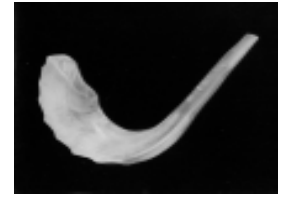




# Hashofar



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Rosh Hashana is rapidly approaching. Please call the MBJC office at 718-891-8700 for your seat reservations. Seats are still available. Payment can be made by cash, check or credit cards.

### UPCOMING EVENTS

SATURDAY EVENING	OCTOBER 1	SHABBAT SHUVA DRASHA
THURSDAY EVENING	OCTOBER 13	GATHER AT BILUS SUKKAH
MONDAY EVENING	OCTOBER 17	SIMCHAT BEIT HASHOEYVA
		<i>JOIN US IN OUR SHUL SUKKAH</i>
THURSDAY NIGHT	OCTOBER 20	SIMCHAT TORAH -
		<i>OUTDOOR CELEBRATION</i>
WEDNESDAY NIGHT	NOVEMBER 23	MBJC 89TH ANNUAL DINNER

## Hashofar

Yehoshua Zelikovitz ----- Rabbi  
Pinchas Cohen ----- Cantor  
Rubin Margules ----- President  
Jay Haies ----- Chairman of the Board  
Alfred Gollomp ----- Treasurer  
Ilene Keller ----- Managerial Assistant

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## LETTER FROM THE PRESIDENT

The New Year brings with it a new partner at MBJC, Yeshiva Ramban, Tzvi Dov Roth Academy is now a part of the Manhattan Beach community. We welcome its Director, Michael Spiegel and wish him and his staff, many of whom previously worked for the Yeshiva of Manhattan Beach, a most successful year of teaching Limud



*Rubin Margules*

HaTorah to a new generation of Jewish students. There is no greater need of more important task than Chinuch, educating our youth to become leaders in Torah and Clal Yisrael. We have also asked, and Michael Spiegel has accepted to be our honoree this year at our annual dinner in recognition of his many years of educational leadership and our appreciation of his being part of the MBJC community.

This year, as in the past, I appeal to all of you to take a more active role at MBJC. There is so much to do! Together we can infuse a new spirit, a spirit of holiness, of achdus, of love of Zion and Israel.

Let us remember in these trying days for the State of Israel, that our rights to the land is not dependent on the United Nations or the approval of our country. Our right to Israel is embedded in the Torah. Israel, *ירושה*, the inheritance of the Jewish people. It predates England by thousands of years, and our own country by thousands of years. It is a promise made by G-d, and being carried out today, after a two thousand year exile. This New Year let us pray for peace, Shalom al Yisrael, and let us remember our friends and stand vigilant against our enemies.

On behalf of myself, my family, and the officers of our Shul, may you all enjoy a Sweet and Healthy New Year. Am Yisrael Chai.

## FROM THE RABBI

### *The difference between אל and עד*



*Rabbi Yehoshua  
Zelikovitz*

Dear Friends,

The נביא הושע, prophet Hosea, tells us שובה ישראל עד ה' אלקיך כי בשלת בעוניך. קחו עמכם דברים ושובו אל ה'

Return, O Israel until Hashem, your G-d, for you have stumbled through your iniquity. Take words with you and return to Hashem.

Take words with you

Why does Hosea tell us in the first verse, return "עד" –until Hashem and in the next verse he says "אל" - to Hashem?

Two explanations are given. One is that "עד" can mean "while". Return to Hashem while he is still *השם*, which connotes compassion, and not *אלקיך* (אלקים), which implies strict law (*מדת הדין*). Return to Hashem while he is still benevolent and soft, before He has to resort to punishments.

We believe that all the Almighty does to us is ultimately good. *כל מה דעביד רחמנא לטב עביד*. If we are punished by Hashem, it is a message for us to better ourselves. How much more fortunate we are if we self-improve and re-calibrate ourselves without a harsh prod! So Hosea says, "Be smart and proactive. Change and advance on your own volition before Hashem must start punishing you." *עד ה'* means while Hashem is still treating us gently before *אלקיך*, the trait of *אלקים*, discipline and harshness sets in.

Another understanding is that when one is a mile from his friend, he travels until (*עד*) he reaches his friend. When one is four feet from his friend, he turns/travels to (*אל*) his friend. We begin our Teshuva (repentance) process light years away from Hashem and as we get closer we turn *אל*, to Hashem.

As Rosh Hashana approaches we hope and pray that we make meaningful transformations in our daily lives. But we want our own soul

*Continued on Page 9*

## **SISTERHOOD NEWS**

*By Ruth Kleinman Faber*

The Yamim Nora'im (Days of Awe) are almost here! It is so difficult to believe that the summer is ending; it seems only yesterday that we were looking forward to July 4. Life, in general, passes swiftly. Therefore, it is so important to live every moment to the fullest and to make the most of every opportunity.

As Rosh Hashanah approaches, we should take the time to reflect and repent. This is a time to reevaluate the path we are following as we stand before the Heavenly Throne awaiting the divine decree for the coming year.

Rosh Hashanah, in and of itself, is very interesting. Rosh Hashanah occurs on the first day of Tishrei, the seventh month in the Jewish calendar. Tishrei is a holy month, just as the Sabbath (the seventh day) is a holy day. Rosh Hashanah is known as the birthday of the world, marking the creation. The Hebrew letters which are used to spell Bereshit (the first word in the Book of Genesis) can be rearranged to read the first day of the month of Tishrei.

Let us hope that this Rosh Hashanah brings a new beginning—the beginning of peace in our world, the beginning of a year of good health, happiness and prosperity for us and our loved ones.

May Hashem smile upon his children and grant us only the good things we pray for.

May we and all Israel be remembered and inscribed in the Book of Life and Blessing, Peace and Prosperity.

## **YOM TOV COOKERY TRADITIONS**

*By Ruth Kleinman Faber*

Sweet Potatoes Royale

1 cup dried apricots                      1 cup brown sugar  
2 pounds sweet potatoes, cooked and peeled  
¼ cup melted margarine

Wash the apricots and soak in 2 cups of water for 2 hours. Bring to a boil and cook over a low heat for 20 minutes or until tender. Stir in the sugar.

Slice the potatoes ½ inch thick.  
Arrange layers of the potatoes and the undrained apricots in a casserole.  
Pour the margarine over the top.

Bake in a 375 oven for 35 minutes. Serves 8.

## **GOLDEN BOOK**

*"May Your Cup of Joy and Gladness Be Ever Overflowing"*

The Sisterhood wishes to extend a hearty Mazel Tov to Rabbi Yehoshua and Dr. Sarah Zelikovitz on the marriage of their daughter Nechamah Leah to Mr. Moshe Dembitzer. Mazel Tov to the Zelikovitz, Twersky and Dembitzer Families.

Mazel Tov to Mr. and Mrs. Ilya Braz on the birth of a daughter from Mr. and Mrs. Murray Novick

Mazel Tov to Rabbi Yehoshua and Dr. Sarah Zelikovitz on the engagement of their daughter Nechmah Leah from Mrs. Vera Katz

Mazel Tov to Mr. and Mrs. Milton Zegerman on the birth of their granddaughter, Chana, from Mr. and Mrs. Bruce Bayroff

## **PRAYER BOOK**

*"I shall walk before the Lord in the Land of the Living"*

To Mrs. Tzippy Binder on the loss of her husband, Joseph Binder, by the Sisterhood, Libby Linner, Mr. and Mrs. Mel Kwassman, Mr. and Mrs. Bruce Bayroff, Mr. and Mrs. Harold Rosenthal, Mr. and Mrs. Murray Faber

To Mrs. Leanore Huberman on the loss of her mother, Pauline Feintuch, by the Jacobowitz Family

To Mr. Jack Mikulincer and Mrs. Rosalie Weiss on the loss of their wife and mother, Faygie Mikulincer, by the Sisterhood, Mr. and Mrs. Murray Faber, Mr. and Mrs. Bruce Bayroff, Mr. and Mrs. Mark Orbach, Ms. Vivian Singer, Mr. and Mrs. Martin Slepoy, Mrs. Libby Linner, Mr. and Mrs. Mel Kwassman, Mr. and Mrs. Murray Novick

To Mr. Harvey Kaylie on the loss of his mother by Mr. and Mrs. Sidney Orbach  
In memory of Mr. Joseph Feldman by Mr. and Mrs. Murray Novick

To Dale Stern on the loss of her mother, Marjorie Halper, by the Sisterhood, Mr. and Mrs. Murray Novick, Mr. and Mrs. Bruce Bayroff, Ms. Vivian Singer, Mr. and Mrs. Alfred Gollomp

## BAR MITZVAH PROGRAM



Welcome back to a New Year everyone. The bar/ bat mitzvah program and the Manhattan Beach Jewish Center look forward to

Rochelle Kogan's becoming a bat mitzvah Shabbos Ki Tavo. We look forward to another year of introducing young people to



the glories of our religion. We know and appreciate the fact that every Jewish child is a gift and crucial to the survival of the Jewish

people. Lainie and I, Joan and Mike Penn,

Rabbi Yehoshua and Sara Zelikovitz, Allen Litman and Ilene Keller in our office, our leaders Jay Haies and



Rubin Margules and all of the other participants and supporters of our program anticipate a spirited and spiritual year at the Manhattan Beach Jewish Center.

## Rosh Chodesh Elul in Beit Bnei Rachel: The Blessings Came to Me By Evelyn Haies, President Rachel's Children Reclamation Foundation (1995-2011) and Beit Bnei Rachel

On Rosh Chodesh Elul, a group from Efrat came to Beit Bnei Rachel within the Rachel's Tomb Walled Complex to hear a shiur on the prophet Nechemia. The Efrat group learns in memory of my dear friend, Sara Blaustein, HDY, an emigre from the Five Towns who was murdered by Arab terrorists.

I set the room up for the evening event of HaRav Benjamin Levene as well as for the final Summer Learning Session of Rabbi Chaim Wasserman, Rabbi Yitzchak Breitowitz, Rabbi Yosef Klausner, the grandson of Reb Aryeh Levine OBM, and Rabbi Efraim Sprecher

HaRav Benyamin Levene spoke on "Rachel Imeinu and the Rosh Hoshana Prophecy" which included stories of his grandfather a tzaddik of his day which relayed a very important message. Ima Rachel cries, sacrifices, has empathy and emunah. Her midos carry her children above the decadence, deceptions and bring us up from the falls. I recalled that I read Tehillim 24 on my first visit to Kever Rachel after the purchase and I understood it was because of the purchase that David HaMelech conquered Yerusahlayim. Re-reading Tehillim #24 I saw that it emphasized that there is no possession without truth, honesty, righteousness and good deeds. Possession is a function of merit.

Last and very significant was a visit by HaRav Moshe Wolfson, shlita for a tish. About 200 followers of this great rabbi enjoyed a talk in Yiddish. The women and children were behind the mechitza made by Rabbi Moshe Levi several years ago. The men ended by praying tehillim and singing zemiros. I received a blessing that all my work for Rachel Imeinu and Beit Bnei Rachel should be with emunah, advancement, rewards and free from conflict.

It was such a joy to continue to remember lovely, vibrant, generous, giving, loving Sara Blaustein HYD with the women of Efrat. Would that she were still here. It was such a joy to be with HaRav Benjamin Levene again whose roots are deep within Jerusalem history and the stories of his grandfather's visits to Kever Rachel before it was occupied by the Jordanians and after it was reclaimed in 1967, He expressed the ups and downs of Elul and blessed that the developers of the property overcome the challenges and continue this holy work for Rachel Imeinu. This enabled Kever Rachel to be open 24 hours daily for so many visitors and to save the Egged Bus route #163. I presented him

# MBJC SCHEDULE OF HIGH HOLIDAY & SUKKOT SYNAGOGUE SERVICES - 2011

## Wednesday, September 21st

Rabbi Zelikovitz: Understanding The Power Of The Shofar ..... 7:10 PM

## Saturday, September 24th

Video - ..... 9:30 PM  
Selichot ..... 11:00 PM

## Wednesday, September 26th

Rabbi Zelikovitz: Logical Sequence Of The Rosh Hashana Prayers ..... 7:00 PM

## Wednesday, September 28th - Erev Rosh

### Hashana

Selichot & Shacharit ..... 6:00 & 7:30 AM  
Candle Lighting ..... 6:25 PM  
Mincha ..... 6:30 PM  
Remember to make an Eruv Tavshillin

## Thursday, September 29th- 1st Day Rosh

### Hashana

Shacharit ..... 8:00/8:15 AM  
Shofar Blowing ..... 10:30 AM  
**Tashlich by the Bay/Tehillim for Israeli Soldiers in Captivity** ..... 5:30 PM  
Mincha ..... 6:10 PM  
Maariv ..... 6:41 PM  
Candle Lighting ..... after 7:22 PM



## Friday, September 30th- 2nd Day Rosh Hashana

Shacharit ..... 8:00/8:15 AM  
Shofar Blowing ..... 10:30 AM  
Mincha ..... 5:00 PM  
Kabbalat Shabbat  
Maariv ..... 5:25 PM  
Light Candles ..... 5:25-6:21 PM

## Saturday, October 1st - Shabbat Shuva

Shacharit ..... 7:45/8:55 AM  
Mincha ..... 5:30 PM  
Family Seudah Shelishit/Shabbat Shuva Drasha ..... 6:05 PM  
Maariv ..... 7:05 PM  
Shabbat Ends ..... 7:19 PM



## Sunday, October 2nd - Tzom Gedalyah

Fast begins ..... 5:41 AM  
Selichot & Shacharit ..... 8:30 AM  
Mincha ..... 6:05 PM  
Fast Ends ..... 7:17 PM

## Monday, October 3rd

Rabbi Zelikovitz: "Understanding Repentance -What Must We Do?" ..... 6:45 PM

## Wednesday, October 5th

Rabbi Zelikovitz - "Understanding Yiskor" .. 6:45 PM

## Friday, October 7th- Erev Yom Kippur

Shacharit & Selichot ..... 6:30 AM  
Mincha ..... 4:00 PM  
Kol Nidre ..... 6:00 PM  
Candle Lighting ..... 5:16-6:10 PM  
Fast begins ..... 6:28 PM



## Saturday, October 8th - Yom Kippur

Shacharit ..... 8:00/8:30 AM  
Yizkor ..... 10:20/11:00 AM  
Mincha ..... 4:15 PM  
Neilah (Concluding Services) ..... 5:30 PM  
Maariv ..... 7:00 PM  
Yom Kippur Concludes ..... 7:08 PM  
Final Shofar blowing ..... 7:08 PM



## Monday, October 10th

Shacharit ..... 6:30 & 7:30 AM  
Mincha ..... 6:05 PM  
Rabbi Zelikovitz: "Laws of Sukkot" ..... 6:35 PM

## Wednesday, October 12th- Erev Sukkot

Shacharit ..... 6:40/7:30 AM  
Light Candles ..... 6:02 PM  
Mincha ..... 6:05 PM  
Remember to make an Eruv Tavshillin  
Maariv

# MBJC SCHEDULE OF HIGH HOLIDAY & SUKKOT SYNAGOGUE SERVICES - 2011

## Thursday, October 13th - First Day of Sukkot

Shacharit ..... 7:45/8:55 AM  
 Mincha ..... 6:00 PM  
 Maariv ..... 6:18 PM  
 Candle lighting ..... after 7:00 PM  
 Gather at Bilus Sukkah 9:00 PM



## Friday, October 14th - 2nd Day of Sukkot

Shacharit ..... 7:45/8:55 AM  
 Mincha ..... 4:45 PM  
 Kabbalat Shabbat  
 Maariv ..... 5:07 PM  
 Light Candles ..... 5:07-5:59 PM

## Saturday, October 15th - Shabbat Chol HaMoed

Shacharit ..... 7:45 /8:55 AM  
 Kohelles ..... 10:00 AM  
 Class on Kohelles ..... 4:45 PM  
 Mincha ..... 5:30 PM  
 Family Shalosh Seudot in Sukka  
 Maariv ..... 6:45 PM  
 Shabbat ends ..... 6:57 PM

## Sunday, October 16th - Chol HaMoed

Shacharit ..... 8:30 AM  
 Mincha ..... 5:55 PM

## Monday, October 17th- Chol HaMoed

Shacharit ..... 6:15/8:30 AM  
 Mincha ..... 5:55 PM  
 Simchat Beit Hashoeyva in Sukka ..... 6:30 PM

## Tuesday, October 18th - Chol HaMoed

Shacharit ..... 6:15 & 8:30 AM  
 Mincha ..... 5:55 PM

## Wednesday, October 19th - Hoshana Rabba

Shacharit ..... 6:00 & 8:30 AM  
 Candle Lighting ..... 5:51 PM  
 Mincha ..... 5:55 PM  
 Remember to make an Eruv Tavshillin



## Thursday, October 20th - Shmini Atzeret

Shacharit ..... 7:45/8:55 AM  
 Yiskor ..... 9:30/10:45 AM  
 Geshem ..... 10:00/11:15 AM  
 Mincha ..... 5:45 PM  
 Selling of Ato Horaysa ..... 6:10 PM  
 Maariv ..... 6:25 PM  
 Yom Tov Candle lighting ..... after 6:50 PM  
 Hakafot ..... 7:15 PM

**Hot Refreshments, Dancing in the  
Streets, Block Party, Flags for the Kids 7:30 PM**

## Friday, October 21st - Simchat Torah

Shacharit ..... 7:45/8:55 AM  
 Hakafot ..... 8:50/10:00 AM  
 (Hot food and drink)  
 Aliya l'torah ..... 9:30/10:45 AM  
 Simchat Torah Luncheon ..... 12:00 PM  
 Mincha ..... 4:40 PM  
 Kabbalat Shabbat  
 Maariv ..... 4:58 PM  
 Light Candles ..... 4:58 - 5:48 PM



## Saturday, October 22nd- Shabbat Mevorchim Services led by Cantor Pinchas Cohen

Shacharit ..... 7:45/8:55 AM  
 Pirke Avot ..... 4:45 PM  
 Mincha ..... 5:25 PM  
 Family Shalosh Seudot  
 Shabbat Ends ..... 6:47 PM

## Saturday, October 29th - Shabbat Rosh Chodesh

Shacharit ..... 7:45/8:55 AM  
 Pirke Avot ..... 4:45 PM  
 Mincha ..... 5:15 PM  
 Family Shalosh Seudot  
 Shabbat ends ..... 6:38 PM

## Saturday, November 5th -

Shacharit ..... 7:45/8:55 AM  
 Pirke Avot ..... 4:30 PM  
 Mincha ..... 5:05 PM  
 Family Shalosh Seudot  
 Shabbat ends ..... 6:30 PM

## MORNING PRAYERS -ON TISHAH B'AV

*Dr. Zahava Szász Stessel*

When Rabbi Zelikovitz requested that my husband attend the morning services, I thought that an extra person was needed to complete the Minyan. While answering "certainly" I recalled that it was Tishah B'AV, 5771. As we arrived at 8:30 to the Chevra Misnayot on the 4th floor, people were assembling and shortly the room was filled with about 20 to 25 worshippers. As the only woman, I took my place behind the Mehitzta, not knowing of the poignant experience that awaited.

First my husband, an Auschwitz survivor who lost his parents, grandmother and ten brothers and sisters, was given the honor of being called to the Torah. As he was reciting the "brachah "I thought of my grandmother, Rachel-Róza Szász. Every year on the eve of Tisha B'Av she invited a group of elderly ladies to our home in Abaújszántó, Hungary. The ladies sat on a blanket under the stars, in my grandmother's rose garden. I watched their solemn faces as they listened to Megilat Eichah read by my grandmother, beneath the mystical light of a kerosene lamp. I thought of this image when I was told by other prisoners in Auschwitz that it was Tisha B'Av.

Listening to the kinos (lamentations) as listed in The Complete Tishah B'Av Service, the Artscroll Series, by Mesorah Publications, (Brooklyn, N.Y. second edition. 1992), I recalled again this memory of my grandmother. Then I thought of my genial, loving grandfather, with his big moustache, Nathan Szász. He was separated from us with my father, Zanel-Sándor his only son, upon our arrival to Auschwitz. My mother, Miriam-Margit walked arm-in arm with my frail grandmother on that road of no return.

As the kinos reached the time of the Crusaders, I understood the pain of those innocent Jewish men and women desperately trying to escape. Those from Worms, a large city in Germany, remained confidently in their homes. They believed, just as we did in Hungary, that the horror will not reach them. They were mercilessly attacked on Sunday, May 18, 1096

Reaching the Kinos in Memory of the Martyrs of the Churban of Europe by Rabbi Shlomo Halberstam Z"L and Shimon Schwab Z"L, I found that the prayer became very personal. While these kinos

*Continued on next column*

were written a few years ago I heard it read in the frame of a religious service for the first time. I was so touched and humbled knowing that the victims of the Holocaust, who were never given a proper burial, have found their place within the pages of the prayer book. They are now eternally within the collective memory of the annals of Jewish history. I imagined my grandmother's grateful expression, fading a bit the image of her helpless, desperate look as our eyes met the last time after separation in Auschwitz, that cruelest place on earth.

Professor Oscar Mohl and Mr. Ruben Margules, two members of the second generation, recited the kinos in Memory of the Martyrs of Churban Europe. Completing, their eloquent, heartfelt readings, they were joined by the rest of the congregation. Fighting my tears, I felt like hearing a eulogy of the never to be held funeral for my family, lost in the Holocaust. I am sending my deep-felt thanks and appreciation to those who participated and made that special Tisha B'Av service possible.



*Meier Stessel with his younger brother, Hershele, who died in Aushwitz*

## TISHA B'AV

On Tisha B'Av 2011 the MBJC participated in the Chofetz Chaim Heritage Foundation nation-wide video presentation

For the past eleven years, this Tisha B'Av event has been brought to the MBJC in memory of Aaron Heller, son of our member, Shirley Heller.

Special thanks to Elaine Weinberg for running this video event this year and to Shirley Heller for arranging this event every year.

**Rosh Chodesh Elul in Beit Bnei Rachel: The Blessings Came to Me**  
**By Evelyn Haies, President Rachel's Children Reclamation Foundation (1995-2011) and Beit Bnei Rachel**

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with a painting by Malky Grunwald who displayed that unity and derech erez are what bring the Guela. This painting is on display in the Rachel's Children Reclamation Foundation Museum of Jewish Aliyah © that just hosted a Biblical Art Exhibit by Ellen Lapidus Stern. Malky Grunwald, my granddaughter, who is a Junior at SKA High School had the first Bas Mitzvah at Beit Bnei Rachel. She was on the 6 week NCSY JOLT program visiting the concentration camps her family survived. She is third generation Holocaust Survivor. It was a statement for Jewish steadfastness and survival in the merit of Ima Rachel's tears.

HaRav Moshe Wolfson shlita of Borough Park, Brooklyn spoke of the positives of Elul and our necessity to keep on the derech. Truth, responsibility, good deeds are some of the ingredients that will bring rectification and redemption. Let us thank Hashem for all our successes. We can reclaim our inheritance by acting according to Hashem's Pathways of Torah. This is the time we were warned of the curses from going off the derech and advised of the blessings of being righteous. Let us know only goodness and enjoy the Redemption this Rosh Hoshana as we read the Haftorah of Yirmiahu promising Rachel Imeinu that her children will return to their borders.

*Gefilte fish, herring, kugel, wine and cake? It must be Shabbat Kiddush at MBJC! We eat, we shmooze. It's nice! What's even nicer is sponsoring the kiddush for a family member's yarzeit. This is one way to elevate the neshama.*

*This year MBJC is encouraging members who have yarzeits in a particular month to use the opportunity to sponsor a kiddush. You can do it individually, with another family in your month or with the shul.*

*The list of families sharing a yarzeit appears in the Hashofar so contacting a kiddush partner is easy. Sponsoring a kiddush helps everyone feel good.*

*Let's make Kiddush even more meaningful. Make it social but make it spiritual!*

**FROM THE RABBI**

*Continued from page 2*

searching, and not external catalysts, to be the impetus for change. We also daven that we should be able to bridge the gap between us, on earth, and Hashem. We must travel עד until Hashem in heaven. But we have faith that if we persevere we will draw near Hashem 'אלה'.

As the High Holidays approach, we must strive to elevate ourselves. We must reconnect to Hashem and His Torah. We must be scrupulous in our dealings with our fellow man and be careful not to harm or embarrass anyone. If mistreated by others, we must not strike back. We must recognize that it is truly Hashem, and not us, who exacts justice in this world. If we show Hashem that we are sincere in our quest for betterment, He will certainly help us to its fruition.

The world has become quite turbulent in the past few months. Libya, Egypt, Syria and some other countries are in flux. Turkey has become very strident in its belligerent attitude towards Israel.

Now, as always, we are reminded of the words of the Haggadah *בכל דור ודור עומדים עלינו לכלותינו* In every generation they rise against us to destroy us but the Haggadah assures us *והקב"ה מצילנו מידיים* and the Almighty saves us from their hands.

Let us hope that the New Year will bring us closer to Hashem, and be a year of Bracha, Hatzlacha, Gezunt and tranquility *לנו ולכל ישראל אמן*.

*לשנה טובה תכתבו ותחתמו:*

*לאלתר חיים טובים ולשלום*

*Yehoshua Zelikovitz*

**SAVE THE DATE**  
**WEDNESDAY EVENING**  
**NOVEMBER 23RD**

**89TH ANNUAL DINNER**  
**HONORING**  
**MICHAEL SPIEGEL**  
**EXECUTIVE DIRECTOR,**  
**YESHIVA RAMBAM**

## MEET THE NEW OUTREACH DIRECTOR



My dearest, beloved brothers and sisters!

I am Tamir Zaltsman, the new Outreach Director of the Manhattan Beach Jewish Center. I'd like to introduce myself to you – with hope to have the pleasure to be a part of your wonderful community!

I was born in city of Kiev, Ukraine (former Soviet Union), in 1972. My family wasn't religious, as you can understand the realities of Soviet regime – anti-religious oppressions and atheistic propagandistic machine worked overtime, as we say, religiously to uproot anything spiritual, anything Jewish in particular.

I lived in Kiev for 20 years. I finished my High School and for a short time studied in two colleges – Obninsk Institute of Atomic Power and Kiev Polytechnical Institute.

At the same time, I started my musical career – I began to compose and perform my own songs. Since then I have composed some 400+ songs (in Russian, Ukrainian, Hebrew and English). Back in those days I had my rock-group named “The Final Warning”. Just when my group was about to become a professional one, Hashem took me from the Ukraine and brought me to the blessed land of Israel.

I had this privilege to live in our holy land for 12 years. I finished my studies in Electro-optics/Applied Physics at the Jerusalem College of Technology (Machon Lev) and became an engineer. With this profession in my hand, I served as an officer in IDF (TZaHaL). The unit I served in is called NASA (from Yechidat Nissuim, i.e., the Unit of Tests and QA), and I dealt with electro-optical equipment and navigation systems. I am proud about my humble contribution to the security of the Jewish people and the State of Israel.

There, in Israel, I had undergone the process of what is called in Hebrew “chazara be-teshuvah” (literally, “coming back with the answer,” i.e., coming back to our Jewish heritage, to our spiritual tradition, to my roots). I studied in a couple of Yeshivot – “Ohr Atzion” (Merkaz Shapira), “Nir” (Kiryat Arba/Hebron), “Birkat Moshe” (Maale Adumim). However, my main place of Torah studies was and

*continued from previous column*

still remains (at least, virtually) the Yeshivah named after Rabbi Yitzhak Yechiel, under guidance of Rabbi Ze'ev Chaim Lifshitz and his son, Rabbi Yitzhak Lifshitz. If you are curious what this place is, I can suggest going online to [www.sadnatenosh.org](http://www.sadnatenosh.org). What I can say from my experience that it is quite a unique place, where I studied not only the deepest approaches to the Jewish law and the ways of traditional halachah, decision-making process, but I also delved into the studies of Jewish psychology and philosophy. When it came time for graduation, I found myself equipped with the best that a Jewish education can offer. I became a rabbi and a thinker, a professional in Jewish psychology and spiritual guidance, a hand-writing analyst and translator.

My spiritual interests include Kabbalah and mysticism. Hashem has guided me to study Kabbalah under guidance the of Rabbi Mordechai Gotlib, a disciple of Rabbi Boruch Shalom Ashlag (who, in his turn, was a son and a disciple of renowned Rabbi Ashlag, the author of the commentary “Ha-Sulam” on Zohar, The Book of Splendor). Until today I continue to study and to teach Kabbalah at various locations and settings.

Seven years ago I was invited by Rabbi Tokarsky (RAJE, former Shaarei Emunah) to work in Brooklyn, doing Russian Jewish outreach. Here I have been involved in various educational, cultural and ritual activities – from radio- and TV-shows to bar-/bat-mitzvahs, from daycares to funeral homes, from private classes and counseling sessions to teaching in the Russian Kollel at the Mirrer Yeshivah – there's so much to it, and, hopefully, with G-d's help and your support, there is much more to come!

I wish all of you a Happy and Healthy, Wealthy and Meaningful, Amazing New Year – Shanah Tovah u'Metukah!

My best wishes and blessing to the community of Manhattan Beach Jewish Center and to the all Jewish people all around the world, may Hashem's Presence be always with you!

Sincerely yours,  
Rabbi Tamir Zaltsman,  
Outreach Director  
Manhattan Beach Jewish Center

P.S. I am married, +4, live Ave Z/Ocean Pkwy.

**October Yarzeits**

SAT	1	ROSE ROSENTHAL, mother of Harold Rosenthal
WED	5	AMELIA GRUBSTEIN, mother of Muriel Bayroff
TUE	11	REGINA IZAAK, mother of Martin Izaak
FRI	14	MOSES HANDLER, father of Bessie Pine TZVI KOPPEL MANDEL, father of Richard Mandel
SAT	15	SIMON REICH, father of Dr. Yeruchem Reich
MON	17	father of Kira Tal Tilis
WED	19	EDNA FLUG, mother of Dr. Leonard Flug
FRI	21	JULIUS EPSTEIN, brother of Winnie Jacobowitz
SAT	22	PENNINAH BEMAK, mother of Sully Bemak
SUN	23	BELLA PORTNOYA, mother of Mendel Portnoy
TUE	25	CLIFFORD ADELSON, husband of Claire Adelson MOSHE ZEWARD, father of Esther Izaak
SAT	29	SARAH BILUS, mother of Ira Bilus LEONID BUBERMAN, father of Yefim Buberman

**November Yarzeits**

TUE	1	DR. VICTOR MARCUS, father of Nancy Bemak
WED	2	SAYDE HARRIS, mother of Arline Harris and Abe Harris
FRI	4	FAY PASSICK, mother of Lois Guttman
TUE	8	BETTY WEINSTOCK, sister of Toby Levy
THU	10	ZALMAN HILSENRAD, father of Sue Reich
SUN	13	FANNIE STUCKHARDT, mother of Richard and Marc Stuckhardt
MON	14	JULIUS TERENS, father of Neil Terens
WED	16	ISIDORE GOLDSMITH, brother of Jean Maltz
SAT	19	FANNY GREENWALD, mother of Jerry Greenwald
TUE	22	LOUIS SHERLING, father of Helen Priceman
THU	24	MIRIAM HAIES, mother of Jay Haies JEFFREY ROSS SALTZMAN, son of Jean Maltz
FRI	25	SAMUEL SOLOMON, father of Arthur Solomon & Evelyn Haies
MON	28	CLARA SCHWARTZ, mother of Leonard Schwartz

As we observe the first yearzeit of our dear son Fred—*Yona Aryeh*, we are grateful to Hashem for the 36 years that we had with him. Although our grief is intense, we were blessed that Hashem, in his infinite mercy, took our son quickly and painlessly.

We acknowledge with thanks and gratefulness the kindness, comfort and support given to us by our Rav, and by our friends in our community during shiva and this most difficult year.

We hope this New Year brings happiness and joy to us all.

Linda and Richard Drucker

**NEWS OF OUR MEMBERS**

Condolences to the family of Marjorie Halper upon her passing.

Condolences to Adele Harris upon the loss of her husband, our long time member, Rabbi Alvin Harris

Condolences to Jack Mikulincer upon the loss of his wife, Frantiska.

Condolences to Jochevet Orbach upon the loss of her father, Leo Schlusberg

Condolences to Elana, Irina and Ilya Braz upon the passing of their mother and grandmother, Sura Braz..

Condolences to Sue Reich upon the passing of her mother, Ida Hilsenrad

Refuah Shleyma to Shirley Heller.

Refuah Shleyma to Michael Penn.

Mazel tov to Nechama Leah Zelikovitz upon her marriage to Moshe Dembitzer and a mazel tov to her parents Rabbi Yehoshua and Sarah Zelikovitz.

Mazel tov to Harry & Marilyn Wanderer upon their recent marriage

Mazel tov to Sully and Nancy Bemak upon the marriage of their son, Jeremy.

Mazel tov to Vera Katz upon the marriage of her son Robert.

Mazel tov to Susan Lasher upon the marriage of her son, David.

Mazel tov to Milton and Deborah Zegerman upon the birth of a granddaughter, Chana, born to Eric and Melissa Zegerman.

**KIDDUSHIM & SHALOSH SEUDOT**

Thanks to the following for their sponsorships of kiddushim and shalosh seudot: Ilya Braz, Estelle Carmada, Itzhak Fridman, Jay Haies , Harry Wanderer, and Milton Zegerman.

**ISRAELI LONE SOLDIERS**

On Shabbat morning, September 3rd, MBJC had the pleasure of hearing Mr. Yoni Sprecher who is involved with a very active Israeli Lone Soldier Organization. The organization provides soldiers whose families do not live in Israel Shabbos food and lodgings as well as other services which Israeli parents provide for their own children in the military service. At the present time Joseph Berenblit, the son of our members Dr. Alexander and Simona Berenblit, is serving in the Israeli armed forces. The Israeli army is availing itself of Joseph's scientific and engineering education which he obtained at Tulane University.

## YISKEREIM

### MBJC PRESENTS YIZKEREIM – REMEMBER THEM!

Heroes of the Holocaust  
by Pauline & Ira Bilus

During the three weeks just before Tisha b'Av, nearly one-hundred people attended a video presentation of the dramatic and neglected stories of two of Klal Yisroel's great heroes, Rav Michael Ber Weissmandl of Nitra and Rav Shlomo Schonfeld of the



Kindertransport. Co-sponsored by the Rabbi Lieb Geliebter Memorial Foundation and Torah Umesorah, this video is the 3rd in a series of Pikuach Nefesh shown around the globe during the three weeks.

Rabbi Zelikovitz opened the program with a discussion on the significance of the Three Weeks and Tisha b'Av and Pauline Bilus introduced the video.

In the months between the Kristallnacht pogrom in 1938 and the start of World War II, nearly 10,000 children - without their parents - were sent out of Nazi Germany, Austria, Poland and Czechoslovakia to safety in Great Britain. These children were saved by the Kindertransport an Orthodox rescue movement. Rabbi Schonfeld, a very charismatic, dedicated and dynamic young man of 26, with a commanding presence, organized the Kindertransport to Great Britain and personally rescued many thousands of Jews from Nazi forces in Central and Eastern Europe during the years 1938-1948.

Inspired by his teacher, Rabbi Michael Ber Weissmandl of the Nitra Yeshivah in Slovakia, Rabbi Schonfeld's rescue efforts were daring and innovative. He followed every British rule, but fought every bureaucratic barrier. He single-handedly brought over to England several thousand youngsters, rabbis, teachers, ritual slaughterers and other religious functionaries – and provided his charges not only with safety, but also with kosher homes, Jewish education and jobs. The children did not know that most would never see their parents again; both Rabbi Schonfeld and the parents suspected as much.

Our own devoted member, Bina Lipshitz, whose life was saved by the Kindertransport described her meeting with Rabbi Schonfeld. “My two older sisters and I

## SHAVUOT AT MBJC

Shavuot was a very busy time at MBJC this year. The holiday began with a delicious Tuesday evening dinner in the Regency Room. The dinner was attended by approximately 80 people who enjoyed the meal simultaneously singing zemirot and hearing various explanations of Rabbis Zelikovitz and Golding, which transformed the people's minds into a learning mode. From 11:30 P.M. until 2:00 A.M. shiurim were given by Rabbis Yeshoshua Zelikovitz and Shimon Golding. The rabbis concentrated their presentations on the significance of the events which transpired at the time of the giving of the Torah to the Jewish people at Mount Sinai. and on different aspects of the story set forth in Megillat Ruth.

After finishing at approximately 2:00 A.M. some of the attendees continued their studying until early morning Shacharit services across the street at the Mesivta of Manhattan Beach.

The following morning the MBJC sanctuary was beautifully decorated with white flowers symbolizing the wedding between G-d and the Jewish people. Although a number of people had stayed up all night, the services were well attended during the first day.

On the second day, the attendance at services increased even more because our late-nighters returned and because of the inclusion of the Yizkor service in the davening. Our cantor Pinchas Cohen was in his top form for the holiday and everyone appreciated his important contribution to the service. Rabbi Zelikovitz spoke to us about the importance of saying Yizkor and how we can still positively affect the souls of our departed loved ones by the giving of charity in their name and by our actions which we engage in every day of our lives.

Later that day MBJC's members finished the holiday by davening Mincha, hearing a shiur from Rabbi Yeshoshua Zelikovitz on Megillat Ruth and davening Maariv. I want to thank Marty Izaak for being the gabbai for the holiday and Yitzhak Fridman for helping arrange for the Torahs and other holiday essentials.

Thanks to Rabbi Yehoshua and Sarah Zelikovitz for arranging the beautiful Leil Shavuot dinner.

## OUTREACH SERVICES AT MBJC

FOR IMMEDIATE RELEASE  
Contact: Rabbi Tamir Zaltsman  
Manhattan Beach Jewish Center  
(718) 891-8700

### Manhattan Beach Jewish Center OFFERS ABRIDGED HIGH HOLIDAY BEGINNERS SERVICE

Manhattan Beach Jewish Center is offering a special Abridged Beginners Service during the High Holidays in an effort to inspire unaffiliated Jews to become more involved in Jewish life. The Abridged High Holiday Beginners Service, offered in conjunction with the National Jewish Outreach Program (NJOP), is intended to provide Jews with a more meaningful High Holidays experience.

"The Beginners Service opened a new dimension in my life," said Larry Diamond, a Manhattan businessman. "Until 1993, I rarely set foot inside a synagogue except for weddings and bar mitzvahs. I felt like a fish out of water because I couldn't even read the writing over the holy ark." After what Larry recalls as "about 100 hours of intensive discussions" with NJOP volunteers, he has become a regular participant in services at an Upper East Side Manhattan synagogue.

Those who attend the Abridged High Holiday Beginners Service will have the opportunity to explore the meaning and emotions of the holidays in a brief, meaningful service designed to last a maximum of 1½ - 2 hours. The service is conducted in Hebrew and Russian (with some English explanations as well) by Rabbi Tamir Zaltsman who welcomes questions and discussion; no question is considered inappropriate. The Beginners Service is offered FREE to attendees.

To reserve your place at these innovative services or for more information about the Abridged High Holiday Beginners Service, call Manhattan Beach Jewish Center (718) 891-8700.

The National Jewish Outreach Program was established in 1987 by Rabbi Ephraim Z. Buchwald, and has become one of the world's largest and most successful Jewish outreach organizations. NJOP offers free programs at more than 3,919\* locations across North America and in 39\* countries worldwide. Through programs such as SHABBAT ACROSS AMERICA/CANADA and READ HEBREW AMERICA/CANADA, NJOP has successfully reached more than 1,317,100\* North American Jews, and engaged them in Jewish life.

\*As of June 2011

## CANTORIAL CONVENTION

The Cantorial Council of America had its 51st anniversary celebration on the July 4th Weekend at the Kutschers Country Club Hotel. Such celebration included a special Shabbat Chazanut as well as the organization's Annual Convention. The Cantorial Council of America, whose members consist of cantors from the sphere of Orthodox Judaism, is an affiliate of Belz School of Jewish Music and RIETS (Rabbi Issac Elchanan Theological Seminary). Its goal is to study the melodies and compositions of Jewish Liturgical and Cantorial music and transmit their historical roots, beauty and soul to the Jewish people.

There were 150 people in the core group who attended the entire three day convention. The davening for Friday evening and Shabbat morning services were conducted by the cantors. On Shabbat afternoon an inspiring shiur was given. Motzi Shabbat a talent hour was presented by young and up- and- coming cantors who exhibited much enthusiasm and energy which was transmitted to the audience.

On Sunday morning and afternoon there were various lectures. Shabbat Mussaf service. There were additional lectures on Jewish music, Chazanut and Nusach Tefillah.

The convention culminated in the Cantorial Concert on Sunday evening. The principal performers were our own Cantor Pinchas Cohen, Cantor Yaakov Lemmer and Cantor Zev Muller from the West Side Institutional Synagogue. The audience was treated to a beautiful evening of liturgical music and gave the performers a standing ovation at the conclusion of the evening.

### DEDICATION OF MBJC MAIN SANCTUARY

Last spring the Board of Governors of MBJC voted to dedicate the Main Sanctuary to the memory of Rabbi Dr. Joseph I. & Rebbitzen Rebecca Singer. Prior to the dedication is the plan of MBJC to have a number of appropriate events in order to make the dedication a meaningful and successful one.

## ZUMBA CLASSES

Labriut : Lets Commit to Get Fit  
PREVENTION IS THE BEST MEDICINE

In an effort to be sensitive to the needs of our members and community friends, we are offering a Zumba fitness class with Lisa, a dynamic, certified teacher.

Zumba is a dance fitness program that combines Latin and International music with dance and exercise fun. If done consistently, it builds strength, endurance, stamina, burns calories, improves cardiac functioning, increases bone health, reduces stress & improves overall well being in a friendly & enjoyable atmosphere.

As there has been increased documentation regarding the connection between mind & body, its clearly evident that Zumba fitness enhances great benefits for the mind as well as the body. Essentially your emotional as well as your physical well being will be enhanced. In my experience as a health professional, I have witnessed firsthand the benefits of challenging oneself to try to live a healthy lifestyle. With obesity, diabetes and various forms of illness on the rise, it is critical for each of us to develop a plan that works to prevent or keep a disorder in check. Various scientists, psychologists, exercise physiologists, and health professionals, amongst them, the highly regarded and well known, psychologist, Rabbi Avraham Twerski, documents that such form of exercise help to relieve many forms of illness, both physical as well as mental, including depression. He has recommended these forms of exercise as one method of treatment for various of his patients or clients as part of their treatment plan.

All you have to do is ask anyone who is familiar with or has experienced a Zumba workout. It automatically elicits a broad smile and a feeling of well being.

If you have never heard of, or done Zumba before, you may find it to be something you will so enjoy and benefit from greatly. Whatever level of fitness you are at, this can be for you, if you follow instructions of the instructor.

It can also be done seated if that is your preference or need: called chair zumba.

Our dynamic, experienced & sensitive instructor, Lisa, can show you modifications to suit your needs, level of stamina & endurance. Lisa comes early and does not rush out after the class. This is not a competitive sport, as everyone does their own thing, keeps their own pace and follows as many exercises they wish to or needs to do while the music plays on in a very upbeat fashion.

We have a lovely very spacious, clean, well ventilated room to work in which is a huge advantage. There are comfortable chairs for breaks and for those who wish to do chair Zumba. Each sessions begins and ends with stretching to the beat of a rhythmic song. The shul was kind enough to provide water bottles for those who forgot to bring their own.

We invite you to join an enthusiastic, enjoyable & cohesive group of women who came to our first very successful

Zumba fitness class. We had a broad spectrum of attendees from various shuls in our community which was very refreshing, heartwarming and great for the community at large.

We are confident that you will enjoy and feel the benefits on some level. Doing this in a group can be a great motivating factor. It may just be the jump-start that you need to Commit to Get Fit.

As we begin this New Year, timing is everything so let's make a commitment to look out for ourselves and get your sister, neighbor, daughter on board. It should be a sweet, healthful and meaningful year,

Labriut, Evelyn Weinberger MAOTR  
Try it you will like it. You will definitely come away smiling, and with a twinkle in your eye. You have nothing to lose but calories!!!!

It is suggested that you:-

- Wear comfortable exercise clothing,
- must wear closed sneakers,
- bring water to drink during breaks.

Classes are \$10, pay as you go. Bring check or credit card to office on second floor .

Or feel free to call in a credit card number at 718-891-8700.

TIME: Wednesday mornings, promptly at 9AM which started September 21st.

PLACE: 6th Floor MBJC.

PACKAGE: Pay as you go \$10 per class or Pay for 10 classes, the 11th class is free.

WIN/WIN situation: If you miss a class you can make it up when you can.

-Wednesday optimal parking day (no alternate side parking or

-Parking lot across the street

-Entrance door is to the right, same as yeshiva entrance

-If there is interest in an evening or afternoon class please let your needs be known to Ilene at the office.

-there has been an interest to start a yoga class as well.

Please let us know if

that would work for you

-If people express their creative ideas, we welcome them as good feeling begins

and continues with sharing thoughts and ideas

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Evelyn email: Labriut18@yahoo.com

I pray along with all of you, that Hashem should give us strength and determination to take good care of ourselves in this coming year. As it says in Parashat V'etchanan, (my son, JoJo's bar mitzvah parshah) "Venishmartem, Meod, L'nafshotaychem" Guard your health and it is incumbent upon us to take good care of ourselves. Let's each try to put that into action by demonstrating our gratitude to Hashem for the body he gave each and every one of us.

## WELCOME YESHIVA RAMBAM

Eight months ago, we were notified by the officers of the Yeshiva of Manhattan Beach that the yeshiva planned to cease its operations at the end of the last school year in June 2011. This early notification enabled MBJC to interview other yeshivot who were looking for new facilities and required the large space that MBJC provides. When it became publicly known at Pesach time, that the space would be available, two yeshivot approached MBJC. Our officers selected Yeshiva Rambam because being a co-ed school it was able to provide continuity to both boys and girls. Secondly, it had an immediate need for space for both its elementary school and high school. Thirdly, the Yeshiva Rambam re-hired a good portion of the faculty of the Yeshiva of Manhattan Beach as well as its Administrative Office Staff. For a number of years Yeshiva Rambam did not have an elementary and middle school. Obtaining students from the Yeshiva of Manhattan Beach enabled Yeshiva Rambam to both re-activate its elementary school and from the higher elementary grades provide a yearly feeder class into its high school for the current and future school years.

The yeshiva is ably managed by its Executive Director, Mr. Michael Spiegel, who is a retired manufacturing entrepreneur who managed a family business with his brother for many years prior to its ultimate sale. Mr. Spiegel is a very valuable and generous contributor of his time on behalf of the yeshiva. Mr. Siegel has graciously consented to being the Shofar Award Honoree at MBJC's 89th Annual Journal Dinner on Wednesday evening prior to Thanksgiving on November 23, 2011.

The Yeshiva of Rambam has a very serious group in charge of its operations which is generously supported by Mr. Alexander Rovt, in whose name the Yeshiva is identified as the Zvi Dov Roth Academy Day School of Yeshiva Rambam.

We want to thank Gady Schwartz for making the initial shidduch between the two institutions.

We welcome the Yeshiva of Rambam and hope that they will be with us for many years.

## YISKEREIM

*continued from page 12*

were in the Kindertransport from Vienna, Austria to England in December 1938. After we arrived most of the children were taken to Jewish families who opened their homes to us. The family who welcomed me into their home was well intentioned - however, after a few months they dechildren were taken to Jewish families who opened their homes to us. The family who welcomed me into their home was well intentioned - however, after a few months they decided they did not want to continue having me in their home. My suitcase was packed and the father took me to the entrance of Rabbi Schonfeld's house, rang the bell and left. When the Rabbi opened the door he saw me standing next to my suitcase and crying. He put me on his lap, wiped away my tears and asked if I wanted to take a ride with him and another little girl to see the sights of London - which we did. Rabbi Schonfeld was a great and charming man - handsome, understanding and very kind. Olav Hashalom". Rabbi Schonfeld passed away in London in 1984 at the age of 72.

Totally committed to Torah Judaism, Rabbi Schonfeld evinced faith as he faced evil. Tens of thousands of people today in Britain, Israel, the United States and throughout the world owe their lives to Rabbi Shlomo Schonfeld and Rabbi Weissmandl zts"L.

NOTE: Search the Web for more fascinating, remarkable info re Rabbi Schonfeld, Rabbi Weissmandl & the Kindertransport.

## A SPECIAL YASHER KOACH

The Rabbi, Administration and Members of the MBJC want to thank the following members for keeping Daily Minyanim operative during the summer months:

Ira Bilus, Yoel Chavkin, Noah Cohen, Moshe Cohen, Dr. Leonard Flug, Yitzchak Fridman, Jay Haies, Matthew Isaacson, Marty Izaak, Abe Keller, David Korman, Jehuda Lindenblatt, Allen Litman, Rubin Margules, Jack Mikulincer, Barry Montrose, Mendel Portnoy, Ron Rachaf, Yeruchem Reich, David Rubin, Gady Schwartz, Meier Stessel, Abraham Streicher, Richard Stuckardt, Milton Zegerman, Rabbi Yehoshua Zelikovitz, Shimshon Zelikovitz, Meir Alter Zelikovitz and David Lazer.

# The Shofar



"Then you shall transmit a blast on the horn; in the seventh month, on the tenth day of the month, the day of Yom Kippur, you shall have the horn sounded throughout the land...And proclaim liberty throughout all the

land unto all the inhabitants thereof." (Leviticus 25)

The Shofar, a well known symbol of Rosh Hashanah, is one of the earliest instruments used in Jewish music. Usually made from a rams horn, a shofar can also be made from the horns of other animals, including those of a goat or sheep. It is the one musical instrument that has not changed in over 5,000 years.

In Biblical times the shofar was blown to announce an important event, such as the alarm of war or the coming of peace. The Great shofar is said to have been sounded during the greatest event in all Jewish history, the giving of the ten commandments to Moses at Mount Sinai (see Shavuot).

The blowing of the Shofar is the only specific commandment for Rosh Hashanah. Just as trumpeters announced the presence of their mortal king, the Shofar is used by Jews to proclaim the coronation of the King of King.

The rams horn is blown 100 times. It is an appropriate symbol as it reminds Jews everywhere of the willingness of Abraham to sacrifice his son, Isaac, to fulfill G-d's command. At the last moment G-d ordered Abraham to exchange Isaac with a sacrificial lamb.

# CUSTOMS OF ROSH HASHANA

It is customary on Rosh Hashanah, during the evening meals, to eat foods symbolizing sweetness, blessings, and abundance

We dip the challah in honey; and afterwards, on the first night, we eat a piece of apple dipped in honey. In general, this time of year is a very profitable one for those in the honey business, as some families have the custom of using honey instead of salt for challah right through Sukkot and Shmini Atzeret, and honey is also a main ingredient in many holiday recipes.

After the appropriate blessing on the apple, we add: "May it be Your will to renew for us a good and sweet year." Other customs include eating the head of a fish, pomegranates and carrots. These foods are eaten as "simanim," "good omens," of success and happiness for the coming year.

It is customary to refrain from sleep during the day of Rosh HaShanah, and rather to engage in Torah study or other spiritually productive activity. If one is idle, it is as if he slept. The Talmud Yerushalmi writes, "If one sleeps at the year's beginning, his good fortune likewise sleeps."

It is customary to avoid eating nuts on Rosh Hashanah, mainly because the gematria (numeric value) of the Hebrew word for "nut," "egoz" is the same as that for the Hebrew word for "sin," "chet."

One should be especially careful to avoid anger on Rosh HaShanah. Always remember that G-d judges us in the same manner that we judge other people. If we get angry easily, so too will He.

12 תשרי תשפ"ב  
Happy & Healthy New Year!  
XOPOMIHTO HOBOTO TOJAI!

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