

Temple Beth Am Newsletter

VOLUME 61 NUMBER 1

SEPTEMBER 2021



Rabbi's Message

Change, Challenge and Control

My Rabbi sometimes calls me his Buddhist Rabbi, ever since he once asked me if everything was under control when my boys were little. I replied, "Control is an illusion." That and this are two of my favorite Buddhist sayings "The only constant is change." I love it because it is true and oxymoronic at the same time. A constant is something that does not change, like gravity or the speed of light. While we use those terms to define constant, when we look closely, they change too. Gravity exists, but it's pull on us changes when we fly in an airplane for example. I am fascinated by the experiments of the Danish Physicist Lene Vestergaard Hau, who, with a team from Harvard and the Rowland Institute for Science managed to slow down light to 17 meters per second.

When we watch babies grow, they change so fast that they outgrow clothing from one week to the next. They go from crawling to walking to running to climbing and before you know it to riding a bicycle and driving a car. As we age, we change more slowly. Some of you, I have no trouble recognizing from when I worked here 26 years ago. True we may have gotten a little grayer or slowed down a little. Still, 26 years is a long time.

The past year and a half of COVID has alternately crawled and sped along. Sometimes it seems that I can't remember how we did things in the 'before times' and yet lately it

IMPORTANT NEW INFORMATION

Masks are required in all buildings, even if you are fully-vaccinated. Please do NOT bring in food. If you wish to bring bottled water, please bring a bottle that has a flip-open/push-pull top or use a straw. Proof of vaccination required at Beth Am either by showing your vaccination card or NY Excelsior app at door or emailing ronnamarsh@yahoo.com by noon Friday.

Some Friday night services may be held both in-person and via Zoom. To be notified, send email to bruce.nelson@gmail.com & ronnamarsh@yahoo.com to be added to Beth Am email list. Only the last Saturday of each month is always a hybrid, in-person/Zoom service. Due to limited space, reservations must be made by emailing ronnamarsh@yahoo.com with the number of attendees at least 2 days before each service.

Our online services are at:

<https://zoom.us/j/6337493851>

BHBI has live services at their location on Shabbat and on Zoom at 9 am Sunday. See <http://bhbirochester.org>.

Temple Beth David services are as announced. Call the Temple Beth David office at 585-266-3223 by 4:00 pm Thursday for information.

Friday, September 3

6:00 pm Online via TBA Zoom w/ BHBI

Saturday, September 4

Parashat Nitzavim

10:00 am Live services available at BHBI

Monday, September 6

Erev Rosh Hashanah

6:30 pm on Zoom and Live in TBK Room 100

7:00 pm Rabbi's teaching on Zoom or in Rm 100

Tuesday, September 7

Rosh Hashanah

9:00 am on Zoom and Live in TBK Room 100

5:00 pm Tashlich (meet outside TBK Door A)

5:30 pm Mincha outside TBK Door A (No Zoom)

8:00 pm Rosh Hashanah seder on Zoom

Wednesday, September 8

Rosh Hashanah

9:00 am on Zoom and Live in TBK Room 100

Friday, September 10

6:00 pm Online via TBA Zoom w/ BHBI

Saturday, September 11

Parashat Vayelech

10:00 am Live at BHBI (No Zoom)

Wednesday, September 15

Kol Nidre

6:30 pm on Zoom and Live in TBK Room 100

Schedule of Services

Thursday, September 12

Yom Kippur

All services on Zoom and Live in TBK Room 100

9:00 Morning Service

12:00 Musaf

4:15 Study Session

5:30 Yizkor and Mincha

Friday, September 17

6:00 pm Online via TBA Zoom w/ BHBI

Saturday, September 18

Parashat Ha'Zinu

10:00 am Live services available at BHBI

Monday, September 20

Erev Sukkot

6:30 pm at BHBI (NoZoom)

Tuesday, September 21

Sukkot

9:30 am at BHBI (NoZoom)

6:30 pm Online via TBA Zoom w/ BHBI

Wednesday, September 22

Sukkot

9:30 am at TBA (No Zoom)

Friday, September 24

6:00 pm Online via TBA Zoom w/ BHBI

Saturday, September 25

Shabbat Sukkot

10:00 am Live services available at BHBI

Monday, September 27

Erev Shemini Atzeret

6:30 pm on Zoom and Live in TBK Room 103 w/

Yizkor

Tuesday, September 28

Shemini Atzeret

9:30 am at BHBI w/Yizkor (NoZoom)

Tuesday, September 28

Simchat Torah

7:30 pm via TBA Zoom and Live in TBK Room 103

Wednesday, September 29

Simchat Torah

9:30 am at BHBI (No Zoom)

Friday, October 1

6:00 pm Online via TBA Zoom w/ BHBI

Saturday, October 2

Parashat Beresheet

10:00 am Live services available at BHBI

Due to the ever-changing situation, times and/or Zoom IDs are subject to change. We will do our best to send emails and to update our website and Facebook pages when changes are announced.

seems I can't keep up with the changes. The vaccine will protect me, I don't need a mask anymore. The vaccine won't protect me, mask up and distance and plan on a booster. We will have services in person, we will zoom, we will hybrid, with

the Rabbi and Cantor in person or will they zoom in from their homes? Can we eat together? Inside? Outside?

This constant state of change challenges us. Who can we believe? Is the

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President's Message

Shalom Everyone,

5781 brought us a very topsy turvy world, much of which was unfathomable. So, for this Rosh Hashanah I would like to share a writing from a book entitled, *The Way of the Jewish Mystics*. I came across this little book during one of my gift shop wanderings in New York City. I was drawn to the book by both the title and the beautiful artwork on its cover. Besides which I have a penchant for collecting "small" treasures and items, so naturally I just had to buy the book. *The Way of the Jewish Mystics* is an insightful anthology compiled and edited by Perle Besserman and is part of the Shambhala Pocket Classics.

"Each letter is ruled by an angel [which] is a ray of an outflow of the virtues of the Almighty and the qualities of God. The angels which dwell in the earthly and in the heavenly world rule those who abide in our earthly one. The letters form the words, then

the words the prayers, and it is the angels who, designated by the letters and assembled in the written and spoken words, work the wonders at which ordinary men are amazed."

As we come together with family and friends to pray during this High Holy Day period, may we too feel the "virtues of the Almighty and the qualities of God." Wishing each of you and those you cherish a Shanah Tovah Umetukah for 5782 from my entire family to yours!

Ruth Kei Steinberg-Barnhart,
President

September Anniversary

Happy Anniversary to:
Mitchell Ehrenberg & Ruth Goldberg

Cobblestone Computer Service
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334-5513

September Yahrzeits

- REMEMBERED AT SERVICES SEP 3 - SEP 4**
- Elul 27 (Sep 4) Daniel Alter, Father of Sharon Garelick
 - Elul 28 (Sep 5) Jane Freeman
 - Elul 28 (Sep 5) Ida Kaplan, Mother of Ronna Marsh
 - Elul 29 (Sep 6) Leah Babin
 - Tishrei 1 (Sep 7) Anna Bornstein
 - Tishrei 1 (Sep 7) Bernhard Bornstein
 - Tishrei 1 (Sep 7) Ella Bornstein
 - Tishrei 2 (Sep 8) Frank Cohen
 - Tishrei 2 (Sep 8) Max Orlen, Uncle of Lou Babin
 - Tishrei 3 (Sep 9) Murray Greenberg
 - Tishrei 4 (Sep 10) Susan Lichtenstein

- REMEMBERED AT SERVICES SEP 10 - SEP 11**
- Tishrei 6 (Sep 12) Susan Horiwitz, Sister-in-law of Dotty Tulin
 - Tishrei 10 (Sep 16) Florette C Klaffer
 - Tishrei 10 (Sep 16) Rose Sibitt, Aunt of Ronna Marsh
- REMEMBERED AT SERVICES SEP 17 - SEP 18**
- Tishrei 12 (Sep 18) Mary Babin, Mother of Louis Babin
 - Tishrei 12 (Sep 18) Max Zlotnick

REMEMBERED AT SERVICES SEP 24 - SEP 25

- Tishrei 19 (Sep 25) Bunny Curwin
 - Tishrei 21 (Sep 27) Mary Goldman
 - Tishrei 22 (Sep 28) Isadore Stamm
 - Tishrei 24 (Sep 30) Florence Swartz, Aunt of Ronna Marsh
- REMEMBERED AT SERVICES OCT 1 - OCT 2**
- Tishrei 30 (Oct 6) Louis Gaffe
 - Tishrei 30 (Oct 6) Irving Simon
 - Heshvan 1 (Oct 7) Sarah Strassman Finn
 - Heshvan 1 (Oct 7) Martin Gerald Skolnick, Father of Jay Skolnick
 - Heshvan 2 (Oct 8) Yvonne Asher, Mother of Sam Asher
 - Heshvan 2 (Oct 8) Meyer Lubitow

• denotes a plaque on the memorial board. Contact Bruce Nelson, 334-5513, bruce.nelson@gmail.com to purchase a plaque.

Rabbi's Message

(Continued from page 1)

choice I made last month or last week still a safe one? Am I being paranoid or smart? All these challenges can make us unbalanced. They can also encourage us to slow down and take a deep breath (outside or with a mask on?) They help us to understand my other favorite Buddhist saying, "Control is an illusion." We are not the ones in control, God is. We cannot know God's plans for us, but we can only do that which is in our ability to keep ourselves and each other safe and healthy as we move into the new year.

Shanah Tovah, may it be a sweet, happy and HEALTHY one for all of us!

Rabbi Susan Gulack

September Birthdays

Happy Birthday to:
Stephanie Schneiderman, Iris Auerbacher,
Daniel Uebelacker, Dotty Tulin

Daniel E. Phillips, D.D.S.

4001 East Henrietta Road

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Tishrei - Cheshvan 5782—September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Elul 21 9:00 am BHBI Online Services	30 6:30 pm on Zoom or Live in Room 100 7:00 pm Rabbi's teaching on Zoom or Live in Room 100 Rosh Hashanah Eve	31 9:00 am on Zoom or Live in Room 100 11:20 am Torah service 5:00 pm Tashlich outside Door A 5:30 pm Mincha outside Door A 8:00 pm Rosh Hashanah seder on Zoom Rosh Hashanah Day 1	1 September 9:00 am Services on Zoom or Live in Room 100 11:20 am Torah service Rosh Hashanah Day 2	2 Fast Begins 5:13 am Fast ends 8:00 pm Fast of Gedaliah	3 C.L. 7:22 pm 6:00 pm Beth Am, BHBI on TBA Zoom	4 S.E. 8:22 pm 10:00 am BHBI in-person service @ East Ave location
5 Elul 28 9:00 am BHBI Online Services	6 C.L. 7:17 pm 6:30 pm on Zoom or Live in Room 100 7:00 pm Rabbi's teaching on Zoom or Live in Room 100 Rosh Hashanah Eve	7 C.L. > 8:16 pm 9:00 am on Zoom or Live in Room 100 11:20 am Torah service 5:00 pm Tashlich outside Door A 5:30 pm Mincha outside Door A 8:00 pm Rosh Hashanah seder on Zoom Rosh Hashanah Day 1	8 H.E. 8:14 pm 9:00 am Services on Zoom or Live in Room 100 11:20 am Torah service Rosh Hashanah Day 2	9 Fast Begins 5:13 am Fast ends 8:00 pm Fast of Gedaliah	10 C.L. 7:10pm 6:00 pm Beth Am, BHBI on TBA Zoom	11 S.E. 8:09 pm 10:00 am BHBI in-person service @ East Ave location
12 Tishrei 6 9:00 am BHBI Online Services	13	14	15 C.L. 7:01 pm 6:30 pm Kol Nidre on Zoom or Live in Room 100 Yom Kippur Eve	16 H.E. 7:59 pm All Yom Kippur Services on Zoom or Live in Room 100 11:20 am Torah service 9:00 am Morning Service 12:00 pm Musaf Service 4:15 pm Study Session 5:30 pm Yizkor and Mincha Yom Kippur	17 C.L. 6:57 pm 6:00 pm Beth Am, BHBI on TBA Zoom	18 S.E. 7:56 pm 10:00 am BHBI in-person service @ East Ave location
19 Tishrei 13 9:00 am BHBI Online Services	20 C.L. 6:52 pm 6:30 pm at BHBI Sukkot Eve	21 C.L. > 7:50 pm 9:30 am at BHBI (No Zoom) 6:30 pm on TBA Zoom or Live at TBA w/ BHBI & TBD Sukkot Day 1	22 H.E. 7:48 pm 9:30 am at Beth Am w/ BHBI & TBD (No Zoom) Sukkot Day 2	23	24 C.L. 6:45 pm 6:00 pm Beth Am, BHBI on TBA Zoom	25 S.E. 7:43 pm 10:00 am BHBI in-person service @ East Ave location
26 Tishrei 20 9:00 am BHBI Online Services	27 C.L. 6:39 pm 6:30 pm on TBA Zoom or Live at TBA w/ BHBI & TBD with Yizkor Shemini Atzeret Eve	28 C.L. > 7:37pm 9:30 am at BHBI (Yizkor) (no Zoom) 6:30 pm on TBA Zoom or Live at TBA w/ BHBI & TBD Shemini Atzeret / Simchat Torah Eve	29 H.E. 7:36 pm 9:30 am at BHBI (no Zoom) Simchat Torah	30	1 Oct C.L. 6:32 pm 6:00 pm Beth Am, BHBI on TBA Zoom	2 S.E. 7:30 pm 10:00 am BHBI in-person service @ East Ave location
3 Tishrei 27 9:00 am BHBI Online Services	4 C.L. 6:39 pm	5	6 Rosh Chodesh Cheshvan	7	8 C.L. 6:20 pm 6:00 pm Beth Am, BHBI on TBA Zoom	9 S.E. 7:18 pm 10:00 am BHBI in-person service @ East Ave location