



Congregation Beth Israel
חבורת בית ישראל

CBI NEWSletter

Oct-Nov-Dec 2013 / Cheshvan-Kislev-Tevet 5774

From the Rabbi

Dear friends,

The end of the Jewish holiday season always brings with it both a sense of relief (all of those tasks, all of those services, all of those commitments and obligations are complete) and a sense of loss (I will miss the prayers, the songs, the spiritual tenor of the season, and of course seeing all of y'all!) Perhaps you are feeling some of the same mixed emotions as we move deeper into Cheshvan, the lunar month which began on October 4.

One of Cheshvan's names is MarCheshvan. "Mar" means bitter. Our sages regarded this month as bitter because it doesn't contain any special opportunities for rejoicing. In other words: no holidays, no festivals, nothing but ordinary time.

For many in my line of work, Cheshvan is anything but bitter: after the spiritual, intellectual, emotional and physical marathon of the Days of Awe (and Sukkot and Hoshana Rabbah and Shemini Atzeret and Simchat Torah!), a month with no special observances can seem sweet indeed.

Our year moves with a certain rhythm. Each day we move from morning to afternoon to night — each, traditionally, marked by the opportunity to offer supplication and praise. Each week we move from weekday to Shabbat and back again. Each month the moon waxes and then wanes. And as we surf the crests and troughs of these recurring waves, we reach the holidays — and the periods without holidays. Both the festival times and the ordinary times are part of the rhythm of the Jewish year.



"Both the festival times and the ordinary times are part of the rhythm of the Jewish year..."

Service times

Friday meditation minyan
at 8:15 a.m. (with Reb
Rachel)

Every Saturday
9:30 a.m. Shabbat Service
11:00 a.m. Kiddush &
Torah Study

CBI's meditation minyan
meets almost every Friday
morning at 8:15 a.m. No
experience with meditation
is required; all are
welcome!

Please see "From the Rabbi" continued, on p. 2.

From the Rabbi (Continued)

In her poem "5 a.m. in the pinewoods," Mary Oliver wrote:

*so this is how you swim inward,
so this is how you flow outwards,
so this is how you pray.*

This is one of my favorite passages about prayer — and, for that matter, about spiritual life writ large. Each of our lives is a sea, and in those waters we float and swim: moving sometimes inward to pay attention to our hearts and souls, other times outward to pay attention to the world around us and the people with whom our world is filled. Both when we move inward and when we look outward, we can be attentive to divine presence.

The High Holidays turn us deep inward: toward the work of *teshuvah* (repentance/return). There's the work of perfecting heart and soul; there's the sometimes emotional memory work of the memorial service Yizkor. Sukkot, in contrast, turns us outwards: we literally flow outwards, out of our houses and into our sukkot, into the wide and wild world where we remember how fragile are our lives and our structures.

And now it is the fallow period after all of those holidays. We may not know for many weeks or months precisely what has arisen in us during this intense time of introspection and community engagement.

A blessing for each of us. May we find — as we move through Cheshvan and into Kislev (and toward the earliest Chanukah in living memory!) — that the Days of Awe planted something deep in our hearts. May our experience of these holidays, and our experience

of the quiet time which follows, inspire us to treat ourselves and each other with kindness.

May we each recognize that although each spiritual journey can feel solitary, we're in this together — we're co-creating a community which is more than the sum of its parts.

I look forward to seeing you at CBI.

Wishing you every blessing, always —

Rabbi Rachel

Chesed Update

The *Chesed* ("Caring") Committee assists CBI members in times of joy, sorrow and need, coordinating volunteers to help with meals, rides, errands, visits, shiva minyans, and other needs. We also welcome new members and babies! Please contact us if you would like to join the committee or be added to our list of volunteers.



Also, if you, someone in your family, or someone in the community is ill, hospitalized, or in need of assistance, please contact us right away. Even if visits or phone calls are not desired, we want to know what's going on with you.

For more information, to join the committee, or to volunteer, contact Bill Levy (wklheart@gmail.com) or David Ranzer (hubie316@gmail.com).

Excerpts from erev Rosh Hashanah mini-sermons

Over the last several years, it's been the custom at CBI for the Rosh Hashanah Eve sermon to be given by three congregants speaking on a shared theme. This year, in anticipation of my Rosh Hashanah first morning sermon on Creating Community, I asked Bob Bashevkin, Robin Brickman, and Lisa Howard to speak about finding home at CBI. Here are some glimpses of what they said. — Rabbi Rachel Barenblat

Bob Bashevkin:

When I was born, the congregation was Orthodox. On the 1961 move into the Church Street building, the rabbis were still Orthodox and our affiliation remained with the Union of Orthodox Jewish Congregations of America. But in that new building, seating in the main sanctuary was a compromise: there was a men's section in the front, and a women's section in the back. Most of the congregation sat in the middle, as family groups. There was no women's balcony, and there was no mechitzah dividing women from men. As the only synagogue in town, we all had to figure out how to compromise and get along. And we kept managing to do that...

I have seen a great many changes in this congregation over the course of many years. But through all the changes, the congregation has remained a close-knit community of people who wish to pray together, study together, socialize together, and to celebrate together our heritage and our life cycle events.

Robin Brickman:

The home I have at CBI helps me to pull together all the threads of Jeff and my family histories. As we look forward to the marriage of our oldest son next year, I hope I can be as accepting and nurturing as our families have been to Jeff and myself. I hope that the tests of parenting can be negotiated with unconditional love and acceptance. And I hope that

my adult children will have a place in their lives for the traditions and heritage of Judaism: not through trauma, but by choice as they plan the happy and joyful events in their future.

Lisa Howard:

In some ways, it is a funny surprise that I have found a home here and in other ways, it makes perfect sense. The concept of a home, after all, is a place where you feel comfortable and accepted. It is a haven in the larger world. And it is a place that reflects your values and ideals. A spiritual home, in addition, is a place that provides safety and structure for thinking about spiritual questions. It is a place for learning and questioning the nature of God, and of ourselves, and our relationships to one another. It seems to me that the brilliance of Judaism is that it is all about that process. In providing a spiritual home for me and my family, it has provided an environment and a community for me and my family to think and talk about our values and to share those conversations with others. We feel very lucky to have found this spiritual home.

Their whole sermons are available on the From the Rabbi blog: <http://congregation-bethisrael.wordpress.com/2013/09/27/this-years-erev-rosh-hashanah-mini-sermons/>

Also on the From the Rabbi blog are the High Holiday sermons offered by Rabbi Rachel (on Rosh Hashanah morning 1, Kol Nidre, and Yom Kippur morning) and by cantorial soloist / rabbinic student David Curiel (on Rosh Hashanah morning 2.)



CBI Prepares for the High Holy Days... Oy!

by Joanne Ranzer

So, what do you do to prepare for the Jewish Holidays? Think about who you might invite for *yontif* dinner or lunch? Maybe plan to travel to family and friends or invite them here (why not, tickets are complimentary)? Consider what the family will wear and make sure something appropriate is clean and maybe even ironed? And the Rabbi suggests wearing white over Yom Kippur. White after Labor Day, oy. Prepare spiritually for the holiest days on the Jewish calendar?

Ever consider what it takes for CBI to prepare for these holiest of days (I'm not even including the Rabbi's incredible preparation)? Understandably, most people either give a quick thought to the prep, especially when a request goes out for volunteers to complete a task, or maybe barely at all.

I was blown away when I became aware of something called the "CBI HHD Wiki Space"... At first I got nervous. Is this connected to the "wiki leak" controversy? Thank Goodness, no. Simply, this is an on-line designated space for the organization of the Holidays (or whatever subject you care to coordinate on the Internet.) I must withhold the actual address, since that might be considered a "wiki leak"(only kidding).

Ours is actually a time line, beginning (believe it or not) in *February* of each year, of the tasks necessary to prepare. Adjustments to the wiki in preparation for next years High Holy Days actually begin soon after this years Holidays end. The survey is assessed, what went wonderfully right and what needs improvement are considered, ideas and attendance numbers are collected and this all goes into the wiki.

One can also go back to previous years' records, with a click of the mouse or a touch of the trackpad. It's amazing to me, as a

member of the "transitional generation" of high tech users, that this kind of tool is both user friendly and so helpful in organizing the holidays. The Rabbi, members of the board and religion committees use the site. Others, like myself, who do simple tasks, have access, if necessary. Apparently, we use wiki space at CBI to coordinate the community Seder and Shabbat hosting as well.

So, all that organization, but is there an App for accomplishing the extensive preparation? Well, not yet anyway!

Let me list just a few of the many preparations: hiring a cantorial sololist and making arrangements for meals with congregants and for accommodations, coordinating the Break-The-Fast, apples and honey after Rosh Hashanah services, planning for a Rosh Hashanah lunch for those who wish to attend, recruiting for child care, planning a children's service, Cemetary service details, housekeeping details inside and outside the building, recruiting and guiding volunteers as ushers and to physically arrange the sanctuary setting several times. Silver Torah ornament polishing, changing covers on Torahs, Selichot Service planning. Enough? Yes, I agree, but there are a few funny ones. Check the wasps' nests outside (for what? You know what you'll find), or making sure there aren't any chocolate candies melting in the ceiling lights from the last bat mitzvah!

For me, the good part is that you get to work with some very nice and interesting people. There is a strong feeling of community and you get comfortable in the building, so when you arrive for services, there's not much of an adjustment to your surroundings.



It is amazing how most of this goes smoothly, both in the anticipation / planning and in reality. A very special thanks to all who make this happen.

Serving With Joy

by Barbara Bashevkin

We continue, in this issue of the newsletter, our program of recognizing those people whose volunteer work has contributed in many vital ways to the day-to-day operation of this congregation.

First, a special thank-you to Chaim Bronstein for the great Sunday morning series of Mexican Jewish movies he arranged. All of the films were intriguing and well-received, and as the word spread, the number of viewers grew with each successive film.

We also offer an equally special thank-you to Helene & Stu Armet and Alice Cande, for the delicious bagel brunches that they donated, provided and served to go with the movies.

For the donation of a piano to the synagogue, where it now graces the social hall, we are most grateful to David and Joanne Ranzer. The piano received its first official use as part of the lovely musical prelude to the service on the Eve of Yom Kippur. And we are grateful to Carol and Ed Oshinsky, who arranged for, and donated, the services of the duo of fine musicians who performed that music on piano and cello. Also in the realm of musical performance, it is past time for us to especially mention two volunteers who every year lend their talents to our services: Audrey Thier for her lovely participation in the singing of the Kol Nidre prayer, and Bob Greenberg for his masterful blowing of the shofar throughout the Yamim Nora'im (Days of Awe).

As was amply demonstrated by Joanne Ranzer's delightful article, also in this issue, the tasks required for planning, coordinating, preparing for, and carrying out the many

events of the fall holidays are multiple and many-faceted, requiring the involvement of a great many people. So that list of people to whom we all owe a debt of gratitude is a long one.

WE THANK THE MANY HIGH HOLIDAYS 5774 VOLUNTEER HELPERS for everything they did: so many tasks -- small and large -- all lovingly performed:

Coordinators: Rabbi Rachel Barenblat, Pattie Lipman, Bill Levy. Volunteers: Stuart Armet, Bob and Barbara Bashevkin, Robin Brickman, Ann Clark-Killam, Jesse Cohen, Amy Filson, Cole Filson, Suzanne Graver, Bob Greenberg, Tim Herrmann, John Hogan, Karen Kelly, Bill Levy, Matt Levy, Heather Levy, Jonah Marshall, Liz Miller, Pattie Lipman, Carol Oshinsky, Maribeth Pomerantz, Darlene and Len Radin, David and Joanne Ranzer, Ben Rudin, Elma Sanders, Jeff Strait, Audrey Thier, Rabbi Pam Wax.

And we also wish to acknowledge the outstanding work of OUR DEDICATED CLERGY AND STAFF: Rabbi Rachel Barenblat, Cantorial Soloist David Curiel, Educators Chris Kelly-Whitney and Jane Shiyah, Administrator Jack Hockridge

FOR BUILDING OUR LOVELY SUKKAH: We extend many thanks to Ed Oshinsky, Chaim Bronstein, David Lane, Orion and Molly Howard, Amy and Cole Filson, Ellen and Chip Joffe Halpern, Maya and Judah Filson (Maya will be 3 this January; Judah is 4 months old.) The sukkah was completed in two hours - Orion's height was a huge benefit, as he did not need a ladder!

And many thanks to the following sturdy souls who took it down after the end of the holiday. Not a big group, but a class act -- and they got the job done: Ed Oshinsky, Amy Filson and her son Cole Filson, Orion Howard and his son Noah Howard.

(Continued on following page.)

(Serving With Joy, cont'd.)

The length of this month's list clearly demonstrates the essential role of our volunteers, whose importance it is impossible to overstate. On behalf of the members and friends of Congregation Beth Israel, the Executive Committee extends sincere thanks to all those named above, and to everyone else whose volunteer efforts --throughout every year -- help this congregation to live and thrive as a community.

And if the lists above are missing any names (yours or someone else's), please let us know as soon as possible, either by email (office@cbiweb.org) or by telephoning CBI administrator Jack Hockridge at the office (413) 663-5830. Those names will then be included in the next newsletter listing for recognition.

Please also let us know of people (including yourself) who have done other volunteer tasks, so that we can thank them/you in future issues, when other categories of volunteer service will be recognized.

Our Chevra Kadisha Needs You!

CBI's *Chevra Kadisha* ("Holy Friends," our volunteer burial society) has been in operation since 1895. For some years now it has been led by Len Radin (men) and Darlene Radin (women), with guidance from the rabbi. It operates like a volunteer fire department: when there is a need, we come together. We say a few prayers, and then lovingly and gently wash the body and dress it in linen shrouds which are the same for everyone, rich or poor. This is holy work, a *mitzvah*, and a kindness which can never be repaid. Volunteers are always needed; if you'd like to be on the call list, reach out to Len (lenradin@gmail.com) or Darlene (darleneradin@gmail.com)

Operation Paperback



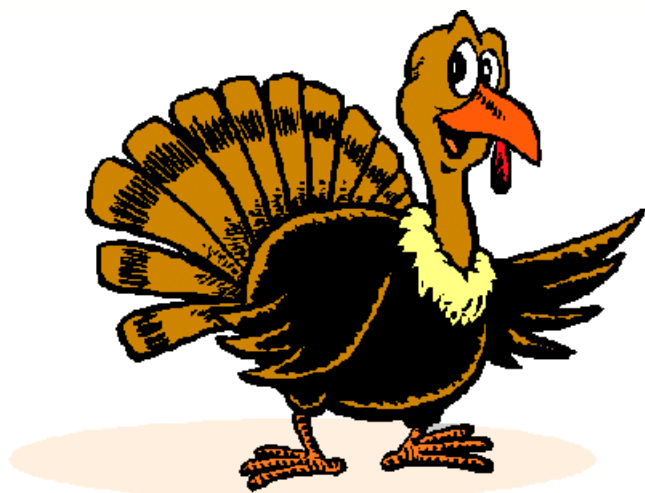
Sue Hogan's son Dan serves in Afghanistan. She and her youngest son, Matthew, are participating in a project that sends books to service members and veterans.

Operation Paperback is a non-profit organization that collects gently used books nationwide and sends them to American troops overseas, as well as veterans and military families here at home. Since 1999, over 1.9 million books have been shipped to locations around the globe. Books are collected, sorted, and shipped directly to the troops by volunteers throughout the country.

Troops have requested the following genres: action, biographies and memoirs, fantasy, history, horror, mysteries, science fiction, true crime, spy novels, and murder mysteries. These are the most popular genres, however, there are many requests for business and investing books, classics, history (especially military history), and current event-oriented non-fiction.

Please drop your donated books in the basket in the CBI foyer. Thank you!

The Earliest Chanukah



Chanukah this year begins on the night of Wednesday, November 27: the night before Thanksgiving day.

The Jewish calendar situation this year is unique. In fact, it has not occurred since 1899 and will only occur once more. Ever. And that won't be until the year 2089.

Please join us for a Shabbat / Chanukah Potluck at CBI on Friday, November 29, the day after Thanksgiving, at 5:30pm.

We'll light all of our *chaniukyot* together in the sanctuary, sing the blessings, and sing a few favorite Chanukah songs.

Then we'll have a potluck feast which will include potato latkes for all (skillfully prepared by CBI members — let us know if you want to lend a hand.)



Words of Torah...

This d'var Torah was given at a board meeting during the week of Parashat Balak.

by Barbara Kaplan

The Power of Words....This week's parsha is called Balak and teaches us the importance of choosing one's words with care and wisdom.

Balak, King of Moab ... paranoid and terrified by the strength of the Israelites over the Amorites, recruits Balaam, who is a gentile prophet or wizard to his people, and offers him riches beyond belief to curse the Israelites and thus weaken and manipulate them to failure in battle with Balak and thus be driven from Moab.

Balaam is tempted, but having been instructed by an angel from God to open his mouth only with the words that God puts in his mouth, can't comply with Balak's instructions to curse the Israelites. Among the characters in the story is a talking ass who had been given the power of speech by God. And as much as Balaam might like to be in Balak's debt, when asked to utter his curse, out comes one of the most lyrical and pertinent quotes in our liturgy...*Mah Tov* "How goodly are your tents, O Jacob, your dwelling places, O Israel." Balak is enraged especially when Balaam further prophesises that Balak and the Moabites will be crushed by the Israelites, which of course comes to pass.

This parsha teaches a profound lesson about communicating: Communicating with our children, parents, loved ones, with our colleagues, and with the people whom we hire to make our lives more comfortable and secure. We must be aware of how words can encourage, or demean. And as leaders in the community, we must be able to discuss in our board meetings the sensitive issues at hand in a productive and positive way for betterment of our community.

Upcoming: The Poetry of Prayer at the Coffee Shop



Join Rabbi Rachel Barenblat for a monthly taste of **the poetry of Jewish liturgical prayer**. Each month we'll explore a different prayer from the standard daily service, learning a bit about its origins but focusing primarily on its poetry.

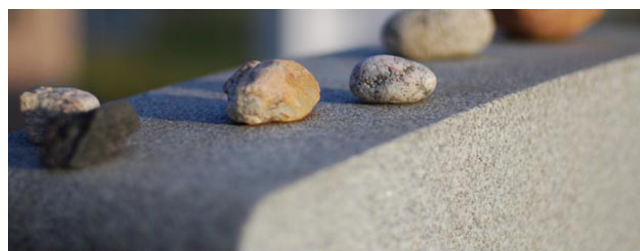
How do its metaphors and allusions aim to connect us with something beyond ourselves? How does reading the prayer as poetry free us to experience it in a new way? We'll also look at contemporary / creative re-workings of these classical prayers. There will be **plenty of time for questions and conversation**.

If you have a favorite prayerbook, feel free to bring it, though copies of the prayers will be provided. **All are welcome**. If you know you're coming, please email so we can be sure to make enough copies. **There is no tuition**.

2-3:30pm, Oct. 25, Nov. 22, Dec. 20, Jan. 31, Feb. 28 at Tunnel City Coffee, Spring Street, Williamstown



Upcoming: Kaddish, Minyan, & Community



This two-part class will be co-taught by Rabbi Rachel Barenblat and Rabbi Pam Wax, on Thursday 10/24 at 7:30pm and Saturday 10/26 after services.

We'll learn about Jewish death/dying traditions, the history and practice of the mourner's kaddish and why our tradition historically requires a minyan for that prayer, how to co-create community and the importance of "showing up," and more!

On Thursday night (October 24) we will explore our community's booklet *Everlasting Life: A Guide to Jewish Death & Mourning Customs* and will learn about mourner's kaddish and other prayers and practices relating to mourning. We'll also learn a bit about shiva minyanim: what they are, how they work, why they matter.

On Saturday morning (October 26), after reading the Torah portion Chayyei Sarah (which includes the death and burial of the matriarch Sarah), we'll learn some of the traditions which come out of that Torah portion, and we'll explore some texts relating to cemeteries, mourning, and caring for each other. We'll also honor our chevra kadisha and cemetery committees during that Shabbat morning service.

All are welcome; this class is free. Bring your questions about kaddish, minyan, death and dying! We look forward to exploring your questions, and some of our tradition's answers, together.

Upcoming: Mussar Learning



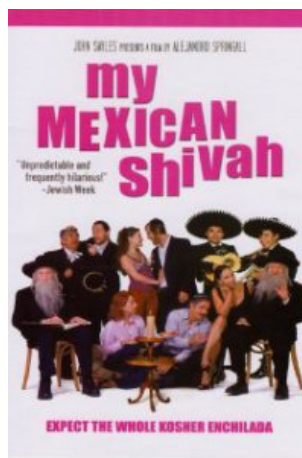
To further the work with Mussar that was begun on Yom Kippur afternoon, Rabbi Pamela Wax will be offering a Torah study class focused on Mussar. These sessions will be offered following the services she leads on the following upcoming Shabbatot: Saturdays, October 12, November 23, and December 28. They are open to all. Please join us for services at 9:30 AM and then for Torah study at approximately 11:15 or 11:30.

Mussar is a spiritual practice meant to elevate our character by a focus on our behavior, our motivations, and the cultivation of soul-traits/*middot*. Through an exploration of the behaviors and intentions of our patriarchs and matriarchs in the book of Genesis and Exodus, we will consider how best to model “walking in God’s ways.”

Looking Back: My Mexican Shivah

by Chaim Bronstein

On Sunday, 8-14-13, we screened *My Mexican Shivah* as part of our Jewish Mexican Film Series.



We had a larger crowd than at the previous films, but most importantly there were some new faces to CBI.

The Brunch was prepared by Helene and Stu Armet. Thank you, and happy 50th anniversary!

Thank you to Pattie Lipman for publicity work. Thank you to Jack Hockridge for the screening equipment. Thank you to Fern Sann for library services.

Schedule of upcoming services & their leaders

date, Torah portion, service leader

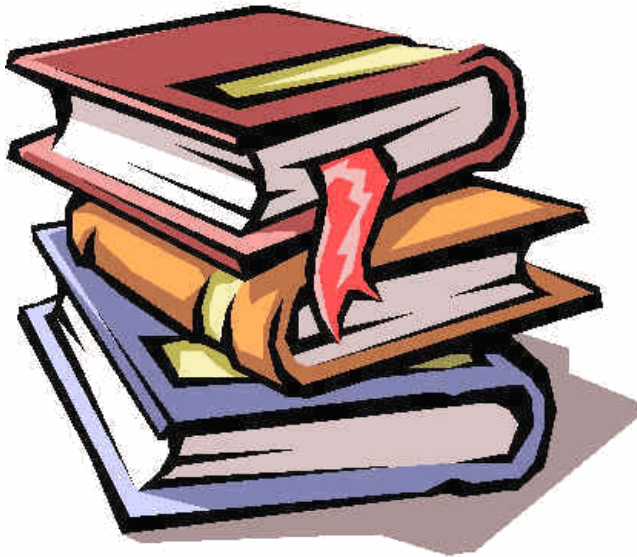
- October 12, Lech Lecha, Rabbi Pam Wax
- October 19, Vayera, Rabbi Rachel Barenblat
- Oct. 26, Chayei Sarah, R' Pam: *note, special service honoring Chevra Kadisha & Cemetery Committee, all are welcome!*
- Nov. 2, Toldot, R' Rachel
- Nov. 9, Vayetzei, Rabbi Howard Cohen
- Nov. 16, Vayishlach, R' Rachel
- Nov. 23, Vayeshev, R' Pam
- Nov. 30, Miketz, R' Howard
- Dec. 7, Vayigash, R' Rachel
- Dec. 14, Vayechi, R' Howard
- Dec 21, Shemot, R' Rachel
- Dec 28, Va'era, R' Pam

The deadline for the Jan/Feb newsletter is **December 15**. Please submit items by email to rabbibarenblat@gmail.com.

Congregation Beth Israel is proud
to be a member of the Union for
Reform Judaism.



In the CBI Library



In the CBI library, we have books on the fol-
lowing subjects, among others:

American Jewish history
prayer
halacha (Jewish law)
ethics
Tanakh (Bible)
Parsha (Torah portion) of the week
The Shoah (Holocaust)
Jewish women / feminism
biographies
Talmud
Midrash
Jewish history

The Jews of North Adams
Reform Judaism
Jewish Renewal
Fiction
Shabbat
Festivals
Humor
Music
Cookbooks
Reference books
Jewish life cycle
Conversion
Bar/bat mitzvah
Interfaith / dual-heritage family
Hebrew and Yidish
Gay, lesbian, bisexual, transgender Jewish
life
Rethinking / renewing a congregation
Tikkun olam (repairing the world)
short stories
poetry
death and bereavement
Hasidut / Chasidism
Calligraphy and numerology
Spirituality
Zionism and Israel
the Hebrew calendar

Books in all of these realms are available to
be checked-out; just choose a book, sign it
out (there's a binder on the bookshelf
nearest to the restrooms where you can write
down the book's title, your name, and the
date you're borrowing it) and take it home
and enjoy! For more information contact
Chaim at chaim@bcn.net.

Please note:

Due to frequent difficulties with our email
service provider, the rabbi's email address
has changed. It is now **[rabbibarenblat @
gmail.com](mailto:rabbibarenblat@gmail.com)**. Please update your address
books.

And, thanks as always to our wonderful
webmaster Len Radin who keeps our web-
site up & running!

2 Prayers from the Rabbi

Short Prayer

Here's a short prayer suitable for reciting during the afternoon as a kind of "prayer break" (like a coffee break, only different!)

פָּקַח עֵינַי לְרֹאוֹת בְּטוֹב יְצִרְךָ
וְהַפֵּךְ דַּעְתִּי לְדַעְתְּךָ וּרְצוֹנִי לְרְצוֹנְךָ.
יְהִיו כָּל מַעֲשֵׂי כְקִרְבֵּן רָצוּי לְפָנֶיךָ
וְתִסָּלַח לְכָל פְּשָׁעַי.
תֵּן לִי לְרֹאוֹת אֹרֶךְ בָּכָל פְּגִישוֹתַי
וּרְפָא נָא מַכְאוֹבוֹת לִבִּי.
כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת כָּל פֶּה.
בְּרוּךְ אַתָּה יי שׁוֹמֵעַ תְּפִלָּה.

P'kach eynai lir'ot b'tuv yitzrecha
va-hafoch da'ti lda'tcha ur'tzoni lirtzoncha
Yihyeh kol ma'asai k'korban ratzui l'fanecha
v'tislach l'chol f'sha'ai.
Ten li lirot orcha b'chol p'gishotai
ur'fa na machovot libi.
Ki atah shomeah tefilat kol peh.
Baruch atah Adonai, shomea tefila.

Open my eye, that it may look upon the
goodness of Your plan,
And turn my knowledge into knowledge of
Your ways, my will into Your will.
May all that I do be like an offering received
into Your presence,
And may You forgive me all my wrongs.
Enable me to see Your light in all whom I
encounter,
And please heal the pain within my heart.
For You listen to the prayer of all who speak.
Blessed are You, Eternal One, Who hears all
prayer.

The abridging of the weekday Amidah by summarizing its middle 13 blessings in a single paragraph is described in the Mishna. This version was composed by Rabbi Edward Feld. This prayer was originally intended for those on a journey or unable to allot the amount of time to say the traditional Amidah. It works for those less adept with the liturgy as well.

Bedtime Prayer of Forgiveness

And here's a translation of part of the traditional bedtime Shema, as rendered by R' Zalman Shachter-Shalomi. This is meant to be kept by one's bedside and read before sleep.

You, My Eternal Friend,
Witness that I forgive anyone
who hurt or upset me or offended me -
damaging my body, my property,
my reputation or people that I love;
whether by accident or willfully,
carelessly or purposely,
with words, deeds, thought, or attitudes;
in this lifetime or another incarnation -
I forgive every person,
May no one be punished because of me.
Help me, Eternal Friend,
to keep from offending You and others.
Help me to be thoughtful
and not commit outrage,
by doing what is evil in Your eyes.
Whatever sins I have committed,
blot out please, in Your abundant kindness
& spare me suffering or harmful illnesses.
Hear the words of my mouth and
may the meditations of my heart
find acceptance before You, Eternal Friend
Who protects and frees me. Amen.

Happy Occasions!

We wish happy birthdays and anniversaries to our members who have simchas during October, November, & December:

Happy Birthday!

Daniel Smith
Amely Smith
William Walter
Paul White
Elaine Parmett
Dr. Mitchell Burgin
Susan Taskin
Sylvia Lenhoff
Maribeth Pomerantz
Stuart Armet
Rachael Herrmann
Samantha Rich
Debbie Kushnet
David Ranzer
Julian Rudin

Jacqueline Smith
Louis Gotlieb
Michael Kaplan
Adam Filson
James Melcher
Marc Jaffe
Wendy Penner
Jane Miller
Joan Rubel
Vivienne Jaffe
Linda Becker
Talia Marshall
Susan Adler
Andrew Zuckerman
Mara Wineberg
Timothy Herrmann

Levi McGuire
Marsha Landry
Mark Feder
Katie Rose Radin
Susan Gold
Florence Wineberg
David Kelly-Whitney
David Rothschild
Jackie Rich
Heidi Sann Schrage
Michael Smith

Barbara Bashevkin
Robert Kraus
Caleb Strait
Mai Dekel
Joel Lentzner

Happy Anniversary!

Michael Quinn & Ellen Deibert
Allen & Debbie Kushnet
Joel & Nina Lentzner
John & Roberta Sullivan

Laura Schoenbaum & John Gerry
Rabbi Pamela Wax & Chaim Bronstein
Lauren & Marc Gotlieb

Patricia Anne Lipman & John Huffaker

Many thanks

We offer gratitude to members and friends for their fiscal support of CBI.

High Holiday Appeal Donations

Marsha Altschuler
Linda Becker
Dr. Mitchell Burgin
Alice Cande
Laurence Cherkis & Joan Benjamin
Richard Cohen & Cheryl Sacks
Richard & Anna Jo Dubow
Mark Gold
Susan Gold
Lillian Glickman
Jerrold & Carol Jacobs
Chris Kelly-Whitney & Maude Rich
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Sylvia Lenhoff
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Ellen Schiff
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 Paulette Wein
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 Susan & Charles Welsch
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High Holy Day Appeal Commitments

Robert & Barbara Bashevkin
 Robin Brickman & Jefferson Strait
 Adam & Amy Filson
 Marc & Lauren Gotlieb
 Suzanne Graver
 Lisa & Orion Howard
 Michael & Barbara Kaplan
 Heather Levy & Timothy Herrmann
 Patricia Lipman
 Howard & Roberta Saunders
 Lawrence & Judith Weber
 Robert Werbel

Generations Campaign Contributions

William Levy & Karen Kelly
 Elizabeth & Steven Miller
 Carol & Edward Oshinsky

Take & Eat Program

A \$500 Anonymous Donation

Other Donations

Anonymous *For garden fund in honor of Joanne & David Ranzer*
 Robert & Barbara Bashevkin *In memory of Ronald Penner, father of Wendy Penner*
 Robert & Barbara Bashevkin *In memory of Anita Reiner, sister of Ed Oshinsky*
 Robert & Barbara Bashevkin *In memory of Sally Strait, mother of Jeff Strait*
 Mitchell Burgin *In honor of Lillian Glickman's Simcha*
 Mitchell Burgin *In memory of Joan Green Gardner*
 Richard & Anna Jo Dubow *In memory of Harold Renfield*

Chris Kelly-Whitney & Maude Rich *In memory of Robin L. Sharp to Discretionary Fund*
 Sylvia Lenhoff *In memory of Hyman Grossman*

Howard & Roberta Saunders *In honor of Darlene's 65th Birthday*

Robert Scherr *to Rabbi's Discretionary Fund*

Pamela Wax & Chaim Bronstein *In memory of Gene Bowen, father of Grace*

Pamela Wax & Chaim Bronstein *In memory of Joyce Prenner, wife of Steve Prenner*

Robert Werbel *In honor of Bar Mitzvahs of Dan Werbel and Ben Siegler*

Donations Welcome

Donations to CBI are always welcome, and may be directed to:

Cemetery Fund
 Education Fund
 Building Fund
 Krizack Scholarship Fund Frank Bequest
 Ramah Endowment Fund Torah Fund
 Event Fund
 Senior Lunch Fund
 Rabbi's Discretionary Fund
 Take & Eat
 Program Fund

We are also exploring establishing a *Gemilut Chasadim* ("Acts of Lovingkindness") Fund, also known as a *Gemach*. Such a fund would support funeral costs for those who cannot afford them, and would also help to support cooking meals / buying groceries for those who are in fiscal need or who are too ill to shop/cook.

Please note: in deference to the sensitivities of some of our members, the birthday / anniversary / donation information is currently included in the version of the newsletter which is emailed out, but does not appear in the version which is archived online.

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Fridays 9am - 4pm
(Meditation Minyan 8:15am)
Other times by appointment

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(Temporary Newsletter Editor: Rabbi Rachel Barenblat)