

Things to Come

You may notice some changes to the newsletter...we are looking for folks to send items in for publication in the newsletter...things you might think would be interesting to the rest of the congregation.

Items like weddings, bar/bat mitzvahs, births, community events, as well as personal accomplishments, all qualify for publication. We'll even try to include photographs.

Please take this opportunity to contribute to your newsletter.

Thank you.

August Calendar of Events:

Aug 2: Shabbat service, 8pm

Aug 5: Annual Red Cross Blood Drive at CBE

Aug 9: Shabbat service, 8pm Oneg in honor of Ethan Long

Aug 10: Shabbat service, 9:30am: Ethan Long will be called to the Torah as Bar Mitzvah

Aug 16: Family Shabbat Service, 6:30pm

Aug 18: Board Meeting

Aug 23: Shabbat service, 8pm

Aug 30: Shabbat service, 8pm

Aug 31: Selichot program, 7pm

Rosh Hashana & Yom Kippur Schedule:

Sept 4: Erev Rosh Hashanah Service, 8pm

Sept 5: Rosh Hashanah Service, 9:30am; Tashlich, 12:30*

Sept 6-Rosh Hashanah Service, 9:30am

Sept 13 Kol Nidre, 6:30 pm

Sept 14 Yom Kippur: Morning service, 9:30am; Yizkor, 12:00pm*; Afternoon Service, 5pm; Neilah, 6:15*; Break-fast, 7:15*

*these times are approximate

August Yahrtzeit List

Morris Hirsch	25 Av --8/1	Bernard Hoffman	24 Elul—8/30
Gustave Huppert	27 Av--8/3	Arlen Ruff	24 Elul—8/30
Frank Karniol	29 Av—8/5	Mary Marateck	25 Elul—8/31
Sara Rosenstein Newman	29 Av—8/5	Joseph Hirsch	26 Elul—8/31
Fannie Oberson	29 Av—8/5		
Elsie Schwartz	29 Av—8/5		
Marvin L. Buckler	1 Elul—8/7		
Charlotte Jacobson	1 Elul—8/7		
Rose Jacobson	2 Elul—8/8		
Seymour Jacobson	2 Elul—8/8		
Arthur Spector	3 Elul—8/9		
Reuben Zynger	3 Elul—8/9		
Martin Hutterer	5 Elul—8/11		
Saul Miller	5 Elul—8/11		
Jennie Ullman	6 Elul—8/12		
Joseph Ullman	6 Elul—8/12		
Morris Apfelbaum	7 Elul—8/13		
Kurt Machauf	9 Elul—8/15		
Dr. Joel Hartman	9 Elul—8/15		
Fay Greenfield	12 Elul—8/18		
Joseph Adler	14 Elul—8/20		
John Bloom	16 Elul—8/22		
Gertrude Cohen	17 Elul—8/23		
Arnold Minker	17 Elul—8/23		
Margeurite Bernstein	19 Elul—8/25		
Bertha Heyman	19 Elul—8/25		
Max Silverberg	20 Elul—8/26		
Harry Weis	20 Elul—8/26		
Hyman Rubenstein	21 Elul—8/27		
Louis Keiserman	23 Elul—8/29		

First Year of Passing

Sally McMillan
Bob Lyons
Nettie Amdurer
Betty London
Rona Seider
Selma Silberman
Harry Baskt
Ilene Daniels
Sybil Kannry

Mishaberach

We maintain a public list for congregants and their loved ones who are in need of physical and/or spiritual healing. To add or remove a name from the list, please contact the rabbi. Names will not be added or removed without a person's consent.

Our voices and minds are joined as a community to ask for the strength to see our friends and family through times of sickness and strife. May our thoughts help bring healing to those in need:

Anita Buckler
Carol Goldstein
Paul Heim
Dean Klick
Harriet Shane
Ann Silverman
Norma Yohai
Congregation Beth El
249 Arch Street
Sunbury PA 17801

The Congregation Conversation

Rabbi's Message

Well, it's happened again. August has arrived and the summer is drawing to a close and I still haven't gotten through the pile of books I was hoping to read! With the High Holy Days falling early on the secular calendar this year, time seems to be moving even more quickly. But as the Hebrew month of Elul begins (on Aug 7) we can turn our thoughts to preparing for the New Year. One custom from the 18th century is for each person to do a "*cheshbon hanefesh*" or an accounting of the soul from the year that has passed. You start by making some lists: What have you accomplished? What did you mean to do but didn't quite complete? Then you congratulate yourself on the first and forgive yourself for the second. The next step is to evaluate your behavior: Did you act in accordance with your values?

Did you intentionally or unintentionally act in harmful or deceptive ways? It is important to recognize where we have missed the mark in our actions and then take responsibility for whatever consequences may have come from doing so. Finally, evaluate your relationships with family, friends, co-workers, and neighbors. Are all of your relationships in good health? Are there any you have neglected or misused? Do you have any fences to mend—either by offering or granting an apology?

The work of *cheshbon hanefesh* is not easy, nor should it be. An honest accounting will help you identify the steps you need to take in the year ahead, and will give you the opportunity to start the New Year with a fresh start and an open heart.
