Start the year by saying

TODAH!

SAY THANK YOU TO MEMBERS OF THE BETH ISRAEL COMMUNITY

Take this opportunity to thank those in the Beth Israel family who have impacted your life in 2019. Make a donation in their honor to Beth Israel. Everyone who is thanked will receive a specially-designed card that will be sent at the end of January, listing the names of those who have contributed in their honor.

To say Todah, visit tinyurl.com/BethIsraelTodah

Fundraiser ends December 31, 2019.

Year-End Tax Planning Can Help You and Beth Israel

see page 11
Our Thanksgiving Program and Museum highlighted the creativity and imagination of the children and staff. This year, we added interactive components to our museum. We are grateful for all of our parent volunteers and participants.

We are so fortunate that each child at Beth Israel Preschool was gifted a “Tzedakah Box” created by Mayshe Fried. Mr. Fried is ninety-three years old and has created over 800 Tzedakah boxes! Our children are very excited to have their own Tzedakah boxes where they can save coins and give to others. Though we teach the gift of giving throughout the year, we love the opportunity, before the holidays, to use this gift to further the conversation of giving. Mr. Fried asks nothing in return except that we teach our children the art of giving. So, thank you Mayshe for thinking of us and we will pass on this tradition and mitzvah.

Looking ahead to December, we invite friends and family to the Preschool’s Vendor Fair on Sunday, December 8 from 9:30-12. This is a great way to shop for the holiday and help our PTO. Our little friends will be doing their own shopping during school at the Chanukah Shop where they can participate in the joy of giving to family, friends and pets! We look forward to spending the day with grandparents and other special persons as we bring back Grandparents Day. We will enjoy a sing-a-long and craft time with our favorite people.

Enjoy the festival lights of Chanukah!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sunday, December 8</td>
<td>PTO Vendor Fair</td>
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<tr>
<td>Tuesday, December 10</td>
<td>Chanukah Shop</td>
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<tr>
<td>Wednesday, December 11</td>
<td>Chanukah Shop</td>
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<tr>
<td>Tuesday, December 17</td>
<td>Grandparents/Special Persons Day</td>
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<tr>
<td>Sunday, December 22</td>
<td>First Chanukah candle</td>
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<td>Monday, December 23-January 1</td>
<td>Winter Break- SCHOOL CLOSED</td>
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</tbody>
</table>

GET READY FOR OUR PURIM SPIEL

NEW QUEEN ON THE BLOCK

Songs of the 80s.

Auditions will be Sunday Dec 15th • 11:15 am-12:15 pm or by appointment with Cantor Rolnick.

Rehearsals are Monday evenings beginning in January

MARCH 5 (DRESS REHEARSAL)
MARCH 9 (PURIM)

Please email jrolnick@bethisrael-om.org for more information.
Rabbi Goldstein has appointed me to serve as Chairman for Beth Israel’s participation in the next World Zionist Congress. About every five years, Jewish leaders travel to Jerusalem to decide on issues affecting the Jewish people. The World Zionist Congress will meet in October 2020. Five hundred twenty-five delegates are elected worldwide for the Congress. 200 delegates are from Israel, 152 from the United States and 173 from the rest of the world.

Beth Israel is represented by Mercaz U.S.A. which is the Zionist Organization of the Conservative Movement. Our job is to turn out the vote so that the Conservative Movement gets a large share of the 152 U.S. delegates. This will result in our receiving a large amount of funds allocated by the Jewish Agency. Nearly one billion total dollars will be available.

You may apply to register at Mercaz2020.org. The voting will take place from January 21, 2020 through March 11, 2020. A small fee of $7.50 will be assessed to cover administrative costs.

I am proud to have served as a vice president of Mercaz U.S.A. from 2003 -2005 and am currently a member of the board of Mercaz. I was also a member of the Mercaz delegation that went to Jerusalem in 2002.

I will be available the next few months to promote this program and encourage all of our synagogue members to vote.

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Happy Chanukah

Don't forget to light the first candle on Sunday evening, December 22nd.
Going, Going, Gone!

Beth Israel Sisterhood Quarter Auction
December 11, 2019
At Beth Israel Congregation
Preview 6:30 pm
Auction begins at 7:00 pm

PADDLE PRICES:
$5 for 1 paddle in advance or at the door | $8 for 3 paddles in advance
$10 for 3 paddles at the door

Everyone purchasing a paddle will receive a four day gift pass to Lifebridge Health and Fitness Gym valid through January 29, 2020.

To reserve paddles in advance please go to tinyurl.com/SisterhoodQuarterAuction19

Come have fun bidding for great stuff for mere quarters!

Contact Nancy Rogers for more information at BethAuction@outlook.com
Contact Sandy Kirsh for auction donations at pudgiekirsh@gmail.com

SISTERHOOD SHABBAT IS COMING FEBRUARY 29, 2020
To participate, please contact Cindy Bradley. We have Margie Miller, International President of Women’s League of Conservative Judaism, joining us.

BETH ISRAEL SISTERHOOD SHABBAT
My check is enclosed!
Name:________________________________________________________
Amount of Tzedakah:
☐ $18  ☐ $25  ☐ $36  ☐ $50  ☐ $100  ☐ Other__________________
Recently, I had the privilege of attending a mini workshop on journal writing for caregivers facilitated by Goucher Writing Professor Barbara Roswell. As the caregivers responded to simple writing prompts, they were able to recognize and honor their own supportive work as well as find comfort, connection, release, and reflection. Participating in this program led me to think about the many ways in which a practice of journaling can generally enhance our mental health. Here are a few of the most beneficial effects of writing regularly about oneself:

• **Journaling helps us to better understand our thoughts and feelings** - Taking a few moments on a regular basis to write down our thoughts and feelings can help us gain greater clarity and calm. Often when we feel mixed up and unsettled, writing can help us make greater sense of our emotions. Writing can be particularly helpful when we are experiencing intense emotions, such as after a distressing encounter or the loss of a loved one. The act of writing, sometimes in the form of a letter that may never be sent, can release the emotions, get us out of a mental loop, and ease our stress and suffering.

• **A writing routine allows us to get to know ourselves better** - By noting the people and activities associated with feelings of happiness or sadness, we can begin to understand what triggers our emotions and consequently, which situations to seek out and which to avoid.

• **Journaling enables us to engage in more productive problem-solving** - When seeking solutions, we typically use our left brain, the side that is analytical and rational. But writing also engages the more creative, intuitive side of our brain in this process of self-discovery. Consequently, journaling allows us to harness all of our brainpower and increases the likelihood of discovering novel solutions to our problems.

• **Writing can help resolve conflicts by increasing our empathy for others** - After a fight, it can be difficult to let go of our frustration and move towards resolution. But if we take some time to write about the argument both from our own vantage point and from that of our opponent, focusing on the feelings it engenders in both of us, we are more likely to come up with a mutually agreeable solution. The ability to take another’s perspective also makes us more likely to take ownership of our problems, thereby increasing our sense of efficacy and well-being.

• **Creating a gratitude journal can enhance our happiness** - Writing down three things we are grateful for or three good things that happened to us each day helps us to attend to the positive in our life rather than dwell on the negative. Research suggests that a practice of gratitude journaling can help us improve our physical health, fight depression, and make progress towards our goals.

To get started with journaling, just look for a quiet, private space where you can write uninterrupted for 10-20 minutes, at least three times per week. And to reap the full benefits of journaling, allow yourself enough time to read and reflect on what you have written, both immediately after your entry and every week or month, identifying and recording action steps, if appropriate.

As the secular New Year approaches, many of us reflect on the ups and downs of the previous 12 months and begin to think about changes we’d like to make in the year ahead. Perhaps this is the year to begin or recommit to journaling, a practice that can help improve our health and mental health throughout the year.

Some of the information for this article was drawn from the following sources:

• Ackerman, Courtney, *83 Benefits of Journaling for Depression, Anxiety, and Stress*, https://positivepsychology.com/benefits-of-journaling/


As the weather gets colder, many of our Congregants head south for the winter. It is important that our office receives your winter address as soon as possible, as well as the projected dates you will be away. Please call us at 410-654-0800.

Some of the most beautiful and inspiring liturgy of Shabbat morning takes place before many of us come to services. So, on this special Shabbat, we will do things in reverse. Come to shul early for Musaf if you choose, then we will have our Torah service and conclude with Shacharit and a spirited, enhanced singing of some of the early morning service.

American Red Cross Blood Drive
Thursday, December 12
2pm to 7:30pm • Beth Israel

THERE IS A CRITICAL SHORTAGE OF BLOOD

GIVE BLOOD!

To register: redcrossblood.org
Keyword: BethIsraelOwingsMills

WALK-INS WELCOME!

Jewish Film Festival
SATURDAY EVENING
JANUARY 4, 11
FEBRUARY 1
7:00 PM
BETH ISRAEL

Please check bethisrael-om.org for details
Titles TBA
Mazal Tov to our December Bar Mitzvah!

December 28

DANIEL JACOBS

son of

Lynn & Ronald Jacobs

Is Your Bar/Bat Mitzvah Coming Up?

Please email a headshot, including kippah and tallit, to Ann Friedman no later than 8 weeks prior to your Bar/Bat Mitzvah month, afriedman@bethisrael-om.org.

The photo will be printed in the Guide, and will also be displayed on our monitor in the chapel lobby.

Beth Israel is looking forward to sharing your simcha!

Inclement Weather Procedures

Religious Services & Congregational Programs

Decisions about cancelling or postponing a service or Congregational program are made independent of decisions about the Community Learning Lab or Preschool.

When there is inclement weather, listen to WBAL – AM (1090) or WCBM – AM (680) radio, or call the synagogue office for a specific announcement, which will be left on the voice message system at least one hour before the scheduled event. We will also email our plans and post updates on our website, bethisrael-om.org, and Facebook page, Beth Israel Congregation of Owings Mills, MD.

COMES SING WITH US!

BETH ISRAEL’S CHOIR MEETS MONDAY EVENINGS IN THE FAMILY ROOM 6:15-8:00 PM No singing experience necessary

BOOK CLUB
BOOK CLUB WILL MEET ON DECEMBER 2ND

At that meeting we will celebrate Hanukkah by ordering dinner and discuss the book of the month. The book we will be reviewing is called 6,000 Miles to Home by Kim Dana Kupferman. This is one meeting that you need to RSVP.

PLEASE CONTACT ELLEN NAFTANIEL AT 410-458-9364 OR BY EMAIL ELLENN894@GMAIL.COM

December 28

DANIEL JACOBS

son of

Lynn & Ronald Jacobs

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Beth Israel is looking forward to sharing your simcha!
EXPERIENCE SHABBAT AT BETH ISRAEL

Special Shabbatot

- **Reverse Service**
  Saturday, December 7, April 4

- **Claire Sodden Memorial Weekend**: January 24-26

- **Cholent/Chili Cookoff**
  Saturday, February 15

- **Brotherhood Shabbat**
  Saturday, March 14

- **Sisterhood Shabbat**
  Saturday, February 29

- **Hazak Shabbat**
  Saturday, May 9

Shabbat Around the World

Friday, 6:13pm
- December 20, February 21, April 24, May 15

Mini-ReJewvenate

Saturday at 10:15am
- April 13, May 11

Shababa (ages 2-5)

Friday at 5:30pm
(followed by potluck dinner)
- December 6, February 7, May 1, June 5

Shababa (ages 2-5)

Saturday at 10:15am
- December 28, January 18, February 22, March 21, April 11, May 30

Beginyan (ages 5-11)

Saturday at 10:30am
- December 15, January 19

TGIF Shabbat (family-friendly)

Friday at 6:45pm
- December 6, February 7, May 1, June 5

TIME CAPSULES

Anita Meddin, RN, OCN

This month, I will just offer a word of wisdom (a “time capsule,” to borrow NIH’s term) on Yoga. We have had some Yoga experiences with Cantor Rolnick. Based in Indian Philosophy, Yoga involves both the body and mind and eventually spirit. Before we even begin to know what the benefits of Yoga are, we need to see if Yoga is for you.

Getting started with Yoga.

1. Start with an appropriate yoga class.
2. Ask about the training and experience of the yoga instructor. Talk with your health care provider first to see if you have any health concerns about starting a new activity.
3. Let your Yoga instructor know about individual needs and any medical issues.

With practice and commitment yoga can help you focus your mind on a single object.

More information in depth in January.

Please let me know by email if you have other topics for discussion.
anitameddin@gmail.com

Jewish Volunteer Connection’s

COMMUNITY MITZVAH DAY

Join Beth Israel on Community Mitzvah Day

Wednesday, December 25 - Christmas Day!

We are looking for volunteers to help at North Oaks as we bring Chanukah to the residents through song and craft from 11am-12pm!

We are also looking for people to help lead blanket making at the Park Heights JCC in the morning.

Please go to tinyurl.com/BIOMMitzvahDay to sign up.
Choose between two programs to enhance your Shabbat experience!

**Namasté and Niggunim**
A Jewish fusion of singing, spiritual meditation, and chant with Cantor Rolnick

**Nourishment for the Neurons**
A text-based discussion on the week’s Torah portion with guest speaker Rabbi Jeremy Fierstien

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Music from Jewish communities around the world, featuring musicians and singers from our own Beth Israel community.
All are welcome to enjoy the Latke Bar after services...or take some latkes home with you! NO RSVP NEEDED

**DINNER:** CHICKEN, VEGETABLES, SIDES, AND DESSERT (vegetarian and other dietary options available).

- **$22** Adults ages 13+
- **$12** Children ages 6 to 12
- **$8** Children ages 3 to 5

**RSVP for dinner by Friday, December 13**
[ tinyurl.com/Dec19SATW ]
Spin your way to the championship match!
DREIDEL TOURNAMENT
December 17th
6:00-8:00 pm
$7 a person for dinner, Family max of $25
Dinner is pasta, latkes, donuts and MORE!
$3 a person to participate in the tournament
Open to the whole Beth Israel Community
Sign up at tinyurl.com/BIOMDreidelTournament

STITCH AND STUDY
December 9 7:00-8:15pm
We will continue learning about the Holidays, focusing on Chanukah and how to make it your own.
At the home of Rabbi Ariel Platt

LEARNING LAB PLUS AT HOME
December 16 7:00-8:15pm
We will explore Jewish texts about Rejuvenation.
At the home of Heidi Hoffman

HAVDALAH AND STUDY
January 18 4:50-6:30pm
We will conclude Shabbat together with mincha, torah study, Seudat Shlishit (a light dinner) at the Shul.

Learning Lab PLUS
(ADULTS ONLY!)
To learn more email aplatt@bethisrael-om.org or register at tinyurl.com/LearningLabPlus.
As the secular calendar year comes to a close, we would like to bring to your attention opportunities to lower your income taxes, while providing meaningful support for Beth Israel.

Your charitable gifts make an important difference in what we are able to accomplish. No matter what your income level, if you itemize, you can usually lower your income taxes through charitable giving, making use of the income tax charitable deduction. The amount of savings will depend on your tax bracket.

**Cash:** Make more charitable gifts in those years when you have the most income. You may wish to accelerate future charitable gifts into 2020. Many congregants will choose to pay their 2020 dues in 2019.

In fact, you can lower your taxes by making a voluntary contribution of any amount. Simply write a check to the Congregation by December 31. Some employers have matching programs. Send the form to us along with your gift. Cash gifts are fully deductible, up to 50% of your adjusted gross income. Any excess can usually be carried forward.

**Stock:** If you own appreciated stock, it is usually best to donate the stock rather than the cash. By donating the appreciated stock you avoid the capital gains tax on the increase in value of the stock. Also, you receive a charitable deduction for the full fair market value of the stock at the time of the gift. Make sure you have owned the stock for at least one year. Beth Israel has a congregant who is a broker who will handle the transaction for you. Call the office for more information.

Gifts of stock are fully deductible, up to 30% of your adjusted gross income. Any excess can usually be carried forward.

**Real Estate:** A residence, vacation home, farm, acreage, or vacant lot may have appreciated in value over the years such that its sale would incur a substantial capital gains tax. By making a year-end gift of the property instead, you would avoid the tax and also receive a charitable donation for the full market value of the property.

**Life Income Gifts:** You could transfer dividend paying stocks to us and establish a “charitable remainder trust” that would continue to provide you or a loved one an income for life, after which the assets would be distributed outright to Beth Israel. Through this type of arrangement, you would be increasing your income and making a tax-deductible contribution to the synagogue at the same time.

We are always grateful for your interest and support - at any time of the year. Before considering any transaction, consult with your tax advisor to determine how the transaction will impact your tax planning.

If you have any questions or would like to discuss any one of these options, please call 410-654-0800 or email bethisrael@bethisrael-om.org.

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**Guidelines for Qualified Charitable Distributions (QCD) to Beth Israel Congregation**

**TIPS FOR OUR CONGREGANTS 70+**
- A QCD is generally a nontaxable distribution made from an IRA account to an organization described in Internal Revenue Code 170 (b) (1) (a) that you would have otherwise been able to take a tax deduction for making the contribution.
- The IRA owner must be exactly 70 ½ or older at the time of the distribution, including Inherited IRAs.
- The QCD can satisfy all or part of the required minimum distribution (RMD) from the IRA account (up to $100,000 per year may be excluded from income).
- The QCD will not be subject to Federal Income Tax.
- A QCD will be made payable to the charitable organization and mailed to the IRA owner’s address.

Adapted from Janney.com IRA/Small Plans Fact Sheet, QCD

Please contact your financial advisor for guidance pertinent to your own circumstances.
The custom of sponsoring a Kiddush is a wonderful way to share your joy and at the same time support Beth Israel. You can honor a person, remember a loved one, or celebrate a simcha. Your sponsorship will appear in the Shabbat Program that week and in the following month's issue of the *Guide*.

As a community we delight in each other's simchas, and would be honored if you share yours with us.

Contact Ann Friedman at 410-654-0800 x210 or afriedman@bethisrael-om.org.

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**November Kiddush Sponsors & Contributors**

- Beth Israel Sisterhood
- Janis & Ira Bormel in honor of the Simchat Bat of their granddaughter, Summer Madison Amundson
- Tami & Stuart Fine in honor of Stuart’s 60th birthday
- Lois Wolf in honor of her “Special Birthday”
- Gabrielle Ezra Jordan & Family in honor of Sydney becoming a Bat Mitzvah

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**"Bee" Kiddush Conscious**

Sisterhood needs your support for Saturday Kiddush. If you would like to supplement the cost of the kiddushim that Sisterhood provides every Shabbat, please contribute to our Bee Kiddush Conscious Fund.

Be a Kiddush BEE!
$10 Worker bee
$18 Builder bee
$36 Hive Supporter bee
$______Other (up to $49*)

Please make checks payable to Beth Israel Sisterhood and indicate that you are contributing to the Sisterhood BEE Kiddush Conscious Fund! Mail your contribution to: Diane Lahn, 28 Beecham Court, Owings Mills, MD 21117.

*Note: If you want to contribute more than $49, please do not send the check to Diane Lahn. Instead, contact Rheta Rosen, 410-654-5258 or bunnyrhetacomcast.net.

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**Plaque Opportunities**

**Simcha Plaques**

Place a physical reminder of the birth of your child or grandchild, a wedding or anniversary, or maybe a special birthday of a friend. Plaques are displayed on a wooden representation of the Garden of Eden in the Sanctuary Lobby.

**Memorial Plaques**

It is an Ashkenazi Jewish tradition to place the names of loved ones on the walls of the synagogue so that we may honor them and remain close to them. The Braunstein Memorial Alcove is a place to find solace among those who have departed us.

For more information, or to purchase or reserve your plaque, call Ann Friedman at 410-654-0800 x210, or email afriedman@bethisrael-om.org.
<table>
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<th>Date</th>
<th>Event</th>
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| **1 SUNDAY** | BICLL Closed  
9:00 am Morning Service |
| **5 THURSDAY** | 12:00 pm Lunch & Learn |
| **6 FRIDAY** | 4:25 pm Candlelighting  
5:30 pm Shababa Service  
6:00 pm Potluck Dinner  
6:45 pm TGIF |
| **7 SATURDAY** | 9:30 am Reverse Service: Shabbat Morning Service |
| **8 SUNDAY** | 9:30 am Vendor Fair  
9:30 am Brotherhood Breakfast  
1:00 pm Barnes and Noble Bookfair |
| **9 MONDAY** | 7:00 pm Stitch and Study: Learning Lab Plus  
(Adults Only!) |
| **11 WEDNESDAY** | 6:30 pm Sisterhood Quarter Auction |
| **12 THURSDAY** | 12:00 pm Lunch & Learn  
2:00 pm Red Cross Blood Drive |
| **13 FRIDAY** | 4:26 pm Candlelighting  
6:00 pm Shabbat Nefesh: A Service for the Soul |
| **14 SATURDAY** | 9:30 am Shabbat Morning Service  
10:30 am Beginyan  
11:00 am N& N Shabbat |
| **15 SUNDAY** | 1:00 pm Hazak Lunch with John Holt |
| **16 MONDAY** | 6:15 pm Purim Shpiel Auditions  
7:00 pm Learning Lab Plus at Home |
| **17 TUESDAY** | 6:00 pm Driedel Tournament |
| **19 THURSDAY** | 7:30 pm An Ounce of Prevention: Diabetes Prevention |
| **20 FRIDAY** | 4:28 pm Candlelighting  
6:13 pm Shabbat Around the World  
7:00 pm Dinner |
| **21 SATURDAY** | 9:30 am Shabbat Morning Service |
| **22 SUNDAY – Chanukah: 1 candle** | BICLL Closed |
| **23 MONDAY – Chanukah: 2 candles** |  |
| **24 TUESDAY – Christmas Eve** | Chanukah: 3 candles  
Office open until 1:00 pm  
BICLL Closed  
7:00 am Morning Minyan  
5:40 pm Evening Minyan |
| **25 WEDNESDAY – Christmas Day** | Chanukah: 4 candles  
Office Closed  
Mitzvah Day  
9:00 am Morning Minyan  
9:00 am Beth Israel at Park Heights  
Mitzvah Table  
11:00 am Beth Israel Mitzvah Day at North Oaks  
No Evening Minyan |
| **26 THURSDAY – Chanukah: 5 candles** |  |
| **27 FRIDAY – Chanukah: 6 candles** | 4:33 pm Candlelighting  
6:00 pm Kabbalat Shabbat |
| **28 SATURDAY – Chanukah: 7 candles** | 9:15 am Shabbat Morning Service  
Daniel Jacobs Bar Mitzvah  
10:15 am Shababa |
| **29 SUNDAY – Chanukah: 8 candles** | BICLL Closed |
| **31 TUESDAY – New Year’s Eve** |  |
| **31 WEDNESDAY – Christmas Day** | Chanukah: 4 candles  
Office Closed  
Mitzvah Day  
9:00 am Morning Minyan  
9:00 am Beth Israel at Park Heights  
Mitzvah Table  
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| **29 SUNDAY – Chanukah: 8 candles** | BICLL Closed |
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| **31 WEDNESDAY – Christmas Day** | Chanukah: 4 candles  
Office Closed  
Mitzvah Day  
9:00 am Morning Minyan  
9:00 am Beth Israel at Park Heights  
Mitzvah Table  
11:00 am Beth Israel Mitzvah Day at North Oaks  
No Evening Minyan |
Beth Israel Celebrates

Mazal Tov to Congregants celebrating “special” life milestones (birthdays and anniversaries). While every birthday or anniversary is a reason to celebrate, if you are having one ending with a five or a zero, we will automatically list your name. We apologize if our records are incomplete or in error. If you do not want your name listed, please call us at least two months in advance.

DECEMBER 2019 MILESTONE BIRTHDAYS:

Diane Burkom
Renee Lerner
Barbara Berg
Fritzie Schweitzer
Harry Bass
Marc Ellison
Harriet Charkatz
Felisa Cooper
Marlene Dahne
Debbie Taylor
Sharon Carr
Karen Blum
Paula Hoffman
John Buergenthal

DECEMBER 2019 MILESTONE ANNIVERSARIES:

Tami & Stuart Fine

Praised are you, Adonai, our God who rules the universe, granting us life, sustaining us, and enabling us to reach this day.

Beth Israel Mourns

We mourn the loss of:

Marvin Blatt
Beloved Father of Rabbi Marc (Rachel) Blatt and grandfather of Hannah Tova & Rafi Blatt

Bernard Toback
Beloved Father of Suzanne Kiewe

Lorna Hoffman
Beloved Mother of Douglas (Deborah) Hoffman

Harold Weiss
Beloved Father of Sherri (Stuart) Fox

Herbert Reines
Beloved Husband of Linda Reines

May the Lord comfort and sustain you along with all the mourners of Zion and Jerusalem

YAHARZEIT CONTRIBUTIONS

Marlyn & Lawrence Abrams
Carole Hoffman
Irene Himelfarb
Selma & Leonard

Susan Berkman
ellen Jachman
Ellen Jachman
Sherry & David

Robert Jay Block
Sharon & Edward Klawansky
Leslie & Stuart Lessner
Silverman

Jan Braunstein
Tamara & Alan Levitas
Sandra Liberman
Rona Sodden

Di@ne & Howard Burkom
Marla & Jeffrey Linker
Louise Macks
Aelene & William Tabak
Eileen & Jerry Chiat
Marcia Markowitz
Sherry & David
Barbara & Jeffrey Tapper

Elise & Paul Dunetz
Marvin Mervis
Evelyn Posner
Bernard Taylor
Arlene & Marc Ellison
Rachel & Michael Raphael
Rachel & Michael Raphael
Marcia & Harold Toppall
Genine & Josh Fidler
Laurie & Steven Reamer
Laurie & Steven Reamer
Helene Weinstein
Tami & Stuart Fine
Aliza & David Rothenberg
Aliza & David Rothenberg
Stacy & Alan Weiss
Barbara & Bob Fischer
Beverly & Sheldon
Beverly & Sheldon
Joyce & Steve Wiener
Mira & Gary Foote
Rubenstein
Rubenstein
Lois Wolf
Sheri e & Stuart Fox
Marion Rubin
Marion Rubin
Diane & Herbert
Paul Freiman
Phyllis & Melvin Rubin
Phyllis & Melvin Rubin
Wolfson
William Friedlander
Fritzie Schweitzer
Fritzie Schweitzer
Kathleen & Howard
Sandy & Samuel Friedmann

Beth Israel Guide 14 December 2019
Thank You for Your Contribution

Donations to the
Prayer Book and Bible Fund
K’vod L’Torah Fund
Claire and Ken Sodden Memorial Youth Fund
Camp Scholarship Fund
Goldie Gorn Education Fund
Rachel V. Glaser Fund for Educational Enrichment
Marla Joy Lerner Audio/Video Lending Library
Ted. H. Schweitzer Memorial Fund
Beth Israel Fund
Rabbi Goldstein’s Discretionary Fund
Cantor Rolnick’s Discretionary Fund

Minimum donations:
Rachel V. Glaser Fund for Educational Enrichment, Prayer Book Fund - $18.00
Prayer Book w/Plate - $36.00
Bible Fund - $30.00
Bible w/Plate - $60.00
Claire and Ken Sodden Memorial Youth Fund, Camp Scholarship Fund, Ted. H. Schweitzer Memorial Fund, Goldie Gorn Education Fund, and Beth Israel Fund - $10.00
K’vod L’Torah Fund - $15.00

BETH ISRAEL FUND

IN APPRECIATION TO
Toni Greenberg for High Holiday Services by Leah Katz
Beth Israel for Aliyah on Yom Kippur by Elyse & Allan Posner

IN HONOR OF
Ellen Donen’s Special Birthday by Diane & Howard Gartner
Allan Posner’s Special Birthday by Marion & Howard Katz
Sue Rabin’s Special Birthday by Anthony & Beth Gansky

IN MEMORY OF
Bernard Dunetz by Elise & Paul Dunetz
Rabbi Goldstein’s Special Birthday by Michelle by Elaine & Harold Rothman, Ellie & Allen Cohen, Ileen & Al Bard, Paula & Lou Friedman, Sue & Phil Rubin
The birth of a great grandson to Marilyn Schloss by Judi & Bernie Cataldo
The engagement of Diane & Howard Gartner’s son Todd to Michelle by Elaine & Harold Rothman, Ellie & Allen Cohen, Ileen & Al Bard, Paula & Lou Friedman, Sue & Phil Rubin
The birth of a great grandson to Marilyn Schloss by Judi & Bernie Cataldo

CLAIRE AND KEN SODDEN MEMORIAL YOUTH FUND

IN HONOR OF
Herbert Reines by Diane & Howard Gartner, Elaine & Harold Rothman, Ellie & Allen Cohen, Rita & Ira Meier, Sheila & Danny Stern, Sheila & Si Kalderon
Stanley Langbaum by Diane & Howard Gartner, Elaine & Harold Rothman, Ileen & Allan Blumberg, Rita & Ira Meier
Estelle Eisenberg by Randee & Harry Baumbol
Marvin Blatt by Sheila & Danny Stern, Sue & Phil Rubin
The engagement of Diane & Howard Gartner’s son Todd to Michelle by Elaine & Harold Rothman, Ellie & Allen Cohen, Ileen & Al Bard, Paula & Lou Friedman, Sue & Phil Rubin

IN MEMORY OF
Herbert Reines by Diane & Howard Gartner, Elaine & Harold Rothman, Ellie & Allen Cohen, Rita & Ira Meier, Sheila & Danny Stern, Sheila & Si Kalderon
Stanley Langbaum by Diane & Howard Gartner, Elaine & Harold Rothman, Ileen & Allan Blumberg, Rita & Ira Meier
Estelle Eisenberg by Randee & Harry Baumbol
Marvin Blatt by Sheila & Danny Stern, Sue & Phil Rubin

SPEDDY RECOVERY
Nadine Weinstein by Ileen & Allan Blumberg
Zelda Zaben by Judi & Bernie Cataldo
Alleen Bormel by Randi & Larry Wasbaw and Family

TED SCHWEITZER FUND

IN MEMORY OF
Stanley Langbaum by Judy & Ed Dworkin

RABBI GOLDSTEIN’S DISCRETIONARY FUND

IN HONOR OF
Officiating at the wedding of Mollie & Randy by Beth Gansky
Officiating at the wedding of Abby Sussman & Joshua Land by Abby & Marc Sussman

IN APPRECIATION OF
Unveiling ceremony of Rita Hoplin by Janet & Scott Shindell

TO OUR DEAR FRIENDS IN THE BETH ISRAEL COMMUNITY

Thank you on behalf of my family for all of the support, warm wishes, and kind donations in memory of my father Marvin Blatt. It brings great comfort to my mother and I that his memory inspired you to donate, which will be used for good in the Beth Israel community and other Jewish institutions.

With gratitude,
Rabbi Marc Blatt
## Schedule of Shabbat Services

### FRIDAY EVENINGS
- December 8 (TGIF) .................................................. 6:45pm
- December 13 (Shabbat Nefesh) ........................... 6:00pm
- December 20 (Shabbat Around the World) .... 6:13pm
- December 27 .................................................................. 6:00pm

### SATURDAY MORNINGS
- December 7, 14, 21 ....................................................... 9:30am
- December 28 ............................................................... 9:15am

### An Ounce of Prevention: Diabetes Can Be Avoided and Managed

Join Rabbi Jay Goldstein and Beth Israel Congregant and Endocrinologist Dr. David Madoff for vital information on the prevention and management of diabetes.

This program is open to the public.

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- Jen Rolnick .................................. Cantor
- Rabbi Ariel Platt .................................. Director of Education & Engagement
- Valerie Thaler, Ph.D. .................................. Synagogue Director
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- Marcy Snow .................................. Bonim & Machar Advisor
- Jacob Rosenbaum .................................. Kadima Advisor
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- Rachel V. Glaser ....... Director of Education Emeritus
- Mayer Zimmerman zt”l .................................. Ritual Director Emeritus

**SHLEIMIT TEAM**
- Sarah Shapiro, Anita Meddin & Harry Baumohl

**GABBAIM**
- Abraham Teitler zt”l, Gabbai Emeritus
- Jerome Frankle zt”l, Gabbai Emeritus

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