



The Beth El Shofar

בנערינו ובנותינו נדך

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DAVID ARONSON, Rabbi

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WHAT
DID
YOU DO
LAST
FRIDAY
EVENING?



WHAT
EXAMPLE
DO YOU
SET FOR
YOUR
CHILDREN?

FRIDAY EVENING SERVICES AT 8:15

Rabbi David Aronson will speak on "SMOKE SCREENS," an Armistice Day address.

A social hour will follow the service. Women's League hostesses will include Mmes. J. C. Greenberg, J. Feinberg, Ida Harris, Geo. Kaufman, S. A. Marcus, I. Schiff, H. Shandling, H. Wernér.



"We shall go with our young and our old"



THE CALL OF THE SHOFAR

Excerpt From First Issue Of Shofar, 1930

*Upon its first appearance, the **Beth El Shofar** extends to all its friends the traditional Jewish form of greeting: "**Shalom, Shalom larahok ve'lakarov**, peace, peace unto those who are far and unto those who are near." In ancient times, the shofar proclaimed the feasts and fasts in Israel. It formed an essential part of the service of the sanctuary. It called the Jews to fight for their existence, for their land, for their ideals. Even thus will be the function of the **Beth El Shofar**. It will promote the spirit of Shabbaths and the festivals. It will develop congregational friendships and communal responsibilities. It will mark and promote the progress of Eretz Yisroel. It will call upon Israel to safeguard his existence, to protect his sanctuaries, to advance his ideals, to ennoble his life.*

Confiscated Shofar

by Rabbi Davis



After walking through the ancient tunnels of the Kotel (Western Wall), we headed back to the large plaza in front of the Kotel in Jerusalem's Old City. To get there, we had to pass through a security check point. These checkpoints have scanners like you'd see at an airport and lines generally move quickly. But this time was different. A soldier spied something suspicious and the line

stopped. I peered ahead to see what was happening. Illegal contraband was being examined—not a bomb, a gun or a knife. It was...a shofar!

In June, a ten-year-old boy on Beth El's Israel Family Mission bought a shofar in the Old City, and now it was confiscated. The boy could go ahead, the security guard said, but his new shofar had to stay behind. A look of shock and sadness came over his face. "My shofar!" he said with tears welling up in his eyes.

I approached the guard to see what the problem was and was told in no uncertain terms that the boy could not take a shofar into the plaza. I knew the history. In 1929, shofarot were banned from the Kotel after a storm of Arab riots. The ruling British authorities considered their blasts provocative. Jewish worshippers who defied the prohibition were regularly imprisoned for up to eight months. The ban was finally annulled in 1967 when Israel recaptured the Jewish Quarter. I had been at the Kotel on Rosh Hashanah and heard the shofar. "So what's the problem now," I thought.

"No instruments allowed in the plaza," the guard said.

Instruments? We generally think of a shofar as a way to announce the New Year, a signal calling us to do t'shuvah (repent). But the Israeli security guard reminded me that the shofar has many uses:

- It is an instrument. In biblical days, shofarot were used in the Levitical choir as we regularly read in Psalm 150, "praise God with shofar, harp and lyre." Today, as well, shofarot are used by contemporary Israeli composers such as Idan Raichel and by minstrels celebrating weekday b'nai mitzvah in the Jewish Quarter.
- It is a call to action. We are told in the Tanakh (Hebrew Bible) that shofarot were used to indicate when military troupes should gather and how they should march. In the case of Joshua attacking Jericho, shofarot were the actual weapons that brought down the city walls.
- It is an attention grabber. The Torah tells us that a shofar was sounded on Mt. Sinai when the Israelites received the Torah. In this case, God made the shofar sound to awaken the Israelites to receive God's revelation.
- It is used for announcements, such as on Yom Kippur to proclaim the Jubilee year.

- Finally, the shofar is a horn of celebration. A few blasts were sounded on Pesah and Sukkot in honor of the festival. And on Rosh Hashanah, 100 blasts signaled the coronation of God on the New Year.

"Month after month, the Beth El Shofar has informed us, taught us, and called upon us to respond...But it is now time for a change."

The shofar had many uses. No wonder why Rabbi Aronson^{z"l} chose it as the name and symbol of the Beth El newsletter. Month after month, the **Beth El Shofar** has informed us, taught us, and called upon us to respond. Eighty-three years after it first began as a weekly mailing, the Shofar still serves these functions. But it is time for a change.

Beginning in 5775, the **Beth El Shofar** — along with other publications — will undergo a design update. The goal of this new look is to honor and celebrate both our rich history and vibrant, diverse community. Published quarterly in color, the **Beth El Shofar** will continue to call out to the congregation with interesting articles and featured columns. But in our fast-paced world, timely messages are better transmitted online or through simpler mailings. The weekly e-newsletter, the Keshet (Connection), therefore, will be an important source of information on upcoming events and programs. Our Shabbat hand-out, Hakol (The Voice), will continue to offer synagogue and community news. Look to new hall monitors for a listing of upcoming events and our Facebook page for announcements and discussion forums. Finally, our website, which is also undergoing improvements and a redesign, will be more user-friendly and attractive.

We hope you enjoy the new look and feel for your **Beth El Shofar**. But back to the Kotel...

I explained to the guard that we didn't know the rule about instruments. I promised him that the boy wouldn't blow the shofar; indeed, it was tightly wrapped for travel. I argued that we had entered the plaza earlier with the **Beth El Shofar** and previous guards did not stop us. I argued and argued, almost walked away and argued some more. (I have to admit that I was pretty proud of myself for having this entire argument *in Hebrew!*)

So what happened? I'll put it to you this way: I'll be pleased, if, when you peruse this issue of **Beth El Shofar**, your smile is half as big as the boy who finally got his shofar back!

Shanah Tovah.



SUKKOT AND THE END OF THE JEWISH HOLY DAY SEASON

Feeling Good about Looking Backwards

By Rabbi Avi S. Olitzky



Following Rosh Hashanah and Yom Kippur, we are often on emotional and spiritual overload. We arrive at Sukkot five days later. We either concede and let it pass uncelebrated and unobserved, or we force ourselves to get up and observe the festival with fervor and dedication. In either setting, there is a measure of awkwardness as we approach the festival.

Part of that awkwardness comes from our referring to Sukkot in our liturgy as *z'man simhatenu*—the time of our happiness. Following the solemnity and awesomeness of the High Holy Days, how could Sukkot possibly be happy, or better, how can we have any capacity for happiness? On the surface, the rabbis teach us that we appeared before God on the High Holy Days like sheep before

the Shepherd. And then on Sukkot, we march around the synagogue, lulav in hand, as if we're holding a scepter in victory, declaring to the world that we went into Yom Kippur with trepidation, but we've come out the other side triumphant. No doubt this is a good source for our feeling of "*simha*." However, there is a hint at something deeper in our sacred texts.

Outside of The Byrds' "Turn, Turn, Turn," Ecclesiastes is not a book often quoted or referenced even in religious circles. Ecclesiastes is part of a genre of biblical works labeled wisdom literature. Wisdom literature is called such because it is the result of human experience, of human "knowing." Ecclesiastes is an old man writing about his own life, his own years, and old age in general. My father refers to it as the "Old Professor's chapbook." Total self-reflection — especially after the passage of much time — is often difficult and painful.

During the Shabbat of Sukkot, our tradition compels us to read from Ecclesiastes. The book ends with the surrender, "For God shall bring every deed into judgment, with every secret thing, whether it is good, or whether it is evil." To some, this is frightening beyond compare. We're scared into behaving well. However, the deeper layer is that we realize irrespective of how we live our life, judgment is to come and we will come before our Maker. It is almost as if the rabbis are hinting that the High Holy Days were the time to look ahead with awe, reverence and fear. But now Sukkot is a time to look back with joy and happiness. Or, better, life is short: be happy today because of yesterday.

Z'man simhatenu because we are supposed to be grateful to have lived yesterday no matter how painful or how scarring it was. And all the more so if it made us stronger or added blissful richness to the measure of our days. Some days, we can't do anything but look forward, and we find comfort in plowing ahead. When the holy days close, our season is about looking backward — and finding happiness as we do.

"Sukkot is a time to look back with joy and happiness."

happiness

REVIVING THE DEAD: A LESSON FROM A SABBATICAL



By Cantor Audrey Abrams



Mosaic tiling by
Cantor Abrams

“While chanting a phrase from the blessing of *g’vurot*, I realized a lesson of my sabbatical. It wasn’t necessary for me to travel to far places or do something monumental; it was necessary for me to listen to my heart and awaken the dead places within me.”

This year of 5775 is a sh’mita year (a biblical sabbatical year) which conveniently coincides with part of my own sabbatical from work. The Sh’mita year, in biblical tradition, is a time when the land is left fallow and debts are forgiven. Its purpose was to let the land renew itself as well as to ensure an equitable, just and healthy society. Personal sabbaticals, much the same, are not supposed to be vacation per se, but a renewal in some way.

Because the beginning of my sabbatical coincided with my brother’s death, it took me many weeks to even realize I was on sabbatical. Once I finally woke up to the reality, I was lost. I wasn’t prepared. What was I to do with the precious time that was awaiting me? Time was ticking away and this was it? Cooking meals and tending to home projects? Really? And then one day, out of nowhere, I said, “I’m gonna take an art class.”

I love doing art. It taps into a piece of my creativity that doesn’t get exercised often. When I get to create in this way, I’m quickly lost in it, and the world falls away. I took a painting class, a few jewelry classes, and I did mosaic tiling while sitting in the sun on my deck. I hunted for objects to use in my work. It was fun! The self-pity lifted. Even the home projects started feeling good. I felt lighter, happier, energized, rested and rejuvenated. Hmm...sounds like a sabbatical.

Before coming back to work, I attended the North American Jewish Choral Festival in upstate New York. The festival is run by the parent organization of HaZamir, the teen choir I direct at Talmud Torah. Here’s what we did all day... we sang. Imagine that. There were sight reading sessions, instant choirs, concerts by community choirs from all over, amateur singers, professionals, cantors,

rabbis—all singing Jewish choral music together. There were over 400 people there with a passion for singing. The experience made me feel lighter, happier, energized, rested and rejuvenated. Hmm... is there a pattern here?

After a few weeks back at work, with the stresses of trying to catch up, the start of the school year rapidly approaching and High Holy Days preparation in full swing, I left again for a sacred chanting retreat in New Mexico. I spent a week learning, chanting, reflecting, praying. At the end, I felt lighter, happier, energized, rested and rejuvenated. Hmm...

The second blessing in the Amidah is called *g’vurot*. It is a blessing of God’s strength and ends, “Blessed are You, God, m’hayei hamatim, who gives life to the dead.” While I don’t believe that this is about true resurrection (though, of course, others do), I do believe it is about reviving the dead places within us—the places in our heart and soul that have gone to sleep or been so suppressed that they literally feel as if they have died. While chanting a phrase from this blessing of *g’vurot*, I realized a lesson of my sabbatical—it wasn’t necessary for me to travel to far places or do something monumental; it was necessary for me to listen to my heart and awaken the dead places within me.

Though not everyone can pause their work life for a year or even a month, we can all make 5775 a sh’mita year. Listen deeply to your heart and question what might be lying dormant within your soul. What needs to be resurrected? Revived? What have you ignored far too long that perhaps with some watering and tender care could sprout and grow once again? **What could help you lead a happier, healthier, more awake life? And how are you going to make it happen?**



A THANKFUL 90TH BIRTHDAY MESSAGE

(DELIVERED ON SHABBAT, AUGUST 2014)

By Rabbi Kassel Abelson

"I would like to thank the many members of the Beth El Congregation for joining me in celebrating my 90th birthday."

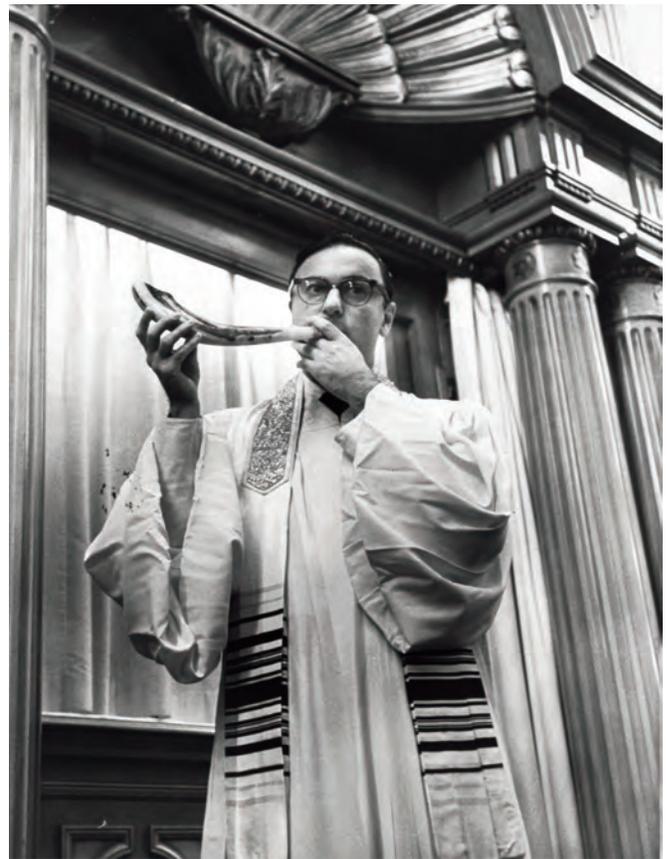
When I came in 1948, I was known as the "young Rabbi" at Beth El. Now, in 2014, people still make a point of telling me, "You have not changed." To which I will often reply, "Did I always look this old?"

I am grateful that I came to Beth El way back in 1948 and decided to stay through the decades. Beth El was and still is a wonderful community. What has made Beth El such a fine community? All through the years I have referred to the Beth El as family, for I felt that **Beth El functioned more like an extended family than like a congregational community.** I k'vell when the congregation joins in singing *L'dor Vador*, "generation after generation we proclaim your greatness," for when I am at Beth El, I sense that we are worshipping with previous generations.

I know that I often tell the story of the time, after I had retired, when I was sitting in the sanctuary at Beth El on a Shabbat morning and enjoying the Bar Mitzvah conducting the service. The boy's family name was a very common Jewish name. I turned to a colleague with whom I was sitting and asked, "Do you know this family?" He replied that he did not know them. After the service I went up to congratulate the family. The grandfather was standing there and said, "Rabbi, you were at my bar mitzvah." I then realized that I knew the family even better than I thought, for I had been not only at the grandfather's bar mitzvah, but at the father's, and now at the grandson's.

The continuity of the generations has made Beth El into a congregational family, where people know one another and feel close to each other. Beyond this, there is a readiness that members have demonstrated through the years to reach out and welcome newcomers and guests.

I am thankful that I came to Beth El some 66 years ago, and I am grateful that those who now occupy the Rabbinic and Cantorial positions have become part of the Beth El family, and that they are building so competently on the foundations that previous generations have laid.



I am also grateful that the Beth El family has come together to help celebrate this occasion, and I ask you to join me in reciting the traditional prayer of Thanksgiving, the *Shehehyanu*:

Barukh atah Adonai Elohenu melek haolam Shehehyanu v'kiyemanu, v'higiyanu laz'man hazeh.

"The continuity of the generations has made Beth El into a congregational family, where people know one another and feel close to each other."



GUESS WHO'S coming to dinner?

By Bonnie Bongard Goldish, Beth El President

This title could have been the theme for our home growing up, as every Shabbat we would set up extra chairs in the dining room for the guests my parents met that week. We used to joke, "Who did mom find this week?" Maybe a fellow customer she met at the store, someone of interest passing on the street, or a person she was introduced to at synagogue. Quite often, she did not even know their names. Many guests were also people my father had met at the daily minyan. If he learned someone had a recent loss or was new to our community, he would invite them to share in a Shabbat meal with our family. I now recognize my parents were modeling the mitzvah of *haknasat orhim* (welcoming guests). I believe it was their example that helped shape me into the person I am today. Thus, my mission as synagogue president for the next two years: to create a warm and welcoming community in and around Beth El.

I would like to share with you some of the warm and welcoming initiatives we have put in place over the last year. I hope you have noticed the video monitors we have added at our entrances that display what is happening in the building as well as other information regarding our synagogue. The Welcome Desk is now staffed full-time by Liz Rappaport and her team of dedicated volunteers. We have board members serving as weekly Shabbat greeters in addition to our dedicated Women's League greeters. I am also excited to share that we have been working behind the scenes to create a new, more interactive website, and our first-ever event to honor all newly married couples, including interfaith and same-sex couples, with a Shabbat morning blessing.

Beth El is a family, and like all families we take care of one another. To this end, one cannot discuss the warm and welcoming activities at Beth El without mentioning the important, ongoing work of our Gemilat *Hesed* (acts of kindness) Committee. Recently, they formed an inclusion subcommittee, with the goal to ensure that we are meeting the needs of all members, including those with disabilities.

The Yad v'lev (YVL) subcommittee cares for our congregants who have lost a love one, been ill or hospitalized, or have been going through challenging times. Gemilat *Hesed* needs more support to help others inside and outside of our community. Please see page 26 for specifics on the variety of ways you can contribute by volunteering and truly make a difference.

Our thriving Aleph Preschool has their own warm and welcoming activities for their students and families. The children bake cakes for families in school who have new babies, may be sick, or have suffered a loss. They also send cards and call classmates who are out ill for an extended period.

We are fortunate to have the support of our congregational nurse, Jan Hamilton. In the last year, Jan made contact with or on behalf of more than 650 congregants. She also coordinated last year's successful "Caring for Our Aging" series.

Finally, this past fall we hired Abbe Payton as Director of Engagement and Outreach. She is a key component in helping to create a pervasive, warm and welcoming atmosphere at Beth El. Highly skilled and empathetic, Abbe works with Linda Goldberg and the clergy to deepen the Beth El experience for existing members and those new to our congregation.

As you can see, the warm and welcoming climate at Beth El begins at an early age, and continues through to our older adults. During my weekly Shabbat announcements, I plan to highlight and acknowledge warm gestures done by our members, and I would love to hear from you if you witness these acts of kindness. Please contact me at drbon@comcast.net.

Shana Tovah—a happy New Year filled with good health, peace and blessings. May you have interesting, new guests at your holiday table.

"Beth El is a family,
and like all families
we take care of
one another."

New Members

In the spirit of welcoming families to the congregation – so everyone can put names with faces – we are now offering new families the opportunity to place their photo in the Shofar. If you have joined Beth El in the past year, please email apayton@bethelsynagogue.org with a family picture. It is our goal to feature as many photos of new families as possible.

PLEASE WELCOME

Moshe Aknin and Tamar Barnea with Mathan and Adva

Adrienne and Efrem Berman with Cassandra and Zachary

Andrea Goldish Cohn

Linda Dveris

Dede Frederick with Carly

Marilyn Goldman

Dan Lieberman and Suzanne Fenton with Emet, Charles and Leo

Noah Marell

David and Emily Ozer with Tzipporah

Bill and Myrna Schaeffer

Daniel and Jennifer Spiller with Abbott and Tobin

Leon Wadro and Shira Herder with Aviva and Gavriel

Shane and Bryn Wasserman with Addison and Davin

Leo and Lauren Zabezhinsky



The Berman Family



The Spiller Family



The Zabezhinsky Family



The Wasserman Family

B'nai Mitzvah



October 11, 2014 / 17 Tishrei 5775
Shabbat Hol HaMo'ed

MARI ELIANA SIMON

יעל אסתר בת יחיאל וליבה

Daughter of John & Lisa Simon

Honoring Mari as she becomes bat mitzvah, her parents are sponsoring the kiddush and congregational Shabbat lunch.

Mitzvah Program:

I've participated in several mitzvot, but feeding the hungry has stood out as the most important to me. Since kindergarten, I've participated regularly at Feed My Starving Children and Kids Against Hunger, both through school and with my family. This summer while in Israel, we spent a day at Pantry Packers. Knowing that this food was going to Israelis in need meant a lot to me. I have also enjoyed participating in Locks of Love, Stuff for School, and donating to local food drives, all of which I will continue to support.



October 18, 2014 / 24 Tishrei 5775
B'reishit

MAYA SARAH KUPRITZ

אמונה שרה בת בצלאל הכהן ורבקה

Daughter of Craig & Riva Kupritz

Honoring Maya on her bat mitzvah, her grandparents, Florence & Beryl Miller, are sponsoring the kiddush and congregational Shabbat lunch.

Mitzvah Program:

I think it's important to perform everyday mitzvot along with specially planned ones. I like making donations of clothing and toys to Prism so they can be used by kids who need them. I like visiting with the residents of the Sholom Home and sometimes bring my dog, which really makes a lot of people smile. I participated in Feed My Starving Children several times and have packed supplies with NCJW as part of the Stuff for School program. I look forward to volunteering my time to help people throughout my lifetime.



October 25, 2014 / 1 Heshvan 5775
Noah

TOMER HEBZYNSKI BUNDT

תומר בן יונתן ודבורה

Son of Yoni & Debra Bundt

Honoring Tomer as he becomes bar mitzvah, his parents are sponsoring the kiddush and congregational Shabbat lunch.

Mitzvah Program:

It is meaningful for me to participate in mitzvot that feed the hungry. I have volunteered with different programs such as: Second Harvest Heartland, Feed My Starving Children, Kids Against Hunger and STEP. Feed My Starving Children was my favorite and I participated in the program on numerous occasions. I have also taken part in VOICE week at HMJDS for seven years. I plan to keep on fulfilling mitzvot through my life as a Jewish adult.

B'nai Mitzvah



November 1, 2014 / 8 Heshvan 5775
Lekh Lekha

PIPER ELIZABETH SNYDER

חנה פנינה בת שנעור זלמן

Daughter of Gregory & Stephanie Snyder

Honoring Piper as she becomes bat mitzvah, her parents are sponsoring the kiddush and congregational Shabbat lunch.

Mitzvah Program:

Those who can, do. Those who can do more, volunteer. Performing my mitzvah, I wanted to help animals. I have always had a passion for taking care of and helping animals. For my mitzvah project, I have helped the World Wildlife Fund. More locally, I have helped at the Animal Humane Society. I plan to donate a portion of my bat mitzvah gifts to Shelter to Soldier, an organization that provides military personnel battling PTSD and/or other disabilities with a service dog from a local animal rescue or shelter.



November 29, 2014 / 7 Kislev 5775
Vayeitzei

CARLY JORDAN MARSCHINKE

מאירה ירדנה בת דוד ולאה

Daughter of David & Lisa Marschinke

Honoring Carly as she becomes bat mitzvah, her grandparents, Harriet & Larry Gallas, Sandra Benowitz, and Dennis & Ruth Marschinke, are sponsoring the kiddush and congregational Shabbat lunch.

Mitzvah Program:

One mitzvah project that was special to me was working at Feed My Starving Children. I feel so fortunate to have healthy food whenever I want it, and I was glad I could help other children receive healthy food too. I have also enjoyed volunteering to care for dogs until they find homes at Second Hand Hounds. These activities have shown me how good it feels to help others.



December 6, 2014 / 14 Kislev 5775
Vayishlah

ELI RICHARD SCHMIDT

אליהו שבתי בן נפתלי

Son of Dan & Leslie Schmidt

Honoring Eli as he becomes bar mitzvah, his parents are sponsoring the kiddush and congregational Shabbat lunch.

Mitzvah Program:

My favorite mitzvah project was packing meals with my hockey team last fall for Kids Against Hunger. We packed over 10,000 bags of food, and I felt good knowing I was going to help people who often don't know where their next meal is coming from. I also donated clothing to Courage Center and contributed money from my tzedakah box to Defending the Blue Line, an organization that helps to ensure children of military members are provided opportunities to participate in the game of hockey. Participating in these and other mitzvot remind me how blessed and lucky I am.



December 13, 2014 / 21 Kislev 5775
Vayeishev

MATHEW JOSEPH KRELITZ

משה יוסף בן בנימין וששרנע

Son of Brian & Suzy Krelitz

Honoring Mathew as he becomes bar mitzvah, his grandparents, Ed & Joyce Prohovsky and Elle Krelitz, are sponsoring the kiddush and congregational Shabbat lunch.

Mitzvah Program:

As I prepared to become a bar mitzvah, I have spent time trying to be sure I have participated in as many different mitzvot as possible—from comforting mourners and visiting the sick and helping animals, to sending packages to service members. The one project that I have spent the most time on is feeding the hungry. I have packed food at Feed My Starving Children many times and I have also gone on my own adventures to feed the hungry in the streets, offering food to the homeless both here in Minneapolis and in California, where the homeless population is much larger.

a soulful summer

by Mary Baumgarten,
Education Director



This summer I had the privilege of attending the Ayekah Soulful Leadership Retreat with four of my colleagues from the Talmud Torah of Minneapolis.

Our retreat took place at Cramim, in the Judean Hills. Cramim definitely lent itself to our primary focus, that of “soul.” It is situated in a setting of vineyards and hills. It is a place of beauty and serenity.

The retreat was skillfully facilitated by Rabbi Aryeh Ben David. Throughout the time we spent together we were encouraged to “find our own soul, our tabernacle, our center.”

We were presented with a challenge. Rabbi Jonathan Sacks, Chief Rabbi in Great Britain for many years, said, “Good leaders create followers, but a great leader creates leaders.” Our challenge was how do **we** become truly great leaders? We learned:

- We must be “soulful” leaders. Soulful leadership is about noticing and listening. Our job as soulful leaders is to make choices that are informed and connected with our souls. In tackling any issue we must not only use our minds, but also our hearts and our bodies.
- Leaders can’t only be on their own personal journey. They must also be connected to a greater or community journey. Soulful leaders lead by attraction: They say, “Come on this journey with me. Do you share my vision?”
- Our attitude is of utmost importance. When we face a problem we should look at it as an opportunity.
- Leaders do not operate in a vacuum. They need a team. It’s easy to like the people who are likable. We need to work hard to draw in those who are more difficult (who press our buttons), so that we can create a “soul team.”

I aspire to becoming a truly soulful leader in all my work here at Beth El and at the Talmud Torah. I want to dream big, value the small steps we take, care and value every individual, and work as part of a soulful team. I want to help create a future generation of leaders who will in turn develop the next generation of committed and educated Jews.

Being in Israel this summer was in itself a spiritual journey. Our first “siren” took place while we were at our retreat. This was followed by our second siren while still at Cramim. Operation Protective Edge began and continued for my entire stay in Israel. I was part of approximately 10 sirens in total, some while in Jerusalem, then in Tel Aviv and finally in K’far

Saba. I learned what it was like for Israelis who were living with this on a daily basis.

As I was in the shelter under an apartment building in Tel Aviv I realized how tragic it must have been for children to sleep in these shelters on an ongoing basis. I had heard stories about children being traumatized by this, but now I understood for myself.

One of the sirens took place while we were on the Ayalon freeway on our way to the bullet factory in Rehovot. We did what everyone else did—we got out of the cab, got on the ground and waited 10 minutes. We then proceeded on our way and made it to our tour of the museum with time to spare. You see, in our calculations, we had built in extra time in the event there would be a siren on the way. It was well worth going, as we saw and learned another story of heroism in the fight for Israel’s independence.

“We learned that we must be “soulful” leaders,
who lead from the heart and who are
always 100% present.”

Although I love learning at seminars and retreats in Israel, much of my learning comes from the Israelis whom I encounter on a daily basis — cab drivers, clerks, shopkeepers, etc. I will never forget the sales person in a small shop in downtown Jerusalem, a patient and good natured woman, who proceeded to tell us that she lost her 21-year-old son in Operation Cast Lead a few years ago. We shared in her sorrow as we proceeded to share in the sorrows of the families who lost their sons in the latest struggle for our security.

One thing that all of the Israelis whom I encountered shared was their love for the land of Israel. Whether they were religious or secular, right wing or left, young or old, they were very clear about how they felt. Israel is their home; they wouldn’t trade it for anything and they would do all that was necessary to protect it.

These visits do indeed enrich my life and definitely my “soul.” I returned to the States grateful for the experience and look forward to the prospect of future learning and partaking of everyday life in Israel again. Still, I am concerned about what the future might hold.

In the coming new year, I pray for the safety of our sisters and brothers in Israel, and for the wisdom to lead our bar and bat mitzvah students and staff with soul.

LESSONS FROM PRESCHOOL: Learned Helplessness & the Beth El Village

by Sam Gordon, Associate Director of Early Childhood Education, Aleph Preschool



The Aleph Preschool has become one of the leading early childhood educational centers in the Twin Cities. Consistently over the past few years, we have grown qualitatively and quantitatively. In fact, of the surrounding Jewish preschools, we are the only one with an increased student population in the coming year. Our success – which spills

over in many ways into our greater synagogue community – is a direct result not only of our talented faculty, but also the dedication and direction of our preschool's leadership team.

This past summer I shared a d'var torah as part of Beth El's "summer darshanim" series, reflecting on our educational philosophy. I explored the Israelites' trials and tribulations portrayed in parashat Shelah Lekha: The Israelites' negative perceptions of the land and overall lack of confidence are representative of a psychological phenomenon called "learned helplessness." This learned helplessness led to a sense of being and sense of self that was unproductive and unhealthy. When people feel or believe that they have no control over their situation, they may also begin to behave in a helpless manner. This inaction can lead people to overlook opportunities for relief or change.

This wisdom applies to today's youth: Learned helplessness is the enemy of success and I see it developing all too often in young children. Every time a child is 'helped' to do something which she can do for herself, she is told by the experience that she is not capable, competent or independent. In fact, research shows that "learned helplessness can lead to cognitive, emotional and motivational delays."

When we continually rescue children from completing age appropriate tasks they are capable of doing and limit their

opportunities to prove their capability, or when we push too hard in areas children are ill-equipped or disinterested in, our children develop an external locus of control. They learn to expect others to save them from the burden and responsibility that is life.

I believe that the antidote to learned helplessness is empowering children by building on what is already done well through a series of small tasks consistently completed successfully. The Israelites were not given this opportunity! But we can take advantage of this opportunity for the sake of our children!

Some of my suggestions for success (and the models we employ in our preschool) are:

- Offer children opportunities for mastery and success.
- Ask children to become responsible for developmentally-appropriate chores and daily tasks.
- Encourage children to become increasingly independent.
- Show and trust children to do the right thing.
- Help children identify the intrinsic vs. extrinsic rewards in all they do.
- Model for children self-discipline, self-motivation, and how to take responsibility for one's own fate.

Like the scouts who were sent ahead to report back on the Promised Land, we too should heed Moses's words, *V'hithazaktem*—Strengthen Yourselves. **Let us be strengthened in our optimism. Let us be strengthened in our commitment to the children in our community. We can make a difference in the world. And that is precisely how we focus our efforts in the Aleph Preschool.**



Aleph Preschool Staff

Condolences to....

- **Dr. Mace Goldfarb** on the loss of his brother, Stephen "Zaidie" Goldfarb
- **Stuart Yellen** on the loss of his brother, Edward Yellen
- **Lee Bearmon** on the loss of his sister, Norma Bearmon Karpeles
- **Judi Nathenson** on the loss of her husband, **Dr. Aaron Nathenson**
- **Annette Ozer** on the loss of her father, Dr. Seymour Blinderman
- **Cheryl Hallberg** on the loss of her father, Marvin Riemann
- **Ruth Held and Marlee Kaminsky** on the loss of their husband and father, **Gale Held**
- **Sandy Satz** on the loss of her brother, Hillard Kahan
- **Barbara (Bobbi) Gruman** on the loss of her mother, Min Rose Gruman
- **Allan Share** on the loss of his father, Leonard Share
- **Ron Plotsker** on the loss of his brother, Meyer Phillip Riff

With heavy hearts we mourn the loss of these loved ones within our community

Mazal Tov to...

Arielle Kaufman and Ohad Ludomirsky on the birth of Amira Leah Ludomirsky. Grandparents are Pam and Ron Kaufman and Achi and Irit Ludomirsky. Proud great grandparents are Audrey and Al Kaufman and Ella and Yitzak Ludomirsky.

David Scott and Emily Jean Ozer on the birth of Tzipporah Katherine Ozer. Grandparents are Annette and Richard Ozer, Cheryl Cornett and Dennis Roberts.

Frankie and Mitchell Bennett on the birth of Kora Ruthanne Bennett. Grandparents are Howard and Estee Warsett and George and Lisa Bennett.

Michele Kaplan Clinard and Alan Theodore Clinard on the birth of Sophia Meredith Clinard. Grandparents are Steve and Norma Kaplan and O.J. Clinard.

If you would like to ensure that your or your loved one's milestone, simcha or other celebration are acknowledged in future publications, please contact Abbe Payton, Director of Engagement and Outreach, at 952.873.7303 or apayton@bethelsynagogue.org.

Mazal Tov to Members with Upcoming MILESTONE ANNIVERSARIES

Name	Date	Years
Kent & Kent Confeld	October 9	10
Bruce & Heide Mandel	October 9	20
Shawn & Norma Wolk	October 9	20
Benjamin & Julie Ann Baum	October 10	15
Larry & Judy Kaplan	October 10	10
Larry & Sari Rosen	October 12	40
David & Lisa Wolfe	October 14	25
Michael & Deborah Olkon	October 17	15
Jeremy & Jennifer Zacks	October 17	10
Travis & Cari Rohe	October 18	5
Philip & Deborah Walstien	October 19	45
Phil & Wendy Freshman	October 20	35
Michael & Marcy Walder	October 21	30
Robert & Hanna Bloomfield	October 31	10
John Silverman & Janet Scott	November 4	30
Paula & Teddy Haynes	November 5	30
Richard & Susan Yablonsky	November 5	20
Bryan & Ariel Goltzman	November 8	5
Harry & Sarah Shapiro	November 8	75
Mark & Lisa Ratner	November 12	25
Joseph & Kimberly Kivens	November 13	20
Avraham & Linda Brody	November 26	25
Larry & Bobbi Friedman	December 2	25
David & Katy Katz	December 5	5
Michael & Linda Fiterman	December 7	45
Chopper & Diane Mintz	December 8	40
Coleman & Kitty Smith	December 14	45
Gerald & Helene Bukstein	December 18	30
Fred & Harriette Burstein	December 20	55
Stephen & Barbara Liebo	December 20	45
Mike & Bernice Frisch	December 21	45
Roger & Ellice Landy	December 21	45
Buddy & Phyllis Harris	December 27	55
Ross & Judy Dworsky	December 27	50
Michael & Nancy Schoenberger	December 29	40
Brian & Sandra Salita	December 30	45
Barbara & Zola Friedman	August 30	55

Beth El Ate

The Torah teaches, “you shall eat, be satisfied and bless God.”

As 5774 comes to a close, we offer thanks and blessings for all that nourished us, body and soul.

APPETIZERS: Torah (Learning)



At the Aleph Preschool, we teach not just the Aleph-Bet but the ABCs of raising a mensch.

From parent education classes to **Young Family Programs** such as Disney Junior Live!, we reached beyond our school and beyond Beth El to build community friendships.



How do you get to Carnegie Hall?

Practice... with Beth El and Adath Jeshurun's **Talmud Torah's Hazamir Choir** directed by our very own Cantor Audrey Abrams.



Week after week, Meryll Page encouraged us to use the parasha to enhance our Shabbat menu and meals with new recipes and discussion guides in **Ta'am Torah (Taste of Torah)**. Barbara Bach's monthly **Shofar** articles on kashrut intrigued and informed us.



Who knew astrophysics could be so entertaining?

Neil deGrasse Tyson kept a full house laughing and learning for well over two hours at this year's **Inspiring Minds Speaker Series**. Additional Scholars-in-Residence included: our first Beth El-Darchei Noam Shabbaton with JTS Professor Rabbi Jonathan Milgram who prepared us for Pesah; Arthur^{z"l} and Irene^{z"l} Stillman Scholar Dr. Joe Regenstein teaching on food science and kashrut; JDC scholar Asher Ostrin; HIAS speaker Robert Aronson; and AIPAC speaker Ari Sacher.

FIRST COURSE: Avodah (Spirituality)



It took an **Orenstein Purim Extravaganza** and 800 dozen handmade **Women's League Hamantashen** to thaw us out of our "frozen" winter.



Combine the smooth sounds of Michelle Citrin with coffee and community and you get a delicious **BEMA Coffee House Shabbat Shira Nightcap**.



Jeff Sherman's Strudel Making lessons brought the warmth and aroma of the Yiddish Holiday Kitchen, and **Stan Smith's Pickles** brought spice to our Snyder Family Kitchen. Meanwhile, our **Young Adults** group gathered monthly for Shabbat with "Good Food. Good Drinks. Good Company. Good Jewish." and lessons in making Etrog Liqueur enhanced our simḥa of Sukkot to Tu B'Shevat.



In 5774, we made mitzvot central to the **Ben and Bernice Fiterman Bar/Bat Mitzvah Program**, from learning how to put on Tefillin, to introducing new Mitzvah Heroes and **Fiterman Mitzvah Corps** programs.



An eight course, gourmet menu raised the "bar" on the Tu B'Shvat seder.

The four seasons never tasted so good! Learning, fun and community were also on the menu at Beth El's popular, **Community Pesah seder**, while Wednesday nights featured **Chinese Take Out**.

MAIN COURSE: Hesed (Acts of Loving Kindness)

Not only did we run successful **Food Drives** before Yom Kippur and Pesah; we learned, lobbied, packed, and donated at a **Food Summit** to address the issue of food insecurity.

For other ongoing ways we support those in need – in our greater community as well as within our own Beth El family – Upcoming Volunteer Opportunities on page 26.



Our **Caring for Our Aging** workshops, organized by Congregational Nurse Jan Hamilton, offered support and real-world advice for congregants.

Once in a millennia — our **Thanksgivukkah Coloring Contest** benefited various tzedakot. Proceeds from **D-licious Honey Cakes** on Rosh Hashanah and **D-lightful Cheesecakes** on Shavu'ot went to support hesed activities and made our year sweet indeed.



DESSERT: Kehilah (Community)

You've heard it from your friends and read about it in St. Louis Park Magazine: How does Beth El get such great speakers? The **National Speakers Series**, which this year featured Hillary Rodham Clinton, would not be possible without the vision and dedication of Marlys and Elliott Badzin. With boundless energy, Rabbi Avi Olitzky showed us just why Captain Phillips is a "**Hero Among Us.**"



DESSERT: Kehilah (Community)



NEARLY 400 PEOPLE CAME TO BETH EL'S VERSION OF THE GREAT MN GET-TOGETHER — OUR ANNUAL PICNIC — FOR A DAY OF FUN IN THE SUN.

We savored the bouquet of Israel with kosher wines at a Beth El-JNF Wine Tasting.



There is nothing sweeter: Beth El Rishon **USY International Chapter of the Year**, international and regional officers, an amazing outgoing youth director, and a wonderful incoming director. Look out 5775!



For all the blessings of 5774, Rabbis Davis and Olitzky and Cantor Abrams say, "L'hayyim!"



A family mission to Israel introduced 36 participants to the sights, stories, and certainly tastes of Israel. Rabbi Alexander Davis' study group explored the history and culture of the **Mississippi Delta and southern Jewish communities** from New Orleans to Memphis. Shalom Y'all!



Volunteers responded to support our **Minnesota National Guard** troop in Afghanistan. At the same time, over 50 Beth El congregants traveled to the **AIPAC Policy Conference** in Washington, DC, to call on Congress to strengthen the US-Israel relationship, in part, by supporting the Iron Dome missile defense system.

Beth El Synagogue Foundation

Ensuring the vitality of our congregation now and in the future



We are excited to announce the launch of the Beth El Synagogue Foundation, whose mission is to ensure the vitality of our synagogue now and for future generations. We have made great strides in accomplishing this goal. We have hired Foundation Director Susan Lieberman and recruited an experienced, dedicated board. This board will manage, oversee and build the endowment to support our current and future needs.

Rabbi Abelson, along with former Executive Director Harold Bernstein^{z"l} and others, wisely initiated endowment fundraising. Now it is up to us to continue this legacy by growing the endowment to meet the financial needs of the synagogue now and in the future.

Currently, the endowment is \$3.9 million dollars. The income provides 6% of our annual budget. This year, endowment funds will provide \$190,000 to meet multigenerational needs from tuition relief for Aleph Preschool families, to scholarships for youth who could not otherwise afford to attend Jewish summer camp. Our endowment helps support our congregational nurse who assists congregants in adapting to health-related lifestyle changes, and helps maintain our building and grounds.

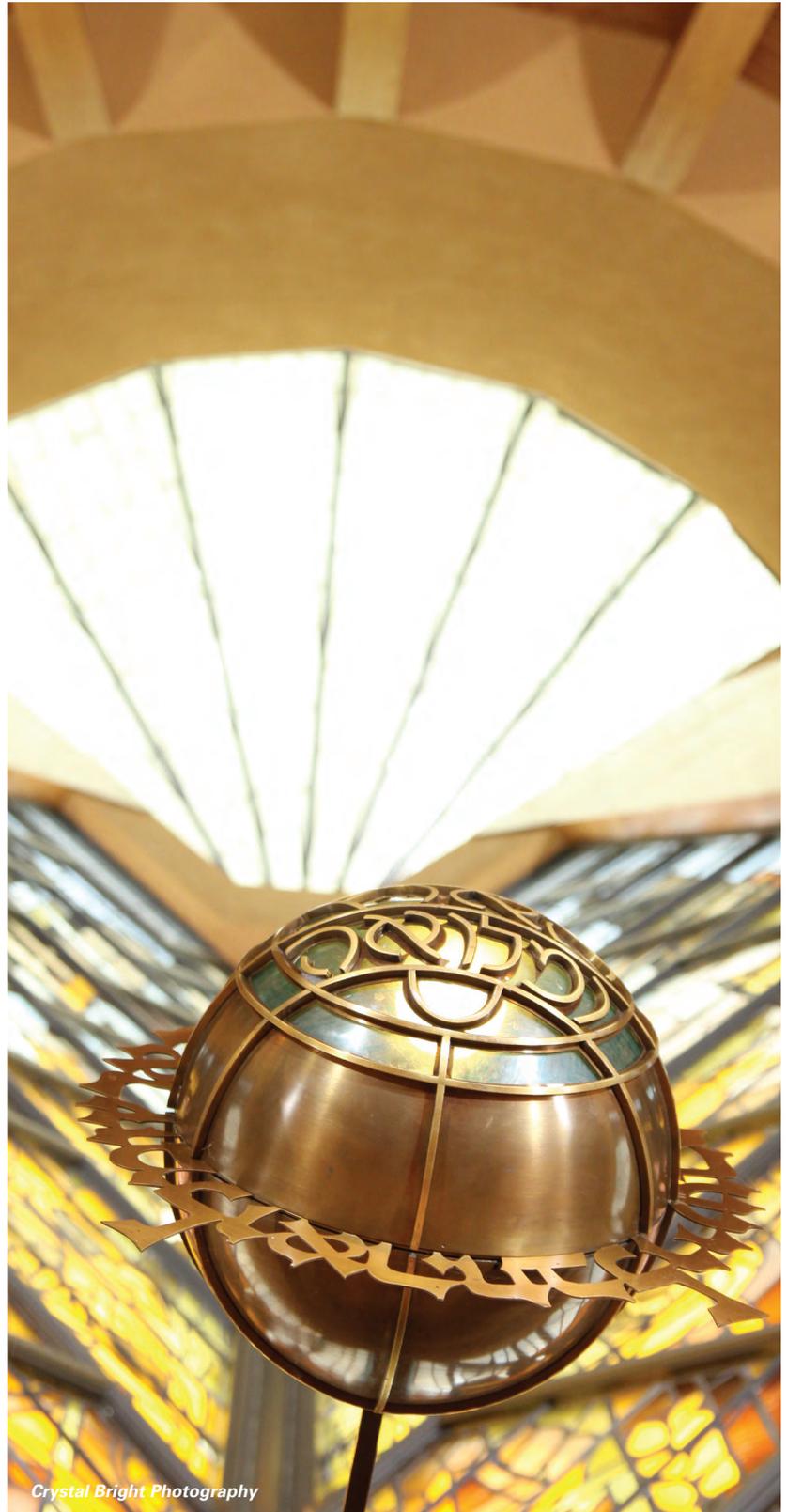
Thank you to all who have made a contribution to our endowment or a commitment to include Beth El Synagogue as part of your estate plan.

As you plan for your personal and family's giving, please consider creating a legacy gift to the Beth El Synagogue Foundation as part of your plan. I invite you to contact Susan Lieberman at 952.873.7309, to discuss your gift.

L'Shanah Tovah,



Gary Krupp, President
Beth El Synagogue Foundation



Crystal Bright Photography

Beth El Synagogue Foundation

FREQUENTLY ASKED QUESTIONS

Why do we need a Foundation?

The Beth El Synagogue Foundation was inspired by a group of synagogue lay leaders with formal approval from the Beth El Board of Trustees, who recognized a vital need to increase our endowment to ensure the synagogue's continued fiscal health. Beth El Foundation's mission is to secure the vitality of our congregation for this and future generations.

How is the Beth El Synagogue Foundation organized?

The Beth El Synagogue Foundation is a separate legal entity from Beth El Synagogue. It has a separate Board of Directors to focus on the development, stewardship and oversight of our endowment. All funds are managed separately from Beth El's general operations. Beth El Synagogue is the sole beneficiary of the funds.

What is an endowment and why is it so important?

An endowment is a permanent fund established to be used for a specific purpose. A gift to an endowment fund provides financial support in perpetuity. Most endowments, including Beth El's, are invested in a manner that preserves the principal and generates income. Endowment funds provide 6% of the synagogue's annual budget. Because only a small percentage of the principal is used from the endowment, the principal continues to grow, providing funds annually for a portion of the budget.

How is the money in the endowment invested and managed?

Endowment assets are invested and managed by the Beth El Synagogue Investment Committee. Assets are invested carefully and conservatively in accordance with an established investment policy approved by the Beth El Synagogue Executive Committee.

Why don't dues cover our expenses?

Dues cover 47% of synagogue operating expenses. Beth El, like most synagogues, requires additional revenue from program fees, annual fundraising events and endowment income to supplement annual dues and fully cover operating expenses.

What are our current needs?

Beth El's current needs include the following: maintaining strong spiritual guidance from clergy as our congregation grows and changes; inspiring a community of learning; instilling Jewish ethics and values into the next generation through education, supporting Jewish camping and Israel experiences; lowering the financial barriers for participation in synagogue life and maintaining our building as a comfortable home for the future.

How can you get involved?

- Make tribute gifts to Beth El endowment funds in honor of friends and family or to commemorate significant events or memorialize loved ones.
- Create a legacy by establishing a named endowment fund to support Beth El where it is needed most or for a specific purpose.
- Make a gift today or a planned gift through your estate. Planned gifts can provide estate and income tax benefits.

We are happy to discuss the best option for you. For information on how you can help secure Beth El's vitality for this and future generations, contact Susan Lieberman at 952.873.7309 or slieberman@bethelsynagogue.org.

Donor Spotlight



MARTIN AND SUE RING CONTINUE TO SUPPORT THE NEEDS OF THE COMMUNITY

Ring Family Endowment Fund

Gary Krupp, Beth El Synagogue Foundation President, is pleased to announce the establishment of the Ring Family Endowment Fund generously contributed by Martin and Sue Ring.

Rabbi Abelson notes, "Martin and Sue Ring have been active members of the congregation for many years and are an important part of the Beth El community. The Rings have been very strong supporters of Beth El and have always given generously. Martin and the entire Ring family helped build the first section of our building when the congregation moved from the North Side."

We are grateful for this generous contribution and thrilled that the Ring Family Endowment Fund is the first fund established as part of the Beth El Synagogue Foundation.

BETH EL SYNAGOGUE ENDOWMENT FUNDS

Providing support annually and in the future

ADMINISTRATION

Bernard Badzin Administrative Fund
Badzin-Lebow Family Endowment Fund
Dr. A.B. & Rose Baker Development Fund
Sarol Dworsky Technology Fund
Sally & Isadore Kahn Administrative Fund
Sara & Ralph Rutz Administrative Fund
Stiegler-Blicker Fund

ADULT EDUCATION

Barbara D. & Lee Bearmon Adult Education "Etz Hayim" Fund
Eiger Family Torah Weekend Fund
David Frank Educational Trust Fund
Rabbi Rob Kahn Adult Education Fund
Arthur & Irene Stillman Fund
Janet C. Sophie Thayer Adult Education Fund
Ceil Victor Adult Education Fund

ALEPH PRESCHOOL

Shirley R. Abelson Aleph Preschool Fund
Barney & Gladys Applebaum Fund
Rabbi & Mrs. David Aronson Fund
Jeanette & Samuel Rubenstein Aleph School Scholarship Fund
Hannah Bialick Yom Shalaim Fund
Florence & Sam Bright Aleph Preschool Endowment Fund
Heifetz Education Fund
Julia Hyatt Aleph Preschool Fund
Herman & Mildred Jordani Special Needs Fund
Abe Kozlen Aleph Preschool Endowment Fund
Grace & Marvin Kramer Playground Fund
The Landy Aleph Preschool Enrichment Program Fund
Bertha & Otto Maier Scholarship Fund
Sam & Florence Shapiro Aleph Preschool Scholarship Fund
Sidney Shields Aleph Preschool Fund
Daryle Silver Aleph Preschool Fund
Artice & Morton Silverman Parent Education Fund
Slatyer-Malinsky Family Fund
Ruth & Arthur Snyder Aleph Preschool Education Fund
Rabbi Barry Starr Aleph Preschool Scholarship Fund
Ann & Louis Weiss Aleph Preschool Scholarship Fund
The Elsie Weisman Aleph Preschool Fund

CAMP SCHOLARSHIPS

The Philip & Bobby Bloom Camp Ramah Scholarship Fund
Bernice Grais Brochin Scholarship Fund
David S. Dolginow Education Endowment Fund
Mr. & Mrs. Jerome Dworsky & Peter Dworsky Fund
Arthur Julian Eisenberg Camp Fund
Gerald Gottlieb Camp Ramah Scholarship Fund
Rose & Nathan Gottstein Ramah Scholarship Fund
Sally & Sam Greenberg Herzl Camp Scholarship Fund
Jack & Roz Hyman Camp Ramah Fund
The Ziwa Katz Camp Ramah Scholarship Fund
Alvin & Audrey Kaufman Camp Ramah Fund
Solomon & Sally Krishef Ramah Scholarship
Martin & Mary Lebedoff Camp Scholarship
Morris & Ruth Lebowitz Camp Ramah Scholarship
Gerald M., Al & Anne Levine Camp Scholarship
Beth El Men's Club Educational Endowment
Ramah Card Income
Rabbi's Ramah Appeal
Louise & Jerry Ribnick Family Camp Ramah Fund
Michael & Nancy Schoenberger Camp Ramah Fund
Reva Sholler Educational Endowment Fund
Frieda & Abe Sperling Ramah Scholarship
Burton & Diane Weisberg Camp Ramah Fund
Camp Ramah Rabbis' Appeal

CAPITAL IMPROVEMENTS

Jeff & Lisa Gottstein Technology Fund
Edlavitch & Greenberg Beautification Fund
Rita Melamed Accessibility Endowment Fund

KITCHEN

Bessie Steinman Kitchen Fund
Women's League Kitchen Fund

CONGREGATIONAL NURSE

General Congregational Nurse Fund
Sam & Chick Held Seniors Fund
Roberta M. Weber Congregational Nurse Fund

DISCRETIONARY FUNDS

Lawrence M. Spiegel Memorial Discretionary Fund

EDUCATION

Julie Kaplan Memorial Fund
Ann & Saul Kollins Special Education Fund
William & Mary Rosen Special Needs Fund
Marian & Harold Goldberg Religious School Scholarship Fund

GEMILAT HESED

Gert & David Cohen Gemilat Hessed Fund
Barry & Midge Frailich Yad V'Lev - Caring Community Fund
Bernard Leviton Feed the Hungry Fund
Joanne Ring-Levine Biel Fund for Underprivileged
Stanley & Joyce Segelbaum Fund
Marilyn & Zorra Sussman Fund for the Hearing
Mort & Mollie Weinberg Congregation Fund

GENERAL SUPPORT

The Richard Diamond Memorial Fund
Karen & Ivan Brodsky Presidential Fund
Joseph J. Brody Endowment Fund
The Dobrin Family Fund
Rabbi Rob & Camille Kahn Legacy Fund
Arthur & Marion Oakes Discretionary Fund

HIGHER EDUCATION

Ben & Bernice Fiterman Mitzvah Fund
Harry & Bessie Glance Higher Education Scholarship Fund
Frances Kvasnick Business Education Fund
Ida B. & Joseph L. Lazarus Fund for Advanced Jewish Education
Maurice & Edith Nemrov-Lava Education Fund
William & Frances Weinberg Higher Education Fund

HOLOCAUST EDUCATION

Philip & Rivel Greenberg Family Fund for Holocaust Awareness
Mandelbaum USY Holocaust Education Fund

ISRAEL EXPERIENCE

Jacki & Bill Broze Israel Trips Fund
Ralph Fine Israel Fund
Summer Experience in Israel Fund
Kiges-Shragg Family Summer Program Scholarship Fund
Minsberg Youth Education in Israel Fund
Harry, Stanley & Charlotte Rappoport Israel Pilgrimage Fund
Louise & Jerry Ribnick Family Camp Ramah Fund
Clara & Harry Segal Synagogue Israel Pilgrimage Fund

LIBRARY

Roz & Sid Bearman Children's Library Fund
Zola & Marion Fineman Book Fund
The Bob Kelber Library Fund
The Oleisky-Blumberg Library Fund

MUSIC AND ARTS

Anna Rubenstein Berman Cultural Arts Fund
Murray & Marlene Brandys Music & Family Memorial Fund
Albert J. Moscovitz Concert Fund
Cantor Neil Newman Tribute Fund
Irve & Sari Robins BEMA Fund
Seiler-Newman BEMA Fund
Arnold & Renee Soskin Music Fund
Jerome Teener Arts Fund
Nathan & Jean Weisberg Bema Concert Fund

PROGRAMMING

Martha & Simon Cohen College Fund
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Feldman-Bernstein Fund
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Steve & Bonnie Heller Leadership Fund
Fay & Leonard Ribnick Program Fund
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The Judy Silverman Memorial Yad Hazakah Program Fund
Dr. Martin & Marilyn Weisberg Tikkun Olam Fund
Marcia & Jerry Yugend Social Justice Fund

Dr. Jerry Bach Educational Fund
 Ben & Lily Berg Religious Fund
 Rose & Sol Bukstein Sukkah Fund
 Nathan Gottesman Torah Fund
 Cantor Neil Newman Tribute Fund
 Prayer Book/Sanctuary Fund
 Vernon & Diane Prohovsky Ritual Fund

GENERAL SCHOLARSHIPS

David & Ida Bach Scholarship Fund
 Louis & Clara "Billie" Baker Scholarship Fund
 Beatrice & Max Baral Scholarship Fund
 Bruce Barenbaum Scholarship Fund
 A.N. & Etta Bearman Scholarship Fund
 Samuel & Ethel Bell Scholarship Fund
 Morris & Hilda Berman Scholarship Fund
 Ethyle Tapper Birnberg Scholarship Fund
 Harry & Becky Brooks Scholarship Fund
 Frank Cohen Scholarship Fund
 Sara Brooks Eisenberg Scholarship Fund
 Elizabeth & Sidney Feinberg Scholarship Fund
 Nathan & Annie Fisher Scholarship Fund
 Gerald & Ada Fiterman Scholarship Fund
 Ilene & Jules Frank Scholarship Fund
 Louis & Dorothy Frank Scholarship Fund

Leo & Bess Frisch Scholarship Fund
 Jack & Leah Fursetzer Scholarship Fund
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 Martin Lee Harris Scholarship Fund
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 Monroe Isenberg Scholarship Fund
 Jacob & Florence Kahz Scholarship Fund
 Clara & Ben Kronick Scholarship Fund
 Sarah & Isadore Lavintman Scholarship Fund
 Morris & Ruth Lebowitz Scholarship Fund
 Sarah & Harry Mankoff Scholarship Fund
 Leonard T. & Fanny Margolis Scholarship Fund
 Esther & Abe Mittelman Scholarship Fund
 Sanford A. Morris Scholarship Fund
 Harry & Edith Ostrow Scholarship Fund
 Samuel & Ann Rank Scholarship Fund
 Max & Esther Rappaport Scholarship Fund
 Sam & Fraydel Rapoport Scholarship Fund

Isaac & Eva Ribnick Scholarship Fund
 Steven G. Rice Fund for Physically & Mentally Challenged Persons Fund
 Helen & Don Rosen Scholarship Fund
 Mr. & Mrs. Sol Sadoff Scholarship Fund
 Jacob & Ann, Harold & Eileen Scherling Scholarship Fund
 Louis & Goldie Schuster Scholarship Fund
 Schwartz-Mittelman Family Fund
 Julius & Mollye Segal Scholarship Fund
 Max Shapiro Scholarship Fund
 Sam & Florence Skolnick Scholarship Fund
 Philip & Rose Snyder Scholarship Fund
 Donald Spector Memorial Fund
 Mitzi & Maurice Spiegel Scholarship Fund
 Tova Lynn Spiegel Scholarship Fund
 Marion S. & Hyman Scharf Swisgold Scholarship Fund
 Torodor & Levy Family Summer Scholarship Fund
 Harry & Frances Vermes Scholarship Fund
 Florence Brooks Weiss Scholarship Fund
 Phillip & Sarah Wilensky Scholarship Fund
 Ralph Z. Yellen & Bess Yellen Cohen Scholarship Fund

SENIOR ACTIVITIES

Lou Ann & Leon Bongard Senior Fund
 Polly & Sam Diamond Program Fund
 Sam & Chick Held Seniors Fund
 Sol & Libby Singer Bethelder Fund

TARBUT / BAR & BAT MITZVAH

Gladys Berquist Bar & Bat Mitzvah Preparation Fund
 Herman & Mildred Jordani Special Needs Fund
 Marilyn Joan Diamond Loeser Fund
 Walter & Shanie Meyers Fund
 Max & Ida Sanders Fund
 Dorothy & Philip Winer Fund

YOUTH

Rabbi Kassel Abelson USY Leadership Fund
 David & Linda Estrin USY Fund
 David & Marla Frank USY Scholarship Fund
 Myrl Lavintman Youth Education Fund
 William & Mary Rosen Special Needs Fund
 Seretta Rudin Youth Lounge Program Fund
 Ann & Oscar Victor USY Fund
 Maher Weinstein Mogan David USY Fund



Crystal Bright Photography

Stan and Laura Smith with Jacob and Lily

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TZEDAKAH

Tributes and direct donations to Beth El funds honor friends and family and commemorate significant events, memorialize loved ones and provide essential support to the congregation. For more information on specific funds – or to learn more about establishing a new fund, please contact Susan Lieberman, Foundation Director, at 952.873.7309 or slieberman@bethelsynagogue.org.

TODAH RABAH (THANK YOU)

Beth El gratefully acknowledges the following contributions:

Alvin & Audrey Kaufman Camp Ramah Fund

*In Memory of Bennett Eisenstein
For Speedy Recovery of Lou Ann Bongard
In Honor of Paul & Pam Bernstein
Al & Audrey Kaufman*

Barney & Gladys Applebaum Fund

*In Memory of Gloria Stein
Carolyn & Stuart Bloom and Family*

Barry & Midge Frailich Yad V'Lev - Caring Community Fund

*In Memory of Bennett Eisenstein
Jenny & Aaron Hage
Rich & Marilyn Chern*

Bernard Badzin Administrative Fund

*In Honor of Elliott Badzin
Neil & Saranee Newman*

Bernice & Ben Fiterman Mitzvah Fund

*In Honor of Peter & Serene Simon
Linda & Mike Fiterman*

Cantor Abrams Celebrate the Arts Fund

*In Memory of Bennett Eisenstein
Lois & Dale Dobrin
Leonard & Bonnie Zeff
Lisa, Steve, Sam & Sydney Neuman
Joe Rine
Clarice Cutts
Ron & Sonia Ungerman and family
In Memory of Stephen Goldfarb
Golden & Ettinger Family*

Cantor Audrey Abrams Discretionary Fund

*In Memory of Bennett Eisenstein
Diana Idelkope
Harold & Eileen Scherling
Judy Sadoff & Family
Neil & Ann Wasserman
Bettejane Kremen Goldman
Shirleymae Lane
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Bill & Sharon Torodor
Lee Diamond
Shelley & Harry Jacobs
Linda & Paul Benenson and Family
In Memory of Gloria Stein
Marvin & Annette Eisenstein*
Daryle Silver Aleph School Fund
*For Speedy Recovery of Barbara Krupp
Terry & Harry Cohen
In Honor of Nate & MaryEllen Karol
Bill & Myrna Schaeffer*

Florence & Sam Bright Aleph School Endowment Fund

*In Memory of Elysa Lipson
Mark Abramovitz and Family
Mitch & Michelle Bloom
In Memory of Gloria Stein
Mark Abramovitz and Family
For Speedy Recovery of Mariana Olanov
Mark Abramovitz and Family
Mitch & Michelle Bloom
In Honor of Rabbi Kassel Abelson
Mark Abramovitz and Family*

General Congregational Nurse Fund

*In Memory of Bennett Eisenstein
Bruce & Debra Lieberman
Barbara & Gary Krupp
In Memory of Gloria Stein
Barbara & Gary Krupp
Happy Birthday Rabbi Kassel Abelson
Happy Anniversary Stan & Andrea Levich
Jeff & Sandy Rudoy*

Greater Beth El

*In Memory of Aaron Nathenson
Sandra Scherling and Family
In Memory of Bennett Eisenstein
Karen & Ron Sigal
Harvey & Sylvia Keller
Shirlee Bank
Deborah Deutsch
Barbara Bach
Stuart & Sheila Derechin
Estie Sherman
Muriel & Felix Zwiebel
In Honor of Bonnie Bongard Goldish
Michael & Susan Bleher
In Appreciation Debbie & John Orenstein
Donna & Harvey Leviton
In Honor of Fred & Andrea Rose
Sandra Scherling & Louis Inks
In Appreciation John Orenstein
Michael & Susan Bleher
For Speedy Recovery Lou Ann Bongard
Gary & Barbara Krupp
In Appreciation of Mary Baumgarten
Brian & Amy Arnold
In Honor of Rabbi Kassel Abelson
Shirlee Bank
Brad & Susan Melnick
In Honor of Stan Levich
Barbara Goldberg & Knights
In Memory of Gloria Stein
Lucy & Jerry Kramer
Stuart & Sheila Derechin
Linda Goldberg & Dennis Leveris
In Honor of Kay Harris
Mike & Bernice Frisch*

In Memory of Stephen Goldfarb

*Mike & Linda Platt
Mazel Tov Yonah Davis
Sandy & Deborah Selnick
In Memory of Florence Rudoy
Paul Tuchman
In Memory of Litzie Friedman
Frances Nement
Happy Birthday Mldred Ingber
Anita Libson
For Speedy Recovery of Perry Silverman
Karen & Irv Katz
In Honor of Rabbi Kassel Abelson
Barbara Bach
Lorraine Klane
Greater Beth-El/Badzin Learning Center Fund
*In Memory of Bennett Eisenstein
In Memory of Gloria Stein
Elliott & Marlys Badzin
Hanna Bialick "Yom Shalayim" Fund**

In Honor of Yonah Davis

Merrie Forstein

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Jacalyn Broze*

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Mazel Tov Amira Leah Ludomirsky
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In Memory of Steve Goldfarb
Karen & Ivan Brodsky*

Lou Ann & Leon Bongard Senior Programs Fund

*In Honor of Dr. Bonnie Bongard Goldish
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*In Honor of Andrea & Stan Levich
In Honor of Shirley Goldberger
Edith Lava
In Memory of Bennett Eisenstein
In Memory of Stephen Goldfarb
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Minyan Fund

*Happy Birthday Larry Braufman
Jerry & Marilyn Stillman*

Nathan Gottesman Torah Fund

*In Honor of Rabbi Kassel Abelson
Debra Gottesman*

Oleisky-Blumberg Library Fund

*In Honor of Cerna Gendler
Carol Jones*

Philip & Rivel Greenberg Family Fund

*In Memory of Reb Zalman
Schachter-Shalomi
In Memory of Stephen Goldfarb
Rivel & Phil Greenberg*

Phyllis & Buddy Harris Continuing Education Fund

*In Memory of Matthew
In Memory of Bennett Eisenstein
In Memory of Gloria Stein
In Memory of Gordon Slovut
Phyllis & Buddy Harris*

Rabbi Abelson Discretionary Fund

*In Honor of Rabbi Kassel Abelson
Jacalyn & Bill Broze
Harold & Eileen Scherling
Judy Sadoff & Family
Bobby & Phil Bloom
Brian & Sandy Salita*

Rabbi Alexander Davis Discretionary Fund

*In Honor of Fran & Marvin Burstein
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In Honor of Yonah Davis
Lisa, Steve, Sam & Sydney Neuman
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Marty & Wendy Shragg
Chuck & Amy Segelbaum*

Rabbi Avi S. Olitzky Discretionary Fund

*In Appreciation Rabbi Avi Olitzky
Jeff & Sandy Rudoy
Jenny & Aaron Hage*

Rabbi Kassel Abelson USY Leadership Fund

*In Honor of Rabbi Kassel Abelson
Karen & Irving Katz
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Felix & Muriel Zwiebel
Joe Rine*

Rabbi's Camp Ramah Appeal

*In Honor of Rabbi Davis & Rabbi Olitzky
Bettejane Goldman*

Ralph Z. Yellen & Bess Yellen Cohen Scholarship Fund

*In Memory of Edward Yellen
Tammy & Carl Birnberg
Allen & Marcia Oleisky
Orlin Silverman
Estelle & Bobby Stillman
Mike & Joyce Shapiro
The Villa at Bryn Mawr
Dr. Stuart & Ellen Borken
Harvey & Marilyn Chanen
Ellie Strem Meade
Sandra Scherling & Louie Inks*

Ramah Card Income Fund

*In Honor of Sarah & Bob Blumenfeld
Esther Burke*

Roberta M. Weber Congregational Nurse Fund

*In Memory of Stephen Goldfarb
Philip Weber*

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*In Memory of Florence Rudoy
In Memory of Gloria Stein
Mazal Tov Granddaughter Kora
Jim & Marlene Bukstein*

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*In Memory of Bennett Eisenstein
Happy Birthday Rabbi Kassel Abelson
Harley & Ellen Greenberg*

Shirley R. Abelson Aleph School Fund

*In Appreciation of Aleph Preschool
Allie Stillman*

*In Memory of Bennett Eisenstein
Laurie Goldfarb*

*Happy Birthday Elliott Badzin
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Barry & Carolyn Gerr

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Joy Wener

Diane Berg

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Gerald & Marilyn Lapides

Myrna & Alfred Feldman

Pam & Ron Kaufman

In Honor of Ruby Gelfand

Bob & Andrea Oleisky

In Memory of Shirley Abelson

Barney & Pauline Ratner

Mazal Tov Yonah Davis

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Mazal Tov Allie Stillman & Brian Hage

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In Honor of Bonnie Heller

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Steven G. Rice Fund for Physically & Mentally Challenged Persons

In Honor of Andrea Weisberg's Birthday

In Memory of Bennett Eisenstein

In Honor of Edward & Tess' Special

Anniversary

Happy Healthy Birthday Frank Miles

Happy Healthy Birthday Lilah Rose Rice

Happy Healthy Birthday Marlene Rutman

In Honor of Rabbi Kassel Abelson

In Memory of Rose Rice

In Honor of Ruth & Mort Weisberg's

50th Anniversary

In Memory of Sam Rice

In Memory of Stephen Goldfarb

Malka Rice

The Richard Diamond Memorial Fund

In Memory of Gloria Stein

Howard & Beverly Radin

Torodor & Levy Family Summer Scholarship Fund

In Memory of Florence Rudoy

Bill & Sharon Torodor

USY Scholarship Fund

In Memory of Bennett Eisenstein

In Honor of Yonah Davis

Barbara & Zola Friedman

*This list reflects donations made from July 1, 2014-August 15, 2014.
Contributions received after August 15 will be listed in the late fall issue of the Shofar.*

THREE EASY AND SECURE WAYS TO DONATE.

1. Mail the donation to Beth El Synagogue, 5225 Barry Street West, Minneapolis, MN 55416
2. Go on line at www.bethelsynagogue.org/donate
3. Call Liz Rappaport at the Welcome Desk, 952.873.7300

SIMHA TREE

The New Year is a perfect time to mark one of your family's past, 5774 — or upcoming — mazal tovs by inscribing a leaf, acorn or dove on our beautiful Simha (Celebration) Tree.

A living piece of art, the Simha Tree was the vision of congregant Stefanie Karon. Her idea "grew" out of a desire to offer families the opportunity to help remember joyous occasions and mark them in our community.

For more information contact Abbe Payton, Director of Engagement & Outreach, at 952.873.7303 or apayton@bethelsynagogue.org. Abbe can assist you with wording and placement selection. All donors will have the opportunity to have their photo taken in front of the tree for posterity and/or publication.



Pictured in front of a newly installed Simha Tree leaf in honor of 80th birthday (L-R): Paula and Marshall Lehman, Henry Berg and Elaine Lehman Berg, and Jerry Lehman.

Yahrzeit Tzedakah Contributions

We honor our loved ones through donations that support their values and continue their lives.

CONTRIBUTOR	IN MEMORY OF	CONTRIBUTOR	IN MEMORY OF
Lucille Abramovitz	Jake Abramovitz	Ann Hunegs	Joseph Brochin
	Larry Abramovitz	Ruth Kaiser	Samuel Streigold
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Bruce Frank	Libby Frank	Daniel Ribnick	Fay Ribnick
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	Miriam Freshman	Ide Schertzer	David Berman
			Sam Steinman
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	Morris Gittelson	Morton Silverman	Mary Silverman
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Barbara Gottlieb	Sam Gottlieb	Sophie Teener	Bessie Gerb
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Jacqueline Herman	Sylvia Berlatsky		Orry Krupp
Joseph Gardner	Pauline Ratner	Lisa Wolfe	Gerald Davidson
		Marina Zigelman	Anatoly Zigelman

MITZVAH DUES

2014-2015

As we begin another year of the Beth El Mitzvah Dues program, we thank the families listed below for their unwavering commitment to the synagogue. Their leadership and generosity is greatly appreciated.

Pillars – Amudim (\$10,000 and above)

Anonymous (2)

Melanie and Chuck Barry

Builders – Bonim (\$5,000 and above)

Anonymous (5)

Peter Bitterman and Cynthia Gross

The Blum Family

Karen and Ivan Brodsky

Dale and Lois Dobrin

Bernice and Ben z"l Fiterman

Heidi and Howard Gilbert

David Halper

Jonathan and Jill Halper

Michael and Susan Horovitz

Richard and Dobra Hunegs

Steven and Norma Kaplan

Robert and Stefanie Karon

Lynn Lederman and Ken Raskin

Gil and Debbie Mann

Saul and Diane Mashaal

Gay and Charles Moldow

Mark and Lisa Ratner

Dan and Mindy Ribnick and Family

Jerry and Louise Ribnick and Family

Martin and Sue Ring

Tom and Sheva Sanders

Michael and Nancy Schoenberger

Morris and Judith Sherman

Artice and Morton Silverman

Stuart and Cindy Tapper

Dr. Steven and Michelle Waller

If you would like to become a Mitzvah Dues member or would like additional information, please contact Linda Goldberg at 952.873.7302.

thank you

TO OUR DEDICATED BOARD OF DIRECTORS & STAFF

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Courtney Sculnick

Hannah Segelbaum

Allie Stillman

Misty Thompson

Galia Daniel Titcher

Sara Waller

Sheryl Sue Warren

Barb Weil

Dori Weinstein

Randi Winer

Shailee Zatz

Natasha Zucker

Youth Department

Haley Carneol, Director

Rachel Sher

Like our Biblical ancestors, our kehilah (sacred community) rests on the willingness of men and women, young and old, to give willingly of their time, talents and resources. Truly, they are the ones who inspire and lift our spirit.

We read about the Israelites who built the mishkan (the portable sanctuary that followed the Israelites through the desert), “every one whose heart inspired him came, everyone whose spirit motivated her, brought a portion for the work of the Tabernacle”

(Exodus 35:21)

To our many congregants who volunteer and give their time in ways too numerous to name – and to our wonderful board and staff – we offer a hearty, “todah rabah—thank you.”

We offer a special thanks to our valued neighbor Benilde-St. Margaret's School for graciously helping us accommodate our programming and overflow parking by utilizing their facilities.

Upcoming At Beth El

Below is a sampling of only some of the upcoming events at the synagogue. Please mark your calendar and plan to attend. Look for more details in future Hakol and *Keshet publications, and as always, feel free to contact the Welcome Desk, 952.873.3700, for additional information.

October

- 8 **Erev Sukkot**, 5:45 PM
- 8 **Bethelders** to Old Log Theater for *Life Could Be A Dream*, call Freada at 952.922.6667
- 9 **Sukkot Day 1**, 9:00 AM, 5:45 PM Minḥa
- 10 **Sukkot Day 2**, 9:00 AM, 5:45 PM Minḥa, Kabbalat Shabbat, Maariv
- 11 **Shabbat Ḥol Hamoed Sukkot**, 9:00 AM
- 11 **Young Family Sukkah Hop**, following services
- 12 **Family Sukkot Square Dance**, 3:00 PM
- 15 **Hoshana Rabbah** (Beat Your Willows), 7:00 AM
- 15 **Erev Shemini Atzeret**, 5:45 PM
- 16 **Shemini Atzeret**, 9:00 AM (Yizkor recited)
- 16 **Erev Simḥat Torah**, 6:15 PM Young Families Dinner and Simḥat Torah Celebration
- 16 **Erev Simḥat Torah**, 6:45 PM Minḥa/Maariv and Hakafot (Dancing)
- 17 **Simḥat Torah**, 9:00 AM
- 18 **Gaza Through The Eyes Of An Israeli Artist**
- 18 **Yad Ḥazakah**: Celebrating our dedicated Torah readers
- 26 **Laurie Berkner Live In Concert**, presented by Aleph Preschool

Ticket Sales Begin Soon For Heroes Among Us Series

November

- 7-9 AIPAC **Shabbaton** with Middle East analyst Dr. Asaf Romirowsky
- 9 **Bethelders** excursion to St. Croix Casino in Turtle Lake, WI, call Jerry at 952.920.4908
- 22 **USY Dinner Theater** presents song selections from *The Little Mermaid, with dinner*
- 23 **USY Dinner Theater with character meet n' greet & lunch**
- 27 **Thanksgiving: Serving Those Who Serve – prepare and deliver treats to thank those serving in hospitals, fire departments and police stations.**

December

- 2-5 **Aleph Preschool Book Fair** – great Ḥanukkah shopping opportunity
- 6 **Blessing Our Newlyweds**: For couples married one or two years (between Dec. 2011-2013)
- 6-7 **Women's League Art Crawl & Maven Marketplace** – Learn about Beth El's art collection and architecture; another great Ḥanukkah shopping opportunity

2015 Looking Ahead

- 1.30-31 Israeli musical artist **Yehudah Katz**, Artist-in-Residence, for services and **BEMA Coffee House** in conjunction with Shabbat Shira
- 2.3 **Tu B'Shvat Seder**: Fine food, wine and mysticism with local celebrity chefs and delightful community

*Keshet is our congregation's weekly, online newsletter. If you are not currently receiving this electronic publication, please send your email address to lrappaport@bethelsynagogue.org so we can add you to the list serve.



ONGOING SERVICES

SHABBAT

Friday	
Kabbalat Shabbat	5:45 PM
Saturday	
Shaharit	9:00 AM #
Minḥa	5:45 PM (4:30 starting Nov. 8)
SUNDAY	
Shaharit	9:00 AM (Ḥevra Breakfast)
Minḥa	5:45 PM
DAILY MINYAN	
Shaharit	7:00 AM
Minḥa	5:45 PM

Apples & Honey Young Family Service and Grown Up Learning – the first Shabbat morning of each month starting at 10:00 AM.

UPCOMING VOLUNTEER OPPORTUNITIES

Join the many activities of the Gemilat Hesed (Acts of Loving Kindness) Committee. Make a difference in our own congregation and in the greater community. Activities can be social, family-oriented, multi-generational and rewarding.

*Child participation open to 8+ with adult supervision

Bikur Holim: *visiting sick or homebound congregants*

What: Be matched with a member who could benefit from regular visitation

When: ongoing commitment, one-two hours per month

Contact: Jan Hamilton, Congregational Nurse, jhamilton@bethelsynagogue.org

Blood Drive: *Memorial Blood Bank blood drive comes to Beth El two times per year*

What: Give Blood!

When: Oct. 12, 7:00 AM – 1 PM

Contact: Judy Radel, 763.522.7202 or jandbradel@aol.com

Inclusion Subcommittee: *looks to address inclusion-related issues at Beth El for all with special needs*

What: Join the committee to help assess needs and make recommendations

Contact: Jeanne Kaufman, jeannekaufman@comcast.net

Loaves and Fishes: *collaborative effort with other congregations to support those in need*

What/When: Cook, serve and clean up a meal at St. Stephens Church food kitchen every other month; spaces limited - contact Diana Rosen for available dates

What/When: Warm sock drive in Nov. and Dec.; drop off NEW sock donations at Welcome Desk

Contact: Diana Rosen, rose0392@umn.edu

National Guard Military: *supports the 34th Aviation Brigade, 2nd Battalion/147th Assault Helicopter, and 204th Area Support Medical Company*

What: Donate items to ship to the soldiers (see Beth El website for a list of the troops' specific, much-needed items); pack boxes to ship each month

When: Packing – Oct. 19, Nov. 16, Dec. 21, 10:00 AM - Noon in the Wolson Reading Nook

Contact: Pamela Friedman, pamelafriedman@hotmail.com, or Rachel Parnes, rachelparnes@comcast.net

Ronald McDonald House: *a home away from home for families with children undergoing long term hospitalization and treatment*

What: Prepare/purchase food (in advance or onsite) and serve brunch to families staying at RMH

When: First Sunday of each month; Oct. 5, Nov. 2, Dec. 7

Contact: Sarah Hanly, sarah.m.hanly@gmail.com

Second Harvest: *the largest food distribution program in the Upper Midwest and Minnesota*

* **What:** Food sorting and repackaging at the Golden Valley warehouse

When: Tuesday, Nov. 25

Contact: Norma Kaplan, skaplan6@comcast.net

Sheridan Story: *Food relief organization to prevent students from going hungry over weekends when school lunches are not available. In addition, offers mentoring/tutoring for students at Nellie Stone Johnson Community School in North Minneapolis.*

* **What/When:** Pack bags of food for students at 740 Harding Street, NE, Suite B, Minneapolis, MN 55413. **Oct. 9, Oct. 23, Nov. 6, Nov. 13, Dec. 11, 6:00 – 8:00 PM.** Sign up at <http://www.besyn.org/sheridanstory>

* **What/When:** Deliver prepared food packages to students on Fridays; watch for details

Ongoing: Sponsor a child for \$120. Checks made out to Sheridan Story and send to Jill Blustin at Beth El Synagogue (200 out of 709 students sponsored thus far) and/or volunteer to mentor a student weekly at Nellie Stone Johnson

Contact: Karen Burton, kburton@bethelsynagogue.org, or Steve Kaplan, skaplan6@comcast.net

Shul Chauffers: *driving program for elderly congregants*

Ongoing: Driving congregants from Knollwood Place to and from Shabbat services

Contact: Margie Goldfine, smmaahome@aol.com or 952.525.1248

STEP (St. Louis Park Emergency Program): *provides food to 10% of the St. Louis Park community who have food deficits; maintains a Clothes Closet free of charge for its clients*

* **What/When:** Help to unload the Yom Kippur food truck, **Oct. 6, 3:00 PM**

* **What/When:** Help to unpack and sort food from the Yom Kippur drive, **Oct. 7 and 8, 3:00-5:00 PM**

* **Ongoing:** Organize and distribute clothing from clothes closet; organize and distribute food; provide office help including answering phones and greeting clients; donate clothing (warm winter coats, boots, gloves); donate diapers (variety of sizes); and Similac Advance formula

Contact: Steve or Norma Kaplan, skaplan6@comcast.net

Yad V'lev (Hand and Heart): *provides meals, hallot, calls, and more to congregants who have experienced a loss, were hospitalized, or are in need of additional help*

Ongoing: Sign up to be on the listserv for notifications of need

Contact: Jo Ann Gruesner, JoAnn@freyfoundationmn.org

For more information on these and other Gemilat Hesed opportunities, contact Chair Barbara Krupp 952.929.9900 or drbarbarakrupp@gmail.com, or Cantor Audrey Abrams at 952.873.7317 or aabrams@bethelsynagogue.org.

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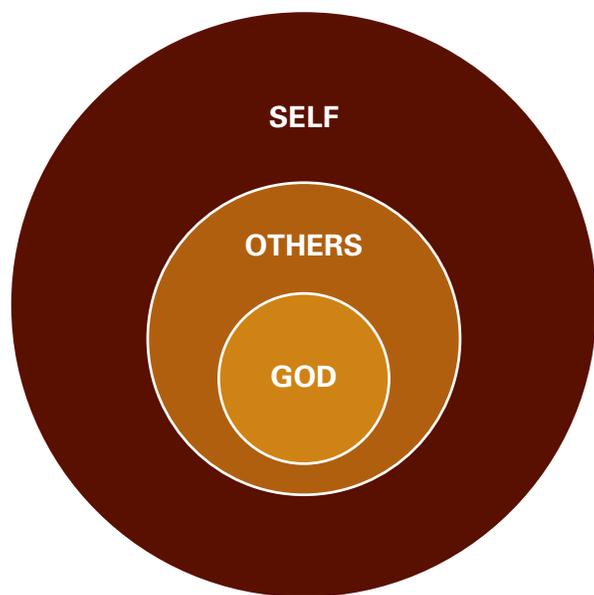
2014-15

BETH EL SERVES

עֲבְדוּ אֶת־ה' בְּשִׂמְחָה

Serve God with Joy (Psalm 100)

5775



To serve is an honor,
a privilege and a duty

OPPORTUNITIES TO “SERVE” AT BETH EL THIS COMING YEAR

SELF

- Healing From Loss Through the Arts Group
- Mindfulness Meditation Book Group
- Cancer Support Group
- Sacred Chants to open the heart and touch the soul
- Mussar Circle to practice Jewish principles of character development

OTHERS

- See page 26 for a sampling of upcoming opportunities to serve others through volunteering with our Gemilat Hesed (Acts of Loving Kindness) Committee.

GOD

- **Torah Study:** Participate in Beth El Serves classes, Study Groups, Nosh & Drash, Scholar Weekends
- **Prayer:** Attend Daily Minyan (7:00 AM, 5:45 PM)
- **Jewish Life:** Joyfully celebrate Shabbat and Holidays, Sim^hat Torah’s dancing, Purim’s Extravaganza, Shavuot’s all-night study and more with your Beth El community

Contact Rabbi Davis for more information or watch for coming details about future opportunities to serve.