# The SCOOP

## The Happenings of Congregation Beth Israel

August 2024 | תמוז-אב תשפ"ד

Do you want to be more prepared for this year's Jewish High Holidays? Do you want this to be the year where you feel like you really know what's going on during the services and what is expected of you as an involved Jew?

We know there's more than a month of summer to enjoy, but it's not too early to begin taking steps to achieve a more intentional and meaningful Rosh Hashanah and Yom Kippur experience at CBI.

To enhance the High Holiday season, how about setting aside a period of time for reflection and prayer by engaging and seeking out modern Jewish prayer books or even an app on your smartphone to make ancient prayers more relatable? Why not try incorporating meditation and mindfulness practices in your daily life to deepen your spiritual connection to yourself and the Universe? Reading contemporary Jewish literature can also offer new perspectives and insights, and praying with more intention can open up doors that didn't exist beforehand.

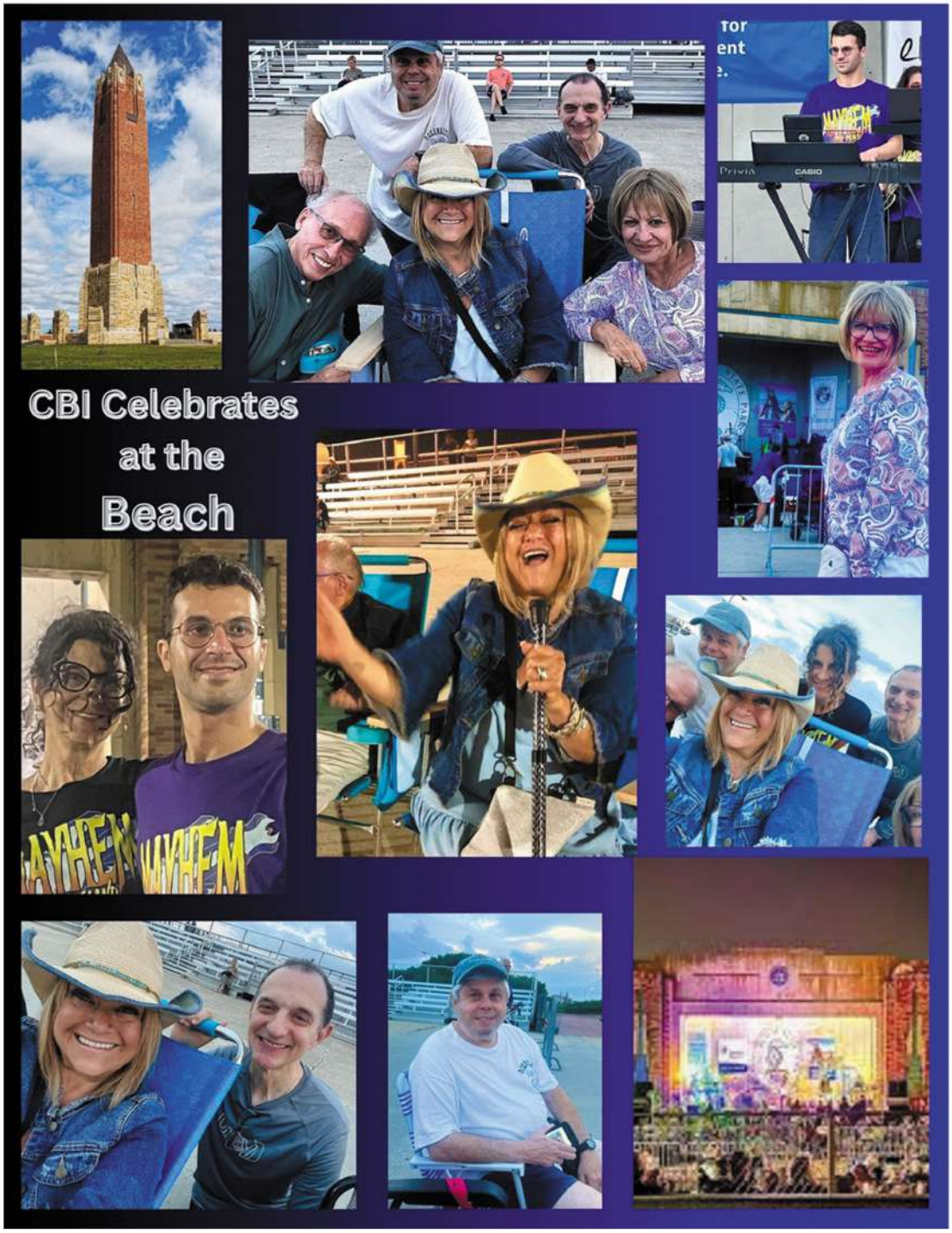
(Be on the lookout and plan to attend Rabbi Abe's "Tefilla Enrichment" classes starting in September to help you along this journey.)

Focusing on the holiday themes of repentance, forgiveness, and renewal inspires introspective thinking. Personalizing your prayers also helps you reflect on your life and provokes setting spiritual goals. Journaling your thoughts and prayers can help clarify your intentions and track your spiritual growth. All of these ideas can be incorporated, but you can obviously find what works for you.

As CBI Shabbat regulars can attest, participating in communal services can enhance one's spiritual life experience, making one's prayers more relevant and personal.

So, while you're still lying on the sandy beach or relaxing in your comfortable backyard this August, remember that the High Holidays are coming, and connecting with your spiritual side is something that would do your soul a real favor and give you more meaningful prayer experiences during the upcoming High Holidays--and beyond

Happy Summering!
The CBI Editorial Team




**On Tuesday, July 23, at the Jones Beach Boardwalk Bandshell …it was a glorious good time, as CBI friends enjoyed the fantastic music and supported Jackson Katz and his band Mayhem Long Island.**

## 100 THANKS TO ALL

Saturday, June 22, 2024, was a magical, exciting, joyful Congregation Beth Israel service for me— the first service after my actual birthday on June 16, when I, most fortunately, reached the age of 100.

In his inimitable way, Rabbi Abe managed to make reference to me in much of the service as well as in his speech, at which point he bestowed on me the honor of becoming Bat Mitzvah. All of this can never be duplicated anywhere!

AND, the synagogue's president, Dr. Richard Krauss, came from his home State of Delaware together with his wife, Debbie, to honor me by delivering a rewarding speech and my role as recording Secretary of the Board of Trustees.

To my surprise, during the luncheon, a representative from the Village of Hempstead, together with a photographer, also put in an appearance to present me with a certificate and to take photos.

Roberta Bouer outdid herself by decorating the surroundings with flowers and balloons. The catered meal provided was outstandingly delicious, very different from our usual after-service luncheons which are always very tasteful.

Last but far from least, my heartfelt appreciation to the Anonymous Donor who provided the funds to set this never-to-be-forgotten celebration in motion and to everyone who joined, thereby making this day incredibly special.

Everlastingly grateful,
Muriel Levine

## Message from the Comptroller

All the fiscal bills for the coming year have been mailed out to you. If you have not received it or misplaced any part/s of it (extra HH seats forms; Book of Life forms, etc.), please contact the office at 516-489-1818 or contact me directly at 516-486-5140.

If you leave a message at either of those numbers, someone will get back to you very soon.

Wishing you a great rest of the Summer,
**Marianne Baker**

# The Rabbi Speaks

Dear Friends,

Summer is usually reserved for the little, delicious pleasures of life—the cold drinks, the beach chairs, the outdoor concerts, and the basking in the sun's rays—be it at a beach, a mountain cabin, a park, or your front yard.

The lazy days of summer this year, though, belie the simmering tension that we all feel beneath the surface when it comes to Israel and its multifront wars that she was thrust into by her enemies and the political upheaval and circus in our country.

Things are not necessarily moving at that lazy summer pace but at a dizzying one that can make us all feel unmoored.

One way to feel focused in times like these is through intentional thoughtfulness, prayer, and community support. When we have rituals baked into our lives, especially ones of a spiritual nature, our spirits rise and our nerves calm.

Our community and synagogue are built for exactly this kind of scenario. Of course, we should always make synagogue life part of our own, but it is especially opportune to include it, specifically in uncertain and insecure times. With the High Holiday season approaching, it is an even better time to start engaging yourself in your Jewish community via CBI.

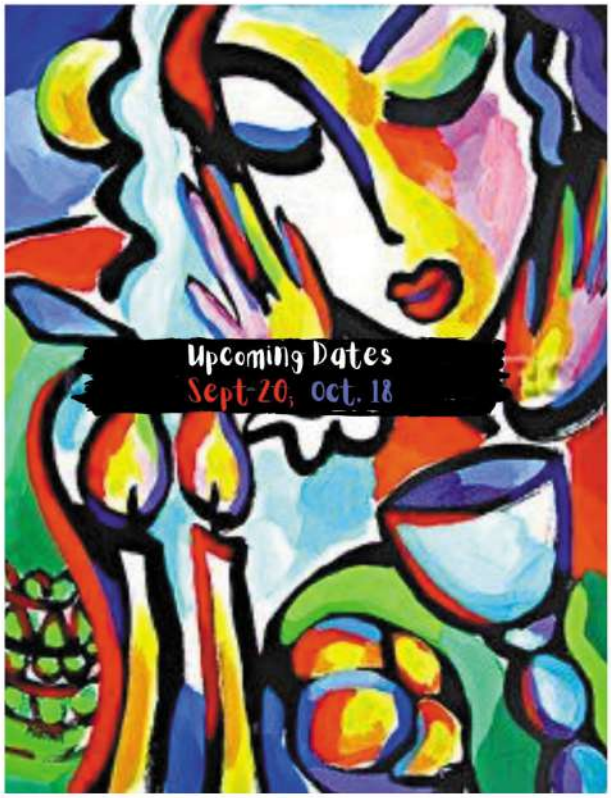
I look forward to the Jewish year ahead with more growth, both quantitative and, more importantly, qualitative. I am excited to see our community grow, not just in numbers but in the spirit and beauty that each individual and family brings to it when they engage with full-throated enthusiasm--as many of our new (and not-so-new) members have been doing. This includes being part of our soulful services in shul, as well as getting together outside the walls of CBI.

I wish you a beautiful rest of the summer in the sun (please remember to wear sunscreen!), and I look forward to and am excited to be your spiritual leader in the Jewish year ahead.

As always, please don't be shy about reaching out first.

Warmly,
Rabbi Abe

# Upcoming Events




## Musical Kabbalat Shabbat @CBI

Join us these Friday nights

**August 16**

September 20

October 18

**@7:30 PM**

**Oneg** to follow services

**Bring your friends and family**

## Its time to start thinking about 5785

***(and, no, that's not your dues balance)***

**Remember to reserve your seats, get in your dues, and prepare to celebrate the Jewish New Year with your CBI friends and family.**

**(only $60 pp for children and parents of our members in good standing)**

**For more info, email info@cbicg.org**

CBI Game Day: MAHJONG
Every Tuesday @noon at CBI
All Levels Welcome
Cover: $5
Bring your
kosher lunch and friends
RSVP by Monday to
Judi Slatsky at
jels244@aol.com
or 917-575-5443

Presents
BACK TO JEWISH SCHOOL
WITH RABBI ABE
is taking a break for the summer
we'll pick it back up in the Fall

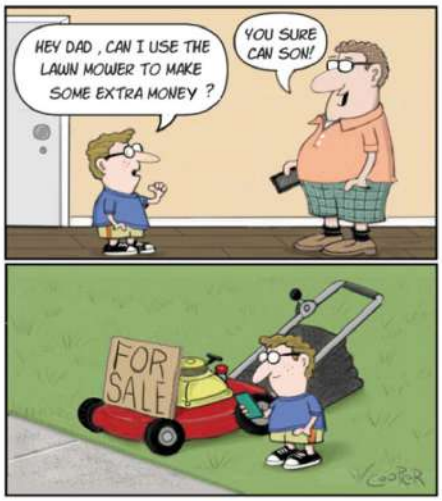
## Sponsor a **Kiddush** or **Oneg** to commemorate a **Simcha** or a **Yahrtzeit**

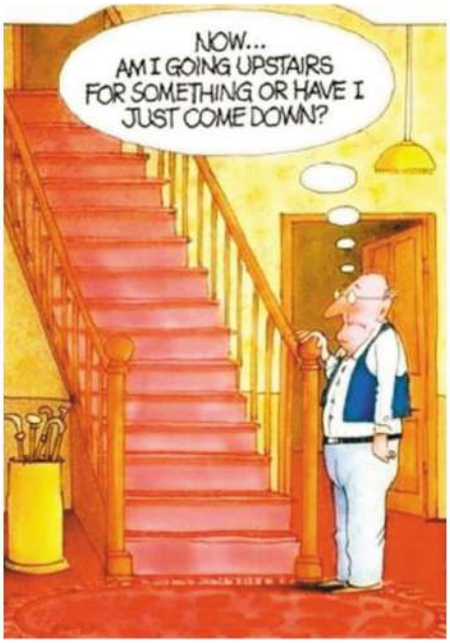
For more information
call/text 917-446-7983

**A BIG thank you to**

**Sam Seifman**
for sponsoring a sumptuous Kiddush on July 6 celebrating his son, Matt's recent MSW graduation.

**Bianca & Alex Sosnovski**
for sponsoring the kiddush on July 13
in honor of introducing their adorable son, Maxim, to the CBI community.





Come on, laugh a bit.
It will do yougood--
and then some.

# August Yahrzeits

- Saul Bouer 8-1
- Fannie Glasser 8-5
- Elaine Broder 8-8
- Isidore Guberman 8-9
- Ida Rothman 8-9
- Susan Zalkin 8-17
- David J. Atlas 8-19
- George Baker 8-21
- Pearl Gotlieb 8-22
- Harry G. Levin 8-22
- Alexander Goldberg 8-23
- Saul Steinger 8-23
- Max Weisman 8-23
- Lee Louzin 8-24
- Bella Wolff 8-28
- Isidor Becker 8-31

# In Memoriam & Yahrzeit Donations

**Robin Cinnamon** (Yahrtzeit)

**Judy Levy** (Yahrtzeit)

**Marianne Baker** (Yahrtzeit of George Baker)

**Sondra Bernstein** (Yahrtzeit of my father, David Volin)

**Amy Zaum** (for Yizkor--in memory of my parents, Blanche and Nathan Zaum--and for my dad's recent yahrtzeit)

**Roberta Bouer** (for the yahrtzeit of my father, Saul Bouer and grandmother, Fannie Becker)

**Mindy & Monte Leeper** (to Allie Wahrman and Family; In memory of Lesley Madfis Gold. May your grandmother's memory be for a blessing)

# Donations

**Marilyn & Sender Levine** (for Muriel's 100th birthday. It was an honor to be part of the service and reception)

**Tilda Lovinger** (honoring Muriel's big day)

**Elisa Rosen** (thanks for renewing her advertising in the Scoop till the end of this year)

**Marianne Baker** (congratulations to the Miljoners on the naming of that beautiful and active baby, to Roberta Bouer for all those swellegant kiddushim and onegs, and ger-well wishes to Alan Mantis)

**Marianne Baker** (to thank Alan Mantis for paying his dues before he received the bill and announcing his Yom Kippur pledge)

**Shari & Irv Miljoner** (to the Rabbi's Discretionary Fund with gratitude for the blessing of the baby naming of our dear granddaughter Alyvia Mar)

**Shari & Irv Miljoner** (in honor of the 100th birthday of Muriel Levine)

**Roberta Bouer** (in honor of Alyvia's Baby naming and kiddush. Mazel Tov to Shari & Irv Miljoner on this happy occasion!)

**Gail Broder Katz** (in honor of the 100th birthday of Muriel Levine)

**Elyse Zuckerman** (general donation)

## Promote Your Business

**Looking to promote your business, professional services,**
**or the opening of a new venture?**

**Consider supporting our synagogue**
**by advertising in our monthly newsletter.**
**Please reach out to info@cbicg.org**
**or 516-489-1818 for more info.**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## CONGREGATION BETH ISRAEL

141 Hilton Avenue
Cathedral Gardens, NY 11550
(516) 489-1818
info@cbicg.org
http://www.cbicg.com/