

Sometimes, a beautiful sight in nature can spark a moment of reflection, a time to consider the gift of our lives, our purpose on earth and our responsibility to the world around us. A sunset over Beth El's 10 Commandments statue offered one such moment. It was as if the heavens opened up to once again hand down the words of the covenant and call us to return.

As 5779 arrives and we embark on a new year of learning, appreciate the unexpected moments of personal spirituality, promise and growth.

Pillars of the World

By Rabbi Alexander Davis



All through my high school years, I worked in restaurants. Sometimes I worked in the kitchen, sometimes in the front of the house. Occasionally when preparing the dining room, I'd come across a wobbly table. I'd crawl under the table and find the culprit- one of the four legs missing a pad. Using the standard busboy trick, I would wedge a matchbook or folded scrap of paper under the table leg to stabilize the table.

While a four-legged table or chair can be shaky, a three-legged one can never be wobbly. No wonder then that a triad is often used to symbolize that which is rock solid. We encounter a Jewish trinity, for example, in the well-known teaching in Pirkei Avot:

"Rabbi Shimon the Righteous was one of the last Men of the Great Assembly. He used to say: The world stands on three pillars: on the Torah, and on the divine service and on acts of loving-kindness." (Avot 1:2)

This saying was made popular with the song, *Al Shelosha Devarim*. We sing it at summer camp, in youth groups and sometimes in services. But we don't always take time to understand it.

Why are these the three pillars of the world? And what do they mean? (In good rabbinic fashion, different rabbis propose a different set of pillars supporting the world.)

In his new book, *Pirkei Avot: Social Justice Commentary*, Rabbi Shmuly Yanklowitz explains that "Judaism requires the development of one's intellectual capacity through Torah study, emotional capacity through the service of God, and performative capacity through kind deeds. These are the cognitive, affective and behavioral aspects of one's whole being; indeed, Torah asks for the "whole self" as we say in the *sh'ma*, "with all your heart, with all your soul, with all your might."

"A vibrant home where Judaism is lived: community is family, learning inspires action, prayer touches the heart and deeds repair the world."

These three pillars, then, address three primary relationships. Torah is about development of the self. Divine Service is about the development of our relationship with God. Kindness is about developing our relationship with others. When one goes missing, the world starts to crumble.

If these three pillars keep the world upright, they must also be the necessary pillars of individual communities (*kehillah*). And indeed, Beth El, like so many synagogues, incorporates Rabbi Shimon's teaching into our mission to be "A vibrant home where Judaism is lived: community is family, learning inspires action, prayer touches the heart and deeds repair the world."

To reinforce this sense of mission, our *Shofar* magazine will follow this teaching throughout this year. This fall edition discusses learning. The winter issue will consider divine service, the spring issue loving-kindness. We'll conclude with the summer issue discussing our community.

Yanklowitz explains that by striving for goodness in all three areas – self, God and others – we justify God's investment in human existence. We validate God's claim that creation is 'good.'

By dedicating ourselves to being these pillars for your family and our community, you strengthen Beth El and help our world stand firm.

Month of the Mighty

By Rabbi Avi S. Olitzky



Few can recite the names of the Hebrew months by memory. Even fewer know that there are original names for these months. Rosh Hashanah begins the month of Tishrei—but that is the Babylonian name of the month likely given during the exile of 6th century BCE.

In 1 Kings 8:2 we learn that the original Hebrew name for Tishrei is *Eitanim*: “And all the men of Israel assembled themselves to king Solomon at the feast in the month of *Eitanim*, which is the seventh month.”

The Talmud (BT Rosh Hashanah 11a) teaches us that eitan means mighty, and therefore this is the month of the mighty ones. The Talmud debates whether this suggests that our ancestors – mighty people – are born at this time, so it’s appropriately referred to as the month of the mighty. Or, perhaps, this month is overflowing with mitzvot (as Rashi suggests: blowing the shofar, shaking the lulav, etc.)—mighty actions.

Frankly, I’m not convinced of either. We know some of our biblical ancestors were born in months other than Tishrei and we also know there are many other months full of mitzvot. Still, the notion of might is compelling. For me, might suggests overcoming a challenge, or better, discovering a gap and filling it.

Elsewhere in the Talmud (BT Niddah 30b), Rabbi Simlai teaches us that when we are in our mother’s womb, we learn all of the Torah we are meant to learn in life. When we’re born, an angel slaps us

(and some say leaves a mark, the divot above our top lip – the philtrum) and takes away all of our learning. We spend our life questing to refill our empty treasure trove of knowledge.

What if this month is called *eitanim* because we are those mighty ones? Not because we do the mitzvot alluded to above, but because we rededicate ourselves to self-enlightenment and self-enrichment—and to reclaiming all of that learning we once lost.

Rabbi Simlai’s vision borders not only on fantastic but quite esoteric and mystical. It is fitting, then, that the Jewish Mystics (in Sefer Yetzirah) give another name to the month of Tishrei: *Lamed*—learning and understanding.

It is of no small coincidence that throughout the generations, even in the secular world, “back to school” coincides with this same time of year. When the seasons change and the summer rolls into autumn, we are more comfortable sitting inside with book in hand than on the dock with our feet dangling into the lake.

All this begs us to return to the name Tishrei. Tishrei is from the Akkadian word for “beginning.” It is not the beginning of the year. It is our new beginning of edification and education. We are challenged to discover an area of learning with which we have not yet embraced. We are challenged to take on something new, in our Jewish life and in the world around us. And we are challenged to humble ourselves and realize we are not yet expert in the areas we believe we are.

It’s the month of *eitanim* and it’s time for us to become mighty.

When the seasons change and the summer rolls into autumn, we are more comfortable sitting inside with book in hand than on the dock with our feet dangling into the lake.



The Torah of Our Loved Ones

By Cantor Audrey Abrams

Education comes in many different ways and from many different places. The musar approach to tikkun middot (fine tuning our character traits), has us begin with self-reflection. By cultivating curiosity and a “beginner’s mind,” we can learn much about ourselves from everyone and everything around us. This is called hit’lamdut, reflective learning.

This year in Beth El’s daily evening minyan, we’ve invited those of us reciting kaddish to practice hit’lamdut by teaching one another lessons we’ve learned from our loved ones. We’ve been sharing the “Torah” (teaching) of our parents, grandparents, and siblings who have passed away. In the process, I know that I have learned lessons about vulnerability, humility, forgiveness, compassion, courage, love and more.

Since starting to say kaddish for my mom last November, I’ve been to minyan in a variety of places. Before kaddish at one of the minyanim, the leader turned to me and asked, “who are you saying kaddish for?” When I told him it was for my mother, he followed with, “tell us something about her.” I was taken aback and very touched at the same time. The next day I was at the same minyan and he asked again. “Tell us something else about your mom.” It felt so good to not just say the words of kaddish but to bring my mom’s memory front and center. After all, it was her death that sent me to daily minyan in the first place. In the busyness of the day, this was, davka my time

to think about her. Saying something about her went a step further. I was being invited to teach her Torah, her life-lessons to others in the minyan. I thought about this opportunity as a gift and knew that I needed to share it.

And so, for the past five months, we have been inviting people tell us for whom they are saying kaddish, and if they are comfortable, something about the person. It has been so beautiful. I’ve watched a person break down for a parent who passed away over 40 years ago. Someone else shared a story about her mom and a congregant on the other side of the room called out, “I knew her...she was wonderful.” After minyan, the two connected and chatted for quite a while. Someone else was new to saying kaddish and many offered support and care after services. Without this sharing, the others in the room would never have known about the death in that person’s family.

There have been so many powerful moments in this sharing. Even one person who had a difficult relationship with his loved one was able to find and express a positive point about the deceased. People are connecting. People are supporting. People are interacting. People are learning. They are learning about members of our community – how they are related to each other, what they stood for, and how they influenced others.

May this learning from our loved ones and from each other help heal the hearts of those in mourning and in some small way, repair our world.

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Preparing for the New Year

By Lennie Kaufman

As the first day of Tishrei approached, the pace of activity seemed to grow with each passing day. Checklists came out, and the wonderful staff here at Beth El were working hard to make sure that members of our community would be able to take full advantage of the meaningful activities and rituals that brought back warm memories. Each member of the administrative staff had many things to accomplish in order to be ready for this special time of year. Although this will be the first High Holy Day celebration for me at Beth El, I was surrounded by people who have deep knowledge of how to make this a wonderful time of year for our congregation.

Our facilities staff began preparing the building to have some of the largest crowds we will see all year. They went around the building, sprucing up areas that would hold services and classes, and making sure they knew how each area needed to be set up for all the different things people were hoping to experience. The heating and cooling systems were tested to make sure we would be prepared for whatever weather arrived with the new year—trying to balance things so there will be an equal number of people who wish it were warmer with those who believe it is too warm already.

Our clergy, and those who support them, have been busy putting the final touches on the various services and programs that we offer during the High Holy Days, while still being there for the many daily things that continue while we are trying to prepare. There are still weddings, funerals, an occasional bris, and B'nai Mitzvah students to train. We also continue to bring new members into our congregation and want to make them feel welcome amidst the hustle and bustle of our preparation. In many cases, this welcome starts with Pam Friedman and our many excellent volunteers at our Welcome Desk. I had the opportunity to fill in for Pam on a few mornings while she was away. The energy and vibrancy of the kids who were coming to our Aleph Preschool's Summer Camp was amazing, and a wonderful start to the day.

During the time leading up to the Days of Awe, there were also several events that our staff was involved in planning and carrying out. This includes Trucksploration, a delightfully fun community outreach event, the Common Sound Festival with our partner Benilde-St. Margaret, our End of Summer Picnic, a Congregational Annual Meeting, several events at The Well, and a Sofer who came out to look at a number of our Torah scrolls to help keep them kosher and in good condition. With all the daily activities, and all the events which were going on, there was still an ongoing focus on what we needed to do for the upcoming Holy Days. I have now been given the opportunity to learn from a dedicated group of clergy and staff how Beth El prepares for these special days. I hope they are meaningful for you. Shana Tovah.

The Process of Learning

By Steven Sanderson, Beth El President



For someone who spent a large portion of his professional life in dark rooms navigating caverns, twists and turns my thoughts immediately go to---you never know what lies around the next corner and what will be needed next. As a student of life and medicine, it is ironic that much of what is observed is seemingly routine. But when we behave with a sense of process, transparency, civility and humility, there is much to recognize, learn and actively do.

When I was a medical student, I took a radiology rotation that single-handedly taught me everything I needed to know to be a good doctor. For that matter, (hopefully) a thoughtful human being. My professor was an odd, cranky man whose two apparent sole desires were a) to behave in a pleasant, respectful and self-effaced manner with everyone and b) to instill the notion there is always something else to be seen, be it from an x-ray, test result, colleague, and most importantly, a patient. His most famous phrase for me,

“Sanderson, dang it! You’re not done!! There’s more there! You gotta look around!!” still resonates in my ears today. Abiding by this simple rule afforded me the best opportunity to not miss an important feature and to make a positive impact on patients’ lives.

X-ray rounds were illuminating and never boring. He frequently began by showing us an apparently normal radiograph. We were instructed to study the film with a careful and systematic process. Then, by changing the light, turning the x-ray upside down or throwing in something the patient may have subtly said or did completely changed what seemed to be a ho-hum exercise to one of “Wow...I would have missed that. I’m glad you encouraged me to look at it differently and (humbly) acknowledge there was more there than I initially appreciated.”

All this leads to what I hope we collectively learn at Beth El. I defer to our amazing clergy and other thought leaders the spiritual and ritualistic aspects of our synagogue. I have neither the training nor expertise to expound. To me, the common thread of Beth El and learning requires process, transparency, humility and respect of other opinions. The concepts, especially these days, demand these tenets. There is no other way to achieve *tikun olam* without them.

Recently, I surveyed our board of directors, many other congregants, clergy and staff asking they respond to one of three questions. In one sentence: *What is Learning? How do you Learn? or Why do you Learn?* In no particular order, here are some of the responses.

I learn by listening.

Learning is a series of surprises, as I am always discovering how much I don't know.

I learn often from failing and best from others.

I learn by doing, making mistakes, and correcting them.

Growth in knowledge, whether these are sets of facts or new experiences.

By taking in sensory input. Favorites include LISTENING and reading.

Learning is a life long companion that keeps me open to new ideas and experiences.

Learning is what keeps us growing by opening our eyes wider, challenging our assumptions, and offering us a fresh perspective.

I am an experiential learner that balances interaction and quiet time for myself.

I love to learn, it brings personal and collective growth to our world where ever we touch it.

Learning is an invitation to grow in mind, heart and spirit.

When I learn, I feel more connected- to my people, my community, my tradition and my God.

I learn to improve my capabilities and knowledge, and to feel more confident in my abilities.

I learn to feed my curiosity addiction.

Absorbing new information and/or seeing new connections

To stay current and engaged with the world; to grow, to connect, to live

To better understand others' perspectives.

I learn to expand my mind and surroundings.

I learn best in a multifaceted fashion with auditory, visual and hands on all combined learning style.

New information, new way of thinking, or new skills.

By forcing myself out of my comfort zone— physically, mentally, emotionally, and/or conceptually.

To engage a part of my inner self that I have not yet engaged.

Learning is an opportunity to expand my horizons on topics of interest to me through lectures, studying, and/or experiences.

As is abundantly obvious, there are innumerable definitions to what is learning and how to learn. Why a person learns is a more personal question. Not surprising, we are a community that does not shirk from difficult topics and problems. We want to know why something is happening. And more importantly, after we know what and why, we ask how we can make a difference.

Learning at Beth El exposes a radiograph of study with process, transparency, civility and purpose. And because of this, Beth El offers all of us the opportunity to learn in a safe place respectfully recognizing differences of opinion and enabling us with new found knowledge to better understand ourselves, our community and actively pursue *tikun olam*. I look forward to keep “looking around”, learning from and with all of you. As a result, God willing, enhancing our Beth El and greater community.

Shannah tovah,

Steve

New Members

PLEASE WELCOME

Layne and David Rosen

Nancy Brown

Sally and Mike Abrams

Anne Rae Sanderson

Leigh and David Waterman
with Nava, Sophie, and Eve

Rose & Matt Horovitz
with Jake and Louie



Nancy Brown



Jewish Music...

IT'S NOT JUST FOR CAMPS

By LilyAnne Bernard

My name is LilyAnne Bernard. I am 17, entering my senior year in high school and am the Teen Leader for the Minneapolis/St Paul chapter of HaZamir: The International Jewish Teen Choir.

I was in 7th grade when Cantor Abrams, knowing my love of music, Judaism, and singing, mentioned HaZamir to me. By the time I reached 8th grade and was eligible to join, I was skeptical. But I went to a few rehearsals, sang a few songs, and the next thing I knew I was standing on stage at Avery Fischer Hall at Lincoln Center, and had definitely found my passion.

HaZamir is so much more than a choir to me. There is a true sense of not just community, but family, among our singers and conductors; and I have met some of my closest friends through HaZamir. Along with the wonderful people, the whole experience is fabulous. It is amazing to spend a few hours every Sunday with a group of people who share your interests and then, together, get to sing the most beautiful music I have ever sung. I can still remember the music and the words to almost every HaZamir song I've learned over the past four years because they are *that* beautiful. And every year, at least one of the songs is a premier debut.

Then, after months of learning music, you go to festival. And while the rehearsal process of the weekend may seem like a lot, it is totally worth it. I remember the first time I went to festival and we began our rehearsal with the official anthem, *Hazamir*. When the combined choir of almost 400 Jewish teens sang this piece together, I cried. There are songs every year that make me cry because of how wonderful they are. You can find many of videos of HaZamir singing on youtube. Check it out!

The way we sound on the stages of New York is like nothing I have ever heard. I am so proud to call myself a HaZamir-nik – a member of the choir that produced that sound.

The Minneapolis/St. Paul chapter of HaZamir: The International Teen Choir is a program hosted by Yachad. Any interested 9th-12th graders should contact Cantor Abrams for an audition.





Lasting Impressions

by Amanda Awend

I have always loved working with children, ever since I was a teenager. Children have always been wonderful company because they are honest, fun, and are like sponges soaking up the world around them. Children are constantly picking up on things and learning from their experiences, whether you are providing an intentional teaching experience or not.

When I was growing up in Nashville, Tennessee, I attended Akiva School, an intimate and wonderful Jewish day school. The class sizes were very small, and on some occasions we were combined with other grades. I even had the same teacher for both 3rd and 6th grade, Adon Berlove. Every Friday morning Adon Berlove, would pull out his pristine Martin acoustic guitar, which he so appropriately named... "Martin". I always enjoyed singing along to the Jewish songs and prayers with him and my classmates, and learning fun Shlock Rock melodies.

Over the course of my adolescence I learned to play guitar, and eventually started to write my own music. The first song I ever wrote was a melody for Shalom Aleichem, which is actually on my husband's and my first album 'Jewish Americana'. I mostly just played guitar in my room, or laundry room later in college, to accompany myself singing various Indigo Girls songs and some nostalgic 90s music.

After graduating from college, I got my first adult teaching job at Temple Sholom in Chicago. During my first staff workshop, one of my coworkers learned that I played guitar and immediately offered to give me her son's old electric guitar and amplifier to use at the preschool. I had never really played any children's songs before, or electric guitar for that matter, but I decided to learn. The next day she brought in a beautiful black fender stratocaster guitar for me to keep in my classroom, which I naturally named... "Mr. Fender". Mr. Fender and I played together for years, for many children, and in many classrooms. Several of my young students told me about their Mr. Fender guitars at their house, too.

I wonder if Adon Berlove knows that I grew up to be a Jewish educator and a guitar player. I wonder if he knows that his selection of Jewish music stuck with me and that his love for leading Jewish prayer influenced me to eventually lead young family services at a thriving Conservative synagogue in St. Louis Park, Minnesota. I think he would be proud that his old student got to open up for the Gin Blossoms and the Big Wu at the first ever Common Sound Music Festival playing original Jewish melodies.

Adon Berlove is one of many amazing teachers I have had over the years. All of us have the ability to be teachers or role models and set good examples for the future generations. As a parent, teacher, or care giver, you may not always be aware of the impact you have on children, but these influences can leave a lasting impression.

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MY PASSION: Learning and Education

By Mary Baumgarten, Education Director

I was born in Vienna, Austria, to Cecilea and Jacob Heisner, both Holocaust survivors. My parents came to America with nothing, not even knowing the English language. They had to focus on adjusting to a new society, earning a living, learning English and, at the same time, doing the very best they could for their 2 daughters. In kindergarten my sister and I were promptly enrolled in a private Jewish Day School in Trenton, New Jersey, where we each studied through the 8th grade. Rather than becoming disenfranchised with Judaism after the Shoah, as some Holocaust survivors did, they went in the opposite direction, determined to provide my sister and myself with the best possible Jewish education and Jewish upbringing that they could.

From an early age, I loved learning. And, I still love learning. Not a day goes by that I don't realize how much I don't know and how much more there is to learn.

It is well known that we, the Jewish people, are referred to as "The People of the Book." The love of learning has been ingrained in Jewish culture for thousands of years. Learning is what has enabled us to contribute to the society in which we live.

One of my favorite writers on Judaism and Jewish issues is Rabbi Jonathan Sacks, former Chief Rabbi of Great Britain. Rabbi Sacks states: "Education is not just what we know, it is who we are." He continues: "The Greeks built temples, the Romans built amphitheaters, Jews built schools. They knew that to defend a country you need an army, but to defend a civilization you need education. So, Jews became the people whose heroes were teachers, whose citadels were schools and whose passion was study and the life of the mind...The first duty of a Jewish parent is to ensure that their children have a Jewish education."

Several years ago, Rabbi Sacks received a lunch invitation from the British Prime Minister. At the same time, he received an invitation to take part in the opening of a Jewish school in London. He could only attend one of these events. He chose to attend the opening of the Jewish school. How did he decide? Here is what he said: "Governments sustain society, but education sustains the world."

Although officially, we train 5th-7th graders in our Fiterman B'nai Mitzvah Program, we see this as journey on which the entire family embarks. Consequently, we provide learning opportunities for parents as well as their children throughout the process. Learning enhances the experience for everyone.

It is no secret that I am passionate about Jewish education and Jewish learning. Education and learning can take place in a variety of venues and in a variety of ways. Learning is a lifelong pursuit. I encourage you to join me in my passion. I encourage you to take advantage of any or all the learning opportunities that Beth El and the B'nai Mitzvah Program have to offer. Or, seek out other avenues of learning that might interest you. Try it, you'll like it.

The first duty of a Jewish parent is to ensure that their children have a Jewish education.



BERUSY looks back at 5778

By Sara Karol, Youth Advisor

This past year has been one of many accomplishments for BERUSY. The year began as it concluded—with a challenge and a success. While returning chapter members struggled to find their own space after the loss of the Youth Lounge, the 2017 Youth Outreach weekend was a success, engaging 30+ teens and preparing them for the USY year ahead. Our chapter leaders had just come from their Leadership Training Institute led by Regional Executive Board members, including two of our own, and hit the ground running in giving teens a preview to the BERUSY year ahead. Many teens who hadn't previously engaged in USY were inspired by new friendships to become chapter members, many of whom regularly attend lounge nights and conventions and are now chapter leaders.

October and November brought back familiar events—the Dinner Theatre fundraiser and Kinnus. Several Kadima and USY members were cast in our Moana Sing Along, using a script based on ideas and themes written by cast members. Kinnus was hosted at the Hyatt Regency in downtown Minneapolis, hosting over 150 teens from Omaha, St. Louis, Kansas City, St. Paul, and Minneapolis. Kids had four days of activities, including service activities, Israel learning, Shabbat services, a dance party, pool party, and trip to SkyZone. The convention was successfully planned by the Regional Executive Board and Kinnus Chairs, which included three BERUSY members, and Anne Hope, Regional Teen Engagement Director for EMTZA USY, and supported by many parent volunteers. Thank you to those who helped out!

January and February were busy months for BERUSY. In January, over 20 teens traveled to Omaha for Winter Shabbaton, where they met friends from around the region, learned about

leadership positions in USY, and explored Judaism around the world. Two weeks later, Kadimaniks experienced their first taste of USY at Kadima Kinnus, joined by select USY members who ran programs and learned the ropes of staffing, including leading discussion sessions. The weekend was a success, helping Kadimaniks bond with others across the region and further developing our USY leaders. Another two weeks later, BERUSY members that participate in Heschel Honor Society had a Shabbaton at Herzl Camp. Teens had workshops exploring leadership topics in Judaism and engaged in meaningful discussions based on Jewish and secular texts, and enjoyed Black Panther at the local movie theatre.

In March, BERUSY put on the Purim Carnival, a fundraiser that also provides fun experiences for the younger children of Beth El. Teens spent multiple nights setting up decorations, booths, and games, and arrived at 7 am on a Sunday to set up the space. April brought Spring Kallah, the last convention of the year, which included heartwarming speeches from our chapter's Regional Executive Board members, installing a new BERUSY member into Regional Executive Board for the coming year, bonding and new friendships for all ages, and a bittersweet goodbye to our graduating seniors.

In May, preparations began for the year ahead. New Chapter Executive Board members were elected, preparations for the new Youth Lounge began, and parents joined teens at the Final Banquet. Many kids went off on their summer journeys, and those at Herzl and Ramah were visited by Youth staff. We are all looking forward to 5779 and excited for the year ahead!

B'nai Mitzvah



September 15, 2018 / 6 Tishrei 5779
(In Israel)

Vayeilekh/Shabbat Shuvah

MALACHI PERETZ GROSS

מלאכי בן אורן ושפרה

Son of Oren Gross & Fionnuala Ni Aolain

Malachi is a bright and conscientious student. He has been very diligent and serious in his studies and approach to Jewish life and learning. We are pleased that he chose to learn and read all of his parasha!



September 22, 2018 / 13 Tishrei 5779
Ha'azinu

JOCELYN BLAIR GOLDMAN

יפה בינה בת יוסף וחנה

Daughter of Jerry & Heather Goldman

Jocelyn consistently demonstrates kindness and compassion for all people, animals and the environment. We look forward to watching her do her part l'taken olam.



October 6, 2018 / 27 Tishrei 5779
Bereshit

JONAH ARON YOUSHA

יונה אהרן בן אברהם ומנוחה לאה

Son of Michelle & Alan Yousha

Jonah has a kind heart and a deep love of learning. His spirituality is ever present as he journeys towards becoming a bar mitzvah.



October 6, 2018 / 27 Tishrei 5779
Bereshit

MAX ELI YOUSHA

מאיר אלי בן אברהם ומנוחה לאה

Son of Michelle & Alan Yousha

Max is witty, playful, and a critical thinker. Always curious about the "why" behind things, Max's bar mitzvah preparation offered rich opportunity to dive in.



October 20, 2018 / 11 Cheshvan 5779
Lekh-Lekha

ALANA ROSE WASSERMAN

אילנה בת ארי וליאורה

Daughter of Laura Horne & Luis Wasserman

Alana is a motivated, creative student. We truly enjoyed watching her prepare for her bat mitzvah and look forward to her entering Jewish adulthood.



November 3, 2018 / 25 Cheshvan 5779
Chayei Sarah

SARAH ELIZABETH RAPPAPORT

שרה אסתר בת ברוך מתתיהו ואלישבע

Daughter of Liz & Matthew Rappaport

Sarah brought compassion, laughter, and a tenacious love of learning to her bat mitzvah studies. We are proud of her as she enters Jewish adulthood and are eager to watch her leave a bright mark on the community.



November 10, 2018 / 2 Kislev 5779
Toldot

TYLER MATTHEW BAKER

יצחק לייזער בן שמואל ואביגיל

Son of Abbey Baker & Seth Baker

Tyler has a true zest for life! We look forward to watching him spread his contagious smile as he goes forward into Jewish adulthood.

B'nai Mitzvah



November 22, 2018 / 14 Kislev 5779 (In Israel)
Vayishlach

December 8, 2018 / 30 Kislev 5779
(Mincha at Beth El)
Vayigash

ABBOTT JAY SPILLER

אברהם בן דן וחנה

Son of Dan & Jennifer Spiller

Abbott is our big-hearted boy and never ceases to surprise us with his thoughtfulness and caring way. He lives Jewish values through his commitment to family, community, Israel and tradition.



November 24, 2018 / 16 Kislev 5779
Vayishlach

LOUIS JED SCHACHTMAN

ישעיהו סולומון בן אלימלך וגדולה משא

Son of Nicole & Todd Schachtman

Louis is very engaged in his preparation for his bar mitzvah. He works hard not only to achieve his goals but to find meaning in the process. We are incredibly proud and very excited for this milestone and we look forward to sharing it with our family and the community.



December 1, 2018 / 23 Kislev 5779
Vayeshev

MARLEE BROOKE ROSENZWEIG

מיכל ברכה בת רחמיאל ויהודית

Daughter of Janie & Randy Rosenzweig

Marlee is a sweet, kind and energetic girl who is a true blessing to our family! She has worked very hard in preparation for her bat mitzvah. We are very proud of her and look forward to seeing what Jewish adulthood has in store for her.



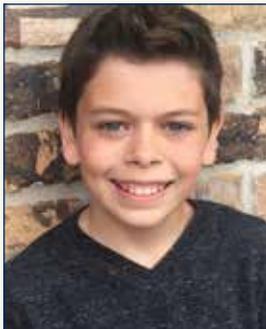
December 8, 2018 / 30 Kislev 5779
Miketz /Shabbat Rosh Chodesh Chanukah

AVIVA MICAELA FISHER

אביבה בת אליהו ודניאלה

Daughter of Alex & Dani Fisher

Capable, confident and conscientious, Aviva has prepared diligently for her bat mitzvah. We are proud of her accomplishments and commitment to the Jewish community.



December 22, 2018 / 14 Tevet 5779
Vayechi

AIDAN MAX SHAFTON

עדן מרדכי בן אהרן דוד ודנייה

Son of Danya Kornblum and
Aaron Shafton

Aidan approached his bar mitzvah with his natural curiosity and charming sense of humor. We look forward to watching him grow into a Jewish adult, carrying on the traditions of his family.



December 31, 2018 / 23 Tevet 5779 (In Israel)
Va'era

LEAH ANN GROSSMAN

לאה בת בן ציון והדסה

Daughter of Elizabeth & David Grossman

Leah has worked very hard to prepare for becoming a bat mitzvah. Her positive effort and attitude have served her well and we are very proud of her accomplishments. We are looking forward to celebrating this milestone with our family in Israel.



Cantor Abrams enjoyed teaching with and visiting Beth El campers at Herzl Camp!

Rabbi Davis spent a week at Camp Ramah teaching and spending time with Beth El campers!



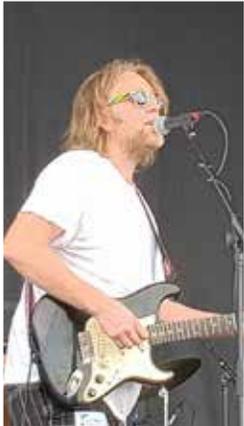
After a great year of learning, our 5th and 6th grade TaRBuT students enjoyed a great day of fun with Rabbi Davis at the Mall of America!





Community Learning @ The Well was proud to co-host Dr. Steven Heifetz as he shared his story How I found my Jewish roots in a Wisconsin Barn. Watch for more opportunities to learn about Jewish Genealogy with The Well!

700 people from different communities came together to enjoy the first annual Common Sound concert put on by Beth El Synagogue and Benilde-St. Margaret's! Music featured Berek & Amanda Awend with The Champions, Common Ground Company, The Big Wu and the Gin Blossoms.



Rabbi Moshe Druin, a sofer (Torah scribe) and dynamic Jewish educator, examined a number of Beth El Torah scrolls. Over the course of the afternoon, he identified which scrolls need repairs and outlined a program for their on-going maintenance. Look for future opportunities to meet and learn with him.





Congregational Nursing

By Jan Hamilton, Congregational Nurse

Historically speaking, it wasn't until the 1990s that the presence of nurses in faith communities began growing. Then as now, members sometimes wonder what they might expect from the congregational nurse. So, I'm using this opportunity to give you an overview.

I usually think of my activities as falling within three main categories: support, information and referral, and education.

Support

One of the first things I learned when coming to Beth El was the meaning of one-sixtieth. According to the rabbis, we take away one-sixtieth of a person's pain by visiting one who is ill. I carry that teaching with me as I visit those who are homebound, in facilities, or otherwise unable to come to Beth El on a regular basis.

In addition to the patient, family caregivers are often in need of support. To them, I offer a listening ear and provide information and referrals to resources. This is especially true for adult children who live out of state and are serving as primary caregivers.

Information and Resources

We continue to rely heavily on our connection with Jewish Family & Children's Service. At the same time, it is worth mentioning that there are other valuable community resources that offer help with grocery shopping or food delivery, household tasks and small repairs, transportation, etc..

The Twin Cities metropolitan area is rich with additional resources. But people don't always know where to look. I can help, as I am contacted not only by those looking for services, but by those offering services. For example, people want to understand the impact of the elimination of The Medicare Cost programs this fall. If you are one of them, feel free to call me for a referral to someone who can answer your questions.

Education

One of the areas that interests me and one in which I've had extra training is Advance Care Planning. Today, it is more important than ever for all adults to have conversations with our family and loved ones about what quality of life means to us and how we feel about end of life treatment options. The result of such planning is a Health Care Directive which is given to all involved. You'll hear more from me on this subject, but don't hesitate to call me with any specific questions.

If you're wondering if I can be helpful with a question or concern of yours, call me and ask. I like hearing from you.

Jan Hamilton

MAZAL TOV TO MEMBERS WITH UPCOMING MILESTONE ANNIVERSARIES

NAME	DATE	YRS
Cindy Amberger & Lynne Hvidsten	August 30	5
Elaine & Howard Koolick	September 4	30
Michelle & Mitchell Bloom	October 3	25
Liora & Joe Dobrin	October 6	5
Audrey & Alvin Kaufman	October 6	75
Mindy & Jeffrey Stillman	October 9	30
Wendy & Martin Shragg	October 9	35
Sandy & Jeffrey Chanen	October 12	5
Mollie & Todd Ostrow	October 12	10
Tyler & Omer Abramovich	October 14	5
Debra & Yoni Bundt	October 18	20
Carole & Marshall Lebow	October 20	45
Judith & Joseph Edwards	October 20	50
Marcy & Daniel Borke	October 21	45
Dana & Cory Herman	October 25	20
Ali & Joshua Berdass	October 26	10
Layne & Dave Rosen	October 29	30
Talya & Joshua Gepner	November 2	10
Liz & Matt Rappaport	November 2	15
Lisa & David Marschinke	November 6	25
Dani & Alex Fisher	November 8	15
Nicole & Todd Schachtman	November 8	20
Laura Thorne & Alan Gilbert	November 10	5
Abby & Michael Strauss	November 13	25
Sharon & Bill Torodor	November 21	20
Lois & Richard Liebo	November 21	45
Nancy & Alan Goldfarb	November 26	30
Helene & J.R. Tapper	November 26	30
Beth Stiegler Puchtel & Scott Puchtel	November 26	40
Lisa & Steve Neuman	November 27	25
Marion & E. Gary Klein	November 29	65
Paul Tuchman & Tom Evers	December 6	5
Andrea Winikoff & Sean Davis	December 12	5
Lori & Mike Shannon	December 15	30
Vicki & Tom Hurwitz	December 15	50
Cyrile & Steve Kieffer	December 21	60
Sue & Mike Blehert	December 22	50
Barb & Roger Rubin	December 28	50

If you would like to ensure your (or your loved one's) simchah is acknowledged in future publications, please contact the Beth El Office at 952.873.7300 or info@bethelsynagogue.org.

Condolences to...

Laura (Ross) Kaplan on the loss of her father, Marty Elowitz

Francee (Mark) Conner on the loss of her mother, Lorraine Weinberg

Barbara Resnick and Michael Resnick on the loss of their husband and father, **Lee Resnick**

Marlene Garvis and Gary (SueAnn) Garvis on the loss of their husband and brother, **Arlan Garvis**

Allan Stillerman and Marilyn (Ralph) Shapiro on the loss of their wife and sister, **Lonni Stillerman**

Friends and Family on the loss of, **Herbert Isbin**

Friends and Family on the loss of, **Harriet "Chick" Held**

Friends and Family on the loss of, **Marsha Raviv**

Joel (Barbara) Handler on the loss of his father, Sol Serber

Harvey (Marilyn) Chanen on the loss of his brother, Sam Chanen

Friends and Family on the loss of, Paul Drazen

Friends and Family on the loss of, **Joseph Abrahamson**

With heavy hearts we mourn the loss of these loved ones within our community. This reflects the losses in our community through June 19, 2018.

Mazal Tov to...

Katarina & Matthew Erickson on the birth of their daughter, Iris born on April 20, 2018.

Michele Kaplan Clinard & Alan Clinard on the birth of their daughter, Eliza born on April 22, 2018. Mazal Tov to proud grandparents Norma & Steven Kaplan.

Naomi Hoffman & Loren Bach on the birth of their daughter, Laila born on May 8, 2018. Mazal Tov to proud grandparents Wendy & Howard Bach.

Lisa Burtch & Adam Hansen on the birth of their son, Louis born on May 21, 2018. Mazal Tov to proud grandparents Barbara Bank & Phillip Finkelstein.

Emily & Spencer Greenwald on the birth of their daughter, River Alaina born on May 24, 2018. Mazal Tov to proud grandparents Lory & Randy Herman, Gita Greenwald and Larry & Barbara Greenwald.

Abbey & Rudy Rosen on the birth of their twins, Miles Phillip and Josie Jean born on May 26. Mazal Tov to proud grandparents Sari & Larry Rosen.

Aliza Bach & Jeffrey Wojciechowski on the birth of their daughter, Liora, born on May 29, 2018. Mazal Tov to proud grandparents Wendy & Howard Bach.

Naomi & David Baer on the birth of their son, Ari born on June 10.

Charitable Giving

Ensuring the vitality of our congregation now and in the future

TEACHING BY GIVING – A Story of Multi-Generational Values

By Matt Walzer, Director of Charitable Giving
and Karen Burton, Director of Aleph Preschool



Creating opportunities to teach creative curriculum through a different lens at Aleph Preschool is popular with all our teachers. One way to accomplish this is to transport our indoor classroom time outdoors. By making use of outdoor spaces, it gives the children the opportunity to expand their imaginations and think outside the box.

Recently, one of our Pre-K classes went on an outside adventure. And, as part of their study on insects and bugs, they went armed with magnifiers to help find some. The children were intent on finding bugs, traveling across the

width and length of the playground in their search. They looked around the grass and hand-picked the wood chips to look further, wistfully hoping to find even just one bug.

One child stood with a pensive look on his face and said to his friends, “Hey guys, let’s go over to the instruments. If we all play music, then maybe the bugs will hear the sound of music and decide to come out so we can find them.” And so they did. One by one, each child ran over to the music area and began playing music, tapping the drums, strumming the xylophone and ringing the chimes.

How incredible the imaginations of children are and how wonderful and awe inspiring are their minds. No challenge is too difficult, no obstacle too tough, and no task an impossibility. We see firsthand the excitement of learning something new, engaging others to be a part of their experiences and conquering anything they set their minds to do.

This story is the type of experience that Fern Badzin was hoping to inspire when donating the new playground in honor of her parents last spring. The new *Fannie & Sam Katz Playground* is a gift of love from Fern that represents the care she remembers her parents giving to people they often did not know. And, she recalls them always responding generously when people in need asked for their help. Fern’s incredible gift to Beth El will serve to benefit our synagogue’s children for many, many years and create more stories like the one above – infused with Jewish values being handed from one generation to the next – *l’dor v’dor*.



TZEDAKAH

Tribute donations to Beth El funds honor friends and family, commemoration of significant events, memorialize loved ones and provide essential support to the congregation. Endowment funds provide permanent funding where needed most or for a specific purpose. Endowment funds are held in the Beth El Foundation. Funds for immediate use are used to support specific programs or projects, are for general use and are spent in their entirety. To make a donation, or to establish a new fund through our Foundation, please contact Matt Walzer at 952.873.7309 or at foundation@bethelsynagogue.org.

TODAH RABBAH (THANK YOU)

Beth El gratefully acknowledges the following contributions:

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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 *Kesher* publications, and as always, feel free to call the Welcome Desk at 952.873.7300 for additional information.

SEPTEMBER	
19	Yom Kippur
September 24-October 2	Sukkot
OCTOBER	
2	Shemini Atzeret – Yizkor Recited
3	Simchat Torah
7	Bennett Greenspan – <i>DNA of the Jewish People</i>
19-21	Scholar In Residence Rabbi Elana Zaiman – <i>The Forever Letter</i>
25	Heroes Among Us – An Evening with Ron Stallworth
28	David Schultz – <i>Everthing You Always Wanted to Know About the 2018 but Were Afraid to Ask.</i>
NOVEMBER	
22	Thanksgiving – Morning minyan at 9:00 am
DECEMBER	
2-10	Chanukah

COMMUNITY LEARNING @ THE WELL

BEN & FLORENCE BRODSKY SCHOLAR IN RESIDENCE



The Forever Letter™ Weekend: Authentic Connection With Ourselves and With Those We Love

Friday, October 19 – Sunday, October 21

Join us as we learn with Rabbi Elana Zaiman whose mission is to bring people together; to enable all people to be heard; to guide people to find meaning in their lives; to question the wrongs we encounter and have the courage to change them; and to appreciate how each on of us is a precious and necessary gift that contributes to the larger whole of our world.

Friday, October 19 | 7:00 pm

Shabbat Dinner Followed by Learning – *Connecting in These Disconnected Times*

Saturday, October 20 | 9:00 am and 12:30 pm

D'var Torah – *Writing What We Believe for Those We Love*

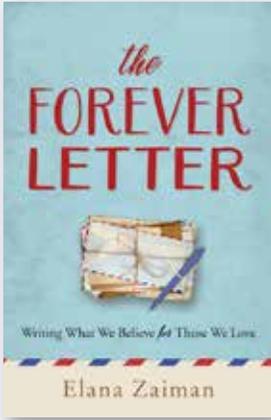
Learning with B'nai Mitzvah Families – *Navigating the Push and Pull of the B'nai Mitzvah Year*

Learning Following Shabbat Lunch – *Letters Old and New*

Sunday, October 21 | 10:00 am – 12:00 pm

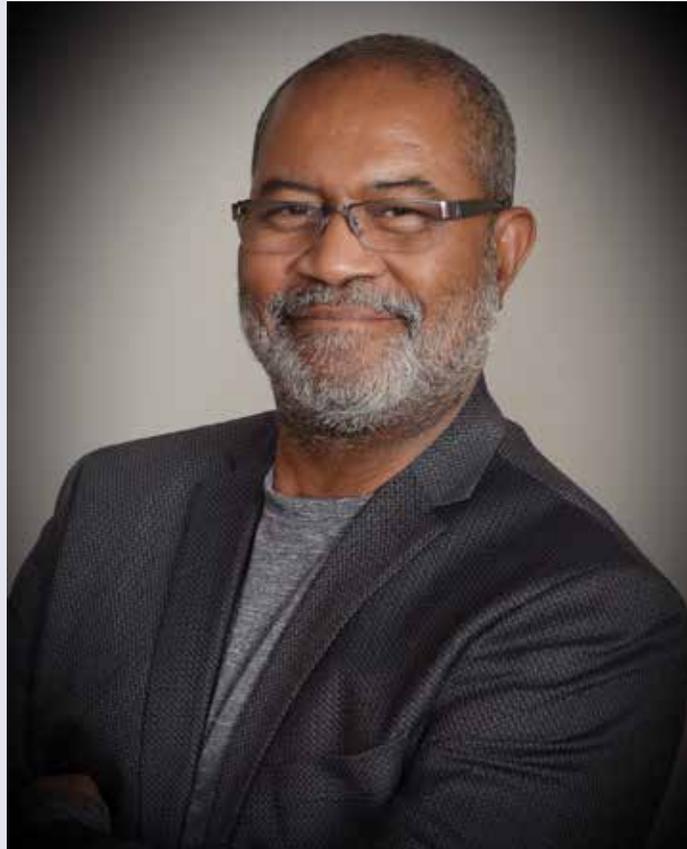
Forever Letter Writing Workshop

This program is generously underwritten by Lois Perwien in honor of her parents, Ben & Florence Brodsky



SAVE THE DATE

— An Evening With Ron Stallworth —



THE INSPIRATION BEHIND
THE SPIKE LEE FILM,

The Black Klansman

Thursday, October 25
7:00 pm

FOR INFORMATION AND TICKETS
besyn.org/blackklansman