother, Virginia Shanack  
 10/17 Arnie & Lory Schuster *in memory of* Arnie's mother, Margot Schuster  
 10/18 Albert & Barbara Dragon *in memory of* Albert's mother, Betty (Becky) Dragon  
 10/19 Ronald & Rhoda Bermon *in memory of* Rhoda's sister, Marilyn (Mikki) Boyer  
 Gerald & Norma Wexler *in memory of* Gerald's mother, Ida Wexler  
 10/21 Bernard & Norma Gittelman *in memory of* Bernie's mother, Henrietta Gittelman  
 Milton & Phyllis Berkes *in memory of* Phyllis's mother, Mollie Gould  
 10/22 Annieta Mann *in memory of* her father, Leon Shanack  
 10/24 Ida Levin *in memory of* her mother-in-law, Fannie Levin  
 Ronald & Lillian Shender *in memory of* Ron's mother, Leah Shender  
 10/25 Aaron & Joan Grossman *in memory of* Joan's mother, Esther Broder  
 Anna Leibowitz  
 10/26 Jacqueline & Fred Fabel *in memory of* Fred's father, Lewis Fabel  
 Jack Segal  
 10/27 Michael & Cheryl Guterman *in memory of* Michael's father, Hyman Guterman  
 10/29 Mark & Pearl Erdman *in memory of* Mark's father, Nathaniel Erdman  
 Mitchell & Mina Kramer *in memory of* Mitch's father, Harry Kramer  
 Ida Levin *in memory of* her sister, Sara Rutberg  
 10/30 Ira & Toby Waller *in memory of* Ira's brother, Shep Waller  
 10/31 Bernie Cohen and Martha Cohen *in memory of* Bernie's father and Martha's father-in-law, Albert Cohen  
 Dr. Martin & Linda Millison *in memory of* Martin's brother, Carl Millison  
 Norman & Pearl Reiff *in memory of* their daughter, Jill Reiff

## Yahrzeit Donations

- Beverlee Bearman-Reiter** *in memory of* her father, S. Sumner Bearman  
**Evlynne & Robert Harmon** *in memory of* Evlynne's mother, Betty Freed  
**Norton & Gloria Freedman** *in memory of* Norton's mother, Mollie Freedman  
**Lorraine & Burt Stolove** *in memory of* Lorraine's father, Erwin Augenfeld  
**Susan Orloff** *in memory of* her father, Maurice Orloff  
**Dr. Martin & Linda Millison** *in memory of* Martin's father, Harry Millison  
**Jo-Ann & Ronald Massanova** *in memory of* Jo-Ann's mother, Rose Aufiero  
**Philip Goisman** *in memory of* his grandmother, Fannie Goisman  
**Seymour & Norma Trachtman** *in memory of* Norma's father, Jacob Freidberg

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## Welcome New Members

Carl & Beth Apter of Brigantine and Gwynedd Valley, Pa.  
Michael & Susan Axler of Brigantine.  
Steven & Carol Dranoff of Philadelphia, Pa.  
and Brigantine.

Edward & Judith Rubin of Ambler, Pa. and Longport, N.J.  
They are friends of members Marvin & Diane Waxman.

## Congratulations

Mazel Tov to Sandy & Barry Cogan on their grandson's  
recent Bar Mitzvah in Israel.

Mazel Tov to Marvin & Irene Siegel on the birth of their  
second great-grandson, Joseph Dillon.

## Thank You

A great big thank you to David Hassman for donating a  
delicious box of challah bread.

Our sincere thanks to Marsha & Len Goldenberg for  
refinishing our Torah crowns and pointers.  
They look magnificent!

With gratitude to Rosalie & Jack Lieberman for  
donating the gorgeous fall flower arrangement on the  
bimah. We appreciate your generosity!

## General Donations

Jamie & Steve Satz and the Kessel Family  
in memory of Tola Milestone.

Ron & Shelley Miller in memory of Sandy Cogan's mother,  
Evelyn Rubinstein; and in honor of the Cogan's  
grandson's Bar Mitzvah.

Donald & Phyllis Hoffrichter.

Sidney & Shirley Morgan in memory of Evelyn Bernstein,  
beloved mother, grandmother and great-grandmother.

Marvin & Irene Siegel in honor of the birth of their second  
great-grandson, Joseph Dillon.

Natalie & Howard Solomon.

Marvin & Diane Waxman as thank you for welcoming their  
daughter as a guest during Rosh Hashanah and in  
appreciation for their Alliyahs.

## Get Well

Jack Cralle, Diane Hatoff, Pearl Kaye, Ida Kessel,  
Edith Krimstock, Howard Levin, Sari Levin,  
Moe Lurie, Shirley Schreiber,  
Marvin Siegel, Gerald Wexler, Norma Wexler,  
Sandra Wray (sister of Lill Shender)



## Library Fund

Dr. Joseph & Betty Chaikin in memory of Sylvia Leibowitz.

## Yahrzeit Donations Continued

Rose Zeltser in memory of her husband, Ronald Zeltser  
Diane & Harvey Steiner in memory of their fathers,  
William Fabrizio & Benjamin Steiner,  
and their uncle, Abraham Motel

Dr. Joseph & Lillian Hassman in memory of  
Joe's parents, Ethel & Benjamin Hassman

Dr. Barry & Barbara Glaser in memory of  
Barry's sister, Flora Furman

Thelma Zuckerman in memory of  
her husband, Martin Zuckerman

Bernie Cohen in memory of his brother, Frank Cohen

Estelle & David Silver in memory of  
Estelle's mother, Lillian Waltzer

Pearl & Norman Kaye in memory of  
Pearl's father, Isadore Rosendorf

Jerry & Sheila Cohen in memory of  
their uncle, Frank Cohen

Ida Levin in memory of her mother-in-law, Fannie Levin,  
and her sister, Sarah Rutberg

Martha Cohen in memory of her husband, Frank Cohen

Stewart Lapayowker in memory of his father, Milton  
Lapayowker, grandmother, Mary Moskowitz, stepfather,  
Malcom Spinrad and grandfather, Manfred Lapayowker

Jacqueline & Fred Fabel in memory of  
Jackie's father, Emanuel Bilk

## The Sukkah on Park Avenue



An observant Jew who lived on Park Avenue,  
built a Sukkah on his balcony. Some of his  
'high society' non-Jewish neighbors  
brought him to court. They claimed that  
the Sukkah on his balcony was an eyesore  
and was having a negative impact on the  
value of their homes in this posh neighborhood.

In court, the man was very worried about the outcome. It was the  
eve of the eight-day holiday, leaving him no time to make alternative  
arrangements in case the judge ordered him to take down the  
Sukkah. He prayed for help. And Hashem listened.

Judge Ginsburg, who was Jewish himself, had a reputation of being  
a very wise man. After hearing both sides, he turned around to the  
observant Jew and scolded him: "Don't you realize that you live on  
Park Avenue, and not in Brooklyn?"

There is a certain decorum which is expected on Park Avenue.  
You have no right to be putting up an ugly hut on this lovely street  
without a building permit authorizing it. I hereby rule that either you  
remove the hut, or I will fine you one thousand dollars. You have  
exactly eight days to do so! Next Case!"

**MAY I HAVE YOUR ATTENTION PLEASE!** Are you celebrating a special day, honoring  
someone or remembering a loved one? A good way to do this is to sponsor an Oneg Shabbat on a Friday night or a  
Saturday Kiddush Luncheon. It will make you feel good and will help your synagogue carry on this time-honored tradition.

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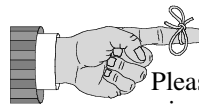
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*Corresponding Secretary:* **Mina Kramer**

*Recording Secretary:* **Jack Lieberman**



**A Reminder**

to all Temple Beth Shalom members  
 Please notify the office of any births, engagements,  
 marriages, illnesses or deaths. This way the Rabbi,  
 Board and Temple membership can be notified. The answering  
 machine is on 7 days and 24 hours a day.

**Help Our Temple  
 through your donations**

Your donations in memory of loved ones, simchas, our  
 Rabbi's Library Fund or Rabbi's Discretionary Fund not only  
 help the Temple, but also are a way to remember various happy  
 and sad events in your life. Unsolicited general donations are  
 needed to help the Temple meet its annual operating expenses.  
 Keep in mind, less than 50% of our operating expenses are  
 covered by membership dues. Listed below are the various  
 items to which you can contribute.

- Bronze Memorial Plaque* .....\$300
- Leaf on the Tree of Life* .....\$50
- Oneg Shabbat sponsor* (Friday night) .....\$25
- Kiddush Sponsor* (Saturday Luncheon) .....\$100
- Message Card* .....\$5 each
- Yizkor Memorial* .....Minimum \$10
- Building Fund* .....Whatever you desire
- Rabbi's Discretionary Fund* .....Whatever you desire
- Library Fund* .....Whatever you desire
- Kiddush Fund* .....Whatever you desire