

FLUL / TISHREI

5746 - 5747

SEPTEMBER / OCTOBER

## RABBI'S MESSAGE

Last spring our five-year old son, Akiva, developed a fear of rain particularly when accompanied by thunder. He became reluctant to go out in rain and would constantly ask whether the rain could cause buildings to collapse. We dealt with his fear as gently and as firmly as we could, but it persisted for a few months. Early this August in Camp Morasha, on a Shabbat afternoon, Akiva was playing outside during Mincha when, quite suddenly, it began to drizzle. Shellee watched him as he stopped still for a moment and felt the drops of rain falling on him. He suddenly reached out his arms as if welcoming the warm raindrops, turned his face up toward the sky and went running towards Shellee. "What beautiful things Hashem creates", he called out as he turned back to continue running through the increasingly heavy rain.

The Yomim Noraim is a period in which we need to allow fearful images to pass. Teshuva is not only changing behavior but reshaping attitudes.

All too often we prevent ourselves from living as fully, as Jewishly as we might and as we can due to negative attitudes and feelings, the origins of which may be hidden in the long distant past but which serve to impoverish rather than to nourish us. The job for each of us now is to be able to see God's world with a freshness of perception that will allow for religious renewal. Now is the time for us to be all B'alay Teshuva.

# TO BE CHECKED AT L.S.S

How should an adult Jewish man begin each regular day to face the secular world? In Deuteronomy 6:8, the Torah commands "bind them as a sign on your arm and as frontlets (tefillin) between/above your eyes".

The tefilla of the arm represents man's physical strength and the tefilla of the head symbolizes man's emotional and intellectual power, which each day he dedicates to God. It is in the act of binding the arm and encircling the head that man understands who is the true master of the universe. His perspective for the whole day is shaped by this experience. His relationship to his wife, his children, his neighbors, his friends, his office staff, his partner and all the people he meets are not subject to his will but the will of HASHEM. He sees the world through the focus lens of TORAH and is BOUND by its rules of conduct.

The head tefilla is placed and cinched on the weaker arm's upper muscle and the blessing LE HA NEE ACH TEFILLIN recited, and the binding around the arm itself is done by the stronger hand.

The tefilla of the head is placed in the front at the hairline and the back at the nape of the neck and the blessing AL MITZVAT TEFILLIN recited.

On Sunday, November 23, from 10 AM - 4 PM we will be having a "Mitzvah Campaign" to enable our members to have their tefillin and mezuzot checked & have their clothes checked for shaatnez. Members may bring their utensils to be toveled in the mikvah and various pots, pans and other utensils may be kashered.

For further information and to offer your assistance in enabling our community to perform these mitzvot please see Suri Kasirer.

Please check the Echod for articles dealing with the halachot related to each of the above mitzvot.

## FROM THE PRESIDENT'S DESK

It has been an eventful two weeks since I last wrote to you, encompassing moments of great joy and profound sadness. The sadness was felt at the sudden death of Nat Woloch, one of our founders and one of the nicest people I have ever met. We had a lengthy conversation one week ago, filled with his typical good humor and keen insight. To hear of his death five days later made shockingly stark the fragility of human life; but we were, as a community, comforted at his funeral by the nobility of his beloved wife Edie, the words of his son, and the reminiscences of our rabbis about a life dedicated to family and community, a model marriage of over 50 years, and, what will always remain: the living memory of a man with a twinkle in his eye and both feet planted firmly on the ground.

Hours after Nat's funeral, I arrived at the La Vista Hotel for the Shul retreat and was reminded of what he once told me about never forgetting the important role that "socializing" plays in the life of a shul. The countless hours that Evi and Sam Shechter and Ruthann and Ken Eckstein and Rabbi Martin Katz and his staff had put into the planning of this event unfolded into a joyous celebration of Shabbat. Rabbi Berman and Rabbi Moshe Sokolow explicated the theme of the weekend as they explained the respective approaches of the Rambam and Rav Kook to the concept of Teshuva. After Shabbat, Evi Shechter's carefully prepared cookout had to be moved indoors (and the hot dogs were then boiled). But, Cantor Goffin's renditions would be moving almost anywhere, and the contributions of Chavi Willig-Levy made it truly memorable. The evening was topped off by a truly scary and thematically appropriate ghost story, introduced by Sam Shechter and told masterfully by Rabbi Berman. There should be a movement afoot to get him to repeat it on Selichot night.

There is already talk of two more Shabbatonim for the spring: one "at home" where all meals would be served at the Synagogue, and another one at the La Vista. We will publicize the dates as soon as possible.

This past Tuesday evening also saw the first meeting of the Board of Trustees and Governors for the new year. There was a large attendance and a spirited discussion. The meeting began with the skillful presentation by our treasurer, David Stone, of the budget for the fiscal year which began last July. We are projecting expenditures of \$1,426,500 for the period. Merely to balance this budget, we have committed ourselves to raising \$65,000 more than was raised last year (excluding the Buy the Bank Campaign). In addition, a special report was given by Mark Wald, chairman of the Ushering and Public Safety Committee, on the steps his committee is taking and the recommendations they are making to increase the security of our congregants. We were all heartened by the seriousness with which this committee is facing up to the problems we face due both to the overcrowded conditions and political situation in the world.

I was also pleased to be able to announce that we will be holding a General Membership Meeting/Melave Malkah on Saturday evening, November 8, at 8:00 PM. At that time, aside from holding a meeting to allow the members to participate in the governance of the Synagogue, we will honor two of our longest-term members, Deborah & Morris Tiefenbrunn, as they prepare to make Aliyah to Israel and settle in Efrat. Rabbi Riskin will be in the midst of his fall visit and will join us in the tribute and a collation will be served. Details will follow.

I hope to keep you closely abreast of the activities of the Synagogue in coming weeks and I pray that I will be able to report of numerous meaningful events in a 5747 of good health and prosperity.

One service of LSS which we pray may be unnecessary is that of the Chevra Kadisha. To insure the provision of a proper burial service, we urge our members to immediately contact the Synagogue office, or any of those listed below.

Rabbi Berman						.724-3267
Rabbi Cohen						.799-8521
Dr. Roy Stern						.362-5597
Leon Eisenmann						.874-1853
Rachel Herlands						.799-2176

## WOULD YOU LIKE TO DEDICATE A...

High Holiday Machzor\$14.00
Daily Prayer Book 9.00
Sabbath Prayer Book (Rebound)10.00
Chumash

#### ATTENTION

ON SUNDAY, OCTOBER 26 - SIMCHAT TORAH THE WOMEN'S SERVICE WILL BE HELD AT 9:00 A.M. AT:

PROJECT FIND HAMILTON SENIOR CENTER
141 West 73 Street
between Columbus & Amsterdam

### HIGH HOLIDAY LAW AND CUSTOMS



#### ELUL

The month preceding Rosh Hashanah (beginning of the year), the Shofar is blown each morning and everyone must prepare himself for the Days of Awe (Yamim Noraim). Our Sages tell us: "The thirty days of Elul, to what are they compared? To the thirty days of grace, which a court grants a debtor in which to pay his debts and be freed of his creditors."

#### KEVER AVOT-

The graves of the ancestors. It is customary during this period of sobriety to visit the cemetary and strengthen one's ties with ideals of the faith of our fathers.

#### TZEDAKA-

It is also the custom to liberally distribute charity to the poor. Compassion for one's fellow man is the prerequisite for any communication with G-d.

#### HADLAKOT HANEROT-

The woman of the house lights candles in honor of the New Year so that warmth and love may permeate the home. Just before the nightfall which ushers in each evening of Rosh Hasharah and Yom Kippur (Day of Forgiveness), the following two blessings are recited upon the lights:

"Blessed art Thou, Lord our G-d, Ruler of the Universe, who has sanctified us with His Commanoments and has commanded us to kindle the Festival lights (on Yom Kippur substitute: "the lights of the Day of Forgiveness)."

"Blessed art Thou, Lord our G-d, Ruler of the Universe, who has kept us in life, preserved us, and enabled us to reach this season."

#### ASERET YEMAI TESHUVAH-

The Ten Days of Penitence or return. These are the days between and including Rosh Hashanah and Yom Kippur. It is customary to greet one another during this period with the blessing:
May you be inscribed and sealed for a good year (Ketiva Vechatima Tova). It is important to note that one can only be Divinely forgiven for these transgressions committed against G-d.
It is therefore incumbent upon every individual to seek giveness of his fellow man during these days for any wrongdoing he may have committed against him the past year. The people of Israel must stand before G-d with hearts purified by love of man.

#### APPLE AND HONEY-

Upon returning from the Synagogue on the evenings of Rosh Hashanah there is a beautiful custom to first dip Challah and then a slice of apple into some honey. This special hors a oevre is eaten with the prayer: "May it be Thy will to renew unto us a good and sweet year."

#### KITTEL-

All the sacred vestments in the Synagogue - as well as the robe (or KITTEL) worn by the and Cantors - are white during these ten days. The Talmud presents the following reason: "When men are summoned before an earthly ruler to defend themselves against charge, they appear downcast and are often garbed in the black robes of mourners. Israel, however, appears before G-d on the Days of Judgment in the white garb of a feast in the confidence that as soon as one returns to G-d in repentance there will be immediate forgiveness.

White is likewise a symbol of purity and evokes the prophetic verse: "Though your sins be as scarlet, they become as white as snow."

Continued on page 4

#### HIGH HOLIDAY LAW AND CUSTOMS



#### TASHLICH-

Literally to cast away (one's transgressions). The first afternoon of Rosh Hashanah usually marks the fascinating Tashlich ceremony, which takes place on a bank of a river or near some body of fresh water. Appropriate prayers are recited and then it is customary for each person to shake the corner of each garment. This is to indicate that it is man's power to shake himself free of sin and mend his ways. In the prescence of an ever-flowing stream one is immediately moved to think of the infinitude of G-d and in contrast the finitude of man.

#### SHOFAR OR RAM'S HORN-

It is the highlight of the Rosh Hashanh morning services and signals the conclusion of the Yom Kippur fast. Among the many reasons for the blowing of the Shofar are:

- (a) To proclaim the sovereignty of G-d on the anniversary of the creation of the world (the Kings of Israel were coronated amidst the sounding of the ram's horn).
- (b) To rouse the slumbering idividual from his sleep of complacency and to stir him to repentance.
- (c) To remind G-d (as well as ourselves) of Abraham's willingness to sacrifice Isaac, his only son. The Bible relates that a ram was substituted for the beloved Isaac In such a manner do we hope to be saved from impending death.

#### SHABBAT SHUVA-

The Samoath of Return, which is the designation for the Sabbath between Rosh Hashanah and Yom Kippur. Its name is taken from the haftorah (portion from the Prophets) chanted on that Sabbath, which begins: "Shuva Yisroel, Return O Israel unto the Lord Thy G-d" (Hosea 14:2ff).

#### YOM KIPPUR FAST-

In ordaining Yom Kippur, the Bible states" You snall afflict your souls." This is the basis of fasting, the abstinence from food and drink on the Day of Forgiveness. The purpose of the fast is to emphasize the spiritual nature of man and demonstrate the G-dlike quality in each of us. Children usually begin to fast at the age of thirteen.

#### KOL NIDRE-

"All the vows," the beginning of the dramatic prayer which inaugurates Yom Kippur. The haunting and inspiring melody speaks of G-d's absolution of religious vows. It is conjectured that the music was composed during the Spanish Inquisition (1492), when many Jews were forced to publicly vow their allegiance to Christianity.

#### NON-LEATHER SHOES-

It is customary to wear non-leather shoes during the entire Yom Kippur period. This is because:

- (a) Leather is a sign of luxury.
- (b) The death of an animal is necessary in the production of leather shoes. On Yom Kippur we must be made aware of the dependence upon a Higher Source which unites all of G-d's creatures.

## Kashruth Korner By Rabbi Kenneth Brander

The following are products that are Kosher that you might not be aware of:

- (A) Slice: Lemon-Lime, cherry, cola, mandarinorange & apple.
- Both regular and diet are reliably Kosher even when containing grape juice.
- (B) Diet Sunkist Plus brand soda must have an "OK" on the label.
- (C) Twizzlers & Nibs Licorice are OU certified even when not appearing on the label.

All products manufactured by Hershey Choclate Co.or by H.B. Resse Candy Co. in Hershey, Pa. are OU certified.

All products manufactured for Hershey Co., distributed by Hershey..., Imported by Hershey...are not OU certified.

- (D) Drakes Fudge Brownies are now OU & Parece.
- (E) Duncan Hines Cookies All are produced on dairy equipment; some contain dairy ingredients and some do not.
- (F) Cocoa Puffs are OU certified.

All Kraft products with a regular "K" are certified by the OK Labs.

M

#### SCHEDULE OF SERVICES

Shabbat Services
Shabbat Early Services followed by classes in Bible and Talmud
Regular Services — Main Sanctuary
Shiur — Cholent Kugel Minyan
Youth Minyanim
Youth Shiurim
Shabbat Nursery (3–5 years old)
Daily Minyan
Weekdays
Mon. and Thurs. First Minyan
경기를 받는 것이 있다면 하면 보면 있다면 보다 하는 것이 없는 것이다. 그런 사
Sunday       7:15 and 8:30 A.M.         Legal Holidays       7:15 and 8:30 A.M.
Rosh Chodesh
Fast Days
Daf Yomi
Daily, 6:15 A.M
Friday, September 26
Kindle Snabbat Candles6:29 P.M.
Mincha and Kabbalat Shabbat
The same and
Saturday, September 27 (Nitzavim-Vayelech)
Shabbat Morning Service8:45 A.M.
Talmum and Bible Classes5:30 P.M.
Mincha6:30 P.M.
Laily Mincha and Maariv6:30 P.M.
Saturday Night, 11:30 P.M.
Rabbi Berman's Selichot Lecture/Topic: "Why We Don't
Do Teshuva"
Selichot Services
Daily Selichot and Morning Services6:45 and 7:30 A.M.
Friday Ostobay 3
Friday, October 3 Eve of Rosh Hashana
Selichot and Morning Services6:00 and 6:45 A.M. Kingle Shabbat Rosh Hashana Candles6:15 P.M.
Mincha and Kabbalat Shabbat Rosh Hashana6:25 P.M.
Princia and Radoarat Shaddat Rosh Hashana
Saturoay, October 4
Shabbat Rosh Hashana Services
Daf Yomi
Mincha
Kingle Rosn Hashana Candles not before7:15 P.M.
Sunday, October 5
Rosh Hashana Services
Tashlich Walk5:25 P.M.
Mincha6:25 P.M.
Warner O. L. V.
Monday, October 6
Fast of Gedalia
Daily Selichot and Morning Services6:45 and 7:30 A.M.
Mincha
Daily Mincha and Maariv6:20 P.M.

#### **DEDICATED SEATS**

If you wish to dedicate a seat in the Main Sanctuary please contact the Synagogue Office at 874-6100.

The Community MIKVA is located at 234 West 78th Street Tel. 799-1520

## Within Our Family

#### CONDOLENCES:

Tanya Feldman on the passing of her beloved husband, George Feldman, honorary Vice President & distinguished benefactor of our Hebrew School.

Boruch Kramer on the passing of his beloved mother, Sally Kramer.

Mrs. Rose Riskin on the passing of her beloved brother, Joe Walters.

Mrs. Edith Woloch on the passing of her beloved husband, devoted founding member and honorary trustee, Nathan Woloch.

#### BIRTHS:

Leah & Paul Buchbayew on the birth of their son, Johnathan Jonah.

Lanette & Heshy Dachs on the birth of their son.

Sherry & Mark Fessel on the birth of their daughter, Julie Talya.

Ruth & Dr. Jerry Kestenbaum on the birth of their daughter.

Rachel & David Moss on the birth of their son.

Gila & Paul Reinstein on the birth of their son, Aryeh Leib.

#### ENGAGEMENTS:

Leslie Horwitz & Jeff Silber Sharon Zisserman & Mark Sonnenschein

#### MARRIAGES:

Marcella Altman & Robert Marcus Ruth Elbaum & Ami Gregor Sandy Reisenberg & Leon Stern

#### BAR & BAT MITZVAH:

Barbara & Arthur Alexander on the Bat Mitzvah of their daughter, Dana.

Mrs. Paulette Azaria on the Bar Mitzval of her son, Evan.

Chaya & Fred Gorsetman on the Bat Mitzvah of their daughter, Talya.

Martine & Jack Schenker on the Bar Mitzvah of their son Yossi; Mazel Tov to the grandparents Sabin & Henry Krenik & Mrs. Irene Schenker.

Friday, October 10 Kindle Shabbat Candles	P:M P.M
Saturday, October 11 (Haazinu) Snabbat Shuva	
Snabbat Morning Services8:45 Mincha followed by Shabbat Shuva Discourse5:15	A.M P.M
Sunday, October 12  Eve of Yom Kippur  Selichot and Morning Services7:00 and 8:30	A.M
Mincha	P.M P.M
Monoay, October 13 Yom Kippur	- • • • • • • • • • • • • • • • • • • •
Main Sanctuary	A.M.
Daily Mincha and Maariv	P.M.
Eve of Sukkot Kingle Shabbat Yom Tov Candles	P.M.
Mincha and Kabbalat Shabbat Yom Tov6:05 Saturday, October 18 - Sukkot	
Shabbat Sukkot Services8:45 Daf Yomi	P.M.
Kindle Yom Tov Candles not before6:53 Sunday, October 19	P.M.
Sukkot Morning Services8:45 Daf Yomi	P.M.
Mincha	P.M.
Friday, October 24 Hoshana Rabba Morning Services6:30 and 8:00	A.M.
Kindle Snabbat Yom Tov Candles	P.M.
Saturday, October 25 Snemini Atzeret Snabbat Yom Tov Services8:00, 8:45 and 9:30	A.M.
Yizkor Memorial Services Mincha	P.M.
Sunday, October 26 - Simchat Torah Synagogue will observe Daylight Savings Time through	
end of Yom Tov. On Sunday evening please move the clock back one hour.	
Yom Tov Morning Service	ST ST
Mincha	ST

## Within Our Family (con't)

TZETCHEM L'SHALOM

Captain & Mrs. Hugo Adler Todd Jacobs Linden & Gene Stromberg

#### NEW MEMBERS:

Bette Barker
Ilene & David Baumrin
Marilyn Berne
Herman Fisherman
Deena & Dennis Forman
Lynn Glickman
Peter Goldman
David Goldstein
Florence & Philip Hershaft
Rona & Ira Kellman
Nina Moinster
Rachel & David Moss
Adrienne & Isaac Oberndorfer
Geraldine Sprechman
William Stock

MY DAUGHTER, JOANN, AND I WISH TO THANK THE LSS FAMILY AND COMMUNITY FOR THE WARMTH AND EXPRESSIONS OF SYMPATHY THAT WERE EXTENDED TO US DURING OUR RECENT BEREAVEMENT.

LILA SESHOLTZ AND FAMILY

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1	and 195.00
1	holent-Youth Kiddish

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## Kashruth Korner (con't)

Products that are no longer recommended:

- (A) Planters Dry Roasted Peanuts now contain gelatin.
- (B) Banana Chips are processed in oils and therefore need reliable Rabbinic supervision.
- (C) Trix Cereal Used to have OU, now contains grape juice.
- (D) Orange Crush Soda uses non-kosher grape juice in their products.
- (E) Apple Juice Due to the way apple juice is manufactured, all apple juice requires Rabbinic supervision.

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Rabbi & Mrs. H. Cohen

Ms. Suri Kasirer

Rabbi & Mrs. M. Katz

SHOULD YOU HAVE ANY SUGGESTIONS OR COMMENTS PLEASE FEEL FREE TO CONTACT US AT THE LSS OFFICE.

WISHING YOU A VERY HEALTHY & HAPPY NEW YEAR

EDITORS:

ARLENE CHERIOFF

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