



kehillath shalom newsletter

קהילת שלום

September 2023
Elul/Tishri 5783-84

 **RECONSTRUCTING
JUDAISM**
Deeply rooted. Boldly relevant.

Rabbi's Reflections

Friends With Life

BY RABBI LINA ZERBARINI



The New Year approaches! I offer you and yours the traditional blessing: May you be written in the Book of Life for a good year. May you and yours have life, and health, and peace – all good things.

As we wish for joy and ease in the coming year, we know there will be other experiences as well. For me and for Dinah, as for most of you, the past year has brought, as all do, joys and sorrows, love and loss. Life itself is made of all these things. But the hard things tend to be unexpected and feel out of the ordinary. When going through difficult times, people often hope that life “will get back to normal.”

Actually, it is normal that people get sick, and even death is just as normal as birth. These things happen to all living things. But that does not make them easy. We want ourselves and our loved ones to feel and be well, and it is upsetting when we and they do not.

How do we respond to the hard times? Often, in our fear and anger and sadness – all *normal* responses – we struggle with the reality in front of us, and fight with life.

Buddhist tradition teaches that suffering is

caused by two things: attachment and aversion. When we are attached, when we want things to be a certain way and they are not, we suffer. And when we feel aversion, when we do not like a situation or a feeling and defend ourselves against it, we suffer. This is not to suggest that we can avoid pain. It is inevitable. But our attempts to push away what is happening can make our experience even harder.

**...it is normal
that people get
sick, and even
death is just as
normal as
birth...**

Jewish, Buddhist, and meditation teacher Sylvia Boorstein offers an amazing *kavannah*/intention: “I greet this moment in friendship with an undefended heart.” Rabbi Shefa Gold adds to this *kavannah* a verse from Song of Songs: **זֶה דּוּדִי וְזֶה רֵעִי** / *Zeh dodi v'zeh re'i* – this is my beloved, and this is my friend (5:16). *This: this* experience, *this* situation, *this* sensation. We meet each of them as my beloved, my friend.

I have been thinking of this chant in my preparation for the upcoming Days of Awe. What if we said: this is my beloved, this is my friend, in response to the moments of my day, whether welcome or not? How would that impact our experience? And what if we entered the New Year with

(Continued on page 2)

One link, One Meeting ID#, for MOST KSS meetings!

Meeting ID#: 882 6522 6225

Password: 046 425

By Phone: 1 646 558 8656

or click this link:

[https://us02web.zoom.us/j/88265226225?](https://us02web.zoom.us/j/88265226225?pwd=MoZVcHRWEZjeElod1VNajJ6UlnzUT09)

[pwd=MoZVcHRWEZjeElod1VNajJ6UlnzUT09](https://us02web.zoom.us/j/88265226225?pwd=MoZVcHRWEZjeElod1VNajJ6UlnzUT09)

Meet the President: Isabel Zinman

I'd like to introduce myself as I begin my role as your new president. First, I would like to tell you how I joined Kehillath Shalom Synagogue. I learned about KSS on my own, without referrals from friends or family. My brother, Henry, lives in California and told me about the Reconstructionist synagogue that he belongs to and thought that the ideology would be a good fit for me. I knew



from living in the neighborhood that there was a Reconstructionist synagogue nearby. So last year, I decided to stop by for a visit. It happened to be on the only day of the week that our office secretary, Pam Fosella, was available to open the door for me. Little did I know that I'd feel so at home and develop a passion for this little shul. I guess you'd say that it was meant to be.

The first thing I remember saying was, "There are so many events offered that I don't know which to attend first." I'm an active member of Bagels & Books, attend Torah study on Saturday mornings, meditate during Morning Gatherings, enjoy Rabbi Lina's Soup Shabbat dinners, and attend almost all of our Shabbat evening candle lighting ceremonies. In March, I accepted the role of Corresponding Secretary. After attending several board meetings, I was asked to be your next president. At first, I was a bit leery. After all, how would the congregants agree to support such a new member as myself to become their new leader?

After much discussion with Rabbi Lina and the board members, I agreed to accept this honorable position. I do come to you with leadership experience. I have served as a Trustee on a temple board, the Vice President of Programming for a Sisterhood, and President of a Sisterhood. I will do my best to be the president that Kehillath Shalom Synagogue deserves.

Now, about my personal life and personality. Jennifer Feldman is my one and only child, who is really an adult and lives in Syosset. My brother,

Henry Zinman, lives in California. My 99-year-old mother, Lucille Zinman, lives at the Sunrise Senior Living in nearby Huntington. I'm a retired school librarian and am currently working part time as a librarian at the Syosset Public Library. It's hard to believe that I've been there for almost 36 years. It was my moonlighting job that has now become a supplement to my retirement income.

I must tell you that I'm also a bit clumsy. Therefore, I'm warning you to stand or sit a few feet away from me, if you see me holding a hot or cold beverage! ❖



Friends With Life

(Continued from page 1)

this approach and with Sylvia Boorstein's intention of greeting moments with friendship and an undefended heart? Perhaps less struggling with the moment might lead to more ease and to openness. These qualities are what I think of as happiness.

In Morning Gathering, which meets Tuesday and Friday mornings at 8, we often chant the first line of "*Ashrei*," Psalm 145, which is traditionally said three times daily. There is a rabbinic teaching that says that a person who recites *Ashrei* three times a day is assured a share in the world-to-come.

The rabbis like it because it is an alphabetic acrostic and because it contains the verse: You open your hand and satisfy every living thing. They understood the acrostic to be inclusive, aleph to tav, a – z, and thus incorporating everything we might need or want to pray, plead, and praise. Additionally, the psalm highlights God's sustenance of all life and reminds us of the support and blessings we have.

The line we chant is the first: Happy are those who dwell/sit in your house. This verse invites us to be present, open, and at ease (what I think of as happy) with whatever we are sitting with. Living this way – in friendship with life – gives us our share in "the world-to-come" right here and now. May it be so in the coming year for all of us. *Shanah tovah.* ❖

High Holidays 5784



**KEHILLATH
SHALOM
SYNAGOGUE**

All Are Welcome!

www.kehillathshalom.org

Rosh Hashanah: 9.15 - 17

Yom Kippur: 9.24-25



Selichot/Forgiveness Workshop and Service

Sunday, September 9@8pm — Guest Presenter Author Gabrielle Kaplan-Mayer, in person & by Zoom

Mikveh at Centerport Beach

Sunday, September 24@9:00 am

Rosh HaShanah

September 15@7:30 PM - Erev Rosh HaShanah

September 16@10:00 AM - Rosh HaShanah 1

September 17@10:00 AM - Rosh HaShanah 2 (with Meditation)

September 17 - Tashlich & Picnic following Services, location tbd

Yom Kippur

September 24@6:30 PM -Kol Nidre

September 25@10:00 AM Yom Kippur

September 25@5 PM Study & Discussion

September 25@5:45 PM Yizkor and Neilah

Registration & Information at www.kehillathshalom.org and 631-367-4589



**Gratitude & Blessings, Joy & Repair:
A Creative Arts and Expression Workshop
&**

**Selichot Service
Saturday, September 9, 8 pm**

At KSS or on Zoom

[Click here to register for the Zoom link](#)

Hosted by Reconstructionist Congregations Kehillath Shalom (Huntington, NY), SAJ-Judaism that Stands for All (NYC), Or Haneshamah (Ottawa), Columbia Jewish Congregation (Columbia, MD), and Shaarei Shalom (Madison, WI)

Selichot, a service of reflection and prayer, is the official start to the High Holiday season. To help us enter this holy season, prolific Jewish educator Gabrielle Kaplan-Meyer will lead us in a Creative Arts/Expression workshop “Gratitude & Blessings, Joy & Repair.” Through reading poetry and texts, listening to music and responding to art focused on the transition to the New Year, we will have the opportunity to engage in writing and/or collage prompts and exercises to explore our emotions and energy around what we’ve experienced, how we’ve grown and what we hope to repair going forward.

Please note, we believe everyone is creative, whether they see themselves as a poet, artist or none of the above. No prior experience needed and there will be no pressure to share. This space is for you to find an avenue into *teshuvah* and *tikkun* (repair) as we approach the holiest days of the year.

The workshop will work well for people of all ages. If you have accessibility needs, please reach out to rachel@saj.nyc. A source sheet with texts will be sent to you ahead of time. For the workshop, please bring a journal/paper and pen for writing and paper, images from magazines or photos, scissors, a glue stick and markers if you’d like to do collage.

Following the workshop, Reconstructionist clergy from the partnering synagogues will lead a song-filled and reflective Selichot service.

WELCOME BACK TO RABBI BRIELLE

We are thrilled to welcome Rabbi Dr. Brielle Paige Rassler back to Kehillath Shalom for the Days of Awe. We congratulate her on her ordination and on the publication of her book: *Psalms: A Millennial's Poetic Interpretation*. She will share about the book at our Yom Kippur Study Session at 5 pm on Monday, September 25.

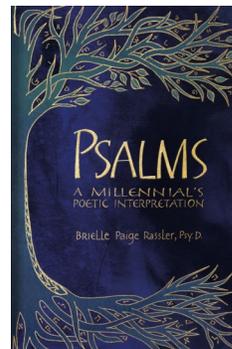


Here's a note from Rabbi Brielle:

Hello KSS! I am thrilled to be returning for my third year with your wonderful community. I am grateful to Rabbi Lina for the opportunity to share my recently published book with you all during the Yom Kippur afternoon learning session. Together we will explore the magic and mystery of Psalms. We will dive deep into the ancient Hebrew roots and see how they can be renewed and reinterpreted to serve our unique needs in these unique times. I would love to hear from you if there is a

particular Psalm you would like us to explore together. You can reach me directly at Brielle-PaigeRassler@gmail.com.

I am happy to offer a signed copy of *Psalms: A Millennial's Poetic Interpretation* to Kehillath Shalom Synagogue members and High Holiday guests at a discounted rate, and to include a free copy of both of my albums of liturgical music with each book purchase! These albums include melodies that we have sung together over the years and many new melodies as well. Please follow the link below and select "Kehillath Shalom Synagogue High Holiday Pre-Order." Your book and CDs will be available for pick up on or after Rosh Hashanah.



See you soon, can't wait!

<https://www.briellepaigerassler.com/music-and-books/p/psalms-a-millennials-poetic-interpretation>

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SUBCOMMITTEE OF SOCIAL ACTION

If you would like to know more about a particular committee — what it does, how much time it entails, or anything else — please contact the people above. Asking for more information does not commit you to anything! But it could lead to a rewarding experience, working with others to strengthen and grow our community. ❖

The Gifts Received

GENERAL FUND

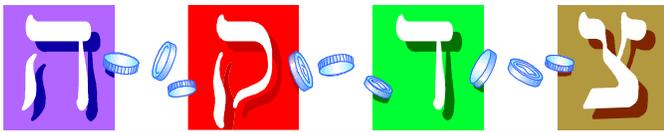
Barbara Heller, for yahrzeit
Judy Winard, for yahrzeit
Audrey Teich & Mindy Isacoff, in memory of Inez Wachtel
Vicki & David Schwartz, in memory of Inez Wachtel
Scott & Eva Ash, in memory of Inez Wachtel
Ira Goodman, in memory of Inez Wachtel
Dina Bloomfield, in memory of Inez Wachtel
Gail Sachs, in memory of Inez Wachtel
Judy & Robert Sherman, in memory of Inez Wachtel

ISRAEL CONNECTIONS & JEWISH AFFAIRS

Judy Davis, in loving memory of her father, Dr. Leo Stein
Judy Davis, in memory of Inez Wachtel

RABBI'S SALARY SUPPORT

Ira Goodman



Caring & Sharing

Our deepest condolences are extended to Alan Wachtel and Heidi, Beverly, David, and Adam and their families on the recent passing of Inez. A long-time member of KSS, Inez was also a member of Temple Beth El. May you be comforted among the mourners of Zion and Jerusalem and may you know no more sorrow.

We are saddened also by the recent loss of former KSS member Evelyn Botkin. A Founding Member, Evelyn served as Chair of the Education, Ritual, Long-Range Planning and Social Action Committees, and created and led Contemplative Shabbat services for several years. She was honored by the Jewish Reconstructionist Foundation for her contributions to the Jewish community. Our deepest condolences are extended to Naomi, Josh, Brad, and Dianne and their families on her loss. May you be comforted among the mourners of Zion and Jerusalem and may you know no more sorrow. ❖

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IF YOU NEED A REPLACEMENT
TAX DONATION LETTER
PLEASE CONTACT THE OFFICE AT
KEHILLATHSHALOM@OPTONLINE.NET

Do You Zelle?

KSS can now receive payments through Zelle, the quick, convenient, no-fee online payment system used by Bank of America, Capital One, Chase, Citi, and many other banks.

Make donations, pay for special events, pay dues — no checks, no stamps, no fees. Log into your bank account, find Zelle, and send to kehillathshalom@optonline.net.

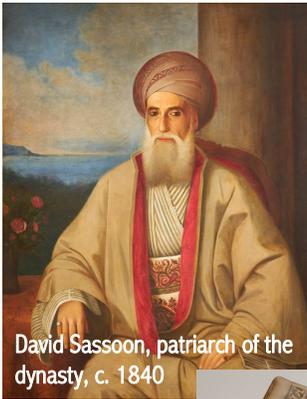
Note: Do NOT Zelle to the office phone! It won't work!

Easy as aleph, bet, gimel! ❖

Bagels & Books Visits The Jewish Museum

On August 3, a contingent of Bagels & Bookies went to The Jewish Museum to see the exhibit, *The Sassoons*, in connection with the book *The Last Kings of Shanghai*, which we read in April, 2022. The exhibit, which has since closed, was extremely interesting and informative, and the docent for our tour was excellent. On display were ritual objects such as Torah covers, Haggadot, spice boxes, Megillat, and more; family portraits, and objets d'art collected by various members of the family. We also enjoyed seeing some of the other exhibits at the museum, and hope to repeat a similar outing one day.

Thanks to BARBARA KREMEN for promoting the visit, to LOIS HASS and ARLENE FELL for driving, to BARBARA, ARLENE, and LIZ SABO for getting library passes to the museum, and to VICKI SCHWARTZ, whose friend gave her four guest passes. We had enough passes to cover everyone's admission! And we enjoyed a lovely late lunch afterward at Island, just around the corner from the museum.



David Sassoon, patriarch of the dynasty, c. 1840



Illuminated Haggadah, India, mid-19th century



RANDALL FENDERSON, LIZ SABO, BARBARA KREMEN, DALIA ROSENTHAL, VICKI SCHWARTZ, LOIS HASS, BARBARA HELLER, ARLENE FELL, JANET LONDON, RACHEL SPENCER, RITA FENDERSON

bagels & books

Our Bagels & Books group gathered twice over the summer to choose our selections for the coming, first going through initial suggestions over lunch at the Clubhouse at The Hamlet, facilitated by Dolores Weinberg, and then making our final choices over an abundant lunch buffet hosted by Liz Sabo at her home. Thanks to Dolores and Liz!

We will start on September 10 with *The Words of My Father*, by Yousef Bashir. In this moving, candid, and transformative memoir, a Palestinian-American activist recalls his adolescence in Gaza during the Second Intifada, and how he made a strong commitment to peace in the face of devastating brutality. The book gives us a very different view of the Israeli-Palestinian conflict from what most of us are familiar with.

The rest of the list, culled from a plethora of choices and after some spirited discussion is:

October 15 — *The List*, by Ayelet Gundar-Goshen

November 19 — *Departure Stories*, by Elisa Bernick

December 17 — *The Dressmakers of Prospect Heights*, by Kitty Zeldis

January 21 — *The Prime Ministers [Menachem Begin]*, by Yehuda Avner

February 18 — *The Thread Collectors*, by Shaunna J. Edwards and Alyson Richman

March 17 — *Catskill Culture*, by Phil Brown

April 14 — *The Living and the Lost*, by Ellen Feldman

May 19 — *The American Way*, by Bonnie Siegler and Helene Stapinski

June 23 — *Signal Fires*, by Dani Shapiro

We hope to return to all in-person meetings this year, with Zoom available. Watch TWAKS and your email for further info, and please join us for any and all books that interest you (coming just once is fine!), as well as for bagels, lox, coffee, and other goodies, as well as stimulating discussion on a Sunday morning. ❖



Welcome Back BBQ!

September 8 @ 6 pm



Join us for our annual Welcome Back BBQ! Re-connect with friends and meet new ones. Hot dogs, hamburgers, and veggie burgers are provided. Sign up [here](#) to rsvp and bring sides.



TIKKUN HAYAM REVERSE TASHLICH

SUNDAY, SEPTEMBER 10
12:15 PM

International Jewish
Community Waterfront Cleanup.
We are reversing the tradition of
Tashlich, and cleansing human 'sins'
(marine debris) in a collaborative
environmental cleanup.
Location: West Neck Beach, Huntington



Celebrating 50 years as Long Island's premier arthouse cinema



**CINEMA
ARTS
CENTRE**

With offerings that include

screenings of classic film, live music, international cinema, educational lectures, screening & discussion programs, independent film debuts, cult favorites, stage to screen broadcasts, silent movies with live accompaniment, screenings of family classics, theater and cafe rentals, school field trips, community supported agriculture (CSA), classes & workshops, group meet-ups, and much more!



Find us

www.cinemaartscentre.org

423 Park Ave
Huntington NY 11743

**Upcoming:
NINA & IRINA**

Thursday, September 28th
at 7:30 PM

Followed by an in-depth conversation with Subject Nina Gottlieb, Filmmaker Daniel Lombroso, and Producer Devon Blackwell



The New Yorker filmmaker and journalist Daniel Lombroso

directs *Nina & Irena*—a deeply personal film about his grandmother, Nina Gottlieb, a Holocaust survivor who comes to terms with the loss of her sister, after remaining silent about her experiences for 80 years.

The Israel and Jewish Affairs Committee Presents
A Series of Forums and Discussions
THE MIDDLE EAST AND THE STATE OF ISRAEL



Update and Report from Israel and the Middle East

Saturday, October 21, Services at 10 am, Forum at 11:15 am

Reasons for Founding the Modern State of Israel

Saturday, December 2, Services at 10 am, Forum at 11:15 am

The Prime Ministers, by Yehuda Avner, pp. 345-695 (M. Begin)

Sunday, January 21, 10 am, Joint Session with **bagels & books**

What would Menachem Begin say about today's Israel and the Likud Party?

Israel and the Middle East: What American Media Don't Tell You

Saturday, April 6, Services at 10 am, Forum at 11:15 am

Significant Events Before May 14, 1948 and the Brilliant Israeli Declaration of Independence

Saturday, May 18, Services at 10 am, Forum at 11:15 am

Moderated by Kehillath Shalom member Nissim Yeheskel, Israeli native and frequent visitor.

SHABBAT SERVICES

FRIDAY, SEPTEMBER 1

No candlelighting

SATURDAY, SEPTEMBER 2

No scheduled service

Torah Portion: *Ki Tavo, Deuteronomy 26:1 – 29:8*

The laws of tithing and first fruits are discussed. The people are told if they obey God's commandments, they will receive every blessing, but if they do not, many curses will descend upon them. Moses reminds the people of the miracles in the wilderness and commands them to observe the covenant so they may succeed in all they do.

FRIDAY, SEPTEMBER 8

Welcome Back BBQ 6 pm

SATURDAY, SEPTEMBER 9

No morning service

Selichot 8 pm

Torah Portion: *Nitzavim-Vayeilech, Deuteronomy 29:9 – 31:30*

Moses continues his farewell speech and God tells the people not to act idolatrously like other peoples. Moses reassures the people that God will not forsake them and that they can attain blessings by following the commandments.

Moses prepares the people for his death and announces that Joshua will succeed him. He instructs the priests and elders regarding the importance of the Torah. God informs Moses that upon his death, the people will commit idolatry and "many evils and troubles shall befall them." God tells Moses to teach the people a poem that will "be My witness."

FRIDAY, SEPTEMBER 15

Erev Rosh HaShanah 7:30 pm

SATURDAY, SEPTEMBER 16

Rosh HaShanah I 10 am

Torah Portion: *Genesis 21:1-34; Numbers 29:1-6*

The birth of Isaac and banishment of Hagar. Abraham makes a pact with Abimelech at Beersheba.

Commandment to blow the shofar; list of sacrifices to be made at the altar.

FRIDAY, SEPTEMBER 22

Candlelighting 6 pm

SATURDAY, SEPTEMBER 23

Meditation Walk at Target Rock NWR 10 am

Torah Portion: *HaAzinu, Deuteronomy 32:1-52*

Moses sings his last song, a love poem to God and a chastisement of the people, who are not worthy of Adonai. The poem recounts the blessings that God has bestowed on the Israelites, the wicked deeds they have committed, and the punishments that God then inflicted upon them. God tells Moses to begin his ascent of Mount Nebo, from where he will see the Land of Israel from a distance but will not be allowed to enter it. Torah Portion: *HaAzinu, Deuteronomy 32:1-52*

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FRIDAY, SEPTEMBER 29

Erev Sukkot Dinner

At Rabbi Lina's 6 pm

SATURDAY, SEPTEMBER 30

No scheduled service

Torah Portion: *Sukkot (Shabbat) Leviticus 22:26–23:44; Numbers 29:12-16*

Rules about sacrificial offerings; establishment of Pesach, Shavuot, Sukkot, and the High Holidays.

We will resume learning Prophets in October, continuing with 1 Samuel 22. ❖



Let's Light Candles Together



Friday evenings, 6:30

(When nothing else is scheduled)

We'll share, sing, and bring Shabbat peace.

Join Zoom Meeting by computer:

<https://zoom.us/j/88265226225>

Or Phone: +1 646 558 8656

Meeting ID: 882 6522 6225,

Password 046 425

We will learn, study, share, pray.
As usual, come for Torah Study or Service or Both!

Join Zoom Meeting by computer:
<https://zoom.us/j/88265226225>

Or phone: +1 646 558 8656

Meeting ID: 882 6522 6225,

Password 046 425

Kehillath Shalom Synagogue



**Shabbat Morning
Torah Study 10 am
Service 11:15 am**

Morning Gathering Stillness, Meditation, Blessings



Morning Gathering: Tuesday & Friday Mornings at 8 am

Establish a strong, centered, calm foundation for the day.

Join Zoom Meeting by computer <https://zoom.us/j/788752335>

or by phone: 1 646 558 8656 US (New York)

Meeting ID: 882 6522 6225, Password 046 425



September 2023

Elul/Tishri 5783-84



Sun

Mon

Tue

Wed

Thu

Fri

Sat



Morning Gathering
Tuesdays and
Fridays 8 am



No scheduled service



No scheduled service

3

4



Labor Day

6

7



Lunch & Learn
12:30 pm

8



Welcome Back BBQ
6 pm

9



No morning service
Selichot 8 pm

7:08

10



Bagels & Books 10
*The Words of My
Father*
Reverse Tashlich
12:15 pm West Neck Beach

11

12



Board Meeting
7:30 pm

13

14



Lunch & Learn
12:30 pm

15



Erev Rosh HaShanah
7:30 pm

16



Rosh HaShanah I
10 am

6:57

17



Rosh Hashanah II
10 am
Picnic & Tashlich
following services
Location tba

18

19

20

21



Lunch & Learn
12:30 pm

22



Candlelighting
6 pm

23



Meditation Walk
Target Rock NWS
10 am

6:45

24



Mikveh 9 am
Centerport Beach

Kol Nidre 7:30 pm

25



Yom Kippur 10 am
Study & Discussion
5 pm
Yizkor & Neilah
5:45 pm

26



Sukkah Raising
@Rabbi Lina's
2 pm

27

28



Lunch & Learn
12:30 pm

29



Erev Sukkot Dinner
@Rabbi Lina's 6 pm

30



No scheduled service

6:33

1

2

3

4

5



Lunch & Learn
12:30 pm

6



Erev Shemini Atzeret/
Simchat Torah
Candlelighting 6 pm

7



Shemini Atzeret/
Simchat Torah
Yizkor Service
10 am

6:21

6:09