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From the Cantor's Desk . . .

Whew! We just entered the month of Cheshvan on the Jewish calendar. The main distinguishing feature of Cheshvan is that there are NO HOLIDAYS! Of course we still get to enjoy Shabbat each week, but after the intense period of the month of Tishrei with one important holiday after another and, living in a secular society, dealing with the tug of “do I take off from work/school or time out of my schedule” for another holiday (and admittedly fewer and fewer of us do), it is nice to have a breather and then get to celebrate the fun holiday of Chanukah.

This eight-week period between Simchat Torah and Chanukah is not the time put Judaism aside. This is exactly the space we need to double down on those things we decided on Rosh Hashana and Yom Kippur needed work and *teshuva*.

Real *teshuva* requires that we not only recognize and apologize for our wrongs, but also to make them right and not do them again. On the Shabbat following Yom Kippur, I shared this legend about the Baal Shem Tov's horses with those attending services:

The Ba'al Shem Tov, credited with founding Chassidic Judaism, was renowned, among other things, for his peculiar and super-efficient method of travel. Although he made use of the standard-issue horse-and-wagon that was the vogue back then, his buggy was far from ho-hum. Once his wagon would leave the city limits, where it was no longer in view, it would take flight – much to the delight of its equestrian constituent – miraculously transporting its travelers to their destination in a fraction of the time usually needed (and, needless to say, free of concern from hijackings, terrorists, and the like).

Once, it is told, the famed horses of the Ba'al Shem Tov's chariot got to thinking about their esteemed position. “We're not horses,” said one to the other. “We can't be horses – after all, horses don't fly!”

“So what are we – birds? We don't look like birds. We don't even have wings!”

“No, silly! We're angels – in the form of horses. It simply must be so. Only angels could do the things we do!”

“Yeah,” said the other, “I think you're on to something. We're angels! What else could we be?!”

As they whizzed along, the Russian countryside just a blur beneath their hooves, they became more and more convinced of their deduction that they were no ordinary colts. Angels – holy emissaries of the Almighty – that's what they were. And indeed, a very high order of angels at that, for not just any angel was given the task of serving the holy Yisrael Ba'al Shem Tov, whose name was revered and respected in both the physical and spiritual realms. Yes sir – not “mares” but “*malachim* (angels)” – and don't anyone forget it!

When they arrived outside the village of their destination, the chariot made its gentle descent back to the earth. The Ba'al Shem Tov told his wagon-driver to lead them to a watering trough, so that the horses might drink. The horses had indeed worked up quite a thirst (what with all their talk and contemplation) and eagerly dunked their long snouts into the trough to slurp up as much water as they could before the driver decided they had had enough. It was, it is told, in the middle of their guzzling that the one turned to the other, and with a knowing look and a sheepish smile said, “Horses.”

On the high holidays, it is easy to be inspired and vow to make changes. Perhaps we start thinking that we might not be “mares” but “*malachim*” as well. Back in our old routines and catching up from whatever piled up while we took some time out we realize “Horses” after all. *(continues on page 2...)*

(...CONTINUED FROM CANTOR'S DESK)

Even horses, though, can become race horses, even if they cannot fly. It does not happen overnight. It happens by training every day.

I shared that I often greet my family members in the morning with "Good Morning" and then the next thing I say is often what you could put in the category of "nagging." Reminding them of something that was not done. I can come up with all kinds of justifications for why I do this, but when I think about how those close to me will look at our relationship after I am gone, I wonder if this is my legacy? The nag? So my *teshuva* for this year is to each day discuss something other than what needs to be done when I greet my family. I think it will change me; and maybe change them.

I'd like to challenge each of you, as well to take one behavior or item from your *teshuva* list and work on it regularly. Make it a small one, not an overwhelming one. In this quiet time, don't forget your spiritual self. Use this respite to train it. Maybe decide to say *Modeh/Modah Ani* --the gratitude prayer when you wake up each morning. Maybe it's consciously doing a gratuitous act of kindness once a week. Maybe it's reconnecting with someone you miss or maybe it's taking some small action for a cause you care about.

This is the perfect time to focus on this small thing, but also big thing, so maybe by next Yom Kippur, we will not have to say, "Yup, "horses."

CONGREGATION BETH ISRAEL - PRESIDENT'S SPEECH Yom Kippur, 2025

"HINENI – Here I am." We just read that in this morning's Haftorah. "HINENI – Here I am."

Well, no one could be more surprised than I am to be saying this. And yet, "Hineni – Here I am". It may appear that I'm all alone up here, but not so. Perhaps you can't actually see them all, but there are a lot of other people arrayed around this podium: Our incredible spiritual leader/ cantor/Zoom guru/ "chief cook and bottle washer", our officers and board of directors, trustees, committee members, volunteers, donors...it is really crowded up here. And, along with our office manager and new custodian, this place is buzzing with activity pretty much 7 days a week. We may not have the enviable resources of the Park Avenue Synagogue that Cantor Okoshi mentioned, but if you think about it, we are one scrappy little congregation hitting far above our weight class.

But I don't need to wow you with a detailed list of activities and accomplishments. For that just check out the new and improved CBI website, Weekly Announcements, Bulletin, and Facebook page. Instead, I'd like to take the next few minutes to talk about how Congregation Beth Israel is so much more than the sum of its parts.

At times like this I always turn to my favorite resource, Rabbi Jonathan Sacks, of blessed memory. In his landmark book "A Letter in the Scroll" Rabbi Sacks writes that "We have only one life, and it is short. How we live and what we live for are the most fateful decisions we ever make. We can see life as a succession of moments spent, like coins, in return for pleasures of various kinds. Or we can see our life as though it were a letter of the alphabet. A letter on its own has no meaning, yet when letters are joined to others, they make a word, words combine with others to make a sentence, sentences connect to make a paragraph, and paragraphs join to make a story."

And just as in a sacred torah scroll, when a single letter is missing or damaged the entire scroll is invalidated, each of us is vital to the existence of the Jewish people and to Congregation Beth Israel. One individual person can make a big difference. OK, I know that has become cliché, but statements become clichés because they are so often appropriate. And this is true: The mere presence of one person can make a big difference. For example, in the past year we have been coming closer and closer to attaining a weekly minyan at every Friday night and Saturday morning service. Sometimes we only need ONE more person on ZOOM to make a minyan so that a member can recite Kaddish for a departed loved one. And sometimes we need only ONE or TWO more people in the sanctuary to make an in-person minyan so that we can read directly from the torah. So close ... but oh how far.



NOV 2- 1PM- “Ahead of Time– Woman Journalist”
 A journey of Ruth Gruber: the youngest and first woman to receive the PhD at the age of 20. Her reports came from the soviet artic, “The Palestine-Bound ship Exodus and many undercover secret war time reporting. She was the author of 19 books. This documentary won “Best Documentary Film” at Palm Beach Denver & the Berkshires.

RSVP on our website!

NOV 30 - 1PM- “Bubbe Meise”

One woman’s journey of discovery inspired by her grandmothers’ stories through traditional music & songs. A granddaughter brings alive her 2 very different immigrant Bubbes’ stories to life! 2 Emmy Award winner!



(...CONTINUED from PRESIDENT'S SPEECH)

So, here’s the deal. I want to issue a challenge to each of you here (in person and on Zoom.) Don’t worry, it won’t be hard....but... What if each person here committed to be that letter that completes the scroll, say for just one shabbat service a year? One service a year. And the High Holidays don’t count. You could start with baby steps. Zoom in for the last 15 minutes of a service and add your presence to help complete the minyan. Once that becomes easy, consider Zooming the entire service, or joining in more than once a year... maybe even once each month, or even better.... Come in person one Friday night or Saturday morning. Again, you can start small. Come just for the last 15 minutes of the service and maybe stay and enjoy the camaraderie of a tasty Oneg Shabbat or light Kiddush lunch. If that works maybe move up a notch: Attend a full service or join us on the first Saturday of the month for “Shabbat in 60”—when the whole service is completed in one hour. Not only will you gain the personal satisfaction and joy of contributing to the greater good of our Jewish community -- of making it possible for someone you probably know and care about to recite Kaddish Yatom-- but also, it can be really good for your health. That’s right, good for your health. Research has shown that among the most important factors for healthy aging are social interactions and new experiences. In other words, (1) spend meaningful time with others and (2) learn a new skill like a foreign language. You’d be surprised how much Hebrew you can pick up learning a new version of “Ma Tovu.”

So, bottom line, don’t waste your money on Prevagen. Come to Shabbat services at Congregation Beth Israel. Then you too can say: “HINENI – Here I am.”

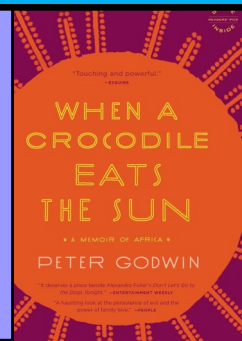
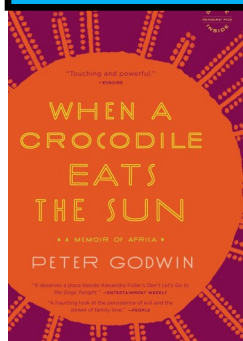
L'Shana Tova

Elizabeth Feller-Ballot

MONTHLY BOOK CLUB

Date: Nov 19 @ 7pm via ZOOM only

"When A Crocodile Eats The Sun: A Memoir of Africa" by Peter Godwin chronicles the decline of Zimbabwe under Robert Mugabe's rule, interwoven with the author's personal story of his aging parents and his father's hidden Jewish identity. Lynn Lazin Thompson will lead.



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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

Coffee with the Cantor Nov 20 only at 11AM— Ancestor Coffeehouse & Creperie
119 Springwood Dr Suite #500, Lebanon, PA 17042

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 60 Min Shabbat 9-10AM Service/ HYBRID
2 9AM Minyan/ HYBRID Film 1PM	3	4	5	6 7:30AM Minyan Service/HYBRID	7 7:30PM Service/ HYBRID	8 9:30AM Service/ HYBRID
9 9AM Minyan/ HYBRID	10	11	12	13 7:30AM Minyan Service/HYBRID	14 7:30PM Service/ HYBRID	15 9:30AM Service/ HYBRID
16 9AM Minyan/ HYBRID	17 BULLETIN DEADLINE	18	19 Book Club 7PM zoom	20 7:30AM Minyan Service/HYBRID	21 7:30PM Service/ HYBRID	22 9:30AM Service/ HYBRID
23 9AM Minyan/ HYBRID	24 BOARD MEETING 7PM VIA ZOOM	25	26	27 7:30AM Minyan Service/HYBRID OFFICE CLOSED	28 7:30PM Service/ HYBRID	29 9:30AM Service/ HYBRID
30 9AM Minyan/ HYBRID Film 1PM						

Sammi will be off— Nov 7 & working from home the week of Nov 10.

Cantor will be off Oct 28– Nov 12.

For Pastoral Care, Please contact:

- Oct 28-Nov 4 Rabbi Marshal Klaven (717) 850-3335

- Nov 5-11 Cantor Carol Chesler (631) 988-9511

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

Robert & Jodi Etter

Iris Alster

Aliza Presser

Dori Coplan

Kathy Wolfson

David & Jessica Siegel

Carol Prouse

Gabriel Sligh

Stacey Knarr

Michael & Stacey Knarr

Yahrzeits



Cheshvan Nov

11	2	Barry Berman — Brother of Helene Levine & Judith Shwachman
14	5	Gloria Tugender — Mother of Lisa Spencer
16	7	Sydney Baron — Husband of Lucille Baron
17	8	Miriam Greenfield — Mother of Benjamin Greenfield
18	9	Sidney Adler — Father of Sherry Rosner
18	9	Seymour Kantor — Father of Thomas Kantor & Wynne Kantor
20	11	Samuel Ostrow — Grandfather of Carolyn Frankhauser
21	12	Isabel Etter — Sister of Norman Tuck, Mother of Steven Etter, & Aunt of Benjamin Greenfield
22	13	David Etter — Father of Steven Etter
22	13	Simon Yespy — Father of Ina Hankin & Sandra Howard
23	14	Dora Garner — Sister of Donald Clark & Joseph Clark
24	15	Fredric Levine — Father of Susan Magazino
26	17	Samuel Levitz — Father of Sara Schneider
26	17	Seymour Weiss — Father of Stephen Weiss
27	18	Fred Klompus — Father of Janet Klompus Sligh
27	18	Hildred Levine — Mother of Susan Magazino
30	20	Gerald Berman — Father of Carolyn Frankhauser

Kislev Nov

3	23	Herbert Levy — Father of Ruth Guyer
4	24	Sevia Finkelstein — Mother of Stuart Finkelstein & Stanton Finkelstein
5	25	Frederick Ballen — Father of Maxine Jones & Marcia Fisch
7	27	Henry Breitstein — Father of Norma Segal
7	27	Selma Clark — Wife of Donald Clark
8	28	Gail Berman — Mother of Carolyn Frankhauser
8	28	Constance Lokyitch — Mother of Robin Haller
8	28	Brett Shankroff — Son of Benjamin Shankroff
9	29	Marilyn Gordon — Mother of Susan Martin
10	30	Stephen Freed — Husband of Vera Freed

Our thanks for Remembering
Beth Israel in October

Yahrzeits:

Stan
Shankroff

Bernadine
Shattls

Maxine
Jones

Sid
Pollack

Merle Kass
Raab

Stacey
Knarr

HADASSAH

NEWSWEEK NAMES HADASSAH'S MEDICAL CENTER ONE OF THE WORLD'S BEST FOR ONCOLOGY AND CARDIOLOGY

This is the sixth year that the medical center has earned a top spot for cardiology. Newsweek has also recognized the medical center in Jerusalem as "Worlds Best Specialized Hospitals 2026" citing the center's use of smart technologies like AI, automation, robotics and digital health tools.

The Newsweek rankings place the Hadassah Medical Organization in the company of world-leading medical centers such as Baltimore's Johns Hopkins Hospital. London's Royal Marsden Hospital and the Seoul National University Hospital.

The 2026 rankings, produced in partnership with the global data firm Statista, are the results of Newsweek's annual more than 350 hospitals worldwide, which reflects the recommendations of tens of thousands of medical professionals vetted by an international committee of specialists.

TORAH SPARKS

Open your inbox every Tuesday to commentaries, videos, poems, and more from Fuchsberg Jerusalem Center scholars. Torah Sparks are available by e-mail only. For anyone interested, please contact the office



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www.congregation-beth-israel.org

Text 'PAPER' to 717-200-4170 to start receiving digital copies of our monthly Bulletin!

MAILING SECTION ONLY

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