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The Bulletin

Rabbi Aviva Berg
Helen Kashtan, President

VOL. 60 Issue 1

January/February 2013

Gratitude

One of my favorite movies is an uncritically acclaimed, twenty-year old Tom Hanks and Meg Ryan movie called "Joe versus the Volcano." In it, Joe, the Tom Hanks, character works in a dehumanizing job and is diagnosed with a non-existent fatal disease by a corrupt doctor working for a dishonest billionaire. Deceived by the screwy, but brilliant, billionaire, Joe decides to spend his last days on earth "living like a king and dying like a man." Lured by a two-day, unlimited spending spree in New York City, Joe spends an obscene amount of money on luggage and clothes, knowing that in a short period of time he has to willingly jump into a live volcano on the island of Waponi Woo in order to appease an angry volcano god. If he does this, the billionaire can acquire the rights to mine a rare mineral from the Waponis that will make him even richer.

A hurricane capsizes Joe's boat on his way to the island. Joe saves Meg Ryan, who is the owner of the boat, with the help of four pieces of exorbitantly-priced luggage that turn out to be worth the price. After days bobbing around on the Pacific Ocean, a huge full moon rises over the ocean. The sun-blistered Joe, who is about to die from thirst, is awestruck and dumbstruck by the magnificence and grandeur of the moon. Before he collapses, he stands, and with complete vulnerability, "I had no idea".... "thank you for my life."

This scene reminds me of Jacob waking up from his dream and spontaneously saying, "God is in this Place, but I, I did not know." Both Joe and Jacob survive disaster, fall in love, and face their destinies. Joe survives jumping into an erupting volcano that spews him out. Jacob survives a rough twenty years in Haran with a difficult father-in-law. They both seem to be transformed by realizing the splendor of a Creative and Unfathomable Force in the Universe and by being overwhelmed by feelings of thankfulness.

Both Joe and Jacob had personal dynamics and pessimistic world views they needed to address. Joe was a hypochondriac who was receptive to believing that he had a fatal "brain cloud." Jacob was a second-born son in a world of primogeniture, and believed that he would never have anything. It's not hard for any of us to get swept up in the negativity of believing that things are bad — and are probably going to get a lot worse.

That is exactly the attitude Dr. Sonja Lyubomirsky, a Professor of Psychology at the University of California, and author of The How of Happiness, researched in her 5-year, \$1 million grant from the National Institute of Mental Health. She studied what causes some people to experience long-term personal happiness and found that experiencing and expressing gratitude helps us build a solid foundation for living a happy life.

(Continued on page 3)

January-February Schedule

Friday Evening Services: 7:30 p.m.

Shabbat Morning: 9:00 a.m.

Torah Study

Shabbat Services: 10 a.m.

Sunday Minyan: 9:30 a.m.

Family Shabbat,

January 19th: 10:30 a.m.

Kabbalat Shabbat @ JCC ,

Friday, January 25th @ 6pm

in the Senior Lounge



Find Temple Events on our online calendar at www.tbdrochester.org; find out what is going on or submit a new event for the calendar. As always, you may also reach us by calling the office at 585-266-3223 or email at office@tbdrochester.org. We are handicapped accessible and equipped with a hearing loop.



Executive Officers:

President: Helen Kashtan

Vice Presidents:

- **Administration:** Judy Levy
- **Finance:** Bill Fowlkes
- **Ritual:** Gary Cohen
- **Education:** Joan Papkin
- **Building:** Scott Davis, Ed Drexler
- **Recording Secretary:** Lewis Rothberg

Temple Activity Chairs:

Judaica Shop: Linda Servetnick

Men's Club: Jonathan Papkin

Bulletin Folding: Dorothy Sherr

Book of Remembrance: C. Halpern

Bingo: Sylvia Roth & Judy Eissenstat

Shiva Chevra: Merrie Franklin

Website Coordinators: Mike Berke, Neal Eckhaus

Next Bulletin Deadline: December 5th

Late Submissions Cannot be Accepted.

Temple Funds:

- **Capital Improvement Fund**
- **David Solomon Memorial Building Fund**
- **Gilbert Rosenbaum Fund**
- **Herb Kraus Adult Education Fund**
- **Library Fund**
- **Mitzvah Kiddush Fund**
- **Marsha Fishman Memorial Education Fund**
- **Rabbi Skopitz Memorial Youth Fund**
- **Rabbi's Discretionary Fund**
- **Shiva Chevra Fund**
- **Torah Repair Fund**

*The Bulletin is published bi-monthly
by Temple Beth David*

Temple Office: Melanie Stormm-David 266-3223

Temple Website: <http://www.tbdrochester.org/>

Email: office@tbdrochester.org

The mission of Temple Beth David is to provide an environment where the concepts of community prayer, education, and service to the greater Jewish community are provided within the context of Conservative Judaism. We pride ourselves on being a friendly, participatory, egalitarian community, welcoming all to be a part of our synagogue family.

News from the President

Helen Kashtan hkashtan@frontiernet.net

As I noted at our Congregational Annual Meeting this fall, it is important to understand and respect our history. We also must not chain ourselves to the past. This year, 2012, has been transformative in many ways. We have revamped our Shabbat Morning Services, added a vibrant monthly Kabbalat Shabbat Service and Potluck at the JCC, and re-structured religious education for our member children. None of this would have been possible without a vision that looks forward.

Our Religious School option to attend school at Temple Beth El, follows years of joint programming by our mutual Men's Clubs and Sisterhoods. We've found these collaborations to be very successful. And, we celebrated with each other at our recent Chanukah parties and

other events. I have had the opportunity to meet with Todd Stein, President of Beth El's board, to discuss the future of Conservative Judaism in Rochester. We both share a passion and commitment for our religious community as Conservative Jews.

Todd recently attended one of our Board of Trustee meetings and I attended meetings at Beth El. All of the meetings were wonderful opportunities to learn about each other as we are today...not what we were or what perceptions may exist. We found that we have more in common than not, as Conservative Jews, as congregants, and for what we wish for to leave as a legacy for the future. Todd and I both know that we need to look forward together, for the benefit of Conservative Judaism in our

community. We are forming a small committee, with equal representation from both congregations, to explore and embrace future concepts for Conservative Judaism in Rochester. This will be a working committee to explore any and all ideas about how Conservative Judaism can thrive in the years and decades to come.

As the conversations continue, we will respect our histories and be realistic as we look forward. We have a unique opportunity to shape the future. Our respective Boards will be the leaders who will bring about this transformation. Should you have any questions or comments, please contact me by phone or email.

hkashtan@frontiernet.net • 242-9778

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Etz Hayim	\$75.00
Basic Kiddush	\$72.00
Cholent Sponsor	\$18.00
Wine/Challah Sponsor	\$18.00
Memorial Plaque	\$270.00
Non Member	\$414.00
Cemetery Plots In Riverside	
Member	\$600.00
Non-Member	\$800.00

 **New Lower Minimum Donation!**

Send a Card to a friend or loved one!

Make checks payable to: Temple Beth David, 3200 St. Paul Blvd., Rochester, NY 14617

Date _____ Amount enclosed \$ _____ (minimum donation \$5.00 or 4 for \$18.00)

Address:
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Reason for Card/Message:

- Fund : ☐ D. Solomon ☐ M. Fishman ☐ Rabbi Skopitz Youth Fund ☐ Temple Residence
☐ Mitzvah/Kiddush ☐ Capital Improvement ☐ Library ☐ H. Kraus/Adult Ed.
☐ Torah Repair Fund ☐ USY/Kadima ☐ Shiva Chevra ☐ Rabbi's Discretionary Fund
☐ Gilbert Rosenbaum Fund ☐ PreK Shabbaton

Minimum Donation is \$5.00. If no fund is specified, David Solomon Building Fund will be named.

Name	Observed	Jewish	Name	Observed	Jewish
Garson Kleinberg	January 30	Shevat 19	Minnie Blumkin	February 15	Adar 5
David Nussbaum	January 30	Shevat 19	Shirley Shapiro	February 15	Adar 5
Alfred Stiller	January 30	Shevat 19	Frances Steinfeld	February 15	Adar 5
Max Gordon	January 31	Shevat 20	David Brothman	February 16	Adar 6
Martha Greenberg	January 31	Shevat 20	Sidney Friedmann	February 16	Adar 6
Thomas Kaufman	January 31	Shevat 20	Clara Graver	February 16	Adar 6
Dora Lambert	January 31	Shevat 20	Zimmel Lampert	February 16	Adar 6
Maurice Stein	January 31	Shevat 20	Esther Orlen	February 16	Adar 6
Samara Beth			Nison Pollock	February 16	Adar 6
Anderson	February 1	Shevat 21	Pearl Sosne	February 16	Adar 6
Miriam Bauman	February 1	Shevat 21	Ralph Leonard	February 17	Adar 7
David Garey	February 1	Shevat 21	Reva Moldawsky		
Rose Kurlanshik	February 1	Shevat 21	Levison	February 17	Adar 7
Alexander Phillips	February 1	Shevat 21	Samuel I. Chait	February 18	Adar 8
Rose Shear	February 1	Shevat 21	Mary Freedman	February 18	Adar 8
Abraham Wasserman	February 1	Shevat 21	Abe Kessler	February 18	Adar 8
Anna Berkov	February 2	Shevat 22	David Lempert	February 18	Adar 8
Dorothy Silberberg	February 2	Shevat 22	Ada Wolf	February 18	Adar 8
Maurice Epstein	February 3	Shevat 23	Lillian Abelson	February 19	Adar 9
Carl Schwartz	February 3	Shevat 23	Pearl Ann Berkov	February 19	Adar 9
Rose Grossman	February 4	Shevat 24	Sara Brodsky	February 19	Adar 9
Rose Kessler	February 4	Shevat 24	Rose Cohen	February 19	Adar 9
Edith Kopen	February 4	Shevat 24	Norman Klein	February 19	Adar 9
Florence Levinson	February 4	Shevat 24	Harry Roxin	February 19	Adar 9
Evelyn Gan	February 5	Shevat 25	Anna Schrier	February 19	Adar 9
Gertrude Goldberg	February 5	Shevat 25	Max Snyder	February 19	Adar 9
Beatrice Markus	February 5	Shevat 25	Anna Alent	February 20	Adar 10
Harmon Creson	February 6	Shevat 26	Harry Pheterson	February 20	Adar 10
Herman Miller	February 6	Shevat 26	Sylvia Buchman	February 21	Adar 11
Harry Sharfstein	February 6	Shevat 26	Sonya Newman	February 21	Adar 11
Arnold Eli Fisher	February 7	Shevat 27	Rebecca Stone	February 21	Adar 11
Sarah Jacobs	February 7	Shevat 27	Leah Gastel	February 22	Adar 12
Jennie Weinstein	February 7	Shevat 27	Jacob Itkin	February 22	Adar 12
Minnie Himmelstein	February 9	Shevat 29	Munira Daniel	February 23	Adar 13
Sarah Marcusfield	February 9	Shevat 29	Gary Passer	February 23	Adar 13
Dr. Sidney Schatz	February 9	Shevat 29	Rose Robbins	February 23	Adar 13
Julius Sherman	February 9	Shevat 29	Eugene Schwartz	February 23	Adar 13
Rabbi Sheldon			Faye Goldin	February 24	Adar 14
Gordon	February 10	Shevat 30	Anna Greenberg	February 24	Adar 14
James Passeck	February 10	Shevat 30	Jacob Harris	February 24	Adar 14
Abraham Wolinsky	February 10	Shevat 30	Morris Harris	February 24	Adar 14
Sarah Feldman	February 11	Adar 1	Sarah Silver	February 24	Adar 14
Max Finkelstein	February 11	Adar 1	Helmut Markus	February 25	Adar 15
Ida Greenberg	February 11	Adar 1	Esther Silver Stein	February 25	Adar 15
Lea Grunspan	February 11	Adar 1	Ida Grossberg	February 27	Adar 17
Ralph Mendel	February 11	Adar 1	Kaaren Levin	February 27	Adar 17
Fanny Passer	February 11	Adar 1	Sophie Povolotsky	February 27	Adar 17
Sylvia Sharf	February 11	Adar 1	Lena Stoler	February 27	Adar 17
Frank Sherman	February 11	Adar 1	Vesta Trawick-Edwards		
Rose Ambush	February 12	Adar 2		February 27	Adar 17
Meyer Hillel Benski	February 12	Adar 2	Gertrude Brotsky	February 28	Adar 18
Ben Kessler	February 12	Adar 2	Pearl Feldman	February 28	Adar 18
David Lustik	February 12	Adar 2	Jacob Haymoff	February 28	Adar 18
Annie Peskowitz	February 12	Adar 2	Morris Herman	February 28	Adar 18
Morton Rosenbaum	February 12	Adar 2	Bessie Leah Kriss	February 28	Adar 18
William Friedman	February 13	Adar 3	Lieto Marzouk	February 28	Adar 18
Florence Levenberg	February 13	Adar 3	Mary Rothstein		
Jack Miller	February 14	Adar 4	Mervis	February 28	Adar 18
Jacob Salkowitz	February 14	Adar 4	William Rosenbaum	February 28	Adar 18

Rabbi’s Desk, con’t.

Rabbi Aviva Berg rabbiavivaberg@gmail.com 585-319-4407

(Continued from page 1)

The following are three ideas based on Dr. Lyubomirsky’s research, and that also seem to me to be woven into the fabric of Jewish life:

In Rabbi Kerry Olitzsky’s book, “100 Blessings Every Day,” we are invited to expand upon our Traditional mitzvah of saying 100 hundred blessings every day by turning them into personal meditations and written thoughts. This workbook begins on the first day of Tishrei. and employs some of the methods of a Twelve-Step Program. Keeping a journal as we travel through the Jewish year, can help guide us towards ridding our lives of negative or destructive habitual behavior, by becoming aware of the blessings we have every day of our lives.

Keep a gratitude journal

1

In the weeks before the members of our class were ordained as rabbis, Rabbi Artson suggested that we all keep a journal of thank you notes that we receive -- the equivalent of a gratitude journal -- for those times when we get overwhelmed or exhausted or give a terrible sermon on the High Holidays. Of course, you don’t have to give a bad sermon for this advice to apply. It is helpful to

remember we touched someone’s life when our life’s challenges loom large and dark.

2.

Set a specific time to be grateful each day: when you wake up, when you go to sleep or before a meal. This should resonate with all of us. Our prayers and blessings are full of expressions of thanksgiving. When we wake in the morning, the first thing we do is thank God for restoring our souls to our bodies. We thank God for our food every time we eat or drink. A thanksgiving prayer is included in the Amidah we recite three times every day. Last month when we lit our Hanukkah menorahs and sang Ma’Oz Tzur, in which we ask God to restore the Temple so that we may bring the only offering that will be required, the thanksgiving offering.

3.

Here, the idea is to exercise our artistic side by making something that represents what we are thankful for. Marc Chagall did this so beautifully and so well. But, since we can’t all be Marc Chagall, those of us who don’t have an artistic bent may find creativity therapy from Abraham Joshua Heschel’s insight: “The beginning of our happiness lies in the understanding that life without wonder is not worth living.”

I recently read a story about a doctor who essentially treated a depressed patient with wonder. His patient had no energy, didn’t live in her home, showed no interest in living, and was unresponsive to medication.

Deciding to try a different approach with his patient, the doctor went to her home carrying a small package. He wrote her out a prescription. She was to take what was in the package every morning and to spend at least five minutes looking through it at an object in her house. Her curiosity piqued, the woman agreed.

When she opened the package, the woman found a magnifying glass worthy of Sherlock Holmes. Starting slowly, she first examined her goldfish, Charlie. Then she looked at the bindings on the antique books her husband used to treasure. She went on to study the designs on her hand-woven rugs and to marvel at the texture of her own skin. In the days before High Definition filmography, she’d never seen anything like it. She was in awe at the exquisite beauty that surrounded her.

Experiencing the world in a completely different way, her renewed sense of wonder sensitized her to life, and then yielded to powerful feelings

(Continued on page 5)



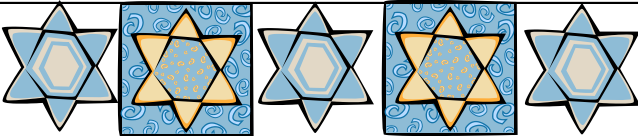
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Shiva Chevra Volunteers Needed!

Please contact Merrie Franklin at merrie_franklin@yahoo.com to have your name added to the list of congregants who are contacted to attend a minyan and support a family in mourning.

Thank you in advance for your support.



All in the Family

To submit information, contact the Temple Office at 266-3223

January & February Birthdays

Name	Date	Name	Date	Name	Date
Aaron Freedman	Jan 3	Benjamin Duchano	Jan 18	Marlena Berger	Feb 10
Brian Wasserman	Jan 3	David Langmann	Jan 18	Millicent Ritz	Feb 13
Marci Snider	Jan 7	Dorothy Schiller	Jan 19	Susan Langmann	Feb 14
Paul Eissenstat	Jan 8	Felice Harris	Jan 21	Rae Fleisher	Feb 16
Bruce Goldin	Jan 8	Sarah Duchano	Jan 23	Gabriel Franklin	Feb 17
Harold Feinberg	Jan 9	Ellie Spivak	Jan 23	Thomas Wolbert	Feb 18
Hannah Eckhaus	Jan 12	Linda Servetnick	Jan 25	Helen Kashtan	Feb 23
Susan Baruch	Jan 15	Sarisa Zoghlin	Jan 27	Shayna Selkowitz	Feb 23
Sandra Brenner	Jan 16	Annette Shapiro	Jan 28	Jennie Papkin	Feb 25
Melissa Meynadasy	Jan 16	Marvin Frank	Feb 2	Michal Spivak	Feb 25
Dorothy Sherr	Jan 16	Marc Lande	Feb 2	Arthur Bernberg	Feb 27
Fronie Hoffman	Jan 17	Bonnie Abrams- Rich	Feb 3	Arthur Dell	Feb 28
Irvin Katz	Jan 17	Deniz Undar	Feb 4	Arthur Long	Feb 28

January & February Anniversaries



Harold & Dolly Fishman
January 25

...

Philip & Rachel Weinstein
January 26

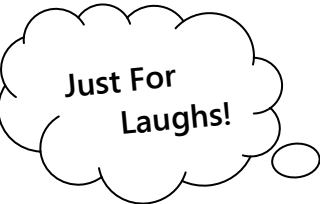
If You Would Like to Sponsor A Kiddush or a
Cholent Please contact Temple Office or fill out an
event form conveniently at TBDROCHESTER.ORG

Todah Rabbah!
(thank you very much)

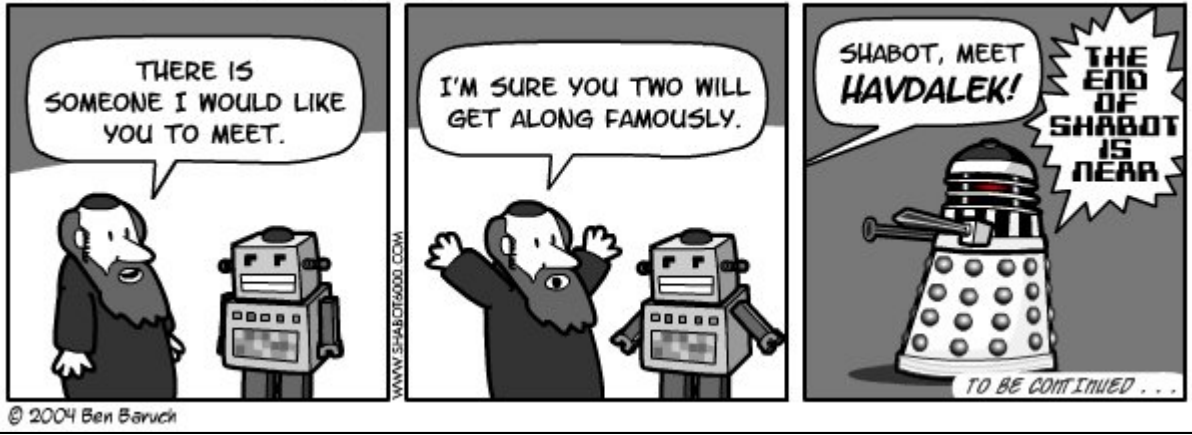
Sponsored Kiddushes and Cholents

October 13th, Sponsored Cholent, Wine & Challah by
Florence Etingoff in honor of Temple Community, Rabbi
Berg & Arthur Bernberg

October 27th, Sponsored Cholent in Honor of Eva
Abrams birthday



SHABOT 6000 by Ben Baruch



"Shabot6000 is a fun cartoon by Jewish comic artist, Ben Baruch. On his website, the always funny Ben is quoted that he "lives in Brooklyn and in fear of G-d." Shabot6000 appears in our Bulletin through permission of the author.

Yahrzeits

From Jan. 1 to Feb. 28, 2013 (Tevet 19 - Adar 18, 5773)

Name	Observed	Jewish	Name	Observed	Jewish
Max Gross	January 1	Tevet 19	Milton Grossman	January 14	Shevat 3
Estelle Hirsch	January 1	Tevet 19	Phillip Gutterman	January 14	Shevat 3
Abraham Lutzky	January 1	Tevet 19	Sadie Gutterman	January 14	Shevat 3
Doris Pulvino	January 1	Tevet 19	Yuda Kinel	January 14	Shevat 3
Edith Rubenstein	January 1	Tevet 19	L. Grant Meeker	January 14	Shevat 3
Ruth Saffrin	January 1	Tevet 19	Zivan William	January 14	Shevat 3
Y'hoshua Schnidman	January 1	Tevet 19	Isadore Goldberg	January 15	Shevat 4
Jack Schultz	January 1	Tevet 19	Dora Yates	January 15	Shevat 4
Joseph Seigel	January 1	Tevet 19	Harry Brothman	January 16	Shevat 5
Sally Shilman	January 1	Tevet 19	Max Mendel Feldman	January 16	Shevat 5
Nathan Zeif	January 1	Tevet 19	Norman Gilman	January 16	Shevat 5
Paul Lichterman	January 2	Tevet 20	Rose Schwartz	January 16	Shevat 5
Hannah Wandersman	January 2	Tevet 20	Selma Kay	January 17	Shevat 6
Bessie Berkowitz	January 3	Tevet 21	Louis Pulvino	January 17	Shevat 6
Phillip Dell	January 3	Tevet 21	Nathan Rabinowitz	January 17	Shevat 6
Mowey Presberg	January 3	Tevet 21	Ada Rosenthal	January 17	Shevat 6
Eugene Roth	January 3	Tevet 21	Abe Rousso	January 17	Shevat 6
Isadore Donsky	January 4	Tevet 22	Louis Egar	January 18	Shevat 7
Milton Lande	January 4	Tevet 22	Hiram L. Moss	January 18	Shevat 7
Jacob Rosenbaum	January 4	Tevet 22	Harry Rosenthal	January 18	Shevat 7
Sheldon Feuerstein	January 5	Tevet 23	Arthur Bauman	January 19	Shevat 8
Max Grossberg	January 5	Tevet 23	Ida Gertzog	January 19	Shevat 8
Morris Kofschik	January 5	Tevet 23	Laurie Feuerstein		
Abraham Prives	January 5	Tevet 23	Walsh	January 19	Shevat 8
Gertrude Selkowitz	January 5	Tevet 23	Julius Himmelstein	January 20	Shevat 9
Jacob Weinstein	January 5	Tevet 23	Wolf Kenig	January 20	Shevat 9
Sidney Yates	January 5	Tevet 23	Jacob Levine	January 20	Shevat 9
Minnie Flaxman	January 6	Tevet 24	Max Ostroff	January 20	Shevat 9
Aaron Goldenberg	January 6	Tevet 24	Regina Schier	January 20	Shevat 9
Leonard Harris	January 6	Tevet 24	Bertha Dobkin	January 21	Shevat 10
Lillian Solomon			Samuel Donsky	January 21	Shevat 10
Lobenthal	January 6	Tevet 24	Daniel Hirsch	January 21	Shevat 10
E. Edward Hersch	January 7	Tevet 25	Adelaide Kalin	January 21	Shevat 10
Sheldon Himmelstein	January 7	Tevet 25	Shulamite Lieberman	January 21	Shevat 10
Reuben Robbins	January 7	Tevet 25	Minnie Haymof	January 23	Shevat 12
Jacob Michael Ouriel	January 8	Tevet 26	Judy Crow	January 24	Shevat 13
Esther Prives	January 8	Tevet 26	Tova Gitel	January 24	Shevat 13
Betty Rose Altman	January 9	Tevet 27	Paula Hecht	January 24	Shevat 13
Rae Goldman	January 9	Tevet 27	Morris Klein	January 24	Shevat 13
Benita Hernandez	January 9	Tevet 27	George Moidel	January 24	Shevat 13
Herbert Kraus	January 9	Tevet 27	Michael Ruskin	January 24	Shevat 13
Anne S. Levin	January 9	Tevet 27	Tova Samuels	January 24	Shevat 13
Jacob Marcusfield	January 9	Tevet 27	Lee Schwartz	January 24	Shevat 13
Max Schwartz	January 9	Tevet 27	Don Vanas	January 24	Shevat 13
Morris Blass	January 10	Tevet 28	Dorothy Schwartz	January 25	Shevat 14
George Geiger	January 10	Tevet 28	Rochelle Singer	January 25	Shevat 14
Ethel Hersch	January 10	Tevet 28	Ida "Toots" Skopitz	January 26	Shevat 15
Sarah Safrin	January 10	Tevet 28	Charles Jaffey	January 27	Shevat 16
Blanche Levine	January 11	Tevet 29	Max Kazdan	January 28	Shevat 17
Benjamin			Lillian Levitt	January 28	Shevat 17
Rosenbaum	January 11	Tevet 29	Pauline Eve Chait	January 29	Shevat 18
Ralph Saffer	January 11	Tevet 29	Jerome Fain	January 29	Shevat 18
Esther Aroesty	January 12	Shevat 1	David Karin	January 29	Shevat 18
Rita Kazdan	January 12	Shevat 1	Nathan Weinstein	January 29	Shevat 18
Dorette Arditi	January 13	Shevat 2	Charles Conwell	January 30	Shevat 19
Geraldine Demayo	January 14	Shevat 3	Mollie Kessler	January 30	Shevat 19

Temple Beth David
January and February Lifelong Learning
Community & Connection



**Every Shabbat Morning: Jewish Spirituality through Torah Study from 9:00 - 9:45
followed by Community Davening**

January 🌿

- January 5th:** Community Torah Study During Shabbat Services (in lieu of a sermon); Special Kiddush honoring Alex and Jordan Cohen
- January 6th:** Dinner and a Movie Night at 5:00 pm at Temple (watch for details)
- January 8th:** A Season of Mussar - 7:00 - 8:30 at the JCC in Room 1
- January 12th:** Aaron Freedman's Bar Mitzvah
- January 19th:** Family Shabbat Service at 10:30 in the Small Sanctuary
- January 22nd:** A Season of Mussar - 7:00 - 8:30 at the JCC in Room 1
- January 25th:** Tu B'Shevat Nature Lovers' Pot Luck Dinner followed by Davening at the JCC at 6:00 pm
- January 26th:** Special Tu B'Shevat Kiddush and Seder

February 🌿

- February 2nd:** Community Torah Study During Shabbat Services (in lieu of a sermon)
- February 5th:** A Season of Mussar - 7:00 - 8:30 at the JCC in Room 1
- February 9th:** Special Kiddush in Honor of Frank Sherman
- February 16th:** Family Shabbat Service at 10:30 in the Small Sanctuary
- February 19th:** A Season of Mussar - 7:00 - 8:30 at the JCC in Room 1
- February 22nd:** Funky Pre-Purim Potluck Dinner followed by Davening at the JCC at 6:00 pm
- February 24th:** Purim Celebration - Megillah Reading, Schpiel, Games, and Pancake Breakfast at 9:00 am

Rabbi's Desk, con't.

Rabbi Aviva Berg rabbiavivaberg@gmail.com 585-319-4407

(Continued from page 3)

of gratitude. Gradually, she re-engaged in activities with people who cared about her. She became grateful for her life as she became aware of its simplicity and its grandeur.

In Pirkei Avot, Ben Zoma said: "Who is rich? -- One who is satisfied with their lot." This is our Tradition's way of saying that we won't necessarily find happiness in our lives by getting what we think we want. We will find it in appreciating what we have. All that Joe

had floating adrift in the ocean was the sight of a magnificent moon, and that was enough. Jacob

Make a gratitude appointment

Express gratitude through creativity or become more grateful for God's creations was comforted by experiencing the Divine Presence in a dream in a moment of despair. The woman rendered almost lifeless by depression was awakened by witnessing life's intricate beauty. What is it for which you are grateful?

May we all be blessed to discover the deep reserves of gratitude that can well up within us, heal us, and bring us joy in living.

B'virkat Shalom

Rabbi Aviva Berg



Temple Beth David invites you

A Season of Mussar

Beginning January 8, 2013

For those looking to experience powerful spiritual community, reinforced commitment and deepened learning, *A Season of Mussar* with Temple Beth David is an opportunity for you

Join us Tuesday Nights, January 8th & 22nd from 7pm—8:30pm at the JCC in Room 1

If you have any questions or are interested in participating, please contact
Howard Brill at 585-264-1691 or hrbrill@gmail.com

February Office Hours

**Monday thru Friday
9:30am—2:30pm**

Closed Feb. 6-14th

January Office Hours

**Monday thru Friday
10 am—2pm**

**Office Closed January 1st
New Year's Day**

Donations *Received October 1st to November 30, 2012

December & January in
next Bulletin

Please Note: Every effort is made to ensure accuracy in the Bulletin. Please let us know if an error is made and a correction will be noted in the next Bulletin. ***

NOTE: Minimum Donation is now just \$5.00 to send a greeting.

MITZVAH / KIDDUSH FUND
In Memory Of:
Hyman Rothschild
Fronie Hoffman
Donald Gallant
Rebecca Epner
Annette Applebaum
Leon Alent
Marsha Alent-Harrison
Happy Birthday Wishes
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Annette Applebaum
Eva Abrams
Jonathan Rich & Bonnie Abrams-Rich
Ariana Walker
Max Franklin
Kari Abramson
Rachel Wasserman
Matthew Molis
Pam Rosen, Gary, Alex & Jordan Cohen
Eva Abrams
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Linda Raphael
Pam Rosen & Gary Cohen
Anniversary Wishes:
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Dan & Risa Saltzman
Pam Rosen, Gary, Alex & Jordan Cohen
Michael & Linda Horowitz
Pam Rosen & Gary Cohen
Get Well Wishes:
Anita Freedman
Fronie Hoffman
In Appreciation of:
Pam Rosen & Gary Cohen
Bernie & Sylvia Roth
Fronie Hoffman

Linda Servetnick & Marc Lande
Pam Rosen, Gary, Alex & Jordan Cohen

MARSHA FISHMAN FUND
In Memory of:
Marsha Fishman
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Miriam Ahitow
Ethel Stanler
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Michael Simon
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Esther Zohar
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Michael & Beverly Zwick
Virginia Erlichman
Marvin Erlichman
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Ed, Sue & Bryan Drexler
Irv & Ann Lubitow
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Paul Halpern
Ceidlen Beller
Pam Rosen, Gary, Alex, & Jordan Cohen

LIBRARY FUND
In Memory of:
Irwin Halpern
Phyllis Hirsch
Sue Hirsch
Debi Boyer

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Special Announcements

Mazel Tov to Aaron Freedman on your Bar Mitzvah!

Aaron is a 7th grader at Dake Junior High School in West Irondequoit. In school, Aaron excels in English, Science, Math and German. Aaron is a member of the Dake Odyssey of the Mind team.

Aaron made the Irondequoit High School Junior Varsity Swim team this year and has swum for the Irondequoit Gators Swim Club since he was 5. This Fall he ran his first season of Modified Cross Country for West Irondequoit.

Aaron is a Patrol leader with Boy Scout Troop 154 and holds the rank of First Class scout. He will be attending the National Boy Scout Jamboree next year.

Aaron is a saxophonist and plays the Baritone Sax in the Dake 7th grade Band and was awarded a medal at the Monroe County Solo Music Festival.

Aaron wants to thank Bernie Roth and Rabbi Berg for all their time and dedication in helping him prepare for his Bar Mitzvah.



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RABBI'S DISCRETIONARY FUND

In Memory of:
Becky Epner
Florence Kananov
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Bernie & Sylvia Roth
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Selma & Harold Kay
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Scott Franklin
Pam Rosen, Gary, Alex & Jordan Cohen
Maxine Manjos
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Harry Gan
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Anniversary Wishes:
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Pam Rosen, Gary, Alex & Jordan Cohen

Get Well Wishes:
Rose Schueurman
Bernie & Sylvia Roth
Mazel Tov to:
Mazel Tov on the birth of your Granddaughter, Baby Elena
Ron & Jean Brandwein
Bernie & Sylvia Roth

SHIVA CHEVRA :
In Memory of:
Isadore Neurock
Howard & Helen Kashtan
Pam Rosen, Gary, Alex & Jordan Cohen

A Tree of Life Leaf has Been inscribed by Julian & Shelly Braiman in Honor of Ted & Shirley Levy's 50th wedding anniversary