



**Beth Meyer Synagogue**  
Torah • Avodah • Gemilut Hasadim

August 2018  
20 Av — 20 Elul 5778

המגיד

# HaMaggid The Speaker

## Guest Message—Cathy Kaplan: Gratitude and Joy



Gratitude and joy.

This past May, a group of us traveled to New York for a very special event. We were attending the rabbinical ordination of Jama Purser, former congregant and friend to many here at Beth Meyer. For most of us, this was our first time at a rabbinical ordination, and we were quite excited to witness the occasion.

From the moment we entered the room where the ordination was to take place, the excitement was palpable. Everywhere we looked, people were hugging, waving at friends across the room, sharing pictures on their phones, finding just the right seat, with just the right view. And the noise! Imagine the Torah procession during the High Holidays and take it many decibels louder. Everyone in the room was there because someone they loved and supported was becoming a Rabbi or a Cantor. People were sharing stories, greeting friends and family members, and talking excitedly about what was about to happen.

We found Bina Raskin, Jama's wife, several members of her family, and then we saw Jama. She was absolutely glowing. The smile on her face was one of pure joy.

The ceremony was beautiful. Staff and faculty of the Jewish Theological Seminary and the Rabbinical School offered messages of welcome, words of advice, and guidance from Torah. The students enjoyed private moments with their individual mentors, and most received new *tallitot* to mark the occasion.

During the actual ordination and investiture, each student came forward and was greeted with their new title, and their mentor shared some public words of blessing. Then the faculty blessed the entire class with the blessing of Joshua: "Let not this Book of Torah cease from your lips, but recite it day and night, so that you may observe faithfully all that is written in it. Only then will you prosper in your undertakings

and only then will you be successful. We charge you: be strong and resolute; proceed with courage and confidence, for Adonai your God is with you wherever you go." (Joshua 1:8-9)

The ceremony concluded, and then there was dancing. And more dancing. They were still dancing when we finally left for a lovely dinner with Jama and Bina and some family members.

Gratitude and Joy.

Whenever I recall this experience, these are the two words that pop into my head. Gratitude and joy. Judaism teaches us to incorporate gratitude into our daily lives, throughout the year, and of course, at occasions where we recite "*shecheyanu*," thanking God for allowing us to reach this season.

The rabbinic and cantorial students ranged in age over several decades; they were male and female, gay and straight. One was pregnant. One was blind. And the word "grateful" was heard over and over, written in the short biographies in the program, heard in the messages from mentors, and shared between family and friends in attendance.

Joy. During the investiture itself, Jama's mentor, Rabbi Jeffrey T. Segelman said, "Jama, may you always find *simhah* (joy) in Torah and *mitzvot*." Why joy, and not happiness? The Hebrew word *ashrei* is the closest in meaning to the word happy, and we use it daily in liturgy. But think about the word *simhah*.



Continued on page 13

### In this issue...

Guest Message—p 1, 13  
Rabbi Jenny's Message—p 2-3  
*Libi Eir Mikveh*—p 3  
Religious School—p 4  
Adult Ed—p 4  
Youth Programs—p 5  
*B'nai Mitzvah*—p 5  
Sisterhood—p 6-7  
Girl Scouts—p 7  
Religious School Open House—p 8  
Summer Schmooze—p 8

Scouting Cultural Exchange—p 8  
*Hesed* Committee—p 9  
Library News—p 9  
Donations—p 10-11  
Hanukkah Market—p 11  
Life Cycle—p 12  
Social Action Committee—p 13  
August Calendar—p 15

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## Rabbi Jenny Solomon, Director of Spiritual Engagement



And so a new year dawns... *she'hechyanu, v'kiyamanu, v'higiyanu la'zman ha'zeh.*

As Rabbi Alan Lew, z"l, writes: "Our need to be more conscious— to awaken from the deep dream that has held us in its thrall— is always there, not just when the shofar blows on the first day of *Elul*. The soul wants to awaken. Every day we are called to the present moment of our lives. Every moment we feel ourselves falling out of real time and back into the dream, but then the horn blows and we begin to return to life once again. And our heart is always breaking, and the gate is always clanging shut. It is always the last minute. We are always desperate, not just at *Neilah*, the final moments of *Yom Kippur*. And the houses we live in never afford us real security. Their walls and roofs are never complete— they never really keep us from the world or from harm, and it is only when we realize that that we are truly home. So this concatenation of ritual— this dance that begins on *Tish'ah B'Av* and ends on *Sukkot*, that begins with the mournful collapse of a house and ends with the joyful collapse of a house, this intentional spasm that awakens us and carries us through death and back to life again— stands for the journey the soul is always on. It is a map, drawn by the soul, of the journey it must take, of the journey it is already taking. Beginning from the barest of biblical outlines, the soul has filled in this map with its own imperatives. Our souls are making this journey, yours and mine. The trip will go better for us if we know where we are going." (Lew, *This is Real and You are Completely Unprepared*).

These words are deeply resonant for me. I believe that we are all spiritual beings having a human experience. Judaism provides us with a sacred rhythm, sacred texts and rituals, and sacred opportunities for spiritual practice to raise our awareness and deepen our connection to the journey that we are *actually* on. Each of the offerings I bring to our community represents an invitation to take a closer look at the map of our own soul and the soul of our community. And as Rabbi Lew states so wisely, we are better off when we know where we are going. I want to highlight a number of things I will be offering this year and extend an invitation to you to join me.

1. It is my privilege to meet with you for **pastoral counseling** meetings. Whether you are facing a challenge in your life or simply feel the urge to reflect on your soul, your connection to God (or lack thereof), or to find companionship on your Jewish journey, I'm here. To make an appointment, please call the main office of the synagogue or reach out to me by e-mail.
2. I am so excited that my two Monday courses will be devoted to building a personal spiritual practice. The first class (11 sessions) is called "**Journey Into Mussar**" and is directed at exploring Jewish virtues to grow our character. It is highly practical, accessible, and aimed at cultivating habits of heart, mind and hands that foster personal growth and transformation. The second class (7 sessions) is called "**Making Prayer Real: The Nature and Experience of Prayer**" and is aimed at getting past the technicalities of Jewish prayer and, instead, exploring the actual *experience* of prayer. If you have major hang-ups about prayer and wonder what it might be like to move past them and really allow your heart to soar, this class is for you. .
3. Back for a second year of ALL NEW conversations, **Ask Big Questions** luncheons, monthly gatherings of women, which take place at various restaurants in the area on Mondays from 12:30-2 PM, are designed to build trust, strengthen community, and deepen understanding across lines of difference, all while enjoying a delicious lunch around town. Imagine gathering in small groups to learn and laugh, to eat, to rest and rejuvenate, and to deepen connections to one another, to our synagogue, to the Jewish people, and to the rhythms of Jewish time and life. Look out in future synagogue communications for the "sign-up." Come to one or all of the luncheons!
4. Let THIS be the year you commit to developing a meditation practice. This spiritual practice has enriched and saved my life on more than one occasion.

Continued on page 3

**B' Mayim Hayim T'hiyeh,  
May the living waters sustain you.  
Rabbi Jenny Solomon, D. Min., Mikveh Director**



As many of you know, the Days of Awe are upon us. It is customary for women *and* men to visit the *mikveh* and immerse in preparation for these solemn days. I expect the *mikveh* to be very busy in the days and weeks leading up to the holidays, just as it was last year. I want to encourage you *all* to consider adding this very private and intimate practice to your preparations for *Rosh Hashanah* and *Yom Kippur*. I assure you that the reflection in anticipation of immersing and the experience itself will nourish your body and soul as you prepare to encounter these holiest of days in the Jewish calendar. We even have laminated ritual cards to guide your experience in the “living waters” that are specifically designed for this time of year. Even if you have never been to the *mikveh*, our doors and waters are open to you. We will guide you every step of the way and help you immerse in the way that fits *you*.

In order to ensure that everyone who would like to immerse before the holidays can do so, please let me know if you would like an appointment as soon as possible. Once you share with me your preferred date and time, I can book your appointment and offer any additional guidance or support you may need to make your *mikveh* experience meaningful. You can contact me by calling my cell phone 214-886-5079, the confidential *mikveh* line at Beth Meyer Synagogue at 919-848-1420 ext. 300 or by sending me an e-mail at [mikveh@bethmeyer.org](mailto:mikveh@bethmeyer.org).

As we meditate on the beautiful way our tradition reminds us, again and again, that change and new beginnings are possible, I share with you the following words about “*Teshuvah*,” which to me, is also essentially a commentary on the experience of immersion in the *mikveh*:

“The essential gesture of the journey [of this season], the single consistent movement that characterizes it from start to finish, is *teshuvah*, a Hebrew word that we struggle to translate. We call it repentance. We call it return. We call it a turning. It is all of these things and none of these things. It is a word that points us to the realm beyond language, the realm of pure motion and form. We spend most of our lives in this strange dance— pushing forward to get back home. *Teshuvah*— turning, return, repentance is a circular motion. If you are moving along the circumference of a circle, it might seem at first as if the string point is getting farther and farther away, but actually it is also getting closer and closer. Everywhere we go, we are heading for home.” (Rabbi Alan Lew, *This is Real and You Are Completely Unprepared*).

Once again we are invited to awaken to the truth of our lives, each of us journeying around our own circle towards healing, growth and goodness. Each of us leaves the person we are to come home to who we truly are. The *mikveh* is the place we sanctify and offer our most heartfelt prayers for this leg of the journey.

May this month of reflection and accounting of the soul (*heshbon ha'nefesh*) bring us closer to God, to one another and to the person we long to be.

**Rabbi Jenny Solomon, Director of Spiritual Engagement—continued from page 2**

4. (continued) I cannot say enough about how sustaining and rich this practice is and I hope you will join me for one or all of our Sunday morning **Hineni Meditation** sessions (10 AM in the chapel). No experience needed. The meditations will include instruction and they are designed for experienced and newbie meditators alike.
5. Are you looking to become a more soulful parent or couple? Check out the adult education brochure to sign up for my “**Becoming a Soulful Parent**,” “**Sibling Rivalry: A Soulful Reframe**,” and “**Becoming a Soulful Couple**” classes. Class sizes are limited so don't wait to sign up!
6. This year, I am so excited to be shepherding a series of dialogues called “**Critical Conversations**.” We will explore two critical communal conversations using a specific protocol called “**Reflective Structured Dialogue**.” I am looking for 12-16 congregants, per topic, to engage deeply with the following two issues: *What is the role of politics, social justice, and social action in the life of our synagogue?* and *What is the role of the non-Jew in all aspects of synagogue life?* If one of these issues interests you, personally and philosophically, please consider joining one of the dialogue groups. Participants will join in two conversations each and must be willing to share deeply, demonstrate a spirit of inclusivity, and model empathy for those who see things differently.
7. Finally, I invite you to bring together mind, body and spirit through “**Restorative Yoga**” (monthly on Sunday evenings) or “**Shabbat Yoga**” (monthly on *Shabbat* mornings). Once again, I tell you from my own experience, this practice has deepened my spiritual life, enriched my Jewish life, and sustained me as I travel this human journey. I invite you to join me (along with Barbara Vosk and Phyllis Kritz), to incorporate this practice into your life. This year, every yoga session will focus on an aspect of *Mussar* (traits of Jewish spiritual living) that we will work with in our hearts, minds, bodies and breath. Come and grow your soul and heal your body through Jewish yoga!

Friends, this is just a sampling of things I am leading at the shul this year. As always, I will continue to direct the *mikveh*, lead our prayer services, and engage new and experienced volunteers. I hope we can learn and grow together in these ways and more. If you have questions about any of these offerings, please don't hesitate to reach out to me: [jsolomon@bethmeyer.org](mailto:jsolomon@bethmeyer.org). We are all in this together!

## Adult Education—Amy Ripps

The adult education catalog for the Fall 2018 season will be available at the BMS Summer Schmooze on August 19th. We are delighted to be offering a full host of programs and classes.

Dr. Jarrod Tanny, UNCW, will be joining us for a Scholar-in-Residence weekend right after Thanksgiving. Dr. Tanny has a wide assortment of topics to offer us from Jewish mobsters in Odessa to Jewish comedy in the South. We know that all will enjoy spending time with him. Registration information will be available at Summer Schmooze.



The Progressive *Kehillah* of Beth Meyer will be offering a 6-part class in ethics. Using a curriculum developed by the Jewish Theological Seminary, different facilitators will guide us through the course on three Wednesday evenings in the Fall and three in early 2019.

Rabbi Jenny Solomon is offering several new courses including one on sibling rivalry and one on prayer. Full registration information will be in the adult education course catalog.

Also new this year is a 5-part class called 10 Pathways to God (we're only doing the first 5 this year!). This program, based on the teachings of Rabbi Lord Jonathan Sacks, will be taught by a team of teachers including Deborah Goldstein, Amy Ripps, Rabbi Eric Solomon, and Janis Zaremba.

The annual Multi-Cultural Shabbat has grown into Multi-Cultural month and, in the month of November, will include two movie screenings – one on the Jews of Ghana and one on the Jews still left in Ethiopia. For the latter film, we will have a Skype session following the film with the filmmaker.

In addition to all of the above, we are again offering a variety of Hebrew/*tefillah* classes with Sharon Mills and our weekly study groups on Wednesday mornings and Shabbat afternoons. Finally, our yoga programs and the *Hineni* meditation group are also on the schedule for the upcoming year.

It's going to be a great year. Find something of interest – and join us!

## From Amy's Desk—Religious School

I hope everyone has been enjoying the summer break. In the Satsky building, things have been busy! We've been cleaning classrooms, ordering supplies and working with teachers on plans for the upcoming year.

I hope that all school parents, in K – 8<sup>th</sup> grade, have received my "Notes From Amy" emails. Please let the school office know, ASAP, if you did not get a June and July email. By mid-August, we will start up with our weekly format – it's the best way we've found to communicate with parents about what is going on in our school.

Some items to note for the upcoming year:

- Shabbat *mishpahah* will not begin until November due to holiday/calendar issues.
- Our new *Simhat* Shabbat program, a Friday evening program for families with elementary-aged children, will begin in October. This almost-monthly program features a brief child-oriented Kabbalat Shabbat service and Shabbat dinner. Please watch for details at Summer Schmooze and our School Open House.
- The 1<sup>st</sup> grade will be split into 2 classrooms. They will be together for music and special programs. The rooms will be next door to each other to facilitate their being together as much as possible.
- Morah Kim Wicksel will teach both our Tuesday and Wednesday 3<sup>rd</sup> grade classes and these groups will be together on Sunday mornings.
- Morah Jennifer Rifkin will be moving up to work with our 4<sup>th</sup> grade – taking over from Allison Checkoway who has moved to Texas.
- We are welcoming several new teachers to our high school program. Rabbi Jenny Solomon will be teaching in the high school for the first time – along with congregants Kelly Bloom, Hirsch Fishman, Jonah Kaplan and Steve LaSala. The high school booklet is mailed directly to the teens – take some time to review the classes with your teen.

I hope everyone has marked their calendars to join us on Sunday, August 19, at the JCC, for the **Summer Schmooze**. This is for all Beth Meyer congregants and their families, as well as prospective members! Families with children from kindergarten – 5<sup>th</sup> grade should also come on Sunday, August 26, for our **School Open House**.

Finally – for those of you with children from babies – 8<sup>th</sup> grade, PLEASE NOTE that registration information for children's programs for *Rosh HaShanah* and *Yom Kippur* was included in the *Yamim Noraim* Booklet that was mailed in early July. Forms, which are in the back of the booklet, are due back by August 19. You can access an online copy of the booklet [here](#).

### Bar Mitzvah of Chase Brautman



Chase Aaron Brautman will be called to the Torah as a *Bar Mitzvah* on August 18, 2018, to read from *Parashat Shoftim*. Chase is the son of Marla and Brad Brautman, and younger brother to his sister, Jordyn.

Chase is a rising 8th grader at Wakefield Middle School where he is on the Science Olympiad Team, a member of the Beta Club, and plays trumpet in the band.

Chase enjoys playing soccer, water skiing, learning new tricks on his Chinese yo-yo, reading, learning new card tricks, hanging out with his friends and playing with his two dogs. Marla, Brad, Jordyn and Chase look forward to sharing this very special occasion with family, friends and the Beth Meyer community.

### Bar Mitzvah of Asher Cohen



Asher Cohen will be called to the Torah as a *Bar Mitzvah* on August 25, 2018. He is the son of Seth and Rachel Cohen, and brother to Lev and Lyla. Asher will be an 8<sup>th</sup> grader at Exploris Middle School.

He loves to DJ, mix his own original music, play electric bass and dance. Asher also loves the calm and quiet of the outdoors, and enjoys fishing, boating, riding his bike and hiking. He has a spark for business and investments, and loves to come up with ideas for his future jobs!

He looks forward to sharing this milestone with his loving and supportive family, friends and Beth Meyer community.

### Youth Programs—Amy Ripps

We're delighted that Josh Orol will be back on staff this year as our Youth Coordinator. He will be working along with Amy Ripps and Kim Wicksel to make sure that we continue to offer programs for all children at Beth Meyer from kindergarten – 12<sup>th</sup> grade.

Our USY program (for high school students), which won several awards last May at the regional conference, will continue with their monthly Shabbat Dinners. This is the mainstay of our USY program—watch your email for a signup to host one of these dinners! We also will be looking for someone who wants to host the USY Sukkah build. Let us know if you have any interest!

Our Kadima program for middle school students will continue their schedule of Wednesday evening dinners following their religious school classes. We always need parent help for these dinners—watch for a signup to help out. We also try to take the Kadima kids on one outing or adventure each month, or have them engaged in a community activity. Sometimes we need driving help, or extra hands. There will be a signup for this, as well!

Our youngest groups, Nitzanim and Mahar, for elementary school-aged children, meet five times each year, and we usually need at least 2 parents to help per event! So when the signup arrives, please check your calendars and pick your date to help.

Information on all of our programs will be available at the BMS Summer Schmooze on August 19th – hope to see everyone there!

## Sisterhood News

It's been a great summer, and we're ready to get back to work! The new board is excited to begin a great year, and we need YOU to make it successful. If you would like to serve on a committee, staff an event, help in the kitchen, or just have some great ideas, please contact us at [sisterhood@bethmeyer.org](mailto:sisterhood@bethmeyer.org).

Interested in learning more? Not yet a Sisterhood member, but thinking about it? Just want to say hello? Visit our booth at the Summer Schmooze at the JCC on Sunday, August 19<sup>th</sup>, from 10:00AM to noon.

*Please help us welcome the members of the 2018-2019 Sisterhood Board.*

*President - Suzanne Zorn*

*Co-VPs Membership - Amy Hollander & TBA*

*VP Outreach/College Outreach - Marlene Langsam*

*Co-VPs Programming - Genny Spiliopoulos & Elyse Goldberg-Werner*

*Co-VP Fundraising - Eileen Shulman*

*Recording Secretary - Anne Teicher*

*Treasurer and Financial Secretary - Leslie Needham*

*Social Media Specialist and Sisterhood Shabbat - Cathy Kaplan*

*Materials Design - Sara Schweiger*

*Torah Fund Cards - Gail Sherman*

*Judaica Shop - Ann Tosky & Diane Clarke*

*Past Presidents - Elyse Goldberg-Werner & Genny Spiliopoulos*

One of our most popular on-going programs is starting up soon. Our **college outreach program** makes sure that Beth Meyer college students receive care packages several times each year. The new school year is beginning soon and we send our first care packages for *Rosh Hashanah*. If you would like us to include your student, we need the following information: *Student name; Name of college; College address; Parent and student email; and Year of graduation.*

Even if they have participated in the past, and their address has not changed, we need you to confirm the information. We do not ship overseas or to students living at home. Also, if boxes are returned, we do not resend. Please remind your student to pick up packages as soon as they receive a notice. Send the information to Marlene Langsam, our VP in charge of Outreach. She can be reached at [marlenelansam@gmail.com](mailto:marlenelansam@gmail.com) or [langsam@mindspring.com](mailto:langsam@mindspring.com). Phone number 919-649-1796.



Our first Sisterhood event of the year is a **challah-baking workshop** on Sunday, August 26<sup>th</sup> beginning at 1:00PM. Come join Diane Clarke as she teaches us how to bake round sweet challah with an award-winning recipe just in time for *Rosh Hashanah*.

Pre-registration is required, no later than August 15<sup>th</sup> – Cost is \$5 for Sisterhood Members and \$10 for Sisters of our Community. Preferred payment methods include checks in the Sisterhood mailbox or <http://paypal.me/BMSisterhood>. RSVP using the SignUp Genius link. (<https://www.signupgenius.com/go/10c0444aaa82ca3fb6-challah4>)

Thinking ahead to fall, we invite you *and your family* to join us for **Havdalah in the Sukkah** on Saturday, September 29<sup>th</sup> at 7:00 pm. Desserts and drinks will be served as we share our fondest Sukkot memories together. There is no cost for this event, but an RSVP helps us make sure we have plenty of yummy treats on hand. RSVP using the SignUp Genius link. (<https://www.signupgenius.com/go/10c0444aaa82ca3fb6-havdalah>)



Save the date for our annual **Sisterhood Membership Brunch**, to be held on Sunday, October 7<sup>th</sup>, beginning at 10:00AM. We have some great programming planned for this year's brunch. RSVP information will arrive soon. All paid-up Sisterhood members may attend free of charge. The cost for non-members is \$40. You will be able to update your membership and pay your dues at the door.

**The Judaica Shop** does not have regular hours during the summer, but appointments are always available to meet your needs. Please contact [Diane](#) or [Ann](#) to set up a time to shop! New items have been arriving over the summer. Take a peek in the window to see what's new!

Volunteers are needed to help the Judaica Shop run smoothly. It's not too soon to think about fall. If you can help for an hour or two each week or even every once in a while, please contact [Ann Tosky](#).

## Sisterhood News—continued

**We appreciate your support!** Sisterhood brings together women of all ages and backgrounds to share in fun, exciting, and spiritually-inspired events. Through Sisterhood, you will connect with fellow Sisterhood members in friendship and within your Jewish community. Your dues allow us to support charitable causes in our community, support the greater Women's League community, and to run great programming - either free or at a discounted cost.

Standard dues are \$40. But we'd like you to consider becoming a Patron (\$60) or a Sponsor (\$80). These higher levels of dues payments allow us to offer discounted dues to members of our community who may not be able to join otherwise. You may pay your 2018-2019 dues online.

(<https://bethmeyer.org/content/beth-meyer-sisterhood>)

*You should receive a tentative schedule and dues statement in the mail soon. If you prefer to pay by check, you can return the form included in that mailing.*



**The Torah Fund Campaign of Women's League for Conservative Judaism** is the dedicated philanthropy of Women's League, its members, and its affiliated sisterhoods in Conservative congregations across North America.

How can you help? Gail Sherman runs our Torah Fund Card program. For a small fee of \$4, Gail will send a beautifully-designed Torah Fund Card to the recipient of your choice. Your friend or loved one gets a beautiful card in the mail with your name on it, and the money goes to support higher Jewish education. A win-win. You can contact Gail at [gsherman754@aol.com](mailto:gsherman754@aol.com) or 919-264-6037.

Sisterhood wishes Allison Checkoway the best of luck as she and her family make the move to Dallas. She served us well as VP of Programming, and was ready to become a great Sisterhood President! She will be missed.



Men's Club would like to thank Scott Checkoway for his amazing service over the past few years. His creative programming ideas will give the new Men's Club board a great foundation for the upcoming year.



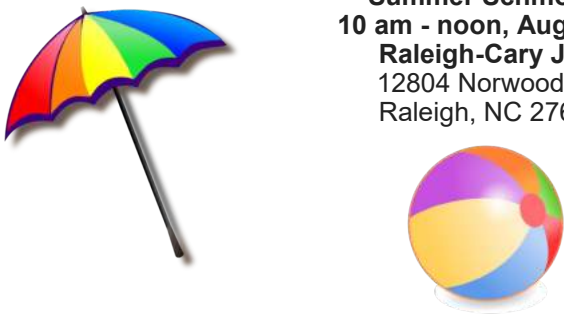

## Girl Scouts Troop 525 News



Troop 525 is looking forward to a great year! If you are interested in joining us, contact Karen Bograd ([karenbograd@yahoo.com](mailto:karenbograd@yahoo.com)) for more information. Our multi-level troop has levels for K through 8<sup>th</sup> grade. We hike, camp, craft, cook, sing, and just generally have fun and learn how to follow the Girl Scout law.

To learn more about us, we invite you to stop by our booth at the Summer Schmooze at the JCC on Sunday, August 19<sup>th</sup>. We are also hosting a pool party for all current and prospective members and their families on Sunday, August 26<sup>th</sup>, from 2:00 to 4:00 at the JCC. Please RSVP to Cathy ([ckaplan2345@gmail.com](mailto:ckaplan2345@gmail.com)) if you plan to attend the pool party.



Summer Schmooze	Religious School Open House
 <p><b>Summer Schmooze</b>  <b>10 am - noon, August 19</b>  <b>Raleigh-Cary JCC</b>                      12804 Norwood Rd                      Raleigh, NC 27613</p> <p><b>A Pool Party for Our Whole Community,                      Including Prospective Members</b></p> <p>Beth Meyer is kicking off the programming year with a pool party at the JCC. Our synagogue committees and programs will be out with calendars and plans for the year, and we'll have food and games by the pool. Current, new and prospective members are invited to come learn more about our community. With music and nosh by the pool, it promises to be another excellent start to our Beth Meyer year.</p>	<p>Naomi &amp; Ken Kramer Religious School at Beth Meyer  <b>OPEN HOUSE!</b>                      For all families with children in K - 5th grade                      Sunday, August 26                      10 - noon</p>  <p>Come meet the teachers, see the classrooms and books, meet with others in the same grade, get information on carpooling, and much, much more!</p>

**Looking for a Global Scouting Opportunity?**

Learn similarities we share with fellow scouts from another country.

*Did you know?*  
**Scouting in Israel is co-ed**

*Did you know?*  
**The Hebrew word for "Scout" is "Tzofim"**



**TZOFIM Friendship CARAVAN 2018**

**Scouting Cultural Exchange**  
 Mon, Aug 6, 6-7:30pm, Cary Senior Center,  
 RSVP:  
<https://shalomraleigh.org/events/international-scouting-cultural-exchange/>

**Like us on Facebook**  
[facebook.com/SouthEastCaravan](https://facebook.com/SouthEastCaravan)

Registration is now open at <https://shalomraleigh.org/events/international-scouting-cultural-exchange/>  
 Girl Scouts can complete many of the requirements for the Girl Scout Way badge. Independently registered scouts must attend with an adult.



**Hesed News — Rita Gerber**

During the High Holy Days, we will make arrangement for the shofar to be blown for those who cannot attend services. If you or someone you know is unable to attend high holiday services, contact Rita Gerber at 919-846-5835 or [bethmeyerhesed@gmail.com](mailto:bethmeyerhesed@gmail.com).



We also provide hospitality for *Rosh Hashanah*. If you are willing to host or need a place to go for the holiday, please contact Angela Glass at [angela.glass2@gmail.com](mailto:angela.glass2@gmail.com).

The *Hesed* Committee is also expanding the meal train programs and hopes to provide meals to congregants in need as well as those celebrating a new birth/adoption of a baby! We are looking for more volunteers willing to cook and deliver meals to congregants in these situations. If you are able to help, please email Limor Schwartz at [Schwartz.Limor@gmail.com](mailto:Schwartz.Limor@gmail.com)

**Spotlight on Hesed Committee**

Beth Meyer is fortunate to have a dedicated group of volunteers as part of our *Hesed* committee. Bound together by the goal to provide acts of loving kindness to congregants in times of joy, challenges, and sorrow, *Hesed* organizes meals, rides, shopping, support during *shivah*, writes notes and makes phone calls to congregants and families. Beth Meyer wants to ensure that members who have challenges which may prohibit their ability to come to the building remain connected and feel supported by their Beth Meyer community.

Rita Gerber has provided *Hesed's* leadership for more than 20 years, organizing volunteers and connecting them with congregants' needs. Rita has touched the lives of many individuals and families, either directly or indirectly, and we offer *TODA RABA* (THANK YOU) to Rita! Rita will remain active in *Hesed* as the committee reorganizes and expands. Working with Rabbis Eric and Jenny, *Hesed* will continue to offer emotional and practical help to congregants experiencing difficult times such as physical and mental health challenges and during life cycle events. Requests for meals, transportations, *shivah* support, rides, phone calls, or friendly visits at home or in the hospital will be directed to the *Hesed* committee for follow up.

Simple acts of loving kindness can make a huge difference in someone's life. If you are able to visit a shul member on occasion, offer a ride, provide a supportive listening ear, invite someone for Shabbat dinner, cook or make deliveries, *Hesed* welcomes your involvement! Please contact Jasmine Medoff ([jasmine.medoff@gmail.com](mailto:jasmine.medoff@gmail.com)) or Leslie Gartenberg ([leslie.gartenberg@gmail.com](mailto:leslie.gartenberg@gmail.com)) to learn more about how you can be part of *Hesed*.

**Library News—Rita Gerber**

The Library is always open for congregants to borrow books, CD's, and magazines. Please DO NOT take materials without signing them out. The following is the procedure for taking materials from our library:

1. Remove the card from the back pocket
2. Fill in your first and last name, and the date
3. Place the card in the front of the green index box on the desk.

The procedure is quite simple. The materials in the library are for ALL, so please return them in 2-3 weeks. To return materials, just place them on the book cart by the door. If you are looking for something special, feel free to use the card catalogue. We have two sets of catalogues—one by author's last name and one by title. These are the black boxes by the sitting area.



Feel free to sit in our easy chairs to read. But NO materials are to leave the library without being signed out

It takes a lot of work to maintain our library. The library committee meets on Thursday morning from 10am-12pm. Thank you to our dedicated volunteer library staff—Denise Friedrich, Margaret Israelson, Betty Mandel, Lois Rabinowitz, and Norma Zendels for all their help this month.

If you have any book suggestions or ideas for improving our library, contact me.

Rita Gerber  
919-846-5835  
[bethmeyerlibrary@gmail.com](mailto:bethmeyerlibrary@gmail.com)

## Fund Donations Through July 18, 2018

### Adult Education/SIR Fund

- Evelyn Zobel
- Judith & Louis Sands in memory of their son, Daniel Sands
- Judith & Louis Sands in memory of Louis' grandfather, Louis Sands
- Judith & Louis Sands in memory of Judith's grandparents, Hulda & Oskar Dallman
- Judith & Louis Sands in memory of Louis' uncle, Izaak Bader
- Judith & Louis Sands in memory of Judith's father, Henry Dallman
- Liliane & Roger Himmel in appreciation of receiving an Aliyah
- Denis Kingberg in memory of his mother, Ruth Kingberg
- Sharon & Wayne Mills in memory of Sharon's father, Peter Baumgarten

### Barton and Marie-Claude White Operating Endowment

- Rabbi Eric Solomon in memory of his grandmother, Beatrice Solomon

### Biblical Garden Fund

- Lyn & Howard Satsky in memory of Sima Srebrenik, mother of Izzy Srebrenik
- Leona & Larry Fetter in memory of Larry's mother, Goldie Fetter
- Leona & Larry Fetter in memory of Larry's father, Simon Fetter
- Lyn and Howard Satsky in memory of Edythe Baer, mother of Richard Baer

### Bidwell-Mandel Endowment

- Barbara & Jeff Margolis in appreciation of Allison & Scott Checkoway
- Barbara & Jeff Margolis wishing a speedy recovery to Fern Kaufman
- Barbara & Jeff Margolis in recognition of Dr. Robin Buchholz being recognized as a noted Dermatologist in NY
- Barbara & Jeff Margolis wishing a speedy recovery to Harriet Rosenthal
- Betty Mandel & Ron Bidwell in memory of Betty's mother, Gertrude Mandel
- Barbara & Jeffrey Margolis in memory of Edythe Baer, mother of Richard Baer

### Building Fund

- Susan and Louis Reich wishing a speedy recovery to Karen and Norman Rabins

### General Fund

- Linda Maltzman & Family in memory of Sima Srebrenik, mother of Izzy Srebrenik
- Ginny & David Dropkin in memory of Sima Srebrenik, mother of Izzy Srebrenik
- Charlotte & Barbara Litwack in honor of Anne & Harry Shearer on their 70th wedding anniversary
- Sharon & Wayne Mills in memory of Naomi Kaplan, mother of Rich Kaplan
- Alan Aarons in memory of his father, Hillel Aarons
- Judy & Jerry Katzin in memory of Edythe Baer, mother of Richard Baer
- Judy & Jerry Katzin in memory of Hyman Comen, father of Jim Comen

### Hesed Fund

- Dan Dembow in honor of Cathy Kaplan for repairing his tallis
- Sharon & Shalom Rokach in memory of Belle Robinson, mother of Marc Robinson
- Cathy & Rich Kaplan in honor of Charlotte Sellinger
- Dan Dembow in memory of his father, Paul Dembow
- Dan Dembow in memory of Naomi Kaplan, mother of Rich Kaplan
- Randi & Steve Dmiszewicki in memory of Steve's mother, Fay Dmiszewicki
- Cathy and Rich Kaplan in honor of Elizabeth Portnoy for her help and support with *shivah minyanim*
- Sharon & Wayne Mills in honor of Mae Berman for her special birthday
- Sharon & Wayne Mills in memory of Wayne's father, Larry Mills
- Dan Dembow in memory of his mother, Rose Dembow

### Jeanne LaBorwitt Library Endowment

- Claudia Fuerst in memory of her mother, Sylvia Green Alperin

### Kiddush Fund

- Mike Wagner in memory of his father, Carl Wagner
- Yavneh: A Jewish Renewal Community in honor of Amy Rippis

### Leslie & Frances Pensler Religious School Endowment

- Frances Pensler in memory of her sister, Shirley Pizer Levine
- Frances Pensler in memory of her father, William Pizer
- Frances Pensler in memory of her husband, Dr. Leslie Pensler
- Frances Pensler in memory of her brother, Dr. Morton Pizer

### Library Fund

- Janis Zaremba in honor of Adele Feierstein
- David & Norma Zendels in memory of Naomi Kaplan, mother of Rich Kaplan
- Judi & Howard Margulies in memory of Barbara Baer
- Judi & Howard Margulies in memory of Shirley Szabo
- Judi & Howard Margulies in memory of Belle Robinson, mother of Marc Robinson and grandmother of Jessica Gorelick
- Judi & Howard Margulies in memory of Edythe Baer, mother of Richard Baer, grandmother of Dr. Gerri Baer and Elliot Baer
- Judi & Howard Margulies in honor of Michele Horwitz
- Judi & Howard Margulies in honor of Casey Margulies for his graduation from Beth Meyer Preschool
- Judi & Howard Margulies in honor of Harris Green for her High School graduation
- Lois & Harold Rabinowitz in memory of Harold's mother, Jeanette Rabinowitz
- Lois & Harold Rabinowitz in memory of Lois's mother, Betty Pekarsky

### Mikveh Fund

- May & Michael Markoff in honor of Kelley McCord

**Fund Donations—continued****Preschool Fund**

- Alan & Donna Isaacs in memory of Donna's father, David Mytelka
- Jennifer Fishman in honor of Elon Greenberg
- Jill Grifenhagen in honor of Meagan Rubino

**Rabbi Eric's Discretionary Fund**

- Stuart Schwartz in memory of his father, Martin Schwartz
- Alan Blumberg in honor of Rabbi Eric Solomon
- Patricia Berger in memory of Mary Golden, mother of Leo Berger
- Robert Dickman in memory of his mother, Lillian Dickman
- Seth A. Effron in memory of his father, Marshall R. Effron
- Lynn Rieger in memory of her husband, Elliot Rieger
- Cathy and Rich Kaplan in honor of Rabbi Eric Solomon for his help and support with *shivah minyanim*
- Michael & Guiliana Gage in memory of Michael's mother, Nettie Gage
- Charles & Debrah Barish
- Ronni & Marvin Marblestone in honor of Rabbi Eric Solomon for prayer & hospital visit for Gary Kindler's recovery
- Pat Berger in memory of her grandmother, Fannie Fish
- Steve Hammel in memory of his brother, Lee M. Hammel
- Joan Sachs in memory of her mother, Miriam Hartz

**Rabbi Jenny's Discretionary Fund**

- Seth A. Effron in memory of his father, Marshall R. Effron
- Michael and Guiliana Gage in memory of Naomi Kaplan, mother of Rich Kaplan

**Religious School Director's Discretionary Fund**

- Michael & Guiliana Gage in honor of Allison & Scott Checkoway

**Religious School Fund**

- Barbara & Mitchell Freedman in honor of Norma & David Zendels
- Caden, Michele & Michael Bailey in honor of the 5th grade Religious School Teachers
- Barbara & Jeff Margolis in memory of Barbara's sister, Marilyn Lois Buchholz
- Rivka From in memory of her mother, Charlotte N. Moskow
- Rivka From in memory of Pearl Cooper, mother of Sharman Leinwand
- Sharon & Wayne Mills in honor of Campbell Cadman on becoming a Bat Mitzvah
- Sharon & Wayne Mills in honor of Noah Gartenberg on becoming a Bar Mitzvah
- Sharon & Wayne Mills in honor of Lila Stollwerk on becoming a Bat Mitzvah
- Marc Hirschenson & Joanne Intile in memory of Joanne's father and Nathan's grandfather, John Intile

**Social Action Fund**

- Mimi Friedman in honor of David & Norma Zendels
- Betty Mandel & Ron Bidwell in honor of Norma & David Zendels, June's Menschen of the month
- Ellen Adelman in honor of Norma & David Zendels, June's Menschen of the month

**The Honey & Perry Levine Memorial Fund for Senior Programs**

- Arlene Kanner in memory of her mother, Frances Goldberg
- Marilyn Okrent in memory of her mother, Frances Goldberg
- Debbie & Brian Orol in memory of Belle Robinson, mother of Marc Robinson
- Greta and Saul Schiffman in memory of Naomi Kaplan, mother of Rich Kaplan
- Harriet Schwartz in memory of her mother-in-law, Yetta Schwartz
- Harriet Schwartz in memory of her father-in-law, Sam Schwartz

**Youth Programs Fund**

- Janis Zaremba in memory of Naomi Kaplan, mother of Rich Kaplan

**5th annual Handmade Hanukkah Market**

at Temple Beth Or  
Sunday, December 2nd  
10am—3pm



Back by popular demand, Temple Beth Or is excited to announce the 5th annual Handmade Hanukkah Market which provides an opportunity to showcase the talent of artists in our Jewish community.

The criteria for participating is that the art is *original and handmade* and all participating artisans are Jewish. All artists are asked to donate 20% of their net profits to TBO to help defray the costs of the event.

If you are interested in participating in this year's Market, please visit [hanukkahmarket.com](http://hanukkahmarket.com) or email [executivedirector@tboraleigh.org](mailto:executivedirector@tboraleigh.org).

All applications (including sample photos of the art) must be returned by Friday, Sept. 7th at 6pm.

**Yahrzeits—continued**

1-Aug William Najar  
 2-Aug Samuel Goldwasser  
 3-Aug Alma Jagoda  
 Herman Rothspan  
 4-Aug Joseph Gallo  
 Adam Kreiger  
 Pauline Langelier  
 Yale Lubkin  
 Robert Siegel  
 Rayford Smith  
 5-Aug Mildred Segal  
 6-Aug Eleanor Berger  
 Henry Dallman  
 Richard Peller  
 Irving Schiffman  
 7-Aug Libbie Fischman  
 8-Aug Ben Fox  
 9-Aug Joseph Grunwald  
 11-Aug Solomon Perez  
 Harold Rothman  
 Maier Salamon  
 Hilda Shayew  
 12-Aug Ethel Kushner  
 Anna Rosenstock  
 Elizabeth Kaufman Seitz  
 13-Aug Samuel Herman Fox  
 Peter Gloeggler  
 Franz Reich  
 14-Aug Claude Campeau  
 Frances Cohen  
 15-Aug Jeanne LaBorwitt  
 Maurice Shiffer  
 16-Aug Jeffrey Sherman  
 17-Aug Roslyn Blumberg  
 18-Aug Murray Fein  
 Jenna Frydman  
 Beatrice Solomon  
 19-Aug Jeremy Rokach  
 Rose Sands  
 21-Aug Nathan Goldberg  
 Karl Kelner  
 Sarah Louise Rosenbloom  
 22-Aug Morrie Engel  
 Morris Glass  
 Lenore Reinhard  
 Ellin Schott  
 23-Aug Frances Pascher Kanof  
 Saul Klaff  
 Marsha Kranz  
 24-Aug Sidney Davis  
 25-Aug Dorothy Glass  
 Gertrude Mandel  
 26-Aug Sarah Isaacs  
 Cecile Tosky  
 27-Aug Louise Kaplan  
 29-Aug Bill Diehl  
 Lena Strum  
 30-Aug Irving Fox  
 Frances Smith  
 Ben W. Whiteman  
 31-Aug Phyllis Musnitsky

**Birthdays**

1-Aug Lisa Tannenbaum  
 2-Aug Charles Shapiro  
 3-Aug Melissa Davidson  
 Gerald Elkan  
 Nancy Schechter  
 5-Aug Alexandra Gruber

**Birthdays—continued**

5-Aug Lisa Rosenberg  
 6-Aug Bobby Kadis  
 Susanne Lury  
 Brittany Pais  
 8-Aug David Dickman  
 9-Aug Irene Silverstein  
 Shelley Weiner  
 10-Aug Michael Bekerman  
 Howard Gotshalk  
 Eric Lamb  
 May Markoff  
 Zakai Segal  
 Billie Skolnick  
 12-Aug Kenneth Kargman  
 Kamien Leslie  
 13-Aug Elaine Schlesinger Glass  
 James Hayward  
 Fred Kelner  
 Dorothy Leiderman  
 Sheldon Mazursky  
 Sondra Panico  
 Gregory Tayrose  
 14-Aug Dena Rosenberg  
 Sue Suls  
 15-Aug Martin Kaplan  
 Charlotte Litwack  
 16-Aug Matthew Markoff  
 Barbara Salez  
 17-Aug Paul Cohen  
 Hirsch Fishman  
 Randi Jones  
 Michelle Speakmaster  
 19-Aug Karen Rabas  
 20-Aug Rose Dowin  
 Melvyn Kosmin  
 Deborah Rosenzweig  
 Danielle Shuirman  
 21-Aug Craig Becher  
 Glen Caplan  
 Stanley Gantman  
 22-Aug Andrew Pais  
 Susan Srebrenik  
 23-Aug Maureen Aarons  
 Allison Gaynor  
 Harry Perlstadt  
 Kimberly Sellinger  
 24-Aug Julia Fligman  
 Martin Gabel  
 25-Aug Diana Graham  
 Roger Himmel  
 26-Aug Alisha Rogers  
 Shawn Sager  
 27-Aug Virginie Rumsch  
 Sara Schweiger  
 28-Aug Brandi Neuwirth  
 Susan Rubin  
 Corey Skolnick  
 David Zendels  
 29-Aug Maria Bleier  
 Lawrence Goldberg  
 Jerry Kushner  
 Michael Wagner  
 30-Aug Julie Woodward-Gross  
 31-Aug Leah Gardner  
 Eugene Hirsch  
 Arlen Schweiger  
 Philip Weinstein

**Anniversaries**

2-Aug Noah & Melissa Abrams  
 Martin & Bette Gabel  
 Hunter & Kimberly Sellinger  
 4-Aug Harry & Tari Perlstadt  
 9-Aug Martin & Adele Kaplan  
 John & Kim Kotzker  
 11-Aug Randy & Orna Drawas  
 Andrew & Eileen Shulman  
 12-Aug Alan & Maureen Aarons  
 Philip Stein & Heidi Natan  
 13-Aug Charles & Debrah Barish  
 Craig & Anna Meddin  
 14-Aug Roger & Liliane Himmel  
 Roger Lang & Elizabeth Gordon  
 Mark Wiener & Suzanne Zorn  
 15-Aug Burton & Michele Horwitz  
 16-Aug Daniel & Shannon Becker  
 Samuel & Carol Goldfarb  
 Michael & Natalie Guld  
 17-Aug Janet Fox-Kreielsheimer  
 18-Aug Irwin & Susan Shiffer  
 20-Aug Emily & James Frazier  
 John & Janis Zaremba  
 22-Aug Israel & Susan Srebrenik  
 23-Aug Steven & Randi Dmiszewicki  
 Harvey & Lillian Smalheiser  
 24-Aug Glen & Jennifer Caplan  
 25-Aug Alec & Harriet Jablonover  
 Robert & Karen Zobel  
 26-Aug Ido & Keren Ben Moshe  
 27-Aug Gene & Jackie Eisen  
 Lawrence Katzin & Linda Scher  
 28-Aug Randi & Douglas Jones  
 Michael & Patricia Siegel  
 Logan Smith & Moran Aframian  
 29-Aug Michael & Janie Kurlanzik  
 Stuart Levin & Sondra Panico  
 30-Aug Don & Susan Sugar  
 David & Norma Zendels  
 31-Aug B. J. & Sheila Davis  
 Michael & Leslie Horwitz  
 Sibyl & Manuel Kleiner  
 Barry & Ricki Schwartz  
 David Sheinkopf & Shelley Weiner  
 David & Aimee Zaas

**Celebrate and Honor Family and Friends  
 with these Special Ideas**
**Tree of Life**

Beth Meyer Synagogue's Tree of Life has been designed to celebrate and honor friends, family, milestones, etc., as opposed to a memorial tree. Contributions will help support an endowment for education, established by Michele and Burton Horwitz and family, that will grow and bear fruit for generations to come.

Each brass leaf is available for a \$200 donation to the Burton and Michele Horwitz & Family Education Endowment at Beth Meyer Synagogue. Forms are in the lobby and on the Beth Meyer website:

## Social Action Committee—Deborah Goldstein

He has told you, O man, what is good. And what it is the Lord requires of you:  
Only to do justice,  
And to love mercy,  
And to walk modestly with your God.  
Micah 6:8

In a free society, some are guilty, but all are responsible.  
Abraham Joshua Heschel

As we approach the *Yamim Noraim*, some numbers to think about:

### Food Insecurity:

1. There are approximately 131,70 people in Wake County alone who are categorized as food insecure. This represents about 13.5% of all Wake Country residents.
2. There are 44,300 children in Wake County listed as food insecure. This represents 33.6% of all children under the age of 18.
3. One in four children in North Carolina is food insecure.
4. 81% of households in North Carolina receiving food assistance don't know where their next meal is coming from.
5. 36% of food pantries in North Carolina have to turn people away due to their own stock shortages.



### Homelessness:

1. More than 4,000 people in Wake County are homeless.
2. 2,736 Wake County Public School students are homeless.
3. 1 in 30 children experiences homelessness.
4. Homeless children get sick four times as much as other children.
5. 83 percent of homeless children are exposed to violence.
6. 62,295 local neighbors live in poverty-more and more are families.

### Domestic violence:

1. 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner.
2. On a typical day, domestic abuse hotlines receive approximately 21,000 calls, approximately 15 calls every minute.
3. Intimate partner violence accounts for 15% of all violent crime.
4. 72% of all murder-suicides involve domestic partners, 94% of the victims of these crimes are female.

### LGBTQ Youth:

1. 10% were threatened or injured with a weapon on school property; 34% were bullied on school property.
2. 28% were bullied electronically.
3. 23% had experienced dating violence.
4. They are twice as likely to be homeless.
5. They experience twice the rate of early death.
6. They are more than 8 times more likely to have attempted suicide.

Join the Social Action Committee mailing list: [bmssocialaction@gmail.com](mailto:bmssocialaction@gmail.com)  
Like the Social Action Committee Facebook page

But *teshuvah*, and *tefillah* and *tzedakah* avert the severe decree.  
Unetaneh Tokef

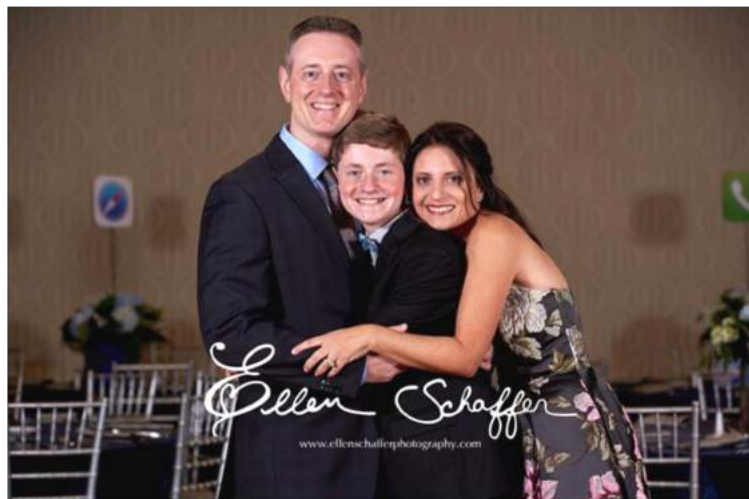
## Guest Message—continued from page 1

When we use that word, and variations of it, we are almost always talking about communal events. A *simhah* is a community celebration. We greet each other during holidays by saying "*hag sameah*."

Rabbi Jonathan Sacks tells us "Joy is a social emotion. It is the exhilaration we feel when we merge with others." Community is the difference between happiness and joy. And the community that joined together to celebrate these new rabbis and cantors was a community filled to the brim with joy.

Gratitude and joy.

\*Rabbi Jama Purser now serves as Rabbi of Beth Israel Synagogue in Roanoke, VA. Rabbi Eric Solomon will preside over her installation in November.



B'nai Mitzvah · Weddings · Corporate Events  
 Celebration of Life · Milestone Birthdays  
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# August 2018 Beth Meyer Synagogue

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 29 <i>Minyan 9:00a</i>	July 30	July 31	1  <i>Minyan 7:00p</i>	2	3  Candle lighting 7:58p <i>Shabbat Service</i> 8:00p	4  <i>Shabbat Service</i> 9:30a  <i>Havdalah 8:57p</i>
5  <i>Minyan 9:00a</i>	6	7	8  <i>Minyan 7:00p</i>	9	10  Candle lighting 7:51p <i>Shabbat Service</i> 8:00p	11  <i>Shabbat Service</i> 9:30a  <i>Havdalah 8:50p</i>
12  <i>Minyan 9:00a</i>	13	14  Dementia Caregiver's Support Group 7:00p	15  <i>Minyan 7:00p</i>	16	<b>17</b>  Candle lighting 7:43p <i>Shabbat Service</i> 8:00p	18  <i>Shabbat Service</i> 9:30a  <b>Chase Brautman Bar Mitzvah</b>  <i>Havdalah 8:41p</i>
19  <i>Minyan 9:00a</i>  BMS Summer Schmooze @ JCC 10:00a- 12:00p  Prepare Your Heart for the HHD 7:00p	<b>20</b>	21	22  <i>Minyan 7:00p</i>	23	24  Candle lighting 7:34p <i>Shabbat Service</i> 8:00p	25  <i>Shabbat Service</i> 9:30a  <b>Asher Cohen Bar Mitzvah</b>  <i>Havdalah 8:32p</i>
26  <i>Minyan 9:00a</i>  RS Open House 10:00a—noon  Challah-Baking Workshop 1:00p  Prepare Your Heart 7:00p	27	28	29  <i>Minyan 7:00p</i>	30	31  Candle lighting 7:24p <i>Shabbat Service</i> 8:00p	Sept 1  <i>Shabbat Service</i> 9:30a  <i>Havdalah 8:23p</i>



***Beth Meyer Synagogue***

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*School: 919-848-8111*

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*“The world rests on three things: Torah, Prayer, and Acts of Lovingkindness.”  
- Pirkei Avot*

Beth Meyer Synagogue is a holy community rooted in these sacred principles---

- *Torah*: We study the *Torah* to refine our souls and become more moral human beings.
- *Avodah*: We pray with heartfelt intention and seek ever greater ways to connect with God.
- *Gemilut Hasadim*: We care for each other in times of need and celebrate with each other in times of joy. We act to make the world a better place---here in Raleigh, in America, in Israel, and throughout the world.

