

Sivan/ Tamuz 5785

June 2025

Congregation Beth Israel

411 S. 8th Street

Lebanon, PA 17042

717-273-2669

Cantor Marilyn Okoshi:

E-mail:

office@congregation-beth-israel.org

Website:

www.congregation-beth-israel.org

Facebook:

Congregation Beth Israel Lebanon, PA

leadership@congregation-beth-israel.org

717-673-8552

From the Cantor's Desk ...

I am writing this just after the festival of Shavuot, one of the three pilgrimage festivals (shalosh regalim) and one of the seven special times commanded in the Torah itself. (A little quiz: what are the others?) On each of the three festivals and Yom Kippur, the sages established a practice of reciting Yizkor, memorial prayers for those who have departed from the physical world, but who live on in our hearts. Technically, a minyan is not required to say Yizkor, which is a good thing as we were well short of a minyan this past Shavuot, but it was certainly discouraging that we had this situation.

Why would the rabbis have established the practice of remembering the dead on the festivals? Perhaps it was another way to make sure that those who are in trouble or are grieving would find solace in community. Perhaps it was a way of reminding people at a time of enjoying the bounty of their labors and celebrating, that all we have is fleeting and a gift for which we need be grateful. In the words of Psalm 115 which we recite on each holiday as part of Hallel, "The heavens belong to God, but the earth was given to humans. The dead cannot praise God, neither can those who descend to silence." (Ps. 115:16-17).

Our congregation continues to shrink as we laid to rest three members in May. Part of this is the demographics of our region, but it is also the state of Judaism outside the orthodox world. I have heard so often from people that they are "culturally Jewish" or "spiritual but not religious." At our Tikkun Leil Shavuot we delved into the origin, meaning, and purpose of our bracha formula – Baruch atah HaShem Eloheinu Melech ha-olam . . . --From the most ancient of writings to the most modern, what I gleaned was that this is a mindfulness - gratitude practice. I know so many Jews who embrace Buddhist practice, Yoga, meditation and other practices that people deem psychologically healthy and spiritual but view Jewish prayer as "religious." For those who are "culturally Jewish" and "spiritual but not religious," I'd like to suggest how much more culturally Jewish could it be to practice your meditation and mindfulness from a Jewish tradition. Before you put the next thing in your mouth – be it water, snack or a meal – stop, look at what it is. Smell it. Think about where it came from and how you have access to it – then say a bracha expressing your gratitude to be able to have and ingest it.

As we embrace spirituality from a culturally Jewish perspective, I hope that we are all inspired to enhance that spirituality by pulling in and inspiring our families and supporting our community. For those interested in the study materials we discussed at our Tikkun, they are available on our website.

LUAH's are available to order
If you are interested in a copy of Luah Hashanah, contact the
office before June 30th! approx. \$30

UPCOMING HOLIDAY SCHEDULE

- Sunday, July 13— Regular 9AM service for Fast of 17th Tammuz
- TBA August 2nd & 3rd Tisha B'Av Services

PERSONAL

*May you find comfort among the mourners of Zion & Jerusalem.
May their memory be a blessing.*

- Frada Roseff— May 7, 2025
- Harris Blickstein— May 17, 2025
- Dr. Stephen Winer— May 22, 2025

ANNUAL CBI MEETING

Monday, June 23rd at 7PM



*All CBI
members
are asked to
attend
In-person or
on Zoom*

MONTHLY BOOK CLUB

Wednesday, June 18th
7:30 PM via zoom only

***The Money Kings: The Epic Story of the
Jewish Immigrants Who Transformed Wall
Street and Shaped Modern America***
by David Schulman

Dr. Joseph Clark will review

CONGREGATION BETH ISRAEL

*Coffee
with the
Cantor*

Every Thursday
in June

Ancestor Coffee-
house & Creperie
36 E. Main St
Annville, PA



INTRO TO JUDAISM

Every Thursday
In June

INTERESTED IN LEARNING ABOUT JUDAISM?



STOP THE BLEED[®]

At Congregation Beth Israel
411 South 8th Street Lebanon, PA 17042

WHEN: Monday, June 16th at 7PM

What is it?

- Stop the Bleed is an international program that teaches citizens how to recognize and respond to life threatening bleeding.
- Stop the Bleed's purpose is *"to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made or natural disasters."* (bleedingcontrol.org)
- In this education session, non-medical bystanders learn three ways to effectively stop life threatening bleeding and save lives: holding pressure, packing a wound, and applying a tourniquet.

How Do These Bleeding Injuries Occur?

- People suffer life threatening bleeding injuries every day, in a multitude of ways:
 - Home Injuries
 - Work Related Injuries
 - Car and Motorcycle Crashes
 - Lawnmower Injuries
 - Hunting Accidents
 - Mass Casualty Events
 - Active Shooter Incidents

Why Do I Need This Training?

- Uncontrolled bleeding is the #1 cause of preventable death from trauma – the more people who know how to control bleeding in an injured patient, the greater the chances of surviving that injury.
- A person can die from blood loss within five minutes, so immediate action to stop life threatening bleeding is critical.

Training has limited seating. Please register on our website:
<https://www.congregation-beth-israel.org/events/stop-the-bleed-training/>

President of the Month: Stuart Perlmutter

Next Month: Stacey Knarr

June 2025

All services are HYBRID: Thurs. 7:30 AM Minyan, Fri. 7:30 PM, Sat. 9:30AM & Sun. 9AM Minyan
1st Saturdays are 60 min Shabbat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Shavuot	3	4	5 7:30AM Minyan 11AM–Coffee w/ Cantor 6PM–Intro to Judaism	6 7:30PM Service CL: 8:28PM	7 Shabbat in 60 9:30AM Service
8 9AM Minyan	9	10	11	12 7:30AM Minyan 11AM–Coffee w/ Cantor 6PM–Intro to Judaism	13 7:30PM Service CL: 8:31 PM	14 9:30AM Service
15 9AM Minyan	16 BULLETIN DEADLINE Stop the Bleed Training 7PM	17	18 Book Club via zoom 7:30PM	19 7:30AM Minyan 11AM–Coffee w/ Cantor 6PM–Intro to Judaism	20 7:30PM Service CL: 8:33PM	21 9:30AM Service
22 9AM Minyan	23 ANNUAL CONGREGATION MEETING 7PM	24	25	5 7:30AM Minyan 11AM–Coffee w/ Cantor 6PM–Intro to Judaism	6 7:30PM Service CL: 8:34 PM	7 9:30AM Service
29 9AM Minyan	26					

Let's Celebrate our Members with JUNE Birthdays & Anniversaries!

Stephen & Jill (Bennett)
Weiss

Tom & Sherry Bowman

Sandra Smith

Stu & Bev
Magdole

Aaron Grosky

Warren Rich

Elizabeth
Feller-Ballot

David & Robin
Haller

Diane Magdole

Jim Schaffer

Shawn Barbour
(custodian)

Fred & Judith
Horowitz

Jacob Collins

Tom Kantor

Yahrzeits



<u>Sivan</u>	<u>June</u>	
7	3	Dr. Allan Cetron — Brother of Ted Cetron
7	3	Lorraine Lyle — Sister-in-Law of Sara Schneider
7	3	Alfred Gitman — Husband of Fay Gitman
7	3	Howard Glassman — Husband of Eta Glassman
7	3	Robert Ballot — Husband of Elizabeth Feller-Ballot
11	7	Marshall J. Miller — Brother of Mindy Miller Lisman
11	7	Sara Buzgon — Mother of Bernerd Buzgon
11	7	Bruce Perlmutter — Brother of Stuart Perlmutter
12	8	Rosalind Feller — Mother of Elizabeth Feller-Ballot
13	9	Paul Pleet — Grandfather of Jesse Pleet, Alec Pleet, & Tracy Pleet Troain
14	10	Sylvia Halpern — Sister of Dr. Joseph Clark & Donald Clark
15	11	Judy Finkelstein — Sister of Stuart Finkelstein & Stanton Finkelstein
16	12	Harris Carmel — Father of Michael Carmel
17	13	Nathalie Cohen — Sister of Shirley Glaser
18	14	Marilyn (Lynn) Pleet — Mother of Jesse Pleet, Alec Pleet & Tracy Pleet Troain
21	17	Nathan Kaplan — Father of Joan Rosenberg
21	17	Louis Kessler — Father of Dr. C.W. Kessler
23	19	Irwin Trautfield — Father of Deb Schaffer
23	19	Ellen Lynn — Partner of Eileen Arnold
23	19	Robert J. Katz — Son of Janet Katz
25	21	Martin A. Miller — Father of Mindy Miller Lisman
25	21	Simon Gorenefsky — Father of Mollie Bronstein
26	22	Helen Tuck — Grandmother of Benjamin Greenfield
26	22	Rabbi Paula Reimers — Friend of Dr. Thomas Kantor & Rabbi Louis Zivic
27	23	Herman Siegel — Father of Thomas Siegel & Richard Siegel

<u>Tamuz</u>	<u>June/July</u>	
3	june 29	Della Levinson— Grandmother of Dr. Philip Levinson
5	july 1	Esther Kass— Mother of Merle Raab
6	july 2	Jay Allen Weiss— Brother of Stephen Weiss
6	july 2	Mildred Perlmutter— Mother of Stuart Perlmutter

**O u r t h a n k s f o r R e m e m b e r i n g
B e t h I s r a e l i n M a y**

Y A H R Z E I T S :

Steven Etter	Tom & Linda Siegel	Stuart Finkelstein	Stanton Finkelstein
Jesse Pleet	Noi & Alec Pleet	Eta Glassman	Margi & Ray Wolfson

D I S C R E T I O N A R Y F U N D

Diane Griffiths

H O L O C A U S T F U N D

Dr & Mrs Judith Clark

Judith Strause

**OUR ANNUAL LECTURE DATE HAS BEEN SELECTED!
WEDNESDAY, SEPTEMBER 10th!**

More information to be shared in the next couple of weeks!

MAILING SECTION ONLY

**Congregation Beth Israel
411 South 8th Street
Lebanon, PA 17042**