



Bethel-Harrisonburg.org

The purpose of this congregation shall be to worship God in accordance with the faith of Judaism; to cultivate a love and understanding of the Jewish heritage; to strengthen the ties within the Jewish community; to strengthen the bonds of loyalty with the Jewish people everywhere; to bring nearer the Dominion of God on earth through an emphasis on the principles of righteousness and harmony in society at large, and to engage in social action projects in pursuit of social justice and Tikkun Olam (repair of both the human and nonhuman components of the world).

SEPTEMBER 2019

A MESSAGE FROM OUR PRESIDENT

From the board, 8/19/19

- Michelle Ornstein sent out the overview/update on security measures letter to the congregation and contacted several congregants to verify their participation in High Holiday preparations.
- Judy Liss & Maureen Goldberger finalized the S'lichot invitation. Maureen will do the Shanah Tovah greeting mailing. Leslie Harris & Margee Greenfield will work on the High Holiday honors and readings again this year. *Please say yes when they ask for your participation in the High Holidays.*
- Bill Ney (treasurer) reported that not everyone has paid their dues. While we acknowledged that summer distorts a sense of urgency, we hope that all dues are paid in a timely manner. We rely on due for operating costs. Please take care of this obligation.
- Building & Grounds Committee: Ron Ornstein reports that there has been ongoing yardwork. The fire inspector came by, and we have made adjustments to bring us up to code. We are awaiting his return for a follow-up visit. Bill Ney and Andy Kohen have completed the external lighting, and Bill finished the power-washing. Ron expressed thanks to them for their work, as well as to Michelle Ornstein and Phil Renick for the picnic table donations.
- Music Committee: Choir practice began August 18, with several new members.
- Ritual Committee Report: We received 125 additional copies of Mishkan T'fillah that we received (free of charge) from the Reformed Temple of Rockland, NY.
- Donation Guidelines: We discussed consideration for spending amounts for charitable donations. The Treasurer continues to keep track of these donations. It is generally felt that the Social Action Committee should field and review who should receive these donations, and bring their recommendations to the board.
- Additionally: The board supported having an information table at the Pride Festival next month. More information to follow regarding implementing. The board supported the idea of having an inventory of medical supplies to share. Michelle will discuss this with Eric Kramer. Michelle also presented information about the Threshold Choir, a service of singing as healing, available to congregants in need.
- More High Holy Day preparations: Ron Rubin has contacted HCPD for additional security. Baby sitting services will be offered. We are contacting possible sitters. More information to follow.

Michelle Ornstein, board president

MY (MONTHLY) WORD!

“Looking Inside”

My Wilmington predecessor's mother said that in *Elul*, the month before *Tishr*, the first day of which is Rosh Hashanah, the butcher in their little Russian *shtetl* (small town) wouldn't put his finger on the scale when weighing the meat. What a guy! I guess the butcher knew he had to change his ways (“weighs”??) ...at least for a month!

The month of *Elul* is the time for us to take an “inventory (or accounting) of the soul,” in Hebrew a *cheshbon ha-nefesh*. In general, we all know what should change in our relationships and in our habits. The holydays therefore don't start on Rosh Hashanah but on the first day of the entire month preceding it. After all, sports figures don't wait until opening day to prepare for the season, so why should we? And, as many have said, the Days of Awe can be **far more meaningful** if we take advantage of that opportunity.

A key to an effective inventory/accounting is to remember the Divine admonition given to our People (Deuteronomy chapter 30:19), *“I have set before you life and death, the blessing and the curse. Choose life that you and your children may live.”*

We make choices that all too often are not the blessings they should be, not for us, nor for our children, nor for our congregation, nor for our community. They might not be a “curse,” but our better self - the blessing potential - often hides. Our better self should be ever-present and reachable; it can be if we give serious thought to what that positive power can mean to those around us...and ourselves.

Tradition calls the better self the *yetzer tov* and the less-than-better self the *yetzer ha-ra*, literally the “good inclination” and the “evil inclination.” What I picture is that old cartoon image of the person with an angel on one shoulder whispering, *“Do what's right,”* and on the other shoulder a devil whispering, *“Do what's the fun thing to do.”*

How we picture it and what we call it doesn't matter, as long as we acknowledge our imperfections, as long as we focus on our “better self,” how we can make better choices in the year ahead. It takes some effort which is why the sages suggested that the *cheshbon ha-nefesh* takes place during the entire month preceding our new year.

See what it can do for you and your loved ones. You can do this *cheshbon ha-nefesh* all alone in the privacy of your heart, or maybe as a family. It might very well be a most eye-opening and therapeutic exercise.

'Til next month.

Leadership

Rabbi: Peter H. Grumbacher

President: Michelle Ornstein

Vice President: Joshua Linder

Treasurer: Bill Ney

Secretary: Phil Renick

Corresponding Secretary: Gale Clemons

Trustee: Lester Mintzer

Trustee: Eric Rynar

Trustee: Ron Ornstein

Past President: Andy Kohen

At large member: Amanda Friss

At large member: Ron Rubin

Sisterhood Presidents: Sherri Alt + Rebekah Greenfield

Men's Club President: Lester Mintzer

Religious School Principals: Dara Hall + Liz Webb

Bridge Editor
Elliott Golub
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540-289-5336

YAHREZEITS

02 Lena Paul Miller

03 Beverly Zindler 2011

05 Rose Minskoff 1942

Edythe Sanders 1959

James Handley 2015

06 Arthur H Hirsch 1940

Thomas Blatt 1956

Dr. Alfred Agrin 2004

08 Rabbi Stephen Levinsohn

Norman Kaiser

Member

Member

Member

Member

Jerry Minskoff's Mother

Bill Ney's & Leo Zindler's Great Aunt

Mary Handley's father

Franklin Blatt's Uncle

Cathy Brookshire's Father

Student Rabbi at Beth El

Paula Kaiser's Father

10 Lee G Loewner	1936	Member	
11 Alfred Raff	1981		Irma Nemoytin's Father
Gilbert Litvin	1969		Herb Rodbell's Cousin
12 Sidra Nemoytin Dubell	1993	Member	
16 Fannie Myerberg			
Harry Blatt	1959	Member	Frank Blatt's Father
Bertha B Kaye			Ruth Clayman's Sister
Barbara Clayman Callihan	1990		Harry & Ruth Clayman's Daughter
Beth A Ney	2000	Member	Eddie Ney's Mother
17 Virginia Pearl Blatt	2018		
18 Roslyn Loewner	1940	Member	
Solomon Loewner	1927	Member	
Gladys Wise	1919	Member	
Joseph Ney	1988		Bill Ney's Father
19 John "Bud" Shapiro	2008		Becky Mintzer's Father
20 Simon Marrick	1972		
Samuel R. Nebelkopf	1961		Shirley Merlin's Father
21 Kattie Ney	1877	Member	
23 Kalman Meyer	1964		Joyce Helbraun's Father
25 Berdie F Ney	1942	Member	
Kattie Iseman	1909		
Nettie Berney			
Theodore Weiss	1952	Member	
Ben Handler	1973		Lenny Handler's Father
Sara Loewner	1982	Member (Sissy)	
27 Samuel Fisher	1968		
Alexander Nemoytin	1967		Gene Nemoytin's Father
29 Belle Neckowitz			Alan Neckowitz's Mother
Julius Berman			Lenny Berman's Father
Charles Rodbell	1968		Herb Rodbell's Father

DONATIONS

To the Yahrzeit Memorial Fund

Nancy Stewart in memory of John Stewart (Her Husband).

Lois Poster in memory of Jord Poster and Marvin Poster (Her Son and Husband).

Alan Poster in memory of Rose Poster Carr (His Mother).

Eddie and Margee Ney in memory of Irving Ney (Eddie's Father)

Ron & Michelle Ornstein in memory of Chuck Slott (A Dear Friend).

To the General Fund

Penny Williams

To the Beth El Congregation Two Picnic Tables

Phil Renick

Michelle & Ron Ornstein

SISTERHOOD

Just a little Sisterhood news as the summer is closely ending! The Sisterhood board met the end of July and scheduled our events for the calendar. We are looking forward to getting together again!

The first Rabbi service is Friday, September 6, the Sisterhood Board will be hosting the oneg that evening.

Our first meeting will be Wednesday, September 11, 2019 at 6 pm at the Temple. A welcome dinner will be served, planning and already will need to be ready to get to work! Please plan to join us, I am looking forward to seeing everyone. If you have not spent time with us in the past, consider joining us on the 11th, we would love to get to know you and have you involved in all we do during the year.

LulaRoe is our first fundraiser set for 9/15/19, please mark your calendars to help and/or come by and shop! More information will follow.

Please give me or Bekah Greenfield a call if you have any questions or need more information about Sisterhood!

Sherri Alt, Bekah Greenfield

Sisterhood Co-Presidents

ANNOUNCEMENTS

Beth El linear calendar 2019-2020 as of 8/22/19
Men's Club, Sisterhood, & SHORTY meetings not included.
Please see organization emails.

AUGUST

Sunday, August 25: First day of Religious School ---Parent Meeting @ 9:30 AM

SEPTEMBER

Sunday, September 1: No Religious School (Labor Day)

Friday, September 6: Rabbi Grumbacher Torah mantle dedication

Sunday, September 8: Religious School

Wednesday, September 11: First Sisterhood meeting @ 6:00PM (Social Hall)

Friday, September 13: Lay service @ 7:30 PM

Sunday, September 15: Religious School / LulaRoe Noonish-3:00PM

Monday, September 16: Board meeting

Friday, September 20: Rabbi Grumbacher

Saturday, September 21: S'lichot Dinner @6PM (see invitation)/ service @9:PM

Sunday, September 22: Religious School

Friday, September 27: Lay service

Sunday, September 29: Erev Rosh Hashanah @ 8:00 PM

Monday, September 30: Rosh Hashanah @ 10:00 AM

OCTOBER

Friday, October 4: Lay service

Sunday, October 6: Religious School (HH focus. See RS calendar.)

Yiskor @ the cemetery @ 1:00PM

Tuesday, October 8: Kol Nidre @ 8:00PM Rabbi Grumbacher

Wednesday, October 9: Yom Kippur @ 10:00 AM Rabbi Grumbacher

Friday, October 11: Lay service

Sunday, October 13: Religious School Sukkot celebration @ 11:00AM

Friday, October 18: Rabbi Grumbacher Pizza in the Hut@6:30PM/ services @ 7:30PM

Sunday, October 20: Religious School & Congregation Simchat Torah celebration

Monday, October 21: Board meeting

Friday, October 25: Rabbi Grumbacher Community Awareness Shabbat

Sunday, October 27: Religious School

NOVEMBER

Friday, November 1: Lay services

Sunday, November 3: Religious School / Noonish: Washington Football & Chili Cook-off

Friday, November 8: Lay service

Sunday, November 10: Religious School

Friday, November 15: Rabbi Grumbacher

Saturday, November 16: Kulanu speaker (time TBD)

Sunday, November 17: Religious School Global Day Family Education

Monday, November 18: Board meeting

Friday, November 22: Rabbi Grumbacher

Saturday, November 23: Religious School Shabbat Service @10:00 Lunch to follow.

Friday, November 29: Lay service

DECEMBER

Sunday, December 1: No Religious School
Friday, December 6: Lay service
Sunday, December 8: Religious School
Friday, December 13: Rabbi Grumbacher
Sunday, December 15: Religious School
Monday, December 16: Board meeting
Friday, December 20: Lay service
Sunday, December 22: No Religious School / Chanukah dinner 6:00PM
Monday, December 23: Open Doors
Friday, December 27: Lay service
Sunday, December 29: No Religious School

JANUARY

Friday, January 3: Lay service
Sunday, January 5: Religious School
Friday, January 10: Lay service
Sunday, January 12: Religious School
Friday, January 17: Lay service
Sunday, January 19: Religious School Parents Appreciation luncheon @ 12:00
Monday, January 20: Board meeting
Friday, January 24: Lay service
Sunday, January 26: Religious School
Friday, January 31: Rabbi Grumbacher /Ski Weekend

FEBRUARY

Sunday, February 2: Religious School
Friday, February 7: Rabbi Grumbacher
Sunday, February 9: Religious School & Congregation Tu Be'Shevat Celebration 11:00AM
Friday, February 14: Lay service
Sunday, February 16: Religious School
Monday, February 17: Board meeting
Friday, February 21: Men's Club Shabbat
Sunday, February 23: Religious School
Friday, February 28: Rabbi Grumbacher
Saturday, February 29: Cai Johnstone-Yellin Bar Mitzvah

MARCH

Sunday, March 1: Religious School
Friday, March 6: Lay service
March 8: Religious School & Congregation Purim Celebration 11:00AM
Friday, March 13: Lay service
Sunday, March 15: Religious School
Monday, March 16: Board meeting
Friday, March 20: Rabbi Grumbacher
Saturday, March 21: Interfaith Dinner 5:30PM
Sunday, March 22: Religious School
Friday, March 27: Rabbi Grumbacher
Sunday, March 29: Religious School

APRIL

Friday, April 3: Rabbi Grumbacher

Sunday, April 5: No Religious School
Thursday, April 9: Passover Seder @ Temple 6:00PM
Friday, April 10: Lay services
Sunday, April 12: No Religious School / Matzah Brei Social @ 12:30PM (tentative)
Friday, April 17: Rabbi Grumbacher
Saturday, April 18 : Pizza Bingo! 5PM
Sunday, April 19: Religious School
Monday, April 20: Board meeting
Tuesday, April 21: Yom Ha Shoah service 7:30PM
Friday, April 24: Lay service
Sunday, April 26: Religious School

MAY

Friday, May 1: Rabbi Grumbacher
Sunday, May 3: Religious School
Friday, May 8: Sisterhood Shabbat
Sunday, May 10: No Religious School
Friday, May 15: Rabbi Grumbacher Confirmation
Sunday, May 17; Religious School Lag Be'Omer & Potluck @ 10:00AM
Monday, May 18: Board meeting
Friday, May 22: Lay service
Friday, May 29: Rabbi Grumbacher
Saturday, May 30: Troy Kramer Bar Mitzvah
Sunday, May 31: Annual meeting tentative)

JUNE

Friday, June 5: Lay service
Friday, June 12: Rabbi Grumbacher

TBD: Torah study
Havdalah services
Genizah service
Lay service leaders
Leading lay services using Mishkan T'fillah workshop/refresher for those interested .

**Beth El Sisterhood
presents**

LuLaRoe

Clothing Show

Sunday, September 15th

12 noon – 3 pm

In the Social Hall

**Comfy and stylish tops, skirts, dresses, sweaters,
and leggings**

**Light refreshments and a fun time shopping for
the Fall. Please come by!!!!!!**



First Step Wish List

SHELTER SUPPLIES

eraser sponges (Mr. Clean Magic Erasers)
clorox or lysol wipes
wet & dry swiffer refills
bleach & no chlorine bleach
bathroom/toilet cleaners
borax
hand sanitizer
dish detergent
liquid hand soap
disposable gloves
trash bags (13 & 30 gallon)
toilet paper
paper towels
laundry detergent (HE & sensitive skin)
fabric softener
laundry stain remover
laundry baskets
wheeled storage bins with drawers
under bed plastic storage containers
towels
bath rugs
hotel grade shower curtains
heavy duty shower liners
new bed pillows
twin size bedding & linen sets
rubber mattress covers
coffee makers

PERSONAL ITEMS

shampoo, conditioner, & body wash (full size)
African American hair products
sunscreen & body lotion (full size)
vaseline
shaving cream & razors
deodorant
maxi pads & tampons
baby shampoo, oil, lotion, & bath soap
diaper rash cream
baby wipes
diapers & pull ups (size 3, 4, 5, 6)
first aid supplies
antibiotic ointment, alcohol, & peroxide
tweezers & baby nail clippers
manicure sets & eye masks
hair brushes & combs
pajamas, bras, & underwear
sneakers, rain boots, & croc style shoes
flip flops & slippers
sunglasses
purple draw string bags
alarm clocks
umbrellas
purse sized flashlights
journals
adult coloring books
infant & toddler toys

Don't have time to go out to the store? Shop and order through smile.amazon.com and choose "First Step: A Response to Domestic Violence" as the designated charity! A portion of your purchase will be donated to First Step at NO EXTRA CHARGE TO YOU! Have items delivered to:

First Step: A Response to Domestic Violence at 129 Franklin St. Harrisonburg, VA 22801

FOOD

crackers & packaged snacks
saltine crackers
cereal & oatmeal
cookies & graham crackers
granola bars
flour, baking powder, & baking soda
instant noodles, pasta, & soup
spaghetti sauce

cooking oil
pudding & jell-o cups
cake & brownie mixes, icing
raisins & dried fruit
fresh fruit (oranges/apples)
water bottles
sports drinks
juice (bottles, packets, & boxes)
drink mixes (kool-aid, crystal light, etc.)
shelf stable milk (liquid & powdered)

ground coffee
tea bags
powdered & individual creamers
coffee filters (cylinders)
sugar & artificial sweeteners
condiments & spices
peanut butter & jelly
canned chicken, tuna, & other meat

HOUSEHOLD ITEMS

small household items for residents moving into new apartments or homes! #housewarming

electric pump air mattresses
sheets & towels
measuring cups & spoons
dish sets, cups, mugs, & utensils
can openers & spatulas
pots/pans/bowls
small appliances
shower curtains & rings
strollers
pack-n-plays

Specific items can be found on our wish lists at Wal-Mart and Target. Just add those items to our cart, check out, & ship to First Step or drop them off! If you have any questions, give us a call at (540) 434-0295.

GIFT CARDS

At times, First Step residents need items that First Step does not have (i.e. perishable food, job specific clothing & shoes, gas for vehicle, etc.). Gift cards are used when there are no other community resources to provide the items.

Dollar General
Food Lion
Roses
Wal-Mart
Ross
Gas stations
Hair salons
Barber shops
Clothing & shoe stores

TARGET WISH LIST

tgt.gifts/FirstStep-129

OFFICE SUPPLIES

batteries (AAA, AA, C, & D)
accordion folders
lined notepads & journals
notebooks
business envelopes
stamps
permanent markers
highlighters
binders
dividers
loose leaf paper
scissors
pencil pouches & boxes
pencil sharpeners

WAL-MART REGISTRY

go to:
<https://www.walmart.com/cp/3774807>
and search:
"First Step"
we're the first & only ones!

SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
SHORTY Meeting	Labor Day				Sisterhood Oneg	
8	9	10	11	12	13	14
			Sisterhood Meeting 6 PM			
15	16	17	18	19	20	21
LuLaRoe 12 – 3 pm	6:30pmBoard Meeting	Election Day				
22	23	24	25	26	27	28
29	30	1	2	3	4	5
Erev Rosh Hashana	Rosh Hashana (New Year)	Rosh Hashana II (New Year day 2)				