



Shabbat Announcements

Rosh Hashana

September 19, 2020 1 Tishrei, 5781

To contact the clergy or office staff, please do so using the following information.

Rabbi Polakoff: dpolakoff@gns.org/516.637.3674
Rabbi Lichter: ilichter@gns.org/516.859.5123
Chazzan Spinner: yspinner@gns.org/732.991.6606
Mark Twersky: mtwersky@gns.org/516.527.9076
Jim Frisch: jfrisch@gns.org/516.840.5202

CLASS/EVENT SCHEDULE

Shacharit M-F 7:45 am/Sunday 8:30 am; Selichot 7:20 pm
 Mincha/Maariv this week 6:40 pm

Monday - Thursday

9:00 am: Kollel Scholars' Class

Tuesday

7:45 pm: Yomim Noraim Webinar Series with Dr. Erica Brown

Thursday

8:00 pm: Unmasking the Machzor Webinar

MAZAL TOVS & COMMUNITY NEWS

Mazal Tov to **Sylvia & Norman Fisher** on the Bar Mitzvah of their grandson **Sammy Fisher**, son of **Rachel Mesch and Eric Fisher**.

Mazal Tov to **Ilene & Gary Knobel** on the marriage of his son **Laurence Knobel** to **Robyn Herman**.

GNS PASS IT FORWARD

Volunteer DRIVERS needed for contactless pick-up and delivery of food to the elderly and families in need on **TUESDAY SEPTEMBER 15th at 12 noon**, leaving from GNS. Contact koshercookinggn@gmail.com to volunteer.

GNS YOM KIPPUR APPEAL

The Yom Kippur Appeal is the shul's largest and most important fundraiser – and 100% membership participation is critical – especially this year. Please respond generously to the appeal to show your strong support. Thank you!

CHANUKAH SCOPE DEADLINE AND SPONSORSHIP

Please submit all SCOPE magazine articles, recipes, photos, ads, sponsorships and any other material by Monday, October 19th to Diane Rein at drein@verizon.net. Please share photos and captions of GNS smachot (weddings, bar/bat mitzvahs, bris, etc.) that took place over the past few months during COVID-19 so we can make a collage for the Chanukah issue. Thank you very much to our SCOPE sponsors (we have about 80!) for their strong support by sponsoring 3 issues (Rosh Hashanah, Chanukah and Pesach) for a total cost of \$100 for the year. We strongly encourage others who are not currently SCOPE sponsors to have their names added. You can dedicate the sponsorship in honor or in memory of a loved one. Thank you!

CONDOLENCES TO

Rabbi Dale (& Ellen) Polakoff on the passing of his beloved mother, Arline Rosenzweig z"l.

Arthur (& Sue) Talansky on the passing of his beloved mother, Irene Talansky z"l.

Y A H R T Z E I T S

Monday, 25 Elul

Ellen Siegel for Stacey Crair
 Edith Lubin for Reuben Feigenbaum
 Trudy Jettelson for Dorothy Kaplan
 Galina Weiss for Shara Lebovich

Tuesday, 26 Elul

Hal Beretz for Leo Beretz
 Allan Beyda for Joshua Beyda
 Jerrald Weinstein for Regina Kloogman

Wednesday, 27 Elul

Payman Rabiei for Efraim Mashala ben Rabie
 Celia Lemonik for Rosalie Dornier
 Stanley Dacher for Shirley Fox
 Lauren Hyman for Arnold Glatt
 Hindi Lunzer for Selma Mermelstein
 Robert Spitalnick for Eva Spitalnick

Thursday, 27 Elul

Ron Malen for Schmu'el ben Pesachya
 Daniel Soleimani for Edward Soleimani

Friday, 29 Elul

Susan Mayer for Frieda Abramson
 Zachary Dicker for Mintza Dicker
 Edward Parver for Harry Parver

Saturday, 1 Tishrei

Charles Berger for Ellen Berger
 Abraham Glasman for Arthur Glasman
 Chava Shalmon for Abraham Grinszpan
 Bijan Niknam for Avraham Rouhallah Niknam
 Robert Spitalnick for Eliyahu Shpitalnick
 Robert Spitalnick for Sora Shpitalnick

Sunday, 2 Tishrei

Vicki Maher for Herschel Brzezinski

Monday, 3 Tishrei

Leon Fuks for Sarah Fuks
 Hillel Milun for Lynne Milun
 Charlene Milun for Lynne Milun
 Hadassah Wachstock for Lazar Wachstock

RABBI SACKS ON THE PARSHA

There are banks and accountants to tell us how to invest our money. Judaism tells us how to invest our time. That, according to the Rambam, Maimonides, is what Rosh Hashanah is about. The shofar, he says, is God's wake-up call. Without it, we can sleepwalk through life, wasting time on things that are urgent but not important, or that promise happiness but fail to deliver it. Rosh Hashanah and Yom Kippur are festivals that ask us how we have lived thus far.

Have we drifted? Have we been travelling to the wrong destination? Does the way we live give us a sense of purpose, meaning and fulfilment? Judaism is the satellite navigation system of the soul, and Rosh Hashanah is the day we stop and see whether we need to change direction. Time is short. Down here on earth we only have one life to live; and unlike money, time lost can never be regained. Judaism is the world's oldest and most elaborately refined time management system, designed to ensure that we live for the things that matter, that bring meaning and value and joy.

RABBI JONATHAN SACKS ON ROSH HASHANA

Here are some life-changing principles I have learned from our faith, offered in the hope that they may help you as you reflect on the year that has passed and the one that is to come:

(1) Give thanks. Praying, we give thanks to God for all we have, and for life itself. This may sound simple but it is life-transforming. It makes us notice what otherwise we would merely take for granted. It helps us see that we are surrounded by blessings. We are here, we are free, we have family, we have friends, we have opportunities our parents did not have, and our grandparents could not even imagine. Yes, we have problems, fears, pains; but they can wait until we have finished giving thanks; and once we have given thanks, our problems seem a little smaller and we feel a little stronger. There is medical evidence that people who have an attitude of gratitude live longer and develop stronger immunities to illness. Be that as it may, the psychological evidence is incontrovertible: giving thanks brings happiness even in hard times.

(2) Give your children values, not presents. Presents give delight for a day, values bring happiness for a lifetime. Give your children materialistic values and you will spoil them forever; nor will they thank you for it in later life. Give them ideals, teach them to love, respect, admire, train them to take responsibility and to give to others. Help them be at home in Jewish life and let them give you Jewish pride, and they will grow in stature until they walk tall, proud of what they are and thankful for what you helped them become.

(3) Be a lifelong learner. Learning Torah will exercise your mind and keep it young. It will stretch your soul and give it strength. Virtually all the classic texts of Judaism are today available in English translation. Better still, learn be'chavruta, 'with a friend', so that you can each be the other's personal trainer, helping one another to spiritual health. Even better than that, learn with your children. Daven with them. Send them to a Jewish school and let them teach you things you did not know. Help them to climb higher up the Jewish ladder than you did. That is parenthood, Jewish-style, and it is one of Judaism's most glorious insights.

(4) Never compromise your Judaism in public. If you want your children to stay Jewish, be consistent. Don't keep kosher at home but not outside. Don't have a simcha in shul and then a non-kosher function elsewhere. That gives children a mixed message, and children respond to mixed messages by concluding that you cannot be that serious about Judaism, so why should they? Consistency matters not just within the family but way beyond. Non-Jews respect Jews who respect Judaism. Non-Jews are embarrassed by Jews who are embarrassed by Judaism. Those who make sacrifices for their faith usually succeed in passing it on to their children; those who don't, often don't.

(5) Forgive. Emotional energy is too precious to waste on negative emotions. Resentment, grievance and hate have no part in the inner life of a Jew. In chapter 19 of Vayikra, the Torah says, "Don't hate your brother (or sister) in your heart". Don't take vengeance. Don't bear a grudge. Those who forgive travel more lightly through life, freed of the burden of feelings that do no one any good.

(6) Don't speak lashon hara. The Talmudic Sages define lashon hara, 'evil speech', as saying negative things about other people even if they are true. They were harsh about it, regarding it as one of the worst interpersonal sins. Those who speak badly about others poison the atmosphere in families and communities. They undermine relationships and do great harm. They say, "But it's true," forgetting that lashon hara only applies to truth. If an allegation is false it is called motzi shem

ra ('spreading a bad name') and is a different kind of sin. They say, "But it's only words", forgetting that in Judaism words are holy, never to be taken lightly. See the good in people – and if you see the bad, be silent. No one whose respect matters, respects those who speak badly of others.

(7) Keep Shabbat. If Shabbat had not been created, someone would have made a fortune discovering and marketing it. Here is a one-day miracle vacation that has the power to strengthen a marriage, celebrate family, make you part of a community, rejoice in what you have rather than worrying about what you don't yet have, relieve you from the tyranny of smartphones, texts and 24/7 availability, reduce stress, banish the pressures of work and consumerism, and renew your appetite for life. It is supplied with wine, good food, fine words, great songs and lovely rituals. You don't need to catch a plane or book in advance. It's a gift from God via Moshe, and for more than 3,000 years it has been the Jewish private island of happiness. To get there all you need is self-control, the ability to say 'no' to work, shopping, cars, televisions and phones. But then, everything worth having needs self-control.

(8) Volunteer. Give of your time to others. There is no greater cure for depression than to bring happiness into the lives of others. Visit the sick. Invite someone lonely to your Shabbat or Yom Tov meal. Share your skills with someone who needs to acquire them. Join one of the many outstanding organizations in our community. Hebrew has a beautiful word for such acts: 'chessed', meaning love-as-deed, love-as-kindness. The great Jewish psychotherapist Viktor Frankl used to say, "The door to happiness opens outward," meaning that feeling low often comes from feeling alone. Bring the gift of your presence to someone else, and you will no longer feel alone.

(9) Create moments of joy. It can be as simple as a walk on a spring day or watching an internet video of an old song that brings back warm memories, or paying someone an unanticipated compliment, or giving someone a spur-of-the-moment gift. There is a place in Judaism for osher/ashrei, "happiness," but the key positive emotion in the Torah and the Book of Psalms is simcha, "joy." Ivdo et Hashem besimcha... serve God with joy. Happiness often depends on external circumstances but you can experience joy even in tough times. Like sunshine piercing the clouds, joy liberates the spirit and breaks the hold of sadness. Let yourself, in Wordsworth's words, be "surprised by joy." Joy means opening your soul to the radiance of life, refusing to let age or time dull your sense of wonder.

(10) Love. Judaism was the world's first, and is still the greatest, religion of love. Love God with all your heart, soul and might. Love your neighbor as yourself. Love the stranger, for you were once strangers. Love is the alchemy that turns life from base metal to gold; that etches our days with the radiance of the Shechinah, the Divine presence. True happiness, whether in marriage or parenthood, friendship or career, is always the product of love. Where love is, there is God, for when we love others, God's love flows through us. To live you have to learn to love.

Do any of these things and slowly, gradually, you will begin to notice a change in your life. You will be less pressured, less anxious, less hurried and harried. You will find you have time for the things that are important but not urgent, which are what you most neglect now. The result will be more satisfaction, fulfillment, joy. Your relationships will be better, especially in the home. People will respect you more. You will feel yourself blessed. This may or may not add years to your life, but it will certainly add life to your years. You will then feel to the full extent what it is to be written into God's Book of Life.

Great Neck Synagogue
Yomim Noraim 5781
Webinar Series

**JOIN US FOR INSPIRING LIVE LECTURES
IN PREPARATION FOR THE
HIGH HOLIDAY SEASON**

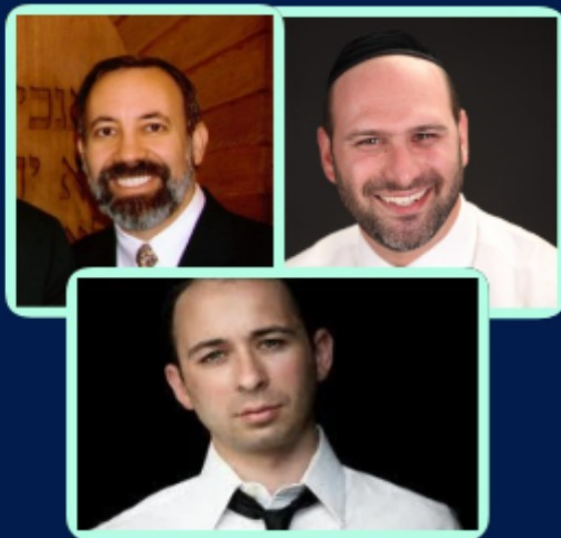


Dr. Erica Brown

Tues, Sept. 15th at 7:45 pm

**"Teshuvah,
Decision Making and
Managing Uncertainty"**

Rabbi Polakoff, Rabbi Lichter & Chazzan Spinner



Thurs, Sept. 17th at 8:00 pm

**"Unmasking the Machzor
& More..."**

**Detailed Review of the
changes for Rosh Hashana
this year at GNS**

LECTURES ON GNS ZOOM ID: 950 351 459 36

SELICHOT & ROSH HASHANA SCHEDULE

Monday, Sept. 14 - Thursday, Sept. 17 - Week of Selichot

Selichot: 7:20 am; Shacharit: 7:45 am

Mincha: 6:40 pm

Friday, Sept. 18 - Erev Rosh Hashana

Selichot: 6:45 am; Shacharit: 7:45 am

Candle Lighting: 6:39 pm; Mincha: 6:40 pm

Shabbat, Sept. 19 - Rosh Hashana I

Hashkama (Beit Midrash): 7:30 am

Outside Large Tent: 8:30 am

Outside Midsize Tents: 8:45 am

Main Sanctuary & Mender Auditorium: 9:00 am

Mincha: 6:35 pm followed by a shiur w/ Rabbi Lichter

Candle Lighting and preparations for 2nd day after: 7:37 pm

Sunday, Sept. 20 - Rosh Hashana II

Hashkama (Beit Midrash): 7:30 am

Outside Large Tent: 8:30 am

Outside Midsize Tents: 8:45 am

Main Sanctuary & Mender Auditorium: 9:00 am

We anticipate Shofar blowing taking place approximately 90 minutes after the start of each minyan.

Other communal locations for shofar include:

Kensington Area: 20 Beverly Road, home of Marcy & Daniel Aharon @ 6 pm

Baker Hill Area: 25 Wooleys Lane, home of Rabbi & Ellen Polakoff @ 6 pm

Strathmore Area: Strathmore Gazebo/Pond area @ 6 pm

Great Neck Estates area: 65 Bayview Ave., home of Jackie & Stanley Fischer @ 6 pm

Bullet Minyan: 4:00 pm; Shofar approx. 4:20 pm

Tashlich is customarily said today

Mincha: 6:35 pm followed by a shiur w/ Rabbi Lefkowitz

Yom Tov Ends: 7:36 pm

Monday, Sept. 21 - Tzom Gedaliah

Fast Begins: 5:20 am; Fast Ends: 7:27 pm

Selichot: 7:05 am; Shacharit: 7:45 am

Mincha: 6:30 pm

Tuesday, Sept. 22 - Friday, Sept. 25 - Aseret Yimei Teshuvah

Selichot: 7:05 am; Shacharit: 7:45 am

Mincha: 6:30 am



WANTED: VOLUNTEERS

COME VOLUNTEER FOR GNS PASS IT FORWARD!

We need drivers to volunteer for contactless pick-up
from GNS and delivery of food to the elderly
and families in need on

Tuesday, Sept. 15th at 12 noon

Drivers need to wear masks for pick-up and delivery
and will benefit from having someone accompany them.
Contact Cindy Hodkin at koshercookinggn@gmail.com to volunteer.

Additionally, since we are not accepting home-cooked food
this year, we are hoping you might donate funds to the
GNS Hunger Initiative.

Please include "Pass It Forward" in the memo line of your check
made out to Great Neck Synagogue.

Sisterhood is selling Rosh Hashana cards
10 for \$18 dollars.

These cards were designed by Celia Lemonik.
We have a limited supply so please order as
soon as possible.

Sisterhood is offering curbside pickup
at the home of Judy Lillien.

Please call Judy at 516.487.6845
Sisterhood will deliver to home bound only.

Thank you for supporting our Sisterhood.



Great Neck Synagogue
Chesed Collection

Rosh Hashanah
**HONEY &
POMEGRANATES**

Bring a Sweet New Year to many families
by donating honey and pomegranates
to be delivered to ONEG SHABBOS.

**PLEASE PACK HONEY & POMEGRANATES
IN SEPARATE BAGS AND DROP OFF IN THE BOX AT
SHARON GOLDWYN'S HOME, 9 LOCUST DRIVE
FROM SEPTEMBER 4TH - 14TH.
THANK YOU FOR HELPING WITH THIS SWEET MITZVAH!**

We miss
Kiddush
too!

Option # 1
Kiddush
To-Go
\$360 & Up

Option # 2
Kiddush
Shiur
\$360 & Up

INTRODUCING...

Great Neck Synagogue

KIDDUSH KITS



Option # 1:

**Sponsor selected food items prepared
for members to take home after shul**

Option # 2:

**Sponsor chulent, fruit & more...
for an outside and shady socially
distant kiddush shiur after davening**

Sponsor Shabbat Kiddush by contacting
Mark Twersky at mtwersky@gnS.org

Thursday Night
September 17th
Erev Rosh Hashana
Drive by... Pick up a Pie!

...and your
Rosh HaShana Package
Preschool crafts,
honey & Torah Tidbits
5:00-6:30 pm

To order your discounted pizza pies (\$10 per pie),
email GNSYouthDept@gmail.com

Maximum two pies per family. Deadline to order is
Tuesday, September 15th at 12:00pm



**LOOKING FORWARD TO
SEEING YOU!**

GREAT NECK SYNAGOGUE KOL NIDREI

FOOD DRIVE



JONAH GLASMAN'S BAR MITZVAH IS SEPTEMBER 26TH.

He is coordinating with the GNS Hunger Initiative to organize this year's Kol Nidrei Food Drive. This year's drive will be different than past drives as we are asking you to donate non-perishable food items and deliver them to his home, 2 Pond View Rd. Bags can be left at the front door on non-rainy days (Mon-Fri) during the month of September. Jonah will then deliver the food items to local pantries in deperate need of help. Please join him in doing a mitzvah to help those who are less fortunate.

If you prefer, donations can be made by making a check out to Great Neck Synagogue with Kol Nidrei Food Drive in the memo line. Funds will be passed along to the food pantries.

**DONATE THE
WHOLE MONTH
OF SEPTEMBER**

2 Pond View Rd

OR
MAKE CHECK OUT TO GNS
KOL NIDREI FOOD DRIVE