

Newsletter of Temple Beth Torah
Wethersfield, CT
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Special Interest Articles:

- Message from
Rabbi Seth
Riemer
- Education
Report
- Cemetery
Service

Individual Highlights:

Message from the Co-	
Presidents	2
Golden Book	5
Calendar	6
Oneg Schedule	7

Message from Rabbi Seth Riemer

Dear friends at TBT,

One of the most spiritually intense and beautiful parts of the Yom Kippur ritual experience is the finale comprised of *Minhah* and *Ne'ilah*. These are the holiday's afternoon and concluding services.

The symbolism of *Ne'ilah* is very powerful: the word itself means "closing" and refers to *ne'ilat she'arim*, the time of shutting the gates of a city—or of the Holy Temple in Jerusalem in ancient times—at the end of the day. That image underscores a unifying theme of the *Yamim Nora'im* / Days of Awe (High Holidays), which we may think of as an open window of opportunity for divine forgiveness.

These combined services, lasting about two hours, have a dramatic, high-stakes quality to them: as the minutes tick down toward a few final moments, we are continuing to reach out to God and each other, offering forgiveness even as we ask for it. Then comes one final blast of the shofar.

It is the time when, physically weakened by the day-long fast, we are at our most emotionally vulnerable. Yet, exposure to hunger and fatigue and the temporary distress and dizziness to which they have brought us can reorient our thinking and open

us up to a different—more humane, enlightened and confident—way of understanding our lives and our purpose in this world. Being able to make this discovery in the company of others who share that aspiration adds to the quality of hopefulness and moral encouragement.

At TBT *Minhah* and *Ne'ilah* are sparsely attended, but I believe they're the most important part of the holiday because they are a culmination—a defining focal point—toward which our do-or-die appeal for sympathy, compassion and *teshuvah* / repentance has been aiming.

I urge you to join us for *Minhah* and *Ne'ilah* this year. Or, at least, please seriously consider it. Swelling the ranks of those in attendance will give the participants an added boost of energy, strengthening our sense of solidarity as a community and providing each person there a feeling of comfort and reassurance as the twilight fades and God's inner light is revealed to us.

I wish you a meaningful and enlightening journey through the Days of Awe—Shanah Tovah!

Rabbi Seth

Message from the Co-Presidents

Hello TBT Family,

It is hard to believe that summer has come to an end and fall is rapidly approaching. School has started and Rosh Hashanah and Yom Kippur are only a few days away!

We have been very busy over the summer at TBT. We have a brand new roof over the Social Hall thanks to the incredibly generous donation by AZ and Evelyn Soforenko and to all of our generous members who have so far contributed to our "Raise the Roof" fundraiser. We have not yet met our goal of \$10,000 but are more than halfway there! There is still plenty of time to get your donations in to the roof fund.

The Always on Sunday dance group made a donation to TBT towards a new air conditioner for the Social Hall. Now everyone can enjoy the cool comfort of the community room.

Please remember that any TBT information can be found at our website. The address is: www.TempleBethTorahWethersfield.org

Any correspondence should be sent to our email address: tbt.w.ct@gmail.com.

Our first Friday night Shabbat service is September 6th at 7:30pm. We look forward to seeing all of our TBT family! Barry and I will be hosting our first Oneg after summer break.

Religious school begins on Sunday, September 8th at 9:00. Our own Nancy Stillman will be teaching our younger group. We will be having a parents' meeting with Rabbi Seth at

9:00am. Parents, please attend! We will officially enroll your child(ren) and have a brief orientation session about the school year and various activities and assignments. Come join us for coffee, tea, and donuts.

Judy Gold, Kathi Mag and Sallyanne Scott got together over the summer to plan for our "Raise the Roof fundraiser." We will be having a Gala when our mission is accomplished. All who have at least participated at the Bronze level (\$250 contribution or more) will be invited. Our generous benefactors, AZ and Evelyn Soforenko will hopefully be our guests of honor!

Old favorites like the Sukkot Pot Luck will be back on Friday, September 20th. Shabbat Services will begin at 6:00pm, immediately followed by our wonderful Sukkot Pot Luck Dinner. Weather permitting, we will eat under the stars in the Sukkah!

Even though we are a day late, we will be celebrating Simchat Torah on Friday, September 27th, (time: TBD). As is our tradition, we will be unwinding the Torah Scroll all around the sanctuary. Family fun for all. Please come!

As you know, TBT is known for our wonderful Shabbat Onegs. Included in this issue, is the Fall Oneg Host Calendar. Please check to see which date you will be hosting the Oneg. If you cannot fulfill your hosting duties, **please find a substitute** or switch with a friend.

We look forward to seeing all of you at Rosh Hashanah services on Thursday, September 5th.

L'Chaim and L'shana Tova,
Sallyanne and Barry

High Holiday Food Drive

Our annual mitzvah (good deed) at this time of year is our High Holiday Food Drive. Flyers and grocery bags will be available in the entry as you leave TBT on Rosh Hashanah. The local food banks welcome all types of healthful, non-perishable food items. Our goal is for each

family to return at least one bag, filled with non-perishable food items or donate some money, by Yom Kippur. The bags of food will be distributed to the Wethersfield Food Pantry.

Your generous donations are greatly appreciated.

Sukkot Pot Luck

Our Annual Sukkot Pot Luck is scheduled for Friday evening, September 20 at 6:00 pm. We will start with a short version of Erev Shabbat service. Afterwards, depending on the weather, we will eat in or out, among the stars and the mosquitoes (bring some spray).

Simchat Torah

Rejoice in the Torah on Friday, September 27. This marks the end of one cycle and the beginning of the next cycle of reading the Torah. Let's get a great turnout and dance with the Torah and see it unwrapped around the sanctuary.



Calendar for September

- 4 Erev Rosh Hashanah
7:30 p.m. service
- 5 Rosh Hashanah
9:00 a.m. services
10:00 a.m. Jr. Congregation
12:30 a.m. (approx) Tashlich
at Cove, after services, meet at synagogue
- 6 Rosh Hashanah
9:00 a.m. services
- 6 First Shabbat service of the season, 7:30 p.m.
- 8 First Day of School
9 – 11 a.m.
- 8 Memorial Service at the
cemetery 11:00 am
- 13 Kol Nidre 7:30 pm
- 14 Yom Kippur
9:00 a.m. service
10:00 a.m. Jr. Congregation
5:00 p.m. afternoon service
- 20 Sukkot Service and Pot Luck
Supper 6:00 p.m.
- 27 Simchat Torah 7:00 p.m.

Do you ever wonder about the groups who rent space from TBT? This is the first of a series of occasional articles on the outside groups who enjoy our space and help improve our bottom line.

Always on Sunday International Folk Dancers

One regular renter (since Sept. 2010) is *Always on Sunday International Folk Dancers*. International folk dance is a genre which includes couple, set, and especially circle dances from all over the world. These are both authentic traditional village dances and more modern takes on those dances choreographed to the traditional patterns.

Always on Sunday ("AoS") was started in the 1960's by two couples, Lynn and Cy Levine and Bert (Bertha) and Harold Dobkin. Both families were members of Temple Beth Torah and had dances there as well. The format was established early: Lynn and Bert would teach dances during the first hour, then in the following two hours there would be a mix of easy, intermediate, and challenging dances, mostly by request. After half a century this basic format is still adhered to.

As some of you may remember, the movie '*Never on Sunday*' with Melina Mercouri was popular then, and since it was the Levines' and the Dobkins' intention never to miss a Sunday, *Always on Sunday* became the name of the group. And it still meets every Sunday from 7 to 10 p.m. The astonishing longevity of the group is due largely to the dedication, personality, and skill of the founders. When they retired, the dancers felt they simply couldn't give up either their weekly dances or the warmth and friendliness of the community the dancing had created and have continued under a volunteer committee.

For years, *Always on Sunday* danced at various locations in West Hartford. When a new home was wanted, the group chose TBT after a careful search of the available venues in the area, a search which included measuring the height of the bounce of dropped tennis balls in order to assess the spring quality of the floor. They have been so happy here that this summer they donated \$500 for a new air conditioner to replace the defunct one.

Twenty dancers is the average attendance except at the monthly live music parties when attendance is more apt to be in the neighborhood of 40. The music of various ethnic traditions, much of it very different from what comes over our radios every day, has a way of getting into the blood. *Always on Sunday* welcomes novices and, after the period of teaching ends, you will often see a dancer leave the circle to give an individual lesson to a newcomer. A special joy for AoS is including a toddler (who will be guided between two attentive adults) or a baby (still too young to walk but who "dances" held in a dancing parent's arms). Occasionally, there will be three generations from a single family kicking up their heels on a Sunday night.

The *Always on Sunday* dancers believe that folk dancing is due for a big comeback as people look for community and for fun exercise and learn about the accumulating research on the health benefits of moving to music. International folk dancing requires no partners since most dances are done in a circle. It requires no special equipment other than comfortable shoes and no previous experience because every evening includes some teaching and easy beginner dances. Dancing is one of the best ways to stay healthy. It provides great exercise for staying healthy. Dancers can dance at their own pace and just socialize if they find a particular dance too difficult. Strength and Endurance increases result from regular dancing. A study in the *New England Journal of Medicine* (<http://content.nejm.org/cgi/content/abstract/348/25/2508>) found that Dancing was the only physical activity associated with a significant lower risk of dementia. Dancing frequently had the greatest risk reduction of any activity studied, cognitive or physical.

Why not give dancing a try? Not only will you benefit but you will also be indirectly helping Temple Beth Torah. Groups that use TBT help it meet its regular expenses as well. For further information contact Jonathan Reuben at 860-561-2104.



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Gershenson, Sallyanne Scott,
Barry Scott, Eliot Mag

Grounds

Kathi Mag

Nominations

Cecile Bronfin

TempleBethTorahWethersfield.
org

Cemetery Service

TBT Memorial Park will hold Annual Yizkor Service at the Park on September 8, 2013 at 11 a.m. All are invited to attend and participate in prayers for our departed loved ones which will be led by our Rabbi Seth Riemer. Service will start promptly at 11 and conclude about 11:30.

*Yours Truly,
Harold Nevins*

Cemetery Plots

Many new members of TBT are not aware that we have a beautiful park-like cemetery in Wethersfield available to our membership at a reduced price, which includes perpetual care.

We must emphasize that all our membership is offered burial in the Memorial Park. Your estate planning is not complete if you have not considered making a purchase. Contact Harold Nevins at 860 416-7122 for further information and a tour of the Memorial Park.

Oneg Shabbat

Sept. 6 Sallyanne and Barry Scott	Nov. 15 Andie and Barry Goldberg
Sept. 20 Sukkot Pot Luck	Nov. 22 Susan and Fred Cohan
Sept. 27 Cecile and Barry Bronfin	Nov. 29 Thanksgiving Break, no services
Oct. 4 Sallyanne and Barry Scott	Dec. 6 Ellen Sue Moses and Mark Gould
Oct. 11 Kathi and Eliot Mag	Dec. 13 Marlene Ellenberg
Oct. 18 Judy and Marty Gold	Dec. 20 Carol Gershenson
Oct. 25 Deb and Joe Hammer	Dec. 27 Winter Break, no services
Nov. 1 Jan Wahnnon and Ernie Ferrebee	Jan. 3 Alice Burstein
Nov. 8 Susan Mahler and Dean Kavalkovich	

Shalom! This is the TBT Oneg Calendar. If you cannot participate on your "Host" date, please switch with someone else or find a substitute! As a Host, you will need Kedem Grape Juice and a challah. You can also bring cake or brownies, fruit, soda, seltzer, cider, etc. or whatever else you feel like sharing. Tablecloths are in the kitchen, upper cabinets about 3 down from the refrigerator. If you use a cloth one, just please take it home, wash it and bring it back the next time you come to TBT. In the lower cabinets to the left of the sink, you will find napkins, dessert plates, plastic cutlery and hot and cold drink cups. We should also have ample small wine/juice cups. Just before services are over, count heads and pour the juice. On a typical Friday night we'll need enough for about 15 - 20 people. Thanks for cleaning up when you are done!

Sunday School and Challah schedule

TBT school calendar Fall 2013
 Classes meet Sunday mornings 9 – 11 a.m.

Sept. 8 Bronfin, 15 Poland, 22 Guay, 29 Latorra
 Oct. 6 Sondik, 20 Evans, 27 Lev
 Nov. 3 Poland, 17 Guay, 24 Latorra
 Dec. 8 Sondik, 15 Evans

The children should plan to attend services with their families on Shabbat, Rosh Hashanah, Yom Kippur, Sukkot and the pot luck supper, and Simchat Torah to march with flags. There will be a children's service the 1st morning of Rosh Hashanah and the morning of Yom Kippur. There will be a Chanukah party with lots of latkas.



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Connecticut Certified Master Gardener

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Gift Cards

Purchase gift cards for your shopping trips to the supermarket. Our top selling gift card is Stop and Shop which gives back 5%, followed by Big Y gives back 6% in October and April. Stew Leonard's will give us 10% of our order over \$1000 minimum which we purchase in November or December. Crown Supermarket encourages shoppers to recharge their cards at the cashier. We will get a check from them.

We make 4 or 5% per card. Add all of the cards together and this could be our biggest fundraiser, with no extra cost to the shoppers. We can order anything at www.glscrip.com When you order \$500 worth of gift cards in this Jewish calendar year, you will get a copy of the Stew Leonard cook book as a thank you gift, while supplies last. Contact Susan Reuben to purchase your cards. The next order will be mid September and will be available for pickup at the Temple.

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