

5774 September/October 2014

Beth El Bulletin



Congregation
BETH EL

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[HTTP://WWW.BETH-EL-SUNBURY.ORG](http://www.beth-el-sunbury.org)

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REFLECTIONS FROM THE RABBI

----The High Holy Day season is sometimes called the Days of Awe, from the Hebrew *Yamim Nora'im*, in part to remind us to stop and be in awe of our lives and the world around us. But the Hebrew word *nora* does not exactly convey the meaning of awe that we are used to, the one that is synonymous with wonder or amazement. Instead, it invokes a sense of fear and trembling, especially as related to our relationship with God. During the Days of Awe we are called on to look unflinchingly at our lives, to recognize the blessings around us and to come to terms with our shortcomings and even areas in which we need to seek forgiveness. This kind of self-examination can be pretty terrifying. That's why we come together as a community at this time and recite prayers of both thanksgiving and atonement together. It's not because we share the same experiences, or even the experiences of the prayers for the holy days. We read the litany of sins not because each of us has committed each one, but to provide support for the one among us who seek atonement but be afraid. This give us the courage to face the fear and trembling together.

This year I would like to offer an exercise to help each of us express both gratitude and regret with more support and openness. Starting at the Selichot service, and going through the end of Yom Kippur, three areas will be set up in the social hall near the bulletin board. One will be the opportunity to express gratitude, one will be our hopes for the year ahead, and one will be to express a desire for forgiveness. All will be anonymous but, for those who want to, there will be the opportunity to post them on the bulletin board. Alternatively, your notes can go into a sealed box that will be destroyed at the break-fast.

Inside this bulletin are forms that you can use to help organize your thoughts. Please bring them during the Days of Awe as a way to deepen your holy day observance.

Please fill out the following and bring to the synagogue from Selichot to Yom Kippur. All notes are anonymous. Please do not include any names!

Avinu Malkeinu...

In this time of blessing
I am thankful for:

Avinu Malkeinu...

In this time of yearning
I am hopeful for:

Avinu Malkeinu...

In this time of
forgiveness
I am sorry for...

Shul House Rocks!



FAMILY SERVICE SCHEDULE: 5774

**September 19: Regular Family Service
Welcome Back to School Dairy Pot-luck**

ALL FAMILY SERVICES BEGIN AT 6:30PM



The Beth El Gift Shop

Shabbat & Holiday Candles, Mezuzot,
Greeting Cards & Gifts
All Kinds of Special Order Judaica

Just Give Us A Call And Let Us Know
What You Need And How We Can
Help!



Mazel Tov!!

Honoring Congregation Beth El's First Chai Mitzvah Class.

For the past year, a group of congregants has been meeting monthly to study. Between meetings, they have been engaged in individual readings and social action, as well as exploring different aspects of Jewish ritual life. In addition to the deepening of their Jewish life relationships and friendships have been forged and deepened. On September 5th, the group will lead Shabbat services. We hope you will come to share in their graduation Shabbat and Oneg and learn more about Chai Mitzvah.

The inaugural Chai Mitzvah group includes:

Susan Buckler-Miller
Betsy Marateck
Edye Newman
Roger Rothman
Lindsey Speck
Diana Winett

Benita Kolmen-Solomon
Dave Marateck
Anna Beth Payne
Sharon Simone
Meeshel Tarsa
Michael Wolfberg

Tzedakah

Thank you for your donations to Congregation Beth El...

Renee and Philip Sosland
Carolyn and Michael Facktor
Betsy and David Marateck
Irvin Liachowitz

Deborah Abowitz
Paula and Stephen Irwin

For the Website
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90th Birthday
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Thoughts of Strength

Our voices and minds are joined as a community to ask for the strength to see our friends and family through times of sickness and strife. May our thoughts help bring healing to those in need:

Esther Berger	Anita Buckler	Carol Goldstein
Walter Hershman	Karen Kutno	Harriet Shane
Ann Silverman	Anna Yohai	

P R E S I D E N T I A L A D D R E S S

Shalom Everyone,

My favorite time of the year- crisp days, cool nights- The leaves are breathtaking, the horses getting shaggy & the food- What flavors. Richly roasted root vegetables thickened stews- chowders and soups, and hot cocoa.

We will be sponsoring a hot cocoa contest after the holidays so brush up your recipes.

The Hoffman family wishes our best to everyone this holiday season. May the New Year bring you joy and success and may Yom Kippur bring contemplation and cleansing and may you be inscribed for a good year.

Fran, Roger, Ben, Hannah and Dave



Elul 5774

September 2014

Tishrei 5774

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	6 Elul	7 Elul	8 Elul	9 Elul	10 Elul	11 Elul
7	8	9	10	11	12	13
12 Elul	13 Elul	14 Elul	15 Elul	16 Elul	17 Elul	18 Elul
14	15	16	17	18	19	20
19 Elul	20 Elul	21 Elul	22 Elul	23 Elul	24 Elul	25 Elul
21	22	23	24	25	26	27
26 Elul	27 Elul	28 Elul	29 Elul	1 Tishrei	2 Tishrei	3 Tishrei
			Erev Rosh Hashanah	Rosh Hashana	Rosh Hashana	
28	29	30				
4 Tishrei	5 Tishrei	6 Tishrei				

September-October Calendar (High Holy Days Highlighted)

Sept 5-Shabbat Service—In Celebration of the Chai Mitzvah Class, 8pm
Sept 6-Shabbat Morning Service, 10am
Sept 7-First Day of Hebrew School, 9:30am
Sept 12-Shabbat Service, 8pm
Sept 14-Hebrew School, 9:30am
Sept 19-Family Service, 6:30pm Welcome Back to School Dairy Pot-luck following.
Sept 20-Selichot Service and Program, 7:30pm
Sept 21-Field Trip to National Museum of American Jewish History
Sept 24—Erev Rosh Hashanah service, 8pm
Sept 25—Rosh Hashanah service, 9:30am—followed by Tashlich
Sept 26—Rosh Hashanah service, 9:30am
Sept 26—Shabbat service, 8pm
Sept 28-Hebrew School, 9:30am

Tishrei 5774

October 2014

Cheshvan 5774

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
			7 Tishrei	8 Tishrei	9 Tishrei	10 Tishrei
					Erev Yom Kippor	Yom Kippor
5	6	7	8	9	10	11
11 Tishrei	12 Tishrei	13 Tishrei	14 Tishrei	15 Tishrei	16 Tishrei	17 Tishrei
				Erev Sukkot	Sukkot	Sukkot
12	13	14	15	16	17	18
18 Tishrei	19 Tishrei	20 Tishrei	21 Tishrei	22 Tishrei	23 Tishrei	24 Tishrei
Sukkot	Sukkot	Sukkot				
19	20	21	22	23	24	25
25 Tishrei	26 Tishrei	27 Tishrei	28 Tishrei	29 Tishrei	30 Tishrei	1 Cheshvan
26	27	28	29	30	31	
2 Cheshvan	3 Cheshvan	4 Cheshvan	5 Cheshvan	6 Cheshvan	7 Cheshvan	

September-October Calendar (High Holy Days Highlighted)

Oct 3—Kol Nidre service, 6pm

Oct 4—Yom Kippur service, 9:30am; afternoon service, 5pm; followed by Break-Fast

Oct 5—Sukkah Building

Oct 8—Pizza in the Hut, 6pm

Oct 9—Sukkot morning service, 10am

Oct 10-Shabbat service, 8pm

Oct 12-Hebrew School, 9:30am

Oct 16-Shemini Atzeret Yizkor Service, 8:30am

Oct 16-Erev Simchat Torah Service, 7pm

Oct 17-Simchat Torah Service, 10am

Oct 17-Shabbat Service, 8pm

Oct 18-Shabbat Service, 9:30am—Jake Rothman will be called to the Torah as Bar Mitzvah

Oct 19-Hebrew School, 9:30am

Oct 24-Shabbat Service, 8pm

Oct 26-Hebrew School, 9:30am

Oct 31-Shabbat Service, 8pm

Road Trip!!

Join Congregation Beth El as we travel to
The National Museum of American Jewish History
in Philadelphia, PA and see:

CHASING DREAMS BASEBALL AND BECOMING AMERICAN

TRIP DATE: Sunday, September 21, 2014 (parents – there will be no Sunday School)

MEET AT MUSEUM: 11:30 AM (also lunch time at the Museum)

TOUR TIME: 12:30 PM

TICKETS: Students - \$12.00
Adults - \$16.00

Lunch is on the Museum!!!

We will have two guides to take us through the special exhibit; you will also have time to explore the museum and gift shop.

Carpools will be arranged for those who would like to attend, but do not want to drive.

We have 30 spots reserved... Please get your reservation and money in by August 25 (Monday) to Benita in order to ensure your spot. Any questions: Contact Benita at bkolmsol@bucknell.edu or phone 570-524-2532

This month's recipe from the kitchen of Roger Hoffman

Cranberry Chicken

Ingredients:

1 whole chicken in pieces or 1 package of chicken thighs & legs
2 sweet potatoes, sliced into thin rounds
2 1/2 cups canned cranberry sauce
garlic powder
ginger powder
kosher salt
fresh black pepper
dried parsley flakes

Directions:

Pre heat oven to 400F

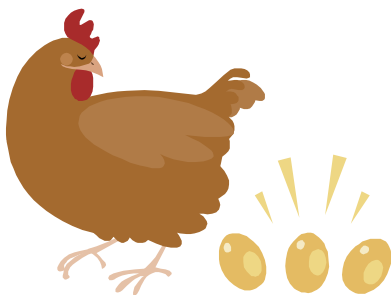
Lay out your chicken pieces and pat them dry with a paper towel.

Generously sprinkle on both sides of the chicken pieces, the garlic, ginger, salt, pepper, and parsley flakes.

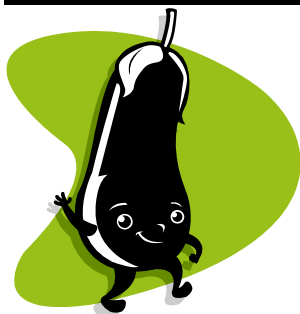
Lay half of your sweet potatoes slices on the bottom of your baking pan. Then lay your chicken pieces on top. Spread out the rest of your sweet potato slices on top of the chicken.

Loosen your cranberry sauce up in a bowl (add a little hot water if you need to). Pour the sauce evenly over all the chicken and potatoes. Throw another pinch of all the spices over the sauce and put the chicken in the oven to bake.

Bake for about 1 1/2 hours.



RECIPE OF THE MONTH



ROASTED EGGPLANT WITH TECHINA & CHILI SAUCE

Eggplant is now “in” in our house. We had kind of forgotten about it. Then a few weeks ago we had eggplant salad at a friend’s house and rediscovered this economical, versatile and tasty vegetable. Our favorite way to eat it is roasted with techina and sweet chili sauce.

Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35 minutes

Ingredients:

2 whole eggplants

1/2 lemon

1/3 cup extra virgin olive oil

Salt

Preparation:

Preheat oven to 375 degrees F

Cut eggplant in half and rub with juice from lemon

Then cut eggplant halves into medium thick wedges. Put some olive oil into the palm of your hand and rub on slices until just lightly coated

Sprinkle with salt

Roast the eggplant at 375 degrees F for 20-30 minutes or until browned on top and cooked through

Serving Suggestion: Serve the eggplant slices warm. Put two small bowls on the table, one with techina and the other with sweet chili sauce. Each person can top their eggplant with the sauce or sauces they like.

Yahrzeit

Jennie Ullman	6	Elul	Sept 1
Joseph Ullman	6	Elul	Sept 1
Morris Apfelbaum	7	Elul	Sept 2
Dr. Joel Hartman	9	Elul	Sept 4
Lester Freedman	12	Elul	Sept 7
Fay Greenfield	12	Elul	Sept 7
Joseph Adler	14	Elul	Sept 9
John Bloom	16	Elul	Sept 11
Gertrude Cohen	17	Elul	Sept 12
Arnold Minker	17	Elul	Sept 12
Margeurite Bernstein	19	Elul	Sept 14
Bertha Heyman	19	Elul	Sept 14
Max Silverberg	20	Elul	Sept 15
Harry Weis	20	Elul	Sept 15
Jack Kolbert	21	Elul	Sept 16
Hyman Rubenstein	21	Elul	Sept 16
Louis Keiserman	23	Elul	Sept 18
Bernard Hoffman	24	Elul	Sept 19
Arlen Ruff	24	Elul	Sept 19
Mary Marateck	25	Elul	Sept 20
Joseph Hirsch	26	Elul	Sept 21
Samuel Rosenblum	26	Elul	Sept 21
Rose Barrow	27	Elul	Sept 22
Benjamin Kass	28	Elul	Sept 23
Harris Bernstein	29	Elul	Sept 24
Beth Stiefel-Itoh	29	Elul	Sept 24
Joseph Newman	1	Tishrei	Sept 25
Aaron Berman	2	Tishrei	Sept 26
Melba Kaufman	6	Tishrei	Sept 30
Gwen Falkenberg Belin	7	Tishrei	Oct 1
Samuel Osterweil	7	Tishrei	Oct 1
Joshua Harton	10	Tishrei	Oct 4
Evelyn Karniol	10	Tishrei	Oct 4
Ignaz Karniol	10	Tishrei	Oct 4
Irving Steinberg	10	Tishrei	Oct 4
Albert Hyman	11	Tishrei	Oct 5
Mervyn Speck	11	Tishrei	Oct 5
Lillian Lessey	12	Tishrei	Oct 6
Hyman Amdurer	13	Tishrei	Oct 7
Charles Leonard Goldsmith	15	Tishrei	Oct 9

**Please check our website for updates on the
Mishaberach list.**

Yahrzeit (Continued)

Betty Glazer	17	Tishrei	Oct 11
Meyer Millner	19	Tishrei	Oct 13
Rosalind Penziner Polinsky	22	Tishrei	Oct 16
Geraldine Mischel	23	Tishrei	Oct 17
Katie Zukowsky	23	Tishrei	Oct 17
Jerome Striman	24	Tishrei	Oct 18
Jacob Feldser	25	Tishrei	Oct 19
Ernestine Hirsch	26	Tishrei	Oct 20
Albert Emil Gedrich	27	Tishrei	Oct 21
Bertha Greenberg	27	Tishrei	Oct 21
Marcia J. Hammer	28	Tishrei	Oct 22
Marcia Schultz	28	Tishrei	Oct 22
Dr. Edward Suchman	29	Tishrei	Oct 23
Jerome Adler	30	Tishrei	Oct 24
Wolf Freedman	30	Tishrei	Oct 24
Fanny Wall	1	Cheshvan	Oct 25
Roy Grassely	2	Cheshvan	Oct 26
Julius Kador	2	Cheshvan	Oct 26
Robert Lyons	3	Cheshvan	Oct 27
Isadore Oberson	4	Cheshvan	Oct 28
Zelda Rosenblum	6	Cheshvan	Oct 30
Louis Fisher	7	Cheshvan	Oct 31



Those in the first year of passing

Scott Klick

Joseph McMillan

Manny Marks

Dean Klick

*May their memories be
bound up in the Book
of the Righteous.*



*Remember to kindle the
memorial candle on the
evening before the
yahrzeit date.*

Beth El Bulletin Sponsors

We hope you are finding the bulletin informative and entertaining. The congregation's bulletin has a long history. Over the years and across decades it has served as an engine to inform the Beth-El community of temple events as well as the comings, goings, arrivals and passings of our friends and neighbors in our small but vital Jewish community.

Stretching back through the years the Congregation Beth-El Bulletin has been edited by members who have given their time, and a little bit of sweat, dedicated to the task of keeping our temple family informed and involved. The current editorial staff hopes that with this incarnation of the temple bulletin we live up to the good work of our predecessors. Let us know what you think.

We would also like to invite businesses and Individuals interested in sponsoring the bulletin to contact us.

If you are having trouble viewing the website, if you need a password, or if you have forgotten your password, please contact Roger Hoffman at president@beth-el-sunbury.com.



Please send bulletin donations directly to our treasurer or
donate on line.

Support

Congregation Beth El appreciates your generous support. We look forward to your continued involvement and interest in our community. Any and all donations are tax deductible, a receipt will be furnished for your records. It is possible to donate stocks to the synagogue, and you can get additional tax benefits by donating directly from your IRA.

Should you feel the desire to contribute, please fill out the form below and mail it to:

**Congregation Beth El
P.O. Box 506
Sunbury, PA 17801**

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Address: _____

Phone: _____

Donation in honor/memory of:

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