



# Congregation Beth El Bulletin

Elul 5775 - Cheshvan 5776  
September - October 2015

## Selichot

### Saturday, September 5th

Join the Joint Conservative Congregations of South Hampton Roads  
Beth El - Temple Israel - Temple Emanuel - KBH Kempsville Conservative  
for our **annual pre-High Holiday Selichot** program and services featuring:



### “The Lady in Number 6”

A film about music, survival, emotion, recovery and joy.

<https://www.youtube.com/watch?v=LrXHcQyixTE>

Discussion to follow led by Cantor Wendi Fried and Rabbi Michael Panitz  
connecting the film’s themes to those of the High Holidays.

**Selichot services coordinated by Beth El’s new cantor, Wendi Fried.**

The Selichot services combine sacred music and readings to bring us into the High Holiday season  
with appropriate meaning, focus and spirit.

Hosted at Beth El on Saturday night, September 5th

8:00 pm - Dessert reception and Havdalah - Caplan/Gordon Atrium

8:30 pm - Screening of “The Lady in Number 6” - Myers Hall

9:20 pm - Discussion of the Film and High Holidays - Myers Hall

9:45 pm - Selichot services - Sanctuary

10:45 pm - Conclude with Sounding of the Shofar

## SERVICE SCHEDULE FOR THE FALL HOLIDAYS

### Rosh HaShanah

#### Sunday, September 13th

#### **Erev Rosh HaShanah**

Congregational Service 5:45 pm

Family Service 5:45 pm

#### Monday, September 14th

#### **First Day**

Congregational Morning Service 8:15 am

Babysitting 9:30 am

Children’s Programming (K-7) 10:00 am

Tashlich (at the Hague) 5:30 pm

Mincha-Maariv 7:00 pm

### Tuesday, September 15th

#### **Second Day**

Congregational Morning Service 8:15 am

Babysitting 9:30 am

Children’s Programming (K-7) 10:30 am

Mincha-Maariv 7:00 pm



*cont. on page 6*

## I'm Dreaming of a White Yom Kippur

### By Rabbi Arthur Ruberg with a "Shout Out" to Irving Berlin

#### Introduction by Rabbi Jeffrey Arnowitz

##### Introduction - RJA

It may seem obvious to state it, but what we see has a profound effect on how we think and feel at any given moment. We experience this reality everyday - it is why food often tastes better when eaten in a nice looking restaurant, why home feels more comfortable when it is clean and uncluttered, why we cover our walls and surfaces with pretty things. We are unconsciously moved by what we see and so we consciously seek to control what is around us.

Judaism embraces this obvious fact of human nature. It is why we fill our homes with beautiful Jewish objects like a mezuzah on every door and Jewish art. It is why we use beautiful objects to perform mitzvot when ordinary ones would do just as well. For example, we use a silver Kiddish cup on Shabbat when a dixie cup would suffice or make a *ketubah* (wedding contract) into a beautiful work of art when it would be just as valid on a piece of loose-leaf paper. It is why we make our synagogues beautiful and why the architectural focus of every sanctuary is the ark and the Torah within it.

Each of these practices are meant to inspire feelings and ideas like "this is valuable," "this is spiritual," "this is important in every aspect of our lives or everywhere we spend our time." These practices are meant to manipulate our emotional connection to objects and moments so that we can tap into the beauty and holiness in the world at a deeper and even subconscious level so that we can get more out of every moment.

Manipulating our visual cues is a well-established practice in Judaism, which is why when Rabbi Ruberg shared the idea below I was so enthusiastic about it. It is a great idea, a chance for us all to create a meaningful moment at a deeper level, to take an already poignant moment and help it affect us more deeply. So, I hope you will participate for all of our sakes and I will see you on Yom Kippur in white - I promise you won't be the only one in white - as always, I'll have my *kittel* on.

##### I'm Dreaming of a White Yom Kippur - RAR

For a long time, Beth El fashion on Yom Kippur was more or less defined by the dress at the Kol Nidre Torah procession-tuxedos or dark suits for men and fashionable dark colored dresses for women.

Over the years as Beth El's rabbi, I came to believe that by encouraging that mode of dress, we were giving the wrong message about Yom Kippur. In traditional Jewish practice, Yom Kippur's color was white, not black. While the mood in the synagogue is solemn, we feel that we are getting a new start and looking ahead to a good year. Women come in white outfits, like a bride in a white dress that signifies the start of a new life. Traditionally men came dressed in a white robe-like garment called a *kittel*, again symbolizing the clean slate and our new beginning on the High Holy Days. As the years went on, and I began to mention from the pulpit the significance of wearing white to shul on Yom Kippur, patches of white began to appear in the sanctuary, and while some women began to save their white outfits for Yom Kippur, the Cantor and I were pretty much the only men not dressed in dark suits.

For the last four years, I have enjoyed sitting in the congregation on Yom Kippur as Rabbi Arnowitz conducts the service on the bimah. I now have time to think and contemplate much more than I did when I would always be thinking about whether the next ark opener was coming to the bimah on time, or whether it was time to change the pace of the service by adding an explanatory comment, an English reading or a joke. I began to dream about how special it would be, indeed how spiritual it would feel, if somehow the sanctuary would be filled with people dressed in white. How impressive it would be if we could create an environment punctuated by a "sea of white."

That dream became more immediate last year because of a strange coincidence of days and dates. Last year, Yom Kippur day coincided with one of Old Dominion's football Saturdays. In recent years, since ODU has restored and upgraded its football program, football games at Old Dominion have become a big deal in our community.

On that day last year, the ODU athletic department called for a "whiteout." A whiteout in sports stadiums and arenas around the country means that all the fans come dressed in white. For a day they put away their blue sweatshirts and tee-shirts in favor of all white, creating a "sea of white" atmosphere that unifies the fans and inspires the home team. Invariably, when the call goes out for a "whiteout game" it works, and it is certainly very impressive when the TV cameras show everyone dressed in white.

That's when I realized that my "impossible dream" of a white Yom Kippur might be possible after all. If they can create a "sea of white" at Foreman Field, we can do it at Beth El too. I spoke about it with Rabbi Arnowitz, and with his encouragement, came up with a plan.

Here's how it works. I suggest that this year, when men come to synagogue on Yom Kippur Day, leave your jackets at home (or in the car). Just wear a white shirt, with a tallis on top. If you have a white kippah, bring it. (Besides, our Beth El "off the racks" kippot are white anyway.) As before, women are encouraged to wear a nice white outfit. If there are enough white shirts and white outfits this Yom Kippur, what will we have? A spiritual whiteout!

The atmosphere in the sanctuary on Yom Kippur is always special, especially during "prime time" in the late morning when almost all the seats are filled. How much more special it could be this year if we fill them with a "sea of white."



**Rabbi Jeffrey M. Arnowitz**

To my new Beth El family,

I would first like to say how honored and excited my family and I are to join this wonderful community! We hope, as many of you have expressed to me as well, that it is the beginning of a long and enriching relationship. In my first message to you over the weekly email, I spoke about my love for the Shehecheyanu prayer and the beauty of recognizing the blessings in your life. Well, over the past month I have had numerous opportunities to say this prayer. Some of those moments include moving into our new home, my first Shabbat at Beth El, my first Bar Mitzvah lesson in my office, my first meet and greet, my first staff meeting... and many more! It has been a wonderful month full of more blessings than I can count!

Another in that long line of Shehecheyanu moments is my first message to you here in the Bulletin. This message in particular comes with its own weight. I hemmed and hawed over what to say in my FIRST article. However, what kept coming to me to share with you was a message about prayer (which we Jews do a lot of) that you will hear me say often if you haven't already heard it from me. That message is to "Pray with a goal!"

The coming month will bring many opportunities for time spent together in prayer. This is a special time of year. a time where we will explore what our souls look like in our own eyes, in the eyes of the community, and in the eyes of God. Typically during the year, people come to shul for different reasons. Whether it is out of a sense of commandedness, or family tradition...because of social reasons, because you love to pray, or just because you have to...all these reasons are valid. During the High Holiday season, it is my experience that most people come with a sense of purpose and wanting more than usual for themselves and their prayer experience...wanting connection and to be touched by the liturgy in some way. Why doesn't this happen all the time? Mah nishtana hazman hazeh? Why is this time of year so different? I would assert that it is different...people feel closer to God and to a sense of renewal. There is much to be said for the idea of a new year and a new slate. However, it is my fervent wish for us all this year that we are able to find that connection, not just during the holidays but EVERY time we come to shul. Come to shul with a goal in mind. Maybe this Shabbat you will be praying for peace and will spend extra time on those prayers...or maybe you will be praying for someone's healing. Whatever it is, find your goal for the day and pray with that in mind. My wish for you is that for at least one moment of the service you will connect with God, with yourself, with the community. It might take some practice to get there, but I know I speak for the Rabbi and myself when I say that we would love to help you reach that goal every time you come to shul! How we can do that together is a conversation that I would love to have with every one of you! My door is always open, and my ear and shoulder are ready for you! Until then, may you have a wonderful holiday season and a meaningful new year! May your shehecheyanu moments be plentiful and may your blessings be bountiful!

L'shanah tovah umetukah!

Cantor Wendi



**Cantor Wendi Fried**

## A message from our synagogue president, Jerry Kantor

With the High Holiday season fast approaching, I want to wish all of you a heartfelt and healthy New Year.

It is a real honor to serve as the President of your congregation. Along with your very talented Vice-Presidents, Betsy Karotkin, Linda Samuels, and Alex Pomerantz, we are striving to make Congregation Beth El the premier conservative synagogue in Hampton Roads. Helping us to do that is Rabbi Arnowitz, who is energetic, enthusiastic, and knowledgeable. We are delighted to have extended his contract for another five years. In addition, we welcome Cantor Wendi, her husband, Gigi, and children, David, Yoni and Rafi. Cantor Wendi is warm and engaging. We are thrilled she has become part of our Beth El family. We are also extremely fortunate to have our Education Director, Sharon Wasserberg, our Executive Director, Pam Gladstone, who has been the glue around Beth El for the past twenty-five years, and her extremely capable professional staff, as well as our Rabbi Emeritus, Rabbi Ruberg, who is always pitching in to help wherever and whenever he is needed. If I must say so myself, we all work diligently to make Beth El a safe and secure place to worship, to learn and to meet.

Again, I want to remind you that I would appreciate any suggestions, complaints or compliments. Please send them to [jjkantor.bethel@gmail.com](mailto:jjkantor.bethel@gmail.com). Thank you for helping us to achieve the best for Congregation Beth El. I look forward to greeting you over the holidays.

L'Shana Tova Tikatevu



**Jerry Kantor, President**





## TASHLIKH

**Monday, September 14th at 5:30 pm  
Olney Road and the Hague**

Join Congregations Beth El and B'nai Israel as our community celebrates this first day of 5776 together. The custom of tashlikh, symbolically placing our sins from the past year onto small pieces of bread and throwing them into the water, is one of the most memorable and meaningful of our Rosh Hashanah customs, especially for kids. Rabbi Haber, Rabbi Arnowitz and Cantor Wendi will lead us in a few introductory prayers and songs, and then we'll each pitch our "sins" into the water.

Tashlikh is a BYOB event (Bring Your Own Bread, and bring some to share in case someone forgets). Tashlikh is a rain or shine event, so see you there regardless of the weather!

## ANNUAL CEMETERY SERVICE AT FOREST LAWN CEMETERY SEPTEMBER 20th - 12:30 PM

Connect with the spirit of loved ones who are no longer present in your life. It is customary to visit the graves of family members who have passed on during the High Holy Day period. Rabbi Arnowitz and Cantor Wendi will lead a special service at Forest Lawn Cemetery on **Sunday, September 20th at 12:30 pm.** Following this short service, plan to visit the graves of your relatives. It's the right way to honor the memory of those who meant so much to you.

## A Moment for Healing - A Spiritual Approach to the High Holidays



### Kavanah to Kaparah - Turning to God with Intention

Join Cantor Wendi and Rabbi Arnowitz, **Thursday evening, September 17th**, at the home of Sofia and David Konikoff on their deck overlooking the ocean. Kavanah to Kaparah is a brief and meaningful service to prepare us for Yom Kippur by helping us heal from the wounds and illnesses of the past year.

Cantor Wendi teaches her colleagues about how to make a meaningful healing service, and so we are all looking forward to benefitting from her expertise in our own spiritual journey of the High Holiday season.

We will gather at the Konikoff home at 5006 Oceanfront Avenue in Virginia Beach at 6:30 pm. Refreshments and desserts will follow after the service. Please let us know to expect you by calling the synagogue office at 625-7821.



**Shofar Idol will happen this year! The judges may be different, but the drive to find and crown the newest shofar master remains. As is our custom, Shofar Idol will take place on the second day of Rosh Hashanah (Tuesday, September 15th)**

**It's the great Yom Kippur "White Out"**



This Yom Kippur leave the suit jackets home. Get those white button-downs cleaned and make sure those white dresses are spotless. It's a Yom Kippur "white out" at Beth El. It is traditional to wear white on Yom Kippur - it is a symbol of purity and light. This Yom Kippur we are going to fill the sanctuary with white. Hey, if they can do it at an ODU football game, we can do it at Beth El!

Please come to Yom Kippur services in your whites - white shirts for men, white shirts and/or dresses for women. Help us fill our eyes with visions of purity to help remind us to purify our hearts and our lives on this most meaningful of days.

**HIGH HOLIDAY SECURITY**



The police officers have been instructed that NO ONE will be allowed in the building without a current High Holiday ticket (pink or peach this year). If you do not have a ticket, you will be stopped at the door. You will have to provide a valid ID which will then be checked against a master list of our members as well as guests.

This year you will be issued a green parking tag for your vehicle along with your High Holiday tickets. If you need additional tags, please call the temple office. You must have this green tag displayed on your rear view mirror in order to drive on Shirley Avenue and Spotswood Avenue or to be able to park in any of the synagogue parking lots.

**HIGH HOLY DAY CHILDREN'S SERVICES AND BABYSITTING**

**Erev Rosh Hashanah, Sunday, September 13th**

5:45 pm.....Family Service

**Rosh Hashanah, Monday & Tuesday, September 14th & 15th**

10:00 am - 1:30 pm (1st & 2nd day) .....Babysitting

10:00 am - 11:00 am (1st day) ..... Family services K through 7th grade

10:30 am - 11:00 am (2nd day).....Youth services K through 7th grade

**Kol Nidre, Tuesday, September 22nd**

6:15 pm.....Babysitting

**Yom Kippur, Wednesday, September 23rd**

10:00 am - 2:00 pm .....Babysitting

10:00 am - 2:00 pm .....Youth programming K through 7th grade

Our pre-school program will consist of holiday and Yom Tov appropriate activities staffed by Beth El members and supervised by professional sitters.

At the end of services, all children should be picked up in the Gordon Education Wing.

Kiddush lunch and snacks will be provided.

## SERVICE SCHEDULE FOR THE FALL HOLIDAYS cont.

### Yom Kippur

#### Tuesday, September 22nd

##### Erev Yom Kippur

Kol Nidre	6:15 pm
Babysitting	6:00 pm

#### Wednesday, September 23rd

##### Yom Kippur Day

Congregational morning service	9:00 am
Babysitting	10:00 am
Children's programming (K-7)	10:30 am
Yizkor memorial service	12:45 pm
Study session with Rabbi Arnowitz	3:15 pm
Mincha	4:15 pm
Neila	5:30 pm
Maariv	7:20 pm
Blowing of shofar and havdalah	7:30 pm

#### Sukkot, Shemini Atzeret and Simchat Torah

#### Sunday, September 27th

##### Erev Sukkot

Mincha-Maariv	5:45 pm
---------------	---------

#### Monday, September 28th

##### First Day Yom Tov

Congregational morning service	9:15 am
Children's programming	11:00 am
Mincha-Maariv	6:30 pm

#### Tuesday, September 29th

##### Second Day Sukkot

Congregational morning service	9:15 am
Children's programming	11:00 am
Mincha-Maariv	6:30 pm

#### Sunday, October 4th

##### Erev Shemini Atzeret

Mincha-Maariv	5:45 pm
---------------	---------

#### Monday, October 5th

##### Shemini Atzeret

Congregational morning service	9:15 am
including Yizkor arrive by	10:45 am
Children's programming	11:00 am
Mincha immediately Kiddish luncheon	

##### Erev Simchat Torah

Celebratory service - see details	6:45 pm
-----------------------------------	---------

#### Tuesday, October 6th

##### Simchat Torah

Congregational morning service	9:15 am
see special program details	
Mincha-Maariv	6:45 pm



Growing Together is kicking off the year with a special Sukkot program on Sunday, September 27th, the first evening of the holiday. We will have activities and songs for kids, candy apple making followed by dinner together in the sukkah. Location to be determined.

**Date:** Sunday, September 27th

**Time:** 4:00 - 6:00 pm

For more information or to RSVP, contact  
jenadut@yahoo.com

The Growing Together group at Beth El is an interest group for young families and is designed to create community, foster lasting relationships, share Jewish experiences and have fun! If you are interested in learning more about Growing Together, contact Jennifer Adut at jenadut@yahoo.com

## LULAV AND ETROG ORDER FOR SUKKOT

Beth El will be ordering lulavim and etrogim for use on the holiday of Sukkot which will begin on Sunday, September 27th. More and more American Jews are rediscovering the beauty of Sukkot and are putting up a sukkah at home. The other characteristic of Sukkot observance is the waving of etrog and lulav. Lulavim and etrogim can be used at religious services in the synagogue, and at home every day except Shabbat. Those who wish to purchase individual lulav and etrog sets for family use should call the office by **September 18th** and arrange for theirs to be picked up immediately before the holiday. The cost is \$36.00 for regular, \$39.00 for prime and \$43.00 for deluxe.

## Scotch Tasting and Steak Dinner in the Sukkah



Join Rabbi Arnowitz and members of the Beth El Men's Club in the Beth El sukkah on **Wednesday, September 30th** for an evening of fine drink and food, and of course, a bit of Torah learning will be blended in.

6:45 pm - Scotch tasting and schmooze

7:15 pm - Steak and potatoes dinner in the sukkah

8:15 pm - Torah discussion (with cigars if you bring them)

Cost - \$30, includes scotch and steak dinner. (\$40 non-members)

RSVP - Your check is your reservation! We must have the check made payable to the Beth El Men's Club no later than **September 18th**.

Thank you to the Men's Club for sponsoring this "Men Only" sukkah event.



Sukkot is right around the corner, and it is never too early to RSVP for our Friday night dinner and services in the sukkah on **October 2nd**. We will have a family-oriented service in the sanctuary beginning at 5:45 pm open to the congregation. Dinner will follow at 6:30 pm in the sukkah.

Dinner is open to everyone but **SPACE IS LIMITED!!!** RSVP by September 25th to the office at 625-7821.

**Adults: \$18**

**Children: \$10 (ages 3-12)**

## LUNCH & LEARN

**Wednesday  
September 30th  
in the sukkah.**

All are welcome as we kick off our Lunch and Learn season in the sukkah. Beth El Lunch and Learn is a vibrant group of *fressers* (eaters) and learners who come together weekly for good food and stand-alone discussions led by Rabbi Arnowitz, Rabbi Ruberg, Cantor Wendi or Sharon Wasserberg. We meet every Wednesday from noon-1:30 pm. So join us on the 30th and October 7th, 14th, 21st and 28th.

**Cost: \$5.00**

## ANNUAL HIGH HOLY DAY FOOD DRIVE

Once again, we will be collecting food during the High Holy Days. Listed below are items that Jewish Family Service has requested. Your donations are gratefully appreciated!

1. Peanut butter
2. Cream soups
3. Canned tuna
4. Canned vegetables
5. Canned fruit
6. Juice
7. Cereal
8. Macaroni & cheese
9. Pasta
10. Pasta sauces
11. Toilet paper
12. Ramen noodles







**Schmooze in the Sukkah**

For new and potential members. We are looking forward to welcoming our newest members

as well as potential members in the sukkah on **Sunday, October 4th at 1:00 pm.**

If you are new to the community and interested in coming

or

know of someone we should invite, please contact the synagogue office at 625-7821.

Childcare will be provided.

*Join us in welcoming  
Beth El's newest members:*

*Aaron & Shari Berger*

*Renee Brewer*

*Matthew & Elena Collinsworth*

*Mark & Lisa Delevie*

*Tobias Eisenlohr & Allison Handler*

*Gigi & Wendi Fried*

*Howard & Mindi Friedman*

*Scott & Erica Kaplan*

*Anne Klein*

*David Landsberg*

*Toby Lerman*

*Evan & Risa Levitt*

*Sheryl-Lynn Makela Caroff*

*Josh Mallenbaum*

*Jerry & Laura Miller*

*Bill & Jo Nossen*

*Aaron & Jocelyn Oleshansky*

*Greg & Jade Rouzeau*

*Brandon & Callah Terkeltaub*

*Emily Willen*

**Simchat Torah**

**Parsha Pizzas**

**Monday evening, October 5th**

**6:45 pm**

If you and your kids will be joining us for Simchat Torah on Monday evening for parsha pizzas, please call the office so we can prepare accordingly. You may attend the service without participating in the parsha pizzas.

After making the pizzas, there will be an exuberant evening of dancing with the Sifrei Torah. We top it all off with the unrolling of a whole Torah scroll to give the kids a quick tour of the Torah.

**Cost: \$5.00**

**Simchat Torah Celebration**

**Simchat Torah Morning**

**October 6th**

**Simchat Torah Services will be**

**Beth El's**

**"Torah-PaLooza"**

It's a great mitzvah to have an aliyah on Simchat Torah. This year we will make sure that everyone who wants one will get his or her own individual aliyah to the Torah. While that's going, on sample a veritable fair of Torah learning and delicious morsels.

Come sample the Torah-Palooza Booths:

- The build-a-bagel breakfast bar
- A special program for children especially geared to HAT students!
- A festive Torah celebration for pre-schoolers and toddlers
- Guess Your Torah - Rabbi Arnowitz will guess the mishnah that matches your name or date of birth
- Stump the cantor on Torah songs
- Not sure of your skills yet? A how-to workshop for taking an aliyah and dressing and wrapping the Torah with Sharon Wasserberg

After the Torah-Palooza Festivities, we'll come back together to honor our Hatan Torah and Kallat Bereshit and complete the service.



## Bar/Bat Mitzvah Corner



Hayden Nicole Miller, the daughter of Daniel and Amy Miller, will celebrate her bat mitzvah on October 17th. She is the granddaughter of Caroline and Bernard Miller of Virginia Beach and Linda and Jeff Golding of Farmington Hills, Michigan. Hayden is a student at Virginia Beach Middle school. Hayden, since a very young age, has had a passion for dance. She is a member of The A & B Dance Company and team. Hayden also enjoys skiing, traveling and spending time with family and friends. She is very excited to share this special milestone as a bat mitzvah with people important to her. Special thank you to Becky Roberts for all her patience and help.

## MILESTONES IN THE BETH EL FAMILY

Mazal tov to Josh Lannik and Liz Shayne on the birth of their daughter, Ayelet Hadassah, who was born on August 3rd. Proud grandparents are **David and Phyllis Lannik** of Norfolk and Mark and Yael Shayne of Great Neck, New York and her great grandmother is Marilyn Shayne of Floral Park, New York.

**Charles and Leslie Hecht-Leavitt** are proud to announce the birth of their grandson, Ari Robert Singer-Leavitt born May 30th. His maternal grandparents are Steve and Malerie Singer of Needham, Massachusetts. Ari lives with his parents Zach and Julie, in East Greenwich, Rhode Island and for now, is a redhead.

**Dr. Arnold and Miriam Hoffman** are happy to announce the birth of a great granddaughter, Madeline Sloane Blanton born on July 3, 2015. Proud parents are Alexandra Blanton (nee Birback) and Lawrence Blanton of Wilmington, North Carolina. Madeline is the granddaughter of **Dr. Richard Hoffman** and Mr. and Mrs. Steven Graley. Other great grandparents are Calvin Zedd of blessed memory and Mrs. Peggy Zedd.

**Libby Levin** joyfully announces the birth of a new granddaughter, Miley Lynn Levin born on March 23rd. Miley is the daughter of Ivan and Patty Levin and sister of Mason Roy, all of Fairfax, Virginia. She is also the granddaughter of Marc Levin and great granddaughter of Kopeland and Anne Ornoff, all of blessed memory.

## Meet Mindi and Howard Friedman.....



Howard and Mindi Friedman decided to join Beth El because of all the families with young children they have gotten to know from their years at the JCC Preschool. Howard is a native to Virginia Beach, and Mindi grew up in Atlanta. She moved to Virginia Beach in 2003 after graduating from college. Howard's parents live in the area, and they both have family and cousins that are members at Beth El. Howard is employed through the family owned insurance agency, *Friedman Associates* and Mindi is a stay-at-home mom with an in-home craft business selling hairbows and hair accessories. Before having children, Mindi worked at the JCC Preschool for five years. They enjoy traveling, winter snow sports, going to see live music, spending time at their family beach house in Nags Head, and watching football. Howard is an avid fisherman and enjoys golfing; Mindi enjoys yoga and anything which involving creativity. They look forward to learning more and maybe getting involved in the future. Their oldest daughter's name is Hattie. She will be seven in November and is starting first grade in the Spanish Immersion Program at Alanton Elementary School in Virginia Beach. Lila is four-years-old and will be starting her last year of preschool at the JCC. They look forward to watching their children grow up in wonderful family-friendly congregation and to meeting all the nice families at Beth El.





**Join Beth El and the Community Relations Council of the United Jewish Federation of Tidewater on Sunday evening, October 18th at 7:30 pm at Beth El as we get the answers from Ambassador Dennis Ross in conversation with Ethan Bronner, managing editor for international news at Bloomberg, and Alan Dershowitz, lawyer, author and political commentator about The US-Israel Relationship, from Truman to Obama.**

**LIVE FROM THE 92ND STREET Y**

If there's one expert valued above all others for setting the record straight on Israel, it's Dennis Ross. He's been a direct participant in shaping US policy towards Israel and the Middle East for nearly 30 years. In his new book, *Doomed to Succeed*, he takes us through every administration, from Truman to Obama. Hear what he has to say about those - including Eisenhower, Nixon, Bush and Obama - that distanced the US from Israel, how it never yielded any benefits and how future administrations might best shape US policy in the light of understanding the priorities of Arab leaders

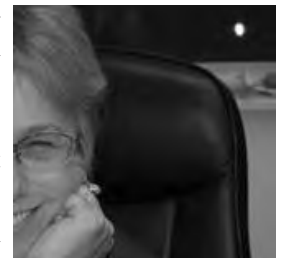
Make your reservation by calling 625-7821. There is a \$5 per person fee for the program.

**Congregation Beth El on Sunday, October 18th at 7:30 pm**

**“Shanah Tovah U’Metukah!”**

**By Sharon Wasserberg, Education Director**

Shanah Tovah, A Good Year - the Jewish way of putting up a new calendar is not a simple matter of getting all fancy (farputzed as my Bubbie would say), sipping champagne and making lots of noise. In fact, even starting a new month is not a simple matter of flipping the calendar page. For Jews, time is a sacred intangible. Every moment is precious and cannot be retrieved once used. The impending start of a new Jewish month is announced on the Shabbat morning closest to its' first day with someone holding a Sefer Torah to 'up the ante' of importance. We offer special petitions that the coming period will be filled with "life and peace, joy and gladness, deliverance and consolation." On the first day of a new month, we read Torah and add special insertions to our prayers. This is way, way more than what the rest of the world does for a new month but remember: Jews treat time as a sacred commodity. The expression "wasting time" is definitively 'nicht gut.'



There is one Jewish month, however, that arrives with a very different kind of fanfare: Tishrei. One might think the first month of a new calendar year should get fireworks and marching bands. Nah. Too secular for us Jews. There's no Shabbat new-month-is-coming alert. Instead, preceding Tishrei we kick-off an entire month of introspection via the sharp blasts of the shofar at the conclusion of every weekday morning service. The fact that the shofar is sounded without any announcement, or bracha, means if one is simply taking off their tallit after the service, and not looking around they are likely to be shocked into alertness at the shrill sounding surprise. What it's saying is "get your act together; say what you mean and mean what you say; don't make a promise you have no intention of ever keeping; make amends for the wrongs you have done; accept the apology of those who have stepped on your toes or ego; think twice and do once; remember that your time on this planet is finite and sacred and make a difference."

As we approach the new year of 5776, please accept my apology for any offense I have committed towards you. Be assured that I will forgive any offense you have done to me. May we all be granted the time we need to make amends with those family members with whom we are currently estranged. May we all be granted the time needed to make a difference in this world. May we be granted a year of inner strength and inner peace. May The Almighty grant all of humanity peace in the world, in our communities, and in our homes. Amen.

# BERS BUZZ....



“BERS 5776 Gonna-Be’s and Some Important Info”

First comes Rosh Hashanah 5776 and then comes the BERS opening session of the 5776 school year! **Sunday morning, September 20th** will be the grand kick-off for what is certain to be a fabulous year of active learning. All BERS families (both the students and their parents) are invited to participate in the first of two PACT-ivities (Parents And Children Together Activities) taking place during 5776. We will gather promptly at 10:00 am in Myers Hall for bagels and coffee and focus on “Shira Chadasha” (a new song). Both Rabbi Arnowitz and Cantor Wendi will be presenting and follow up activities will be grouped by age appropriateness. Parents will have an opportunity to meet their child(ren)’s teacher(s) and share contact info with other parents as well as find out directly from Sharon Wasserberg the details of special programs taking place this year. We will dismiss promptly at noon.



## Allergies

If your child has an allergy that would require the use of an EpiPen in an emergency, be sure to bring a FRESH one that has been clearly labeled for their use to leave at BERS



**ALL Beth El Youth Shabbat!**  
**Friday evening, December 11th**

**Children will lead a family friendly service**  
**at 5:45 pm**  
**which will be followed by a Shabbat dinner**

וְיִנַּחֵם לְבָבְךָ  
...and you shall teach  
them diligently unto  
your children...

**B'nai Mitzvah Family**  
**Education Series for**  
**parents of 6th graders**  
**and their pre-teen**

**When:** November 1st, 8th, 15th, & 22nd

**Time:** 9:15 am to 11:15 am

**Teachers:** Rabbi Arnowitz and Cantor Wendi

Sharon Wasserberg's office hours

Sundays after BERS until 1:30 pm  
Mondays, Wednesdays, and Thursdays  
9:00 am to 2:00 pm



## TORAH FUND

We had another wonderful year for our Torah Fund campaign. With one Scholarship Patron, one Associate Patron, thirteen Guardians and thirty-five Benefactors, we raised more than \$13,600 – over a thousand dollars above our goal given to us from Women’s League. We are most proud that this year we had SIX new Beth El contributors! Believe it or not, we are ready to start again.

This two toned silver and gold pin for 5776 is called *Nat’ah karem*, which is a phrase from the beloved prayer *Eishet Chayil*, taken from the biblical book of Proverbs. We re-envision this prayer today with appreciation for the hard-working, generous, family-oriented woman, who “plants a vineyard by her own labors” (Proverbs 31:7). We honor her productivity, independence, creativity, and her orientation to a hopeful future with the 2016 Torah Fund pin/pendant. Women’s League’s support of the Torah Fund Campaign helps strengthen Conservative/Masorti Judaism throughout the world and enhances the Jewish community by recognizing and appreciating our diverse families.



Our campaign has already begun, with some of our past contributors already recommitting to the Torah Fund. We will be contacting all of our past Benefactors and Guardians as well as new members in the hope they will join us. To become a Benefactor (\$180), Guardian (\$300), Associate Patron (\$600) or Scholarship Patron (\$2500), please call one of us to make your pledge. You may pay in one lump sum, with payments throughout the year or even put it on your VISA, MASTERCARD, DISCOVER or AMERICAN EXPRESS (so you can earn points as you contribute to a wonderful cause!) You have until May 15, 2016 to fulfill your pledge.

During the High Holidays, we hope to see many of our members wearing the new Torah Fund pin. Congregation Beth El has always been in the forefront in the support of the Jewish Theological Seminary. As we begin our 12th year as Torah Fund co-chairs, we look forward to the continued support of our wonderful members.

Barbara Abraham, Ina Mirman Leiderman & Judy Mitnick, Torah Fund Co-Chairs



Fall is almost here! You know what that means.....the Holidays are upon us!!  
 Check out all the table accessories to enhance your holiday meals. We have beautiful items and they also make great hostess gifts too!  
 I'll be in the shop on Sunday mornings from 10-12.  
 Thanks for your support!

### Strobe Smoke Detector Program

The Cities of Norfolk, Chesapeake and Virginia Beach are committed to helping those who are hearing impaired keep their homes safe. If you qualify for a free strobe smoke detector, you may contact the applicable city or the Beth El office for more information.



Eligibility requirements are determined by the Federal Grant Program.

If required, the Fire Department will also install the detectors (no fee).

**L'Shanah Tovah**

Let this be the year to Create a Jewish Legacy, ensuring our Jewish traditions and culture will live on and flourish for generations to come.

To learn more, contact Scott Kaplan, President and CEO of the Tidewater Jewish Foundation at 757-965-6111 or [skaplan@ujft.org](mailto:skaplan@ujft.org).

**TIDEWATER JEWISH FOUNDATION**  
 Creating a Jewish Legacy  
 EST. 1984



# MEN'S CLUB NEWS

## MOST RECENTLY...

**FJMC INTERNATIONAL CONVENTION 2015** – Our Men's club continued its tradition of strong and active representation at the FJMC International Convention. We were proud to send Alex Pomerantz to represent us July 8th - 12th in Miami, Florida. Alex currently serves as Seaboard Region FJMC Vice-President and recently served two consecutive terms as Seaboard Region treasurer. We are fortunate that Alex, a past club president and long-time board member, is perennially active in our own club.

**ANNUAL TIDES GAME – Sunday, August 9th.** As always, our annual Tides game outing was an enjoyable and relaxing family-oriented evening! The Arnowitz family was again kind enough to open their home to host forty-five of us for the pregame "tailgate!" We enjoyed camaraderie, grilled kosher veggie burgers and hotdogs, coleslaw, baked beans, watermelon and soda before heading to Harbor Park for the baseball game against the (Pittsburgh Pirates AAA affiliate) Indianapolis Indians. The weather cooperated wonderfully and our group had a fantastic view of the action in box seats along the first base side! Additional thanks to Dr. Craig Schranz (event chairman), Larry Rossen (our "grill master") and Drs. Jamie Krochmal and Alan Wagner (Wagner Macula & Retina Center) for donating our tickets.

## NEXT ON TAP...



**STEAK & SCOTCH IN THE SUKKAH – Wednesday, September 30th.** Make your reservation today for "round four" - another truly "rare" experience in the relaxed setting of our sukkah! We'll get "the 411" from Rabbi Arnowitz along with the opportunity to sample and compare several different varieties of scotch amid the sizzle and aroma of well-seasoned, kosher ribeye steaks grilling in the background. As we then learn a bit about Sukkot, you'll begin to imagine just how great those steaks will taste! If you weren't among the lucky guys the past three years, don't miss your chance this year! This delicious steak dinner also includes: tossed salad, oven-baked potatoes, Texas-toast, soft drinks and a variety of desserts! After dinner, the aroma of grilled steaks naturally gives way to the aroma of great cigars! Space is limited, so send \$30 to reserve your spot among "the chosen people" at this great event! (Note: \$40, non-Men's Club members)

**4th ANNUAL "TOUR D'MENSCH" BIKE RIDE AND BRUNCH – Sunday, November 8th.** We encourage all cycling enthusiasts to join us for a fun program to honor our Jewish War Veterans and help support our local Jewish War Veterans chapter. Gather your family, friends and bicycles to meet in the Beth El lobby at 9:00 am. At 9:15 am, we begin our casual 15-mile roundtrip bike ride to Ocean View along Granby Street. (Note: We may offer a shorter 'half-distance route' option as well.) We encourage each cyclist riding to honor a specific war veteran - perhaps a relative or personal friend.

Following the bike ride, we'll have a light brunch from 11:00 am to noon (well before Sunday school dismissal) that features a keynote speaker. We ask for an \$18 donation from event participants. 100% of proceeds are donated to the Jewish War Veterans chapter. Contact event organizer Dr. Craig Schranz at [schranzc@yahoo.com](mailto:schranzc@yahoo.com) with any questions or interest in becoming a title sponsor for this event. Anyone can attend the brunch (even without participating in the bike ride). RSVP emails or calls to the office are appreciated.



## NOTICES...

**GREETER SCHEDULE** – Please check the greeter schedule in periodic Men's Club emails. We do appreciate this important volunteer service. Remember, however, if you are unable to greet on your scheduled day, it is up to each individual to find their own replacement (not Noelle or Sandy).

Greetings and L'Shanah Tova!!

We cannot believe summer is behind us and the fall will be here in a couple of weeks. While people have been on vacation and busy having company, Beth El Sisterhood stayed very busy. On May 17th, we had a booth selling brownies and kugel at the JCC for the Israeli Food Fest.

The Beth El Chronicle is a publication that Sisterhood provides to each family of Beth El, and the publishers are Jody Laibstain and Nancy Bangel who were busy this summer getting it ready for publication. Each family



should have a copy of it very shortly. As we moved forward into the warmer months of summer, we prepared for our annual garage sale and opened the doors July 12th - 14th. There are so many people who helped us. Thank you for another successful year! Our catering continued through the summer with some Bar and Bat Mitzvot. Also, anyone who works in the kitchen at Beth El must have a food handler's certificate issued by the Norfolk Board of Health. Many of us have taken the online course to qualify. If anyone is interested, please call one of the Helenes for information. You have also received notification this summer from Nettie Groves, chairman of the Floral Fund, for donations for the beautiful flowers that will be on the bima for the high holidays. Thank you Nettie.

Beth El Sisterhood would like to welcome Cantor Wendi to Beth El, and we look forward to working with her throughout the year.

We would like to remind our Beth El sisters that we support minyan every fourth Monday of the month.

Our best wishes for a wonderful and healthy New Year! As always, we know you will join us in supporting Israel with our prayers for peace.

The "Helenes" Helene Rosenfeld and Helene Smith

### Upcoming Dates Mark Your Calendars

**September 10th**  
Open Board Meeting 6:15pm

**November 19th**  
Paid Up Membership Dinner

**January 25th**  
Tu B'Shevat Seder

### We would like to thank all those members who helped out with Sisterhood's annual garage sale:

Nancy Kanter was the overall chairperson. The other chairmen who worked with Nancy were: Gail Miller, clothing; Lei Lei Berz, children's items; Cilda Meltzer, jewelry; Scott Orlins, multi-tasker; Rob Berz, in charge of unloading the trailers and classrooms. We want to thank ALL of the other volunteers, too many to name. We couldn't have done it without you!



Welcome Cantor Wendi

Beth El Sisterhood

We would also like to thank the following who volunteered at the JCC Israeli Food Fest on May 17th

Nancy Kanter, Linda Samuels, Annette Mand, Ann Marcus, Marilyn Ashe, and Helene Smith

## ADULT RECESS

Following Friday night services, join us for

### Adult Recess Progressive Shabbat Dinner Friday, October 30th 7:00 p.m.

(Adult Recess is a group created to provide social programming for members 40-ish to 60-ish..)

Starters and spirits at the home of  
Rick and Debi Yarow  
722 Redgate Avenue, Norfolk

Main dish at the home of  
Rabbi and Tami Arnowitz  
701 Westover Avenue, Norfolk

Desserts and after-dinner drinks at the home of  
Jody and Steve Alperin  
1418 Armistead Bridge Road, Norfolk

Please RSVP to the Beth El office by  
October 23rd for a head count.

## BETH EL AND HAZAK GET HEALTHY

### Anti-aging diet, wellness and longevity



**Sandra Porter Leon**  
MS, RDN

If these topics interest you, join with the HAZAK group to hear our speaker, Sandra Porter Leon, college professor and registered dietitian, and long-time Beth El member. From phytochemicals to probiotics, she will share the latest nutrition information on longevity and anti-aging approaches to wellness; and enjoy some healthy bites too!

There is no charge for the event (although donations to Hazak are always welcome). Please call the office at 625-7821 to let us know if you will join us. Knowing the size of our audience will enable us to arrange for appropriate seating.

**DATE:** Sunday, November 1st  
**PLACE:** Congregation Beth El  
**TIME:** 10:30 am  
**RSVP:** By October 19th.

**Open to all Beth El members**

### Introduction to Judaism Everything You Ever Wanted to Know About Judaism (but were afraid to ask) Part 2

**Beginning Wednesday, September 2nd**

Beth El presents a survey of Judaism class that includes holidays, kashrut, Shabbat-observance, Jewish literacy and much more. This is a safe place for personal and intellectual exploration of Judaism.

Whether you are new to Judaism or looking to deepen your knowledge and understanding of this unique, profound, and complicated faith this is the class for you.

This class will be held on Wednesday evenings from 7:00 - 8:30 pm in the Pincus Paul Library. Classes will be taught by Rabbi Arnowitz, Cantor Wendi Fried and Sharon Wasserberg.

RSVP to the Beth El office at 625-7821.

### Introduction to (Conservative) Judaism Part 2

**September 2nd**.....High Holy Days  
(*Everything you wanted to know about the High Holy Days.*)

**September 9th**.....High Holy Day  
(*Everything you wanted to know about the High Holy Days.*)

**October 7th**.....Torah, Midrash, Reading Torah  
**October 14th**.....Rabbinic Judaism & History  
**October 21st** Rabbinic Judaism: the Halachic Process  
**October 28th**.....The American Jewish Story  
**November 4th**.....Anti-Semitism and the State of Israel  
**November 11th**.....Life cycle and Jewish ritual Part A  
**November 18th**.....Life cycle and Jewish ritual Part B  
**December 2nd**.....Chanukah  
**December 9th**.....Central Jewish Prayers  
**December 16th**.....Siyyum and Next Steps



# We are grateful for the generous contributions of those who support Beth El

*by remembering and honoring their friends and loved ones.*

<b>PEARL K. ALECK LIBRARY ENDOWMENT</b>	Ron & Cindy Kramer (S) David & Ruth Kreger (B) David & Jody Laibstain David & Phyllis Lannik* Darryl Lynn Lefcoe & Alan Friedman**	Aaron & Sara Trub* Andrea Turner (G) Harlan & Beth Vingan (S) Dorothy Zimmerman*	Ron & Cindy Kramer (G) Arthur & Emmy Lou Kreger Clare Krell Steven & Abbie Laderberg David & Jody Laibstain David & Phyllis Lannik** Brad & Judy Lazernick** Bert & Joyce Legum* Julius & Jeanne Marcus* Cilda Meltzer Michael & Rena Myers* Paul & Stephanie Peck* Ilene Putterman Iris Ruden* Stanley & Linda Samuels Larry & Jill Smith* Stalow & Parker Families (G) Ted & Joan Thau (B) Marian Ticatch (B) Aaron & Sara Trub*** Harlan & Beth Vingan (S) Alan & Jody Wagner** Martin & Trudy Waranch (B) Jay & Marsha Woodman* Manuel & Dorothy Wyron Harold Zedd* Marlee Zweigbaum (S) Arlene Stiles Iris Ruden*	<b>Alan &amp; Norma Jaffe's anniversary</b> Larry & Judy Dobrinsky* <b>Alan &amp; Norma Jaffe's anniversary &amp; Norma's birthday</b> Mannie & Judy Smith (B) <b>Norma Jaffe's birthday</b> Larry & Judy Dobrinsky* Hubert & Brenda Shapiro <b>Barry &amp; Reatha Kantor's anniversary</b> Adele Rhodes & Ilene Putterman* <b>Jerry Kantor's birthday</b> Burt & Patsy Barr <b>Ed Karotkin</b> Calvin & Linda Belkov (B) <b>Debi Kaufman's special birthday</b> George & Amy Ginsburg <b>Linda Kent &amp; Gene Whiteman</b> Arthur & Emmy Lou Kreger* <b>Kay Kesser</b> Calvin & Linda Belkov (B) <b>Emmy Lou Kreger's birthday</b> Hubert & Brenda Shapiro <b>Daniel Krell's bar mitzvah</b> Aaron & Sara Trub <b>Ron Kramer's birthday</b> Bob & Sheila Josephberg**** <b>Barbara Rosenblum's birthday</b> Mannie & Judy Smith* <b>Miriam Ruberg's retirement</b> Stuart & Marilyn Buxbaum* Allen & Barbara Gordon* Adele Rhodes & Ilene Putterman* <b>Zan &amp; Diane Salzberg's anniversary</b> Bert & Joyce Legum*
<b>IN MEMORY OF</b>	Warren & Helen Aleck* Joel & Pam Kossman* <b>Willie Chernitzer</b> Warren & Helen Aleck* <b>Bea Ettinger</b> Joel & Pam Kossman <b>Sylvia Gould</b> Warren & Helen Aleck* <b>Alan Hirsch</b> Warren & Helen Aleck* <b>Harry Sterling</b> Warren & Helen Aleck* <b>Macon Whitson's father</b> Warren & Helen Aleck	Edna Levin (B) Ilene Putterman Kurt & Rose Rosenbach (B) Murray & Lisa Rosenbach (B) Arthur & Helene Rosenfeld Joel & Sara Jo Rubin (B) Ada Salsbury (B) Alan & Madeleine Samuels*** Stanley & Linda Samuels Larry & Natalie Saunders* Eric & Susan Schwartzman* Peter & Deb Segaloff (S) Mannie & Judy Smith Wall, Einhorn & Chernitzer (G) Jules & Patti Wainger* Bill Whitehurst (S) Gene Whiteman** Harold Zedd (B) Dorothy Zimmerman*	<b>Joseph Kroll</b> Bill & Ida Kittner <b>Harvey Leach</b> Frances Bangel Burt & Patsy Barr Freida Goldstein Stan & Marilyn Holzswieg Stanley & Carol Sacks* <b>Selma Leach</b> Frances Bangel Freida Goldstein Allen & Barbara Gordon <b>Arthur Lerman</b> Lawrence Brewer & Renee Brewer <b>Robert Mandell</b> Herbert & Carolyn Mandell (B) Hilde Deutsch* Nathan & Beth Goldin (B) Arnold & Miriam Hoffman* Lester & Barbara Horwitz* Barry & Kay Kesser* Bill & Ida Kittner Arthur & Emmy Lou Kreger* David & Jody Laibstain* Mark Lipton** David & Lisa Leon* Kurt & Rose Rosenbach (B) Murray & Lisa Rosenbach (B) Bill & Rosanne Simon Alan & Jody Wagner** <b>Ray Novak &amp; Abraham Novak</b> Saundra Eisler (B) <b>Julie &amp; William Peck</b> Rhona Peck**** <b>Trudy Rosenblatt</b> Herbert & Carolyn Bangel <b>Arthur Sarnoff</b> Barbara Leibowitz <b>Harry Sterling</b> Herbert & Carolyn Bangel Burt & Patsy Barr Gary & Elena Baum* Steven & Miriam Becker* The Bernstein Family (G) Stuart & Marilyn Buxbaum* Joe & Harriet Collector Larry & Judy Dobrinsky Carolyn Donosky & Irwin Levine Nathan & Leora Drory (B) Vivian Forman Martin & Louise Friedman Freida Goldstein Howard & Joan Gould Roye & Gayle Greenzaid*** Mike & Sherry Grosman* Eric Harris* Shirley Harris* Kevin Held* Stuart & Mickey Held* Alan & Norma Jaffe* Eric & Joan Joffe* Barry & Kay Kesser* Mark & Brenda Kozak*	<b>Barry &amp; Reatha Kantor's 60th anniversary</b> Warren & Helen Aleck* <b>Barry &amp; Reatha Kantor's birthdays</b> Warren & Helen Aleck** <b>Jerry Kantor's birthday</b> Warren & Helen Aleck (S) <b>The birth of Dan &amp; Shikma Rubin's baby, Niv</b> Stan & Marilyn Garfin <b>SPEEDY RECOVERY TO Jane Gardner</b> Warren & Helen Aleck <b>Irwin Kroskin</b> Warren & Helen Aleck* <b>Bernice Moses</b> Warren & Helen Aleck* <b>ADA R. MICHAELS BOOK PROGRAM</b>
<b>IN HONOR OF</b>	Elizabeth Michaels' graduation from University as a Summa Cum Laude Manny Michaels <b>Fred &amp; Barbara Rosenblum's 50th anniversary</b> Stanley & Linda Samuels**	<b>Coleman &amp; Barbara Davis</b> Leslie Davis (G) <b>Olga Snyder Farfel</b> Manuel & Dorothy Wyron <b>Sylvia Gould</b> Janet Aguiar Alex & Elise Berkowitz (B) Frieda Goldstein Stanley & Paula Goodman Allen & Barbara Gordon* Carole Guld (S) Zan & Diane Salzberg* Stanley & Linda Samuels Ralph & Arlene Soussan (S) Pearl Taylor Stan & Cecelia Weisberger* Allan & Arlene Zeno <b>Kim Gross's grandfather</b> David & Lisa Leon* <b>Alan Hirsch</b> Mark Barr** Rob Bernstein & Lisa Ehrich* Paula Blum (B) Hilde Deutsch* Larry & Judy Dobrinsky David & Nancy Embree (B) Rick & Janice Foleck* Bary Friedman & Linda Peck* Martin & Louise Friedman Stanley & Paula Goodman Harris & Joan Griff*** Stuart & Mickey Held* Alan & Norma Jaffe* Barry & Kay Kesser* The Kohen/Isaacman Family (B) Mark & Brenda Kozak Arthur & Emmy Lou Kreger* Clare Krell David & Jody Laibstain Brad & Judy Lazernick** Annette Mand Cilda Meltzer Paul & Stephanie Peck* Joyce Salzeberg* Nathan Segal (G) Peter & Deb Segaloff (S) Larry & Jill Smith* Esther Stark	<b>Jerry Weinberg</b> Mannie & Judy Smith* <b>Jake Wyron</b> Manuel & Dorothy Wyron <b>Tilton Wyron</b> Manuel & Dorothy Wyron <b>IN HONOR OF</b> <b>The marriage of Herbert &amp; Carolyn Bangel's granddaughter Mellie and Ryan</b> Larry & Judy Dobrinsky* <b>The marriage of Nancy Bangel &amp; Mark Robbins' daughter Mellie and Ryan</b> Larry & Judy Dobrinsky* <b>Michael &amp; Roslyn Barney's 45th anniversary</b> Burt & Patsy Barr* <b>Asher Baum's bar mitzvah</b> Aaron & Sara Trub <b>The birth of Larry &amp; Linda Bress' granddaughter</b> Larry & Judy Dobrinsky* <b>Ashley Cytron's birthday</b> Mannie & Judy Smith* <b>Pam Cytron</b> Mannie & Judy Smith* <b>Jordan Familant's bar mitzvah</b> Harold & Carol Smith* <b>George Ginsburg's 65th birthday</b> Burt & Patsy Barr* Joel & Gail Flax <b>Bradlee Goldberg's bar mitzvah</b> Aaron & Sara Trub <b>Laurie Goldsticker &amp; Gary Siegel's marriage</b> Susan Barr (B) Eric & Joan Joffe & Family** Ronnie Zedd* <b>The bar mitzvah of Stuart &amp; Mickey Held's grandson Elijah</b> Mark & Betty Greenspan** Aaron & Sara Trub* <b>Marcia Hofheimer</b> Calvin & Linda Belkov (B)	<b>Zan &amp; Diane Salzberg's anniversary</b> Bert & Joyce Legum* <b>Annie Sandler</b> Calvin & Linda Belkov (B) <b>Jess Sandler &amp; Evan Balaban's marriage</b> Steve & Abby Buchberg Hilde Deutsch* Arnold Slone & Paula Alperin <b>Jill Smith, thank you</b> Emma Kesser <b>Mannie Smith</b> Larry & Judy Dobrinsky (B) Hubert & Brenda Shapiro* <b>Gary Tabakin's birthday</b> Sonny & Betty Lou Legum <b>Our first grandchild, Jax Rand Turok</b> Paul & Vivian Turok*** <b>The birth of Paul &amp; Vivian Turok's grandson, Jax</b> Bill & Rosanne Simon <b>The bar mitzvah of Sam &amp; Diane Werbel's grandson Jesse</b> Aaron & Sara Trub* <b>Rick &amp; Debi Yarow</b> David & Anna Jancewicz* <b>Ronnie Zedd</b> Calvin & Linda Belkov (B) <b>SPEEDY RECOVERY/THINKING OF YOU</b> <b>Kay Kesser</b> Herbert & Susan Brewer* Ed & Betsy Karotkin* Mark & Brenda Kozak Brad & Judy Lazernick* Buddy & Carol Levitin
<b>IN MEMORY OF</b>	Alice Blumenson Norman Blumenson (G) <b>Roslyn Brown</b> Allen & Barbara Gordon* <b>Willie Chernitzer</b> Joan London Baer Bangel, Bangel & Bangel, LLP (G) Keith & Dale Bangel (S) Bessie Banks Burt & Patsy Barr (B) Mark Barr** Rob Bernstein & Lisa Ehrich* The Joel Bieber Firm (G) Marshall & Sonia Stein Bonnie* Herbert & Susan Brewer** Ron & Wendy Brodsky (B) Barry & Beth Dorsk Nathan & Leora Drory* Barry & Lois Einhorn* Rick & Janice Foleck Marvin & Claire Friedberg* Mark & Karen Gilbert (S) Eric & Joan Joffe & Family* Bob & Sheila Josephberg** Ed & Betsy Karotkin** Albert & Wendy Konikoff			



# We are grateful for the generous contributions of those who support Beth El

*by remembering and honoring their friends and loved ones.*

Stanley & Linda Samuels	<b>Judy Smith</b>	<b>CANTOR DISCRETIONARY FUND</b>	<b>MELVIN ZIMM HOLOCAUST EDUCATION MEMORIAL FUND</b>	Tidewater
Larry & Natalie Saunders*	Ashley & Judi Cytron	<b>IN MEMORY OF Harry Sterling</b>	<b>IN MEMORY OF Harry Sterling</b>	<b>Fannie Zimmerman</b>
Peter & Deb Segaloff (B)	<b>SUNDAY SCHOOL FUND</b>	Clay Barr (G)	Bronia Drucker	Dorothy Zimmerman
Hubert & Brenda Shapiro	<b>IN MEMORY OF Willie Chernitzer</b>	<b>KIDDUSH FUND</b>	& Sheila Drucker***	<b>TREE OF LIFE</b>
Esther Stark	Norman Soroko	<b>IN MEMORY OF Willie Chernitzer</b>	<b>IN HONOR OF Jeff Rosen being named a 2015 VA Super Lawyer</b>	<b>IN HONOR OF Sonia Land's 90th birthday and our lifelong friendship</b>
<b>Irwin Kroskin</b>	<b>Sylvia Gould</b>	Freida Goldstein	Sheila Drucker**	Roseann Leventhal Grossman
Stanley & Linda Samuels	Norman Soroko*	& Rosanne Goldstein		
<b>Toby Lerman</b>	<b>Alan Hirsch</b>	Cilda Meltzer		
Renee Brewer & Lawrence Brewer	Wayne Goodman	<b>Sylvia Gould</b>	<b>KRAMER SCHOLAR-IN-RESIDENCE FUND</b>	
<b>Evelyn Newman</b>	Norman Soroko	Esther Stark	<b>IN HONOR OF Ron Kramer's birthday</b>	
Renee Brewer & Lawrence Brewer	<b>Freda Soroko</b>	<b>Alan Hirsch</b>	Nathan & Ilana Benson (S)	
<b>Brenda Shapiro</b>	Norman Soroko (B)	Freida Goldstein	<b>MINYAN FUND</b>	
Arthur & Emmy Lou Kreger*	<b>Harry Sterling</b>	& Rosanne Goldstein	<b>IN MEMORY OF Willie Chernitzer</b>	
Larry & Natalie Saunders*	Norman Soroko	Sonny & Betty Lou Legum*	Neil & Gina Rose**	
<b>Judy Smith</b>	<b>IN HONOR OF The birth of Paul &amp; Vivian Turok's new grandson, Jax</b>	<b>Harry Sterling</b>	<b>Sylvia Gould</b>	
Sonya Fine	Bob & Sheila Josephberg**	Ben & Sharon Schloss	Neil & Gina Rose*	
Allen & Barbara Gordon	<b>Mike &amp; Sharon Wasserberg's anniversary</b>	<b>IN HONOR OF Helene Grablowsky</b>	<b>Alan Hirsch</b>	
Hubert & Brenda Shapiro*	Andrew & Kim Bernstein*	Jordan & Eilene Rosenblum	Neil & Gina Rose*	
<b>Lee Weinstein</b>	<b>Sharon Wasserberg's birthday</b>	<b>JAY BARR ART FUND</b>	<b>Alan Hirsch</b>	
Larry & Judy Dobrinsky*	Chuck & Marsha Bernstein*	<b>IN MEMORY OF Willie Chernitzer</b>	Neil & Gina Rose*	
<b>Ann Wurwand</b>	<b>SPEEDY RECOVERY TO Cookie Orlins</b>	Marc Glickman	<b>Harry Sterling</b>	
Hilde Deutsch*	Norman Soroko	& Laurie Feldman	Neil & Gina Rose**	
<b>BERNARD MARTIN MEMORIAL FUND</b>	<b>Rabbi Panitz</b>	<b>Selma Leach</b>	<b>ROSE &amp; ARMOND CAPLAN MEMORIAL FUND</b>	
<b>IN MEMORY OF Sylvia Gould</b>	Norman Soroko	Marc Glickman	<b>IN MEMORY OF Sylvia Gould</b>	
Elsie Martin	<b>RABBI ARNOWITZ DISCRETIONARY FUND</b>	& Laurie Feldman	James & Randy Caplan	
<b>SPEEDY RECOVERY TO Bernice Moses</b>	<b>IN MEMORY OF David Beder</b>	<b>IN HONOR OF Asher Baum's bar mitzvah</b>	<b>Harry Sterling</b>	
Elsie Martin	Alan & Janet Arowitz*	Stuart & Marilyn Buxbaum*	James & Randy Caplan*	
<b>BEVERLY RAFAL WERBEL FUND TO HOUSE THE HOMELESS</b>	<b>Willie Chernitzer</b>	<b>The birth of Yeda Strasser's grandson Jonah Daniel Boylan</b>	<b>IN HONOR OF Turok's grandson Jax</b>	
<b>IN MEMORY OF Roslyn Brown</b>	Alan & Janet Arowitz*	Stuart & Marilyn Buxbaum**	James & Randy Caplan*	
Ed Jay Rafal**	Pearl Taylor	<b>SHARON SPITALNEY SCHOLARSHIP FUND</b>	<b>SHAPIWITZ COUNSELING FUND</b>	
<b>Alan Hirsch</b>	<b>William Fink</b>	<b>IN MEMORY OF Willie Chernitzer</b>	<b>IN MEMORY OF Alan Hirsch</b>	
Ben & Iris Moss*	Fred, Debby, Kevin & Kathryn Fink (B)	Beril & Barbara Abraham*	Helene Shipowitz & Norman Prince	
<b>Harry Sterling</b>	<b>Sylvia Gould</b>	<b>Alan Hirsch</b>	<b>Robert Mandell</b>	
Ed Jay Rafal**	Marvin & Claire Friedberg*	Meyer & Dee Dee Chovitz	Helene Shipowitz & Norman Prince	
<b>IN HONOR OF Carol Laibstain's birthday</b>	Arnold Leon*	Ron & Dorothy Spitalney	<b>IN HONOR OF Marcia &amp; Eddie Goldsticker's anniversary</b>	
Jules & Patti Wainger*	<b>Alan Hirsch</b>	<b>Harry Sterling</b>	Helene Shipowitz & Norman Prince	
<b>Hannah May Levitan's bat mitzvah</b>	Jerry & Sharon Browne	Ron & Dorothy Spitalney	<b>Miriam Ruberg's retirement</b>	
Ed Jay Rafal (G)	Jordan & Eilene Rosenblum	<b>CARE FUND</b>	Helene Shipowitz & Norman Prince	
<b>Jess Sandler &amp; Evan Balaban's marriage</b>	<b>Selma Leach</b>	<b>IN MEMORY OF Willie Chernitzer</b>	<b>SPEEDY RECOVERY /THINING OF YOU</b>	
Robert & Carol Laibstain (G)	Burt & Patsy Barr	Carol & Mike Cohen (G)	<b>Harriet Bloom</b>	
<b>The bar mitzvah of Sam &amp; Diane Werbel's grandson Jesse</b>	<b>Harry Sterling</b>	Jerry & Kathy Kantor**	Helene Shipowitz & Norman Prince	
Jules & Patti Wainger*	Jerry & Sharon Browne	<b>Robert Mandell</b>	<b>Kay Kesser</b>	
<b>SPEEDY RECOVERY/THINKING OF YOU</b>	Jordan & Eilene Rosenblum	Jerry & Kathy Kantor*	Helene Shipowitz & Norman Prince	
<b>Kay Kesser</b>	<b>Evans Balaban and Jess Sandler's marriage</b>	<b>IN HONOR OF The bar mitzvah of Stuart &amp; Mickey Held's grandson Elijah</b>	Monte & Carol Rosenberg	
Bert & Joyce Legum*	Jon & Jennifer Crockford (G)	Jerry & Kathy Kantor*	Helene Shipowitz & Norman Prince	
<b>Bernice Moses</b>	<b>Brad Lazernick</b>	<b>The birth of Paul &amp; Vivian Turok's grandson Jax</b>	Helene Shipowitz	
Larry & Judy Dobrinsky	The Baum Family***	Jerry & Kathy Kantor*	Larry & Natalie Saunders*	
<b>JEFFREY KESSER SCHOLARSHIP FUND</b>	<b>Barbara Rosenblum's birthday</b>	<b>SPEEDY RECOVERY TO Irwin Kroskin</b>	<b>HIGH HOLIDAY PRAYER BOOK</b>	
<b>IN HONOR OF Laurie Goldsticker &amp; Gary Siegel's marriage</b>	Jordan & Eilene Rosenblum	Jerry & Kathy Kantor**	<b>IN MEMORY OF Willie Chernitzer</b>	
Ashley & Judi Cytron	<b>SPEEDY RECOVERY TO Irwin Kroskin</b>	<b>DR. EUGENE KANTER MEMORIAL FUND</b>	Alan & Beverly Frieden	
<b>The bar mitzvah of Stanley &amp; Linda Samuels' grandson Elijah</b>	Bernie Grablowsky (B)	<b>IN MEMORY OF Harry Sterling</b>	Cookie Orlins, Scott Orlins,	
Jim & Linda Wimmer*	<b>RABBI RUBERG DISCRETIONARY FUND</b>	Nancy Kanter & Irwin Kroskin**	Randi Chernitzer & Blake Chadwick	
<b>SPEEDY RECOVERY TO Kay Kesser</b>	<b>IN MEMORY OF Harry Sterling</b>		<b>Alan Hirsch</b>	
Ashley & Judi Cytron	Tamra Kruger		Stanley & Linda Samuels	
<b>Brenda Shapiro</b>	<b>IN HONOR OF Miriam Ruberg's retirement</b>		<b>Harry Sterling</b>	
Ashley & Judi Cytron	David & Jody Laibstain*		The Holocaust Commission of the United Jewish Federation of	

## Condolences to

**Evelyn Hirsch and Beth Hirsch Berman** on the loss of their husband and father, **Alan Hirsch** of blessed memory.

**Helen Sterling** on the loss of her husband, **Cantor Harry Sterling** of blessed memory.

**Barbara Rossen and Jeff Chernitzer** on the loss of their father, **Willie Chernitzer** of blessed memory.

**Howard Gould** on the loss of his mother, **Sylvia Gould** of blessed memory.

**Barry Mandell** on the loss of his father, **Robert Mandell** of blessed memory.

**JoAnn Macon and Nancy Jacobson** on the loss of her mother **Rose G. Jacobson** of blessed memory.

## REMEMBRANCE DONATIONS

\* = Chai = \$18  
 \*\* = Double Chai = \$36  
 B = Bronze = \$19 - \$49  
 S = Silver = \$50 - \$99  
 G = Gold = \$100 or more

## September and October Yahrzeits

*We record the sacred memory of the following departed members  
of the families of our congregation on the occasion of yahrzeit.  
The names of our beloved departed are read from the pulpit at each evening minyan.*

<u>SEPTEMBER 1</u> Pearl Brooke Nathan Hyman Albert Kaplan Moses Waranch Reva Wilks	<u>SEPTEMBER 8</u> Hyman Aleck Irvin Friedman Florence Gordon Sonya Lachman Marcella Levi David Lindsey Jack Morganstein Jennie Pear Joyce Polis Samuel Silverman	<u>SEPTEMBER 15</u> Herman Epstein William Finkelstein Robert Glasser Nathaniel Kaye Melba Lazarus Myer Levin Sam Nathan Jacob Stark Ann Waranch	<u>SEPTEMBER 23</u> Robert Dobrinsky David Friedman Max Hoffman Rachel Hyman Frank Meyer Charles Miller Gertrude Rubin	<u>OCTOBER 1</u> Leon Cardon Ethel Holzweig Murray Kossman Albert Lazernick Rebecca Reshefsky Bonnie Reshefsky Adolph Salomon Isaiah Sobel
<u>SEPTEMBER 2</u> Dorothy Cash Cecelia Cohen Tanhen Cooper Arthur Gilbert Frances Gordon Eugene Harfield Richard Herman Esther Lifland Leah Simons Michael Weinraub Samuel Werth	<u>SEPTEMBER 9</u> Rebecca Batleman Louis Chesler Rena Friedman Jacob Klein Seymour Rudnick Jeanne Wertheim	<u>SEPTEMBER 16</u> Eveline Abrams Sylvia Benas Roberta Binder Max Caplan Solomon Konikoff Edith Litzerman Sharon Spitalney	<u>SEPTEMBER 24</u> Samuel Aftel Shirley Bierman Ann Levy Anne Ornof Pauline Porter Sarah Staub Fannie Terkeltaub	<u>OCTOBER 2</u> Sarah Cytron Melvin Friedman Cecelia Joffe Bernard Katz Barbara Kreiger Lillie Lobe Rosa Salisbury Gaston Soussan Ida Steingold
<u>SEPTEMBER 3</u> Leah Hoffman Rachel Jaffe William Laderberg Sam Sandler	<u>SEPTEMBER 10</u> Rose Copeland Sylvia Finestone Rose Jaffe Sadie Kolinsky Mordecai Simons Pearl Stark	<u>SEPTEMBER 17</u> Claire Caine Edie Caroff Moses Porter Ethel Shapiro	<u>SEPTEMBER 25</u> Mary Barker Freda Coan Sam Goldstein Reuben Polis Craig Schwartz Belle Strauss	<u>OCTOBER 3</u> Tilton Coplon David Krell Melvin Marcus Eva Michaels Ben Salisbury Edward Saunders Yedidia Soroko Jake Soroko Lena Tumin Annie Weisberg
<u>SEPTEMBER 4</u> Harry Buchberg Samuel Ehrlich Merle Evers Bernice Kregger Albert Legum Harry Weisberg	<u>SEPTEMBER 11</u> Ella Brewer Florence Caplan Sam Garfin Jerome Greenspan Abraham Jaffe Hilary January Michael Miller Harry Sandler Sadie Schwartz Claire Sperling Isadore Zfass	<u>SEPTEMBER 18</u> Isadore Epstein David Friedman Stephen Ganderson Irvin Goldman Frank Hyman Eva Kress Amy Krochmal Harvey Levin Lena Salzberg Dora Winer	<u>SEPTEMBER 26</u> Molly Goldsticker Isaac Gordon Melvyn Penson Rose Thomashefsky	<u>OCTOBER 4</u> Charles Cohen Leon Fine Irwin Friedman Sol Friedman Esther Goldstein Bernard Grossberg Lillian Kaplan Joseph Kruger Sarah Levin
<u>SEPTEMBER 5</u> Jennie Goldberg Isadore Goldfarb Herman Howard David Kazin Robert Kruger Rose Lidman Naomi Starr Joseph Wallenstein Albert Wallenstein William Ward Jules Young	<u>SEPTEMBER 12</u> Elsie Gardner George Golding Celia Gross Daniel Katzoff Morey Lipton Harry Schneider Ray Weisberg	<u>SEPTEMBER 19</u> Max Cooper Elizabeth Friedman Anna Klein Isaac Reuben Ellen Shapiro	<u>SEPTEMBER 27</u> Julius Barker Louis Caplan Bessie Kruger Yaffa Lubaton Shirley Zilber	<u>OCTOBER 5</u> Mary Banks Abraham Baum Louis Broudy Louis Goldman Eve Hurwitz Harry January Rose Kanter Melvin Legum Metta Loewenbach Moses Mizroch Herman Simon
<u>SEPTEMBER 6</u> Beverly Fox Stanley Glasser Herbert Goldberg Samuel Goldman Rebecca Janow Perry Kan Louis Katz Annie Miller Nancy Mullen Hannah Reisig	<u>SEPTEMBER 13</u> Regina Cisenfeld Lawrence Diamond Ethel Hochberg Faye Kobren Sidney Weinraub	<u>SEPTEMBER 20</u> David Drogin Albert Gould Simon Haskell Hannah Itzkowitz Ida Kahn Peggy Weiner	<u>SEPTEMBER 28</u> Lewis Bress Beulah Cohen Barnett Colton Celia Friedberg Yitzhak Lubaton	<u>OCTOBER 6</u> Eliot Blumberg Mark Fleishman Esther Gould Samuel Handel Coleman Kluff Morris Krampf Joseph Kroskin Lizzie Kurtzweil Abe Rosenblatt Theodore Rosenblum Louis Schlain
<u>SEPTEMBER 7</u> Arthur Church Rebecca Marcus Nathan Sherasheff John Topper	<u>SEPTEMBER 14</u> William Baros Anna Blacker Hyman Block Ethel Carmel Stanley Friedman Hyman Laderberg William Rieger Moses Rubenstein Frieda Sifen Pinchas Sifen Mordecai Sifen	<u>SEPTEMBER 21</u> Ruth Rosenblum Sarah Tavss Schachna Wainger Howard Werbel	<u>SEPTEMBER 29</u> Sarah Applebaum Sophia Arenstein Anna Berg Louis Coplon Joseph Lavine Irvin Levin Dora Michaels David Nesson Rebecca Robbins	
		<u>SEPTEMBER 22</u> Sophia Amelson Leon Berlin Jennie Bernstein Leah Jaffe Esther Kaplan Sylvia Krug Fannie Levin	<u>SEPTEMBER 30</u> Jennie Berman Fannie Caplan Ann Lewis Abraham Massey Marguerite Permutt Hilton Rubin Jerry Shine Selma Sobel Lena Tish	

## September and October Yahrzeits

*We record the sacred memory of the following departed members  
of the families of our congregation on the occasion of yahrzeit.  
The names of our beloved departed are read from the pulpit at each evening minyan.*

<u>OCTOBER 7</u> Edward Carreiro Roselyn Engel Jeanette Friedman Leon Hecht Sarah Levine Steven Margulies	<u>OCTOBER 14</u> Bessie Beck Betty Berg Abraham Berman Goldie Davis Bessie Finkelstein Irving Hecht Sol Holzweig Sarah Jacobson Sarah Kaplowitz Rachel Kurtz Joseph Morris Jack Newman Kathy Rosenbach Rose Silverstein	<u>OCTOBER 19</u> Hy Blumenthal Claire Chesler Kate Clark Irving Davis Freda Gordon Tillie Stark Sarah Teitelbaum Herman Wallenstein	<u>OCTOBER 25</u> Sally Ambrose Ida Caplan Ben Gordon James London Annette Stein
<u>OCTOBER 8</u> Jean Bennett Joseph Coplom Rose Finestone Ida Glick Jack Kan Kate Kaplan Sidney Orlins Sara Sears	<u>OCTOBER 15</u> Hannah Aron Freda Aron Chana Avittan Jacob Berg Bessie Chapel Rachel Chenman Joseph Keller Max Levin Rachel Levin Hannah Lubschutz Jack Lyons Dave Rauch Sarah Waranch Sarah Wax	<u>OCTOBER 20</u> Abraham Albert Philip Bress Michael Brownstein Jacob Goldman Nathan Gottlieb Lillian Juren Ruthi Kroskin Rebecca Krukin Dora Laderberg Harry Rosen Mary Rosenbaum Gerald Stein	<u>OCTOBER 26</u> Samuel Aks Justin Bangel Max Colodne Sara Davis Harry Leibowitz Ralph Max Jesse Rafelman Bete Turok
<u>OCTOBER 9</u> Loretta Bateman Ida Behrman Fannie Cohen Leon Ganderson Evelyn Hassett Herman Herz Harry Kittner Bezalel Myers Ida Parker Ruth Pollack	<u>OCTOBER 16</u> Louis Altschul Joe Arogeti Joseph Clemans Rita Kootner Jacob Kopelove Edith Lipson Benjamin Sneider Morris Stoop Benjamin Traub	<u>OCTOBER 21</u> David Barr Harry Berg Blanche Glickman David Havelock Bennie Jacobson Ben Lander Sol Lasting Julius Myers Stanley Polis Harry Rosenblatt Ronald Rothman Louis Simons	<u>OCTOBER 27</u> Harris Crockin Fannie Davis Lena Goodman Rosa Hyman Barry Jacobson Rae Kesser Sol Laderberg Lenore Laibstain Marjorie Leiderman Erwin Michaels Hannah Morewitz Emma Samuels David Waranch
<u>OCTOBER 10</u> Sidney Aron Samuel Ehrenworth Virginia Goodman Jacob Kress Edna Krukin Sol Laderberg	<u>OCTOBER 17</u> Florence Bangel Roselia Curras Helen Drexler Julius Higger Sara Kobrin Abraham Rosen Paul Shapiro Jane Tapper Simon Weiss	<u>OCTOBER 22</u> Bessie Clark Zishe Drucker Jack Hodor Charles Krochmal Rosalie Littman Sam Samuels Eli Simons Sylvan Weinstein	<u>OCTOBER 28</u> Bertha Benn Celia Cohen Joseph Eichelbaum Fred Kalish Manuel Robbins Sarah Sherasheff
<u>OCTOBER 11</u> Sondra Bress Cecilia Caplan Alex Davis Lillian Eisenpress Ruth Kreger Faye Schulwolf Joseph Sod William Walner Jack Warsof	<u>OCTOBER 18</u> Pearl Aleck Ruth Bensley Ruth Berger Armond Caplan Louise Carreiro Nathan Fried Simon Jacobs Flora Kozak Harry Levine Mollie Richels Bernice Rosenblum Hyman Sears David Wolman	<u>OCTOBER 23</u> Joseph Friedman Lilly Gorn Max Holtzman Helen Hirsch Ronald Hyman Jack Kesser Celia Krichman Frieda Morris Samuel Wasserman Mildred Zeitman	<u>OCTOBER 29</u> Harry Belkov Fannie Friedman Flora Glick Ida Jelaza Harry Legum Max Meyer Sandra Rosenberg Glenda Shuwall
<u>OCTOBER 12</u> Phillip Bress Bernard Cohen Geoff Cuthbert Rena Fivel Eli Lubato Edna Rubin		<u>OCTOBER 24</u> Isadore Bernstein Sarah Cohen Rene Cohen Kenneth Edelson Julia Mantinband Anna Ruden	<u>OCTOBER 30</u> Seymour Cohen Anna Feldman Shirley Murnick Abraham Schapiro
<u>OCTOBER 13</u> Leon Chenman Louis Feldman Florence Garfin Allan Goldberg Miriam Hecht Sarah Jacobson Michael Kaplan Louis Kayer Gene Mink Sol Petock Fannie Rosenfeld Myron Zimmerman			<u>OCTOBER 31</u> Clara Goldstein Sam Gordon Mervin Hoffman Kate Lavine Benjamin Pear Anna Reichenthal Harry Simons Yetta Snyder





422 Shirley Avenue, Norfolk, VA 23517

Non-Profit Org.  
U.S. Postage  
PAID  
Norfolk, VA  
Permit No. 1860

OR CURRENT OCCUPANT

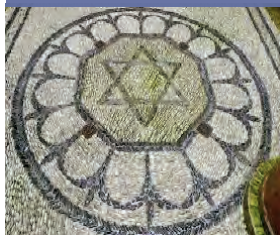
Did you know  
you can get your  
bulletin on the Web?  
[bethelnorfolk.com](http://bethelnorfolk.com)

JOIN CANTOR WENDI FRIED,  
RABBI JEFFREY ARNOWITZ, AND THE CANTORS ASSEMBLY FOR THE TRIP OF A LIFETIME!

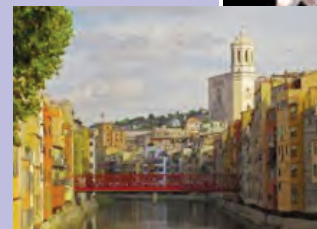
Join the Cantors Assembly for  
the Sephardic Sounds & Sites of

**SPAIN**

Featuring concerts and special events  
created by the Cantors Assembly  
July 3 - 14, 2016



- Celebrate Sephardic culture and song, with special CA Concerts and Events throughout!
  - Tour the world famous Prado Museum and stroll through beautiful Retiro Park in Madrid.
  - Visit the Grand Toledo Cathedral & the Transito Synagogue in the Imperial City of Toledo.
  - Enjoy a special Ladino program at Casa De Sefarad in Cordoba.
  - Visit the Moorish Alcazar Palace and the Old Jewish Quarter in Seville.
  - Tour the Alhambra Palace, where the expulsion decree was signed in 1492.
  - In Grenada discover the works of Gaudi, including the massive Segrada Familia and Guell Park.
  - Walk in the steps of the ancient synagogue in Barcelona.
  - Visit the former Jewish center of Gerona
  - Enjoy a visit to the lovely medieval towns of Banyoles & Besalu
- If interested, please get in touch with Cantor Wendi [cwf@bethelnorfolk.com](mailto:cwf@bethelnorfolk.com) or Rabbi Arnowitz [rja@bethelnorfolk.com](mailto:rja@bethelnorfolk.com) for details.





# Elul 5775 - Tishri 5776 \* September 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 17 Elul	2 18 Elul High Holiday Prep class: 7:00 pm	3 19 Elul	4 20 Elul Candlelighting: 7:12 pm	5 21 Elul Shabbat services: 9:30 am Torah Portion: Ki Tavo <b>SELICHOT program begins at 8:00 pm</b>
6 <sup>se</sup> 22 Elul	7 23 Elul <b>LABOR DAY OFFICE CLOSED</b>	8 24 Elul Board Meeting 6:15 pm	9 25 Elul High Holiday Prep class: 7:00 pm	10 26 Elul Sisterhood Board Meeting: 6:15 pm	11 27 Elul Candlelighting: 7:01 pm	12 28 Elul Shabbat services: 9:30 am Torah Portion: Nitzavim
13 29 Elul <b>EREV ROSH HASHANAH</b> Family and congregational service: 5:45 pm	14 1 Tishri <b>ROSH HASHANAH</b> Services: 8:15 am Tashlikh at the Hague 5:30 pm Mincha-Maariv: 7:00 pm	15 2 Tishri <b>ROSH HASHANAH</b> Services: 8:15 am Mincha-Maariv: 7:00 pm	16 3 Tishri <b>FAST OF GEDALIAH</b>	17 4 Tishri Kavanah to Kaparah @ Konikoff home 6:30 pm	18 5 Tishri Candlelighting: 6:51 pm	19 6 Tishri Shabbat services: 9:30 am Torah Portion: Vayelech <b>SHABBAT SHUVAH</b>
20 7 Tishri 1st day of BERS 10:00 - 12:00 pm Cemetery Service: 12:30 pm	21 8 Tishri	22 9 Tishri <b>KOL NIDRE</b> Services: 6:15 pm	23 10 Tishri <b>YOM KIPPUR</b> Services: 9:00 am <b>YIZKOR</b> <b>FALL BEGINS</b>	24 11 Tishri	25 12 Tishri Candlelighting: 6:40 pm	26 13 Tishri Shabbat services: 9:30 am Torah Portion: Ha'azinu
27 14 Tishri BERS 9:15 - 12:15 pm Growing Together @ 4 pm <b>EREV SUKKOT</b>	28 15 Tishri <b>SUKKOT</b>	29 16 Tishri <b>SUKKOT</b>	30 17 Tishri Lunch & Learn in the sukkah 12 noon Men's Club Scotch in the Sukkah 6:45 pm <b>INTERMEDIATE DAY</b>			

# Tishri - Cheshvan 5776 \* October 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 18 Tishri  INTERMEDIATE DAY	2 19 Tishri  INTERMEDIATE DAY Family Dinner in the sukkah 5:45 pm Candlelighting: 6:29 pm	3 20 Tishri  Shabbat services: 9:30 am  CHOL HAMOED
4 21 Tishri  Schmooze in the sukkah for new and potential members 1:00 pm  HOSHANA RABBAH	5 22 Tishri  <b>SHEMINI ATZERET YIZKOR</b> Family Service Simchat Torah service: 6:45 pm	6 23 Tishri  SIMCHAT TORAH	7 24 Tishri  Lunch & Learn 12 noon  Intro to Judaism 7:00 pm	8 25 Tishri	9 26 Tishri  Candlelighting: 6:19 pm	10 27 Tishri  Shabbat services: 9:30 am Torah Portion: Bereshit  Children's Shabbat Pro- gramming
11 28 Tishri	12 29 Tishri	13 30 Tishri  Board of Directors Mtg 6:15 pm  ROSH CHODESH	14 1 Cheshvan  Lunch & Learn 12 noon Intro to Judaism 7:00 pm  ROSH CHODESH	15 2 Cheshvan	16 3 Cheshvan  Candlelighting: 6:10 pm	17 4 Cheshvan  Shabbat services: 9:30 am Torah Portion: Noach
18 5 Cheshvan  92nd Street Y with Dennis Ross & Ethan Bronner, Alan Dershowitz 7:30 pm	19 6 Cheshvan	20 7 Cheshvan	21 8 Cheshvan  Lunch & Learn 12 noon  Intro to Judaism 7:00 pm	22 9 Cheshvan	23 10 Cheshvan  Candlelighting: 6:01 pm	24 11 Cheshvan  Shabbat services: 9:30 am Torah Portion: Lech Lecha  Children's Shabbat Pro- gramming
25 12 Cheshvan	26 13 Cheshvan	27 14 Cheshvan	28 15 Cheshvan  Lunch & Learn 12 noon  Intro to Judaism 7:00 pm	29 16 Cheshvan	30 17 Cheshvan  Adult Recess Progressive dinner 7:00 pm  Candlelighting: 5:52 pm	31 18 Cheshvan  Shabbat services: 9:30 am Torah Portion: Vayera