

# CBT Nu'z



Elul 5769-Tishrei 5770, September 2009 \* Congregation B'nai Torah, Olympia, Washington, U.S.A.

## September President's Message

### *High Holidays on Our Doorstep!*

“And the Lord spoke unto Moses, saying, Speak unto the children of Israel, saying:

*In the seventh month, in the first day of the month, shall be a solemn rest unto you, a memorial proclaimed with the blast of the horns, a holy convocation. Ye shall do no manner of servile work; and ye shall bring an offering made by fire unto the Lord.” (Leviticus 23:23-25)*

As we prepare for the waning of summer, we welcome the cool crisp autumn weather, and with it the “days of awe” – Rosh Hashanah and Yom Kippur. For most Jews, these are the 2 most significant religious holidays. The period leading up to Rosh Hashanah, the month of Elul, is intended to be a month of introspective reflection. It is an opportunity for one to examine their lives the past year, and ask those who’ve we’ve wronged for forgiveness. This theme carries through to Yom Kippur, when we seek to “*be sealed in the book of life*”.

As a child growing up in an extraordinarily Jewish neighborhood in New Jersey, the Jewish holidays took on a different aura. Not only were we as children, indulged with new holiday clothing and afforded the opportunity to visit with our “Rosh Hashanah” relatives, who we rarely saw during the rest of the year, but we were reminded of the solemnity of the holidays, and encouraged to do *teshuvah* – the seeking of forgiveness from those against whom we had transgressed. The holidays were marked by a sense of civility, religiosity, and good feelings amongst all people with whom we've had contact. Now, as an adult of somewhat advanced years, I recognize that we should all seek to live by those guidelines throughout the year, and lessen the rush to seek forgiveness right before the book of life is closed. *L'shanah Tovah Tikatevu*

### Synagogue Security

As reported in the Minutes of the last CBT Board meeting, the CBT Board is very concerned about synagogue security during the upcoming holidays. Synagogues throughout the country are increasing their vigilance and United Synagogues of Conservative Judaism has suggested that their members be more mindful of “who is walking through their doors”. We will be requesting additional drive-bys by the Thurston County Sherriff's office as well as seeking members' assistance to provide additional surveillance at the entrance.

### In Closing

In closing, we look forward to our spiritually uplifting services led by Rabbi Bob Maslan and assisted by members of our congregation. On a final note, to those whom I may have offended or in some other way *wronged*, I publicly seek their forgiveness.

***Stan Finkelstein***

President

## **High Holy Day Services**

*In terms of the Rosh Hashanah and Yom Kippur schedules, here they are:*

**Sept. 18<sup>th</sup>—Erev Rosh Hashanah: services will begin at 7:00 pm**

**The same is true for evening services for September 19<sup>th</sup>.**

**The morning services for September 19<sup>th</sup> and 20<sup>th</sup>; the 2 days of Rosh Hashanah will start at 9:00 am**

**For Yom Kippur: the Kol Nidre service, the night of September 27<sup>th</sup> will start at 6:00 p.m.**

**The following day, Yom Kippur, services will start at 9:00 am, with Yizkor (memorial service) scheduled for about 11:00.**

The evening service for the close of Yom Kippur will be announced when we recess the Yom Kippur day service.

### **MINUTES, August 5, 2009**

The Congregation B'nai Torah board meeting was called to order by President Stan Finkelstein. Board members present were Vice President Mimi Silver, Secretary Penny Wilson, Treasurer Larry Perrin. CBT members Jon Auster, Lowell Cordas, Dave Pierik and Bella Wilson.

Minutes from the previous meeting were accepted.

There was no public comment.

Treasurers Report: See attached. A motion for a name change from the "Emergency Maintenance" item to "Building Maintenance Reserve" was tabled for 2 months.

The Ritual Committee was asked to meet twice prior to the High Holidays to work on the schedule etc.

Security for the High Holidays was discussed. The Sheriff's department will be contacted about the schedule, emergency security procedures will be organized and in place.

Donations: if you make a donation, please notify the CBT Nu'z editors.

High Holiday honors: the Ritual Committee, by direction of the Board will decide how these honors (Aliyahs, Haftorahs etc.) are allocated. Notifications will be made in advance. Dan Roselle will be asked to do the Drash.

Community School: a working subgroup to have 2-4 people to brainstorm for education in Olympia. Stan, Dave, Lowell and Penny.

Community Dinner Event: Though the potluck dinner with speaker event did not occur, discussion centered around possibilities for an educational speaker &/or dinner performance. Mimi will see about a possible comedian for a fundraiser. Information is needed about other Jewish performers. A silent auction is a possibility.

Procedures Manual: Updated, removed all unnecessary or double copies and put in order by date. To be reviewed by individual board members.

Aesthetics Committee: A motion for all major aesthetic changes to the building to first come to the board was approved.

Other: Lowell will contact Safeway about calendar. Penny will contact Rabbi Cheski about mailing list.

Respectfully submitted,

***Penny Wilson***  
Recording Secretary

## OLYMPIA SISTERHOOD

will next meet on Tuesday, September 1 at 7:30 PM at the home of Erin Syversen, 5455 Park Place Loop SE, Lacey, WA 98503.

Please RSVP directly to

[erin.syversen@comcast.net](mailto:erin.syversen@comcast.net) or contact her at (360) 413-1632 ~ Home, (360) 556-5976 ~ Work.

## TEA & TSORAS

The next Tea and Tsoras is on September 8 and once again, I will not be in town.

Our meeting time is 6:00 pm.

Chili Thai  
5823 Lacey Blvd SE # A  
(360) 438-8823

Let me know if you have questions or comments.

Sue Cordas, 456-7367, [slcordas@yahoo.com](mailto:slcordas@yahoo.com)

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## MEMORIAL BOOK REMINDER

Forms for listing loved ones to be remembered in the Memorial Book will be sent out in mid-September. They need to be returned in time to be received by **September 21, 2009** with your donation (made out to Congregation B'nai Torah) to: Marjie Finkelstein, P.O. Box 566, Olympia, WA 98507.

If you would like a form and do not receive one, please call Marjie at (360) 438-1359 or e-mail at [marjief@comcast.net](mailto:marjief@comcast.net)

## The Coming High Holidays and Beyond

*Shabbat Parashat Ekev - 18 Av 5769 - Guess Who's Coming To Shul This Week?*

*August 8, 2009 / 18 Av 5769*

*By: Rabbi Cheryl Peretz, Associate Dean Ziegler School of Rabbinic Studies*

*Torah Reading: Deuteronomy 7:12 – 11:25 \* Haftarah Reading: Isaiah 49:14 - 51:3*

Each year as we read Parashat Ekev, I am reminded of how very different the G-d with whom I share a relationship with today is from the G-d of my childhood imagination. No longer do I envision G-d as the big guy in the sky, sitting on a throne as would a king, taking on human emotions or characteristics. Yet, as I read the haftarah, I am always drawn to one verse that takes me back and leaves me pondering how it is that G-d of my childhood might not be so different than G-d with whom I relate today.

Taken from the prophetic works of Isaiah, the Haftarah, also known as the second Haftarah of consolation following Tisha B'Av, recounts the deep pain and loss felt by Israel as they lived in exile from the land of Israel and the Divine promise of return to the land. Amidst the poetic exchange and lament, Israel speaks to G-d and G-d to Israel. So says the Torah: Why, when I came was no one there? (Why) when I called no one answered? (Isaiah 50:2)

Just like another person, G-d comes to us and calls out to us and expects an answer.

What is even more remarkable, however, is Rabbi Yochanan's midrash on this verse from the 3rd century explained in the Talmud. G-d comes into the synagogue, he says, and when there are not ten people there (which constitutes the existence of a minyan), G-d is immediately angry. How do we know this, asks Rabbi Yochanan? From this same verse: "Why, when I came was no one there? (Why) When I called no one answered?" As if to say, G-d stands there in the shul and sees that there are not ten people, starts calling out, and there is no community to respond.

Remarkably, like we humans, it seems G-d goes to shul and looks for us there! And, not only that, God looks for a minyan. And, when none exists, like we humans - G-d expresses emotions and gets angry! Wow! (It can't possibly be that G-d is looking for the closest minyan to say kaddish since the practice of saying kaddish came a bit later than when Rabbi Yochanan lived.)

I cannot help but go back to G-d's emotional reaction and examine why it comes to be. At the root of anger is usually a wealth of other emotions - hurt, pain, disappointment, frustration. And, in a moment of reaction all are expressed in the anger. So, what is it about praying in a minyan that would leave G-d full of so many deep emotions in the absence of a minyan? After all, Judaism does teach us that a Jew can and should pray individually when not in the presence of community, does it not? So, if we can fulfill our obligation to prayer in that way, why the strong reaction?

What I think Rabbi Yochanan is trying to remind us is that coming together in a minyan is about so much more than just the words of the prayers or the fulfillment of command to pray. Sociologist Samuel Heilman posits that while people may come together in prayer, "they have really come only to be with one another, to bond together and ratify their communion."

Minyan is about community, about connecting with others; about stepping beyond ourselves and recognizing that we are part of something larger than ourselves. Together, we create circle of support - where anyone can feel comfortable, where people can bring their joys and sorrow to share, and where we can reach out a hand to the person next to us. In the context of community, we help create such an environment for others and in so doing, such an environment is also created for us to find love and acceptance. Moreover, as Harold Kushner teaches, the synagogue is also the place where holiness can be felt and experienced as we recall the sacred moments of our lives that occurred in that place and within that specific community.

Perhaps it is for all these reasons that the Psalmist reminds us: "G-d stands in the congregation of G-d." Knowing that this is all possible, wouldn't you be angry to know that such an opportunity was missed or that you missed the opportunity? Is it any wonder that there is hurt, pain, disappointment, or frustration?

So, why not join the minyan this week? Don't wait for High Holidays - come to shul. G-d will be waiting, saving you a seat, and waiting to catch up.

## **D O N A T I O N S**

A donation to CBT was made by Lori and Dick Elgin in honor of Gilad ben Aviva Shalit, never out of our thoughts and prayer, may he be home before his birthday 28 August!

From Dorothy Levinson, a contribution in memory of her brother, Avrohom Isaac Wisenberg.  
The Yartzheit is 11 Elul.

*Donations are always needed.* Checks should be made out and mailed to:

**Congregation B'nai Torah**  
**CBT Treasurer, P.O. Box 11432**  
**Olympia, WA 98508-1432**

*Current funds include:*

Adult Education Fund, Building Fund, Kiddush Fund, Loan Fund,  
Megillah Esther Fund, Memorial Book Fund, Morris Belling Leadership Fund,  
Newsletter Fund, Prayer Book Fund, Youth Education

*The following is from [The Summit at First Hill](#), a premiere, full service Jewish retirement community, the only one in Washington state*

### **To Everything There Is a Season**

The hearts of families turn towards each other as the fall holidays grow near. As the time for reflection and renewal approaches and we prepare for the New Year, we sense life's cycles anew. A New Year brings change.

Making changes at any life phase can be daunting. Parents partner with their faith communities and other mentors to guide children. Inevitably, the time comes when these same parents face their own futures as elders. Adult children become the partners in considering the later years.

Being blessed by long years, taking the time to plan for change is a blessing in itself. Families often postpone conversations about this for all sorts of reasons. Truth be told, families are aging together. "Bubbe" and "Zayde", "Abba" and "Ima", "Nona" and "Papoo", all have their "boomer" adult children who face aging changes themselves. Everyone has some level of practical and spiritual sensitivity to time's passage.

The increasing number of retirement communities and resources to support aging indicates the burgeoning need for information and options. When and where does one begin to explore possibilities? There are many triggers: being ready to "down-size", feeling isolated or bored, giving up driving, health concerns, or wanting to move closer to children. The key is not to wait too long until any one concern overwhelms.

And what of the "Jewish connection"? Like going home, many find comfort and nourishment in maintaining or returning to their roots. Seattle is lucky to have the only full service Jewish retirement community in Washington State, The Summit at First Hill. The Summit is one of the Kline Galland Center affiliates that include the Caroline Kline Galland Home (skilled nursing, rehabilitation and memory care) and the Polack Adult Day Center.

The Summit delivers on the real estate maxim of "location, location, location" being situated just east of downtown in the convenient and park-like First Hill neighborhood, close to all amenities, hospitals and doctor offices. Requiring no "buy-in" typical of many retirement communities, The Summit offers graciously appointed independent and assisted living rental apartments, fine dining, homecare, nurse clinic and social work support services, religious services, 24 hour security, scheduled transportation, concierge services, emergency response and a full array of activities and fitness opportunities. In other words, everything an active Jewish retiree might need under one roof.

If this is your season for making changes, consider a complimentary meal and no-obligation tour scheduled at your convenience. Call Trudi Arshon, Summit Community Relations Director at 206-652-4444.

## **September Yahrzeits**

27 Elul ~ September 16: Levy ben Pinchas David Ha Cohen father of Arnold Zweig

29 Elul ~ September 18: Bessie Hosen Kaufman, Loved one of Dorothy Levinson

3 Tishrei ~ September 21: William Albert, father of Len Albert

## **September Birthdays & Anniversaries**

September 7 -- Hannah Vallerio

September 24 -- Bella Wilson

## Tofurky Pasta Casserole

Donna Albert

I cook intuitively, tasting, changing and adapting things as I go along so this isn't an exact recipe, but rather a starting point for creating your own individual version. I don't think of any of the ingredients as critical in exact amounts so feel free to innovate and substitute if you don't have everything on the list. If you like something a lot, add more, or leave something out if it doesn't please you. If you season the pasta while it is still hot, it will taste better. And if you make the casserole the day ahead it tastes even better as the pasta takes up the flavors of the sauce.

1 lb penne pasta (I use whole wheat)

Spike (my all-around favorite seasoning mix) add to taste

Olive oil, high quality, extra virgin

Onion, chopped – ½ to 1 large

Garlic, fine dice – 1 large clove

Tofurky Sausage, Italian flavor – 1 pack, more or less (4 links in pack)

Stewed tomatoes – 1 or 2 cans, I use Top Food brand, Haagen – Basil+Oregano and/or Zesty w/green chilies.

Might consider adding:

Black olives, sliced or

Shredded cheese topping

Variety of vegetables

1 box fresh mushrooms (canned will also work), instead of sauteing mushrooms (they soak up a lot of oil) I placed in microwave dish, spray with oil, add shake of Spike, cover and microwave on high for 1 minute at a time until they are as done as you would like them.

Put water (with salt) on to boil for pasta and cook to al dente. Drain, spray/coat cooked pasta with small amount olive oil and stir in some Spike (I don't measure. I just add a few shakes).

While water is heating and/or pasta is cooking, heat some olive oil in skillet and sauté onion adding garlic toward the end. When onions are translucent, slice Tofurky sausage thin and add to skillet, sauté gently to heat and brown a bit, but the Tofurky doesn't need lengthy cooking.

When pasta is cooked and onions, garlic and Tofurky are ready, mix together. Then add 1 can of stewed tomatoes to pasta-Tofurky mix. If that doesn't seem saucy enough, add another can of tomatoes! Each item lends its own flavor and I've noticed that different brands of tomatoes can change the taste a lot. Adjust seasoning to your taste. If you need to stretch this recipe to

feed a crowd, use 2 lbs of pasta and/or 2 packs of Tofurky and additional cans of stewed tomatoes. You can even add vegetables – black beans, corn, a bag of frozen mixed veggies... whatever you like! If it is a side dish less Tofurky is needed, but when making it as a main dish I use more Tofurky for the protein. Good Luck!

## **Tashlich for Survivors of Intimate Partner Abuse**

Tashlich is a powerful Jewish ritual where we "cast off" the things we need to leave behind into a body of water.

For those of us who have experienced intimate partner abuse, the new year's theme of atoning for our missteps can raise complex questions.

- How can I take responsibility for my own choices without implying that the abuse was somehow "my fault?"
- How can I move forward into the new year with intention if my choices are still being limited or controlled?
- Is it necessary to forgive a person who has harmed me — even if I don't feel ready?

Join us for an evening of discussion and ritual, led by Danica Bornstein, MSW, LICSW. This event is open to survivors of intimate partner abuse and women with controlling partners. All levels of Jewish observance are welcome.

**Wednesday, September 23, 2009 6:30 – 8:30 p.m.**

Confidential location

FREE

**RSVP** by Friday, September 18, 2009 at 4:00 p.m.

For more information and to RSVP, please contact Project DVORA at (206) 461-3240.

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## **Kids Club/Fall 2009: Helping Children Who Have Witnessed Domestic Violence**

**A 12-week series of classes for mothers and their children aged 5-8, designed to:** support parents in strengthening their relationships with their children

- help parents understand the impact of domestic violence on their children and on themselves
- reinforce behaviors that promote healthy relationships





FREE

**All families are welcome, all religions, communities,& cultures, non-Jews and Jews alike.**

Contact Project DVORA at (206) 461-3240 for dates, times and location

**Must register by 4:00 p.m. on Friday, September 18, 2009.**

☆ **SEPTEMBER 2009 ~ ELUL 5769-TISHREI 5770** ☆

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Please submit your articles and information to: <a href="mailto:cbtnuz@live.com">cbtnuz@live.com</a>		<b>1</b> 7:30 pm (?) Sisterhood Meeting hosted by Erin Syversen	<b>2</b>	<b>3</b>	<b>4</b> 3pm Shul Cleanup ⚔⚔ 6:23 pm	<b>5</b> 9:30am Regular Service w/kosher dairy lunch
<b>6</b>	<b>7</b> <b>Labor Day</b>	<b>8</b> Tea & Tsoras 6:00 pm. Mangano's Ristorante	<b>9</b>	<b>10</b> 7:00 pm Men's Torah Study	<b>11</b> <b>Patriots Day</b> 3pm Shul Cleanup ~~~ 7:30 pm Evening Service ⚔⚔ 6:09 pm	<b>12</b> <b>Selihot</b>
<b>13</b> <b>Grandparents Day</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> 7:00 pm Men's Torah Study	<b>18</b> <b>Erev Rosh Hashanah, no shofar</b> 3pm Shul Cleanup ~~~ 7:00 pm Evening Service with Rabbi Maslan ⚔⚔ 5:55 pm	<b>19</b> <b>Rosh Hashanah</b> 9:00am Regular Service with Rabbi Maslan w/kosher dairy lunch 7:00 pm Mincha Service
<b>20</b> <b>Rosh Hashanah 2<sup>nd</sup> Day Morning Services 9:00 am</b>	<b>21</b> <b>Fast of Gedaliah</b>	<b>22</b> <b>CBT NU'Z DEADLINE</b>	<b>23</b>	<b>24</b> 7:00 pm Men's Torah Study	<b>25</b> 3pm Shul Cleanup ⚔⚔ 5:40 pm	<b>26</b> <b>Shabbat Shuvah</b> 10:00 am Shabbat Kal w/Kosher Dairy Lunch
<b>27</b> <b>Erev Yom Kippur Kol Nidre service 6:00 pm</b>	<b>28</b> <b>Yom Kippur/ Yizkor 9:00 am</b>	<b>29</b>	<b>30</b>			

**October services:** Oct. 3<sup>rd</sup> at 9:30 am, Oct. 9th at 7:30 pm, Oct.16th at 7:30 pm, Oct. 17th at 9:30 am, Oct. 24th at 10:00 am, Oct. 31st at 9:30 am

# **Congregation B'nai Torah (CBT)**

**3437 Libby Road  
Olympia, Washington**

Affiliated with the Conservative Movement

## **Contact Information:**

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[rgmaslan@hotmail.com](mailto:rgmaslan@hotmail.com)

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Olympia, WA 98508-1432

Phone: (360) 943-7354

WEB site: <http://www.bnai-torah-olympia.org>

To be placed on our mailing list or to receive membership information, please contact Carolyn Cubert at (360) 459-3572

**If you have Calendar details (or other newsletter info) please email [cbtmuz@live.com](mailto:cbtmuz@live.com)**

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**Olympia WA 98508-1432**