

#### HAKOL October 2024

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#### SHABBAT SCHEDULE

#### tbsmb.org/spiritual-life/shabbat

Shabbat is a taste of paradise. Talmud, Berachot 57a

#### **Shabbat Evening Services**

#### 6:00 pm | Friday

Our Shabbat evening service will embrace you. Fresh and familiar music will enable you to give voice to your own spirit. Special occasions in the lives of our congregants, Jewish teachings, sermons from our rabbis, and special music will enhance "Shabbat-our sanctuary in time."

#### Torah Study on Shabbat Morning

#### 9:30 am | Saturday

Start your Saturday with Torah study and a bagel with a shmear of cream cheese. Each Shabbat morning before our Shabbat Morning Minyan (10:30 am), you will study Parashat HaShavua, the weekly Torah portion. The rabbis will lead a discussion of ancient commentaries and teachings and reveal the Torah's modern and relevant lessons.

#### **Tot Shabbat**

#### 10:00 am | Saturday

Join us Saturday morning at 10:00 am for a wonderful young family Shabbat experience. This interactive program is geared for families with children up to the age of five years old. Prayer, music, stories, movement, activities, snacks and much more will be featured. Following Tot Shabbat, families stay and enjoy time together in our beautiful playground. This is a great way for you to celebrate Shabbat with other families with young children. tbsmb.school/programs/family

#### Shabbat Morning Service

#### 10:30 am | Saturday

Join us Saturday mornings at 10:30 am in our beautiful chapel or sanctuary. Our clergy and members of our congregation help to lead the prayers and read the Torah. Kiddush lunch follows.

#### jLAB Family Shabbat

Each Saturday morning, jLAB students in grades K-5 and their parents (and other significant grown-ups) gather together in the chapel from 9:30-10:00 am for a lively Shabbat morning t'filah experience. This is a great opportunity to learn the prayers of our liturgy and connect with the words of our prayer service. All those with children in this age group are welcome to join us! For more information or to RSVP contact Kimberly Hyde at kimberly@tbsmb.org.

#### **B-Mitzvah Service**

Our b-mitzvah services are at 10:30 am and 4:30 pm. These services occur only when a member of the Temple is celebrating the occasion of becoming bar/bat/bmitzvah. See above (table of contents) or tbsmb.org/calendar for current schedule.

#### Live Streaming

Watch Friday night and Saturday morning Shabbat services on your computer at www.tbsmb.org/watch.

Visit TBSMB.ORG for up-to-the-minute viewing platforms by service



# **Sacred Connections**

Rabbi Gayle Pomerantz

# **Reclaiming the Joy**

By chance, this year the months of Tishrei in the Jewish calendar, and October in our secular calendar, line up almost perfectly, and contain four of the most consequential holidays in the Jewish year: Rosh HaShanah, Yom Kippur, Sukkot and Simchat Torah. I look forward to sharing this holy time with you, as we celebrate, grieve, pray, and sing together.

It is impossible for me to think of Simchat Torah this year, without shuddering, recalling last year's traumatic events of October 7th. I'm writing today to convince myself and you that we must challenge ourselves to wrest the trauma of October 7th from Simchat Torah and reclaim the holiday's joy. We must not allow our enemies to steal the lightness and freedom that comes from making it through the solemnity of the Holy Days, and the fragility of Sukkot, to reach Simchat Torah, when, with hearts wide open we find joy in celebrating God's great gift of Torah with each other.

Every summer we observe the Jewish holiday of mourning known as Tisha B'Av (Ninth of Av), which is the saddest day on the Jewish calendar. We stack loss upon loss and grief upon grief which have befallen the Jewish people, all which are said to have happened on the Ninth of Av: the destruction of the First Temple, the Second Temple, the launch of the First Crusade, the expulsion of Jews from England, the beginning of the mass deportation of the Warsaw Ghetto to Treblinka, and more. Yet if you examine the dates carefully, it becomes clear that not all these tragedies truly occurred on Tisha B'Av. Andres Spokoiny, President of the Jewish Funders Network, observes that is as if the rabbis were making a serious effort to push all these events onto the same day, even if they did not truly happen then. In fact, when Yom HaShoah, Holocaust Remembrance Day, was established, there were many traditionalists who thought it should also be observed on Tisha B'Av.

Why did the rabbis pile all this grief and tragedy onto one day instead of observing each on its anniversary? Perhaps it was to teach us the importance of containing our mourning in a confined space and not allowing it to consume us. There is great wisdom in this approach. With each of these tragedies comes a sense of victimhood and oppression and no healthy society can be built on victimhood. As a community, we will observe the anniversary of the October 7th massacre on October 7th, here at Temple Beth Sholom, with the Jewish Federation, the Rabbinic Association of Greater Miami, and all Miami synagogues. October 7th in Hebrew is *Shiva L'October*, which can be read as the 7th of October or the Shiva of October, an anguishing yet accurate coincidence. For now at least, the first anniversary of the day which changed Jewish history, will be observed as a singular tragedy, not contained by Tisha B'Av alone. In assigning this anniversary to its own day of observance, October 7th, we are also attempting to liberate Simchat Torah from the heartbreak and allow ourselves to rejoice on this holiday, which is so sorely needed after this past year.

In his book *Inciting Joy* Ross Gay writes: "...this falling together...this holding each other through the falling, I am pretty sure of this, one of the names anyway: joy. And given as we are always falling, we might always he holding each other through our falling. And submerged that way in the grave light of joy." In other words, one of the definitions of joy is holding each other through the sorrow.

As Jews, we hold each other through the sorrow, and through that comes joy.

I hope that all of you will have the opportunity to worship with us on Rosh HaShanah, Yom Kippur and Sukkot. I know many of you will want to show up on October 7th to express your solidarity with Israel and the Jewish People. But please don't just show up to mourn on October 7th, show up again on Simchat Torah (October 23/24) to rejoice. The psalmist teaches: "Those who sow in tears will reap in joy." May it be so.

Let us make it so.

Hayle Jomerantz



# **Innovative School**

Liset Leyva Environmental/Studio Specialist



# **One Community of Belonging**

"This is where you belong" were the words spoken by Rowena Kovler, Temple Beth Sholom's Early Childhood Education Director 28 years ago when we first toured the school for a possible placement of our then two-and-ahalf-year-old son.

The fact that we were not Reform Jews did not stop her from speaking those words and now years later Rowena has long since retired yet we are still part of this community, and we have remained so because she was right. We did belong. I have been an educator here for 27 years. My son, now a 31-year-old Firefighter/Paramedic always proudly gives a tour of his pre-school to any possible future life partner (and there have been a few!) and my daughter, now a Chicago-based psychologist happily shares her wonderful early childhood experience with all her new colleagues.

Inspired by this year's school wide lens of One Community of Belonging, I was prompted to do a bit of soul searching and introspection regarding what Rowena meant and how we were able to understand and trust what she meant. Introspection about what exactly it means to "belong" to something, especially to the Temple Beth Sholom Community.

I have come to understand that belonging certainly does not mean we are all the same. I would dare venture to say it is guite the opposite. It means that, despite the many labels that define us as different, there is something much deeper that connects us, makes us feel comfortable and says that you are welcome. It is precisely in that depth where I want to reflect. That depth perhaps is something as concrete as an intrinsic value system or something much more ethereal such as similar souls finding each other. No matter what it is, it allows us to commune together, to journey and weather life out together. All of this brings me back to a few of our KEHILLA values. Belonging happens because people are Kind and Empathetic towards one another and are able to Accept each other's differences, are willing to Learn from one another with Integrity and Honesty. And that was precisely what we instinctively

understood Rowena meant when she said, "This is where you belong." Those were her spoken words, however, in the unspoken, on a soul level, we heard "come as you are, with all your differences, we accept you, we will nourish each other, we see your love and intention for your children, we can't wait to learn from you too, we see your soul!"

The beauty of it all is that a person feels they belong when they feel seen, heard and respected no matter the differences. That was precisely what Rowena already knew about the Temple Beth Sholom Community that gave her the comfort and certainty to say to us, "This is where you belong."





#### **Barb Shimansky, RJE** Senior Director of Judaic Studies

### Finding Your Child's Jewish Camp: A Journey of Discovery

As the High Holy Days approach, we reflect upon the year past you can select a camp that will be a catalyst for growth and and look forward to the year ahead. For many families, this introspection extends to planning for the upcoming summer. One crucial decision is choosing the right Jewish camp for your child. It's a decision that can shape a child's summer experience and leave a lasting impact.

Jewish camp is more than just a summer vacation; it's a place where children can connect with their Jewish identity in a fun and immersive environment. It's a place where they can build lifelong friendships, develop new skills, and create unforgettable memories.

#### How to Choose the Right Camp

Selecting the perfect camp requires careful consideration. Here are some factors to ponder:

 Your Child's Interests: Does your child love sports, arts, or nature? Many camps specialize in specific areas, ensuring that your child's passions are nurtured. Our URJ 6 Points Specialty Camp Academies – Sports, Sci-Tech, and Creative Arts - offer exceptional programs tailored to these interests.

 Camp Philosophy: Consider the camp's values and how they align with your family's beliefs. Some camps emphasize traditional Jewish practices, while others focus on creating a modern Jewish experience. Our regional URJ camp, Camp Coleman, provides a variety of approaches to Jewish learning and living.

 Community and Staff: Strong relationships are essential for a positive camp experience. Look for a camp with a welcoming community and dedicated staff. Our partner URJ camps prioritize building a strong sense of community and invest in exceptional staff training.

· Location and Facilities: The camp's location and amenities can influence your child's enjoyment. Consider factors like proximity, accommodations, and available activities.

#### Creating a Lasting Impact

Just as the High Holy Days offer opportunities for personal growth and spiritual renewal, Jewish camp provides a similar transformative experience. Children learn about their heritage, develop a sense of belonging, and cultivate a deeper connection to their Judaism.

By carefully considering your child's needs and preferences,

discovery. They will experience a summer filled with Jewish joy and learning.

**Remember:** The journey to finding the perfect camp may feel overwhelming, but with careful planning and consideration, you will find the ideal place for your child to thrive.

Our partnerships with URJ camps allows us to offer a range of camp options to meet the needs of our community. We encourage you to explore these exceptional camps and discover the perfect fit for your child.

- Camp Coleman: https://campcoleman.org/
- 6 Points Sports Academy: https://6pointssports.org/
- 6 Points Sci-Tech Academy: https://6pointsscitech.org/
- 6 Points Creative Arts Academy: https://6pointscreativearts.org/

If you need assistance in your camp search, please don't hesitate to reach out to me or to our Youth Director, Seth Cohen. We're happy to offer guidance and support.

May this season of reflection and renewal inspire us to create meaningful and enriching Jewish experiences for our children all year round.

L'shana Tova!

Barb Shimansky, RJE

Senior Director of Judaic Studies

#### Please note that jLAB will not be in session on:

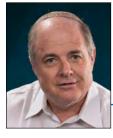
Wednesday, October 2 (Erev Rosh HaShanah)

Saturday, October 12 (Yom Kippur)

Monday, October 14 (Indigenous Peoples Day)

Wednesday, October 16 (Erev Sukkot)

Wednesday, October 23 (Erev Simchat Torah)



# **Social Justice**

Jeff Agron Social Justice Director

#### Get Election Ready! Every voice and every vote counts.

As we head into October, we focus on the 2024 Election next month. It is time to get election ready! Our goal is to be a 100% voting congregation

On November 5, we will choose our President, a Senator, and our Congressional representatives, along with our state representatives and other important state and local officials. We will also vote on important Florida Constitutional Amendments, including most importantly, whether to enshrine abortion rights in our Constitution through Amendment 4. For the first time in decades, residents of Miami-Dade County will elect a sheriff and supervisor of elections.

Remember to Vote Yes on Amendment 4 to protect reproductive rights in Florida. If you would like to work on passing Amendment 4 throughout October, contact Rabbi Jacobs. We continue to phone bank and talk to voters about this crucial issue.

#### Key Election Dates At-A-Glance

 General Election is Tuesday, November 5, polls open 7:00 am to 7:00 pm

Deadline to register for this election is Monday, October 7

 Deadline to request a vote-by-mail ballot is Thursday, October 24

· Early Voting in Miami-Dade County is Monday, October 21 through Sunday, November 3,

· Vote-by-mail ballots must be received by the Supervisor of Elections Office by 7:00 pm on November 5. They can be mailed or dropped off at the Supervisor of Elections

In Miami-Dade County, early voting begins on Monday, October 21, and closes on Sunday, November 3



. The hours for voting change depending on the day, so check the full calendar before heading out to the polls. You may not vote at these locations on election day unless they are also your local precinct.

#### **ELECTION DAY**

On election day, November 5, you may only vote at your assigned precinct as shown on your voter's registration card. Please check carefully as many precinct locations have changed. Remember to bring a picture ID. Polls are open from 7:00 am to 7:00 pm.



You can learn about early voting locations and times, verify that you are registered to vote, read a sample ballot based on your location, find your local polling place, verify receipt of your vote-by-mail ballot, and learn more here: https://www. miamidade.gov/global/elections/home.page

#### Support the work of Amendment 4 to secure healthcare for all Floridians:

Phone Banking: Thursday, October 10 6-8pm, Thursday, October 31 12-2pm, Saturday, November 2 6-8pm, Monday, November 4 5-8 pm, Tuesday, November 5 12-2 pm. Save the date for canvassing with Men4Choice: Sunday, October 27

Register for all events at tbsmb.org/social-justice/

#### Vote by Mail – ALL REGISTERED VOTERS.

You must renew your vote-by-mail ballots in 2024. Even if you have in the past voted by mail, that registration has expired, and you must apply again for all 2024 elections. We urge all voters to order a vote-by-mail ballot even if you plan to vote in person early or on election day. You never know what may happen and it is good to have the mail ballot, even if you ultimately do not use it. The deadline to request a vote-by-mail ballot for the November 5 election is October 24. Apply at miamidade.electionsfl.org/vrservices/mbrs#



All vote-by-mail ballots must be received by the Supervisor of Election no later than 7:00 pm on election night.



SAVE THE DATE! Mini/Micro BESHTY (K-5th Grade) October 19 11:30 am



**Esi**TY





# Innovative School 2024-2025 Parent Education Series

*Fall Foundation Level Check In* Monday, October 14 9:30 - 10:30 am with Margie Zeskind, *Head of School* and Jen Katz Burk, *Parent Experience Coordinator.* Location: Chapel

Elementary Level - Navigating The Foundations of Mathematics Excellence: A Journey Through Intentional Academics Monday, October 14 10:00 -11:00 am with Toni Chavarria M.Ed, *K-12 Mathematics* Education Coach. Location: Board Room

Please see page 12 for an additional parent education opportunity with Rabbi Gayle Pomerantz, on October 23. *What do you say when kids ask...* 

# **DOES YOUR CHILD LIKE TO SING AND PERFORM?** Join the Sholom Rockers Children's Choir for Grades K-5

THE SHOLOM ROCKERS WILL PERFORM AT THESE SERVICES:

Erev Rosh HaShanah - October 2 Rosh HaShanah morning - October 3 Yom Kippur morning - October 12

Lunch will be provided.

Register with Vanessa Ressler at vanessaressler@me.com

FINAL REHEARSAL October 5 11:45 am to 1:00 pm

# Pathways To Leadership

# Tuesday, November 12 7:00 pm

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Already a leader? Want to be a leader? Hearing the stories of two exemplary leadership journeys will help you find the motivation to do more.

Join us for Ha' Derech: Pathways to Leadership, an initiative of the TBS Board designed to encourage and inspire our community. Learn about effective leadership styles and practices in different contexts...in community, business, government, and philanthropy.

## Featuring TBS members BRIAN BILZIN and DAN GELBER

Moderated by Johanna Stowe

Open to the TBS community and friends. In the TBS Chapel, followed by light refreshments.

Be Engaged. Be Inspired. Be Involved!







# IMPORTANT UPDATE ON THE YOUTH CAMPAIGN PROJECT STATUS

Thank you to everyone who contributed to our youth campaign. You made it happen! The sea wall construction and playground renovation are happening now. While we were hopeful that the timeline would include summer months, this was not possible due to city permit delays. Please know that we have beautiful equipment ready for everyone to enjoy that will be set up in our front Palm Plaza and Temple Social Hall.

# Here is some important information regarding this project:

- The back and side playgrounds are closed.
- The sea wall contractors deliver materials by barge. We have planned for an inside viewing area for our learners to observe this process.
- The fully anchored temporary fence will be erected in the back playground and the playground will be closed.
- · Construction has already begun.
- The goal is to have the seawall and playground renovation completed by the end of November.

If you have any questions or would like to contribute to our youth campaign, please reach out.

With excitement,

Jeff Graff, Stacy Penson, and Margie Zeskind

# We're Looking Forward to Welcoming You!

# About The High Holy Day Admission Process

• An email will be sent to each adult head of your household. You must click the enclosed link to reserve a space for these services: Erev Rosh HaShanah, Rosh HaShanah Day 1, Kol Nidre Main Service, and Yom Kippur, **and** Youth Experience for grades K-5 for Rosh HaShanah Morning Day 1 and Yom Kippur. **No other services require a reservation.** 

- Select which services you (and your family) will be attending.
- A QR code will be emailed to you for each person attending. Childrens' admission will be sent to a parent's email address on file.
- QR code is NOT needed for Day 2 Rosh HaShanah, Children's Services, or Yom Kippur Afternoon.
- Babysitting will be available (details to follow on website)
- Bags and persons are subject to search. There will be a walk-through metal detector on site.
- We're encouraging the use of rideshare to services.

If you are unable to utilize the digital access for any reason, please contact Membership Director Craig Berko at 305.538.7231 ext. 230





# HIGH HOLY DAY APPEAL 5785 | 2024-2025

"Every person whose heart is so moved shall bring gifts." Exodus 25:2

I/We are honored to support our congregation with the following contribution:

<b>□</b> \$5,000 <b>□</b> \$360	□\$3,600 □\$250	□\$1,800 □\$180	□\$1,000 □\$118	□\$500 □\$54
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Gifts to the High Holy Day Appeal will enhance your Annual Commitment to Temple Beth Sholom. Contributors who are full-time, full dues paying members\* who donate an additional \$250 are recognized in Circle of Giving 2024-2025. Learn more at **tbsmb.org/circle-of-giving** 

> For more information, please contact Director of Advancement, Katy Boyask at **786.406.1375** or **katy@tbsmb.org**.

Please return this pledge card to the temple by mail or by hand. You may also make a donation online at tbsmb.org/highholydayappeal

Thank you for including Temple Beth Sholom in your philanthropy.

\*Or Innovative School families who pay full tuition.



# TEMPLE BETH SHOLOM **Adult Education**

# **OCTOBER**

King David: The Man, The Myth, The Mystery Israeli Poetry and October 7 with Rabbi Glickstein Saturday, October 19, 2024 | 12:15-1:15 pm

This six-session class, led by Rabbi Glickstein, will look at the Biblical stories about the figure of David. We will focus on the books of Samuel in the Tanach as well as the midrashim written during the rabbinic period that shaped the way we now see the red-headed boy who became the King of Israel and the founder of the Jewish city of Jerusalem. We will also hear and discuss some of the songs written by Rabbi Glickstein, Martha Rosenblatt and AI Tapper for their Off-Broadway musical, "David: A New Musical," which ran this past summer at the AMT Theater on 45th street in Manhattan, New York. Registration: Noemi, noemi@tbsmb.org



#### What do you say when kids ask.... With Rabbi Pomerantz

#### Wednesday, October 23, 9:00 am

Questions like "Why do bad things happen?" or "What if I'm not sure I believe in God?" or "Am I my brother/ sister's keeper?" Join Rabbi Gayle Pomerantz in discussing the podcast Answers WithHeld with Rabbi Shai Held (available on Apple podcasts). We will sift through parenting's stickiest guestions with the understanding that there may be no answer better than listening and love. Grandparents and other seekers are also welcome.

Also: November 20; January 8; February 5; March 19; May 7

In-Person only

Registration: Noemi, noemi@tbsmb.org

# With Rabbi Glickstein

#### Monday evening, October 21, 7:00 pm

In this session Rabbi Glickstein will focus not only on poetry written since October 7, but we will also examine poems written by Israelis in previous years to analyze how their meaning has changed in light of the horrific massacre we witnessed and are continuing to process.

Zoom only

Registration and the Zoom link: Noemi, noemi@ tbsmb.org

#### **Book Discussion - Israel Alone** Monday, October 28 | 7:00 pm

Israel Alone by Bernard-Henri Levy Mark Baranek and guests will lead discussions on a variety of Jewishthemed books. Both fiction and non-fiction will be featured.

About the book: Weaving in fifty years of experience with Israel, Bernard-Henri Lévy analyzes global responses to October 7, the new virulent waves of the oldest hatred in



the world: anti-Semitism, why Israel is waging this existential war against barbarism alone, and what's at stake for Israel and the world.- Simon & Schuster

# ONGOING

#### Let Me Give a Sermon

This is an open workshop for those who wish to create and write a Devar Torah (sermonette). The Rabbis and Sages have methods for teaching the wisdom that flows from our rich texts. A Devar Torah is often given at meetings, study sessions, and services. Participants will meet with Rabbi Davis and will create a Devar Torah for our regular Shabbat morning service.

Information: Rabbi Davis, rdavis@tbsmb.org

# High Holy Days 5785

Erev Rosh HaShanah Wednesday, October 2, 6:00–7:15 pm Join us as in our first High Holy Day service as we joyfully welcome the new year.

#### Rosh HaShanah Day 1 Thursday, Ocober 3 🍗

9:45 am Morning Service and concurrent
Youth Experience (grades K–5)
1:00 pm Virtual Torah Study
2:00 pm Children's Service for young children and families
2:30 pm Adult *Tashlich* experience begins in the Chapel
2:45 pm Community joins together for *Tashlich* and Ice Cream Social in TBS Garden

#### Rosh HaShanah Day 2 Friday, October 4 9:45 am Morning Service followed by community lunch

#### Erev Yom Kippur Kol Nidre Friday, October 11

6:00 pm Family Service 8:00 pm Adult Service

#### Yom Kippur Day Saturday, October 12

9:45 am Morning Service with our six clergy members reflecting on Israel; concurrent Youth Experience (grades K - 5)
12:45 pm Study Session – in-person
2:00 pm Children's Service for young children and families
2:00 pm Meditation experience with Cantor Porat and Marte Singerman
\*3:15 pm A prayerful moderated panel discussion with our six clergy members discussing Israel, the uptick in antisemitism, and other current issues. Questions\*\* may be sent in advance: submit to tbs@tbsmb.org
4:45 pm Yizkor Memorial Service and Neila

\*Please note changes to the Yom Kippur Afternoon Experience \*\* Questions on these topics









#### Wednesday, October 23, 2024 Erev Simchat Torah with Consecration and Dancing with Torah

6:00 pm Service

7:00 pm Dinner: Families - Social Hall \$10 Adults 21+ - Sukkah \$15

RSVP: tbsmb.org/simchat-torah



#### The Kavanah Council interviews Cantor Juval Porat - a mindful teacher and leader

Join Cantor Porat's Class on Nonviolent Communication:

The Path to Empathy: Exploring the Foundations of Nonviolent Communication

Tuesday evenings, October 22, 29, 6:30-7:30 pm In-Person and via Zoom Registration:



Join Cantor Porat's monthly meditation: The Mindful Month on the first Wednesday of each Hebrew month

Wednesdays, October 16; November 6; December 4, 10:30 am | Facebook Live, facebook.com/TBSMB

Cantor Juval Porat has an extensive background in both mindfulness and nonviolent communication. He is the Clergy Leader of the *Kavanah* Council and agreed to answer some questions for us about his personal practices. Our questions and his answers are below:

**Question:** You strike me as someone who is naturally mindful. Is that true? When did you get interested in mindfulness?

**Answer:** I'm not sure if I would describe myself as "naturally mindful", but I am very grateful that through practice I have been able to establish some level of mindfulness in my life. My move to the United States, 16 years ago, was quite an intense time in my life - while being stranded in Berlin due to visa issues, I found myself checking out books in a little store at a train station. This is where a book on mindfulness caught my eye - to learn about non-attachment, visualizing, mantras and more was incredibly helpful for me to deal with the challenges of that time and has been an integral part of my toolbox.

Q: What training have you sought out?

**A:** I did the Clergy Leadership Training by the Institute for Jewish Spirituality. I've also begun my certification process with the Center for Non Violent Communication. It's currently on hold, but I look forward to continuing it again in the near future.

**Q:** Do you have a regular meditation/mindfulness practice?

**A:** Yes. I try to sit daily - either by listening to a guided meditation, or a non guided one. I love that over time the awareness manifests itself throughout the day, so that whenever I find myself distracted, I can bring myself back to the present moment and focus at the task that's ahead of me (even it means resting!). It has certainly been a game changer for me.

**A:** How does your meditation/mindfulness practice affect your professional life? Your music? Your creativity?

**Q:** Mindfulness reminds me to cultivate the space between trigger and response, as well as sitting with discomfort and allowing thoughts and feelings to come and go without needing to act upon them. On the "back-end" of my work I apply mindfulness to save energy, to stay focused, to find healing, comfort, hope and a shift of mindset. On the "front-end" of my work, I love to teach, guide and write about the overlap of mindfulness practices and Judaism, as well as utilize mindfulness and empathic listening with relating with congregants. Musically, I've written a few songs (my song Rest comes to mind) that quite literally are about the experience of resting in awareness (while also infusing my love for pop music!).

**A:** When and how did you get interested in non-violent communication?

**Q:** I was introduced to Non Violent Communication by a choir member of my previous congregation in Los Angeles about 10 years ago. Like my first interaction with meditation practice, the philosophy blew me away and rang true for me on so many levels. I've had several experiences of tense situations being deescalated with the help of NVC. It's a simple way of connecting with each other, but definitely not easy.

**A:** What training/experiences have you sought out to develop your skill?

**Q:** I've attended a few NVC retreats, as well as weekly practices with like minded people. I look forward to deepening my knowledge and experience with NVC in the near future.

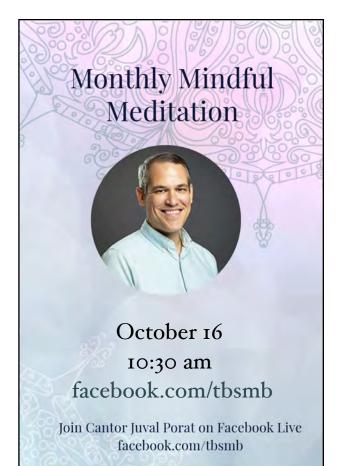
A: How do you use these skills in your professional life?

**Q:** NVC is a valuable tool in my personal and professional life, much like mindfulness. It helps me navigate challenging interactions by focusing on the feelings and unmet needs that often underlie what we hear as judgments, evaluations, and insults. By recognizing these deeper needs, I can connect more authentically with others, reducing the likelihood of defensiveness and disconnection. In this way, NVC serves as a practical "technology" for fostering empathy and understanding in various situations.

**A:** Can you tell us a little about the two-part class you are teaching at TBS?

**Q:** In the first part, we'll delve into the core concepts of NVC, such as identifying our own feelings and needs, as well as those of others. We'll also discuss how to express ourselves authentically and non-judgmentally. In the second part, we'll build upon this understanding by learning practical strategies for applying NVC in various situations, including resolving conflicts, offering feedback, and creating deeper connections with friends, family, and colleagues. Throughout both sessions, participants will have the opportunity to practice these skills through engaging exercises and interactive discussions.

Thank you, Cantor Porat





# Mindful Tuesdays

Weekly Mindfulness Group: Would you like to be part of a community dedicated to improving our lives by increasing our self-awareness, calmness, and joy? Led by Marte Singerman.

#### 6:30 pm via Zoom

Registration: tbsmb.org/adult-study



There is a lot of activity around Israel and the Israel Committee is busy at work to provide Israel information and programming.

# Herzl Goes South: An Exhibit About Zionism's Founder Comes to Temple Beth Sholom.

On September 11, we held the opening event for the Herzl Goes South Exhibit. Featured are artifacts from the David Matlow Collection of Theodore Herzl memorabilia, the world's largest private collection of its kind. Theodore Herzl was the founder of the Zionist movement and was the visionary for the State of Israel. The exhibit tells Herzl's story, how he understood that something new needed to be done to confront antisemitism, and that he was the one to do it.

**October 7 Commemoration.** It is hard to believe that it has almost been a year since the tragic attacks of October 7, 2023. On Monday, October 7, 2024 at 7:00 pm, we invite you to join us at Temple Beth Sholom for a community-wide program of commemoration, prayer and hope, organized by the Greater Miami Jewish Federation and the Rabbinical Association of Greater Miami.

#### Welcome Hanassi Rabbinic Fellow Rabbi Yael Katz from

**Israel.** Temple Beth Sholom is very honored to participate in the John and Suzanne Golden Hanassi Rabbinical Fellows Program. This is an exciting opportunity to expose our congregation to the Israeli Rabbinical Program of the Hebrew Union College – Jewish Institute of Religion. It is also a chance for us to create lifelong ties with Israelis and their communities.

From November 1-9, 2024 and March 13-22, 2025, we will welcome **Hanassi Fellow Rabbi Yael Katz**. Rabbi Katz joined the Israel Reform Movement as Head of Community and Educational Activities in October of 2022 and was ordained by the Hebrew Union College – Jewish Institute or Religion in Jerusalem last November. The goals of the Hanassi program are to:

• Expose Israeli rabbis and rabbinical students to American Reform congregations.

• Enable and nurture a strong and lasting connection between Israeli Rabbis and North American Reform Jewish life.

• Allow Israeli rabbis and rabbinical students to strengthen their skills in community building, congregational management, board relations, and fundraising.

• Introduce North American Jews to the flowering of a progressive Judaism in Israel.

• Facilitate encounters in formal and informal settings that foster open communication between Israelis and American Jews, providing an opportunity to develop enduring friendships.

Professionally, Rabbi Katz has served in a range of management, content, and community development roles in such organizations as Melitz – the Institute for Jewish Zionist Education, Leo Baeck Education Center, the Israel Reform Movement, the Midrasha in Oranim, the Halutz Organization, the Megiddo Regional Council and the Jewish Agency. Rabbi Katz initiated the establishment

of the Reform Community in the Megiddo Regional Council and its related nonprofit organization. Yael is married to Chen and is the mother of Noam, Ori, Elad, and Omer. She and her family live in Kibbutz Megiddo.

Please help us welcome Rabbi Katz to our community. She will be engaged with all manner of rabbinic duties and work with

abbinic duties and work with our schools during her time at TBS. We will have an official welcoming event to meet Rabbi Katz coming up in November. Stay tuned for details.

If anyone would like to meet with Rabbi Katz, please contact Jeff Agron jagron@tbsmb.org.

Magen David Adom Shabbat. On Friday, November 1, 2024, we will host special guests from Magen David Adom visiting our Shabbat evening service. In the United States, disaster relief, ambulance, and blood services are handled by an array of organizations. In Israel, there's one organization that does it all — Magen David Adom. They are Israel's official representative to the International Red Cross and their operations are fully funded by private donations.

Participate in our WhatsApp Group. If you would like to participate in the Israel conversation, you can join our Lovers of Israel WhatsApp Group. To become a member, email mark@tbsmb.org.



Weekly Israel Updates. Did you know that every Monday at 4:00 pm, Mark Baranek hosts a Zoom discussion focused on Israel? Please join Mark as he curates all the latest news from Israel. Become part of the discussion! The Zoom link is on the website calendar.

## **CEMETERYVISIT** - Rabbi Robert Davis at Lakeside Memorial

Avinu Malkeinu, inscribe us in the Book of Life. - High Holiday Liturgy



#### Join us for the **Annual Communal High Holiday Memorial Services** (*Kever Avot*) Sunday, October 6, 2024 | 10-10:45 AM

hosted by community rabbis, cantors and chaplains

For many of us, the past few years were marked by loss and death, and the horrific attack in Israel on October 7 brought more loss to our people. Join us as we remember those who are no longer with us, including those who died at the hands of Hamas, and celebrate their lives. Following the short program at the cemeteries listed below, you will be able to visit the graves of families and friends with materials we will provide.

Beth David Memorial Gardens Levitt-Weinstein 3201 N. 72nd Avenue, Hollywood

Mount Nebo Kendall Memorial Gardens 5900 SW 77th Avenue, Miami **Lakeside Memorial Park** 10301 NW 25th Street, Miami

**Mount Nebo Miami Memorial Gardens** 5505 NW 3rd Street, Miami Do you have family or friends buried in local cemeteries?

How can you meaningfully reflect upon the lives of those who came before?

How can the memory of the past give you direction moving forward?

#### **ZOOM INFORMATION**

We encourage all to attend, as you can be with others and visit the cemetery.

For those unable to join in person, we can provide a Zoom link before the event. Please register by emailing Nicole Alonso at **nalonso@gmjf.org**.



When we consider the meaning and purpose of our lives, the High Holiday season is the perfect time to remember those who had a special impact upon us. For this reason, it is a popular custom to visit cemeteries during this time of year. This custom, called *Kever Avot* (graves of our parents), is an opportunity to remember and celebrate the souls of those who are no longer with us and reflect upon our own mortality and our role in this life. Join us as we come together in memory and prayer and light a *yahrtzeit* candle for those who brought light into our lives.



#### OCTOBER 2024

Jacob Miller will be called to the Torah as a minchah bar mitzvah on October 26, 2024. He is the son of Jaclyn and Jeffrey Miller and brother of Julian and Jackson Miller.





Asher Fuller will be called to the Torah as a bar mitzvah on October 26, 2024. He is the son of Shelby and Ari Kempler and Amanda and Josh Fuller. He is the brother of Chloe and Jordyn (JJ) and his grandparents are Phyllis and the late Ira Sandler, Christine and the late Martin Taplin, and Noga and Paul Hoffer. As part of his mitzvot, Asher will be making a donation to the Blue Card Fund to help holocaust survivors in need. For more information go to www.bluecardfund.org



Each month the TBS Freedom to Read taskforce will feature one of over 3,000 books banned in the state of Florida. Book bans are defined as any action taken against a book by a parent, community member, school administration or government official. Bans may result in permanent or temporary removal from school or library shelves. While South Florida counties have very few book bans, Florida leads the nations in books being challenged and banned in schools. Learn more about book bans here. To support the end of local book banning please check out the Books and Books Literary Foundation www.booksandbooks.com/foundation/

The Fault in Our Stars by John Green. Reason Banned: Crude language & sexual content

Published in 2012, *The Fault in Our Stars* is the John Green's sixth novel. The book follows the love story of Hazel & Augustus, two teenagers who meet at a cancer support group. Introspective Hazel is a 16-year-old battling thyroid cancer that has spread to her lungs while adventurous Augustus is 17-year-old in remission from osteosarcoma. Their shared experiences with cancer create a deep bond as they navigate the complexities of life, love and loss. The novel explores themes of mortality, the impact of terminal illness and the search for meaning. *The Fault in Our Stars* is currently banned pending investigation in select Florida counties due to "crude language and sexual content."



Temple Beth Sholom

# We gratefully acknowledge congregants and friends who donated \$1,000 or more to funds housed within our Rabbi Gary A. Glickstein Foundation of Temple Beth Sholom from June 1, 2023 to May 31, 2024.

#### \$200,000+

Ansin Foundation The Miller Family Foundation

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# Happy Birthday

October 1 Nicholas Altman Marice Band Wyatt Bergwin Michael Bernstein **Rvan Bienstock** Charlotte Chaplin Remi Chaplin Hanna Cirocco Andrew Fishman Jill Hertzberg Noa Koffler Zachary Lewis Jacquelynn Maurice Daniel Moskovitz Maria Squire Christopher Wands

October 2 Jelena Cohen Kimberly Hyde Asher Lieberman Zoe Linder Tracy Moret Julian Norkin Mila Norkin Joshua Ohana Dianne Rubin Menahem Shikhman

October 3 Jose Benrey Steven Chaneles Maria Eugenia Dinter Amanda Fisher Jay Goldman Susan Goldstein Evan Grossman Rob Koyfman Alice Miller Lennon Schultz Chloe Wiesenfeld

October 4 Kip Amazon Michael Arnold Karen Benett Paula Bickman Aiden Binnfeld Zach Bohm Nikolai Diego Lauren Feld Mark Halpern Hunter Lichtenberg Eric Ostroff Jacob Palmer Cory Reiter Jack Rice Donna Shashoua Jane Toll Lexi Weissman Deede Weithorn Liad Zadok Gaia Ziv

October 5 Andrew Ansin Daniele Braha Steven Dickstein Anton Diego Michelle Edelstein Nikki Goldman Ezra Kalmanowicz Henry Wodnicki Jean Wodnicki

October 6 Terry Budebo Leah Grossman Lorraine Rudenberg Adam Squire Max Wagner Elle Ziv

> October 7 Jonathan Beloff Jay Bloom Roberta Chaplin Deva Finger Joyce Frohman Stuart Halperin Oliver Mark Parie Meshberg Lorne Reiter Asher Stapen

October 8 Jack Benson David Jarmoune Eve Sack Linda Silberman Elissa Simberg

October 9 Sydney Ansin Liv Chepenik William Diego Joanna Gonzalez David Herzberg Dalia Katz Max Rappaport Nava Regev Rachel Silver Steven Stern Teresa Wiesner

October 10 Barry Fine Zachary Kosnitzky Hagai Pipko Evan Resnick David Romero-Fischmann Michael Spritzer Hannah Umlas Max Umlas Shay Weinberg

> October 11 Ariella Borak Margaret Chaneles Andrea Edelstein Sydney Greenwald Levi Narvaez Daniella Ostroff

October 12 Amanda Adler George Bassuk Zak Colangelo-Trenner Eve Glassberg Brian Good Abbe Hascoe Juliette Heckler Sophia Kasdin Chinya Kornreich Justin Orgel Josh Squire

> October 13 Lihi Ancikovsky Gal Erlichman Marshal Folstein Alan Grusby Mark Newman Chana Sheldon Jessica Trevizo

October 14 Gabriele Braha Andy Klein Olivia Lamberg Beri Minick Lynn Neifeld Melanie Nudel Judith Richard Shelly Rotbart Joey Tamuz

October 15 Rafael Freitas Barros Alexandra Geronemus Aspen Kimel Jordan Kristol Judy Lefton Ashley Litwin Eva Ohana Bruce Rudenberg Albert Salama Adam Schwartz Samantha Shestack Maximus Siwicki

October 16 Jonah Bass Javier Benitez Ariane Bock-Davis Laura Davis Peter Gatof Bryce Manheimer Sloan Manheimer Nica Rosenberg Luna Wyler

October 17 Karla Frech Jack Gee-Robinson Jesse Gee-Robinson Benjamin Hirsch Jonathan Hoffman Aaron Nahmad Shelley Niceley Groff Noah Rice Antoinette Zel

> October 18 Isabella Brod Roger Epstein

Gary Gerson Debra Goodstone Doris Kushman Carrie Levine Indi Lewin William Multack Rose Rogers Jacob Silver Peyton Wands Marco Winer Isaac Zacroisky

October 19

Scott Aigen Micol Bonazzoli Nala Braha Aviva Gostin Gail Harris Ryan Loftus Oliver Nadler Denis Nazareth Sloan Reiss Charlie Reiss Daniel Schwartz Mirla Sousa

October 20 Sophie Ansin Benjamin Dietch David Dresner Zachary Geronemus Pamela Jones Jayde Mitzman Andres Naftali Anya Salama Jackson Traster

October 21 David Berg Daniel Bernstein Ivy Gundelfinger Tyler Ostroff Alec Rosen Milan Safrani

October 22 Jhonatam Cordeiro Rodrigues Leo Dardashtian Sunny Goldberg Lane London Michal Meiler Joshua Tobin

October 23 Eva Jacobsohn Isabelle Leebow Adam Schimel Peyton Spolansky Hailey Susser

October 24 Mark Burstein Jacob Cohen Melissa Horwitz Honey Pachter

October 25 Lennie Gullan Leo Haim Pamela Rogers

October 26 Ellie Casares-Feinberg Lisa Fairman Ryan Goldman Melanie Haber Jessica Hildebrandt-Ray Joe Mizener Luka Zvir

October 27

Lyle Barnett Richard Baron Michael Fryd Gary Glickstein Koda Hagen Michelle Levy Vivien Ressler Larry Wynne

October 28 Elijah Berg Kai Blittner Carlos Calmet Benjamin Cortes Douglas Halperin Keith Hartley Joseph Mayer Logan Moskovitz Sharon Rubin Joshua Zedner

October 29 Andrew Bahl Michael Band Bliss Barnett Chris Bodnick David Greenberg Alexander Holland Ashlee Holland Wuerfel Ava Levinson Sebastian Saul Miriam Steinberg Henry Stolar Stella Sverdlov

October 30 Liel Abissidan Joel Brown Michelle Clerkin James Hyde Suzanne Kosnitzky Chavie Lichtenberg Leo Magnin Matt Manes Blake Weinstein

October 31 Stella Elias Juliette Kushner Marcus Kushner Matthew Leebow Lori Mishkin

# Happy Anniversary

CONGRATULATIONS ON THE TIME YOU HAVE SHARED TOGETHER

October 1 Sharon and Albert Fine Johanna and Steve Stowe

October 2 Henri Spiegel and Michael Wolk

October 3 Jamie and Jonathan Jerome

October 4 Joan and William Adams Tasha and Matt Manes

October 5 Michelle Leve Pardo and Joseph Pardo

> October 6 Dana and Timothy Martorella

October 7 Amanda and Matthew Adler

October 10 Rachel and Roy Benmeir Chelsea and Gary Manheimer Corey and Todd Narson

October 12 Debbie and Andrew Hirschl

October 13 Doris Galindo and Brian Hirsch

October 14 Bonnie Sockel-Stone and Elliot Stone

> October 17 Danielle and Jeffrey Cohn Marcelle and Richard May

October 18 Susan and Barry Weisfeld October 19 Jill and Robert Adler Heidi and Aaron Tandy Nancy and Alex Warshofsky

October 21 Susan and Marc Sternbaum

October 22 Jacqueline Greenberg and Richard French Carrie and Adam Schwartz

> October 23 Melanie and Eric Greenwald Laurie and Randy Torban

October 24 Amy Turkel and Lin Cherry Loren and David Kaiserman Nadine and Martin Groesman Wagmaister

> October 25 Oleva and Jose Benrey

October 26 Laura and Daniel Bernstein

October 28 Deborah and Alan Annex Jaqui Barrionuevo and Eric Broad Dalia and Ariel Nudel

October 29 Laura and Silvio Rodriguez Ashlee Holland Wuerfel and Tyler Wuerfel

> October 30 Alisa and Tracy Bahl Rachel and Kenneth Naylor

October 31 Elisa Spungen Bildner and Robert L. Bildner



# Temple Beth Sholom Congregational Trip JUNE 6–16, 2025 ISRAEL B'YACHAD – ISRAEL TOGETHER GOD WILLING!

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10

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Help Temple Beth Sholom make 5785 the best year ever for our Project Isaiah food and donation collection. If every family in our congregation brings in 5 lbs of non-perishable food, we'll meet our goal.

Bags\* will be available mid-September and we officially kick off the collection on Rosh HaShanah, running through Yom Kippur.

Project Isaiah benefits the Kosher Food Bank.

\* Thank you to our in-kind donor Trader Joe's for thier compostable grocery bags!

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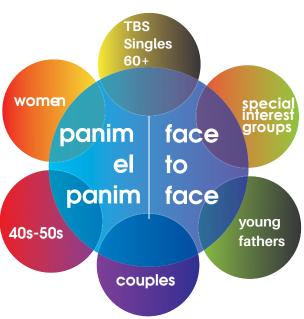
Questions? Contact us at tbs@tbsmb.org

## Looking for Community? Join a Small Group!

As the High Holy Days approach, we invite you to reconnect, reflect, and renew your spirit with our vibrant TBS community. These sacred days offer us a special opportunity to come together as a community, celebrate our shared traditions, and embrace a season of introspection, prayer, and joy. Whether you are joining us for soulful services, inspiring sermons, or simply to be in the presence of familiar faces and new friends, you are always welcome at TBS.

If you are seeking deeper, more personal connections with interesting, like-minded TBS members, please consider becoming part of our amazing Panim community.

Find your small group! Contact Jaleh Samway Bast: jaleh@tbsmb.org or 305.538.7231 ext. 301.





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by Adelle Nicholson

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## Zichronam Livracha. "For everything there is a season."

Kohelet 3:1.

Luisa Maya, mother of Virginia (Joseph) Akar; and grandmother of Kane, Kaili, and Jonathan Akar.

Arnold H. Hirsch, father of Brian (Doris) Hirsch; grandfather of Benjamin and Gabriel Hirsch; and husband of Linda Hirsch.

Myrna Morris, mother of Jack Morris (Deborah Gross-Morris) and Irwin Morris; and grandmother of Benjamin and Ethan Morris.

Donna Young, mother of Lauren (Lorne) Cantor; grandmother of Noah and Chloe Cantor; and wife of Hal Young.

Norman James Pointer, father of Rachel Umlas; grandfather of Jordan, Max and Hannah Umlas; and husband of Susan Pointer.

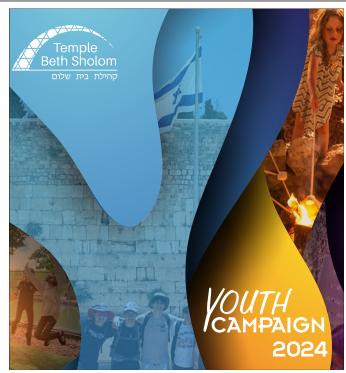
**Diane Person**, mother of Jenni Person (Chaim LieberPerson) and Rabbi Hara Person; and grandmother of Goldie and Isaiah LieberPerson and Liya and Yoni Rechtman.

Miriam Bresler, mother of Neil Singer, Michael Singer, Leslie Perlitz, Susan Singer, and David Singer; and grandmother of Gabriella, Joseph, and Amber Singer, and Leah and Lissa Perlitz.

Dr. Mikki Meyer, sister of Robin Landers (Rick Hirsch), and aunt of Jillian (Andrew) Barnett.

J. Antonio Fraga, father of Jose Fraga (Jorge Pante) and husband of Delia Fraga.

**Barry Harris**, long-time partner of Paula Levine; father of Andres, Daniella, and Steve; stepfather of Jenny and Sheri; and grandfather of Nicolette, Alexis, Julia, Annabelle, Noah, Levi, and Audrey.



The Youth Campaign at Temple Beth Sholom and The Innovative School will recognize donors who have made a minimum gift of \$1,800 or more on a donor recognition wall, which will be installed on our campus after the playground renovations.

For more information, please visit **tbsmb.org/youthcampaign** to download the brochure, view renderings and videos.

Every dollar counts and is deeply appreciated. Thank you to all of our generous donors.

Contact: Director of Advancement Katy Boyask at katy@tbsmb.org | 786.406.1375







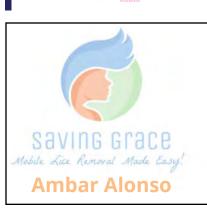






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