

C O N G R E G A T I O N

Beth Israel



141 HILTON AVENUE HEMPSTEAD, NEW YORK 11550 Tel: 516-489-1818

September

2018

אלול תשע"ח
תשרי תשע"ט

Elul 5778

Tishri 5779



As the month of Elul comes to a close, we should pay heed and relish the spiritual intimacy that the last month of the year 5778 affords us. With the High Holiday season of 5779 fast approaching, this prior month of preparation lets us all prepare mentally and spiritually for that special High Holiday season with the proper intention.

Of course we can all enter the synagogue on Rosh Hashanah unprepared, but why do that? Why not prepare for these special days just as you would when entering a tennis match or a grand mahjong tournament? You wouldn't enter those relatively big events of your life casually and without preparation, so why would you do that with certain days that inform you of your destiny for the coming year? Why not make the idea of forgiveness and making amends with your friends and family a priority this year.

Some joke that they are only "three-day-a-year" Jews, as they only come to shul for the two days of Rosh Hashanah and Yom Kippur. And while they usually joke about it in the sense that they don't care much for synagogue, they never seem to ask themselves why they actually do come on those three days. After all, if they are not interested, why come at all?

But they do come, year after year.

Some might say it's their Jewish soul, others might say it's tradition, and some will say it's habit. Whatever it is, there they are, so as your mom told you as you were growing up: "if you're already there, you might as well smile and enjoy it."

Jewish tradition tells us that in the month of Elul, the "king is in the field." Meaning, usually a king would be holed up in his palace, and the channels to reach him would be next to impossible. Whereas the month of Elul can be compared to the time when a king decides to see the people on their turf--in the field--when all the formalities of the palace don't exist.

Similarly, our relationship with spirituality and God--which seem ever so difficult to access throughout the year--somehow become more accessible in Elul, and it allows for a smooth transition into the season of the holy and festive days of Tishrei.

As this special time winds down, let us take advantage of it and enter the High Holiday season ready and prepared to digest the spiritual prayers and ideas in the Machzor (High Holiday prayer book).

As your new Rabbi, I will attempt to make the services as meaningful as possible. I just ask for you to do your part by attending and fully participating.

Wishing you and your families a happy and sweet new year.
Shanah Tovah Um'tuka/שנה טובה ומתוקה

Rabbi Abe Lebovic
917-365-1416/rabbialebovic@gmail.com

MI SHEBEIRACH

- | | | |
|-----------------|-----------------|------------------|
| LORRAINE ALBERT | ARTHUR LEVINE | MAURICE SIIDMARC |
| JOYCE BARIBAULT | MARCIA LEVINE | PAUL SLATSKY |
| RITA BOUER | MARILYN LEVINE | IRENE SLOAN |
| ROBERT FRANK | MURIEL LEVINE | MARION WEINER |
| LOIS GLANZER | ADRIENNE MANTIS | MARTHA WEISSMAN |
| HANK GOLDMAN | MARTIN MISHKET | GAYLE WEITZ |
| LARRY GOLDSTEIN | MARION SALOMON | |

THANK YOU FOR YOUR CONTRIBUTIONS

MURIEL LEVINE, at the yearzeits of husband, Milton Levine and father, Aaron Shillet and to send heartfelt condolences to Anita Sabin on the passing of husband, Connie Sabin.
 ENID L. CARRUTH at the yearzeit of mother, Pauline K. Levin.
 HERMAN KLEINE at the yearzeit of sister, Pauline K. Levin
 BERT AND MARILYN KUSHNER, yearzeit of mother Rose Brodsky
 NAN AND FRED KOHLER, yearzeit of mother Malka At Michel
 ELEANOR AND BERNIE NIERENBERG, yearzeit of fathers Henry Arak and Mandel Nierenberg and mother Dora Nierenberg
 LILLIAN NASS, yearzeits of my sister and my father
 MARION AND ALAN STEINGER, yearzeit of father, Saul Steinger
 ROBIN CINNAMON, get well wishes to Adrienne Mantis
 MARIANNE BAKER, get well wishes to Adrienne Mantis
 MARIANNE BAKER in memory of Connie Sabin
 MARIANNE BAKER, ROBIN CINNAMON, MURIEL LEVINE, LILLIAN NASS, ELEANOR AND BERNIE NIERENBERG,, ELLEN AND STANLEY ROTHMAN, LYNN SEVAN AND ISAAC BARUCH, CLAIRE SCHOENFELD—in memory of Susan Zalkin, wife of our beloved holiday Cantor Mark

SISTERHOOD'S TRIBUTE FUND

SUSAN AND MARK BASS, in memory of Susan Zalkin
 SANDRA BERNSTEIN, get well to Adrienne Mantis
 DANA AND KEVIN BRANDES, in memory of Susan Zalkin and in honor of Rabbi Michael Eisenstein for all he did during his tenure at CBI

Dates and times for the High Holy Day Services are:

- | | | |
|----------------|------------------------------|--------|
| SELICHOT | Saturday, Sept 1 | 7:00pm |
| ROSH H'ASHANAH | Sunday, Sept 9 | 6:45pm |
| | Monday, Sept 10 | 9:00am |
| | Tuesday, Sept 11 | 9:00am |
| KOL NIDRE | Tuesday, Sept 18 | 6:00pm |
| YOM KIPPUR | Wednesday, Sept 19 | 9:00am |

שנה טובה תכתבו ומתוקה!

Letter from the President

As we welcome in 5779 we also begin a new era at Congregation Beth Israel. Rabbi Abe Lebovic joined us for his first Shabbat service August 4th. He hit it out of the park!

By now I hope you have met Rabbi Abe and are as impressed by him as we are. His voice is beautiful and his knowledge of Judaism extensive. His sermons are inspiring. I am so excited for the High Holidays as Cantor Mark returns and they join forces to create services that are sure to be memorable.

While I know many of you felt uneasy about the recent changes that took place at CBI, the board and I appreciate knowing how much you care. Change is difficult but I promise that most of the things you love about our congregation won't be changing at all. Although we no longer officially classify ourselves as "Conservative" we have definitely not abandoned conservative principles. Instead, we plan to simply become more inclusive and welcome the traditions of all Jewish people and denominations.

I'd like to set the record straight about a few rumors I've heard going around.

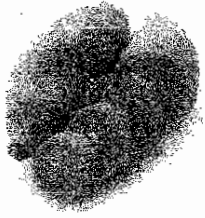
- 1) The kitchen at CBI won't be kosher. **FALSE...** We have been around for 103 years and while we are no longer strictly conservative, we have a deep tradition that will continue to be upheld.
- 2) CBI is becoming Reform. **FALSE...** We actually hope to become more spiritual as Rabbi Abe comes to us with a deep understanding of the Torah and its teachings having studied extensively while growing up in an Orthodox home.
- 3) Holiday services will be only one day. **FALSE...** We are not changing our services but we do intend to listen to the majority of the congregation and modify services accordingly, if warranted.
- 4) The board went about things in the wrong way. **FALSE...** This is the most puzzling of all, and quite frankly I'm not really sure what it means. It's the board's job to lead the synagogue. Sometimes that means making tough decisions, and tough times require tough decisions. I applaud them for moving us in the right direction. That is what leadership is about. This is the most transparent board ever at CBI. Previous boards never gave the congregation the opportunity to meet and interview a prospective new Rabbi. They certainly never put it to a vote. Previous boards just made the decision and told the congregation who they hired.

As the high holidays approach, I hope we can put our differences behind us. Let's join together and not look back. I hope those of you who we only see twice a year will be inspired to return more often once you witness the "NEW" CBI. Together we can make this our best year ever.

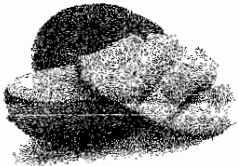
L'Shana Tova,
Richie

10 Superstars...For Better Health!

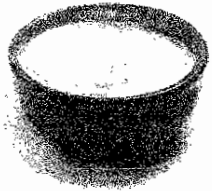
At least one will surprise you...



1 Sweet potatoes. Sweet potatoes are nutritional superstars. They're loaded with carotenoids, and are a good source of potassium and fiber. Toss sweet potato wedges with a bit of olive oil and roast until tender and lightly browned. Sprinkle with a spice or two (try cinnamon or chili powder).



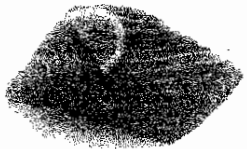
2 Mangoes. A cup of mango supplies roughly 100% of a day's vitamin C, a third of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and three grams of fiber.



3 Plain (0%) greek yogurt. Fat-free (0%) unsweetened greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite whole-grain cereal. It's strained, so even the 0% fat versions are thick and creamy. And the lost liquid means that the yogurt that's left has twice the protein of ordinary yogurt—about 15 grams in 5 oz. of plain 0% greek yogurt—but less calcium.



4 Broccoli. It's loaded with vitamin C, carotenoids, vitamin K, and folate. Steam until it's bright green and just tender. Add a sprinkle of parmesan cheese and a spritz of fresh lemon juice.



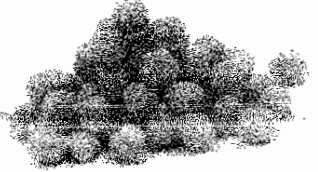
5 Wild salmon. Fatty fish like salmon, which are rich in omega-3 fats, may help reduce the risk of heart attacks and strokes. And many types of wild-caught salmon are more sustainable than farmed salmon.



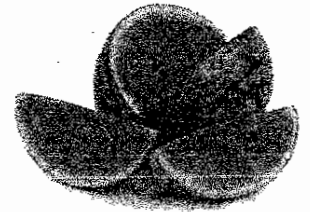
6 Oatmeal. Oatmeal (quick, old-fashioned, or steel-cut) makes a great whole-grain breakfast. Each half cup (dry) of plain rolled oats has 4 grams of fiber—roughly half of it

the soluble kind that helps lower cholesterol. Top your oatmeal with toasted almond slivers and bananas instead of sugar or salt. Or try diced apple with cinnamon and raisins, or diced pear with walnuts and nutmeg.

7 Garbanzo beans. All beans are rich in protein, fiber, copper, folate, iron, magnesium, potassium, and zinc. But garbanzos (chickpeas) stand out because they're so versatile. Look for no-salt-added varieties in cartons. Add a handful to your tossed salad, or stir them into your vegetable stews, curries, and soups.



8 Watermelon. It's a heavyweight in the nutrient department. A standard serving (about 2 cups) has a third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene, all for only 90 calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.



9 Butternut squash. Steam a sliced squash or buy peeled, diced butternut squash that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get lots of vitamins A and C and fiber.



10 Leafy greens. Don't miss out on powerhouses like kale, collards, spinach, mustard greens, and Swiss chard. These stand-out leafy greens are loaded with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, and fiber. Sauté in a bit of olive oil with minced garlic and season with ground black pepper and red wine vinegar.



Nutrition Action Healthletter

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HOW TO EAT A POEM by Eve Merriam

Don't be polite, Bite in.

Pick it up with your fingers and lick the juice that
may run down your chin.

It is ready and ripe now, whenever you are.

You do not need a knife or fork or spoon or plate
or napkin or tablecloth.

For there is no core--or stem--or rind--or pit--or seed or skin
to throw away.

Since April we've been giving you poems to chew on and digest. If you're not sure how to do this, Eve Merriam has written the recipe above. But now comes the months of Rosh Hashana and Yom Kippur where there is plenty to chow down on.

The summer was slow for Sisterhood except our book discussion on Pachinko by Min Jin Lee for August 5th was postponed to Sunday August 17 at 11:00 AM. We are attempting to do a book every month, as requested in the Fall months, so please put your suggestions in. Prior to the book discussion, we had a Sisterhood Board Meeting to plan for the year.

And speaking of Sisterhood, we are in need of a Recording Secretary so please contact us. This is your opportunity if you've ever had an interest in being part of a Jewish Women's organization which makes great contributions to education, social action, Israeli events, Mitzvah Project for in house and community outreach please let us know. Of course we are active in fun stuff like Mah Jongg every Tuesday at 12:00 Noon, bazaars, Israeli Dancing on December 31st, two days of Purim which lasts about 3 weeks, and Sisterhood Shabbat service.

We held our first Women's Rosh Chodesh with Rabbi Michael and we hope to continue this new tradition with Rabbi Abe. We have found a wonderful spiritual teacher for Rosh Chodesh and this will begin in October.

We need you to send in your **best recipes** to compile Congregation Beth Israel's 2019 Recipe Book and I've only gotten 10 recipes to date; all you need is "a pen and a phone" to get started.

Many have indicated an interest in activities outside our Temple doors, relating to Jewish films, museums, shows, etc. This is something that we can certainly discuss. Please feel free to submit your ideas at our meetings.

Our next meeting will be in October where we will discuss all the exciting plans for the 2018-2019 calendar year. With our new Rabbi, I hope we can make a commitment to energize Sisterhood as most of the educational and informative activities originate from our meetings. Everyone has ideas of interest and if you can enlighten us with your's, we can participate in enriching Jewish-based projects. From its inception, Sisterhood has always been the glue that holds a congregation together because this organization is on the forefront of new ideas, plays, art, literature, movies etc. Please allow yourselves to be the recipients of these so we can keep the idea and the activities of "Sisterhood" alive and well. P.S. for those who have not had the best experience with Sisterhood in the past, come to meetings and make it better. Let's try to reach many congregants who have not had an opportunity to be part of this very important tradition.

Our Sisterhood Paid Up Luncheon will be a Sunday in October, keep October 21st in mind, since we no longer have a Men's Club, their cost will be \$10 to attend the event. Still looking for anyone who has Talent to help us present a Haimisha program.

Yahrzeits, September, 2018

SAMUEL REINHARD	09 01	SADIE FAVER	09 18
JEFFREY GOLDSMITH	09 03	JEROME GOTTLIEB	09 18
BEN GLASSBERG	09 04	ROSE MILGRAM	09 18
WILLIAM HELLING	09 08	YETTA LEVINE	09 18
STANLEY COHN	09 10	MORRIS KUSHNER	09 21
SAMUEL GERBER	09 11	IDA FRANCE	09 22
IRVING KORBERG	09 11	JEROME KUSHNER	09 24
IRIS KRAUSS	09 12	SOPHIE GLASSBERG	09 25
AARON SHILLET	09 14	ADELE CHISEL	09 25
LOUIS GLASSER	09 16	MILTON JONAS	09 26
	JACOB KATZMAN	09 27	

THE CONGREGATION MOURNS THE DEATH OF OF PAST PRESIDENT CONRAD SABIN. CONNIE AND HIS WIFE ANITA JOINED THE CONGREGATION IN JUNE OF 1959. BOTH WERE ACTIVE MEMBERS WITH CONNIE SERVING AS PRESIDENT MANY TIMES AND DOING ALL OF CBI'S LEGAL WORK. AFTER RETIREMENT TO CONNECTICUT, THEY DROVE HERE EACH YEAR FOR YOM KIPPUR. WE WILL MISS THE ANNUAL HUGS AS THEY ENTERED THE SANCTUARY.



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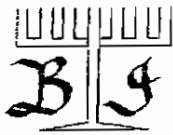


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