	September Bulletin 2023 15 Elul – 15 Tishri 5783 <i>“The Community Synagogue in Southern Saratoga County”</i> <i>Founded in 1974</i>	
688 Clifton Park Center Road	Clifton Park, NY	518-371-0608

Message from Rabbi Monson

Approaching this Elul and pre-High Holiday season this summer and right now, I have been learning and practicing what is known as meditation reflection. I can hear all of you asking, “What is meditation reflection and why is meditation reflection important?” Developing a mindful brain helps us remain grounded in the present moment. Our interest in distractions and sensual pleasures naturally wanes when we’ve discovered the fullness and freedom of now.

Here are 4 benefits of meditation reflection that I have learned this summer:

1. Meditation Reflection helps to build structure.

Self-reflection prompts some individuals to question their entire belief system. It also allows them to reevaluate their principles and core values in a non-judgmental manner. Every person has a preset value system that serves them as a guide through life. However, people don’t always keep to the script – sometimes they veer off course and go astray. That’s why self-reflection is so important. It gives people the chance to look back and identify the areas where they’ve blossomed and the places where they’ve deviated.

2. Meditation Reflection boosts utilization of talent

We’re all endowed with a set of gifts and talents. But what’s the use of these gifts if we don’t use them? Life is so busy that we barely find the time to figure ourselves out and discover our strengths, talents, and abilities. Self-reflection meditation gives us the tools we need to discover the talents that have remained buried deep within. This gives us the ability to pursue these gifts and see where they lead.

3. Meditation Reflection helps us become a positive influence.

We all want to do good rather than harm and to be positive role models for those close to us. Sadly, one heedless action can erase all the good we’ve built. It only takes a single match to burn down an entire forest. Even though we might put a lot of effort into building a positive legacy, our reputation can easily be destroyed. Cultivating a mindful, reflective brain helps us keep our words and actions in check.

4. Meditation Reflection keeps us keep sight of the future

Meditation reflection also helps us recall the short- and long-term goals we’ve set for ourselves. We all have a role to play in shaping our destiny. Taking some time to sit and think about the future helps us make appropriate decisions that are compatible with our purpose. Self-reflection isn’t a difficult undertaking: all that’s required is developing a mindful brain and the ability to “sit quietly in a room alone.” Reflective meditation is a beneficial exercise that helps meditators ascertain their strengths and priorities with lucidity.

Beth Shalom Clifton Park High Holiday Schedule 5784

<u>Date</u>	<u>Day of Week</u>	<u>Service</u>	<u>Start Time</u>	<u>Rabbi</u>
9/13/2023	Wednesday	Cemetery Visit	5:00 PM	Rabbi Ami
9/15/2023	Friday	Erev Rosh Hashanah	7:30 PM	Rabbi Segal
9/16/2023	Saturday (Shabbat)	Rosh Hashanah morning	9:30 AM	Rabbi Segal
9/16/2023	Saturday (Shabbat)	Tashlich	Following services	Rabbi Segal
9/17/2023	Sunday	Rosh Hashanah morning	9:30 AM	Rabbi Segal
9/22/2023	Friday	Shabbat Shuvah	6:30 or 7 pm?	Rabbi Ami
9/24/2023	Sunday	Kol Nidre	7:00 PM	Rabbi Segal
9/25/2023	Monday	Yom Kippur Morning	9:30 AM	Rabbi Segal
9/25/2023	Monday	Yom Kippur Mincha	4:30 PM	Rabbi Segal
9/25/2023	Monday	Concluding Service - Ni'ilah	6:15 PM	Rabbi Segal
9/25/2023	Monday	Sounding of the Shofar	7:15 PM	Rabbi Segal
		Break The Fast	7:30 PM	Rabbi Segal



Message from the Oval Office

As summer comes to an end, and we enter the month of Elul and the New Year, it is a time for new beginnings. I feel that Congregation Beth Shalom is turning over a new leaf and there is a feeling of renewal in the air. We, as a congregation, have been energized by the enthusiasm of Rabbi Monson. Attendance at Kabbalat Shabbat services has increased tremendously. Friday evening services are not only about reciting the prayers, but also asking each other how their week was. It is a time to connect with our community. "Schmoozing" with each other after Kiddush has become an integral part of the service.

Even though I have been president only for a month and a half (as of this writing!) I feel that the congregation has accomplished a lot. We have a new look to our weekly newsletters, a new website is in progress, and we have many interesting educational and entertaining programs planned. We will be having an Open House Brunch on Sunday, September 10th for prospective members as well as current members.

During the past year, our synagogue has had many ups and downs. On the "up" side, we had a fantastic chocolate seder and a very successful brunch to welcome back our snowbirds. However, we also lost several longtime members of our congregation. Nonetheless, the tremendous showing of love and support for the families of these congregants was overwhelming. The Reyut committee was amazing, making sure to attend to the needs of the grieving families. One of the reasons that I accepted the position of president was because of the warm and caring people at Beth Shalom.

As you make your Rosh Hashanah resolutions, please consider becoming an active member in Congregation Beth Shalom. Volunteer, join a committee, plan an event! The more you put into this effort, the more you will gain in personal satisfaction.

Chag Sameach!

Linda Gellman

From the desk of Morah Tziporah..

**Please continue to attend our
Friday evening services
as well as Sunday morning Torah study.
The appropriate passwords
are posted weekly.**

L'shalom
Flo Miller

**New Membership Brunch
Sunday, September 10th**

As Vice President of Membership, I would like to organize an open house for prospective new members to meet members of our congregation and our Rabbi. I need several volunteers to help plan and organize this event.

Please call Colleen at 518-371-0555

SCRIP 2023



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⤵ VENEZIA'S Enjoy great pizza, salad, eggplant, and other delicious food – dine-in or take-out.

Please contact Jackie for additional information or to place an order. 518-371-0608 or congregationbethshalomcp@gmail.com, Why not ask about our **Venezia gift certificates**. They can be purchased in any amount you want. There is no expiration date on the certificates.

If it is **SCRIP** you want, the list includes hundreds of businesses nationwide—retail stores, supermarkets, restaurants, hotels, rental cars, pharmacies, movie theaters, i-tunes, Amazon, to name just a few. Just ask and we will get them for you at no extra cost to you.

**Please, help support our synagogue by buying SCRIP.
For every card that you purchase we get a percentage of it.**

There is something new coming to our Scrip program. Keep watching the weekly announcements and the bulletin to see what it is. I'm sure you will be as excited as I am. You won't need to wonder too much longer. Our new president is busy trying to make things so much easier for all of us.

Keep up the good work Linda (Gellman)

Sisterhood/Men's Club Partnership

Hello everyone,

September is here which means The High Holy Days are fast approaching. Linda Russell has graciously agreed to provide a break the fast meal at the conclusion of Yom Kippur if enough people are interested. Please call the synagogue office to let Jackie know if you plan to attend.

Skipping ahead to October, our lunch in the sukkot is on October 1st. Please mark your calendars for this event. More information will follow as we get closer to the date.

Now for personnel news, Les Miller has decided to end his partnership retirement and is going to be working with Annie, Larry, and me helping us to plan fun and meaningful events for our congregation. Welcome back, Les!

Sandy, Annie, Larry, & Les

Sandy, Anne, Larry & Les

PEACH AND BLUEBERRY COBBLER (JAMIE GELLER)

INGREDIENTS

6 peaches, peeled and sliced

$\frac{3}{4}$ cup blueberries

8 tablespoons sugar, divided

$\frac{1}{2}$ lemon, juiced

2 cups all-purpose flour

1 Tablespoon baking powder

Pinch salt

$\frac{1}{3}$ cup butter, vegan butter, or coconut oil, cold

1 egg

$\frac{1}{3}$ cup milk, soymilk, or almond milk

PREPARATION

1 Preheat oven to 350°F.

2 Combine peaches and blueberries with 6 tablespoons sugar, and lemon juice in a deep pie dish. Toss well.

3 In a medium bowl combine flour, baking powder, remaining 2 tablespoons sugar, and salt. Cut in the vegan butter until crumbly.

4 Add 1 egg and milk, stir to combine. Spoon batter to cover fruit. Place in oven and cook until browned, about 1 hour.

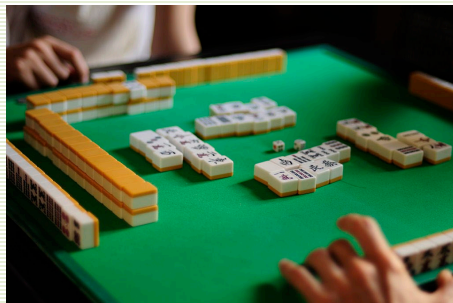
5 Server with ice cream, whipped cream, or enjoy hot as it is.

- President's message
- Partnership News
- Cantorial Assistant's news
- Birthdays
- Anniversaries
- Donations
- Yahrzeits
- Happenings around the community

Be sure to check out our bulletin sponsors' ads

There is always something happening at Congregation Beth Shalom.

Did you know that we have an advanced Mah Jongg group that meets at CBS every Wednesday at 12 noon.. If you're interested please call Barbara Lazarow at 518-877-5468. Special tip: these players are fast and not for the weak at heart.



EXECUTIVE BOARD 2023 - 2024

President.....	Linda Gellman	518-441-0383
VP Administration.....	Linda Russell	518-371-3641
VP Membership	Colleen Silverman	518-371-0555
Treasurer.....	Miriam Cooperman	518-383-0066
Recording Secretary.....	Linda Russell (temp)	
Past President	David Clayman	518-399-9206

BOARD OF TRUSTEES

		Wendy Pyle	2025
Fern Hayden	2024	Betsy Knorr	2025
Barbara Lazarow	2024	Mark Cury	2025

BOARD OF ADVISORS

Appointed Board members

Cemetery.....	Barbara Lazarow,
	Colleen Kohan, Silverman and Lynne Margolius
House.....	David Clayman
Israeli Affairs.....	BJ Rosenfeld
Publicity.....	Wendy Pyle
Reyut.....	Carol Davis & Sandy Rybaltowski
Ritual.....	Flo Miller
Partnership	Sandy Rubin and Larry & Anne Friedman
Gift Shop.....	Partnership (Jackie)
Social Action.....	Michael Weitzman
Web	Steve Hayden
COEJL.....	Lew Morrison
Listserv.....	Jackie Pajak
Bulletin.....	Jackie Pajak & Linda Russell

The deadline for all articles for the bulletin is the 15th of the month prior to publication. Please email your articles to congregationbethshalomcp@gmail.com or you can drop them off at the synagogue office.

YAHREZEITS

Date		Member	Deceased	Relationship
Sept. 7	Elul 21	Herbert Alfasso	Sheila Alfasso	wife
10	24	Howard Savage	Samuel Savage	father
0	24	Susan Hoff	Paul Schwartz	father
12	26	Paul Michel	Rosiland. Sapiro	grandmother
13	27	Joyce Toub	Sonia Toub	mother-in-law
14	28	Nancy Cury	Rita Samen	mother
16	Tishrei 1	Roberta Moses	Beatty Moses	mother-in-law
16	1	Mandell Safer	Earl Roy Safer	brother
23	8	Michael Kupferman	Yetta Kuperman	grandmother
23	8	Leslie Miller	Irving Miller	father
25	10	Elaine Lowenberg	Sarah Yanovitz	mother
26	11	Paul Michel	Gilbert Eliachim ben Yitzak	grandfather
26	11	BJ Rosenfeld	Norah Lessna	mother
26	11	Michael Kupferman	Sally Shapiro	grandmother

What better way to remember loved ones than to have a plaque placed on our memorial wall in their memory? For more information on purchasing a plaque you can call the synagogue office 371-0608 and speak with Jackie. The cost for each plaque is \$250.00

Remember that special date with either a leaf or an acorn or even a stone on our Tree of Life. Congregants and interested public may celebrate a mitzvah (happy occasion) or commemorate a memory by purchasing one or more of the following:



Stones - \$1500



Leaf \$180



Acorns \$500

For further information regarding purchasing a leaf, acorn or stone for the Tree of Life, please contact Jackie at 371-0608 or e-mail her at cbshalom@nvcap.rr.com

CONGREGATION BETH SHALOM GRACEOUSLY ACCEPTS THESE DONATIONS:

General

Barbara Bergman in memory of Sylvia Ernst

Ricardo & Pola Dobry in memory of Enrique Baytelman

Mark & Diane Silverman in memory of Melvin & Sylvia Weissman & Myrna Barmash

Cemetery

Robert & Colleen Kohan Silverman in memory of Arnold Kupferman

Robert & Elaine Lowenberg in memory of Frederick Lowenberg

Reyut

Paul Michel in memory of Arnold Kupferman

Paul Michel in memory of Howard Michel

Lewis & Phyllis Morrison in memory of Ethel Ackerman

The following have purchased plaques

Sandy Rubin in memory of her husband Don

Brenda Sugarman in memory of her husband Larry

Linda Gellman in memory of her father Malcolm Blumenthal

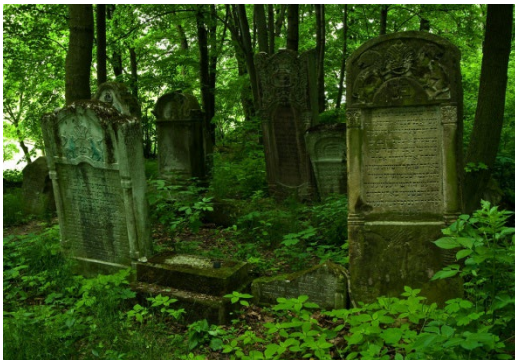
May their memories be a blessing



Did you know you can make donations to the Cemetery Fund at Beth Shalom?

Your cemetery committee is presently looking into refurbishing the many headstones that are in dire need of repairs.

On a recent visit to the cemetery, it was noticed that there are over 25 headstones that need our attention. If you have a loved one or know of someone who has a loved one buried here, it will be a “mitzvah” to help us in this endeavor. Barbara Lazarow, Colleen Kohan Silverman, Lynne Margolius - your Cemetery Committee



Next Hadassah Book Review in October

Date: Monday, October (TBA)

Time: 1:00 PM

Book: TBA

Hosted on: Zoom and in person at Congregation Beth Shalom

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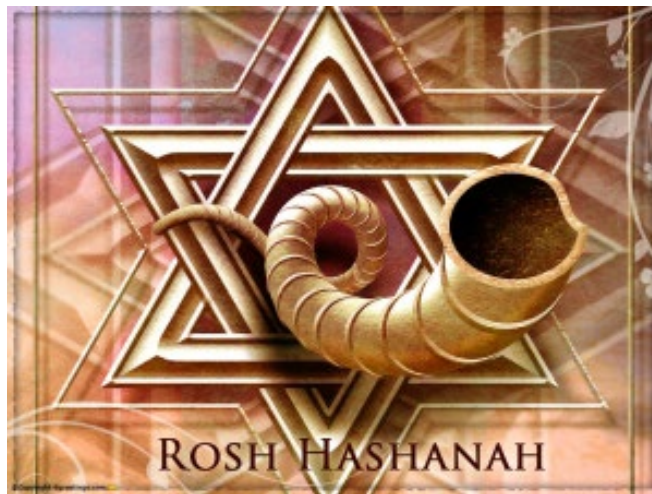
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Remember that special date with either a leaf or an acorn or even a stone on our **Tree of Life**. Congregants and interested public may celebrate a mitzvah (happy occasion) or commemorate a memory by purchasing one or more of the following:

Leaves - \$180

Acorns - \$500

Stones - \$1500

For further information regarding purchasing a leaf, acorn or stone for the **Tree of Life**, please contact Jackie at 371-0608



Is there something you would like to see published in the Beth Shalom bulletin? All you need to do is e-mail your article or news to congregationbethshalomcp@gmail.com by the 15th of the month prior to the month of publication.

We are always open to new ideas to spark the interest of our readers. We do ask that you keep your article short and to the point.

Please be advised that all articles are printed at the discretion of the bulletin editor.



BULLETIN

September Birthdays

Sept. 3 Marilyn Shapiro
14 Mark Cury
17 Toby Elman
27 Barbara Geizer
27 Peter Rosenfeld



Sept. 3 **Anne & Larry Friedman**
56th anniversary

8 **Marilyn & Larry Shapiro**
49th anniversary

MAZEL TOV



Break the fast with us.



Our High Holy Days will soon be here. September is already here. We will again have our guest, Rabbi Josh Segal, and our very own Flo Miller, who just happens to be Rabbi Segal's sister. Every year I promise myself that I will be ahead of the High Holy Day rush. Somehow I never seem to be able to keep that promise. There is always something I forget and the rush to get it finished before the Holy Days begins.

It's hard to believe but this will be my 19th High Holy Days at Beth Shalom. Where does the time go? I can still remember how scared I was the night I came in to be interviewed by Gloria Kupferman and Fred Pineau. Once I got past them I had to go through Rabbi Diane. Now that was scary. I had never been in the presence of a Rabbi in my life. I knew nothing about the Jewish faith. I remember saying to myself, "Why would they hire me, a Catholic with no formal knowledge of Judaism?" They took a leap of faith in hiring me, and I have never regretted one second of my time here.

I am working under the supervision of my 3rd Rabbi and my 10th president. I think I might hold a record. All I can say is "let the fun begin."

Well I have talked enough for now. Please, be sure to read our weekly announcements.

May GOD bless and keep us safe FOR as long as there is life on this earth.

True friends
aren't the ones
who make your
problems disappear
They're the ones who
won't disappear
when you're
facing problems.

Jackie

SCRIP 2023

We are now selling scrip cards again for many of your favorite retail establishments, including restaurants, etc.

Do you go to Panera's or TGI Friday's or Chili's or Gap or Old Navy or Dunkin Donuts or Boscov's? The list goes on and on and on.

You can purchase scrip cards from Congregation Beth Shalom, enjoy the face value and we get a percentage. Simply stated, if you buy a \$10 card for Panera's, you make a check payable to Congregation Beth Shalom, you have a \$10 card to spend yourself or give as a gift, and the synagogue gets a piece of the action!

This is a painless way for everyone to support our fundraising efforts on an ongoing basis!!

A complete list of available cards, denominations and the simple procedure for purchasing forms are available in the lobby of the shul. Many of us are already participating in the program and helping to generate an ongoing stream of income to our synagogue—again, there is no net cost to us, as individuals. So please join in this effort—it feels good to know that a portion of the money we are spending anyway is benefiting Beth Shalom.

If it's scrip you want, look no further



Below is the order form for the Book of Remembrance. Please, fill out and return to the office.

Note: This form must be returned by Monday, September 19th

to: Congregation Beth Shalom 688 Clifton Park Center Road Clifton Park, NY 12065 Attn: Jackie.
Call Jackie at (518) 371-0608 or Linda R at (518) 371-3641 with questions

Each name is \$18. (If a couple, the amount will also be \$18.) If you wish to have a larger, more personalized memorial, please choose one of the options below and attach a separate page showing how you would like your memorial to read.

These options will be framed.

¼ page (1-3 names) \$54

½ page (1-7 lines is \$72)

Up to 12 lines is \$144

Full page (any amount of names) or up to 22 lines is \$180

There are 50 spaces per line.

Remembered by:

Name of loved ones being remembered in the Book of Remembrance 5784/2023

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____