



BETH EL

The Heights Synagogue

NEWSLETTER

September 2010

אלול 5770 \ תשרי 5771



Rabbi Moshe Adler

The Incredible Shrinking (and Growing) Human Being

As the month of Elul comes, and we begin our spiritual preparations for the High Holy Days, it can be instructive to look at Psalm 90, familiar to us as part of the Shabbat morning service.

midrashic overtone in Moses' words: No matter how small you've shrunk, you can grow back to your full size: "Come back, O mortals!" The Hebrew for "come back" is "shuvu," a form of the word "t'shuvah," meaning repentance, returning.

In this psalm, entitled "a prayer of Moses, the man of God," we hear the greatest of the prophets expressing humankind's awareness of its own fragility and mortality. "You turn man back into dust, saying, 'Return, O mortals!'"

In the story of the spies sent by Moses to scout out the land, they return to camp and lament, "All the people that we saw in it are men of great size. We saw the titans there – veritable giants of the titan race – and we looked like grasshoppers to ourselves, and so we looked to them" (Numbers 13.33). They seem to be saying, "Because we looked so small to ourselves, they looked so big to us."

Our Sages, of blessed memory, also heard another message in these words, lingering there like an overtone: "You give human beings leave to shrink as small as dust, calling to them, 'Come back, O mortals!'" (Talmud, P'sahim 54a).

As the psalm that speaks in Moses' voice assures us, we can never shrink so small that God will stop calling us back. The struggle against our own pettiness, indifference, or despair can make those internal foes appear much bigger than they are, and thus make us appear much smaller than we are. But our Creator doesn't see us that way.

Our very humanness makes us prone not only to physical but also to moral and ethical degeneration. Awareness of our condition puts us in danger of despair -- of thinking that we are unregenerate. As Rosh HaShanah and Yom Kippur approach, we may find ourselves saying, "Who am I kidding? I'll confess, I'll repent, and then I'll just go out and do the same thing again. It's all a charade."

As we ready ourselves for a new year, we can resolve to stop getting small and to grow to our full moral and ethical stature. And should we, after the Holy Days, find ourselves getting small again, we can heed God's unending call and *(continued on page 2)*

That is when we need to listen to the



From Nili and me to the entire BE-THS family:

L'shanah tova
tikatevu -

May you be
written down for
a good year.

לשנה
טובה
תכתבו
ותחתמו

Beth El - The Heights Synagogue builds vibrant Jewish community.

We welcome all in participatory, traditional, egalitarian worship and learning.

Rabbi Moshe Adler ♦ Saturday Morning Services at 9:15, 3246 Desota Ave., Cleveland Hts., OH 44118 ♦ ☎216-320-9667



Jack Valancy

Our New Donation Envelopes

We just reordered our donation envelopes. While we were at it, we redesigned them. The new envelope's flap says: *"As our ancestors contributed to build the Mishkan, your donation builds **Beth El - The Heights Synagogue** '—every person whose heart so moved him.' (Exodus 25:2)."* We hope to inspire your generous gifts of the heart.

and prayer books. You help us pay our mortgage and meet our payroll. You help us keep our synagogue clean and in good repair. You help us cut the lawn and clear the snow. Our synagogue is our home, and we are proud homeowners.

When you celebrate your birthday, anniversary, or other happy event with us at our monthly Simcha Kiddush, your \$36 sponsorship enables us to welcome all to our kiddush table. Our new donation envelope includes a convenient form for your simcha and dedication information.

You may dedicate your gifts in memory of a loved one, in honor of a person, an accomplishment, or happy event. We acknowledge your gifts in our newsletter.

Your gifts of the heart fulfill the mitzvah of *tzedakah*, our obligation as Jews regardless of financial standing. We support each other in times of need, and we give to the less fortunate.

We hope our new donation envelopes inspire your gifts of the heart, gifts that build our vibrant Jewish community.

—♦—♦—♦—

("The Incredible Shrinking (and Growing) Human Being," continued from page 1) begin to grow once more. "Seven times the righteous person falls and gets back up" (Proverbs 24.16). That's biblical for "Get back in the saddle before you lose your nerve."

From the Beth El – Heights Synagogue family, and from Nili and me, *k'tivah va-hatimah tovah* – may you be written down and sealed for a good year.

Your gifts of the heart provide Jewish education for our children. Our enthusiastic Junior Congregation and Teen Torah study group participants observe Shabbat and holidays, lead services, and learn Torah. We are proud of our post-b'nai mitzvah young adults who read Torah and lead services in our sanctuary. *L'dor va-dor* (from generation to generation).

Our adult members and friends further their Jewish educations in a variety of programs, as well. We welcome all to our Learners' Service, Lunch and Learn programs, and classes with Rabbi Adler. Our dedicated members who read Torah and lead services help us honor HaShem on Shabbat and holidays.

Your gifts of the heart place you among *"those who unite to establish synagogues for prayer, and those who enter them to pray, and those who give funds for heat and light, and wine for Kiddush and Havdalah, bread to the wayfarer and charity to the poor, and all who devotedly involve themselves with the needs of this community."* (Prayer for Our Congregation).

Your gifts of the heart provide our synagogue's heat and light. You enable us to welcome all for worship in our sanctuary year round. You help us care for our Torahs

**QUESTIONS? CONCERNS?
COMMENTS?
COMPLAINTS?**
Please do not hesitate to contact President by e-mail president@bethelheights.org or home telephone (216) 371-1439

HELP US STAY IN TOUCH!
Please be sure we have your current contact information. Send changes to Bela Fischer, info@bethelheights.org or call her at (216) 320-9667

**KEEP UP WITH THE NEWS!
JOIN THE BE-THS LISTS!**
Send an e-mail to Leon Adato, communications@bethelheights.org if you need help with signing up.

E-MAIL NEWSLETTER:
If you'd like to get the pdf e-mail version, contact news@bethelheights.org

Preparing Food when Yom Tov Falls the Day before Shabbat (Fall holidays 2010)

The Sages limit cooking and baking on yom tov to what is necessary for that day, but relax this limitation when Shabbat falls on the day after yom tov in order to allow the preparation of Shabbat food on yom tov. This is done by means of a ritual called “*eruv tavshilin*.” Before yom tov (on or before Sept. 8, 22, and 29) when doing your holiday cooking, set aside a small portion of what you’re cooking, along with a slice of bread, and recite the blessing: *Barukh attah ado*ai elo*eynu melekh ha-olam, asher kid’shanu b’mitzvotav v’zivanu al mitzvat eruv*. Then declare: “By means of this eruv it becomes permissible for us – and for all Jews living in this town – to bake, cook, warm up food, light Shabbat candles, and prepare during the yom tov all that we need for Shabbat.” Put the food and bread away and eat them on Shabbat day. Enjoy.



Beth El celebrates Simḥat Torah by Honoring our Chatan Torah and Kallat B’reshit

Every year, on Simchat Torah we finish reading the Torah scroll . . . and immediately begin reading it again! The last aliyah from the old scroll and the first aliyah from the new scroll are given to members who have made our Beth El community life flourish. This year we will be honoring our *Chatan Torah*, President Jack Valancy and our *Kallat B’reshit*, Torah Assigner Extraordinaire Sue Klein. If not for the many hours these two congregants have given to our community, we would not be able to finish (and begin) reading the Torah at the Simḥat Torah morning service on Friday, October 1 (service starts at 9:15 AM).

Please join us as we thank *Chatan Torah* Jack with the traditional benediction: “...to thank and praise Him Who dwells amid light, Who has kept us alive and sustained us through His pure reverence and has brought us to rejoice with the gladness of the Torah...” Then we will honor *Kallat B’reshit* Sue with these fitting words: “...they preen themselves with [Torah] as with a fresh treasure and not an old thing whose time has passed. They thirst to extract and to enjoy its precious radiance, which gladdens the heart...” Truly the contributions of Sue and Jack will have assisted us to mark another year spent in Torah together – they are this year’s bride and groom of new beginnings and Torah.



Short Stories by Jewish Authors Reading & Discussion Group

More Tropical Synagogues – Jewish Authors in South America

Argentina: A bride defects from her wedding with her lover ... a ne’er-do-well uncle returns to the family ... a woman pens an unusual last will and testament ... a young girl speaks out to her teacher’s rigid disciplinary regimen ...
Brazil: a young boy fantasizes that an avowed holocaust survivor may be an impostor ... a shtetl farmer dies trying to protect his cows from a tornado ... a depressed man can only find brief glory in assuming another identity before an audience ... a man examines the meaning of time when his watch is in disrepair.

These and other fascinating stories in *Tropical Synagogues* provided a stunning array of ideas from attendees at our July meeting. In fact, five stories remained undiscussed and we will have those, along with three stories by David Bezmozgis in *Natasha and Other Stories* on Sunday, September 12, 7:00-8:30 PM. Please contact Sondra Jacobs, 216-397-1481 or sondrajacobs@sbcglobal.net for information.

NEWS FROM BETH EL

חדשות

Refuah Sh'lema to:

- Nili Adler
- Kimberly Carr
- Marsha Katz
- Cheryl Birkner Mack, of Jerusalem, Israel. (Note: Cheryl sent e-thanks for all of our prayers and good wishes.)
- Debbie Pearl, of Santa Rosa, CA

Mazel Tov to:

- Alan Lerner and Erica New, whose daughter, Claudia Lerner, and David Tausz were married on July 10, on the front lawn of the family home in Amagansett, NY. Claudia is a graduate of Hampshire College, and is now going to school to obtain a certificate to teach High School Biology. David is a talented musician and artist, who is considering a career as a barber. They reside in Shaker Heights.
- Mick Miller and Jamie Saunt on their engagement.

Thanks for Your Contributions to:

- Rabbi Moshe and Nili Adler, in memory of their parents, Max and Clara Adler Z"l, and Yehuda-Leib and Nehama Schultz-Shalit Z"l.
- Bruce and Judie Amsel
- Henry Bloom and Marilyn Malkin
- Case Western Reserve University
- Margaret Conti
- Ron Fersky
- Bela and George Fischer, in honor of Aviva Klein, Matthew Palevsky, and Isaiah Pressman.
- Leon Gabinet
- Chester and Stephanie Gordon
- Esther and Philip Kazdan
- Claire and Matthew Lee, in honor of Jeffrey Halpern's Ph.D. graduation.
- Alan Lerner and Erica New
- Dorothea (Dolly) Small
- Mr. and Mrs. Arnold Stone, in honor of Aviva Klein becoming Bat Mitzvah.
- Frederick and Joyce Tavill
- Blanche and Jack Valancy
- Anonymous

Thanks for Kiddush sponsorship to:

- July 10 – Leon Gabinet, in memory of Laille Gabinet Z"l, Sara Gabinet Z"l, and Rose M. Schutz Z"l.
- July 17 – Robin Dubin and Richard Krueck, in honor of their wedding anniversary. Honey Massey donated the cake, in honor of her daughter Deb's visit, with grandsons Zev and Ari.
- July 31 – Ari Klein and Ditte Wolin, in honor of daughter Aviva Klein becoming Bat Mitzvah.
- August 7 – Marvin and Miriam Palevsky, in honor of son Matthew becoming Bar Mitzvah.
- August 14 – Stacia Dearmin and Jay Pressman, in honor of son Isaiah Pressman becoming Bar Mitzvah.
- August 28 – Connie Friedman and David Shutkin, in honor of son Tal Shutkin becoming Bar Mitzvah.

Thanks for Simcha Kiddush Contributions to:

- Stacia Dearmin and Jay Pressman, in honor of Jonathan's and Stacia's February birthdays.
- Sharona Hoffman and Andy Podgurski, in honor of Sharona's July birthday.
- Bela and George Fischer, in honor of Bela's birthday and their wedding anniversary.

Thanks for Mailing Help to:

- Blanche Valancy
 - Sue Klein
 - Karen Kugelman
 - Cindy Mittman
 - Larry Mittman
- who worked heroically to get both the August newsletter and the High Holy Day mailings assembled in a single evening.



Book of Remembrance

Memorialize your loved ones in our Book of Remembrance, which will be distributed at each of the four Yizkor services during this upcoming year, beginning with Yom Kippur, September 18, 2010. The contribution for each name is \$10.00.

If you have memorialized names in the past, you will receive a resubscription form soon. If you are a new donor, please submit your listings by September 6, 2010, in order to have them published in this year's book.

Donor: _____

Phone Number: _____

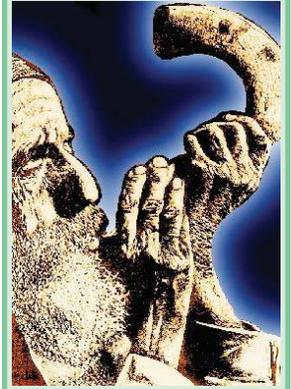
Names to be listed (*Please print clearly!*):

Amount enclosed: _____

Mail c/o Karen Kugelman

2904 Washington Boulevard, Cleveland Heights, OH 44118

Questions? Need another form? Call the BE-THS High Holy Day Hotline, 216-320-9667.



Tickets are required for all Rosh Hashanah and Yom Kippur services.

Tickets are complimentary. Please call the synagogue office to request yours, if you have not yet received them: 216-320-9667

All services are held in our accessible, air-conditioned sanctuary at 3246 Desota Ave. in Cleveland Hts.



High Holy Day Babysitting



Beth El -- The Heights Synagogue is pleased to welcome your child to our High Holy Day services for 2010/5771. Your child is welcome to sit with you during all services. Realizing, however, that even the most patient child may need an occasional break, we are offering babysitting for several of our holiday services:

- Babysitting is for pre-schoolers ages 18 months to 5 years ONLY.
- Babysitting will be offered on the first day of Rosh HaShanah, September 9, from 10:00 AM until 2:00 PM, and on Yom Kippur day, September 18, from 10:00 AM until 2:00 PM.
- Care will be provided by experienced teens.
- Kosher snacks will be served (including on Yom Kippur).

Cost of babysitting is \$9.00 per child per day, with a maximum total cost per family of \$50.00 for both days. Because we may not write or handle money on the holy days, it is mandatory that you pre-register your child using the form in the August newsletter (available on the web site) and pre-pay by check, made out to **Beth El –The Heights Synagogue**, and sent to Marilyn Malkin, 3018 Scarborough Road, Cleveland Heights. OH 44118.

We will also have High Holy Day programming for grade-school age children from 10:30 AM to 12:30 PM on the same days as above. Kosher snacks will be served, including on Yom Kippur. No advance registration is required, and this programming is free.

AGAIN THIS YEAR: In addition, we will have a free supervised drop-in babysitting on Erev Yom Kippur, for all ages, from 7:00 PM until services end. No advance registration is required.

CALENDAR, SEPTEMBER 2010

אלול 5770 \ תשרי 5771



S'lihot

Begin the High Holy Days at Beth El -The Heights Synagogue on Saturday, September 4:

Join us for Havdalah at 9:30 PM, followed by a learning session, **"T'SHUVAH: A TWO-WAY STREET,"**

with Rabbi Moshe Adler.

S'lihot service at 11:00 PM.



SATURDAY, SEPTEMBER 4 – SHABBAT / S'LIHOT at night

סליחות

9:15 AM – Morning service

Shabbat ends no earlier than 8:38 PM

9:30 PM – Havdalah (at shul), followed by a pre-High-Holy-Day-related learning session, *"T'shuvah: A Two-Way Street,"* with Rabbi Moshe Adler.

11:00 PM – S'lihot

WEDNESDAY, SEPTEMBER 8 – EREV ROSH HA'SHANAH

ערב ראש השנה

7:32 PM – Candle lighting

7:45 PM – Evening service

THURSDAY, SEPTEMBER 9 – FIRST DAY ROSH HA'SHANAH

ראש השנה

8:30 AM – Morning service

4:30 PM – Tashlikh

תשליך

(Meet at the Kugelmans' home and walk to Coventry School ravine.)

8:30 PM – Evening service, followed by candle lighting

SUNDAY, SEPTEMBER 12, 7:00 TO 8:30 PM – Short Stories by Jewish Authors Reading and Discussion Group will meet. *Details on page 3*

FRIDAY, SEPTEMBER 10 – SECOND DAY ROSH HA'SHANAH

ראש השנה

8:30 AM – Morning service

7:28 PM – Shabbat candle lighting

SATURDAY, SEPTEMBER 11 – SHABBAT SHUVAH

9:15 AM – Morning service

Shabbat ends no earlier than 8:27 PM – Havdalah (at home)

SUNDAY, SEPTEMBER 12 – FAST OF GEDALIAH

צום גדליה

(Begins at dawn, 5:50 AM and ends after dark, 8:25PM)

FRIDAY, SEPTEMBER 17 – EREV YOM KIPPUR

ערב יום כפור

7:15 PM – Candle lighting, followed by KOL NIDRE and evening service

ול נדרי

SATURDAY, SEPTEMBER 18 – YOM KIPPUR

יום כפור

8:30 AM – Morning service (with Yizkor)

7:15 PM – N'ilah service begins

יזכור

Approximately 8:14 PM – Sounding of the Shofar, followed by weekday Ma'ariv service, then a light break-fast.

SUNDAY, SEPTEMBER 19, 12:00 TO 3:00 – Sukkah Completion and Decorating.

This is a family activity, and ALL are welcome! Bring children, parents, grandparents, friends! Join the fun and help us finish the job more quickly!

WEDNESDAY, SEPTEMBER 22 – EREV SUKKOT

ערב סוכות

7:08 PM – Candle lighting (at home)

THURSDAY, SEPTEMBER 23 – FIRST DAY SUKKOT

סוכות

9:15 AM – Morning service

8:06 PM – Candle lighting

FRIDAY, SEPTEMBER 24 – SECOND DAY SUKKOT

9:15 AM – Morning service

7:30 PM – Candle lighting (at home)

SATURDAY, SEPTEMBER 25 – SHABBAT HOL HA MOED

9:15 AM – Morning service

After services – Monthly Simcha Kiddush

Shabbat ends no earlier than 8:02 PM – Havdalah (at home)

SUNDAY, SEPTEMBER 26, 2:00 TO 4:00 PM – Sukkah Hop

Watch your e-mail after Yom Kippur for a list of Sukkah Hop hosts and addresses!

MONDAY, SEPTEMBER 27 – Dinner in the Sukkah. See flyer for details.

Dinner will be served from 5:00 PM to 7:00 PM.

(Reservations requested, so we can predict quantities, but walk-ins will be accepted.)

WEDNESDAY, SEPTEMBER 29 – Hoshana Rabbah (last day of Hol HaMoed)

6:55 PM – Candle lighting (at home)

THURSDAY, SEPTEMBER 30 – SH'MINI ATZERET

9:15 AM – Morning service (with Yizkor)

7:54 PM – Candle lighting and kiddush, followed by evening service with Hakka-
fot (Torah celebration)

שמיני עצרת
זיכור

FRIDAY, OCTOBER 1 – SIMHAT TORAH

9:15 AM – Morning service with Hakkafof

6:52 PM – Candle lighting (at home)

שמחת תורה
הקפות

SATURDAY, OCTOBER 2 – SHABBAT B'REISHIT

9:15 AM – Morning service

No earlier than 7:50 PM – Havdalah (at home)

SATURDAY, OCTOBER 16, AFTER SERVICES – Lunch and Learn with Harold Ticktin,

who will speak about "The Secret Medical School in the Warsaw Ghetto." Further
details will be in the October newsletter.

סוכות

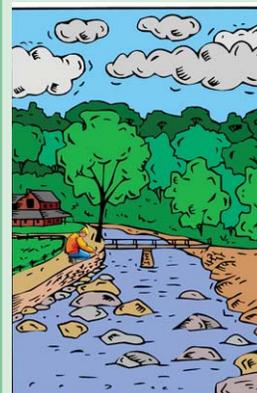
Tashlikh

תשליך

Tashlikh is a symbolic acting-out of the biblical verse, "You will cast our sins into the depths of the sea" (Micah 7.19).

On the first day of Rosh HaShanah (or on the second, if the first falls on a Shabbat), one goes to a body of water and recites the passage in which this verse occurs.

Meet at the Kugelmans', 2904 Washington Boulevard, at 4:30 PM on Thursday, September 9, and proceed together to the ravine behind Coventry School.



Yahrzeits, September 2010

Martin Simon	22 Elul 5729	Marcella Wachter	10 Tishrei
Milton Collin	22 Elul 5736	Harry Abrams	12 Tishrei 5716
Ida Olshansky	23 Elul 5724	Harry Dolusky	15 Tishrei 5694
Mildred Fromson	23 Elul 5737	Irene Cowan	15 Tishrei 5732
Isaac Mendelow	26 Elul	Pearl Rabinowitz	17 Tishrei 5764
Margaret Buchwald	26 Elul	Carola Jacobs	19 Tishrei
Pincus Newman	1 Tishrei	Jared B. Klein	20 Tishrei 5761
Albert Weinstein	2 Tishrei 5730	Bertha Shifrin	21 Tishrei 5721
Sara Weinstein	3 Tishrei 5726	Isaac Warshay	22 Tishrei
Eric Falck	5 Tishrei 5758	Herbert Oppenheimer	22 Tishrei
Carl Wasserman	7 Tishrei 5720	Esther Mintz	22 Tishrei 5767
Elias Greenhut	7 Tishrei 5718	Pearl Peninah Pasternak	22 Tishrei
Blossom Levit	9 Tishrei 5721		



Sukkot 2010

SUNDAY, SEPTEMBER 19, 12:00 TO 3:00 – Sukkah Completion and Decorating. This is a family activity, and ALL are welcome! Bring children, parents, grandparents, friends! Join the fun and help us finish the job more quickly!

SUNDAY, SEPTEMBER 26, 2:00 TO 4:00 PM – Sukkah Hop. Host sukkahs are still needed. Contact Carol Bruml, news@bethelheights.org, if you are willing to host! Watch your e-mail after Yom Kippur for a list of host locations.

MONDAY, SEPTEMBER 27, 5 to 7:00 PM – Dinner in the Sukkah. A dairy dinner will be served. Cost: \$12 per adult, \$10 for children 6 through 12, \$50 max per family. Reservations requested, but walk-ins will be accepted.

On the other nights of Sukkot, families are welcome to fulfill the commandment and to eat in the shul sukkah. Bring your own kosher (parve or dairy, please), dinners, along with disposable plates and utensils.



Yes, we would like to come to the Dinner in the Sukkah, Sept. 27.

Number of adults, at \$12 apiece: _____

Number of children, ages 6-12, at \$10 apiece _____

Total enclosed (maximum \$50 per family) _____

Name _____ Phone _____

Please make checks payable to Beth El –The Heights Synagogue and mail them to 3246 Desota Avenue, Cleveland Hts., OH 44118, by September 20, 2010, so we can predict quantities.

