CONGREGATION BETH בית יהודה JUDEA

VOLUME 55 ISSUE 7 | August 2026 | AV - ELUL 5786

JOIN OUR CBJ FAMILY FOR
Shabbat Under the Stars

FRIDAY, AUGUST 28, 2026

at the JCC Elaine Frank Apachi Camp
23280 N. Old McHenry Rd - Lake Zurich, IL 60047

YOUNG FAMILY PROGRAM 5:30 PM
DINNER 6:00 PM
SERVICE 7:00 PM

COST: $22 pp (ages 10 and under - $15 pp)
see link in email to register

We will recognize the outstanding members of the following committees for their exceptional service and contributions for the future of Congregation Beth Judea:

Second Clergy Search Committee
Education Director Search Committee
Eit-Ratzon Committee

The Word

5304 RFD, Hilltop Rd. & Route 83
Long Grove, IL 60047
847-634-0777 www.bethjudea.org

USCJ

RABBI ZIMBALIST'S MESSAGE



Being Together is Sacred

I hope everyone is having a fun, restful, and meaningful summer! At Congregation Beth Judea, it has been an incredible time of transition. We have welcomed Rabbi Cowan and Melissa Mesa, both of whom dove in headfirst to their new roles and are already doing wonderful work. Their energy, commitment, and leadership have enriched our congregational family, and we look forward to all the Great Things that lie ahead.

Our recent meet-and-greet ice cream social and "Mozy into Ma'ariv" were both tremendous successes. These gatherings gave us meaningful opportunities to reconnect, welcome new faces, and strengthen the relationships that make our congregation so warm, caring, and special. Thank you to everyone who attended, volunteered, organized, and helped bring these events to fruition. Your participation is what transforms a program into a valued community experience.

Our congregation is not alone in experiencing transition. Jewish life itself is changing. The rise of antisemitism and growing contempt for the State of Israel have shaken the foundations of Jewish life around us. Many Jews feel increasingly vulnerable, uncertain, or isolated. Yet an eternal teaching from our Sages reminds us why we must remain grounded in faith, courageous in our pursuit of Jewish life, and steadfast in our commitment to building a more peaceful future.

Hillel teaches (Pirkei Avot 2:4), "Do not separate yourself from the community." This wisdom applies to every aspect of our lives, from our families and friendships to our workplaces, clubs, communal organizations, and synagogues. The value of the communities we build around us cannot be minimized or taken for granted. And in today's world, synagogue life holds unparalleled value and importance.

When the Jewish people gather together at a synagogue, we create a natural system of support, strength, and belonging. Among like-minded people, we feel physically and

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emotionally safer and more confident in expressing our Jewish identity and engaging in religious practice. We find comfort in shared traditions, strength within social connections, inspiration through prayer and learning, and resilience in knowing that we do not face life's challenges alone.

Our tradition calls upon us to act with compassion, pursue justice, preserve human dignity, and treat one another with respect. It also teaches that all Jews are responsible for one another. This sacred obligation asks more of us than simply belonging to a congregation. It calls us to participate, show up, care for one another, and ensure that no member of our community feels forgotten or alone.

We live in a world where it is increasingly understood that it is "okay not to be okay." That recognition allows us to be honest about our fears, struggles, and vulnerabilities. But it should also remind us that we need one another, quite possibility more than ever before. The Jewish people must continue to create more opportunities to stand with each other and gather together so that we remain committed to ideals greater than ourselves and confident to achieve everything we hope to accomplish in the future. We need this. And we need each other.

Great Things are happening at Congregation Beth Judea! Enjoy the remaining weeks of summer and I look forward to seeing you soon.

Rabbi Zimbalist

RABBI COWAN'S MESSAGE



זה הזמן זה היום זה הרגע
החופש קורא לי לצאת לחיים חדשים

This is the time, this is the day, this is the moment.

The freedom calls me to go out to a new life.

Despite my birthday being in the summer, it has never been my favorite season. I prefer the cold winters over the hot, humid summers any day (though I do not think I am sufficiently prepared for my first Chicago freeze). The summer is also doubly challenging as, because I have been a graduate student for the past 5 years, summers were when my schedule shifted from an organized class schedule to a season that can lack the order and structure of the school year.

However, summer also functions as a freedom of sorts – a liberation from the stress of classes, from the rigor of academia, and from the mundane repetition of the everyday/week. It is thus summertime that serves as the perfect opportunity for transitions – professionally (not just for the fiscal year!) and personally.

It is a time where we are invited to move away from what we are used to and to try something out for the first time. It is an opportunity to break away from our normal lives and do something different – a vacation, a hobby, develop a new skill. It is an opportunity to reevaluate, and to start over, to start something new.

In perhaps one of the greatest summer adventures I have ever embarked upon, I have found myself moving to Chicago suburbia. For the past 5 years I have been studying, learning, and experiencing what being a rabbi can look like, and this journey has brought me here, to Buffalo/Long Grove, to Beth Judea.

In embracing this freedom, this new journey of being a rabbi, no longer in the classroom, but now in the real world, the above lyrics of Yehuda Poliker's *Hatchala Chadasha* (A New Beginning) have been ringing in my ears. Now is the time, the day, the moment, to go out into the world for this new beginning, this new chapter in life. The freedom of summer, of a life after ordination calls me out to a new life beginning here at Beth Judea.

Thank you to everyone that has already welcomed me on this adventure, and if we have not yet had the chance to formally meet, I invite you to swing by my office whenever I'm in and I look forward to getting the chance to have you be a part of this beginning with me.

B'shalom,

Rabbi Micah Cowan

EDUCATION DIRECTOR'S MESSAGE



Shalom, Congregation Beth Judea!

My name is Melissa Mesa, and I am truly honored and excited to join Congregation Beth Judea as your new Education Director. From my very first conversations with the clergy, staff, and lay leaders, I could feel the warmth, dedication, and genuine sense of community that make Beth Judea so special. I am grateful for the opportunity to become part of this incredible congregation and look forward to getting to know each of you.

For more than twenty years, I have devoted my career to Jewish education, experiential learning, and community building. I've had the privilege of directing camps, leading educational programs, mentoring teachers, partnering with families, and creating spaces where children and teens feel seen, valued, and excited to explore their Jewish identities. Throughout my career, one belief has remained constant: the most meaningful Jewish learning happens through relationships. When children know they belong, when they feel connected to caring mentors and friends, and when Judaism is experienced with joy, curiosity, and purpose, it becomes something they carry with them for a lifetime.

That philosophy is deeply rooted in my own story. My husband, Daniel, and I met through USY, where lifelong friendships, and eventually our own family began. Together, we've had the privilege of watching our children find their own paths in Jewish life. Our son, Elan, served as Regional Godol of the Great Midwest Region (GMR) BBYO, and our daughter, Jordana is a member of the current Diller Teen Fellows cohort. Their experiences have reaffirmed something I have always believed: the relationships formed through Jewish communities have the power to shape lives, inspire leadership, and create a lasting sense of belonging. Those experiences continue to remind me why this work is not simply my profession; it is my passion.

As Education Director, I hope to help every learner discover that Judaism is vibrant, relevant, and deeply meaningful. I believe our religious school should be a place where children are excited to walk through the doors, where questions are encouraged, where

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EDUCATION DIRECTOR'S MESSAGE (CONT.)

traditions come alive, and where every family feels welcomed and connected. Whether through engaging classroom learning, holiday celebrations, family education, Tikkun Olam, music, or informal experiences, I hope we will create opportunities for every student to build knowledge, confidence, friendships, and a lifelong love of Jewish life.

None of this happens alone. Strong Jewish communities are built through partnership, and I look forward to working closely with our clergy, educators, parents, volunteers, and lay leaders. Together, we can continue to build an educational community that nurtures Jewish identity, inspires leadership, strengthens relationships, and helps every family feel that Beth Judea is truly their Jewish home.

Thank you for welcoming me into the Beth Judea family. I am excited to listen, learn, and grow alongside all of you. I can't wait to meet each of you and begin this journey together.

L'hitraot,

Melissa Mesa
Education Director



CBJ Youth Summer on the Road: Bringing a little bit of CBJ to Camp

One of the highlights of every summer is hitting the road to visit our Congregation Beth Judea campers at the Jewish camps they call home for a few weeks. This summer, the CBJ Youth Team had the privilege of visiting our campers at Camp Ramah Day Camp, Camp Apachi, Camp Chi, and Ramah Wisconsin, making sure that, together, we were able to connect with our youth wherever they were spending their summer.

As a team we visited Elaine Frank Apachi Day Camp, Ramah Day Camp, Ramah Wisconsin, and Camp Chi. We spent multiple days throughout the summer having an opportunity to visit campers across multiple camps, strengthen our connections with them, and remind them that their CBJ family is thinking of them all summer long.

At every camp, we also brought a little piece of Beth Judea with us. Each CBJ camper received a CBJ-branded squishy ball and a BJUSY stuffed elephant keychain—a small reminder that no matter where they were spending the summer, their synagogue community was cheering them on.

Our visit to **Apachi Day Camp** was a wonderful opportunity to spend the entire day in the Shabbat Tent, where campers from each unit rotated through to celebrate Shabbat throughout the day. It was a joy to reconnect with so many of our CBJ campers as they came through, singing, dancing, and celebrating together. We also had the opportunity to spend time with the Shinshinim, whose energy and love for Israel added so much to the day's experience. Watching our campers embrace the spirit of Shabbat with such enthusiasm was a beautiful reminder of the joy and community that Jewish camp creates.



At **Ramah Day Camp**, the ruach was contagious from the moment we arrived. Gathering under the tent for an energetic song session filled with music, spirit, and excitement was one of the highlights of the day. We even had the opportunity to jump into a fun reenactment of the week's Torah portion, bringing Jewish learning to life through creativity and laughter. Seeing our campers actively celebrating their Judaism with such pride and enthusiasm was truly inspiring.

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YOUTH DIRECTOR'S DIRECTOR'S MESSAGE (CONT.)

Our visit to **Camp Chi** gave us the chance to experience both the exciting future of the camp and the incredible leadership of our CBJ community. It was wonderful to tour the impressive new upgrades, including the beautiful new dining hall that will serve generations of campers to come. Even more meaningful was seeing so many of our CBJ teens thriving as both campers and staff members. Whether celebrating Israeli culture in the Israeli Village or taking part in fun evening programming like the camp-wide Among Us battles, it was clear that our teens are building leadership skills, lifelong friendships, and unforgettable Jewish memories.

Sara represented the team at **Ramah Wisconsin** this year, enjoying her first visit to that magical place. Sara had the opportunity to spend time with our campers there and represent the CBJ Youth Team. One of the highlights was seeing Sara participate in the all-USY Kiddush alongside Sam from CHUSY. It was a meaningful moment that highlighted the strong connections between USY communities and the larger Conservative Jewish movement while celebrating Shabbat together with teens from across the country.



Although each camp has its own traditions, personality, and unique culture, one thing remained the same everywhere we visited: the incredible pride our CBJ youth have in being part of the Jewish community. Watching our campers sing, dance, learn, lead, and simply enjoy being Jewish together fills us with tremendous gratitude and optimism for the future of our congregation.

Thank you to all of our families for entrusting us with your children and for making these camp experiences possible. It is always a privilege for the CBJ Youth Team to visit our campers, celebrate their accomplishments, and remind them that their Congregation Beth Judea family is never far away.



We can't wait to welcome everyone back this fall to hear the stories, learn the new songs, and continue building on the friendships and Jewish memories that began this summer. Until then, we hope everyone enjoys the rest of a wonderful summer, and we'll see you back at CBJ soon!

Marc Sender
Youth Director

Click here to check out the full photo album from our camp visits.

PRESIDENT'S MESSAGE



As the first month of the new fiscal year ends and I begin my second year as President of CBJ, I remain deeply grateful for this community. July marked an important moment in the life of our congregation, as we welcomed our new Assistant Rabbi Micah Cowan and new Education Director Melissa Mesa to the CBJ family. On behalf of our Board of Directors, I want to extend a warm welcome to both of them. We are thankful they have chosen to join our community, and we look forward to partnering with them as they build relationships, share their talents, and help shape the next chapter of our congregation.

Heading into August, the CBJ calendar begins to buzz with life once again as we return to regular programming, religious school, simchas, and the meaningful work that will lead us into the High Holy Days in mid-September.

Summer is always an opportunity to reflect on where we are and where we hope to go. Thanks to the dedication of our clergy, staff, volunteers, and congregants, CBJ remains a vibrant and financially stable congregation, strengthened by the people who give their time and generosity to our shared future.

At the same time, we recognize the challenges ahead. Like many congregations across North America, we must continue to attract and retain members, maintain a balanced budget, manage costs, and care for a building that has served us well for decades but still requires investment. Rising antisemitism and world events also remind us how important it is to strengthen our Jewish community while fostering meaningful relationships beyond our walls. These challenges require thoughtful planning, strong leadership, and a congregation willing to work together. With that in mind, I have established these priorities for my second year as President:

- **Welcome and support our new team:** Help Rabbi Cowan and Melissa Mesa settle into their roles, build relationships, and shape CBJ's next chapter.
- **Strengthen learning, membership, and engagement:** Support our religious school, expand meaningful programming, and continue our work to attract, retain, and engage congregants.
- **Plan responsibly for our future:** Maintain careful fiscal oversight, continue Campaign Eit-Ratzon toward its $2.5 million goal, and finalize a capital improvement plan to steward our building wisely.

As I say often, none of this work happens in isolation. It takes every volunteer, congregant, clergy, staff member, and family to make our synagogue the warm, compassionate home that it is. Thank you for your trust, partnership, and continued dedication to our community.

I hope to see you at Shabbat Under the Stars on August 28th, if not sooner.

With warmth and gratitude,

Rachel Jordan
President, Congregation Beth Judea

B'NEI MITZVAH BIO



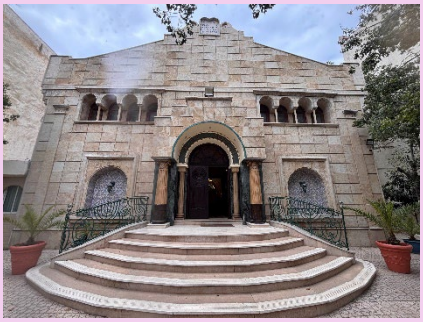
Eden Terem is excited to celebrate her Bat Mitzvah with her family, friends, teachers and congregation on Saturday, August 15th.

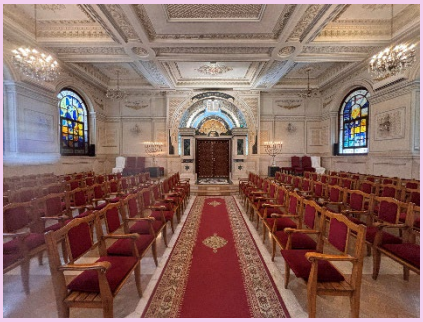
She is grateful for everyone's love and support as she reaches this important milestone. She is a rising 8th grader at Aptakisic Junior High School. Judaism, Israel and Hebrew are very important parts of her life. She is kind, thoughtful, and a great friend. She is very athletic and participates in baseball, softball, basketball, and agility training.

Synagogues Around the World

Have you visited and taken photos of synagogues on your travels? If so, we would love to feature them here in The Word. Please send your pictures to cbjoffice@bethjudea.org Subject line: shul pix.

Ron Friedman us to Casablanca, Morocco

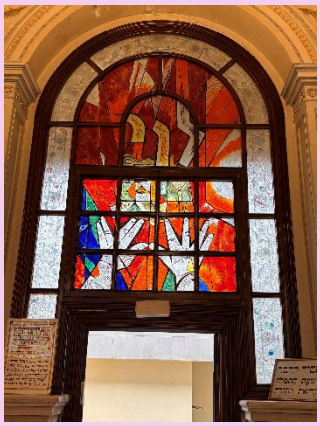






Beth-El Synagogue, the last remaining, functional synagogue in Casablanca serving the local Jewish community. In total, there are only about 3,000 Jews remaining in all of Morocco with the vast majority residing in the greater Casablanca area. This Orthodox synagogue was established in 1949 and refurbished in 1997.









MEN'S CLUB

Friendship – Judaism – Mentorship – Community

THANK YOU to the outgoing Men's Club Board: Louis Rabin, Alan Marcus, Ron Friedman, Sam Sussman, Seth Goldberg, Steve Frost, Ira Finn, Neil Jordan, Mark Sheft, Norm Kurtz, Orin Rotman, Andy Thomashow, and our past presidents, Alan Friedlander, Rob Lipka, Brandt Rosen, Evan Rumack, Jerry Sakol, Sandy Victor, Eric Yegelwel, and Ron Friedman.

WELCOME to the new board, which took office in July: Alan Friedlander, Seth Goldberg, Gary Ernsteen, Sandy Rusnak, Sam Sussman, Ira Finn, Mark Sheft, Neil Jordan, Joel Sandler, Larry Weindruch, Rob Levy, Norm Kurtz, and our past presidents, Lou Rabin, Rob Lipka, Brandt Rosen, Evan Rumack, Jerry Sakol, Sandy Victor, Eric Yegelwel, and Ron Friedman. Thank you for generously sharing your time and knowledge.

August is full of exciting Men's Club activities:

Sunday, August 2nd: Cheer on the **Men's Club Softball Team** in its final game before the postseason. The game begins at 11:30 a.m. at Techny Fields in Northbrook.

Monday, August 17th: **Next Men's Club Meeting** — All are invited.

Tuesday, August 18th: **Maot Chitim** will prepare thousands of meals in Deerfield for Jewish families across Chicago in honor of Rosh Hashanah.

We will assemble boxes ahead of Sunday's meal-packing event and need volunteers. This is a meaningful opportunity for Men's Club members, children, and grandchildren ages 12 and older.

Sunday, August 23rd: **30th Annual Dr. Jack Rizman Memorial Golf Outing** at Buffalo Grove Golf Club. Please consider supporting the event by sponsoring a hole for $150 or asking a local business to sponsor one. The link to sign up for golf, the banquet, and sponsorship is included in this month's Word.

Sunday, August 30th: All hands on deck for **Sukkah Building.**

In Brotherhood,

Alan Friedlander,
President, CBJ Men's Club

Hello fellow CBJers and welcome to my (Karen Sossin) first sisterhood word article!

I'm honored to have the privilege of being a Sisterhood co-president this year and am looking forward to a great year ahead! For those who don't know me, my husband Justin and I joined CBJ 3 years ago and have 2 kids, Maci in 5th grade, and Emmett in 2nd grade. You will often find me with a camera in hand at our yearly fundraisers and at mitzvahs around town.

Sisterhood had an amazing turnout for the instillation dinner at Lou Malnatis last month and we appreciate everyone who showed up or was there with us in spirit.

Upcoming events to note:

Our next CBJ Sisterhood bookclub discussion is August 25th; the book is Love Isn't One Size Fits All by Lindsey Gad (pen name Beth Alexander). Lindsey is a fellow congregant and this is her first book! It is a Zoom-only event.

If you want signed copies she will need to know how may ASAP please. If you want to order your own you can order online at Amazon or B&N. It is available for readers on Amazon.

I have read it and can vouch that it's a fun and fabulous read and I couldn't be more proud of Lindsey, Mazel Tov!

Another new event is Drop By Mahjong, hosted Wednesday mornings in July and August from 9-12 am in the social hall. Please contact Andrea Heiger for any questions: andreadheiger@gmail.com

Our sisterhood is always looking for new faces!! I joined 3 years ago upon joining the synagogue and have enjoyed so many fun events. Please consider finding me, whether at religious school pick up or via email (sossinkaren@gmail.com) to chat and get to know each other

Michele and I can't wait for the year ahead. We have a fabulous sisterhood board and we can't wait to make this year great.

Karen Sossin

Some Learning, a Story, and a Movie

By Leslie Abella

The Israel Affairs Committee will be hosting a watch party of the Israeli movie, Ushpizin – *Guests*, on Sunday, August 9 at 4:00 pm. It turns out that I have a great story related to this movie that I'd love to share.

Kabbalah (Jewish mysticism) teaches that whenever we sit down to a meal in the sukkah during the festival of Sukkot, we're joined by seven spiritual guests.* These honored guests are our forefathers Abraham, Isaac, Jacob, and King David, who are each mentioned by name in the Zohar, the primary text of Kabbalah. Later sources add Joseph, Moses, and Aaron to complete the group of seven *tzaddikim* (righteous individuals).

The word *ushpizin* (singular: *ushpiza*) means "guests" in Aramaic. This term is used instead of the Hebrew word *orchim* because the Zohar, the source of this mystical idea, was written primarily in Aramaic.

Just as you would serve food to physical guests, the Zohar teaches that we must "feed" the *ushpizin* by hosting the needy. Beyond those who lack food, you should also invite those who lack a sukkah and would otherwise not do this mitzvah.

When I was a junior in college, I spent the year abroad at Hebrew University in Jerusalem. There is an American man who lives there named Jeffrey Seidel. Picture a highly energic, quite short man in a suit, kippah, large round glasses, and his trademark saddle shoes. That's Jeff Seidel. Jeff Seidel made it his mission to ensure that American students in Israel had a place to go for a Shabbat or holiday dinner. Any Friday in the hours leading up to Shabbat, he could be found at the Kotel (Western Wall) plaza with a list of families who could take in guests, typically located in the Old City Jewish Quarter. My roommate, Kori, and I frequently walked down to the Old City from our campus on Mt. Scopus to see Jeff, regularly surrounded by a crowd of students doing the same, awaiting information on where to go. This was always an amazing opportunity to meet new people and to get a view inside these beautiful homes in such a historic and meaningful place. (Jeff is still in action, placing students and also arranging for shabbat BBQs for IDF soldiers across Israel!)

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ISRAEL AFFAIRS COMMITTEE (CONT.)

It was erev Sukkot when Kori and I walked to the Old City to get a place to go for a holiday meal in a sukkah. As always, Jeff was there with his list and gave us our family assignment. But when we knocked on the door of our assigned family, they told us that there was a hiccup in the planning and that they could not take any guests this time. Apparently, the message had not gotten through. Kori and I needed a new place to go, so we turned and walked back to the Kotel to find Jeff. By the time we got there, however, dusk had fallen and no one was at the Kotel. Jeff was nowhere to be found, having returned to his own home for his meal.

Kori and I were stuck in the Old City with no place to go and very empty stomachs. We decided to do what seemed perfectly normal and acceptable – we decided to go to a random door, knock, and see if we could come in. And that's exactly what happened.

The door we knocked on was answered by an American family, in Jerusalem just for the holiday. Could we be their guests by chance? We have no place to go. Of course, the answer was yes! We were invited in and made welcome by a couple with two young daughters. Kori and I absolutely enjoyed our meal, talking with the couple, and playing with the girls. And here, all these years later, I still think regularly about this adventure and how I got to experience this special magic that makes Israel so special.

When I was looking at movies we could show for an Israeli movie night, Ushpizi – *Guests* immediately caught my eye and captivated me. This was definitely the movie I wanted to present as the first Israeli movie sponsored by our renewed Israel Affairs Committee, which I am honored to chair. I also now realize that, to our hosts that year, Kori & I were the guests who lacked a sukkah and so allowed them to fulfill this the mitzvah described in the Zohar.

I hope everyone enjoys and finds meaning in their holidays ahead. I welcome everyone to join us for the movie showing and to enjoy some relaxation time together in advance of our high holy days.

See you on August 9th!

SISTERHOOD GIFT SHOP

The Sisterhood of Beth Judea proudly shares about our renowned Judaica Shop!



Our Gift Shop is open when Hebrew School is in session on Sundays from 9:00 a.m. – 12:00 p.m. and Tuesdays from 4:00 p.m. – 6:30 p.m. Please email giftshopcbj@gmail.com to schedule an appointment for a tallit.

Our Judaica Shop carries a wide variety of items and gifts with continually updated inventory. Come take a look.

Our extensive collection of tallitot, for both men and women, is a specialty we are known for in the Chicagoland area! We always have approximately 100 tallitot in stock…most of them made in Israel!



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Congregation Beth Judea Gift Shop

(Where shopping is a mitzvah)

20% OFF **ONE SINGLE ITEM OF $25 OR MORE**

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Expires December 31, 2026

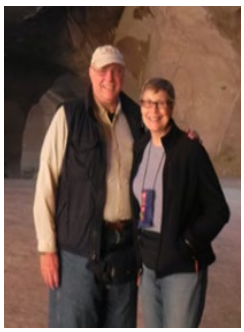
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LIFE IN ISRAEL THE GOODMANS' BLOG



Howie and Suzanne Goodman were valued members at Beth Judea until they decided to make aliyah in 2009. The Goodmans have agreed to provide us with a blog on their experiences as new olim in Israel. Though we continue to miss the Goodmans, we can all look forward to reading about their adventures in Israel through the blog.

To learn more about the Goodman's life in Israel *click here to share their experience.*

Tzedakah Fund

The Men's Club makes donations from the minyan tzedakah box to various organizations. Donations have been made to:

Renewal

(coordinates organ donations)

We thank all those who have contributed to the tzedakah fund administered by Men's Club.

BUSINESS DIRECTORY

CONGREGATION BETH בית יהודה JUDEA

Advertise your business in our new Business Directory section of The Word.



$120 for a year a one-year term

Submit your original or clearly scanned copy of your business card to the CBJ office (email to LNeiman@bethjudea.org).

Term can commence at any time. One-year term is 10 issues.

click here for full flyer and details

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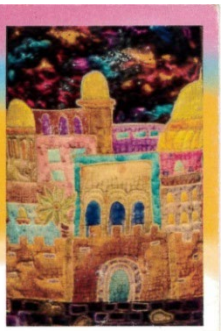
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847-528-2442

milestonemavens18@gmail.com

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AUGUST ANNIVERSARIES

We wish a very Happy Anniversary to the following members of our Beth Judea Family:

August 1	Alan & Danna Friedlander
	Edward & Rhonda Newman
	Matt & Erica Veronie
August 8	Morrie & Sherri Lieberman
	Steven & Staci Turofsky
August 10	Matthew & Effie Kudlowitz
	Evan & Merle Rumack
	Justin & Karen Sossin
	Sam & Gail Sussman
August 11	Jerry & Drora Patt
August 12	David & Rhonda Cohn
August 14	Laura & Michael Moran
	Ellyn & Layne Pollard
August 15	Harvey & Mary Brickman
	William & Judith Levitan
	Larry & Rhonda Wollheim
August 17	James Krevitt & Elizabeth Mills
	Kenneth & Beth Redfern
August 19	Steven & Wendy Frost
	Howard & Pamela Kaufman
August 20	Judith & Glenn Goldstein
	Hyman & Robin Riebman
August 21	Robert & Marcia Weissman
August 22	Joshua & Stefanie Ebner
August 24	Sanford & Vicki White
August 25	Neal & Marla Feld
	Norman & Joan Kurtz
	Burton & Nancy Litwin
August 26	Dan & Celia Geiger
August 27	Scott & Amy Bauer
	Mitchell & Ann Lerman
August 28	Steven Malkin & Pamela Weiner
August 29	Steven & Joanne Dicker
August 30	Jonathan & Marah Altenberg
	Stanley & Lauri Rosenbloom

NOTE: If your name is missing from the list please contact the synagogue so we can update your information in our files.

AUGUST ANNIVERSARIES

We wish a very Happy Anniversary to the following members of our Beth Judea Family:

August 31	Bruce & Charlene Entman
	Mark & Kristie Fingerhut
	Jared & Jimena Goldstine
	Jeff & Sarah Martin
	Scott & Ann Lesley Rosen
	Paul & Karen Saharack

NOTE: If your name is missing from the list please contact the synagogue so we can update your information in our files.

SEPTEMBER ANNIVERSARIES

We wish a very Happy Anniversary to the following members of our Beth Judea Family:

September 1 Robert & Linda Handler

September 2 Scott & Francine Eisner
Rachel & Neil Jordan
Steven & Roberta Leon

September 3 Samuel & Patricia Feldman
Ellen & Adam Lerner

September 4 Tanya Lubner-Brumer &
Edward Brumer

September 5 Jason & Melissa Allen
Stacey & Stephen Busch
Sarah & Daniel Channon
Ira & Michelle Finn
Michael & Audrey Friedland
Matt & Elana Schuman
Ira & Bonnie Sender

September 6 Meyer & Kathy Abarbanel
Gregory & Merle Kalisky
Jeff & Amy Taub

September 7 Marc & Debbie Posner
Neal & Stacey Resnik

September 9 Ronald Cushing & Amy Balson

September 13 Alan & Bobbi Goldenberg

September 14 Richard & Sandra Siegel
Mark & Nancy Zorfas

September 15 Jessica & Andrew Kim

September 16 Bruce & Kitty Hoffman
Mark & Susan Sheft
Richard Ward & Wendy Weinger

September 18 Gary & Liz Schachter

September 24 Buz & Joey Hoffman

September 28 Steven & Lisa Kaufman

NOTE: If your name is missing from the list please contact the synagogue so we can update your information in our files.

AUGUST BIRTHDAYS

We wish a very Happy Birthday to the following members of our Beth Judea Family:

August 4	Michele Sussman
August 5	Barry Goldrich
	Craig Levin
	Brandt Rosen
August 6	Richard Chappe
	Jordan Krugel
August 7	Stacey Busch
	Ashley Silver
August 8	Charlene Entman
	Bobbi Goldenberg
	Bruce Portnoy
August 9	Jeremy Thomashow
August 10	Linda Spitz
August 11	Martha Zarkowsky
August 12	Joshua Fain
	Nyssa Finn
	Jeremy Morgenstern
	Mitchell Polonsky
	Nate Solomon
August 13	Staci Levy
August 14	Donald Niven
	Sandy Victor
August 15	David Brody
August 16	Jonathan Kipnis
	Bruce Zarkowsky
August 17	Bruce Entman
August 18	Nancy Litwin
August 19	Stacy Brull
	Marcie Marcus
	Tatyana Pesin
	Heidi Robbins
	Carey Rosemarin
	Marcia Weissman
August 20	David Rebnord
August 21	Ken Brandt
	Lesley Elisco
	Ron Friedman
	Shira Sender
August 22	Robert Levy
	Morry Rizman
August 23	Tammy Zeff

NOTE: If your name is missing from the list please contact the synagogue so we can update your information in our files.

AUGUST BIRTHDAYS

We wish a very Happy Birthday to the following members of our Beth Judea Family:

August 24	Samuel Feldman
	Debbie Posner
August 25	Michael Chorpash
	Elana Feinsmith
	Jonathan Gerchikov
	Deborah Limer
August 26	Lindsey Schneider
August 27	Lori Finn
	Yafit Korman
	Sherie Zucker
August 28	Maynard Hirsch
August 29	Jim Duvel
	Jeff Kostis
	Joan Kurtz
	Risa Morgenstern
August 31	Paula Ham-Su
	Edward Newman

NOTE: If your name is missing from the list please contact the synagogue so we can update your information in our files.

SEPTEMBER BIRTHDAYS

We wish a very Happy Birthday to the following members of our Beth Judea Family:

September 1	Marla Brandt
	Ken Goldstein
	Cindy Levin
September 2	Fred Duboe
	Karri Spiegel
September 3	Sam Chiprin
September 4	Scott Bauer
	Jenna Guzaldo
	Adam Lerner
September 5	David Colen
	Lynn Freedman
	Michael Gluck
	Susan Shoffet
September 6	Richard Kavitt
September 7	Mark Fingerhut
September 8	Pamela Brown
	Sandra Levitt
September 10	Marshall Brownfield
	Jared Goldstine
	Kim Mann
	Scott Rosen
September 11	Lisa Neiman
September 12	Rachael Gluck
September 13	Randy Haberman
September 14	Kathleen Kanter
September 15	Dan Geiger
	Arnold Munson
	Alan Spiegel
September 16	Rana Dragon
	Marvin Feinberg
	Susan Katz
September 18	Neal Feld
	Wesley Conger
September 19	Myra Borkan
	Stan Zoller
September 20	Rick Herstein
	Sharee Patt
	Drora Patt
September 21	Sandy Englander
	Myron Glickman

NOTE: If your name is missing from the list please contact the synagogue so we can update your information in our files.

SEPTEMBER BIRTHDAYS

We wish a very Happy Birthday to the following members of our Beth Judea Family:

September 22	Andrew Davis
	David Schneider
September 23	Diane Ganden
	Marcy Kostis
	Steven Leon
September 24	Scott Shulman
September 25	Barbara Kavitt
	Staci Turofsky
September 26	Raymond Hibnick
	Susan Kronowitz
	Alan Sabol
September 27	Dana Polonsky
September 28	Alexander Raab
September 29	Sloane Frost
	Lina Salimi
	Judy Samuels
September 30	Ari Salimi

NOTE: If your name is missing from the list please contact the synagogue so we can update your information in our files.

AUGUST YAHRZEITS



YOU WILL ALWAYS BE REMEMBERED

AND ARE ALWAYS IN OUR HEARTS



August 7

Helen Berkovitz
Harold Brown*
Marlene Cohen*
Dan Davis
Rae Duboe*
Rudy Fischer
Sylvia Gilbert*
Rae Kubiak*
Samuel Manewith
Cantor Murray Nixon*
Tevya Polakow
Muriel Rosemarin
Meyer Segal*
Morris Sulak
Frank Zimmerman
Irwin Brill
Ruth Buhai
Lillian Dannen*
Louis Deckowitz
Martin Ernsteen
Lillian Fischman*
Aron Grunfeld
Howard Leibach*
Natalie Meltzer
Clara Pieter*
Mrs. Shirley Pulver
Rabbi Salimi*
Bella Shwachman
Irving Weintroub
Gail Brooks
Shirley Coady*
Helen Davis*
Jack Dennis
Earl Jay Feldman
Paul Fish
Marilyn Kandel*
Leo Liebovitz
Rusty Mills
Harry Pinzur
Toby Rockwell
Milton David Secler*
Susan Spivak*
Israel Yatkowsky*

August 14

Gerald Balbirer*
Irving Katz
Michael Lazar*
Bryan Mosak
Harry Ochstein
Ruth Sheft
Sam Yublosky*
Bernice Ellis
Bessie Kessler*
Gerald Levin
Esther Mosak*
Mayer Rashbaum
Rose Stein
Sonia Karchmar*
Rivka Kochman
Ruth Mandel*
Herman Nidetz*
Jack Rosenbloom*
Herbert Wolff

* *Denotes the deceased has a yahrzeit plaque*.
If you are interested in purchasing a plaque please contact the synagogue office.

AUGUST YAHRZEITS



YOU WILL ALWAYS BE REMEMBERED

AND ARE ALWAYS IN OUR HEARTS



August 21

Morton Abelson*
Barbara Abramovitz*
Kalman Albun*
Edna Arker*
Arnold Belker
Alvin Berger*
Gloria Chappe
Rosalyn Coleman*
Betty Dudleston
Earl Elisco
Herbert Forman
Jack Glickman
Allen Green
Ruth Greenhill-Spatt
Gerald Himmelfarb
Joseph Klaskin*
Jake Klein*
Abram Lieberman*
Dayton Lubesnick
Rose Luciano*
Tommy Margules
Russell Mills
Ruth Moses*
Seymour Paisin*
Sidney Patt
Irv Pearlman*
Ronald Rebnord
Mollie Resnick*
Eve Rosenfeld
Harris Rosenthal*
Alice Rothenberg*
Marcel Silberman
Arthur Silverberg
Jerry Soble
Sara Zemchuck

August 28

Ida Albun*
Tessie Barkan
Molly Berliner
Robert Caplan*
Frances R. Corenman*
Sylvia Ziegler Biron Davidov
Bernard Donenberg
Audrey Epton
Rochelle Feldman
Mildred Forman*
Alex Greenberg*
Paula Greenstein*
Kenneth Haberman*
Millie Hennes
Mary Hill
Bernice Steinberg Hoyt
Paul Kaufmann
Maurice J. Korengold
Minnie Fannie Krassner*
Bernard Landau*
Jacob Louis Levin*
Yetta Lipka
Debora Litwin*
Nancy Miller Marcus
Robert Rosenbaum*
Arthur Rothenberg*
Kenneth Sachsel*
Inez Samuels
Leo Semel
Diane Shapiro*
Lillian Shugan
Sam Stark*
Stuart Trock
Donna Truger*
Robert Wollheim

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SEPTEMBER YAHRZEITS



YOU WILL ALWAYS BE REMEMBERED

AND ARE ALWAYS IN OUR HEARTS



September 4

Judy Blinick
Greta Dessauer
Arthur Gerchikov
Hyman Hoffman*
Caron Knopoff
Rochelle London
Robert Pinzur
Sidney Schreibman*
Shirley Slobodkin
Bessie Brenner*
Melvin Feldman*
Robyn Joy Gill-Kinnaman*
Amelia Kane
Eugene Kosovski
Selma Opper
Fannie Raab
Daniel Schuster
Silvers Phillip
Louis Broodno*
Jacob Friedland*
Sheldon Hershinow
Janet Klass*
Dorothy Leibowitz
Dorothy Perlmutter
Martin Reicher*
Theodor Sender*
Stephan Warren Wollheim

September 11

Ruth Alhadeff
Willliam Burg*
Betty Falcon*
Fred Green
Lillian Loeb*
Alan Nisenbaum*
Elsie Saharack
Edward Schmarak
Morris Siegel
Albert Sumner*
Abraham Wolinsky*
Richard "Dick" Balogh
Rose Edelstein
Beverly Goldstein
Michael Litt
Edie Margules
Samuel (Sandy) Posner
Nathan Sandler*
Sam Seligman
Jules Spitz
Arlene Watters
Meyer Bengelsdorf
Bertram Eisner*
Morris Gorin*
Rose Litwin
Morris Mills
Lillian Raab
Leslie Schiff*
Maurice Settler
Ida Stein*
Jack Weinger

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If you are interested in purchasing a plaque please contact the synagogue office.

SEPTEMBER YAHRZEITS



YOU WILL ALWAYS BE REMEMBERED

AND ARE ALWAYS IN OUR HEARTS



September 18

Faye Angell*
David Eisenberg
Norman Friedman
Ralph Holberg
Ruth Mason
Ida Rich
Lance Rubin
Morris Shapiro*
Jerry Steinfeld
Gerszon Weiskopf*
Jared Zorfas
Arthur Cohen
Suzanne Fine*
David Goldbogen*
Louis Lerner*
Diane Offenberg
Lillian Rosenston
Jessie Rubinstein*
Harriette Silverman*
Sally Sylvan
Richard Wolf*
Bernard Cutler*
Leonard Fisher*
Etta Greenberg*
Ruth Levy*
Max Pander
Betty Rosenthal
Irving Schuster
Albert Stark*
Sol Weinberg*
Nathan Zeiger

September 25

Frances S. Barnett*
Marianne Brenner*
Rose Cohen
Dorothy Feldheim*
Leon Goldberg*
Hyman Hundert*
Sarah Levsky*
Sherry Markus
Eva Pander
Bernard Resnick*
Claire Seligman
Harry Victor
Arnold Block*
David Brodsky*
Lillian Ruth Cohn
Shirley Friedlander
Arnold Hecht*
Sol Kessler*
Harvey Maller
Esther Mendelsohn
Anita Raab
George Rosset
Frances Spiegel*
Anna Wortell*
Symon Bows*
Jeffrey Caplan*
Ernest Denenfeld
Philip Geltner
Lester Hershinow
Rachel Sarah Kipnis
Max Mann
Hyman Molotsky
Sam Rabin*
Celia Schreibman*
Russell Thomashow*
Leah Zarkowsky

* *Denotes the deceased has a yahrzeit plaque*.
If you are interested in purchasing a plaque please contact the synagogue office.

TRIBUTES

Condolences Upon the Deaths of:

James Schneider
Beloved grandfather of Steve Schneider

Evelyn Harris
Beloved mother of Allen Harris

Leona Rae Molotsky
Beloved mother of Judy Samuels

David Wein
Beloved brother of Philip Wein

Carol Vihon Hirsch
Beloved mother of Annette Leibovitz

Mazel Tov to:

Marilyn & Dave Rebnord on the birth of their grandson Gabriel Ben Rebnord

Bobbi & Alan Goldenberg on the engagement of their daughter Sarah to Andres Weig Cen

Donations made in loving memory of Saul & Judith Thomashow:

Bari Levin
Michael Lorsch
Ilyse Vishny
Alan & Marcie Marcus
Lynn & Debra Smith
Barbara M. & Joel B. Strogoff
Sally Rudnick
Debra Brenner
Jacob Eisenwasser & Laura Berliner
Judy & Allan Shriber
Lee Goldberg
Joan & Norman Bress
Scott Gutmann
Paula Ham-Su
Sharon & Howard Hoffman
Marc Berman
Martin & Sherry Krawitz
Arnie & Debbie Bender
Phyllis Solod
Susan Edmiston
Carey & Holly Thomashow
Eric & Pam Rosenbloom
Irwin & Debbie Thomashow
Philip Chaikin
Marylou Drapeau
Bev & Chip Auerbach
Dan Kolko
Dave & Traci Kogan
Robert & Judy Fisher
CBJ Men's Club

Upon three things the world is based:
Upon Torah,
Upon Divine Service
and
Upon the Practice of Charity

You can zelle your donation to lneiman@bethjudea.org
or mail us a check.

THOMASHOW FAMILY FUND

IN HONOR OF:
Marilyn & Sandy Victor's 50th wedding anniversary.
Mazel Tov!
Alan & Marcie Marcus

IN MEMORY OF:
Evelyn Harris
Brandt & Jennifer Rosen

TRIBUTES

DAVID B. STOLMAN MEMORIAL FUND

UPON YAHRZEIT OF:
Charlotte Ruttenberg,
beloved mother.
Marlene & Arthur Greenberg

SPEEDY RECOVERY FOR:
Al Gimpel, wishing you
comfort as you heal.
Best wishes always.
Martin & Sherry Krawitz

BEN SAYPOL MEMORIAL FUND

UPON YAHRZEIT OF:
Fannie Keifsky,
beloved grandmother.
Stuart & Cheryl Kersky

Bernard Yegelwel
Eric Yegelwel & Gail Gerber

Pauline Brill,
beloved mother &
grandmother.
Irwin Brill,
beloved brother & uncle.
Stacy & Marlene Sachs

IN HONOR OF:
The birth of Gabriel Ben
Rebnord, David Rebnord &
Marilyn Green-Rebnord's
grandson. Mazel Tov!
Stacy & Marlene Sachs

CONGREGATIONAL SUPPORT FUND

UPON YAHRZEIT OF:
Abe Cohn, in loving memory
Harriette Elisco

Kay Jaffe, dear mother,
grandmother, & great-
grandmother.
With love,
Jean & Ron Friedman

IN HONOR OF:
Marilyn & Sandy Victor's
50th wedding anniversary
Marty & Nanci Karlin

The birth of Gabriel Ben
Rebnord
The birth of Dylan Rose Kritz
Manny & Lisa Ribot

CHESED FUND

UPON YAHRZEIT OF:
Eunice Stavins,
in loving memory.
Michael Stavins

IN MEMORY OF:
David Wein, dear brother of
Philip & Sharon Wein
Eric Yegelwel & Gail Gerber

IN HONOR OF:
Evan Rumack's birthday
Susan Adleman
Happy birthday and many
more. Love,
Jean & Ron Friedman

FOCUS ON FAMILIES

UPON YAHRZEIT OF:
Muriel Jaffe, the sweetest
Great-Aunt anyone could
wish for.
Missing you with love,
Jean & Ron Friedman
& family

SISTERHOOD

IN MEMORY OF:
Evelyn Harris
Bruce & Kitty Hoffman

David Wein
Howard & Suzanne Goodman

MEN'S CLUB

UPON YAHRZEIT OF:
Sydney Weinberger,
father of Daniel Weinberger
Daniel & Sherry Weinberger

IN MEMORY OF:
Evelyn Harris, beloved
mother & grandmother,
heartfelt condolences.
Evan & Merle Rumack
Ron & Jean Friedman

IN HONOR OF:
Evan Rumack's birthday,
best wishes to you always!
Dave & Marilyn Rebnord

ETHAN LEVITAN MEMORIAL FUND

UPON YAHRZEIT OF:
Frieda Schwartz,
beloved mother.
Fred & Sue-Ellen Duboe
& family

Jack Kersky,
in loving memory.
Stuart & Cheryl Kersky

TRIBUTES

RABBI LIFSHITZ LEGACY FUND

UPON YAHRZEIT OF:
Lillian Cohen, loving mother.
Ilene Hauser

IN MEMORY OF:
Howard Levy
Bobbie & Floyd Babbitt

RABBI COWAN DISCRETIONARY FUND

IN HONOR OF:
Rabbi Cowan
Larry & Judy Weindruch
Harold & Jill LeVine
Steven & Rita Spitz
Juliann Goldman & Ashira Brown

EDUCATION FUND

IN MEMORY OF:
David Wein,
With deepest sympathy.
Evan & Merle Rumack

IN HONOR OF:
Kim & Joel Abern's Anniversary.
Best wishes,
Jean & Ron Friedman

UPON YAHRZEIT OF:
Myrna Mitchell
Ellyn & Layne Pollard

YOUTH FUND

IN MEMORY OF:
Evelyn Harris
Martin & Sherry Krawitz

RABBI ZIMBALIST DISCRETIONARY FUND

UPON YAHRZEIT OF:
Cindy Marlo Cohn
Craig & Susie Cohn

Dr. Alan Wolf
Norman Moses
Rona & Suzanne Wolf

Max Hiller
Steven & Ellene Lammers

Arlene Tepper
William Kammerling
Wes & Renee Brown

Helen B. Nixon
Kim & Joel Abern

Max Greenhill
Victor Lichtenstein
Neil & Alina Greenhill

Bea Bauer
Amy, Scott, Alex, Juliana, Brett, & Hannah Bauer

IN MEMORY OF:
Consuelo Frost
Sid & Rita Mathias

Evelyn Harris
Howard & Karri Spiegel

Phyllis Zimbler Miller
David Wein
Richard & Barbara Kavitt

IN HONOR OF:
The baby naming of our granddaughter,
Brooklyn Lauren Pick.
Neal & Marla Feld

The Rebnord family,
Mazel Tov!
Skip & Kim Mann

IN APPRECIATION OF:
Rabbi Zimbalist
Michael & Audrey Friedland

GENERAL FUND

IN MEMORY OF:
Leona R. Molotsky
Ken & Dana Goldstein

UPON YAHRZEIT OF:
Sam Krugel
Eudice Rosenblatt
Gary & Erica Krugel

Sara Liebovitz
Lauren, Steven, Michael & Susan Mangurten

Osna Goldstein
Allan Brandt
Marla & Ken Brandt

Howard Levy
Louis Pieter
Jeffrey & Rhonda Wener

Anna & Henry Feld
Neal & Marla Feld

Curtis Green,
beloved father & grandfather.
Dave, Marilyn, Dan & Jacob Rebnord

IN HONOR OF:
Gary Krugel, for Father's Day.
Scott & Sydney Krugel

Stew Margolis, for his years of service on the CBJ Board.

Welcoming Rabbi Cowan.
Gary & Erica Krugel

Supporting CBJ Operations
Jose Arteaga

SPEEDY RECOVERY FOR:
Al Gimpel
Mike Brown
Dave & Marilyn Rebnord

TRIBUTES

SOCIAL ACTION FUND

IN MEMORY OF:
David Wein
Norm & Joan Kurtz

TORAH RESTORATION FUND

SPEEDY RECOVERY FOR:
Al Gimpel
Evan & Merle Rumack
Alan & Marcie Marcus

JACK RIZMAN MEMORIAL

IN MEMORY OF:
Evelyn Harris
Eric Yegelwel & Gail Gerber

MICHAEL PEARL MEMORIAL FUND

UPON YAHRZEIT OF:
Aaron Jacob William
Sandy Stelzer

INCLUSION FUND

IN HONOR OF:
The birth of
Gabriel Ben Rebnord
Kim & Joel Abern
Steven & Joanne Dicker
Michael & Renee Klass
Evan & Merle Rumack

IN MEMORY OF:
Leona Molotsky
Robert & Trudy Balogh

IN APPRECIATION OF:
Rabbi Zimbalist,
Cantor Bat-Sarah
and Kim Abern,
for their guidance, teaching and assistance given to our grandson Evan, to help make his Bar Mitzvah day so special.
Pam & Joel Polakow

JERRY BERENSON MEMORIAL FUND

UPON YAHRZEIT OF:
Martin Berenson
Jeffrey & Melinda Fine

Honoring the Legacy of Albert and Linda Stark

At the request of their family and with approval from the Board of Directors, we are honored to recognize the lasting legacy of Albert and Linda Stark. The Stark Fund has been closed, and the Kiddush Fund has been renamed the Stark Kiddush Fund. We are deeply grateful to Barry Stark, Jeffrey Stark and their families for this meaningful tribute, which will help bring our congregation together for Kiddush for years to come. May Albert and Linda Stark's memories always be for a blessing.

STARK KIDDUSH FUND

UPON YAHRZEIT OF:
Irwin Gerber
Eric Yegelwel & Gail Gerber

Lillian Caplan,
My beloved mother.
Ron Caplan

Himan Weindruch,
Beloved father.
Larry & Judy Weindruch

IN APPRECIATION OF:
Congregation Beth Judea
Pam Brown

IN HONOR OF:
Ron & Jean Friedman's Anniversary.
Alan & Marcie Marcus
Ira & Bonnie Sender

SPEEDY RECOVERY FOR:
Al Gimpel
Larry & Judy Weindruch

CONGREGATION BETH JUDEA
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Long Grove, IL 60047
(847) 634-0777
E-Mail: info@bethjudea.org
Website: http://www.BethJudea.org

Senior Rabbi Morris Zimbalist
Assistant Rabbi Micah Cowan
Rabbi Emeritus Howard Lifshitz
Hazzan Emeritus Roger J. Weisberg
President Rachel Jordan
Executive Director Lisa Neiman
Education Director Melissa Mesa
Youth Director Marc Sender

From The Editors

In order for your article to be published in the next issue, please ensure it is submitted to the CBJ office by the 15th of the month! This includes information on disk as well. We thank you in advance for your article as it is important to let the congregation know what your group is doing. Announcements should take the form of articles in The Word rather than separate flyers. Opinions expressed herein are not necessarily those of the Rabbi, Board of Directors or the editors.

Worship Schedule

Conducted by
Senior Rabbi Morris Zimbalist
Assistant Rabbi Micah Cowan

Shabbat Evening Services .....7:00.p.m.
Shabbat Morning Services ..... 9:30 a.m.
Alternative Shabbat Service (Interpretive Minyan).. 10:30 a.m.

Weekday Morning Minyan:
Sunday ..... 9:00 a.m.
Monday through Friday ..... 7:30 a.m.

Weekday Evening Minyan:
Sunday through Thursday ..... 7:30 p.m.

Candle Lighting Times

Candle Lighting time is calculated for 18 minutes before sunset and is adjusted for Daylight Savings Time.

August 1 …… … 7:50 p.m.
August 7…… …… .. 7:41 p.m.
August 14 ……..... 7:32 p.m.
August 21……..……7:22 p.m.
August 28……..……7:10 p.m.

The Blessing For Lighting The Candles On Shabbat is

בָּרוּךְ אַתָּה ה' אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Bo-ruch A-tah Ado-nai E-lo-hei-nu Melech Ha-olam A-sher Ki-de-sha-nu Be-mitz-vo-tav Vi-tzi-va-nu Le-had-lik Ner Shel Shabbat.

Blessed are You, Lord our God, King of the universe, who has hallowed us through His Commandments, and has commanded us to kindle the lights of the holy Sabbath.