



BETH EL  
SYNAGOGUE

# Welcome! ShanaH Tovah!

High Holy Days edition • ROSH HASHANAH • Sept. 9-10, 2010 • 1 & 2 Tishrei 5771

## Service & Program Times

### ROSH HASHANAH DAY 1

Classic .....	8:30 a.m.
Spiegel Sanctuary	
Ivri .....	9:00 a.m.
Fiterman Chapel	
Family Service .....	10:00 a.m.
Benilde-St. Margaret's Theater	
Minha/Ma'ariv .....	5:45 p.m.
Fiterman Chapel	

### Specials:

Teen Stroll & Learn .....	11:45 a.m.
Meet in Beth El Lobby	
Apples & Honey .....	12:45 p.m.
Benilde-St. Margaret's Theater	

### ROSH HASHANAH DAY 2

Classic .....	8:30 a.m.
Spiegel Sanctuary	
Ivri .....	8:30 a.m.
Spiegel Sanctuary	
D'rash .....	9:30 a.m.
Benilde-St. Margaret's Theater	

### Special:

Tashlikh .....	1:00 p.m.
Twin Lakes Park (26th & Monterey)	

### DAILY MINYAN

Shaharit .....	7:00 a.m.
Ma'ariv .....	5:45 p.m.

### KOL NIDRE—SEPT 17

Classic .....	6:45 p.m.
Spiegel Sanctuary	
Ivri .....	6:45 p.m.
Fiterman Chapel	
Family Service .....	6:45 p.m.
Benilde-St. Margaret's Theater	

### YOM KIPPUR—SEPT 18

Classic .....	8:00 a.m.
Spiegel Sanctuary	
Ivri .....	10:00 a.m.
Fiterman Chapel	
D'rash .....	9:30 a.m.
Benilde-St. Margaret's Theater	

### Specials:

Apples & Honey .....	12:45 p.m.
Benilde-St. Margaret's Theater	
Sacred Chanting .....	2:15 p.m.
Study .....	3:00 p.m.
Minha/Martyrology .....	4:00 p.m.
Teen Stroll & Learn .....	5:00 p.m.
N'ilah/Ma'ariv .....	6:00 p.m.
Shofar Blowing .....	8:05 p.m.

## Celebrate Sukkot with us! (Beginning September 23, 2010)

### Sukkot days 1 & 2 (Sept. 23 & 24)

9:00 a.m. Services

### Shabbat, September 25, 2010

Shabbat Services, with Kiddush in the Sukkah

9:00 a.m. – 12:00 p.m.

### "Greening Judaism: A Sukkot Conversation Between Pirkei Avot, Rabbi Joseph Soloveichik and the movie Avatar"

#### Following Shabbat Services

With special guest Rabbi Jeffrey Schein, Director of the Center for Jewish Education at Cleveland's Siegal College

### "Hop Through the Hood" (Birth - 10 years)

12:15 p.m. – 2:00 p.m.

Neighborhood Sukkah Hop, brought to you by the Young Families Group. We will depart following morning services. A light lunch will be served. Children must be accompanied by an adult.

### "Shake, Rattle & Stroll" (5th - 8th grades)

1:00 p.m. – 3:00 p.m.

Sukkah Expedition brought to you by the B'resheet and Kadimah youth groups. Don't miss it!

### 2nd Annual Sukkah Square Dance

7:30 p.m. – 10:00 p.m.

"I haven't laughed this hard in years - what a blast!" ~Deb Oberman after last year's dance.

Swingin' party of adults, with hoe-down Havdalah, square dance instruction from a professional caller, western style appetizers and comfort beverages. Grab a partner or come by yourself and join in the fun! Don't miss it!

### Sunday, September 26, 2010

Sukkat Shalom: Moslem-Jewish Interfaith Gathering

9:00 a.m. Minyan

followed by Breakfast

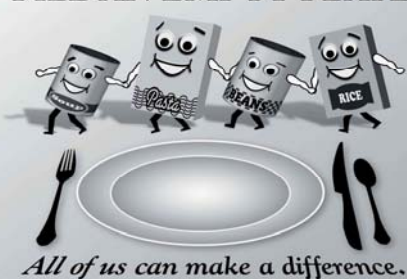
Welcome members of Brooklyn Park's Anjuman-e-Asghari Mosque to Beth El's sukkah. Participants will gather for services at 9:00 a.m. and stay for breakfast (10:00 a.m.), study and have opportunity for informal conversation to build bridges of peace in our "Sukkah of Peace."

### Paintball and Bonfire / Hangin' in the Sukkah (9-12th grades)

2:45-9:00 p.m.

Paintball was a huge "hit" so why not try it again. Come for 3hrs. of paintball play. Just like Minnesota baseball went outdoors this year. BERUSY paintball is moving outdoors as well. This includes 100 paintballs, mask, paintball gun, and air. Bring some extra money for additional paintballs. Please be on time to leave. **\$10 for BERUSY Members and New Members\***, **\$15 for Members of other chapters.** Come to paintball and then hangout in the Sukkah, or just join us at 8pm in the Sukkah. Start the year off right by getting to know all your friends in BERUSY. There will be food! **\*Opportunity to become a member of the BERUSY chapter that day!**

### FILL AN EMPTY PLATE



1 in 10 Minnesotans relied on food shelves for 60 million pounds of groceries in 2009  
-Hunger Solutions Minnesota

### THE NEED IS GREATER THAN EVER!

Bring non-perishable food to the Big Truck at Beth El beginning Friday, September 17th for the Yom Kippur Food Drive.

**Healing Video Available** This video includes High Holy Day services and is available for anyone not able to attend Beth El because of an illness. They are available through the office by calling Raquel at 952-873-7315.

## ADULT EDUCATION

Contact the Beth El office at 952-920-3512 for more information on any of these educational opportunities.

**NEW!** *Beth El Sings!*

Join "Beth El Sings" and share the power of music to touch our soul and to use song as a tool to connect us to God, tradition and to each other. Help develop a curriculum of music and become involved in the music of Beth El in a two-phase initiative beginning in the fall. To learn more, contact Cantor Abrams at 952-920-3512, [aabrams@bethelsynagogue.org](mailto:aabrams@bethelsynagogue.org).

### Introduction to Judaism

For those exploring conversion or who just want to know more. Contact Rabbi Davis.

### Ongoing Study Groups

Join an existing group or create your own. Contact Rabbi Davis or Rabbi Olitzky.

**NEW!** **Nosh & D'rash Study Group**  
Mondays over lunch.  
Contact Barbara Parks or Rabbi Olitzky.

### eTorah

Occasional messages from Rabbis Davis and Olitzky. To sign up, go to [www.bethelsynagogue.org/etorah](http://www.bethelsynagogue.org/etorah).

### TaRBuT Parents' Hour

TaRBuT parents one-hour study on Shabbat mornings throughout the year. Contact Mary Baumgarten.

The More Torah, The More Life

*Pirkei Avot 2:7*

## Shabbat Specials

- \* **Babysitting for 2-5 year olds—Benilde-St. Margaret's**  
Available weekly from 9:45 a.m.-Noon, this program includes Tot Shabbat service from 11:00-11:15 a.m. and is supervised and facilitated by Rimonim staff and students.
- \* **Sha'ar Program for K-4 graders—Benilde-St. Margaret's**  
Available weekly, beginning October 2nd, from 9:45 a.m.-Noon, this program includes stories, games, Junior Shabbat, snack and gym time. This program takes place 52 weeks a year and is free of charge.
- \* **Junior Shabbat for 2nd-4th Graders**  
With a focus on skills, choreography and the meaning of the t'fillot, this program—which occurs at 10:45 a.m. on the 2nd, 3rd & 4th shabbatot of the month—provides our students with a head start on becoming a bar or bat mitzvah. Parent volunteers welcomed. For more information, contact Dori Weinstein at 952-96-5830.
- \* **Shorashim Religious School for Registered K-2 Graders**  
An exciting weekly Shabbat program, beginning October 2nd at Benilde-St. Margaret's that incorporates t'fillah, parsha, holidays, Jewish values, singing, etc. Contact Mary Baumgarten for more details at 952-873-7316.
- \* **Apples & Honey Family Service - Toddler - 4th grade**  
Beginning November 6th, families are invited to enjoy this abbreviated, informal, participatory Shabbat morning service on the 1st Shabbat of each month from 10:00 – 11:00 a.m.
- \* **Grandma Fay's Shul Bags** Hanging outside of the Sanctuary, these bags contain "quiet toys" to enable children to have a fun and educational time experiencing Shabbat and holiday services with their parents.
- \* **TaRBuT Parents' Hour** Jan 8, Mar 12, Apr 9  
A program on Shabbat from 10:00-11:00 a.m. for parents with children preparing for their bar or bat mitzvah. Facilitated by Clergy and Education Director, Mary Baumgarten.
- \* **Instrumental Minyan**  
On December 11 and other dates TBD, find a new spirit as instruments accompany our creative Shabbat services.
- \* **Iyun T'fillah**  
Sign up to receive notifications for this special service that is designed to nurture the soul and open ourselves deeper into prayer. Send an email to Cantor Abrams at

**Beth El Introduces New Prenatal Class** Beth El Synagogue is pleased to offer LaMAZEL Tov, a four week series of childbirth classes for expectant parents in their third trimester. This class will offer information including the labor process, birth options, medical care and decision making, labor support techniques, breathing and relaxation, breast feeding & care of your newborn, as well as, the adjustment to your new role as parents. These classes will introduce a Jewish perspective helping to navigate the transition from expecting parent to child rearing within our tradition. Facilitated by Registered Nurse and Certified Childbirth Educator, Stacy Mosow. For more information, call 952-920-4169.



**Beautiful Biffys!** Alternative luxury "loos" have been temporarily added to our landscape to accommodate Beth El patrons during construction. There is not an attendant offering mints and hot towels, but they're pretty nice for portable potties! And CLEAN! We ask that you please reserve the bathrooms just inside the main doors for the elderly and handicapped and we appreciate your patience during this exciting time at Beth El!

# ACTS OF KINDNESS *Gemilat Hesed*

## Upcoming Gemilat Hesed Opportunities

To find out more ways to help with Tikkun Olam (Healing the World), contact co-chairs, Amy Weiss at 952-927-8202 or Allen Oleisky at 952-935-4961.

### Loaves & Fishes

The next opportunities to serve food are Tuesdays, September 28 and November 23. We provide a wonderful meal for people in need in South Minneapolis. Servers volunteer from 5:00 p.m. until 7:00 p.m. Call Diana Rosen at 952-922-7389 to reserve a place on our serving team.

### Feed My Starving Children

The next opportunities to pack food are Tuesdays, September 28 and November 30 from 6-7:30p.m. For more information or to volunteer, please call Jane Polansky at 952-544-1462.

### Blood Drives

Beth El will be holding a Blood Drive benefiting Memorial Blood Centers and the community at large on Sunday, September 26 from 8:00 a.m. - 1:00 p.m. To register, please contact Judy Radel at 763-522-7202 or Terry Cohen at 763-544-1676.

### STEP

Help unload the "Big Truck" after the Yom Kippur Food Drive and fill the STEP pantry on Monday, September 20 at 4:00 p.m. STEP is located at 6812 W. Lake Street, St. Louis Park, MN 55426. Phone: 952-925-4899.

## Some of Our Ongoing Gemilat Hesed Opportunities

### K'vod He'ani (Honoring the Poor)

- **Collections for a Cause** Participate in a quarterly drive, organizing and carrying out a collection that meets a specific need in our community. This committee works closely with Jewish Family and Children's Services to provide families in need with gifts and ritual items, such as candles for Hanukkah and food at Passover. Community needs may also include hats, mittens or infants/toddler items.
- **T'ruah** Imagine being a woman in a crisis shelter or in a dangerous situation with no way to call for help. This committee is responsible for collecting and donating used cell phones, donated by congregants to the needy for their use. The committee also collects used eyeglasses for the Lion's Club, for distribution to those in need in developing nations.
- **Tzedakah Centerpieces** Help maintain made-to-order simcha centerpieces that congregants can use to add a festive touch to their next event while helping others in the community. Rental fees for the use of these centerpieces directly benefit local agencies.

### Tzedek (Social Action)

This committee develops strategies to encourage Jewish values to become imbedded in our society's approach to people and our environment through awareness, education, and political action.

### Healing Cabinet

This committee supports our Congregational Nurse Program at Beth El. It is a working committee involved in publicity, fundraising and program development. To find out more ways to help with the Healing Cabinet, contact Barbara Krupp at 952-929-9900, bkrupp12@comcast.net or Hadassah Zohara, Congregational Nurse at 952-920-3512.

# COMMUNITY *Kehilah*

Check out programs for "Beth El Young Adults" and "Beth El Young Families" at [www.bethelsynagogue.org](http://www.bethelsynagogue.org)

The Beth El Youth Department  
presents

## *The Wizard Of Oz*

November 18, 20 and 21

Help support the play by placing an ad in our ad book. For details or to order tickets, email [usy@bethelsynagogue.org](mailto:usy@bethelsynagogue.org) or call 952-920-3594.



### *Sunday Morning Minyan Breakfast Hevrah*

On most Sunday mornings you will find forty to sixty people gathering together for Shahaarit service at 9:00 a.m. followed by a breakfast sponsored by someone from the community, bringing people together at Beth El to share prayer and social interaction. Everyone is welcome to join us on Sunday mornings. If you are interested in sponsoring a breakfast, whether it be in memory of a relative, to honor a birthday, to celebrate an anniversary or just as a way to express care for the community and experience the joy in bringing the community together, please contact Steve Moldo at 952-545-4198 or Lou Jurisz at 612-396-9270.



**Do you need a hand?  
We're here!**

**Call our Yad V'lev hotline  
952-920-3512 ext 602**

*Can you lend a hand? We need you!*

Contact Midge Frailich or Jo Ann Griesner at 952-920-3512 or [midge1@mac.com](mailto:midge1@mac.com) or [jgriesner@gmail.com](mailto:jgriesner@gmail.com).

**Have health questions? Call our *Shul* Nurse,  
Hadassah Zohara at 952-873- 7356**

**Is someone you love in the hospital or homebound?**

Because of privacy restrictions, the synagogue is no longer notified by area hospitals when they have Jewish patients. Please call Barbara at the synagogue office (952-873-7313) if you or someone you know is hospitalized or homebound, and tell us the

## Our 5771 at a Glance

### October

Watch for...

Young Adults Shabbat Dinner



### November

1st week Aleph School Book Fair  
6 Apples & Honey monthly family service begins  
18, 20, 21 USY Play "The Wizard of Oz"

### December

2-9 Hanukkah (1st candle Dec 1)  
3 Aleph School Family Dinner  
11 Instrumental Minyan

Watch for...

Tikkun Olam Dessert Auction

### January

8 Aleph School Family Fun Night  
14-15 "Beth El Sings" Launch Weekend  
♦ Shabbat Shira Specials  
♦ BEMA Coffeehouse with...

### March

19-20 Purim  
♦ Extravaganza  
♦ USY Carnival

Watch for...

Beth El Sisterhood presents  
"Dancing With The Stars—The Beth El Way!"

### April

11 "Inspiring Minds" Speaker Series  
19-26 Pesah (1st Seder April 18)  
19 Beth El Community 2nd Seder  
28 "The Jewish Tradition and the Ethics of War"  
with Michael Boyle  
29 YOW—Youth Outreach Weekend (FREE!)

### May

10 Yom Ha'atzmaut (Israel Independence Day)  
20 Aleph Preschool Spring Shabbat Dinner  
21 Lag B'omer Bonfire  
26 Aleph Preschool Graduation

Watch for...

Shabbat Hinukh  
Stillman Torah Study Weekend

### June

4 Tiny Treasures  
7 Tikkun Leyl Shavu'ot ( All Night Learning)

### August

Watch for...

Beth El End-of-Summer Picnic

**Fun Fact** On Shavu'ot, Rabbi Olitzky taught about the tradition of eruv. Well did you know that Beth El is privileged to house some of the community eruv, a special perimeter allowing the carrying of items on Shabbat. In anticipation of construction, we had to slightly reroute part of the line and attach it to the building rather than to the old Sukkah. Next time you're outside or driving past, look up and you'll see the eruv! Note: this year, for Yom Kippur, we will have tallitot and mahzorim available for those attending services at BSM, which is outside the eruv. To learn more about the eruv, contact one of our rabbis at 952-920-3512.

Now enrolling for

**ECJFE**



Early Childhood Jewish Family Education

- ♦ Meet other Jewish Families
- ♦ Discuss relevant parenting topics
- ♦ Experience developmentally appropriate activities
- ♦ Learn exciting ways to integrate Judaism into your family and much more!

Developed and facilitated by trained educators:

Amy Paster and Michelle Yousha

Space is still available for ages Birth - 18 months

And Introducing...

**LaMAZEL TOV**

Prenatal Classes with Stacy Mosow, RN, ICCE

*Beginning this fall!*

You do not have to be a Beth El member to participate. Give us a call or go to [www.bethelsynagogue.org](http://www.bethelsynagogue.org)



For more information, contact the  
Aleph Preschool at 952-920-4169.

### Beth El Welcomes Special Guests

- This Rosh Hashanah we are delighted to welcome **Rabbi Amy Leviton Rader** to lead the Family and second-day Ivri services. Rabbi Rader served as Rabbi in Boca Raton, FL for the past 11 years where she earned a reputation as an inspiring teacher, a compassionate pastoral presence, and a gifted spiritual guide to congregants of all ages. Rabbi Rader is native of Minneapolis and is honored to share Rosh Hashanah with the Beth El family. 
- On Shabbat Shuvah, September 11, we welcome **Rabbi Kerry M. Olitzky**, Executive Director of the Jewish Outreach Institute, the only national independent organization dedicated to bringing Judaism to interfaith families and the unaffiliated. Rabbi Olitzky was recently named as one of the 50 Leading Rabbis in North America by Newsweek. A leader in the development of innovative Jewish education, particularly for adults, he has shaped training programs for clergy of all faiths, especially in the area of pastoral care and counseling in the Jewish community. He has done pioneering work in the area of Jewish Twelve Step spirituality, as well as Jewish Gerontology. You also may know him as Rabbi Avi Olitzky's dad! 

### Beth El Gift Shop News

While the Beth El Gift Shop is closed for our building renovations – you can still place special orders for wedding gifts, Bar Mitzvah gifts and other special occasions by calling Linda Estrin at 763-545-4301. In addition, our neighbors at Bnai Emet have graciously invited us to be a part of their Judaica Shop's annual Rosh Hashanah sale. You'll enjoy a 20% discount on beautiful gifts for your home and table. The Bnai Emet shop is open Sunday 10:00 a.m.-12:00 p.m., Monday, Tuesday and Thursday 9:15 a.m.-3:00 p.m., Wednesday 9:15 a.m.-4:30 p.m. and Friday 11:00 a.m.-1:00 p.m. Call 952-927-7309 for more information.