

Dedication of the “Maish and Harriet Raffel Cardio Center”

On Sunday, August 11th, a group of 40 guests attended a dedication ceremony at the Jewish Community Center, naming the cardio area of the Fitness Center the “Maish and Harriet Raffel Cardio Center.” Steve Roth, President of the Jewish Federation of Greater Harrisburg, enlightened the crowd as to how the entire lower level of the JCC, including the cardio area, was destroyed during the 2011 flood. Steve explained that the insurance and FEMA/PEMA funds only covered \$1.1 million of the \$1.6 million worth of damage, and the \$500,000 shortfall would have taken almost all of the Federation’s reserves. The Raffel family wanted to ensure that the Jewish Community Center was up and running as soon as possible and contributed the largest donation to the flood recovery fund. Their gift made the rebuilding of our workout facility possible.

The “Maish and Harriet Raffel Cardio Center” was officially renamed after



their two sons, Dave and Martin Raffel cut the ribbon during the ceremony. Dave Raffel offered a few words about his parents, and how his father, a former JFGH

president enjoyed the health facility and the 3 “S” of the “J” - a shower, shave and a shvitz. “It is an honor for our family to offer this tribute to our parents who were dedicated community leaders

in the Harrisburg Jewish Community and proponents of health and wellness,” said Dave Raffel.

We invite all our members to visit the “Maish and Harriet Cardio Center” and to use

the newly purchased state-of-the-art machines. For more information about the fitness schedule, visit our website www.jewishharrisburg.org or pickup a hard copy at the Jewish Community Center.

More Dedication photos on page 2

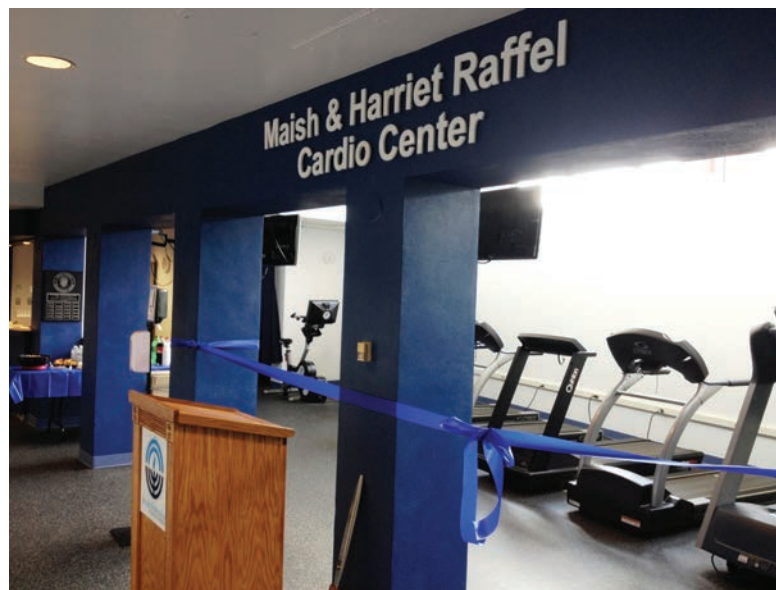
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“Maish and Harriet Raffel Cardio Center”



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Editorial Board Chairman
Bruce Bagley

Editorial Board Members
Margie Adelman
Bruce Bagley
Esther Boldes
Rabbi Carl Choper
Aaron Dym
Rita Gordon
Jeanette Krebs

STAFF Editor

Patti Bromley
p.bromley@jewishfedhbg.org

Sales Director
Marty Lamonoff
717 232-6279
717-877-5973
lammie@aol.com

Design and Layout
Benchmark Group Media

Graphic Designer
Shawn Skvarna

Postmaster:
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Inform readers about local,
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events of interest to Jews.
Promote Jewish values,
Jewish identity and a
sense of Jewish community
in central Pennsylvania.

The opinions expressed in
the *Community Review* do not
necessarily reflect the position of
the Jewish Federation of Greater
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political party for any elected
office.*

COMMUNITY REVIEW AD DEADLINES

SEPTEMBER 13, 2013 ISSUE

DEADLINE, AUGUST 26, 2013

SEPTEMBER 27, 2013 ISSUE

DEADLINE, SEPTEMBER 16, 2013

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A copy of the official registration and financial information of the Jewish Federation of Greater Harrisburg may be obtained from the Pennsylvania Department of State by calling, toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Fall Chagim Appetizers and Desserts

Head into the new year with some fresh and creative recipes to wow your guests, friends and family. Ali will be demonstrating exciting appetizers and desserts to try this Rosh Hashana and Sukkot!



Chef Alison Gütwaks

Graduate of Institute of Culinary Education, Featured in the Wall Street Journal
Certified Bartender & Food Blogger

Monday August 26, 2013 at 6:30 pm
Mary Sachs Auditorium - Jewish Community Center

Menu:

Dim Sum Dumplings
Avocado Green Salad with Honey Basil Dressing
Wheat Berry Granny Smith Salad with Toasted Walnut Dressing
Chocolate Pecan Torte with Chocolate Glaze
Caramelized Apple Tart

The Keshet Israel Congregation wine cellar will also provide samples of wines paired with each course to complement the dishes

Prior to the event, starting at 6:00 pm, the following vendors will be set up to ensure that your holiday ensemble is as impressive as your food:

- Helen Baker of Hats Incredible, latest styles in hats and hair accessories
- Mollie Halperin of Jewels by Mollie, with her one of a kind jewelry & scarves
 - Renee Heyden, Allie's Everlasting Arrangements and Accessories, Accessories made by the Heyden family from Allie's excess fabric with proceeds going to Ali's memorial

\$40 Regular Rate
\$25 JCC Members

SPACE IS LIMITED!

RSVP by Monday, August 19th call 236-9555, ext. 0 or register online at www.jewishharrisburg.org

JCC Programs are funded by the Annual Campaign of the Jewish Federation of Greater Harrisburg
This program was made possible through a grant from the Jewish Community Foundation of Central PA

3301 N. Front Street Harrisburg, PA 17110 www.JewishHarrisburg.org (717) 236-9555

Create a Jewish Legacy



The Torah teaches us that we create meaning by connecting ourselves to something greater — to God, to the Jewish tradition, to the community. Moreover, we create meaning by doing something with our lives that will not end with our death.

“The great use of life,” wrote the philosopher William James, “is to spend it on something that will outlast it.”

What will you do this year that will outlast you?
What will you build, whom will you teach, where will you plant?
Yom Kippur and Sukkot together remind us that we possess only the moment. See the stars, hold someone’s hand, share something deep, and create something lasting.

— RABBI DAVID WOLPE



The Jewish Community Foundation of Central Pennsylvania

Your Dreams. Your Passion. Your Legacy.

For more information how you can create your legacy:

The Jewish Community Foundation
3301 North Front Street
Harrisburg, PA 17110
(717) 236-9555 Ext. 3202

JCC Adult Programs

Classes available at the Jewish Community Center:

SilverSneakers® CLASSIC (FORMERLY MSROM) – Have Fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Tuesday/Thursday mornings 9:15 -10:15 a.m AND Wednesday morning at 9:45 – 10:45 a.m. Drop-in Fee \$5.00 per class. Free to JCC members and SilverSneakers® participants.

SilverSneakers® CARDIO (FORMERLY CardioFit) – Get up & go with an aerobic class for you – safe, heart healthy and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Mondays and Wednesdays at 10:45-11:45 a.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

SilverSneakers® YOGA (FORMERLY YogaStretch) – YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Mondays and Wednesdays 11:45-12:30 p.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

Gentle Yoga – Easy Poses for those new to Yoga. Must be able to get down on to floor. Mondays at 9:45 -10:30 a.m. or Tuesdays at 5:00-5:45 p.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

SilverSplash® – Activate your aqua urge for variety! SilverSplash® offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Mondays/Wednesday 9:30 -10:30 a.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

The Jewish Community Center is offering the following senior events:

Every Tuesday at 9:15 a.m.-10:15 a.m. SilverSneakers Classic • 10:15AM – Discussion Group

Every Thursday at 9:15 a.m.-10:15 a.m. – SilverSneakers Classic

Senior Lunch will be served Tuesdays and Thursdays at Noon. Reservations are preferred two days in advance if possible, but no later than 4:00PM the day before.

Call Cheryl 236-9555 EXT. 3115

After-lunch Programs are:

August 22, 2013 – Back by popular request -The DeAngelo Trio

August 27, 2013 – Israeli Update with Chuck Kline

August 29, 2013 – Community Service project – Paint the lunch table tops. Come in old clothes!

September 3, 2013 –TBA

September 5, 2013 – ROSH HASHANAH, NO MEETING OR LUNCH

September 10, 2013 – Business meeting/Birthday party. FREE Blood Pressure Screening by Cellesse from Bayada Nurses

September 12, 2013 – Al Goodman, Sing-A-Long

September 17, 2013 –The Jewish Perspective – Bob Axelrod, Educational Director at Beth El Temple

September 19, 2013 – SUKKOT, NO MEETING OR LUNCH

September 24, 2013 –TBA

September 26, 2013 – SHEMINI ATZERET, NO MEETING OR LUNCH

Harrisburg Jewish Youth Choir

For: Any Jewish children the Harrisburg area in grades 3-8

(Younger students should contact Marina at mcherepinsky@hotmail.com or 651-6641)

Practices: Sundays, 5:00 – 6:00 pm • 3 Sundays a month beginning September 8

Performances: There are 7 performances scheduled including 2 performances at the Capitol.

There are many solo and ensemble opportunities available.

Director: Marina Cherepinsky

Fee: There is no fee to participate in the choir

Questions or to register your child: Contact Andrea at a.weikert@Jewishfedhbg.org

This program has been made possible through a grant from the Lipsett Fund of the Jewish Community Foundation of Central Pennsylvania.

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Date: FRIDAY, OCT. 4, 2013

Time: 10:00AM TO 1:00PM

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- If you have FreedomBlue PPO or SecurityBlue, show your Highmark card to the nurse in order to get your vaccine.
- If you have any Medicare Supplement including (but not limited to) HOP, MedigapBlue, or AARP, show your Medicare Part B card to the nurse in order to get your vaccine.
- Other health plans may be included. For all others, the cost is \$30 for flu and \$75 for pneumonia. Cash or check accepted.

Please remember to bring your insurance card and/or Medicare card.

AARP SAFE DRIVING REFRESHER COURSE Thursday, October 24, 2013

For those of you who have taken the AARP Safe Driving Class three years ago, this will be the last ONE DAY – 4 HOUR REFRESHER COURSE given in 2013. The class will be given on Thursday, October 24, 2013 from 12:30-4:30 p.m. Since this class is concentrated, in order for the instructor to have your certification cards prepared ahead of time, when you register, you will need to have the following information ready:

Name • Address • Phone number • Date of Birth
8-digit Driver's License Number and expiration date

To get discount your AARP membership number
**YOU MUST BE ABLE TO SHOW A COPY OF YOUR LAST
AARP SAFE DRIVING COURSE CERTIFICATE**

Class size is limited to 32 people and the cost is \$14 (check made payable to AARP) or if you are an AARP member you get a \$2 discount. To register, call Cheryl at 236-9555 Ext. 3115.



Open Call:

Tuesday, August 27 &
Wednesday, August 28 at 6 PM

Come prepared to sing a short song, bring sheet music.

Callbacks

Thursday, August 29 at 6 PM

For: 8th graders-adults

Production Dates:

December 12, December 14 & December 15

Produced by the Jewish Community Center

Director: Kevin Strawser | **Assistant Director:** Randy Stamm | **Musical Director:** Marina Cherepinsky

Funding provided by the Lois Lehrman Grass Foundation.

Questions or to schedule an audition

contact Terry at 236-9555, ext. 3121 or t.fisher@jewishfedhbg.org

Music by Matthew Sklar | Book by Chad Beguelin and Tim Herlihy | Lyrics by Chad Beguelin
Based on the New Line Cinema film written by Tim Herlihy

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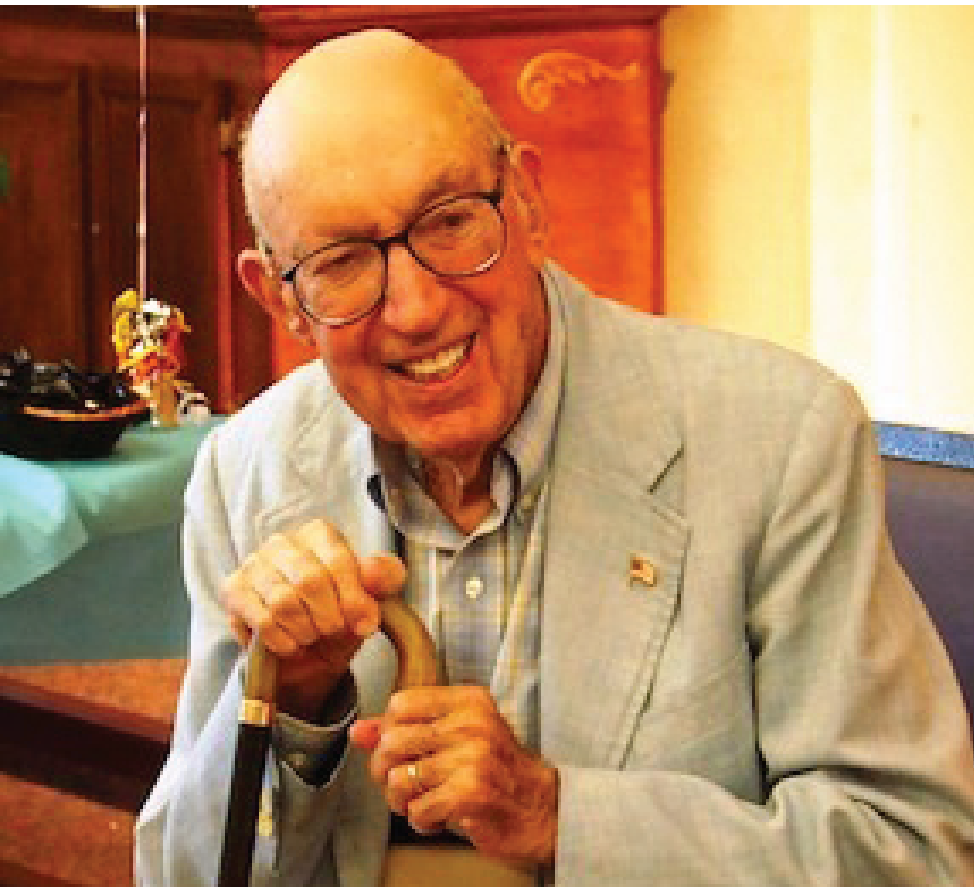
Longevity?!

Richard (Dick) Goldsmith is a splendid example of longevity - ACTIVE longevity. At 96, he is busy and enthusiastic, and his wit and storytelling abilities are as sharp as ever. And he has marked 28 years longevity as volunteer extraordinaire at the Jewish Home.

Dick has just resigned from his long service as a wheelchair jockey, as a bearer of current events, and as a master tour guide accompanied by videos of his trips through more foreign countries than we care to count.

To honor Dick's remarkable longevity in age and in volunteer service, the Jewish Home recently celebrated with a party. There was, of course, a cake. There were balloons, and there were the usual best wishes. Both the Pennsylvania State Senate and House of Representatives sent citations. Dick's wife Beatrice came along for the festivities, as did their daughter, Ellen Goldsmith Shapiro.

What was most impressive, however, and perhaps most touching for Dick, was the attendance not just of Jewish Home residents but of staff, many of whom have not served nearly as long as he has but who have admired his passion for and attention to the residents.





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The Three-Day Approach



By Katie Mace

In so many wellness programs and fitness articles giving advice, a common suggestion is to “make a plan”, “make a schedule”, and “commit to your weekly plan” – yes! I agree. A plan is a fantastic accountability tool and visual to people. However, it doesn’t work for everyone.

Making a weekly schedule can be overwhelming for some; seven days can feel like a month or longer if you’re not “a scheduler.” We all know that “life” happens and it can uproot everything that was on the weekly schedule. This can be a real letdown and can end up working against the original motive.

When I work with a client who struggles with the weekly plan, I tell them to work with 3 days at a time. Three days is a lot more controllable and visually pleasing than seven. If you are in Monday, you can see Wednesday....Saturday feels like an eternity away.

My instructions are: Look at 3 days – plan to exercise for at least 2. If you do 3 out of 3, no harm no foul, but at least you got 2! Then, when the third day rolls around, plan for the next 3, same instructions.

What I like about the 3-day plan is:

- You’re not planning the same 3 days out together over and over. You can allow for some variety and

opportunity to try something new.

- You can adjust for “life.” If you had plans to exercise Monday and Tuesday but Tuesday got messy, you have Wednesday to work with. Your whole week isn’t shot. You can restart quicker with just 3 days on the table rather than a whole week.

- Smaller goals that are achievable allow for more confidence and success. You happy = more motivation = better results = you happy (FULL CIRCLE!)

An example might look like this:

Mon – group fitness after work

Tues – walking with coworker at lunch

Wed – busy day at home, no go

(on Wednesday...start looking ahead to the next 3 days)

Thursday – group fitness after work

Friday – jog with sister in the evening along river

Saturday – yoga in the morning

(on Saturday...start looking ahead to the next 3 days)

Sunday – day off, family picnic

Monday – group fitness after work

Tues – walking with coworker at lunch

When you look at the schedule, by breaking it down and scheduling 3 days at a time, this person exercised 7 out of 9 days!! Scheduling and planning are critical to many people’s success in a wellness journey, but if you’re finding the whole week approach overwhelming, try something different!

Life gets better.

“Life should be a special occasion.”

*Life advice from Stephanie B.,
Resident and Master of Enjoyment*



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SAVE THE DATE

For a Beth El Celebration

Oh, What a Night!

Sunday, October 27

6:45 p.m. – Beth El Temple Sanctuary

Honoring Rabbi Cytryn and Bob Axelrod

The community is invited to a very exciting evening at Beth El Temple on October 27 when we pay tribute to Rabbi Eric Cytryn who has completed a decade of leadership and to Educational Director Bob Axelrod who is beginning his 18th “chai” year of service. It’s time to celebrate!

The evening will be made all the more special with a musical performance by Maestro Stuart Malina and his brother Joel Malina. With piano and song, the Malina Brothers will weave the magic of Broadway, to the delight of music lovers of all ages.

A pre-event wine and hors d’oeuvres reception will take place for sponsors and patrons prior to the program. The evening’s celebration will conclude with a coffee and dessert reception for ALL program attendees. Information on general admission tickets as well as sponsorships is available on the Beth El Temple website www.betheltemplehbg.org.

Save the date of October 27 for Oh, What a Night!, a very special evening of tribute, entertainment, and celebration at Beth El Temple.

Please join us for...

The Harrisburg Jewish Community’s Annual Tashlich Observance



Tashlich is a ritual that many Jews observe during Rosh Hashanah. “Tashlich” means “casting off” in Hebrew and involves symbolically casting off the sins of the previous year by tossing pieces of bread into a body of flowing water. Just as the water

carries away the bits of bread, so too are sins symbolically carried away. In this way the participant hopes to start the New Year with a clean slate.

We will meet as a community on the Riverfront opposite Beth El Temple, 2637 N. Front St, at 6:50 PM on Rosh Hashanah, Thursday September 5th. We supply the bread...you supply a sense of community among our local congregations.

This event is sponsored by the Rabbinic Council of the Jewish Federation of Greater Harrisburg.

TEENS! TAKE THIS QUIZ

- It’s Sunday evening and you find yourself:
 - sitting at home, watching the latest Simpsons episode
 - sitting at home waiting for your friends to sign online
 - sitting at home studying for your history exam
- Your Jewish involvement is best described as:
 - you never went to Hebrew School, but being Jewish is important to you
 - you went to Hebrew School through your Bar/Bat Mitzvah and now you sometimes go to your temple’s youth group activities
 - you attend or graduated from a Jewish Day School
- Your hobbies include:
 - playing games online
 - hanging out with friends
 - volunteering for a bunch of organizations after school and on weekends
- An ideal learning environment is:
 - a place where students are challenged to think for themselves and a variety of opinions is encouraged
 - a place that combines social and Jewish educational activities, and students learning from each other through interactive discussions
 - a place where learning is from experience—inside and outside the classroom—where you feel like you can make a difference.

If you answered mostly A’s: Hebrew High is for you! You like your independence and like to come to your own conclusions about life and how being Jewish fits into your own life. HH offers discussion-based classes with open-minded faculty who let the students guide the conversations.

If you answered mostly B’s: Hebrew High is for you! You are social and like to hang out with your friends. HH is the place to do just that! Students are encouraged to come and hang out with their friends. The break and time after class are perfect for seeing the friends who live all across the area who you don’t see on a regular basis.

If you answered mostly C’s: Hebrew High is for you! You enjoy learning and are involved in social action activities. HH offers on-site learning and social action opportunities throughout the year.

If you answered a different letter for each question: Hebrew High is for you! HH is open to all Jewish teens in the greater Harrisburg area. The variety of course options and the combination of social and educational experiences is sure to please the “non-joiner,” the “socialite,” and “student body president” in all of us.

Hebrew High is more than just classes. HH is about being with friends, learning new things, and making a difference. From the moment you enter the JCC on Sunday evenings to when it’s time to go home, you’re in store for an incredible experience every week.

Look for the Hebrew High course offerings on the Jewish Federation of Greater Harrisburg’s website (www.Jewishharrisburg.org) in mid-August. If you have any questions, please contact Lillian Rappaport or Hallie Rosen at 236-9555, ext. 3402.

See you at Hebrew High in the fall!

S4L Success! OMG!

By Bryna Sherr, LCSW, Jewish Family Service

Last winter, I began a special therapy group for adolescents who were experiencing socialization issues in school, with friends, etc. To be honest, it was a group I was hesitant to start, in a large part due to my fear of the unknown. I did a lot of research and consultation to begin the group. It couldn’t have turned out better.

S4L (text-talk for Skills for Life) group was started at Jewish Family Service in January 2013 with five very unique adolescents. Each

one had his or her own amazing personality and skill set. The participants were able to practice interacting with each other in social situations and discuss challenges they faced in the real world.

The most surprising part of the experience was the therapeutic value of games. Yes, games! We played board games for the last half hour of each session. At first, I thought



even chime in.

I received positive feedback from parents

it was the opportunity to have a less formal portion of the session that was, in essence, more fun. The ability of the adolescents to interact with each other, work together, and cheer each other on was extraordinary. Some of the quieter participants would accept encouragement and

and teen participants. The satisfaction I received in seeing these adolescents practice socialization skills, and the increasing number of referrals to the program, have paved the way for JFS to offer another S4L group in the fall 2013.

If you are interested in referring an adolescent who has a social skills need, please call me at Jewish Family Service, 233-1681. All calls are confidential.

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Marty Rogoff

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David Herman and Rabbi Peter Kessler

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"Who by Water?" - Some Pre-Rosh Hashanah Thoughts

By Rabbi Akiva Males

With the coming of the New Year, my mind is flooded with highlights of this past year. While so many memorable events occurred in our Jewish community, for me, one in particular stands out: our response to Hurricane Sandy.

In late October of 2012, Hurricane (later named 'Super-Storm') Sandy pounded America's East Coast.

As a result, numerous communities in NY and NJ were devastated by flooding. Although Harrisburg experienced strong

winds and heavy rains, thankfully, we were spared the fury of our temperamental Susquehanna River.

Our feelings of relief, however, were cut short when we learned just how badly other communities had fared. We soon heard of Jewish communities, schools, and synagogues that had been destroyed by the storm. To make matters worse, many of the areas most affected by Sandy were left without power for weeks after the storm.

Very quickly, Jewish relief

organizations sprang into action to assist their brothers and sisters who had lost everything. News stories abounded about ad-hoc aid centers, soup kitchens, and food/clothing distribution points which had been set up in Jewish day schools and synagogues in the effected regions. It did not take long at all before Harrisburg's diverse Jewish community found itself directly involved in the relief effort as well.

Within a short span of time, KI's Rabbi's Discretionary Fund raised and distributed thousands of dollars to help fund those relief



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organizations actively assisting families most affected by Hurricane Sandy. The JFGH Bnei Tzedek group collected an incredible amount of canned goods, batteries, and flashlights which were passed along to Jewish families left without power in the Far Rockaway section of NY. The JFGH organized a clothing drive to help families of all backgrounds who Hurricane Sandy had left without belongings. Perhaps most impressive, however, was Harrisburg's rapidly assembled Jewish community-wide relief mission to Staten Island, NY.

In a wonderful statement of unity, a group of volunteers spanning Harrisburg's entire Jewish community (and beyond), spent Wednesday, 11/14/12 in Staten Island, NY helping hurricane victims in a hands-on fashion. Starting at 4:30 AM, our group met at the JCC to load our bus with the abundant supplies and clothing, which our community had generously donated for the hurricane victims.

Our group of relief volunteers represented the diverse nature of Harrisburg's Jewish community.

From an excited bunch of Silver Academy 7th graders, to a hard-working volunteer in his 80's, our group also spanned all ages. Once in Staten Island, we worked through a synagogue that had become one of the command centers assisting area residents who were hard-hit by the storm. In the days following Hurricane Sandy, families of all religions, backgrounds, and circumstances who had been devastated by the storm, had reached out to that synagogue for assistance. Upon our

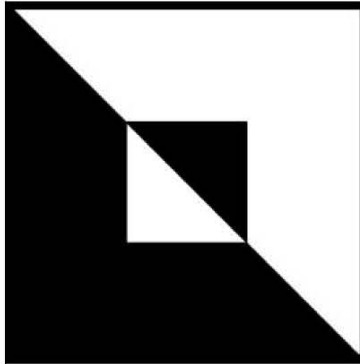
arrival, we handed off our collected goods, and the synagogue's relief coordinator found appropriate jobs for each member of our group. In one way or another, our group put in a hard day's work assisting families (both Jewish and non-Jewish) whose homes had sustained hurricane damage, ranging from flooded basements, all the way to total loss. As a result of our efforts, Harrisburg's Jewish community gained national attention.

What prompted our relatively small Jewish community to be so generous with its funds, resources, and time? While a number of factors certainly played a role, I believe there is one which cannot be ignored. Harrisburg is certainly one Jewish community that can honestly sympathize with flood-stricken families, synagogues, and schools of another. We know all too well what it is like to suffer the effects of a hurricane. Having been through something of this nature before, our collective reaction was that of understanding, empathy, and a sincere wish to be part of the relief effort.

In the months since Hurricane Sandy I have received many thank you notes from those whom our community assisted. However, I would venture to say that when all is said and done, we -- who did our best to help others in their time of need -- were the real beneficiaries of that relief effort.

May G-d bless our entire community with a happy and healthy New Year!

Kesher Israel Congregation's Rabbi Akiva Males can be reached at rabbimales@yahoo.com



SAVE THIS DATE

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community calendar

MONDAY, AUGUST 26

Rosh Hashanah Cooking Class, 6-9 p.m., JCC

TUESDAY, AUGUST 27

Senior Lunch Program, 10 a.m., JCC
Program: Israel Update with Chuck Kline, 12:30 p.m.
"Wedding Singer" Auditions, 6-9 p.m., JCC

WEDNESDAY, AUGUST 28

"Wedding Singer" Auditions, 6-9 p.m., JCC

THURSDAY AUGUST 29

Senior Lunch Program, 10 a.m., JCC
"Wedding Singer" Call-backs, 6-9 p.m., JCC

MONDAY, SEPTEMBER 2 - LABOR DAY

OFFICES CLOSED

Building Open 7 a.m. - 2 p.m.

TUESDAY, SEPTEMBER 3

Senior Lunch Program, 10 a.m., JCC

WEDNESDAY, SEPTEMBER 4 - EREV ROSH HASHANAH

Building closes at 6 p.m.

THURSDAY, SEPTEMBER 5 - ROSH HASHANAH - DAY 1

ALL FACILITIES CLOSED

FRIDAY, SEPTEMBER 6 - ROSH HASHANAH - DAY 2

OFFICES CLOSED

BUILDING OPEN

PUBLIC SERVICE ANNOUNCEMENT

BETH EL TEMPLE

232-0556 | www.betheltemplehbg.org

Minyan 7 a.m. daily and 5:30 p.m.
 Sunday morning at 9:00 a.m.
 Friday night Kabbalat Shabbat 6:00 p.m.
 Shabbat morning service 9:15 a.m.
 Saturday night mincha/maariv/havdalah at same time as Friday evening candle-lighting time

Friday, August 23: JOINT Service with Temple Ohev Sholom in the Beth El Temple Sanctuary. 6:00 p.m.

Saturday, August 24: Bat Mitzvah of Michala Butler 9:15 a.m. Parashat KiTavo.

Tuesday, August 27: Parlor Meeting—“Conversation with Rabbi Cytryn” 7:00 to 8:30 p.m.

Tuesday, August 27: Open Faculty Meeting 6:30 to 8:30 p.m. Schein Annex

Friday, August 30: JOINT Service with Temple Ohev Sholom in the Beth El Temple Sanctuary. 6:00 p.m.

Saturday, August 31: 7:30 p.m. - Selichot program & services

HIGH HOLY DAY SCHEDULE 2013

Wednesday, September 4: 6:00 p.m./Thursday, September 5, 7:20 p.m.
 Rosh Hashanah Evening

Thursday & Friday, September 5 & 6: Rosh Hashanah Day
 Sanctuary Service 8:00 a.m.
 Kavanot Service 11:15 a.m. (Thursday only)
 Family Service 9:45 a.m. (Friday only)
 High school program 11:15 a.m. (Thursday only)
 Junior Congregation 9:45 a.m. (Thursday only)
 Mini Congregation (ages 2-4) 9:45 a.m. (Thursday only)

Thursday, September 5: Community Tashlich, 6:50 p.m. on Riverfront

Friday, September 13: Yom Kippur Kol Nidre, 6:30 p.m.

Saturday, September 14: Yom Kippur Day
 Sanctuary Service 9:00 a.m.
 Kavanot Service 11:15 a.m.
 High School Program 11:15 a.m.

Junior Congregation 9:45 a.m.
 Mini Congregation (ages 2-4) 9:45 a.m.

Saturday, September 14: Yom Kippur Evening
 Minchah—after Musaf approx. 3:00 p.m.
 Neila 6:30 p.m. followed by Children’s Procession at 7:30 p.m.
 Maariv/Havdalah/Shofar Choir, 7:45 p.m.

Thursday & Friday, September 19 & 20: Sukkot, 9:00 a.m.

Thursday, September 26: Shemini Atzeret/Yizkor, 9:00 a.m.

Thursday, September 26: Erev Simchat Torah, Sundown

Friday, September 27: Simchat Torah, 9:00 a.m.

Sunday, October 27: SAVE THE DATE! “Oh, What a Night!” – an evening celebration to honor Rabbi Eric Cytryn and Educational Director Bob Axelrod, featuring a musical tribute by Maestro Stuart Malina and his brother Joel Malina to celebrate Beth El Temple. Dessert Reception. More details to follow soon!

PUBLIC SERVICE ANNOUNCEMENT

CHISUK EMUNA CONGREGATION

232-4851 | www.chisukemuna.org | info@chisukemuna.org

Weekly Minyan times: Sunday mornings at 8:30 a.m.
 Monday, Thursday mornings, 6:50 a.m.
 Tuesday, Wednesday and Friday mornings, 7 a.m.
 Sunday through Thursday evenings, 7:15 p.m.

Please join us for Selichot, Rosh Hashanah, Yom Kippur, Sukkot, Shemini Atzeret and Simchat Torah as we begin the Jewish year and celebrate our holidays as a Chisuk Emuna family, for the first time in our new home.

Saturday, August 31: 8:45 p.m. The movie, “Arranged” – a story of an Orthodox Jew and a Muslim, the tensions of tradition and modernity and the power of friendship - will be presented. Followed by refreshments and the Selichot Service at 10:30 p.m.

Wednesday, September 4: Erev Rosh Hashanah, Mincha/Afternoon Service and Maariv/Evening Service, 7:10 p.m.

Thursday, September 5: Rosh Hashanah Day I Shacharit/Morning Service, 8:30 a.m., Community Tashlich Service at Susquehanna

River across from Beth El Temple, 6:50 p.m. Followed by Mincha and Maariv at Beth El, beginning at 7:20 p.m.

Friday, September 6: Rosh Hashanah Day II, Shacharit, 8:30 a.m., Mincha 7:00 p.m.

Shabbat Shuvah/Sabbath of Repentance

Friday, September 6: Kabbalat Shabbat and Maariv, following Mincha at 7:00 p.m.

Saturday, September 7: Shacharit, 9:15 a.m., Mincha and Maariv 7:15 p.m.

Sunday, September 8: Fast of Gedaliah Shacharit, 8:30 a.m., Mincha/Maariv, 7:15 p.m.

Friday, September 13: Erev Yom Kippur Mincha, 2:00 p.m., Kol Nidre, 6:45 p.m.

Saturday, September 14: Yom Kippur, Shacharit 9:00 a.m., Mincha 5:30 p.m., Ne’ilah 7:00 p.m. Fast concludes, 8:00 p.m. with break fast, sponsored by Bruce and Barbara Bazelon, Marty and Faye Doctrow

Wednesday, September 18: Erev Sukkot, Mincha/Maariv 6:45 p.m.

Thursday, September 19: Sukkot Day I, Shacharit 9:15 am, Mincha/Maariv 6:45 p.m.

Friday, September 20: Sukkot Day II, Shacharit 9:15 am, Mincha 6:45 pm

Chol Hamoed/Intermediate Days of Sukkot Shabbat Chol Hamoed Sukkot

Friday, September 20: Kabbalat Shabbat and Maariv to follow Mincha that begins at 6:45 p.m.

Saturday, September 21: Shacharit, 9:15 a.m., Mincha/Maariv 6:50 p.m.

Sunday, September 22nd Shacharit 8:30 a.m., Maariv 7:15 p.m.

Monday, September 23rd Shacharit 6:45 a.m., Maariv 7:15 p.m.

Tuesday, September 24th Shacharit 6:45 a.m., Maariv 7:15 p.m.

Wednesday, September 25th Hoshanah Rabbah Shacharit, 6:30 a.m.

Wednesday, September 25: Erev Shemini Atzeret, Mincha/Maariv, 6:35 p.m.

Thursday, September 26: Shemini Atzeret, Shacharit (includes Yizkor, Prayers of Remembrance), 9:15 a.m., Mincha, 6:35 p.m.

Thursday, September 26: Erev Simchat Torah Celebration, Simchat Torah Preparation and Maariv, 7:00 p.m.

Friday, September 27: Simchat Torah, Shacharit, 9:15 am, Mincha, Kabbalat Shabbat and Maariv, 6:40 p.m.

For more information about Chisuk Emuna programs and services, please call our office at 232-4851.

CONGREGATION BETH ISRAEL

Lebanon | 273-2669

Visit the Congregation Beth Israel Web Site at www.congregation-beth-israel.org
All are welcome to our egalitarian services:
Sundays at 9 a.m., Thursdays at 7:30 a.m. Our Shabbat services, led by Rabbi Paula Reimers, are at 7:30 p.m. on Friday evenings and on Shabbat morning at 9:30 a.m. followed by Kiddush.

PUBLIC SERVICE ANNOUNCEMENT

CONGREGATION BETH TIKVAH

Carlisle | 245-2811 | www.bethtikvah.org

HIGH HOLY DAYS 5774

Tickets for services are not required.

Wednesday, September 4: Erev Rosh Hashanah, 7 p.m. Great Hall, Stern Center, Dickinson College. Oneg to follow Service

Thursday, September 5: Rosh Hashanah Morning Service, 9:30 a.m. Great Hall, Stern Center, Dickinson College. Evening Service 7 p.m. in the Sanctuary of the Milton B. Asbell Center for Jewish Life, Dickinson College

Friday, September 6: Second Day Rosh Hashanah Service, 9:30 a.m. Sanctuary, Milton B. Asbell Center for Jewish Life
Tashlich Service (after morning service)

Friday, September 13: Kol Nidre, 7 p.m. - Great Hall, Stern Center, Dickinson College

Saturday, September 14: Yom Kippur Morning Service, 9:30 a.m. - Great Hall, Stern Center, Dickinson College

Yizkor Service – about 11:00 a.m.

Evening Service - 5:30 p.m.

BREAKTHE FAST, 7:15 p.m. Side Rooms at the HUB, Dickinson College. Cost for the break the fast meal is TBA. Deadline for reservations is September 6. Contact Ethel Carryer, 245-2811, to make reservations.

PUBLIC SERVICE ANNOUNCEMENT

HISTORIC B'NAI JACOB

Middletown | 319-3014 | www.bnai-jacob.org

Historic B'nai Jacob Synagogue, Water and Nissley Streets in Middletown, offers a schedule of High Holy Days Services, as follows:

Wednesday, September 4: Erev Rosh Hashanah Evening Service, 7:30 p.m.

Thursday, September 5: Rosh Hashanah Morning Service, 9:15 a.m.

Thursday, September 5: Rosh Hashanah Evening Service, 6:30 p.m.

Friday, September 6: Rosh Hashanah Morning Service, 9:15 a.m.

Friday, September 13: Yom Kippur - Kol Nidre Service, 6:45 p.m.

Saturday, September 14: Yom Kippur Morning Service, 9:15 a.m.

Memorial Yizkor Service, 11:15 a.m.

Ne-Elah Service, 6:00 p.m.

Break-the-Fast, 8:15 p.m.

Visit our website or call our Voice Mail 717-319-3014. We are a Community Shul - all are welcome.

PUBLIC SERVICE ANNOUNCEMENT

KESHER ISRAEL CONGREGATION

238-0763 | www.kesherisrael.org

Participate in our daily Minyanim. Mornings: Sundays and Federal holidays at 8 a.m., Monday through Friday at 6:45 a.m. Rosh Chodesh and fast days at 6:30 a.m. Evening services begin at 20 minutes before sunset.

HIGH HOLY DAYS SERVICES

Selichos Services

Saturday Night, August 31: 10:30 – 11:30 p.m.:

Special Selichos night program

11:30 p.m. – 12:00 a.m.: Refreshments

12:00 a.m.: Selichos led by Cantor Seymour E. Rockoff

Morning Selichos:

Monday, September 2 (Labor Day): 8:00 a.m. followed by Shacharis

Tuesday, September 3: 6:25 a.m. followed by Shacharis

Rosh Hashanah

Wednesday, September 4: (Erev Rosh Hashanah)

Please remember to prepare an Eruv Tavshilin (page 654 in the Artscroll Siddur).

Selected Selichos and Shacharis – 6:10 a.m.

Mincha – 7:05 p.m.

Candle Lighting – By 7:14 p.m.

Thursday, September 5: (Rosh Hashanah, Day 1)

Babysitting – To Be Announced

Shacharis – 8:00 a.m.

Torah Reading – 10:00 a.m.

Sermon – 10:30 a.m.

Shofar – 11:00 a.m.

Mussaf – 11:15 a.m.

Mincha – 6:20 a.m.

Communal Tashlich – 6:50 a.m.

Maariv – 7:40 a.m.

Candle Lighting (from an existing flame) – After 8:14 p.m.

Friday, September 6: (Rosh Hashanah, Day 2)

Until Mincha, all times are the same as the previous day

Mincha – 7:05 p.m.

Shabbos Candle Lighting (from an existing flame) – By 7:10 p.m.

Shabbos Shuvah

Shabbos, September 7: Shacharis – 9:00 a.m.

Rabbi Males' Shabbos Shuvah class – 5:40 – 6:25 a.m.

Mincha – 7:00 a.m.

Maariv / Shabbos Ends – 8:11 a.m.

Fast of Gedaliah

Sunday, September 8: Fast Begins – 5:18 a.m.

Selichos and Shacharis – 8:00 a.m.

Mincha – 6:45 p.m.

Fast Ends – 8:09 p.m.

Morning Selichos: Monday, September 9–Thursday, September 12:

6:15 a.m. followed by Shacharis

Yom Kippur

Friday, September 13: (Erev Yom Kippur)

Selichos and Shacharis – 6:25 a.m.

Mincha – 2:00 p.m.

Candle Lighting – By 6:59 p.m.

Baby Sitting – To Be Announced

Kol Nidre – 7:05 p.m.

Shabbos, September 14: (Yom Kippur)

Baby Sitting – To Be Announced

Shacharis – 8:00 a.m.

Torah Reading – 10:30 a.m.

Sermon (followed by Yizkor) – 11:15 a.m.

Mussaf – 12:00 p.m.

Mincha – 5:35 p.m.

Neilah – 6:50 p.m.

Maariv, Shofar, and End of Fast – 7:59 p.m.

Please join us for our 9 a.m. Shabbat morning services - followed by kiddush

PUBLIC SERVICE ANNOUNCEMENT

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HIGH HOLY DAYS SERVICES

Wednesday, September 4: Erev Rosh Hashanah, 6:45 p.m.

Thursday, September 5: First Day of Rosh Hashanah, 9:00 a.m., Jr. Congregation at 10:00 a.m.

**Luncheon following services. \$18 per person

Friday, September 6: Second Day of Rosh Hashanah, 9:00 a.m.

Yom Kippur: Friday, September 13: Kol Nidre and Ma'ariv, 6:30 p.m. – PROMPTLY. Doors will remain closed until after Kol Nidre.

Saturday, September 14: Shacharit (morning), 9:00 a.m., Jr. Congregation at 10:00 a.m.

Saturday September 14: Mincha/Yizkor/

Neilah, 5:30 p.m., followed by a Break-the-Fast meal

To find out more about our programs and events, visit www.tbshalom.org or contact us at tbs.temple@verizon.net.

PUBLIC SERVICE ANNOUNCEMENT

TEMPLE OHEV SHOLOM

233-6459 | www.ohevsholom.org

Friday, August 30: Shabbat Service, 5:45 p.m., Beth El

HIGH HOLY DAYS SERVICES

Saturday, August 31: Selichot, 7:00 p.m., Lehrman Chapel

Wednesday, September 4: Erev Rosh Hashanah: 8:00 p.m., Sanctuary

Thursday, September 5: Rosh Hashanah Morning Service, 10:00 a.m., Sanctuary Morning Family Service, 10:00 a.m., Lehrman Chapel Children's Service, 2:00 p.m. Tashlich Service at the River, 2:45 p.m.

Friday, September 6: Shabbat Service, 6:00 p.m., Lehrman Chapel Saturday, September 7: Tot Shabbat, 10:30 a.m., Lehrman Chapel

Sunday, September 8: Memorial Service, 2:00 p.m., Bookstaber Memorial Chapel at Mt. Moriah Cemetery

Friday, September 13: Kol Nidre, 8:00 p.m., Sanctuary

Saturday, September 14: Yom Kippur Morning Service, 10:00 a.m., Sanctuary Morning Family Service, 10:00 a.m., Lehrman Chapel Meditation Service, 2:00 p.m., Lehrman Chapel

Children's Service, 2:00 p.m., Sanctuary

Afternoon Service, 3:00 p.m.

Yizkor, 4:30 p.m.

Ne'ilah, 5:15 p.m.

Friday, September 20: Sukkot Shabbat Service, 7:30 p.m., Sanctuary

Saturday, September: B'nai Mitzvah, 10:30 a.m., Sanctuary

Friday, September 27: Consecration/Simchat Torah Shabbat Service, 7:30 p.m., Sanctuary

Saturday, September: B'nai Mitzvah, 10:30 a.m., Sanctuary

CANDLELIGHTING

August 23..... 7:32 p.m.

August 30..... 7:22 p.m.

September 6 7:13 p.m.

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Your condolences sent to me in memory of my husband, Herman, were appreciated.

I thank you for your caring and concern.

Bernyce Lichterman

Thank You

I want to thank all of those wonderful people who helped me to celebrate my 80th Birthday, recently. It was lovely, and you all warmed my heart with your kindness.

Barbara Epstein Hursh

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Assorted Varieties,
15 oz. pkg.



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22 oz. pkg.

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4 oz. pkg.



\$5⁹⁹
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