

### Temple Israel of Great Neck

Where tradition meets change

a Conservative egalitarian synagogue

# Get Away for a Weekend With Temple Israel

### Congregation Planning a Shabbat Retreat January 10-11

by Marc Katz, Editor

Temple Israel members will have an opportunity to spend Shabbat together away from Great Neck when the congregation holds its first weekend getaway next month.

From Friday afternoon through Saturday evening, January 10-11, congregants are invited to participate in discussions for all ages, learning experiences and participatory prayers in a casual Shabbat atmosphere at the beautiful Glen Cove Mansion. The weekend includes three delicious catered meals and lots of snacks.

"This is a different kind of meaningful Shabbat experience," said Director of Congregational Schools Rabbi Amy Roth. "It is spiritual, social, Jewish, and a chance to just get away for an enjoyable weekend. Participants will get a lot out of being part of this getaway. Members will make new friends and improve connections with Temple Israel families."

Planned is a check-in any time after 3 P.M., programs for all ages beginning with an informal interactive Shabbat service and dinner at 6 P.M., ice-breaker activities, discussions with topics still in formation, but including "What Role Does Judaism Play in My Life Right Now?" and "How Safe Is It to Be Jewish In 2020?"

Since there will be programming for participants of all ages, some activities will be held for the entire group and others will break out to age-appropriate groups. In addition, several hours of Shabbat free-time is planned, allowing participants to explore the estate grounds, go for a swim

in the indoor pool or use other facilities, hang-out in the group's common area, or just relax in their room.

Kosher Shabbat dinner, breakfast and lunch is being provided by Aron's Kissena Farms of Queens and snacks will be available throughout the weekend.

The Glen Cove Mansion was originally the Gold Coast home of John Pratt, an attorney and executive with the Rockefeller family's Standard Oil Company. It was designed by renowned architect Charles Adams Platt, one of scores of wealthy Americans who built grand country estates with acres of landscaped grounds at the turn-of-the-century. The Glen Cove Mansion, formerly called "The Manor," has been used several

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### Celebrate Hanukkah At Temple Israel

It's time to celebrate Hanukkah at Temple Israel, and the congregation does it in grand style at the annual celebration in the Crystal Ballroom, this year on Sunday, December 22, from 5-7 P.M.

Featured will be lots of food, singing, dancing, crafts for children, and, of course, latkes—in addition to the lighting of Temple Israel's menorahs, as was done last year in the photo at right.

There is no charge for attending, but an RSVP is requested to 482-7800.

Voice Photo by Ofra Panzer



### B'nei Mitzvah with Love in Ashkelon

A Voice Guest Column by Barbara Ginsberg

EDITOR'S NOTE: Kehillat Netzach Israel in Ashkelon. Temple Israel's sister congregation, bring together special needs students and their families to celebrate becoming B'nei Mitzvah. The result is deeply moving, infused with spirituality and Jewish unity, as described in this touching Voice Guest Column by Barbara Ginsberg, chair of the congregation's Prayer Committee.

Kehillat Netzach Israel, a Masorti synagogue in Ashkelon, Israel, is committed to inclusiveness. As part of this commitment we are proud to serve the wider community, and to provide a place where all may connect with their faith as

#### How do we account for the wicked in the world?

Jews. We strive to make our synagogue a place of welcome, love and devotion.

Under the auspices of the Masorti Movement in Israel, Adraba, The Shirley Lowy Center for Children and Youth with Disabilities provides Bar and Bat Mitzvah programs that enable young people to fully experience the

joy of being Jewish. For several years, we at Netzach Israel have partnered with Adraba and with schools serving children with special needs to celebrate youngsters becoming Bar/Bat Mitzvah. This year we joined with two schools for this celebration: Beit Sefer Gavanim on February 18 and Beit Sefer Mayan Sarah on March 4. These schools serve children on the autism spectrum. We were fortunate to have with us Marianella Kreiman, director of the Adraba program.

For each school we conducted a Monday Shaharit service so as to include the Torah reading for that day. Our rabbi, Gustavo Surazski,

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### **Becoming More Assertive**

From the Rabbi by Rabbi Howard Stecker

When I was a teenager, my father would often drive me into New York on Sundays to attend Prozdor, the Hebrew High School program housed and sponsored by the Jewish Theological Seminary. Our frequent pastime was to stop at Dunkin' Donuts on the way and order donuts at the counter.

One week, as I was eating my chocolate butternut donut, my father asked me if the donut was fresh. I told him it wasn't really. He told me that I should let the server know and ask for a new one. I told him that it was actually good enough and kept eating it. I don't remember if I eventually gave it back or just finished it.

As we continued our trip into New York that morning, my father told me that in his view, it's important to be assertive about things. Not pushy, not entitled, but assertive.

We all make regular assessments about how and when to assert ourselves regarding matters large and small, Will we tell a friend or relative what our needs are in a particular situation? Will we make our ideological and political views known, and to whom? Will we speak out against something we believe

#### Do we want to try to be more assertive?

to be unjust? A semi-stale donut may not be so hard to swallow, but how often do we swallow things which are damaging to us or to others?

Our ancestor, Abraham, questioned God's plan to destroy two cities, Sodom and Gemorrah, whose inhabitants were known for their evil ways. In what reads like an extended bargaining exchange, Abraham challenged God to consider -Continued on page 9

### **Giving Thanks**

From the President by Burton Weston

How often have we heard it said (and I admit I have shared it myself), "Thanksgiving is my favorite holiday - family, friends and food (and a little football), and no obligations religious or otherwise." While probably the most secular holiday of all celebrated in this country, if you think about it what is more Jewish than "family, friends and food?" What's more, the very essence of Thanksgiving—caring for a stranger, gratitude for the food we put on the table and the warm relationships we share, and appreciation for the freedoms we have in this country-lies at the very heart of our faith.

### ...what is more Jewish than family, friends and food?

For years, my whole family would wait tables at a local restaurant opened by the owner that day only to serve a Thanksgiving meal to seniors who had no other place to go. My children learned (and it was reinforced on Joyce and me) how a simple smile, a caring word and an interested ear could brighten the day of a stranger. We, in turn, learned about the breadth of experiences and the wisdom that elders had to offer. On such a secular day, what is more Jewish than to make a difference in someone's day, learn about life and enjoy the gratitude of giving.

We need to be mindful, as well, about our freedom to practice our faith, to speak our minds without repercussion, to advocate and to choose. With that, however, comes the responsibility to listen and, while not necessarily agree, respect what others might believe. Todav's climate is difficult enough. But our citizenship and religion both teach there is more than one way.

Most of us in the Temple Israel community are blessed by the closeness of family, have the connection of meaningful friendships and have the means to enjoy an elaborate Thanksgiving meal. Reach out to those that may not have the same opportunity. Our lives become richer as a consequence. And enjoy those who share the table, even if their opinions are not yours. By opening our minds we undoubtedly learn.

#### In Memoriam

Temple Israel extends condolences to the families of:

#### MADLEN KIMIABAKHSH

mother of Farzin Kimiabakhsh

#### ISAAC TAITZ

husband of Emily Taitz and esteemed member of Temple Israel and father of Daniel Taitz, Tamar Fields, Miriam Deitch and Ariel Taitz

May their memories be for a blessing.

#### Next Voice Issues. Deadlines

The next issue of The Voice will be published on January 10. The deadline for that issue is December 18.

The following issue will be published on February 7. The deadline is January 22.

### **Upcoming Events at Temple Israel**

December 8 Challah Braiding Noon Hanukkah

Temple Israel Players Auditions 4:30 P.M. January 5

December 9 Temple Israel Players Auditions 7:00 P.M.

December 11

Temple Israel Players Auditions 7:00 P.M. January 10-11

December 14 7:00 P.M. Temple Israel Film Series

Presents: "To Dust"

December 18 Men's Club

"Vodka and Latkes Night"

December 19

Board of Trustees Meeting

December 22 Erev Hanukkah

Congregation Hanukkah Party 5:00 P.M. Auschwitz"

December 23-30

Temple Israel Film Series 7:30 P.M.

Presents: "The Red Sea

Diving Resort"

Shabbat Getaway at

Glen Cove Mansion January 16

Board of Trustees Meeting 8:15 P.M.

7:30 P.M. **January 19** 

Men's Club 6:00 P.M.

NFL Playoff Viewing Party

8:15 P.M. **January 26** 

Temple Israel Film Series 7:00 P.M.

Presents: "After

## Temple Israel Film Series Presenting Two Jewish Movies

Two upcoming movies will be featured at Temple Israel's TILL Film Series, providing the congregation with an evening of free entertainment and lively discussion about the topics covered in the pictures, as well as theater snacks.

The first picture, "To Dust," will be shown on Saturday, December 14, at 7 P.M. It stars Matthew Broderick and Geza Rohrig as an upstate New York Hasidic cantor distraught by the untimely death of his wife. He and his two sons now live with his mother, who advises him to move on and marry again. What worries him most is the thought of what happens to his beloved wife's body after burial and how quickly she turns to dust. To find answers and religious solace, he forms an unlikely partnership with a professor of biology.

The Tribeca Film Festival award-winning movie received three stars from RogerEbert.com, which said: "Religion can provide some solace, but it can also complicate matters. Science can explain the natural processes, but even then it cannot account for every detail in every situation. 'To Dust' is about those contradictions and, in the end, about the ultimate one: that, to some questions, the only logical and spiritual answer is that there isn't one—except whatever we make of it."

On Sunday, January 5, at 7 P.M., the presentation will be "The Red Sea Diving Resort." starring Ben Kingslev and Chris Evans. It is a spy thriller that tells the true story of international agents and brave Ethiopians, who use a deserted retreat in Sudan as a front to smuggle thousands of refugees to Israel from 1979 to 1984.

Further information about the film series is available by calling the Temple Israel office. No reservations are necessary for the presentations, to be shown in the Crystal Ballroom.





A biology professor and a Hasidic cantor team up seeking life's answers in a scene from "To Dust," top, being shown as part of the Temple Israel TILL Film Series on Sunday, December 14, at 7 P.M. Thousands of Ethiopian Jews are smuggled to Israel in "The Red Sea Diving Resort," bottom, based on a true story. It is the TILL Film Series presentation on January 5.

### B'nai/B'not Mitzvah In **Our Temple Israel Family**



#### Adam Smulovics

Adam Smulovics will be celebrating his Bar Mitzvah on December 14. He is the son of Judit Szigeti and Peter Smulovics and has a twin brother, Tamas, 13. Adam is a seventh grade honor student at Great Neck North Middle School. He is on his school's robotics team and stage crew. Adam also plays low bass in the school band and practices fencing. He visited Israel this past summer and is currently attending the Waxman High School and Youth House.



#### **Tamas Smulovics**

Tamas Smulovics will be called to the Torah as a Bar Mitzvah on December 14. He is the son of Judit Szigeti and Peter Smulovics and has a twin brother, Adam, 13. Tamas is a seventh grade honor student at Great Neck North Middle School. He is on the school math team and plays the clarinet in the school band. Tamas also enjoys playing chess, tennis and fencing. He visited Israel this past summer and is currently attending the Waxman High School and Youth House.

# Religious School Students Are Reading From the Torah Monthly



Religious School students in third through sixth grades (and sometimes second grade) are encouraged to read from the Torah once a month at Shabbat Ha Mishpacha and Junior Congregation services.

The students take their reading seriously, practicing at home and during school hours, and many sign-up for several Torah reading opportunities during the year. To participate contact Rabbi Amy Roth at rabbiroth@tign.org to find out what dates are available.

September Torah Troupe readers were, left to right above, Daniel Berookhim, Adriel Berookhim, Elliot Kassin and Abby Bernstein, with Rabbi Roth.

October Troupe readers were, left to right below, Lily Kase, Liana Kase, Ezra Juceam, Elliot Ganjian, Simon Matalon, Jonathan Ganjian, Max Covitt, Jackie Matalon and Ella Covitt, surrounding Rabbi Roth.



### Seeing Light in the Dark Nights

From the Religious School by Director Rabbi Amy Roth

As we change our clocks and begin to feel a chill in the air, we turn to ways of keeping spiritually as well as physically warm. Our Religious School children experience time and seasons in a specific way: through learning about holidays and our monthly Rosh Hodesh celebrations; we view the calendar and time through distinctly Jewish eyes. We recognize each Rosh Hodesh with song, cheers, communal celebration and, of course, lollipops.

Walking into the school wing at any time can give you a taste of what is going on in the Religious School: there are photos chronicling much of our experiential learning. Whether it be our "shinshin" (Israeli youth working with us during the year), Nadav teaching Israeli games, or our monthly birthday celebrants leading the Rosh Hodesh cheer, children lining up to read Hebrew for prizes in the hallways, or our monthly Torah Troupe readers. The visual reminders of these activities always draw children to reminisce and. of course, laugh (we encourage that!) about a situation. When children see the Gimmel creation project (artistic representations with colored tape) gracing the walls of the wing, they all get excited. Those who had worked on the projects love to show them off to their friends and siblings; older children love to remember (way back to Gimmel) and their creation projects.

In addition to the photographs and other visual reminders of our activities, we try to inculcate everything we do with powerful learning experiences. Vav sixth graders experience being role models while also reviewing their basic Hebrew knowledge when they are "buddies" to the Alef and Bet children. Vav helpers once a month assist in showcasing our older children in an unparalleled way: our younger children see them as guides, helpers, and bringing the fun—while reviewing their Hebrew reading through games, puzzles, art and other activities. Then, when the entire school community gathers. Vav buddies sit with their buddy classes and model other behaviors in

Each month as we celebrate Rosh Hodesh, we also celebrate our community commitment to tzedakah as I announce totals collected from each class. Our children are so proud and excited to participate in this mitzvah! And then our Hay students spend time researching and reporting to one another about various social service agencies and organization. Then they vote for two or three to be recipients of our school tzedakah collections.

We are a singing community, a celebrating-the-joys-of-Jewish-life community. Join us for a Rosh Hodesh celebration, or simply take a walk into the hallways of the school wing—the ruach is contagious.

& January 6 & 13 Tuesdays, December 10, 17 & 31 & January 14

Wednesday, December 11 & 18

7:00 A.M. 8:00 P.M. Wednesday, December 25 8:45 A.M. 8:00 P.M.

8:15 A.M. 8:00 P.M.

Thursday, December 12, 19, & 26 & January 2 & 9 6:45 A.M. 8:00 P.M.

the Rosh Hodesh or holiday event.



Temple Israel Executive Director Jamey Kohn got into the holiday spirit recently by reading "Emily Anns Thanksgiving" to four-year old students in the Beth HaGan Dolphin Class.

### Mazal Tov To...

- Ronnie and Marc Katz on the birth of their grandson, Miles Henry Katz.
- Toby and Gary Noren on the birth of their granddaughter. Georgia Lily Noren.
  - Helene Schachter

on the birth of her twin grandsons, Damian Shav and Gavin Noah Lozada.

- Alise Kreditor and Jeffrey Englander on the engagement of their son, Jacob, to Alexandra Tawfik.
- Marilyn Schneider and Michael Fishman on the engagement of their son, Brett, to A.J. Wolbrum.
- Suanne and David Scherr on the marriage of their daughter, Alizah, to Greg Demczak.

### Temple Lites...

 Veronica Lurvey on her election as a member of the North Hempstead Town Board.

• Ellen Birnbaum

on her re-election to the Nassau County Legislature.

### **Daily Minyan Times**

Fridays, December 6, 13 & 20 7:00 A.M. 4:15 P.M. Friday, December 27

6:45 A.M. 4:25 P.M.

Friday, January 3 & 10 7:00 A.M. 4:30 P.M.

Sunday, December 8, 15, 22 & 29 & January 5 & 12 8:15 A.M. 8:00 P.M.

Monday, December 9, 16, 23 & 30 6:45 A.M. 8:00 P.M.

7:00 A.M. 8:00 P.M.

Tuesday, December 24 & January 7 6:45 A.M. 8:00 P.M.

& January 8

Wednesday, January 1

# A temple Israel Scrapbook







### Concert Honors Cantor Mordechai Sobol

A concert last month honored the late Cantor Mordechai Sobol, a leader of Temple Israel services on the High Holy Days for the past 27 years.

The concert, at the Lefrak Concert Hall at Queens College, featured Jewish and Israeli music performed by Temple Israel Cantor Raphael Frieder, far left, and Hollis Hills Bayside Jewish Center Cantor Sol Zim, at left, accompanied by a full orchestra consisting of more than 30 musicians.

The performance was conducted by Cantor Sobol's son, Ofir, who has followed in his father's footsteps to become the musical director of the Yuval Ensemble of Jewish Music.

The program also recognized Cantor Sobol's wife, Yonah, who came from Israel for the performance.

Voice photos by Bob Lopatkin

# Men's Club Sees the Jets Beat the Giants—And Oh, What a Tailgate!

A highlight of the Men's Club year has become their annual trip to Giants Stadium for a football game and tailgate barbecue. This year was especially exciting because they were able to see the Jets beat the Giants in a funfilled game. Equally exciting (or some would say more exciting!) is the kosher all-you-can-eat tailgate party which featured master chef Rabbi Daniel Schweber on the grill, at top. Leading the cheering, at left, was Temple Israel President Burton Weston. A record Temple Israel turnout enjoyed the round-trip bus ride, full day of activities, the eating, and then more eating, including three generations of the Friedman family.





### Temple Israel Member Fanny Narotzky Tells of Holocaust Experience

Fanny Narotzky and her family were able to hide from Nazi troops in a barn for 18 months through the kindness of a gentile. Living conditions were primitive and difficult, and they lived in constant fear of being discovered. She told her story—in front of family members and her children—as a large crowd of congregants listened in appreciation of what she went through. The presentation was the congregation's observance of Kristallnacht, what became known as "The Night of Broken Glass," last month. The program was sponsored by the Temple Israel Shoah Remembrance Committee chaired by Lori Oppenheimer.

\*\*Voice photo by Marc Katz\*\*

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A recent special needs Bar Mitzvah conducted at Temple Israel's sister congregation, Kehillat Netzach Israel in Ashkelon, Israel.

### B'nei Mitzvah with Love in Ashkelon

-Continued from page 2 conducted the service. We used the new egalitarian siddur recently published by Adraba: B'chol D'rachecha (In All Your Ways). A youth choir from the schools added music, joy and energy to the service.

Much dedication and preparation went into the service, with participation from the children, their parents, teachers, Marianella Kreiman and Rabbi Surazski. Each child was well prepared to come up for an aliyah to recite the Torah blessings according to his capabilities and needs. Regardless of the assistance needed, every child successfully blessed the Torah and led a prayer from the siddur. Afterwards, under a tallit, the parents blessed their children with the traditional blessings for sons and daughters and with the priestly blessing.

Dati, Secular, Ashkenazi, Mizrachi, Israeli, Russian, Ethiopian—we were all Jews, praying, singing and loving the children together.

Sometimes prayer can be routine, but on those Monday mornings the smiles of joy on the faces of the children and their parents, the love in the air and the sense of B'tselem Elohim lifted us into the sublime.

In the Torah, when Jacob awoke from his dream he said, "Surely there is God in this place and I did not know." On the day that these children entered Jewish adulthood, they were hugged and guided with care as our songs rang out and rabbi, parents and teachers enveloped them in our tradition. The spirit in our little synagogue by the sea in Ashkelon created such a feeling that God was in that place and we knew it.

### Kiddush Sponsors

The congregational kiddush on October 12 was sponsored by Chia Pei Ariel and Dr. Scott Albin in honor of the Bat Mitzvah of their daughter, Cecilia. A contribution towards the kiddush was made by Paul Epstein in honor of David Epstein's 90th birthday.

The congregational kiddush on October 19 was sponsored by Harriet Spitzer-Picker and Neal Picker in honor of the Bar Mitzvah of their son, Joshua David.

The congregational kiddush on October 26 was sponsored by Shabnam and Farzad (Frank) Tabaroki in honor of the Bat Mitzvah of their daughter, Valerie. Contributions toward the kiddush were made by Michele and Farshad Tabaroki in honor of the Bar Mitzvah of their son, Elliot, and Dr. Lois and Gary Sazer in honor of Keith and Kate Sazer's wedding anniversary.

### **Congregation Plans** A Shabbat Weekend **Retreat This January**

-Continued from front page times as a location for a number of Hollywood productions.

The former Georgian estate, with views of Long Island Sound on 55 acres of magnificently manicured lawns, features 187 guest rooms and suites. It is now used as a conference center as well as a hotel and features a 24-hour fitness center, indoor heated pool, steam room and sauna, yoga studio, outdoor basketball court, and massage and spa treatments.

"We chose this location," Rabbi Roth said, "because it is not too far from Great Neck, yet removed from the normal weekday distractions we all face. The Mansion lends itself to a different kind of Shabbat experience with lots of opportunities for social interaction. All members of the congregation are welcome to participate in this out-ofthe-synagogue Shabbat experience."

A committee organizing the weekend includes Laura Gal, Brent Greenspan, Marjorie Hoffman, Ezra Kassin, Bob Lopatkin, and Burton Weston, along with the Temple Israel clergy, school directors and Executive Director Jamey Kohn.

Room accommodations, including all meals, is \$299 for two adults in a standard room, \$329 for two adults in a deluxe room. \$259 for one adult in a standard room, \$289 for one adult in a deluxe room, \$369 for two adults and two children under age 13, and \$579 for two adults and three or four children in two standard rooms. Standard rooms have two double beds and cannot accommodate a cot. Adjoining rooms may be available for standard rooms. Deluxe rooms have one king size bed and can accommodate one cot. The cost of the stay covers the room and all food. Additional costs for the weekend are being subsidized by several Temple Israel funds.

Reservations and further information is available by contacting Rabbi Roth at RabbiRoth@tign.org or 482-7800.

### From Generation to Generation

Temple Israel Gratefully Acknowledges The Following Contributions

#### **TEMPLE ISRAEL FUND**

In appreciation of:

Temple Israel having a Yom Kippur Community Yizkor service

Ellayne Ganzfried

#### In honor of:

Simhat Torah honorees Ronnie and Marc Katz. Parvaneh and Parviz Khodadadian and

Ofra and Rob Panzer Jeff Fleit

Eva Yarett

#### In memory of:

Stanley Milavsky

Susan and Jonathan Tillem

Marvin Kurfurst

Susan Tillem

Eva Schreiber

Bertha Goldfarb Merrill Ann Schneiderman

Carol Schreiber

Myron Cooper

Evan Cooper

Seymour Geller

Sandra Geller

Leonard Abrams Linda Abrams Doris Fogel Vivian and Yuval Brash Diana Glasner

Drazel Penberg

Dena Hirsch Sidney Wicentowski

Frances Harris

Rita Emanuel David Emanuel

Bernard Siegel Robin Joan Bours

Irving Yares

Joan Schussheim

Arlynn Wilson Adrienne Wilson

Jerome Seiler

Harriet Seiler Grace Barkas

Daryl Schulman

Valentine Nazarian Wollv Rachelle Ohebshalom

Pearl Billig Eisenstein

Melvin Eisenstein

Stuart Joseph Lieberman

Molly Lieberman Milton Beame

Linda Stark

Jerome Teamkin

Stephen Teamkin

Chana Tilles

Stanley Silverstein

Raine Silverstein

Abraham Shames Jordan Shames

Hvman Schwartz Paul Schwartz

Harry Spector Max Spector

Jackson Traub Mariorie Hoffman

Frances Sahn

Barbara Luks Lillian Bernstein

Jeffrey Carl Bernstein Isidore Rothstein

Bruce Rothstein

Giselle Szanto

Anne Hirsh Moussa Brookhim

Alieh Neiat Felicia Lustiq

Ilana Gillman

Toby Feuer

Susan Abrahams Mildred Freud

Joan A. Weinberg

Max Salit Malcolm Salit

Charles Gingold

Jane Townley Ruth Klatzko

Joseph Divack Kathe and Daniel Divack

Marlene Handelman Constance Frankel Van Frankel

Jacob Miller

Neiat Gabbay Amir Gabbay

Edith Altman Karen Ashkenase

Micheline Lissek

Gisele Levy

Esther Nysenbaum

George Spector Max Spector

Rosalind Forgasch Susan Lopatkin

### **Candle Lighting Times**

Friday, December 6 4:09 P.M.

Friday, December 13 4:09 P.M.

Friday, December 20 4:11 P.M.

Friday, December 27

4:15 P.M. Friday, January 3

4:21 P.M. Friday, January 10 4:27 P.M.

### From the Rabbi: Becoming More Assertive

whether God was behaving justly in destroying an entire

I would argue that Abraham acted assertively before God. Mind you in other instances, most notably his agreement to offer his son as a sacrifice, Abraham chose to acquiesce rather than to assert.

the behavior of role models from our tradition or from our behave similarly or differently.

are asked not only to explore our behavior, but to make changes when we believe they are warranted.

Leaders of the so-called Musar Movement, a Jewish ethical enterprise which flourished during the 19th and 20th centuries, urged individuals to approach their own behavior systematically. Here is a common framework that they recommended: First you identify the behavior that you wish to adopt. Then you perform exercises to

writing, on how well you succeeded at making the desired changes.

We can use this approach to analyze and make changes regarding many different types of behavior. So, for example, when it comes to assertiveness, we can look outward and inward to determine our goal. Do we want to try to be more assertive in certain situations?

If so, then we should practice. Perhaps we can start by finding firm, polite ways to let our loved ones know what we need. We may say, "I need more support in caring for so-in-so." Or "I need a few minutes a day to exercise." Naturally there should be opportunities for the others to assert what they need. Exercises like these can extend to our professional realm, to our role in our community, to our responsibilities as a citizen.

Lastly, we should take the time to reflect. What did it feel like when we asserted ourselves? How did others react? What might we do differently next time?

I encourage you, as part of an overall self-reflection, to think about whether you need to be more assertive and in what situations. Chances are, far more than donuts are at stake.

-Continued from page 2

group when some of its members might be righteous.

In exploring our own behavior, we may benefit from analyzing own lives. In doing so, we can consider whether we want to

There's another step that our tradition urges us to take. We

practice and strengthen the behavior. Finally you reflect, preferably in

### No One Should be Alone When Confronting Illness

#### by Rabbi Daniel Schweber

My wife, Sarah, was in medical school at the same time I was in rabbinical school. If we had a dollar for the times people said variations of "Sarah will heal people physically and Dan will heal people emotionally," we would have a decent amount to give to tzedakah.

All joking aside, we should ask "Are rabbis or even physicians really healers?" There are no guarantees that any physician or any person can make people better. We are essentially using science and wisdom to help improve and extend lives. Instead of seeing ourselves as healers, Sarah and I prefer to see ourselves as helping people during their life's journeys.

Like a journey, life has peak moments of joy and accomplishment and life has valleys and challenging aspects with failure and/or pain. In different realms, Sarah and I, physician and clergy, are there to help people along the journey, especially when illness is involved.

Life altering illnesses and injuries are hard on the patients and their loved ones. Daily life is most often disrupted. There are medical needs and there are the patients' and their loved ones' emotional and physical needs. Illness is also a time when many people feel isolated and alone either because of feelings of shame and embarrassment and/or because they don't want to burden others.

The purpose of this article is to let you know emphatically that you are not alone when it comes to illness. Temple Israel of Great Neck and many other organizations are here to help patients and their loved ones when life's journey brings illness. We are here to talk, and to hug, to help with things like meals. We can help you connect with other sources of help, such as the social workers at Partners in Care. Forgive me for sounding like a salesperson when I say "help is just a phone call or email away."

In the Book of Numbers, Miriam is struck with the tzara'at skin disease that requires a week's quarantine. Her brother, Moses, intones a short but poignant prayer, "El na r'pha na la" - "Oh God please heal her." The entire nation waits the week for Miriam to heal before marching on. There was no abandoning Miriam just as no one in our community should feel alone or abandoned. If you or someone you know is in need of our communal care and concern, please let us know. And, please take note that the need for emotional care does not end once the physical symptoms are treated.

The purpose of this article is to let you know emphatically that you are not alone when it comes to illness.

### D'var Torah

-Continued from back page

livestock. These events show how Jacob begins to become worthy of the blessing he has been given and of being a successor to Abraham and Isaac.

#### Vavishlah Saturday, December 14

In this portion we conclude the independent stories about Jacob. In the remainder of the Book of Genesis his life is intertwined with the biography of Joseph. Jacob prepares to encounter Esau by dividing his camp as a safety precaution and sending a large gift of livestock to his brother. He wrestles all night with a mysterious assailant from whom he wrests a blessing at daybreak in the form of a change of name from Jacob to Israel. Other events serve to sever decisively the connection of the patriarchs with Mesopotamia. By the end of this portion, our focus is shifted from the lives of individuals to the emerging people of Israel.

#### Veyeshev Saturday, December 21

The cycle of Joseph stories begins in this portion. Joseph, Jacob's favorite, angers his brothers by tattling and by recounting dreams in which he is clearly designated lord over his family. In retaliation, the brothers sell him into slavery and he is brought to Egypt. The story is interrupted at this point to recount an incident in the life of Judah. The narrative resumes with the account of Joseph's fortunes in Egypt. He is sold to a high official and becomes his major domo, but he runs afoul of his master's wife and is jailed. There, Joseph interprets the dreams of two fellow prisoners, Pharaoh's chief cupbearer and chief baker. The cup-bearer is subsequently restored to his office, but he completely forgets about Joseph. The events of this story demonstrate the working out of God's carefully devised plan for His people and serve as the prelude to the drama of oppression and redemption which is the heart of the Biblical narrative.

#### Mikkets Saturday, December 28

In this portion the Joseph narrative is continued after two years. Pharaoh has two dreams which no one can interpret. The cupbearer finally remembers Joseph, who is called from jail and interprets the dreams to mean that there will be seven years of plenty, followed by seven years of famine. Joseph advises Pharaoh to store up food during the years of plenty, as a reserve for the famine. Pharaoh designates Joseph to implement such a plan. When the famine comes, Jacob sends his sons to Egypt for food. By way of testing their character, Joseph, whom they don't recognize, although he recognizes them, puts his brothers through a series of tests involving their father and youngest brother, Benjamin. In these episodes we see the prediction of Joseph's dreams realized as God moves His plan inexorably forward through human agency.

#### Vaviggash Saturday, January 4

The Joseph narrative is continued as Judah makes a moving appeal to Joseph, still unrecognized by his brothers, on behalf of his brother, Benjamin, who had been accused of stealing Joseph's goblet in this portion. Judah's words convince Joseph that his brothers truly changed since they sold him. He reveals himself to them, inquires about his father's health and assures them that their action was part of God's plan to put him in a position to save lives. He invites the entire family to come to Egypt to live out the five remaining years of the famine. In the following years, he continues his work and brings great benefits to the crown.

### **Shabbat Services**

Chabbat Gervices				
-Continued from back page Friday, December 27		Sabbath Service Officers and Greeters: Brent Greenspan, Ezra Kassin, Gail Zahler, Robert Lopatkin, and Deanna Stecker		
Evening Service	4:25 P.M.			
		Junior Congregation	10:30 A.M.	
Saturday, December 28		Toddler Service	11:00 A.M.	
Shaharit Morning Service	8:45 A.M.			
First Mourner's Kaddish	9:25 A.M.	Afternoon Service	4:00 P.M.	
		Se'udah Shelishit	4:30 P.M.	
Weekly Portion: Mikkets		Evening Service	5:05 P.M.	
Genesis 41:1 – 44:17; Numbers 28:9 – 15 Haftarah: Zechariah 2:14 – 4:7		Havdalah	5:21 P.M.	
		Friday, January 10		
Sabbath Service Officers and Greeters: Harold Citron, Lynn Weitzman, Ofra Panzer, Marjorie Hoffman, and Debra Bykoff		Evening Service	4:30 P.M.	
		Saturday, January 11		
		Congregation Shabbat Getaway at Glen Cove Mansion		
		Shaharit Morning Service	8:45 A.M.	
Toddler Service	11:00 A.M.	First Mourner's Kaddish	9:25 A.M.	
Afternoon Service	3:55 P.M.	Weekly Portion: Vayehi; Genesis 47:28 - 50:26		
Se'udah Shelishit		Haftarah: I Kings 2:1 – 12		
Evening Service	5:00 P.M.			
Havdalah	5:16 P.M.	Sabbath Service Officers and Greeters: Moji Pourmoradi, Lisa		
		Goodwin, Mark Birnbaum, Natali Matalon, and An	ıdy Katz	
Friday, January 3				
Evening Service	4:30 P.M.	Havurah Service	10:00 A.M.	
		Shabbat HaMishpacha	10:30 A.M.	
Saturday, January 4		Toddler Service	11:00 A.M.	
Sha <u>h</u> arit Morning Service	8:45 A.M.			
First Mourner's Kaddish	9:25 A.M.	Afternoon Service	4:05 P.M.	
		Se'udah Shelishit	4:35 P.M.	
Weekly Portion: Vayyigash; Genesis 44:18 - 47:27		Evening Service	5:12 P.M.	

Haftarah: Ezekiel 37:15 - 28

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### D'var Torah

by Rabbi Marim D. Charry

Vavetze Saturday, December 7

We follow the fortunes of Jacob as he leaves the land of Canaan to travel to the ancestral home in Mesopotamia, spends 20 years there and leaves to return to Canaan in this portion. Jacob, fleeing for his life, stops for a night at a place near the border and has a dream in which the angels ascend and descend a ladder to heaven. God confirms the blessing of Abraham for Jacob, and Jacob, upon awakening, names the place Beth El, the House of God. Arriving in Mesopotamia, Jacob encounters Rachel, his cousin, at a well and falls in love with her. He negotiates with his uncle, Laban, for Rachel's hand, is tricked by Laban, and then decides it is time to return home. He leaves with two wives, two concubines, 11 sons, one daughter, and much

-Continued on page 10

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#### Marc Katz, Editor

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4:20 P.M.

4:56 P.M.

5:12 P.M.

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### Shahhat Sarvices

Shabbat Services					
Friday, December 6 Evening Service 4:15 P.M.	Friday, December 13 Evening Service 4:15 P.M.	Evening Service 4:54 P.M. I. Havdalah 5:10 P.M.			
Saturday, December 7 Shaharit Morning Service 8:45 First Mourner's Kaddish 9:25	_ 0	o o			
Weekly Portion: Vayetze Genesis 28:10 – 32:3 Haftarah: Hosea 12:13 – 14:10	Weekly Portion: Vayishla <u>h</u> Genesis 32:4 – 36:43 Haftarah: Obadiah 1:1 – 21	Saturday, December 21 Shaharit Morning Service/8:45 A.M. Shabbat Morning Group Aliyah First Mourner's Kaddish9:25 A.M.			
Sabbath Service Officers and Gree Susan Brustein, Desiree Rastegar, David Eshaghoff, and Ellen Birnbaum		· · · · · · · · · · · · · · · · · · ·			
Bar Mitzvah: Jonah Haghani son of Dayla and Omid Haghani	B'nei Mitzvah: Adam Smulovics and Tamas Smulovics sons of Judit Szgeti and Peter Smulovics	Sabbath Service Officers and Greeters: Toby Katz, Robert Panzer, Jeffrey Fleit, and Andy Katz			
Junior Congregation 10:30 Toddler Service 11:00		1. Toddler Service 11:00 A.M.			

Niggun Circle

Afternoon Service

Se'udah Shelishit



following kiddush

3:50 P.M.

4:20 P.M.

Se'udah Shelishit

**Evening Service** 

Havdalah

3:50 P.M.

4:20 P.M.

4:53 P.M.

5:09 P.M.

Afternoon Service

Se'udah Shelishit

**Evening Service** 

Havdalah