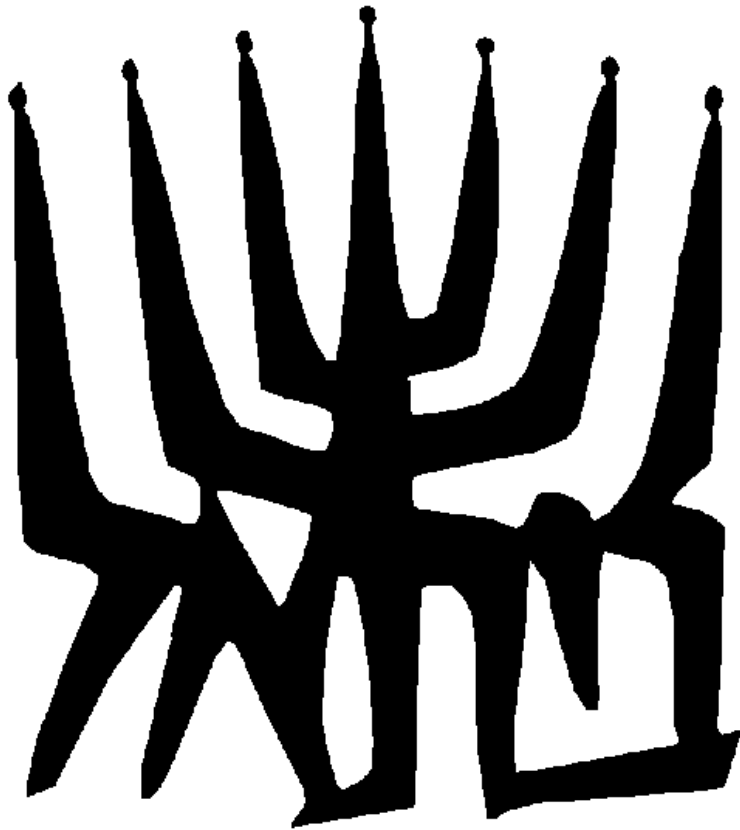


BETH EL BULLETIN



**BENITA KOLMEN-SOLOMON, PRESIDENT
NINA MANDEL, RABBI**

**January 2005
5766**

Congregation Beth El Executive Committee

President

Benita Kolmen-Solomon
524 2532
bkolmsol@bucknell.edu

Vice-President

Jan Byron
275 7612
pewternut9@aol.com

Treasurer

Alan Adler
526 Equestrian Lane
Lewisburg, PA 17837
523 6688
aadler@ptd.net

Secretary

Michael Wolfberg
374 5929
wolfberg@ptd.net

Board Members

Joan Brabander	Phyllis Rich
Ian Speck	Rich Daniels
Randy Grindlinger	Tom Solomon
Bob Schaffer-Neitz	Vickie Speck
Patricia Weis	Betsy Marateck
Becky Marks	open
Sisterhood Rep	Susan Buckler-Miller
Men's Club Rep	OPEN

Past Presidents

Norman Rich
David Marateck
Morton Hershman
Lawrence Greenfield

Rabbi

Nina Mandel
570 286 8389
rabbinhm@ptd.net

Rabbi Emeritus

David L Silverman
561 498 3546
fanddsilverman@msn.com

Standing Committees

Membership

Phyllis Rich, Chair
Vickie Speck Evelyn Hershman
Debra Kaunitz Ilene Daniels

Fundraising

Renee Sosland
Randy Grindlinger

Adult Education

Bill Byron, Chair

Betsy Marateck Tom Solomon
Howard Schwartz Patricia Weis

Children's Education

Stephen Marks
Debra Kaunitz
Donna Rosenberg

Finance & Budget

Executive Committee

Ritual

Tom Solomon, Chair
David Marateck Joan Brabander
Patricia Weis Jan Byron

Bulletin & Public Relations

Joan Brabander, Bulletin Editor
Ian Speck Michael Wolfberg

Building /House

Shelly Kolbert Morty Hershman
Jonathan Weis Randy Grindlinger

Social/Entertainment

Renee Sosland
Randy Grindlinger

Cemetery/Memorial

David Marateck, Chair
Norman Rich

From the Desk of Rabbi Mandel

Recently I wrote about one of the things no one likes to discuss: money. This month I'd like to address another uncomfortable topic: death. Many of us are hesitant to plan for our inevitable deaths out of fear, lest we upset our loved ones, or even because of a superstitious notion that talking about it will hasten it. However, making your wishes known about everything from end-of-life care to burial arrangements and estate planning is just a responsible thing to do. Not only does it ensure that your values and expectations will be honored, it also relieves your caretakers of the burden of trying to guess what you might want. This is especially important if you should become ill and not be able to speak or make your own decisions. Painful and unnecessary negotiations and arguments can be avoided if you designate a health care proxy-durable power of attorney, and discuss things with that person, or persons, such as: what constitutes "quality of life" for you; what kind of care you envision for yourself; and how you wanted to be treated at the end of your life. This may seem ghoulish to consider, but your loved ones having these conversations at a time of crisis can be worse.

I have two good resources available to members of the congregation that can help you with this difficult process: one is an advanced directive prepared by the Conservative movement in Judaism that helps you make decisions based on Jewish ethics and traditions. The other is a document produced by an agency called Aging with Dignity entitled "The Five Wishes." It takes you, step-by-step, through the process of clarifying your values around end-of-life and terminal care issues, and helps you make decisions. Both of these documents result in an "advanced directive" which designates a durable power of attorney—someone authorized to make health care decisions on your behalf should you be unable to do so. I am certain that "The Five Wishes" complies with Pennsylvania State requirements for such a document but you would probably want to consult a legal professional in both cases.

If you are interested in getting a copy of either of these documents, please contact me at 286-8389.

From the President's Desk....

Some quick announcements this month:

1. Thank you to all who have been coming to the early service and pot luck! It has been wonderful watching how our young people are becoming comfortable reading English and Hebrew parts and standing up in front of the congregation. It has been great sharing Shabbat dinner with so many of you and the food — oh the food! If you haven't had a chance to join us yet for one of these services—please mark your calendars for the third Friday of the month! It's also been nice seeing more people at the other Friday services!

2. A huge thank you to the following people who made this year's Hanukkah party absolutely one of the most festive yet:

Jaxi and Roger for the spectacular craft stations that they created and put into place for the kids (young and old); Debra, Randy, Becky, Sean, Randy Donna, Rebecca & Bob for the yummy latkes, donuts, fruit, drinks and cookies! Donna for setting up and running our silent auction, Sharon for running the dreidle games, Betsy for keeping our gift shop going, Rabbi Nina for organizing all of us; and all of the parents for coming out and making it a lot of fun for our kids!

3. I know that for many of us, the social aspect of the synagogue is important and at this time it is difficult to fulfill that need. There are many good ideas floating around for socials and fundraisers, but we need some people willing to get together, look at the ideas, create some more and then work on making those ideas a reality. We don't need experience, just enthusiasm! If you are interested in volunteering for this, please give me a call or send me an email. Don't be shy!! It's a great way to get involved and I know that many of you have great ideas because you've shared them with me. We will be meeting soon after the New Year so I look forward to hearing from you!

4. Speaking of social time together, Tom, the girls and I would like to invite everyone to our house on Sunday, January 22 from 2-5 for our 3rd annual Congregation Beth El Open House. This is a great time to gather and see old friends, new friends and if you would like to bring possible new members — please do!

Tom, the girls and I wish you a Happy Hanukkah!

THE BULLETIN BOARD

GET WELL

Bev Fiedler
Herb Popolow
Norma Yohai

BOARD MEETING

Date & time to be
announced
Please check email

SAVE THE DATE

Congregation Field Trip to
NYC

May 21st, 2006

All members are invited on a
bus trip to the Lower East
Side of Manhattan. We'll tour
the East Side Tenement
Museum and the historic
Eldridge Street Synagogue.

Stay tuned for more
information and cost!

BULLETIN INFO

Please note that the deadline
for bulletin announcements is
the 5th of the preceding
month

SISTERHOOD

Next book discussion

The Shanghai Diary
by
Ursella Bacon.

LOOKING FORWARD

Solomon's 3rd annual
Congregation Beth El
Open House

. Sunday,
January 22 2006
2-5PM

KASHRUT COMMITTEE

Tuesday
January 24th at 7pm
at the Rabbi's Study



YAHARZEITS

Tevet		Jan
2	Ely Blow Mary Jane Leitzel	2
3	Max Shaffer	3
4	Edward Newman Helen Cohen Sylvia Hartman	4
6	Bobby Banks	6
9	Fannie Friedman Max Kaufman	9
11	Herman Ehrhart	11
13	Annabelle Schultz	13
15	Israel Heyman	15
16	Agnes Newman Barney Friedman	16
20	Arnold Sukenic	20
22	Ida Seidler Sylvia Glazer Harry Zabitz Max Levine	22
23	Abraham Kornsweet	23
24	Margot Boraks Ellen Cohen Abe Staver	24
25	Sonia Kornsweet	25
26	Henrietta Rubenstein Selma Grossberg	26
27	Max Kronberg Lillian Kronberg Samual Mayer Adler	27
29	Mabel Klick Yussie Epstein	29

"Those in the first year of Passing"

Robert Heyman
Richard Solomon
Robert Newman
Larry Gedrich
Gerald Abowitz
Albert Teichman
Jack Kolbert

May their memories be
bound up in the Book of
Righteous. Remember to
kindle the memorial candle on
the evening before the
yahrzeit date

Beth El Congregation gratefully
acknowledges the following
contributions...
Thank you.....

General Donations

Sanford & Mildred Marateck

High Holy Donations

John & Karen Semian
In honor of Tom & Benita Solomon

Eather Zabitz

Judy Brandt

Andrew & Susan Lyons

David & Shari Jacobson

Memory / Honor Donations

Charlotte Luchak
In memory of Robert Newman

Connie Heyman
In memory of John A Hamiton,
Father of Ed Hamilton

Bernice Speck
In memory of Mervyn Speck

Capital Building

Bernice Schwartz
In memory of the
Schwartz Family
formerly of Northumberland
Joseph & Hilda, son Howard,
Daughter Muriel Schwartz Hochstein

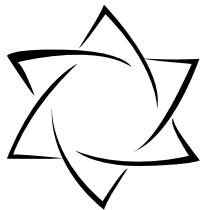
BETH EL BULLETIN SPONSORS

Deborah Abowitz
Stanley & Ellen Adler
Debra Kaunitz & Alan Adler
Nettie Amdurer
Esther Berger
Gary & Maxine Bloom
Joan & Nicholas Brabander
Eileen & David Buckwalter
Anne Dainoff
Rich & Ilene Daniels
Mike & Carol Glazer
Steve & Joie Greenfield
Ed & Myra Hamilton
Morty & Evelyn Hershman
Connie Heyman
Stephen & Paula Irwin
Naomi Jacobson
Amanda Kessler
Irvin & Lillian Liachowitz
Andrew & Susan Lyons
Robert & Jo Anne Lyons

David & Betsy Marateck
Sanford & Mildred Marateck
Nicki & Henry Markley
Steven & Rebecca Marks
Norma & Myron Mandel
Myron & Joan Moskowitz
Carolyn Nadel-Farin & Phil Farin
Beverly Newman
Lawrence & Roberta Putterman
Norman & Phyllis Rich
Barbara Rosenbach
Edward Rosenblum
Rabbi David Silverman
Betty Stoler
Renee & Phil Sosland
Vickie & Ian Speck
Fred & Karen Teichman
Fred & Ilse Voss
Jeanie Winnick
Norma Yohai & Thomas Komar
Esther Zabitz

Congregation Beth El
P.O. Box 506
249 Arch Street
Sunbury, PA 17801

THE BETH EL GIFT SHOP



*Shabbat and Holiday Candles
Mezzuzot
Greeting Cards and Gifts*

*We can special order
all kinds of Judaica*

**Call Betsy
286 2775**

First Class Mail