



Temple Beth Am Newsletter

VOLUME 60 NUMBER 1

SEPTEMBER 2020

Rabbi Gullack's Message

In the '70's, when I first starting keeping Shabbat in the traditional manner, I was talking with one of my teachers, Rabbi Hershel Matt ZTZ" (May the memory of the righteous be for a blessing). He said something that in my youthful arrogance I thought would never apply to me. He suggested that whenever we take on an observance, we take it on for now, for this time in our lives. We need to recognize that circumstances change and that what may be the perfect level of observance for us now, may not be in the future. I remember, during my time in Henrietta, and for years before and after, I kept not driving on Shabbat as a strict practice. I remember hiking from the shul to my brother's house, when my parents were visiting. I remember bundling up in many layers with my ski goggles to walk home on frigid Friday nights. After I moved to Albany, my son needed a doctor, and the only time we could get in for an appointment was on the cusp of Shabbat. I drove, explained to a puzzled receptionist that I wanted to prepay the visit, and came home after Shabbat had started. Jewish Law has a term for this: Sha'at D'chack – a pressing time, a time of need. Years later, when my back got bad, I started driving to and from synagogue.

This spring, when COVID hit, I was surprised to see a declaration from the Chief Rabbinate of Israel, saying that it was permissible to ZOOM Seders. I had been depressed, as many of us were, at the thought of sitting by myself for 2 nights doing Seder on my own. (Because I am an essential worker, even my sons were not coming over.) I helped organize a ZOOM Seder match up through National Havurah and had two delightful Seders with guests from up and down the east coast. As the Talmud says, "Shma Minah Tlat" – I learned three things from this: 1) Seders are not as exhausting if you are only cooking

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Schedule of Services

Services during Coronavirus Situation

Due to the Coronavirus pandemic restrictions, all indoor services and other meetings have been cancelled at Temple Beth Am, Temple Beth David, and Beth Hamedresh - Beth Israel until further notice. If restrictions are lifted, a schedule of services will be announced.

Ohel Avraham services will be online at:
<https://zoom.us/j/247918573> or
<https://facebook.com/OhelAvraham>

BHBI services will be online at:
<https://rochester.zoom.us/j/6859325669>

Temple Beth David services will be online at:
<https://zoom.us/j/368588008>

To download non-High-Holiday prayerbooks see:
<https://tinyurl.com/dl-siddur>

Joint Temple Beth Am—Ohel Avraham
 High Holiday services will be online at:
<https://us02web.zoom.us/j/6337493851>

Friday, September 4
 6:30 pm Ohel Avraham online

Saturday, September 5
 Parashat Ki Tavo
 9:30 am at BHBI, weather permitting
 Time Pending: Temple Beth David Online Havdalah

Sunday, September 6
 9:00 am BHBI online

Saturday, September 12
 Parashat Nitzavim-Vayeilech
 10:00 am Ohel Avraham Online
 or 9:30 am at BHBI, weather permitting

Saturday, September 12
Movie and Selichot
 8:30 pm at location to be announced

Sunday, September 13
 9:00 am BHBI online

Friday, September 18
Erev Rosh Hashonah
 6:00 pm Services
 Joint Beth Am—Ohel Avraham Online

Saturday, September 19

Rosh Hashonah—Day 1
 9:00 Morning Service part 1 Shacharit
 11:00 am Morning Service part 2 Sermon, Torah service
 7:30 pm Rosh Hashonah Seder
 (No Evening Service)
 Joint Beth Am—Ohel Avraham Online

Sunday, September 20

Rosh Hashonah—Day 2
 9:00 Morning Service part 1 Shacharit
 11:00 am Morning Service part 2 Sermon, Torah service
 Joint Beth Am—Ohel Avraham Online

Sunday, September 20

Tashlich and Shofar Service
 4:00 pm at Canal Lock at Clover St.
 Masks and Social Distancing Required

Saturday, September 26

Parashat Ha'Azinu
 10:00 am Ohel Avraham Online
 or 9:30 am at BHBI, weather permitting

Sunday, September 27

Erev Yom Kippur
 6:00 pm Kol Nidre
 Joint Beth Am—Ohel Avraham Online

Monday, September 28

Yom Kippur
 9:00 Morning Service part 1 Shacharit
 11:00 am Morning Service part 2 Sermon, Torah service
 3:00 pm Study session
 5:00 pm Yizkor and Mincha
 approx. 6:00 pm Neilah
 Joint Beth Am—Ohel Avraham Online

Friday, October 2 to

Sunday, October 3

Sukkot
 Schedule of Services
 will be announced

Rosh Hashonah Seder

Online at 7:30 pm, Saturday, September 19

There are traditions dating from Talmudic times about blessing and eating specific foods so that we should be blessed with a new year that shares characteristics with the foods we bless and eat.

As Ashkenazi Jews we are familiar with apples and honey for a sweet year. We are not suggesting roasting a ram's head, so we should be the head and not the tail.

But stock up on some of these so we may tell stories about them and bless and eat them together. Try and find one "shehechyanu" fruit, something you have not eaten in the past year, so we can start

the second day of Rosh Hashanah with a new blessing.

We will meet on Zoom while partaking of the foods and discussions at home. Suggested food items are:

1. apples & honey
2. leeks or scallions
3. beets
4. squash (gourd, pumpkin, zucchini, butternut, acorn)
5. fresh/frozen green beans or cooked white beans (cannellini, black-eyed peas) or sesame seeds
6. head of lamb or fish (or goldfish-shaped crackers) or head of lettuce

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September Anniversaries



Happy anniversary to:
Dr Mitchell Ehrenberg & Dr Ruth
Goldberg

Torah Study Group

The Small Conservative Shul Collaborative Torah study session will be held at 7:30 pm on Wed. Sept. 16th. See <http://BHBIROchester.org> for the Zoom link.



Lulav and Etrog Orders

Martin Schneiderman will be taking orders for Lulav and Etrog sets. Call him at 334-7774 by Monday, September 7th to have your lulav and etrog by Sukkot.

September Birthdays

Happy Birthday to:

Iris Auerbacher, Daniel
Uebelacker, Dotty Tulin



Daniel E. Phillips, D.D.S.

4001 East Henrietta Road

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Condolences

Our sincere condolences to the family of our member, Roberta Kaplan who passed away on August 17th. She is survived by her husband Jerry Kaplan, daughters Darlene Yaravitz & Julie (Keith) Nutt; son Matthew Kaplan; grandson Hunter Kaplan; brother Stanley Saul; brother Leon (Eileen) Saul; sister Phyllis (Ken) Linne; and sister-in-law Sharon Dann.

Rabbi Gulack's Message

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for a small group

(1 I sent some food over for Steve and the sons);

2) ZOOM is a wonderful platform;

3) Halacha needs to meet the needs of the time.

Now, 6 months into COVID, I have started ZOOMing Shabbat morning services. This is something I resisted for 5 months but praying alone on my couch wasn't really doing it for me. I admit that when turning on ZOOM the temptation to check my emails is there, but that is not within my Shabbat practice. I realized that even when my synagogue started having very limited, masked, outdoor services, with no singing; that because I go to work, I did not feel it was safe for me to attend. Now we are preparing for the High Holy Days. My home synagogue, like Beth Am, is not having anything in the building. Another religious principle applies here; Pikuach Nefesh – saving lives. It is against Jewish law to do anything that is hazardous to your health. (There are even rulings prohibiting starting to smoke. The principle of not making a law that the majority of people could not keep kept the Rabbinate from decreeing that people had to stop.)

We are preparing, in the most pressing of all times, to embrace the possible. We have found a way to pray together, to see other faces, and to celebrate the holidays. We will use technology in ways we might not have in ordinary times. If you need help accessing ZOOM, contact Paul Breese-Garelick at (585)738-1028 or paul.breese.garelick@bethamrochester.org. There are plans in place to get people matched up with tech support and with tablets or computers if needed.

Let us use what has been created for good, and God willing, we will merit to meet again in person when it is safe to do so! May we all be inscribed for a Happy and a Healthy New Year!

Rabbi Susan Gulack, returning to Beth Am after a quarter of a century!

President's Message

Shalom Everyone,

I am again privileged to serve as President of Temple Beth Am. Rosh Hashanah has always been a special time of the year for my family and I. For not only is it the start of the High Holy Day period, but it has also served as a time of introspection and self-renewal. Not only a renewal of the relationship that we have with G-d, but also of the relationship that we have with both each other and nature. As we recite the prayers together and listen to the Rabbi and the Cantor as they lead us through each of the services, may we become reawakened and inspired to better our relationship with G-d, our fellow humans, and our environment. Yom Kippur bestows upon us a chance to seek forgiveness from each other and ourselves, so that we may reset and resolve to be on the path to righteousness. By seeking forgiveness from others and admitting to ourselves our own faults, we are given the chance to grow and follow along the path to holiness. At this most unprecedented time in the world today, we need to take more time to check on our neighbors, our elderly, and those that are sick. It is not just a mitzvah that you should do, but a duty from the heart to care for your fellow humans. We need to care more for each other and our planet.

"20/20" has not lived up to its name-sake. We have been stressed to the limits in having to adapt to a new "old way" of living. It has caused us all to reconnect with our families and friends at the simplest of levels. We have shown resiliency and resolve to bring a sense of normalcy to our lives and the lives of those around us. Using this time to reset our lives, can be akin to how Rosh Hashanah resets us for the coming year. May you all be inscribed in the Book of Life.

At this time, I would like to thank Rabbi Sue Gulack and Sam Asher, serving as Cantor, for leading services this year. I would also like to thank outgoing President Candace Rubin for her stewardship of the Temple for the last few years. Your 2020 board members are: 1st Vice President Martin Schneiderman, 2nd Vice President Paul Breese-Garelick, Treasurer Ami Schmerl, Secretary Jackie Ellis, Lou Babin, Candace Rubin, Laurel Schneiderman, Shahida Zechariah, Avivah Steinberg, Newsletter Editor Bruce Nelson, and Acting Ritual Chairperson Ronna Marsh.

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President's Message

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Please feel free to contact any one of us with suggestions, comments, and/or complaints. I would also like to thank the Ohel Avraham and Temple Beth Am Joint High Holy Day Taskforce for all the hard work and coordination they have done to arrange the joint services between Temple Beth Am and Ohel Avraham, as well as the joint Tashlich service with Congregation Beth Hamedresh-Beth Israel. Special mention to Paul Breese Garelick for setting up the Zoom account for all of us to use for services.

Wishing each of you and those you cherish a L'Shannah Tova 5781!

Ruth Steinberg-Barnhart

Rosh Hashonah Seder

(Continued from page 1)

7. dates
 8. cow or fish lung or popped popcorn
 8. pomegranate
- plus 1 food you haven't eaten for a year such as quince, persimmon, star fruit, carob, fresh fig

It is not absolutely necessary to have all these items, but do the best you can. The significance of these and their relationship to Rosh Hashonah will be explained.

September Yahrzeits

REMEMBERED AT SERVICES SEPT 4-5

- Elul 16 (Sep 5) Charles Steinberg, Father of Ruth Steinberg
- Elul 17 (Sep 6) Rebecca Kipnis, Mother of Lola Ladin
- Elul 17 (Sep 6) Helen Garelick Mallard, Sister-in-law of Sharon Garelick, Aunt of of Laurel Schneiderman & Paul Breese-Garelick
- Elul 20 (Sep 8) Peter Silverstein, Husband of Fredda Silverstein

REMEMBERED AT SERVICES SEPT 11-12

- Elul 24 (Sep 13) Elizabeth Cenzer, Aunt of Joan Schwartz
- Elul 27 (Sep 16) Daniel Alter, Father of Sharon Garelick
- Elul 28 (Sep 17) Jane Freeman
- Elul 28 (Sep 17) Ida Kaplan, Mother of Ronna Marsh
- Elul 29 (Sep 18) Leah Babbín

REMEMBERED AT SERVICES SEPT 18-19

- Tishrei 1 (Sep 19) Anna Bornstein
- Tishrei 1 (Sep 19) Bernhard Bornstein
- Tishrei 1 (Sep 19) Ella Bornstein
- Tishrei 2 (Sep 20) Frank Cohen
- Tishrei 2 (Sep 20) Max Orlen, Uncle of Lou Babin
- Tishrei 3 (Sep 21) Murray Greenberg
- Tishrei 3 (Sep 21) Gavriel Springut
- Tishrei 4 (Sep 22) Susan Lichtenstein
- Tishrei 6 (Sep 24) Susan Horiowitz, Sister-in-law of Dotty Tulin

REMEMBERED AT SERVICES SEPT 25-26

- Tishrei 8 (Sep 26) Herbert Goldberg, Brother-in-law Pete Silverstein
- Tishrei 9 (Sep 27) Paul Halpern
- Tishrei 10 (Sep 28) Florette C Klafter
- Tishrei 10 (Sep 28) Rose Sibitt, Aunt of Ronna Marsh
- Tishrei 12 (Sep 30) Mary Babin, Mother of Louis Babin
- Tishrei 12 (Sep 30) Max Zlotnick, Father of Sue Lippman

REMEMBERED AT SERVICES OCT. 2-3

- Tishrei 16 (Oct 4) Edith Krall, Cousin of Joan Schwartz
- Tishrei 19 (Oct 7) Bunny Curwin

• denotes a plaque on the Memorial Board.



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Selichot Movie and Services
Saturday, September 12, 8:30 pm
Location to be announced



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IN-A-BOX


Jewish Family Service of Rochester, Inc. is
proud to offer Rosh Hashanah In-a-Box on Friday, September 18th.

Dinners will be provided at no cost
to those who are in need of a meal and/or unable to access food without
assistance. [Sign-up here.](#)

Rosh Hashanah In-a-Box may also be purchased
for \$20/box. If you would like to sponsor a meal for someone, this option is
also available. All orders must be received by
Wednesday, September 9th at 5:00 PM.



Purchase a
Rosh Hashanah
In-a-Box



Sponsor an
individual
or Family

Menu:

Non-Vegetarian-Challah Roll, Butternut Squash & Apple
Soup, Farro Salad with Kale, Sweet Potato and Pomegranate Seeds, Honey and Cider
Glazed Turkey, Garlic and Leek Mashed Potatoes, Roasted Root Veggies with
Rosemary (carrots, parsnips, beets) Honey Cake Muffin
Vegetarian Meal - A Cider and Honey Glazed Roasted Portobello
Mushroom with all other sides

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Mailing Labels, Xerox Copies
Business Cards & Stationery.

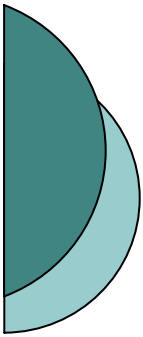
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Elul 5780 - Tishrei 5781– September 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Elul 10 9:00 am BHBI Online Services	31	1	2 7:00 pm Temple Board	3	4 C.L. 7:20 pm 6:30 pm Ohel Abraham Online Services	5 S.E. 8:20 pm 9:30 am Outdoor Services@ BHBI
6 Elul 17 9:00 am BHBI Online Services	7	8	9 9:30 am Outdoor Services@ BHBI	10	11 C.L. 7:08 pm	12 S.E. 8:06 pm 9:30 am Outdoor Services@ BHBI 10:00 am Ohel Abraham Online Services 8:30 pm Drive-in movie & Sefichot service at location to be announced
13 Elul 24 9:00 am BHBI Online Services	14	15	16 7:00 pm Small Shul Torah Study on Zoom	17	18 C.L. 7:55 pm See Schedule of Services Erev Rosh Hashonah	19 C.L. >7:53 pm Rosh Hashonah
20 Tishrei 2 H.E. 7:52 pm See Schedule of Services Rosh Hashonah	21	22	23	24	25 C.L. 6:42 pm	26 S.E. 7:41 pm 9:30 am Outdoor Services@ BHBI 10:00 am Ohel Abraham Online Services
27 Tishrei 9 C.L. 6:42 pm See Schedule of Services Erev Yom Kippur	28 H.E. 7:37pm Yom Kippur	29	30	1	2 C.L. 6:30 pm Services to be announced Erev Sukkot	3 C.L. >7:28pm Services to be announced Sukkot
4 Tishrei 16 H.E. 7:26 pm Sukkot	5 Hol Hamoed Sukkot	6 Sept Hol Hamoed Sukkot	7 7:00 pm Temple Board Hol Hamoed Sukkot	8 Hol Hamoed Sukkot	9 C.L. 6:18 pm Services to be announced Hoshana Rabbah	10 C.L. >7:16pm Services to be announced Shemini Atzeret

2020 HIGH HOLIDAY SERVICE SCHEDULE

Most times are approximate. No tickets, so this is your guide.
Start of each morning & evening service plus sermon times are fixed times.

ROSH HASHANAH

FRIDAY, SEPTEMBER 18

before 6:55 pm: light Yom Tov/Shabbat candles

6:00 pm Erev Rosh Hashanah, Ma'ariv service begins

7:10 pm approx Service end time

SATURDAY, SEPTEMBER 19

9:00 am Birkhot Hashachar, P'seukei d'Zimra

9:20 am Hamelech, Shacharit

10:30 am Intermission/Music

11:00 am Rabbi's Sermon

11:30 am Torah Service

noon Musaf service

1:00 pm approx. service end time

Note: No evening service

7:30 pm Rosh Hashanah seder via Zoom: Rabbi Gulack

after 7:53 pm: light Yom Tov candle from existing flame

Note: No shofar blowing or Tashlich on Shabbat

SUNDAY, SEPTEMBER 20

9:00 am Birkhot Hashachar, P'seukei d'Zimra

9:20 am Hamelech, Shacharit

10:30 am Intermission/Music

11:00 am Rabbi's Sermon

11:30 am Torah Service

noon Musaf service

1:00 pm approx. service end time

4:00 pm Tashlich, meet at canal lock on Clover, bring mask, bread, shofar

Note: No evening service

ZOOM CONNECTION FOR SERVICES

[HTTPS://US02WEB.ZOOM.US/J/6337493851](https://us02web.zoom.us/j/6337493851)

MEETING ID: 633 749 3851

DIAL-IN:

1 929 205 6099

MEETING ID: 633 749 3851

2020 HIGH HOLIDAY SERVICE SCHEDULE

Most times are approximate. No tickets, so this is your guide.

Start of each morning & evening service plus sermon times are fixed times.

YOM KIPPUR

SUNDAY, SEPTEMBER 27

before 6:39 pm: light Yahrzeit & Yom Tov candles

6:53 fast begins

6:00 pm Kol Nidre, Ma'ariv

6:50 pm Rabbi's sermon

7:15 pm Beth Am President's announcement: Ruth Steinberg

7:20 pm Ohel Avraham Board member announcement

7:25 pm Service resumes

8:30 pm approx. service end time

MONDAY, SEPTEMBER 28

9:00 am Birkhot Hashachar, P'seukei d'Zimra

9:20 am Hamelech, Shacharit

10:30 am Intermission/Music

11:00 am Rabbi's Sermon

11:30 am Torah Service

Noon Musaf begins

1:00 pm approx end of Musaf service

1:00 pm - 3:00 pm REST PERIOD

3:00 pm Study Session, with Rabbi Sue

5:00 pm Yizkor using Beth Am Yizkor book, with breakout groups then Minchah

6:00 pm Ne'ilah (concluding service)

7:37 pm Blow shofar, Fast ends

7:38 pm Ma'ariv begins

7:45 pm Ma'ariv service ends

ZOOM CONNECTION FOR SERVICES

[HTTPS://US02WEB.ZOOM.US/J/6337493851](https://us02web.zoom.us/j/6337493851)

MEETING ID: 633 749 3851

DIAL-IN:

1 929 205 6099

MEETING ID: 633 749 3851

Please save this as it will be used on Yom Kippur afternoon during the study session with Rabbi Gulack @ 3 pm on Monday, September 28.

AZAMERA – REBBE NACHMAN OF BRATZLAV

LIKUTEI MOHARAN 282

Know that you must give every person the benefit of the doubt. Even if someone is entirely wicked, you must look closely and find some spark of goodness in him. In that small spark he is not wicked, and by seeing some small good in him, you no longer see him as being completely wicked, and therefore you raise the potential for him to change. This is what the verse from Psalms (37:10) means “A little bit and there is no wicked, you will contemplate on his place and he isn’t there.” When you find that little bit, that small spark, where the person is not wicked, he will no longer be in the place, or level he was when you saw him as completely wicked.

How is it possible that there isn’t a small spark of good? How could it be that a person did not fulfill a single commandment or do a single bit of good in his whole life? Once you find that spark of good you see in him the potential for good and raise him from hopelessly wicked to potentially good. By viewing this potential, you change his perspective as well and help him be in a better place. This is the meaning of “you will contemplate his place and he isn’t there.” When you try to see him as you originally did, as wicked, you can’t see him that way anymore, because he isn’t there anymore. Understand this well.

Now do this search for yourself, for your own good sparks. Rebbe Nachman taught that it is very important to be happy and to serve God with joy, and to keep guard against despair or depression. When you start looking deep within yourself, you may see that there is no real good. You may see yourself as full of sin, each deed as not good enough. This could cause you to fall into depression, God forbid. You must not allow that to happen. Search and find your good points. How could it be that you have not fulfilled a commandment or done some good in your whole life? You look at it and judge it not good enough, you did it for the wrong reasons or with the wrong attitude. Even so, how could your mitzvah or holy deed contain no good? In every case it contains some spark of good.

You must continue searching until you find some spark of good in yourself to give yourself new life and happiness. When you discover the good that is still inside of you, you literally tip the scales from guilt to merit. This will enable you to return to God. “In a little while there will be no more wickedness, you will look for him where he was, and he won’t be there anymore.” Just as you must give others the benefit of the doubt, even wicked people, and to find in them some good point, just as you help this other person, so too, you help yourself. You have to judge yourself to the side of merit, to find in yourself some small fine point of goodness, in order to strengthen yourself in order that you should not give up and fall completely, God forbid, rather you give yourself life and cause your soul to rejoice with the little bit of good you find in yourself, just as you have merited to do in your life some mitzvah or some good thing, so too, you must search further to find another good point.

Even if you think this good point is also full of flaws, you must still search for some good in it. In this same way, you must continue finding more and more good points.

This is how songs are made! As it has been explained (in Rebbe Nachman's comments on Miketz) in essence, music is made by sifting the good from the bad. The musician must find the "good spirit" – the good air – and reject the bad. A musical instrument is a vessel containing air. The musician produces the sounds by causing the air to vibrate. His task is to move his hands on the instrument in such a way as to produce good spirit, good vibrations, while avoiding the "bad vibrations" – the dissonant winds of gloom and depression. (The general principle is that a holy melody is very holy and the sense of the melody is made by sifting the good from the bad, in this way you sort and gather the good points from the bad, in this way you make melody and song. Examine this well!)

When you refuse to allow yourself to fall into despair, but instead, vitalize yourself by seeking out and gathering together your positive points, this produces melodies, and you can then pray, sing and give thanks to God.

When you recognize the wrong you have done and how grossly materialistic and impure you are, you can become so depressed that you become completely unable to pray. You cannot open your mouth to God. This is because of the deep sorrow and heaviness that overcome us when we see our overwhelming distance from God.

But finding your good points can give you renewed life. Even if you know you have done wrong and caused damage and that you are far from God, you must search until you find the good that is still inside you. This will give you renewed life and make you truly happy. You are certainly entitled to feel the greatest joy over every good point you find in yourself, because each good point comes from the holy soul within you. The new life and joy you will gain from this path will enable you to pray, sing and give thanks to God.

- 1) Can you think of a time when you thought someone was worthless or totally wicked? Were you able to change your thoughts about that person? What damage does it do to discard someone who you consider to be wicked? (Think of people in prison or politics.) The damage is both to them and to you.
- 2) What does it change to find something good about a person? Do relationships change us? Do they have the power to change others?
- 3) Do you ever despair about yourself and your possibilities for self-improvement? In the words of Rebbe Zusya, "So, does that help?" What motivates change?
- 4) When you string together your good points, Rebbe Nachman says that makes your personal melody, your song to God. What does this metaphor mean to you? How does discarding the bad vibrations help the melody?
- 5) How do you sing your melody?