



Congregation Beth Israel

חבורת בית ישראל

CBI NEWSletter

July/August 2014 - Tamuz/Av/Elul 5774

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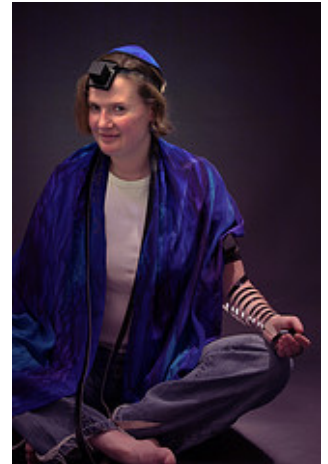
Other Great Jewish Happenings in the

Berkshires This Summer: from Rimon, JTS

From the Rabbi

Holy friends,

Thank God for summertime! This past winter seemed to extend longer than usual. I'm grateful for the change of seasons: for the beauty of our green hills, for bird-song, for long summer days.



Behind the scenes at CBI, preparations for the Days of Awe have kicked into high gear. I'm meeting weekly over Skype with student *hazzan* (cantor) Randall Miller, a student in the ALEPH cantorial program. (Some of you may know Randall from when he lived in Williamstown; these days he divides his time between Philadelphia, where his wife Julie Benioff is a rabbinic student, and Alaska, which is the home of his heart.)

Randall has a beautiful deep voice and a sweet *neshamah* (spirit). I know that co-leading our high holiday services with him will be a joy.

I've also been putting the finishing touches on a project which has been in the works for several years (and has been an intense focus for about a year and a half): a new *machzor* (high holiday prayerbook), which will have its grand debut at CBI this September. This is one of the projects of my heart. I am so delighted to be able to share it with y'all. *(continued.)*

I'm thankful to the members of the CBI machzor committee for their wise suggestions and helpful input, and also to the donors who made these new prayerbooks possible at no cost to the synagogue. You can read more about this prayerbook, which is titled *Days of Awe*, in this newsletter.

We'll also pilot at least one service from *Mishkan HaNefesh*, the Reform movement's new machzor, which is due to be published in 2015. Stay tuned for more information about that.

Of course, it's not quite high holiday time yet! Before we make it to those awesome days, we have a few months of spectacular summer to savor.

This is a particularly beautiful time of year to come and *daven* (pray) here on Shabbat mornings. We usually spend a little while outdoors in our "extra sanctuary," which is to say, the patio and lawn and wetland which are behind the synagogue. There's nothing quite like saying thank You to God (whatever you understand that word to mean) while surrounded by the glory of nature! The birds and crickets and frogs seem to be singing praises, too.

On Monday, August 4, we'll observe Tisha b'Av at CBI. Tisha b'Av means "the ninth of Av," and is the anniversary of the date of the destruction of both holy temples in Jerusalem, one in 586 BCE and one in 70 CE. Tisha b'Av is an opportunity to allow ourselves safely to experience brokenness, together as a community.

It is from this spiritual "low point" of our year that we begin the climb up toward the High Holidays...and some people have the custom of counting the 49 days between Tisha b'Av and Rosh Hashanah, as a parallel to counting the 49 days of the Omer between Pesach and Shavuot.

Whether or not you've ever dipped into Tisha b'Av before, I hope you'll join us this year for a

somber and meaningful evening service. We'll read Lamentations together, along with contemporary poetry, and we'll have some time for text study on themes of brokenness and healing.

Wishing you joy,

Rabbi Rachel

Service times

Periodic Friday nights (check our website)

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

Meditation minyan
Friday mornings, 8:15 a.m. No experience with meditation is required; all are welcome!

We Thank Jewish Federation for Making Our Hebrew School Possible

Congregation Beth Israel gratefully acknowledges the receipt of \$7,661 from the Jewish Federation of the Berkshires in support of our students' Jewish education. Each student in the CBI Religious School received a tuition subsidy of \$273 for the 2013-2014 school year. This funding, raised during the Federation's Annual Campaign, is a vital part of our school budget and we highly encourage every member of CBI to contribute to the Jewish Federation of the Berkshires Annual Campaign in 2014.

Shabbat candle and Havdalah times, July and August



If you want to light Shabbat candles and make havdalah at the halakhically-accepted times, here they are:

July 4 8:15p lighting, July 5 9:23p Havdalah
 July 11 8:12p lighting, July 12 9:20p Havdalah
 July 18 8:08p lighting, July 19 9:15p Havdalah
 July 25 8:01p lighting, July 26 9:08p Havdalah
 August 1 7:54p lighting, Aug. 2 9:01p Havdalah
 Aug. 8 7:45p lighting, Aug. 9 8:52p Havdalah
 Aug. 15 7:35p lighting, Aug. 16 8:41p Havdalah
 Aug. 22 7:24p light, Aug. 23 8:31p Havdalah
 Aug. 29 7:13p lighting, Aug. 30 8:19p Havdalah

Of course, if it is your practice to light candles at a different hour of the day (perhaps not quite so early as halakha indicates during the winter, and not quite so late as halakha indicates during the summer), that's also a legitimate Reform Jewish choice. What's most important is that you're finding a way to incorporate Shabbat into your life!

A Song for the month of Elul

On Monday August 4 at sundown we'll enter into the Jewish month of Elul.

Elul is the month which leads immediately to the High Holidays / Days of Awe.

If you spell the month's name in Hebrew, אלול, it can be understood as an acronym for the phrase אני לדודי ודודי לי, *Ani l'dodi v'dodi li*, which means "I am my Beloved's, and my Beloved is mine." That's a line from Song of Songs, and in this context, it reminds us that we are God's beloved!

Here's a song which is traditionally sung every day during the month of Elul:

from Psalm 27

□ Achat sha'alti me'eit Adonai, otah avakesh	□ אַחַת שְׁאַלְתִּי מֵאֵת-יְיָ אוֹתָהּ אֲבַקֵּשׁ:
Shivti b'veit Adonai, kol y'mei chayyay	שִׁבְתִּי בְּבַיִת-יְיָ, כָּל-יְמֵי חַיֵּי;
Lachazot b'hoam Yah, u'lvaker b'heikhalo	לְחַזוֹת בְּגוֹעַם-יְיָ, וּלְבַקֵּר בְּהֵיכָלֹ.

□ One thing I ask, I ask of You
 I earnestly pray for:
 That I might dwell in Your house
 all the days of my life
 Knowing the beauty, the beauty of You
 and to dwell in Your holy place!

Brunch Honoring David and Joanne Ranzer

You are cordially invited to a
Brunch in Honor of Joanne and David Ranzer
at 11:30 on July 5th
at
Congregation Beth Israel
Following Saturday morning Shabbat services

David and Joanne Ranzer have been members of the CBI community for eighteen years. Both of them have served as President of the CBI Board of Directors. They were instrumental in the creation of the CBI building at 53 Lois Street which we all enjoy today. They were active in researching and founding the Take and Eat program at CBI. Most importantly, they have been warm and wonderful welcome to all who have walked through CBI's doors for many years. (It was their outreach which convinced Rabbi Rachel to join CBI as a member, long before she was in rabbinic school!) Join us in celebrating their many contributions, both tangible and intangible, as their move to be closer to children and grandchildren precipitates a shift from year-round membership to seasonal membership.

We asked people to RSVP by June 18th with the number of people in your party, including children, to Jack Hockridge at 413/663-5830 or office@cbiweb.org. Hopefully you have done so!

Special thoughts and memories about the Ranzers can be sent to Jane Shiyah at jawss13@gmail.com for a which her daughter Rachel will be writing.

You are welcome to bring a dairy or vegetarian dish or desert to share!

Donations made in honor of David and Joanne's 18 years of dedication to our community are welcome, whether you attend or not, and can be directed to CBI's General Fund and/or to Take and Eat.

What does z"l mean?

by Rabbi Rachel

ז"ל

Recently someone asked me about the meaning of the two letters with the quotation marks which frequently appear after the name of someone who has died. For instance, when we send out an email notice about a funeral, the subject line reads *Ploni ben Ploni, z"l*. (Ploni ben Ploni is the Hebrew way of saying "John Doe" -- a generic name which doesn't refer to anyone in particular.) What does the z"l mean?

The abbreviation z"l is an English rendering of the Hebrew acronym ז"ל, which is an abbreviation of the Hebrew phrase זכרונו לברך, *zichrono livracha*, which means "May his memory be a blessing." (For a woman, the same abbreviation would indicate זכרונה לברך *zichrona livracha*, "may her memory be a blessing.")

The other abbreviation one sometimes sees after the name of someone who has died is a"ח, which is the English way of writing א"ח, an abbreviation for אלו השלום, *alav hashalom*, "may peace be upon him." For a woman, the same abbreviation indicates אליה שלום, *aleha shalom*, "peace be upon her."

Never Forget Exhibit

by Judy Weber

I had an amazing experience this spring and it wouldn't have happened if it wasn't for an short e-mail from CBI. The date was May 21, but the year was 1933.

(continued on the next page)

The eighth graders at the Clarksburg Elementary school turned their gym into a memorial to the story of the holocaust. It was a creative, historical “museum in a gym.” Individual students created a portion of history starting with Emmie Cellana’s “Jewish European Life Before the Holocaust” through Hitler coming to power, Nazi Terror, Boycotts, Ghettos and many more horrors of WWII holocaust concluding with Kevin Netti’s “Remember the Children.”

I was awed by the details each presenter showed. But the star of the evening was a holocaust survivor, Max Glauben from Dallas, Texas. Each year there are few survivors living and able to tell their story.

Max was ten years old when his family was walled into the Warsaw ghetto. He told the audience of over a hundred about his lost childhood and smuggling food into the ghetto. He was 15 when the war ended and by then he had lost his entire family and had survived five different concentration camps. After telling his story, he showed a film and answered questions. This is the eighth year Mr. Little has presented this project to the community.

I left that evening, with sadness but with pride. To all the children and their parents attending the presentation, World War II is history, but to me it is real and I want the story of the holocaust to be told over and over so no one will forget.

I am only a few years younger than Max. My father’s family came from Hungary. One hundred and twenty-eight members of his family were murdered during the last six months of the war. We were the lucky branch of the family. My grandfather Ignatz Eichler immigrated early in the 1900’s and brought his wife, Sally, over to live in Washington Heights, New York.

Next year I hope the bar and bat mitzvah children will go to see the “Museum in the Gym”. I hope all our members will drive the winding roads of Clarksburg and experience what I experienced on May 21, 2014.

If you're ever looking for Shabbat teachings, resources, ideas, melodies, etc, check out the

Shabbat At Home

page on our website:
cbiweb.org/Shabbat-At-Home.html

Looking Back: Shavuot

Last month members of the CBI community gathered together with members of the Congregation Beth El (Bennington) community and members of the Williams College Jewish community in celebration of Shavuot.

We began our *tikkun leyl Shavuot* (late-night study session on the eve of Shavuot; the name "tikkun" means "healing") after a short-and-sweet festival *ma'ariv* (evening) service.

We began with a lesson taught by Rabbi Pam Wax entitled "Sinai Without Torah: Dayenu?!" in which we explored the mysterious verse of the Passover song Dayenu which asserts that even if God had brought us out of Egypt but not given us the Torah, *dayenu*, it would have been enough. Would it really?

As the night went on, we explored subjects as diverse as rules and commandments in Buddhism (as compared with *mitzvot* in Judaism) to Jewish beliefs on death and afterlife. At midnight, when divine *shefa* (abundance) is believed to flow down from the heavens, we stood outside and engaged in a L'chaim Qigong breathing exercise led by visitor Deliah Rosel. In between our lessons, Rabbi Rachel offered poems of Torah and revelation, and of course we feasted on the usual espresso milkshakes.

Deep thanks to all who took part in our night of learning! And also to Rabbi Pam for leading the festival morning service with Yizkor on Shavuot morning.

Monthly Spiritual Discussion Group Coming Soon to CBI



Starting in late June, a spiritual discussion group will meet at CBI, once a month, on a Friday afternoon at 3pm. This group is growing out of the weekly spiritual discussion group which took place at CBI during the Counting of the Omer, but is not limited to those who participated in that group. All are welcome to join!

Unlike the Omer group, which functioned on a drop-in basis, this is envisioned as a group of people who are interested in meeting regularly together to talk about spiritual life and to do some learning. We ask that participants sign up in advance, so that over the course of the year we can build closer relationships and rapport among the participants, which will in turn deepen our conversations.

At each meeting we'll explore a text together -- perhaps part of the Torah portion, to see how and whether it speaks to our own spiritual journeys; perhaps a Hasidic or Kabbalistic (mystical) text about an upcoming holiday; perhaps a Mussar (ethical self-improvement) text -- and we'll also talk about our spiritual lives as they continue to unfold. No previous experience with any Jewish subject matter is required.

Here are the dates for the next several months: June 27, July 18, August 29, September 19, October 17, November 21, December 19.

Each date is a Friday; we'll meet at CBI at 3pm in my office.

I know that we all have busy lives and that any individual participant may not be able to make it to every session; that's okay! If this is something in which you are interested, please sign up by June 25 so I know how many copies to prepare for our first meeting.

I'm looking forward to this very much! --Rabbi Rachel

For your enjoyment, a new translation:

Psalm 100

This is how you sing to God a thank-you song:
you join the symphony of the whole Earth

in your gratefulness you meet Him;
voices echo joy in God's halls.

In giving thanks,
we engage Her blessings.
We meet His goodness
here and now,
Her encouragement
from generation to generation.

You are filled with joy serving God's purpose;
you sound your own song as you do it.
Certain that God is Be-ing,
we know that we are brought forth from Her--
both God's companions and His flock.

Enter into God's presence
singing your own song
in grateful appreciation.

Thank You, God, You are all Blessing.

In this world You are goodness,
yes, Grace itself--
this is the trust we bequeath
the next generation.

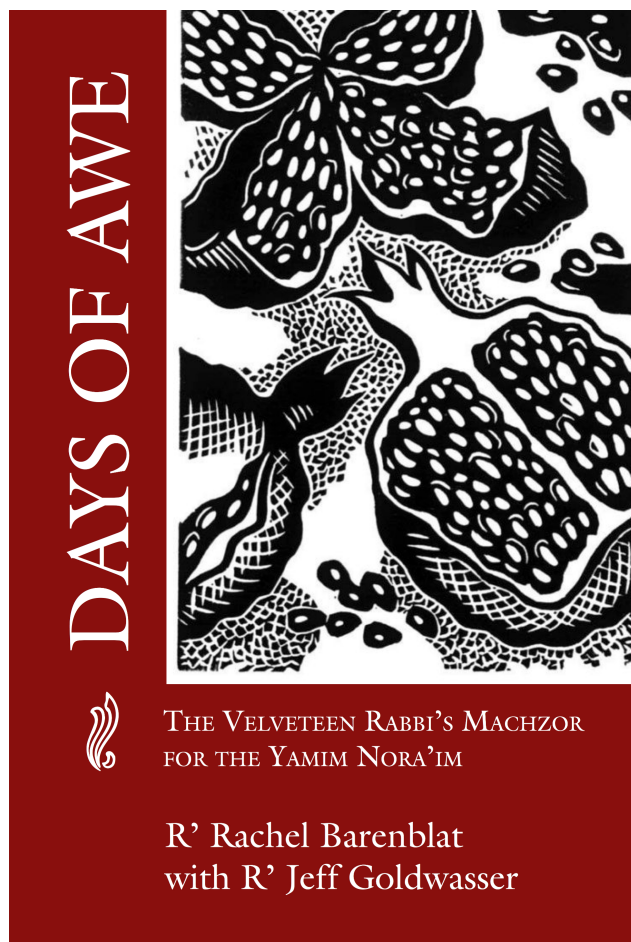
*from the brand-new Psalms in a Translation
for Praying, Rabbi Zalman Schachter-
Shalomi, ALEPH Press, 2014*

High Holiday Schedule

Days of Awe 2014 / entering 5775

- Tisha b'Av:** Lamentations, poetry, and text study Monday Aug 4, 8pm
- Selichot:** havdalah and short ritual Saturday, September 20, 8pm
potluck dessert reception to follow
- Cemetary Service,** Walker Street Sunday, September 21, 2pm
- Rosh Hashanah First Evening** service Weds, September 24, 7:30pm
Rosh Hashanah First Day morning service (childcare) Thurs, September 25, 9:30am
Tashlich (casting bread upon the waters) to follow
- Rosh Hashanah Second Evening** service Thurs, September 25, 7:30pm
Rosh Hashanah Second Day morning service Fri, September 26, 9:30am
- Kol Nidre** (childcare) Friday, October 3, 6pm
arrive at 5:30 for music: a cellist playing melodies to set the mood
- Yom Kippur Morning** service (childcare) Sat., October 4, 9:30am
Yizkor will follow at the end of the morning service.
- Gentle **Yom Kippur Yoga** 3pm
- Yom Kippur Mincha** service (including the **Avodah** service) 4pm
- Book of **Jonah Discussion** 5pm
- Yom Kippur Ne'ilah** service 6pm
*Yom Kippur **Break-The-Fast:** after services. Please RSVP!*
- Help us build the CBI sukkah on Sunday, October 5, at 2pm! Sukkot begins on Weds 10/8.*
- Sukkot / Shabbat Potluck** Friday, October 10, 5:30pm
(Feel free to drop in & use the synagogue sukkah any time during the week of Sukkot.)
- Shemini Atzeret** services, with Yizkor Thursday, October 16, 9am

Introducing Days of Awe



*a machzor / high holiday prayerbook
for the Yamim Nora'im
(Days of Awe / High Holidays)
edited and assembled
by Rabbi Rachel Barenblat
with Rabbi Jeff Goldwasser*

Featuring liturgy both classical and innovative; translations both faithful and creative; original artwork and photographs intended to stir the soul; teachings from Rabbis Zalman Schachter-Shalomi, Burt Jacobson, Rami Shapiro, Hanna Tiferet Siegel, and many others; and powerful poetry by poets ranging from Yehuda Amichai to Marie Howe, David Lehman to Alicia Ostriker.

About the project

For many years now, we at Congregation Beth Israel have used a looseleaf machzor created by Rabbi Jeff Goldwasser called *B'Kol Shofar*. And also for many years, I've been supplementing that machzor with handouts, additions, and extra pages.

A few years ago I began writing and collecting High Holiday material -- poems, prayers, different renderings of classical liturgy -- with the hope of compiling a machzor which would incorporate both the basic framework and many transliterations and translations from *B'Kol Shofar* which have become familiar and beloved to me and to our community, and all of the new material I've been collecting, hopefully stitched together with an invisible and light editorial touch.

As I worked on this project, I had a few goals in mind:

- I wanted the machzor to be visually beautiful. *Days of Awe* features original **artwork and photographs** (some contributed by artists from CBI, among them photographers **Len Radin** and **Karen Kelly**, artist **Heather Levy**, and papercut artist **Anna Kronick**; some from other artists, among them woodcut artist Loren Kantor, soferet Julie Seltzer, and rabbinic student Salem Pearce) as well as what I think is a pleasing and readable layout.
- I wanted the machzor to sparkle with great poetry. *Days of Awe* features poems by a wide range of amazing poets, among them **Yehuda Amichai**, Alicia Ostriker, Myra Sklarew, David Lehman, Philip Schultz, **Judy Chicago**, and **Rumi** as translated by Coleman Barks. (It also features some of my own poetry.)

(continued on the next page.)

- I wanted the machzor to be **user-friendly**. *Days of Awe* features **transliterations** of everything which we sing aloud (and then some), and **translations** of absolutely everything, along with clear directions on where to turn next. Whether you're a lifelong high holiday aficionado or attending your first Rosh Hashanah or Yom Kippur service, this book will help you through.
- In classic Jewish Renewal spirit, I wanted the machzor to **blend tradition with innovation**. *Days of Awe* pairs traditional text (much of what you would find in any machzor, including of course cherished prayers like *Unetaneh Tokef* and *Avinu Malkeinu*) with new liturgy both in Hebrew and in English (including rabbinic pastor Shayndel Kahn's *Aleinu*, Rabbi Hanna Tiferet Siegel's *Hashkivenu*, and Rabbi Goldie Milgram's *Psalm 150*.)
- I wanted the machzor to be inspiring. *Days of Awe* features **deep holiday teachings** from Rabbis Burt Jacobson, Marcia Prager, Rami Shapiro, Zalman Schachter-Shalomi, David Seidenberg, and others.

This machzor is based, in large part, on what we've been doing at Congregation Beth Israel for the last several years -- starting with the looseleaf homegrown machzor created by Rabbi Jeff Goldwasser many years ago, augmented by countless handouts and additions and revisions, embellished with practices and prayers I've learned from teachers and friends, along with my own desires for what a machzor might be.

Days of Awe was created with the needs of our community in mind, but I hope that it will suit other communities as well, and I'm honored that a few other communities are already planning to use it for their high holiday services this year.

Not-for-profit labor of love

Days of Awe is a not-for-profit endeavor, a labor of love given freely to our local community

and to the Jewish world at large. I'm a proponent of remix culture, and I believe that every new prayerbook is at heart a remix, bringing a beloved old text into renewed life.

Over the last few years I've contacted the poets, artists, and liturgists whose work I hoped to include, and received their permission to use their work in this way, as long as I kept to my intention of selling the book at cost. No profit is made. A list of sources / credits appears at the back of the book, so you can see which artist is responsible for each illustration and photograph and piece of calligraphy, and so you can look up the source for each written poem or meditation.

This project has consumed an uncountable number of hours over the last few years. I am so proud of the end results, and so pleased to be able to share them with all of y'all.

We'll use this *machzor* at CBI this year.

Co-Presidents' Column

by Bill Levy

On Friday, May 30, Karen and I took a ride down to Great Barrington to represent CBI at "Shabbat Across the Berkshires". It was a wonderful evening of music and singing led by Rabbi Deborah Zecher of Hevreh with participation of members and service leaders of other Berkshire congregations.

Dara Kaufman, the executive director of the Jewish Federation of the Berkshire, graciously recognized our presence from the bimah as having made the longest trip which gave us some celebrity status. We had never been to Hevreh or met Rabbi Zecher who will be leaving this summer after 22 years of charismatic service.

(continued on the next page)

Most of my focus on Judaism is directed through activities and services at CBI. We also have the benefit of being part of a larger Jewish community in the Berkshires. Taking part in these group events sponsored by the Federation and other congregations can give us new ideas and enrich our Jewish experience at CBI. Perhaps next year we can organize a group trip to this event.

Meet Our Members: Information Needed!

The Membership Committee would like to begin a new feature highlighting our members. Have something interesting about yourself you'd like to share? Want to let people know about your business? Have a unique hobby? We'd like to hear from you. To be featured, send a paragraph or two with your bio and/or information about your business to Liz Miller (emiller@isenberg.umass.edu) or to Pattie Lipman (plipman@fairpoint.net) and we'll work to get it into a future issue of the newsletter.

CBI Book Group



On Monday July 14 at 7pm, the CBI Jewish Book Discussion Group discuss *Jews Without Money* by Michael Gold; and on Monday, September 8 at 7pm we'll discuss *The Plot Against America* by Philip Roth. These are both novels. If you have questions, please don't hesitate to contact Chaim Bronstein at 917-609-6732 or chaim@bcn.net.

Lunch Bunch Dates

Anyone who's eligible for social security is welcome to attend our monthly Thursday lunch gatherings! Upcoming dates include

August 14

September 18

October 23

November 20

December 18

Lunch begins promptly at noon; RSVP to the office on the Monday before the luncheon, 413-663-5830.

CBI co-presents rabbi and scholar Haviva Ner-David, August 25, 7:30pm at KI

On August 25, CBI will collaborate with Knesset Israel and with Rimon, a center for Jewish spirituality in the Berkshires, to co-present an evening with rabbi and scholar Haviva Ner-David at 7:30pm at Knesset Israel.

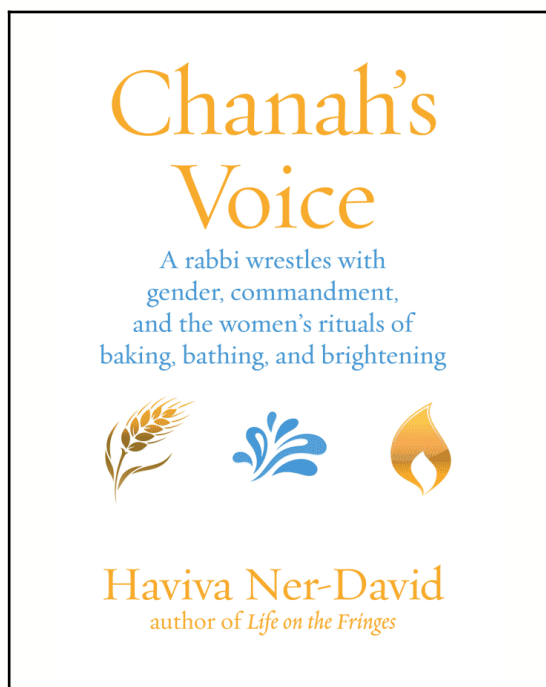
Rabbi Ner-David was the first woman ordained within the Orthodox tradition, long before today's exciting developments in ordaining Orthodox women as Maharats. She is a pioneer in Orthodox Jewish feminism; her first book, *Life on the Fringes: A Feminist Journey Toward Traditional Rabbinic Ordination*, told the story of her journey toward ordination as an Orthodox woman.

Her new book explores her relationship with the three mitzvot which are traditionally given to Jewish women. It's called ***Chanah's Voice: A rabbi wrestles with gender, commandment, and the women's mitzvot of baking, bathing and brightening***, and it has received great acclaim. *(continued on next page)*

About her new book, Rabbi Jay Michaelson writes:

Haviva Ner-David is among the leading 'refusers' of our time—refusing to choose between traditional Jewish practice and feminism, refusing to be cowed by those who cannot comprehend a woman ordained by an Orthodox rabbi.

Chanah's Voice marks a new and important phase in her defiance of expectation and boundary. Here, the iconoclastic halachic feminist turns to the most traditional of Jewish women's mitzvot, and finds not the bromides of hearth and home, but new challenges, new insights, and, at times, new theological innovations. This is a deceptively simple book, which is to say, not simple at all. Read it and have your horizons expanded.



In her first book, *Life on the Fringes*, Haviva Ner-David described her quest to become an Orthodox rabbi and to serve God the same way men traditionally did.

Now, seeing her earlier approach as merely a first step towards a feminist Judaism, Rabbi Ner-David tunes in to an aspect of God she hadn't heard before, the voice of Chanah. Chanah, the Biblical mother of Samuel, is

considered by tradition to have invented prayer. (We hear Chanah's story at CBI every year on the first day of Rosh Hashanah -- it's the Haftarah reading for that day.)

The name "Chanah" is also an acronym for the three ritual commandments classically considered to belong to women: *Challah*, the taking of an offering from baking dough; *Nidah*, separation during menstruation followed by immersion; and *Hadlakat HaNer*, lighting the Sabbath candles.

Rabbi Ner-David weaves together a memoir of her personal practices of these rituals — in women's groups, with her family, and alone — and her scholarly study of their development in Jewish tradition. As she explores the traditional place and practice of the Chanah commandments, she also imbues them with new meaning and creates new rituals around them.

Throughout *Chanah's Voice* are Rabbi Ner-David's meditations on broader questions, among them: What is the place of the sacred in domestic life? Can a life of domestic attention to the needs of one's family be a holy calling? Can one be both feminist and committed to classical Jewish law? Can Jewish law's gendered categories of "obligated" and "exempt" be replaced with the non-gendered category of "committed"?

In the end, Rabbi Ner-David suggests that beyond the voice of Sinai heard in strictures of systematized Jewish law, there can be heard a quieter, inner call to justice and morality she dubs "Chanah's Voice," that can be integrated into the way we practice and pass on Judaism today. What, she asks, would traditionalist Judaism become if we listened to the radical call of Chanah's Voice?

Chanah's Voice is another work of soul-searching honesty and deep Jewish knowledge from a religious pioneer.

CBI is delighted to partner with KI and with Rimon to present Rabbi Ner-David's unique vision and voice to our community. Please join us! If you're interested in carpooling to Pittsfield, let the office know.

Happy Occasions!

We wish happy birthdays and anniversaries to our members who have simchas during July and August:

July Birthdays

Edith Taskin
Fern Sann
Elizabeth Cohen
Robin Brickman
Chaim Bronstein
Cindy Polinsky
Emily Sullivan
Dr. Len Radin
Theo Sandstrom
Beverly Hertzig
Roberta Saunders
Philip Guy
Sherry Wein
Dr. Darlene Radin
Anna Jo Dubow
Ellen Bernstein
Maxx Sann
Beth Callahan
Richard Reichler

August Birthdays

Lindsay Kushnet
Rachael Hogan
Cole Filson
Pamela Smith
Larry Wein
Paulette Wein
Sadie Lentzner
Maude Rich
Marion Patashnick
Adam Pomerantz
Karen Kelly
Suzanne Graver
Alice Rudin
Martin Walter IV
Phyllis Sands
Hannah Fein
Rachel Shiyah-Satullo

July Anniversaries

David & Deborah Rothschild

Richard Cohen & Cheryl Sacks
Howard & Roberta Saunders
Robert & Beverly Hertzig
Adam & Amy Filson
Steven Green & Rose Ellis

August Anniversaries

Stuart & Helene Armet
Elizabeth & Steven Miller
Carol & Edward Oshinsky
Robert & Barbara Bashevkin
Carrie Greene & James McAllister
Warner & Amely Smith
Dustin & Beth Wees
Joan Rubel & David LaChance
Michael & Barbara Kaplan

Deep thanks to donors

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

High Holidays Appeal

Lisa & Orion Howard
Larry & Judy Weber

Memorial:

In memory of Saul Dubow
In memory of Rose Stella Fannon
In memory of Jacqueline Wein
In memory of Jackie Wein
In memory of Mervin Wineberg
In memory of Mervin Wineberg

In Honor & Appreciation:

Rabbi Rachel's teaching & guidance
Rabbi Rachel's teaching & inspiration
Rabbi Pam Wax, congrats on the grant

To Take & Eat Program & General Fund In Honor of David & Joanne's 18 Years of Service & Dedication to CBI:

Joseph & Anne Apkin
Stuart & Helene Armet
Amy & Adam Filson
Karen Geelan

Pattie Lipman
Elizabeth & Steven Miller
Carol & Edward Oshinsky
Darlene & Len Radin
Howard & Roberta Saunders
Jane Shiyah
Michael & Pamela Smith
Roberta Sullivan
Audrey Thier & Peter Murphy
Rabbi Pam Wax and Chaim Bronstein
Mitch Burgin
Kim and Alan Block
Bill Levy and Karen Kelly

For our new *machzorim* / high holiday prayerbooks:

Bill Levy and Karen Kelly
Judy Weber
Marsha Altschuler
Anonymous

Donations Welcome

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

Cemetery Fund
Education Fund
Building Fund
Senior Lunch Fund
Rabbi's Discretionary Fund
Take & Eat
Program/Event Fund
Gemilut Chasadim (Acts of Lovingkindness)

The *Gemilut Chasadim* ("Acts of Lovingkindness") Fund (also known as a *gemach*) will help to support acts such as cooking meals / buying groceries for those who are in fiscal need or who are too ill to shop/cook.

Seeking Shamashim

The Shamashim are the people who facilitate the Saturday morning services, set out kiddush and bring some snacks for after services. The group is named after the *shamash*, the "helper candle" which lights the candles on a Chanukah menorah.

We are in need of additional Shamashim to help with our Shabbat services each Saturday morning and on periodic Friday nights.

The Shamashim have been faithfully hosting our services for years but we need to expand that group by a few. It takes a Saturday morning, from about 9 to noon, once or twice in a 4 month time period.

Hosting services is an honor. It is also a joy, a way to meet members and welcome potential members and visitors. Bringing your children or spouse is welcome, and they can help or just relax and enjoy the service and the beautiful light streaming through the sanctuary windows. That's up to you.

Helping at services is a way to teach children about serving the community and performing a mitzvah.

We provide challah and juice; you are welcome to bring light snacks for the kiddush afterwards, though if that would be fiscally onerous for you, let us know and we can work something out.

If it is something you would like to try, Pattie can match you with one of our hosts for your first hosting experience. If you have questions, ask away!

All are welcome!

Next Newsletter...

If you have items to submit for the September/October newsletter, please submit them to rabbibarenblat@gmail.com by **August 15, 2014**.

Thanks!

A Poem

Here is the Road

Here is the road: the light
comes and goes then returns again.
Be gentle with your fellow travelers
as they move through the world of stone and
stars
whirling with you yet every one alone.
The road waits.
Do not ask questions but when it invites you
to dance at daybreak, say yes.
Each step is the journey; a single note the
song.

"Here Is the Road" by Arlene Gay Levine,
from *Wishing You Well: Prayers and Poems
for Comfort, Healing, and Recovery*. Edited
by June Cotner. Loyola Press, 2005.

Reprint: The Power of Do-Overs and Hitting Your Re-Set Button

by Rabbi Brad Hirschfield



How often have you wished for a "do-over"? You know what I mean. You make a decision or follow a path, and it doesn't play out as you hoped and planned. I know, in many ways that's the definition of life, and making the best of that reality is really important.

Sometimes though, we don't want to make the best of what is, we want to roll back the tape of

our lives and start again - we want a do over, and what's wrong with that? Actually nothing at all. In fact, we begin life with an innate sense that we are all entitled to at least the occasional do over.

Think back to your childhood. Remember playing games that were all about having do-overs? It didn't make the game any less fun, but at some point, kids started calling "no do-overs" - no second chances, and that was how we began to play. Why? We were growing up, and do-overs felt "babyish".

In truth, we were growing up. We were learning an important lesson about life: there are not always second chances. But that doesn't mean there never should be. Perhaps that's the next level in our evolution as humans - recognizing that we all need and deserve a second chance, a do-over, from time to time.

Without pretending that you can hit "re-set" on your entire life - you can't - think about one area where you really would like to hit that button and take a do-over. The fact is, you almost certainly can.

It might take time to pull off the re-setting you long for, but hit the button now and begin. In fact, one may to make this easier and to see quicker results - and who doesn't like quicker results, after all? - is to think about your life as having 3 re-set buttons, and planning 3 do-overs for yourself; 1 short term, 1 longer term and 1 really long term.

1. One short term do-over: How short is short term? This week. Where is there something you can start over this week? Where can you roll back what's happening in your life so that in the next 7 days you will feel the gratification of having a do-over? It need not be something big. In fact, nobody but you may know what has occurred. It doesn't matter. Try it and feel the huge impact of even little do-overs.

2. One longer term do-over: Now that you have found your re-set button, try thinking a little bigger. Where would you like to hit that reset button regarding something that may take a year or more to pull off? It might even take more than a year, but just remember, you

came into this world knowing that do-overs were possible, so why not this one?

3. One really long term do-over: And if you are feeling really bold, try imagining a do-over that would be a once-in-a-lifetime kind of thing. In fact, this is something so big, that you know it may never happen. But even if it doesn't, the dream that it might, can remind you that do-overs are a part of life, and you are certainly entitled to your share, not to mention that you have the power of giving them to others as well.

Reprinted from The Wisdom Daily:
<http://thewisdomdaily.com/the-power-of-do-overs-and-hitting-your-re-set-button/>

Find CBI Online At:

- www.facebook.com/CBINorthAdams
- www.cbiweb.org
- congregationbethisrael.wordpress.com

Looking for Other Great Jewish Happenings in the Berkshires this summer?

Don't miss the offerings from **Rimon: Resource Center for Jewish Spirituality** - <http://www.rimonberkshires.org/>



and these events from the Jewish Theological Seminary:

JTS in the Berkshires: Great Debates in Judaism

Join scholars from The Jewish Theological Seminary (JTS) to explore some of the debates that lie at the heart of Judaism-Jewish belief, behavior, and practice. What does it mean, and has it meant, to be a Jew? Each session will offer insight into the historical context of these issues, and the way they remain alive for us today. All sessions at Shakespeare & Company, Lenox, Massachusetts.

Note: if you want to carpool to Lenox from CBI, let the office know and we're happy to arrange that!

Fridays, July 11, 25; August 8, 22, 2014
11:00 a.m. to 12:30 p.m.

Cost: \$25 for each session; \$75 for all four (discount will be applied at checkout)

Details and registration at www.jtsa.edu/Berkshires2014.

For more information, contact Lynn Feinman at (212) 678-8821 or lyfeinman@jtsa.edu.

Presented in partnership with Knesset Israel, and in cooperation with the Jewish Federation of the Berkshires.

Is there something you'd like to see in the next issue of our newsletter?

Let the rabbi know!

Newsletter submissions and suggestions are welcome at:

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