

BHBIRochester.org  
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**Congregation Beth Hamedresh – Beth Israel**

# BULLETIN

Editor: Stan Schaffer

## **October President's Message**

Friends,

Do you want a more spiritual experience in synagogue? Who doesn't? Most of you are missing a great opportunity. How so? By not coming to services at the beginning. "But wait," I hear you ask, "isn't that when you mumble in Hebrew for pages and pages and nothing happens? How is that a spiritual experience?" Well, yes, I do appear to be mumbling in Hebrew for pages and pages and nothing appears to be happening. (I'm usually the person leading that part of the service.) That's only on the surface.

So what is going on at that time? The earliest parts of the service are known as the "Morning blessings" (Brachot hashachar) and "Verses of song" (Pesukei d'zimra). Mostly they are a collection of songs and psalms. Some are said aloud, most are recited silently except for the last line. Their purpose is for you to prepare yourself for prayer, so that you will be in the proper frame of mind for the prayers. The prophet Amos (4:12) says "Prepare to meet thy God, O Israel." This is interpreted by the rabbis to mean that you should prepare yourself for prayer. The actual context in the Talmud (Berachot 23a) is that you should go to the bathroom before going to prayers, so you should physically as well as mentally prepare yourself to pray. Elsewhere in the Talmud (Berachot 30b) it says "One should not rise to pray other than with an attitude of reverence. The early pious ones would tarry for an hour and then pray, in order that they might direct their hearts to their Father in Heaven." Rashi (the 11<sup>th</sup> century sage) commented on that passage that "they would pause for an hour to contemplate the loftiness of G-d" and "to erase from their minds thoughts of earthly pleasures" (quoted from the commentary in the Schottenstein edition of the Talmud). There is an extensive discussion of the state of mind necessary for prayer, but I think I've given you the gist of it.

I look at the Pesukei d'zimra as a form of meditation. I come in, I clear my mind of whatever is going on in my life, I get ready to pray. I often don't notice what's going on around me. I understand that for a newcomer, the psalms can be daunting, coming rapid fire one after the next. You don't have to try and swallow the psalms whole. There is no reason you should try to keep up with whoever is leading. Read along in the Hebrew or in the English at your own pace, pick a passage that speaks to you and spend some time thinking about it. Before you know it, it will be time for Barchu, and you can participate in a calmer and more focused way than you ever did before. Try it!

We had a very active month of September. I want to thank everyone who helped organize and lead services, especially Dr. George Kornfeld who led our High Holy Day services, and all who participated, read Torah, and helped us get minyans throughout Sukkot. Thanks to the large group of people (including several first timers) who helped put up the sukkah. Many hands did make light work. Thanks to all who helped with the Sukkot dinner, especially Elaine Schaffer who coordinated it. Please join us to help disassemble the sukkah at 11 AM on Sunday October 6<sup>th</sup>. Ladders and wire-cutters are a big help.

Looking forward to a quiet October.

*Leon Metlay*



## BHBI CALENDAR OF EVENTS – OCTOBER 2013

Friday	Oct 4	7:00 PM	Shabbat Evening Service at Heather Heights in Pittsford Light candles at 6:27 PM
Saturday	Oct 5	9:30 AM	Shabbat Morning Service      Torah: Noah
Sunday	Oct 6	9:00 AM	Service, Breakfast and Discussion
Friday	Oct 11	7:00 PM	Shabbat Evening Service with Temple Beth Am at Beth Am Light candles at 6:15 PM
Saturday	Oct 12	9:30 AM	Shabbat Morning Service with Temple Beth Am at BHBI Torah: Lech Lecha
Sunday	Oct 13	9:00 AM	Service, Breakfast and Discussion
Monday	Oct 14	7:30 PM	Monthly Meeting of the BHBI Board of Trustees
Wednesday	Oct 16	7:30 PM	Small Conservative Shul Collaborative Torah Study at BHBI
Friday	Oct 18	8:00 PM	Shabbat Evening Service Light candles at 6:03 PM
Saturday	Oct 19	9:00 AM	Shabbat Morning Service      Torah: Vayeirah
Sunday	Oct 20	9:00 AM	Service, Breakfast and Discussion
Friday	Oct 25	8:00 PM	Shabbat Evening Service Light candles at 5:53 PM
Saturday	Oct 26	9:30 AM	Shabbat Morning Service      Torah: Chayei Sarah
Sunday	Oct 27	9:00 AM	Service, Breakfast and Discussion

### SMALL CONSERVATIVE SHUL COLLABORATIVE TORAH STUDY

Our next Small Conservative Shul Collaborative Torah study session will take place at BHBI on Wednesday, October 16<sup>th</sup> at 7:30 p.m. Everyone is welcome.

### BUILDING FUND RENAMED

The BHBI Board of Trustees has unanimously voted to rename our Building Fund the Harry Rogachefsky BHBI Building Fund in memory of our dear friend and member Harry Rogachefsky who was always very generous in supporting efforts to improve our building.

### FREE 3-MONTH TRIAL MEMBERSHIP FOR FIRST-TIME NEW MEMBERS

Let your friends know about BHBI's special [free 3 month trial membership](#) (available to prospective first-time new members only). Have them contact BHBI at 244-2060 or [BHBIRochester@gmail.com](mailto:BHBIRochester@gmail.com) and we will be happy to give them information about BHBI and this great offer!!

### BHBI WEBSITE

Have you checked out the BHBI web site lately? If you haven't there is a lot that you're missing. The web site at [www.BHBIRochester.org](http://www.BHBIRochester.org) provides information about many aspects of our congregation, lists the BHBI calendar, has electronic versions of this and previous bulletins going back several years, has an extensive history of our congregation along with historic photos, includes photos from several BHBI dinners, picnics and other special events, and has the unique Adon Olam Songbook with information on over 100 melodies for Adon Olam.

**DONATIONS  
THANK YOU FOR YOUR GENEROSITY!**

**GENERAL FUND**

*Lee Kauffman*

In memory of Julian Sugarman

*Ruth and Steve Teitel*

In memory of Harry Rogachefsky

*Ira Cohen*

*Harris and Aline Honickman*

*Judith Mercer*

*Leon Metlay and Nina Klionsky*

*Stan and Elaine Schaffer*

*Steve and Ruth Teitel*

*Esther Vogelstein*

In memory of Winston Block

*Ira Cohen*

*Judith Mercer*

*Steve and Ruth Teitel*

*Thank you to everyone who contributed to our High Holy Day Appeal:*

Thomas Atuop

Sue Baker

Paula Bobb

Jill Clark-Foulkes

Ira Cohen

Phil and Annette Garver

Steve and Helen Gulack

Paul and Rose Israel

Harris and Aline Honickman

Lual Lual

Judith Mercer

Leon Metlay and Nina Klionsky

Jeff Nidetz and Leslie Toker

Alan and Janice Resnick

Stan and Elaine Schaffer

Herb Spencer

Steve and Ruth Teitel

Peg Toker

Ken and Mollie Traub

Esther Vogelstein

Hermann Vogelstein

*Subsequent contributions to the High Holy Day Appeal will be acknowledged in the November Bulletin*

**EVENTS IN THE COMMUNITY**

**The Jewish Community Federation's Melton Adult Mini-School** is sponsoring an intensive course on the history of the Arab-Israeli conflict. The 20-week course begins on Wednesday evening, October 23<sup>rd</sup> and runs through March. The first class is free. The cost of the course is \$275 per student. For more information, contact Jacqui Lipschitz at 461-0490 x8651 or e-mail her at [jlipschitz@jewishrochester.org](mailto:jlipschitz@jewishrochester.org)

# THANK YOU TO OUR KIDDUSH SPONSORS FOR THE MONTH OF SEPTEMBER


September 7	The Congregation
September 14	Yom Kippur Break Fast by Harris and Aline Honickman in memory of Milton Honickman
September 21	Hermann Vogelstein in honor of his sister, Esther's birthday Katharine Metlay in memory of her brother, Leon Titof
September 26	Janet Grable in honor of Shemini Atzeret
September 27	Janet Grable in honor of Simchat Torah
September 28	Jill Clark-Foulkes in memory of her mother, Beverly Clark Leon Metlay and Nina Klionsky in honor of everyone who helped make the minyans during the recent holidays

## GOODSEARCH.COM

Goodsearch.com is an on-line internet search program that pays non-profit organizations like BHBI a fee every time someone uses their search service. Go to [www.goodsearch.com](http://www.goodsearch.com), enter the search term that you want and put in BHBI on the line where it says Who Do You Goodsearch For? BHBI will benefit from each search you make!

**Help the Brighton Food Cupboard**

Every donation you make helps  
to feed a neighbor, a family, a community



**BRIGHTON Food Cupboard**  
A Program of Jewish Family Service

### Community Wide Food Drive

### October 13—19

**How You can Help:**

- Donate items (see shopping list below)
- Involve Kids (pick a different item each week)
- Write a check to the Brighton Food Cupboard
- Donate grocery store Gift Cards
- Collect & donate reusable grocery bags
- Organize a "Fill Me Up!" neighborhood food collection
- Encourage family, friends & neighbors to pitch in
- Collect food donations at work, school or in the community
- Pick-up—Fill-up—Drop-off your BFC grocery bag at any area location.
- For more information call (585) 461-0110 x 107 or (585) 271-5355

Sunday, October 13<sup>th</sup>, is Brighton Food Cupboard Day at the Brighton Farmer's Market. Please stop by to say hi, drop off non perishable items, or fresh fruits and vegetables

**Drop Off Locations**

- Brookside School:** 220 Idlewood Road  
Monday -Friday, 9:00 a.m. – 6:00 p.m.
- Brighton Central School District Bldg:** 2035 Monroe Ave.  
Monday -Friday, 10:00 a.m. – Noon
- Jewish Family Service:** 441 East Ave.  
Monday – Thursday, 8:30 a.m.– 5:00 p.m.  
Friday, 8:30 a.m. – 4:00 p.m.
- Brighton Famers Market:** Brighton High School Parking Lot  
Sunday, 9:00 a.m. – 1:00 p.m.
- First Niagara Bank:** 1655 Monroe Ave.  
Monday – Thursday, 9:00 a.m. – 4:00 p.m.  
Friday, 9:00 a.m. – 5:00 p.m.

**Shopping List**

- Canned Sauces
- Canned Soups, Chili & Stew
- Canned Fruits & Vegetables
- Peanut Butter
- Cooking Oil
- Grains
- Rice, Pasta & Oatmeal
- Dried Breakfast Cereals
- Tuna
- Toiletry items
- Paper Towels, Tissues & Toilet Paper
- Reusable Grocery Bags
- Grocery Store Gift Cards

## Yahrzeits

At the following Shabbat Services, we will read the names of our late loved ones whose Yahrzeits will occur on that Shabbat or during the following week.

October 4-5	Cheshvan	October 11-12	Cheshvan	October 18-19	Cheshvan	October 25-26	Cheshvan
Herbert Hirsch*	1	Marion Lazar*	8	Nellie Beckler*	15	Louis Gastel*	23
Bessie Miller*	1	Joseph Stolnitz*	8	Lena Cohen*	16	Emanuel	
Ida Phillips	2	Ida Buckbinder*	9	Sofya Kaminnik*	17	Koveleski*	24
Sarah Rickler*	4	Irene Bernstein		Rae Toker	17	Nathan Strom*	24
Blanche Florescue		Mikolasek*	9	Mosheh Lazar*	18	Mary Jaffey*	28
Ross*	4	Bernard Lipschutz	10	Julia Goldman*	19	Harvey Sanow*	28
Charles Schnidman*	4	Ingeborg		Bessie		Fannie Stern*	28
Harry Silverman*	4	Vogelstein	10	Schnidman*	21		
Rabbi Jordan Taxon	4	Dianne Hooker*	11				
Ida Menter*	7	Lottie Astrachan*	12				
Clara Spencer	7	Lewis Glaser	12				
		Alfred E. Hart*	12				
		Sol Weinstein*	12				
		Israel Astrachan*	13				
		Marion	13				
		Grossman*					

\*Denotes name memorialized on BHBI Memorial Plaque

We pray that our mourners will be comforted among all the mourners of Zion and Jerusalem and that the memory of the deceased continues to be a blessing to all who knew them.

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427-8520

3325 Winton Road South  
S/W corner of Jefferson & Winton Rds

So far our **TOPS** Gift Card fundraiser has been quite successful. Remember, **TOPS** Gift Cards are now available through BHBI in \$50 denominations. To purchase **TOPS** Gift Cards, contact Stan Schaffer at 473-8072 or by e-mail at [stanschaffer@frontiernet.net](mailto:stanschaffer@frontiernet.net)

### MEMORIAL PLAQUES

You can also memorialize a friend or loved one on a BHBI memorial plaque. Our memorial plaques are very reasonably priced. For more information, contact Stan Schaffer at 473-8072 or [stanschaffer@frontiernet.net](mailto:stanschaffer@frontiernet.net)

### MAKE YOUR PURCHASES AT AMAZON.COM AND SUPPORT BHBI AT THE SAME TIME!

Why not contribute to BHBI while making on-line purchases? It's easy to make purchases on-line at Amazon.com and support BHBI financially at the same time. Just go to the BHBI web page at [www.BHBIRochester.org](http://www.BHBIRochester.org) and click on the Amazon.com link. Each time you make a purchase after linking to Amazon.com from our web page, BHBI gets a percentage of the purchase price. The more you buy in this way, the more BHBI makes!

### CONDOLENCES

The congregation sends its condolences to Jeff and Lyn Springut on the recent passing of their son, Gavi. The congregation also sends its condolences to the family of Erika Gunder who recently passed away.

OFFICE: The synagogue office is checked regularly for mail and messages. The synagogue phone is 244-2060. For urgent issues, call Steve Teitel at 473-5741 or Stan Schaffer at 473-8072. You can also e-mail us at [BHBIRochester@gmail.com](mailto:BHBIRochester@gmail.com)

WANT TO REMEMBER OR HONOR SOMEONE OR A SPECIAL OCCASION? *Consider sponsoring a kiddush or making a donation to any one of our funds* (General Fund, Kiddush Fund, Harry Rogachefsky BHBI Building Fund, Torah Fund, Rabbi Aaron Solomon Scholarship Fund, Special Events Fund or the Sam Malina Memorial Fund). Please indicate which fund you would like your donation to go to and we will send out an acknowledgement card as you indicate and print an announcement in this bulletin. A standard sponsored kiddush at BHBI costs just \$40 while a larger enhanced kiddush is just \$50.

BULLETIN CONTENT What do you enjoy reading in the BHBI Bulletin? Is there something that you would like added (or taken out)? If so, please let Stan Schaffer know. We always appreciate feedback.

DID YOU MISPLACE YOUR BULLETIN? Don't worry. BHBI Bulletins going back several years can now be found on our web page: [www.BHBIRochester.org](http://www.BHBIRochester.org)

WANT TO GET YOUR BULLETIN HOT-OFF-THE-PRESS? Consider having us e-mail it to you! Contact Stan Schaffer at: [stanschaffer@frontiernet.net](mailto:stanschaffer@frontiernet.net)

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