

OHR-BITS

Volume 3, Issue 10

October 2023—Tishri/chesvan 5784

Candle Lighting Times

- October 6
6:14 pm
- October 13
6:03 pm
- October 20
5:52 pm
- October 27
5:43 pm

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"A Rosh Hashanah Response to Loneliness" by Rabbi Joel Mishkin

(This was Rabbi Mishkin's sermon on Rosh Hashanah.)

I know there are times when congregants want the rabbi to start his or her sermon with a joke. And that very well might be a smart strategy. But I have been thinking that these past few years have been very serious years, and while a brief spot of humor might be nice, I decided I did not want to waste your time. There are plenty of good jokes out there and you probably know how to access them better than I. You see, we have about twenty minutes or so to spend together and I want us to make the most of it. So, I will begin not with a joke, but with the oldest of stories and see what lesson if any, it might hold for us today.

That story is about the creation of the world as we know it...after the light and the darkness, the sky and the water, the dry land and the sea, the vegetation, the birds, the creatures of the sea, and the livestock - our Torah tells us that there was the creation of the first human being - God formed the human from the earth - *Adam from the Adamah* - And then following that creation, God

offers the observation, וַיֹּאמֶר יְהוָה אֱלֹהִים לֹא טוֹב הָיִיתָ הָאָדָם לְבֶדּוֹ אֶעֱשֶׂה-לּוֹ עֶזְרָא כִּנְגִדּוֹ:

"It is not good for the human to be alone; I will make a fitting counterpart for him." And so, what does God do? God arranged all the wild beasts and birds of the sky and brought them to the first Human to see what he would call them; and whatever the Human called each living creature, that would be its name. And the Human gave names to all the cattle and to the birds of the sky and to all the wild beasts; but no fitting counterpart for a human being was found. So, God cast a deep sleep upon the Human; and, while he slept, [God] took one of his sides and closed up the flesh at that site. And according to our Torah - there came a woman.

According to the Midrash, "the divine resolution to bestow a companion on Adam met the wishes of man, who had been overcome by a feeling of isolation when the animals came to him in pairs to be named." Adam thinks, "If the animals deserve partners, why shouldn't I deserve mate of my own?" Makes sense. Imagine the scope and profound in-



tensity of isolation in a world filled with lush vegetation and animals, but nothing in the form of human companionship. And from that time forward with the advent of Eve, Adam was no longer alone.

In a sense, from that day, it was recognized that human beings crave relationships - that we were not intended to live isolated, to be entirely on our own, but that just as oxygen is required for breath, people are meant to be together - regardless of personality or proclivities, extrovert or introvert - We were not meant to be alone. We learn this from the most ancient of stories - in the book of Genesis. We know this to be true.

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“A Rosh Hashanah Response to Loneliness” , *continued*

And yet.... Today we live in a world where loneliness ironically enough is the sole companion for far too many people. In May of this past year, the Surgeon General Vivek Murthy published an advisory, warning that a growing “epidemic of loneliness and isolation” threatens Americans’ personal health and the health of our democracy. Murthy reported that, “even before COVID, about half of all American adults were experiencing substantial levels of loneliness. Over the past two decades, Americans have spent significantly more time alone, engaging less with family, friends, and people outside their home. By 2018, just 16% of Americans said they felt “very attached to their local community.”

The statistics are sobering, to say the least - “The rate of young adults who report suffering from loneliness went up every year from 1976 - 2019. From 2003 to 2020, the average time that young people spent in person with friends declined by nearly 70 percent. And then the pandemic hit - and that just “turbocharged our isolation.”

Just how serious is this problem and what are its consequences? It’s real serious and it’s a real problem. Murthy adds, “Loneliness is more than just a bad feeling. When people are socially disconnected, their risk of anxiety and depression in-

creases. And the physical toll is breathtaking. Heart disease increases (29 percent), dementia increases (50 percent), and stroke increases (32 percent). The increased risk of premature death associated with social disconnection is comparable to smoking daily - and may be even greater than the risk associated with obesity. Loneliness and isolation hurt whole communities. Social disconnection is associated with reduced productivity in the workplace, worse performance in schools, and diminished civic engagement.

And like an avalanche that gains momentum as it speeds down the side of a mountain, the results can be even more damaging - for, “when we are less invested in one another, we are more susceptible to polarization and less able to pull together to face challenges that we cannot solve alone. As it has built for decades, the epidemic of loneliness and isolation has fueled other problems that are killing us and threaten to rip our nation apart.” That’s from the surgeon general.

To amplify this loneliness, we find a dearth of stable marriages, the deterioration of affiliation with religious institutions of all faiths, and an end to many of the common social outlets people were accustomed to leveraging for a sense of togetherness.

Dr. Jean Twenge whose book *Generations* discusses these problems, asks, “What makes you happy? For most people, its spending time with family and friends and feeling like a part of a community. As people are less likely to be partnered and less likely to belong to a religious community, more are cut off from what historically have been people’s main sources of social interaction. At the heart of many of these trends is the individualistic culture that seems so integral to modern living. Individual freedom becomes preferable to the tight social bonds of institutions like marriage and religion. Although individualism had many upsides its risks include isolation and loneliness and their bedfellow’s unhappiness and depression. The lone self is a weak foundation for robust mental health: For the millennial generation, Twenge sums it up like this, “humans need social relationships to be happy and fulfilled in life. That is especially true as people age past young adulthood. This might be why Millennials were happier as teens but not as adults - individualism and freedom feel good when you are young but empty when you are older.”

Think of our Torah reading today. We see a family that, admittedly faces the challenges of its blended composition. There is a father, two mothers, and two half-brothers. When one moth-

er Sarah decides that her maidservant, Hagar and Hagar’s son, Ishmael must leave - the father of both Ishmael and Isaac, Abraham is placed in an impossible position. He listens to his wife - but “the matter concerned Abraham greatly because it concerned a son of his,” - we know that his heart is breaking. And yet he is reassured by God - God tells Abraham, “Do not be distressed over the boy or your slave; whatever Sarah tells you, do as she says, for it is through Isaac that offspring shall be continued for you. As for the son of the slave-woman, I will make a nation of him, too, for he is your seed.”

And so out into the wilderness go Hagar and Ishmael. The Torah tells us, “that when she runs out of water, Hagar flings the child under one of the bushes and sits down at a distance from him - for she thought, “Let me not see when the child dies.” And so there you have it. Hagar is alone. Ishmael is alone. And yet, the Torah also **tells us** that they remain apart by **only the distance of a bowshot**. You see, they are right next to each other, and yet they still feel alone.

And maybe that’s what has been happening to us. We are experiencing a state of perpetual loneliness. And yes, that loneliness was significantly heightened by the pandemic. But if we are to be honest, while these past few

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“A Rosh Hashanah Response to Loneliness” , *continued*

years put us at a crisis level of loneliness, - there is chronic loneliness for some that never wanes. Even as the pandemic waned - people still feel alone. Even when we are surrounded by others we still feel alone. Even when we are together, we feel alone.

How is that possible? Well go out one evening to a restaurant and watch couple after couple sit across from each other - each one obsessively staring at their phone - there is no conversation - there is no listening - there is no give and take - are they really having dinner together? It might look like that, but I would beg to differ. They are very much alone.

And guess what? Rabbis are also not immune from this. Just the other week, I sat at a meeting with several rabbis from the New Jersey area and I silenced my phone and deliberately turned it upside down. Guess what - I was the only one who did that. And I'll admit I've been to plenty of meetings where I didn't do that. But at this one I made it a point. Now, at this meeting the mayor of one of the townships was addressing the rabbinic community about security concerns and looking around the room I noticed that the other rabbis in attendance were constantly being directed away from the conversation because something on their phone proved more com-

elling than the person sitting right in front of them!

So how do we address this problem? Well, on a macro level, that might be beyond our grasp? But I would like to suggest that we could make some genuine progress in this situation on the micro level, on a personal level, which perhaps is within our reach, **if we only begin to change some of the habits that we have grown so attached to.**

And to understand how we might do that, let's return to the individuals we spoke about earlier from our Torah portion. You know, in the chapters preceding the Torah readings of the High Holy Days we are first introduced to Hagar as Abraham's maidservant in the sixteenth chapter of Genesis. There we read about the first time Sarah causes Hagar to run away to the wilderness. Sarah is barren and decides to give Hagar to Abraham in the hopes that Abraham will have the child for whom they both long. But when Hagar conceives, we read that "Sarah becomes lowered in her esteem - that is, Hagar thinks less of Sarah because she can do what Sarah cannot. And so, Sarah expels Hagar for the first time into the wilderness, and there she is, isolated and alone.

However, as Hagar sits in the wilderness an angel

from God tells her that she must return to Sarah. Why? God has heard her suffering and reveals to her a prophecy that she will have a child. Hagar responds to the news by giving God a new name - El Roi - or in English - the God who sees me. A modern commentator explains the power of this name - Rabbi Avital Hochstein, **“The name that Hagar supplies, El Roi, describes how it feels to have her existence recognized - to be seen, rather than to be invisible... the experience of just being seen by God infuses Hagar with the sense “there is value to my existence, my being.”**

And that, when it really comes down to it, that is enough for Hagar not to feel quite so alone. God sees her! Maybe what we are really saying here is, we need, like the God of El Roi, to *actually begin to see each other - to pay more attention to each other, to matter to each other, so that we not feel so alone.* Because, the truth of the matter is that we really don't have to feel that way, if we put down the screens, if we break down the walls, if we remove the emotional barriers that seem to close us off from one another, and if just put down our phones for a moment, and look each other in the eye - see the person in front of us - physically or yes, when

when necessary, virtually - we can make each other feel less invisible - and we can begin to feel different about ourselves, our families and our communities. So, when you sit down for your Rosh Hashanah meal, please leave your devices aside, look at each other. Feel for each other and you won't feel so alone. May that be our promise to one another in the coming year, and to that we say Amen.

Contact Rabbi Mishkin

Office
732-257-1523,
option 2

941-518-8864,
after hours for
emergencies

rabbijoelmiskin
@ gmail.com

From the Financial Secretary

The budget for the 2023-2024 fiscal year approved by the Board of Directors and voted on at the May Congregational meeting included a small, approximately 5%, increase in dues. This increase was considered important for the operation of the Synagogue. If anyone has any questions, please contact me.

~ Allen Skupp

THANK YOU!

Congregation Beth Ohr
would like to thank
everyone who donated to the
High Holiday Food Drive.

A special thanks to
Main Street Theatre Company
for their fantastic support!

Program “Bits”

Fall is such a busy time at Beth Ohr. Now that the High Holidays are over, and the wonderful Sukkah brunch is a delightful memory, we can look forward to the following special events:

CLASSES BEGIN! Join Rabbi Mishkin for his classes:

Mondays – Wisdom of the Rabbis discussing legends of the Jews.

Wednesdays – Jewish Ethics

And meet on Thursdays for class with Linda Benish on The Jewish 100 – The Most Influential Jews of all Times All 3 classes meet on zoom at 11 a.m beginning the week of Oct. 9.

This takes us into November, and we travel to East Brunswick for our annual GLOBAL DAY OF JEWISH LEARNING!

Come hear our guest rabbis discuss “The Values We Hold Dear” in a panel format moderated by our own Rabbi Mishkin. The program will again take place at the East Brunswick Public Li-

brary on Sunday, November 5 at 2 p.m.

Then mark your calendars for the weekend of November 10 when we will welcome RABBI BENJAMIN LEVY to our synagogue as our Scholar-in-Residence.

Flyers for all these events with further details can be found throughout this newsletter.

Join us at these wonderful events.



From the President's Desk

Good Yuntif to our Congregants and Guests in the building and on Zoom!

On behalf of the Board of Directors of the synagogue, I have been asked to make the Yizkor appeal today. After my speech, please turn over the tab on your pledge card, and members of our Men's Club will collect your cards. For those of you on Zoom, please mail in a check with your pledge to the Synagogue Office.

I have been your President since June but served previously as President from 2015 to 2017.

I will now present the financial health of the synagogue and challenges we face.

The good news about our finances is that there is no long-term debt, and we have a lean budget. We supplement our Budget with rental income from our two tenants. Unfortunately, we continue to lose revenue for dues since members have passed away. We have one congregant over 100 years old and another four members in their 90's. Halevai!

So, what can we all do for our Beth Ohr community?

To the guests who are celebrating the holidays with us, I hope you enjoyed our services and our friendship. I urge you to enroll as members of our synagogue following the holidays. To the Adult children of our mem-

bers, I say to you very seriously, "Please, please join the synagogue after the Holidays". This will help continue the legacy of Congregation Beth Ohr started by your parents and grandparents more than 65 years ago.

Presently there is one open position on the Temple Board for Membership Chair. There is an immediate need for a congregant to accept this responsibility.

I am asking more members to support religious services and social and educational events. It is wonderful seeing you on the High Holidays, but the Synagogue is here functioning 52 weeks a year.

At this time, I welcome new members Mel Brandl and Irv Jankovitz who joined our Congregation in the past year. Mel and Irv took leadership positions and regularly attend our Services.

What do we offer our Membership?

Our mission at Beth Ohr is to further Jewish education, provide religious, cultural, and social opportunities to preserve Jewish identity in Old Bridge and the surrounding communities.

We have Religious Services every Friday night on Zoom. This provides a sense of community to our members so they can maintain a connection to the Beth Ohr

Family. Saturday and Sunday morning services are held weekly in the Sanctuary.

Rabbi Mishkin is available for Life Cycle events and Counseling.

Linda Benish, our Programming Chair, has provided a booklet which outlines the weekly educational classes and upcoming social programs. You can pick up a copy in the lobby.

We have a large fundraiser each year where we honor Synagogue leaders and distinguished members of the local Community. This event is scheduled for Sunday October 29, 2023. Plan to attend to honor our Men's Club, and our friend, New Jersey State Senator Sam Thompson of Old Bridge who is retiring this year. In addition, you can place an ad in the Journal to financially help the Temple.

We have an active Sisterhood that meets monthly, and an active Men's Club that provides a bagel breakfast every Sunday morning after Services.

I will now share with you the Board accomplishments since the High Holidays last year and you will understand the need to increase your pledge this year.

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Board Meeting

Notice:

*There will be a
Synagogue Board
Meeting on
Thursday, October
26, 2023, at 7:30
pm in the
Synagogue.*

From the President's Desk, *continued*

*We replaced the HVAC system in the Social Hall.
 *We made the front entrance handicap accessible with a new sidewalk with a ramp. We added bollards as extra security in the front. These were the final two projects from the \$100,000 Homeland Security Grant received three years ago.
 *We installed a new chair lift in the lobby to replace the outside elevator at the rear of the building.
 *We built a new website and Facebook page and added an Instagram account.
 *We hired a Cantorial student as our High Holiday Cantor.
 *We have a new Office Administrator.
 *A local Eagle Scout approached me to do his volunteer Service project at the Synagogue. The Board unanimously approved the Memorial Garden that was completed earlier this month by the Eagle Scout and his Scout troop. Thank you to Eva Yourman for connecting us with this young fine man!
 *We have partnered with our main tenant, Main Street Theater, who helps us with house projects and provided us with the High Holiday babysitters.

We are grateful for the volunteer assistance from outside our Synagogue membership, as well as the additional help from the children of our members for technology support.

We will soon recite the Yiskor Service after the

Rabbi's sermon. I want to share with you some thoughts about a special relative.

Today I remember my dear Uncle, Cantor Israel Dubner, who passed away in 2002 at the age of 75. His life revolved around family, education, Cantorial positions at various synagogues, and his love of the State of Israel. In 1953 he moved to the United States from Israel to study Jewish education and Cantorial skills at Yeshiva University.

My uncle held other Cantorial positions before taking the open Cantor job at the Orthodox synagogue in my hometown of Kingston, PA. He stayed there for 10 years and was a big influence in my life between the ages of 5 and 15. Uncle Israel took me to morning minyans for 11 months so I could fulfill the obligation to say Kaddish for my father who passed away from cancer when I was 10 years old. He served as my Bar Mitzvah tutor and was also Harriet's Hebrew School teacher at another Synagogue in town. He was thrilled that I married his best student, and he proudly officiated at our wedding.

Like many of the Orthodox Cantors in the 1960's, he dressed in a white Kittel, a Tallis with a Silver atarah (collar), and a white Satin Keppel (Cantor hat). His rendition of the Hineni prayer was very spiritual highlighted by his slow walk

from the back of the Synagogue to the Front Bimah.

My uncle was a Holocaust survivor and chose not to discuss the Holocaust with his family. He finally shared his Survivor's story when at the age of 60, he was interviewed in 1985 in Philadelphia for the Gratz College Holocaust Oral History Archive. I learned that he emigrated to Israel after the Holocaust and fought for Israel in the 1948 War for Independence.

At this time, I ask you to remember a special relative from your formative years and give a little more than you pledged last year in his or her memory. Once you turn over the tag on the pledge card, your pledge envelope will be collected by a Men's Club usher.

I would like to acknowledge our volunteers who made the High Holidays run so smoothly this year.

To the Ritual Committee for assigning all the High Holiday honors, and to the Lay Chazanim, the Shofar Blowers, the Torah readers, Haftarah chanters and Gabbis.

To Sisterhood for providing the beautiful flowers on the Bimah, and the refreshments for breaking the fast later this evening.

To Men's Club, for changing the Torah covers and the curtains for the Ark, putting out the Machzors, ushering,

and building the Sukkah.

To Financial Secretary Allen Skupp who handled High Holiday Ticket Sales and to Linda and Allan Benish who ran the successful HH Raffle.

To our office manager Christine O'Brien for coordinating the High Holiday To-Do-List.

To the Board of Directors of the Temple, I acknowledge you for your efforts throughout the year, and thank you on behalf of the entire membership for your devotion to Beth Ohr.

To our wonderful, talented visiting Cantor, Zahava Fried, for enriching our lives with your amazing voice, the lively tunes, and for inspiring each of us spiritually. We look forward to your additional visits this December and in the Spring of 2024.

And to Rabbi Mishkin for leading our meaningful High Holiday services, for your spiritual leadership, for your wisdom and optimism. We are all blessed to have you as our Rabbi! We look forward to you and Beverly being with us for several more years in Old Bridge.

Harriet, my children, and my grandsons join me in wishing everyone Lashana Tova Tikatevu va Taichatemu!!



Congregation Beth Ohr

P.O. Box 206, OLD BRIDGE, NEW JERSEY 08857
(732) 257-1523 FAX (732) 257-1025
CONGREGATIONBETHOHR@GMAIL.COM

RABBI JOEL MISHKIN
PHILIP RABINOWITZ, PRESIDENT

October 29, 2023 Gala Luncheon Event

honoring

Senator Samuel Thompson, Ph.D. & Men's Club Beth Ohr

Dear Congregant and Friend of Sam Thompson,

Our October 29th Gala Luncheon Event honoring Senator Samuel Thompson and Beth Ohr Men's Club is promising to be a huge success. And it could be an even greater successful with your participation. You are being sent this letter because we have not heard from you.

The Gala Luncheon Event will be at Beth Ohr and will start at Noon with a program with presentations by the Congregation and others, followed by a Gala Luncheon with a string quartet for background musical entertainment and catering by North Brunswick's Classical Caterers.

Enclosed are reproductions of the invitation and RSVP card that was previously sent to you and we hope you would attend and share this honor with Senator Thompson who is retiring after a long illustrious career representing Old Bridge and the surrounding area and also honoring the Men's Club.

A printed Journal honoring Senator Thompson and the Men's Club will also be distributed. An ad form is enclosed for your convenience should you wish to provide congratulatory good wishes or a contribution.

If you have any questions, please do not hesitate to contact me by email or on my cell phone.

Thank you for your support.

Cordially,

Edward Mendlowitz Com-
mittee Chairman

Email: emcpa1@aol.com. Cell: 732 890-3344

Message to Congregants

This is a letter being mailed to everyone we have not heard from. Please respond keeping in mind that this will be a Gala Luncheon and also our major fund raiser.

Further, every congregant that sells \$250 in ads can attend for no charge, so please try to sell ads and attend. This way we all win!

P.S. We appreciate your support honoring Senator Thompson, Men's Club Beth Ohr and Congregation Beth Ohr.

Invitation and RSVP Card

Congregation Beth Ohr

*cordially invites you to a
Gala Celebration
Honoring*

*Senator Samuel Thompson, Ph.D.
& Men's Club Beth Ohr*

*Sunday Luncheon October 29th, 2023
at 12:00 PM
Congregation Beth Ohr
Route 516, Old Bridge, NJ*

**Couvert \$80 per person
Dress: Business Casual**

**RSVP by October 9, 2023
Roberta Bernstein 732 679-4986**

Please respond by October 9, 2023

M _____

_____ *accepts with pleasure*

Number of people attending _____
(Enclosed is my check)

Please seat us with:

_____ *declines with regret*

**Please RSVP to:
Beth Ohr Gala Luncheon Committee
c/o Roberta Bernstein
9 Chelsea Drive
Old Bridge, NJ 08857**

Congregation Beth Ohr Journal Ad Form for Gala Celebration



*Place your ad today in
the Souvenir
Congratulatory Journal
where your message
will be read by
congregants, friends
and contributors and
you will be recognized
as someone who
supports
Congregation Beth Ohr!*

Journal Ad prices - 8½" x 11" page size.

When submitting your camera-ready ads please allow for margins.
Ads will be in black and white and Journal will be printed in black and white.
Either PDF or JPG formats are acceptable.

Event sponsor	\$1,500.00
Gold supporter	1,000.00
Silver supporter	\$750.00
Full page	\$500.00
Half page (8½ x 5½)	\$275.00
Quarter page (4¼ x 5½)	\$150.00
Business card	\$ 75.00
Congratulatory personal mention	\$ 36.00
In memoriam message	\$ 36.00
Family Jewels (list your children and grandchildren) per name	\$ 18.00

☐ **YES!** Enclosed is my tax deductible contribution to Congregation Beth Ohr of \$_____ for a _____ (specify size) ad in the souvenir journal. Ad copy is attached. (Please attach camera ready copy, if available.) (NOTE: DO NOT STAPLE ads or business cards to this form)

Name _____
Co. Name _____
Tel _____ Email _____
Address _____
City _____ ST _____ Zip _____
Ad solicited by _____

Ad deadline October 9, 2023

Send your ad today to

Beth Ohr Journal Ad Committee
c/o Allan Benish
114 Avignon Road
Monroe Township, NJ 08831

Tel: 609.426.8727 Email: abenish@aol.com

**OUR 8th ANNUAL GLOBAL DAY OF JEWISH
LEARNING**



NOVEMBER 5 AT 2 P.M.

EAST BRUNSWICK PUBLIC LIBRARY

CONGREGATION BETH OHR INVITES YOU!

Join Rabbi Joel Mishkin of Congregation Beth Ohr in Old Bridge as he moderates a discussion with area Rabbis.

THIS YEAR'S THEME:

VALUES THAT WE HOLD DEAR

RSVP – 732-257-1523 or

congregationbethohr@gmail.com

Scholar in Residence Weekend

November 10, 11 and 12, 2023

Please join us for s special weekend featuring

RABBI BENJAMIN LEVY

RABBI EMERITUS OF CONGREGATION ETZ CHAIM IN Monroe Township, NJ



6:00 PM FRIDAY EVENING NOVEMBER 10, SHABBAT DINNER

\$30.00 per person

Followed by Services with a D'var Torah from Rabbi Levy

and an Oneg Shabbat

9:30 AM SATURDAY MORNING NOVEMBER 11,

Followed by a Kiddush Lunch where Rabbi Levy will speak again. Lunch \$15 per person

9:00 AM SUNDAY MORNING, NOVEMBER 12

**Morning Service followed by Men's Club Breakfast and a short talk and discussion with
Rabbi Levy**

Label checks "Scholar in Residence" and send to

Congregation Beth Ohr, PO Box 206, Old Bridge, NJ 08857

Please RSVP to Christine O'Brien at 732-257-1523

For your convenience, we have included this **Yahrzeit Memorial Plaque Form**. If you would like to order a plaque, please fill out and return this form with a check in the amount of **\$325** to the Synagogue office. If you have any questions about Hebrew names and/or dates, please call Christine in the office at 732-257-1523.



(Print Name in Hebrew Here)

(Print Name in English Here)

(Date in English) _____ (Date in Hebrew) _____

PLEDGE

I hereby authorize you to supply and maintain permanently on your Memorial Tablet, a name plate
in memory of (PRINT NAME IN FULL)

for which I agree to pay \$325. It is mutually agreed that each year, on the Yahrzeit of the departed, and on other appropriate occasions in accordance with Jewish custom a Memorial Prayer will also be said.

Print your name

Your signature _____

Date _____

October Yahrzeits 2023

The actual date that the Yahrzeit is observed is to the right of the name. It is customary to light a memorial candle on the eve of this date and to give tzedakah in the memory of the Yahrzeit. One should recite the Mourner's Kaddish at services the evening before as well as the day of the Yahrzeit. The name of your departed will be read at the Friday evening and Shabbat morning services the week before the Yahrzeit date which are represented by the dates in the columns which are in bold print.

October 6/7

Ben Albertson	10/7
Rae Derman	10/7
Max Weintraub	10/7
Audrey Ruth Frank	10/8
Ira Pincus	10/8
Steven Salti	10/8
Roger Blain	10/9
Nathan Greenspan	10/9
Seymour Himelstein	10/9
Simcha Lieberman	10/9
Otto Nagler	10/9
Reuben Oshinsky	10/9
Morton Schnitman	10/9
Harry Ladinsky	10/10
Eli Leff	10/10
Rose Reich	10/10
Sarah Weinreich	10/10
Leo Balaban	10/11
Morton Brown	10/11
Joseph Barkoe	10/12
Bertha Weitzenkorn Hollander	10/12
Ada Ackerman	10/13
Khava Barkan	10/13
Rose Finkelstein	10/13
Joseph Newman	10/13
Joyce Torchin	10/13

October 13/14

Ethel Czortkower	10/14
Seymour Gold	10/14
Arthur Mendlowitz	10/14
Dorothy Rubrum	10/14
Philip Ribet	10/15
William Sass	10/15
Edward Philip Spielberg	10/15
Gabriel Weiss	10/16
Maurice Zeltzer	10/16
Bernard Kantrowitz	10/17
Henry Nehman	10/17
Morris Weinstein	10/17
Milton Dubin	10/18
Ralph Karpel	10/18
Murray Woodman	10/18
Mae Kantor	10/19
Rubin Reich	10/19
Shirley Litwak	10/20
Henry Lynn	10/20
Frances Ricklin	10/20
Hyman Schlissel	10/20

October 10/21

Rose Bloom	10/21
Sarah DeMayo	10/21
Donald Kaminsky	10/21
Paul Stern	10/21
Marion Davidson	10/23
Fay Cohen	10/24
Milton Lubitz	10/24
Isidore Mann	10/24
Norman Melnick	10/24
David Rankowitz	10/24
Barry Fass	10/25
Hank Jeret	10/25
Leonard Pollack	10/25
Evelyn Barsky	10/26
Pinchas Beer	10/26
Martin Silverberg	10/26
Lillie Winter	10/26
Hilda Fuhrman	10/27
Lillian Kosser	10/27
Ida Orenstein	10/27
Hannah Rothenberg	10/27
Pauline Schwartz	10/27
Leah Weiss	10/27
Sadie Wishnik	10/27

October 27/28

Juana Levit	10/28
Norman Schwartz	10/28
Sylvia Albert	10/29
Ken Cohen	10/29
Eugene Intrater	10/29
Caryn Katz	10/29
Norman Shimberg	10/29
Robert Solomon	10/29
Mildred Sommers	10/30
Rebecca Silberstein	10/31
Sol Czortkower	11/1
William Steinberg	11/1
Hyman Cohen	11/2
Arthur Rhodes	11/2
Leah Silver	11/3
Bennie Winter	11/3

Yahrzeit Memorial Fund

We honor the memories of our loved ones whose Yahrzeits are observed during the month of October. We acknowledge the following for their contributions to the Yahrzeit Memorial Fund.

Donated by

Harriet Cohen and Family
 Marie and Ed Fassler
 Marilyn Gilbarg
 Martin Israel
 Roberta Karpel
 Roberta Karpel
 Roberta and Mark Karpel
 Seymour Nussenbaum
 Seymour Nussenbaum
 Rysie Perlman and Family
 Ashna Pincus
 Laurie and Paul Roth
 Rita and Bernie Selden
 Linda and Allen Skupp
 Irene and Len Ullmann
 Lawrence and Deborah Weintraub

In Loving Memory of

Hyman Cohen
 Harold Yourman
 Gertrude Gilbarg
 Ida Israel
 Alice Nehman
 Henry Nehman
 Ralph Karpel
 Leo Ribet
 Bertha Staff
 Mel Dlugash
 Sophie Levine
 Anna Godlewski
 Irving Kestenberg
 Sadie Wishnick
 Hannah Kalefsky
 Max Weintraub

New Year, New Look!

A new year is a good time to refresh, reflect, and begin anew.

I was recently told that the Beth Ohr monthly newsletter had been called Ohr-Bits some time in the past. Being a bit of a space geek (okay, more than a bit), the title tickled me. I thought the

revival of the name would be an engaging nod to the history of Beth Ohr while the new format would indicate our forward progress.

I encourage everyone to also visit our fresh, new website at oldbidgebethohr.org. You

can also find us on Facebook (search Congregation Beth Ohr) and on Instagram (@bethohrholdbridge).

I hope that you enjoy the new look of the Congregation Beth Ohr monthly newsletter.

The deadline to submit items for the November newsletter is Tuesday, October 24, 2023. Please email your articles to Christine on or before that date.

Congregation Beth Ohr Memorial Funds

The following is a listing of the tax-deductible contributions to Memorial Funds, and other Funds to which tax deductible donations may be made.

When donating to these funds, please make your checks out to Congregation Beth Ohr and write the fund's name in the memo portion of the check.

David Benish Memorial Fund
Stephen Edwards Memorial Youth Fund
Ralph Karpel Memorial Fund
Elaine Leibowitz Memorial Fund
Herman & Frieda Lipp Memorial Fund
Stanley M. Perlman Memorial Fund
Stuart Polovsky Memorial Fund
Heidi Rogol Memorial Fund

Herman and Frieda Lipp Memorial Fund

Shelly & Phil Forman, in memory of Rob Wolfe

Terrie Polovsky, in memory of Rob Wolfe

Jonathan & Stacey Rothman, in memory of Rob Wolfe

Stuart Polovsky Memorial Fund

Martin Israel

General Fund

Moe & Harriet Brown, in memory of Bernie Pincus

Roberta & Larry Fachler & Family, in memory of Bernie Pincus

Ilene & Barry Gray, in memory of Bernie Pincus

Rhoda Messing & Mark Rutter, in memory of Bernie Pincus

Len & Lynette Seader, in memory of Bernie Pincus

Rabbi's Discretionary Fund

Anonymous

Meryl Finkelstein

Ilene & Barry Gray

Arlene & Nelson Silver, Samuel, Cathy, Kyle, & Danielle Silver, Risa, Benjamin, & Jennifer Cooper, in memory of Bernie Pincus

Schedule of Services

All Friday evening services begin at 6:00PM via Zoom unless otherwise stated. All Saturday morning Shabbat services are in the Sanctuary and begin at 9:30AM. Sunday morning minyan begins at 9:00AM in the Sanctuary. All Adult Education Classes are via Zoom unless otherwise noted.

Schedule of Services and Events

Friday Night Shabbat Services
6:00 pm via Zoom
October 6, 13, 20, 27

Saturday Shabbat Services
9:30 am in the Sanctuary
October 7, 14, 21, 28

Sunday Morning Service
9:00 am in the Sanctuary
October 8, 15, 22, 29

Ritually Speaking—Share A Simcha

The Ritual Committee will honor members celebrating a birthday, anniversary or other simchas once a month at a Shabbat service. Mazel Tov to the following congregants who will be celebrating their simchas during the month of October.

Birthdays

Mark Chassen	Oct. 2
Herb Goldenberg	Oct. 2
Andy Mendlowitz	Oct. 2
Mike Aroyo	Oct. 3
Phil Rabinowitz	Oct. 11
Stuart Rizick	Oct. 18
Meryl Polovsky	Oct. 21
Rochelle Boshak	Oct. 24
Marilyn Gilbarg	Oct. 24
Mark Atzbi	Oct. 31

Barbara Schneider	Oct. 31
Robert Szegeti	Oct. 31

Anniversaries

Peter & Meryl Polovsky	Oct. 8
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Lashanah Tovah Tikatevu

We pray that you and your families are renewed and strengthened with good health during these challenging times. May the new year of 5784 bring you health, peace, and much happiness.

Eileen and Sidney Birnbaum
Melinda Widom





We hope everyone had a good summer and wish everyone a sweet, happy and healthy New Year. Our first membership meeting of the year was held as a Bingo event and all who attended had a really good time.

Sisterhood and Men's Club have scheduled an Author/Book Event for Sunday, October 22nd and even though the date has passed to order the book at the discounted price, Sisterhood purchased some extras so please let Harriet Rabinowitz know if you would like to purchase one.

Preparations for Paid Up to be held on Wednesday November 1st are underway and will be a great event for Sisterhood members to attend.

Another very exciting joint program coming up will be a Zoom program on March 17th at 10:15 and the speaker is Avi Merav originally from Israel who is a retired New York /Cardiothoracic surgeon who served as a doctor in the during the six day war and again in 1973 during the Yom Kippur War. I saw him speak in Florida and asked if he would be willing to share the same stories via zoom with my NJ temple. His story is riveting, and he kept such amazing records of his experiences with pictures and everything. I truly hope you will all make the effort to join us.

As always we welcome input from our membership of any ideas that you would like to see from our Sisterhood. Please feel free to contact anyone of the Presidium which is Monica Atzbi, Cheryl Cadel, Barbara Schneider and Liz Aroyo.

Shalom,

Liz Aroyo, Presidium Member

SISTERHOOD NEWS

SCRIP IS BACK IN THE OFFICE

Scrip (grocery store certificates) will again be available for pick up from the Synagogue office. For further information, see the Fund-Raising flyer in this Newsletter.

SAVE THE DATE

SAVE THE DATE: Sisterhood and Men's Club have scheduled an Author/Book Event for **Sunday, October 22, 2023**. Please see the flyer in this Newsletter.



MEET OUR SISTERHOOD MEMBERS

GETTING TO KNOW MORE ABOUT...

Helene Grynberg

Helene Grynberg, nee Barry, was born on the lower-east-side of Manhattan and lived there till she moved to Rego Park, Queens, when she was eight years old. Even at that age, she was an adventurer, spending eight weeks of the summer in sleep-away camp in the Catskills. She loved sleep-away camp and all of the sports and trips it encompassed, continuing to do so in both the Catskills and New Jersey, until she was 15.

By the age of 16, having graduated from Forest Hills High School in Forest Hills, Queens, she began a new adventure—studying abroad—spending her first time in a foreign country in Mexico, attending the Universidad Autonoma de Mexico in Mexico City. Besides experiencing life abroad, she got to experience her first earthquake, something that would be repeated again in 1991 while visiting southern California. Hopefully, having survived two major earthquakes, her earthquake quota has been fulfilled.

While studying Spanish at Queens College in Flushing, NY, she spent a year abroad (1965-1966) in Barcelona, Spain. While on Easter/Pesach break, she was able to take the opportunity to visit her best friend, who was studying abroad in Israel. It was an extraordinary trip for two 19-year-olds, being able to hitchhike throughout the country and seeing what Israel was like before the Six-Day war. Her Spanish came in handy as she was able to communicate with the Sephardic Jews she met, while her best friend was able to take up the Yiddish/Hebrew slack.

Before continuing on to graduate studies at the University of Wisconsin, she spent the summer of 1967 at the University of Lisbon, Portugal, studying Portuguese. As part of her Ibero-American Area Studies major at Wisconsin that year, she was able to be part of an interdisciplinary study in Brazil at the University of Pernambuco, Recife, and travel throughout the Northeast of Brazil.

(continued on following page)

Getting to Know More About Helene Grynberg *(continued)*

She met Daniel in July of 1969, again in the Catskills, at the Raleigh Hotel, and they were married in June of 1970. Amy was born in 1971 while they were living in Brooklyn.

Since Helene was no longer able to travel as extensively with a growing family (Michael was born in 1974), she decided to bring the world to her family by sponsoring foreign high school students over the summers. Students staying with them came from Italy, Spain, and Japan, but she missed working and began to work for EF Interstudy, becoming the Director of the NJ program and sponsoring students from the above countries as well as Scandinavia, Germany, and France. She is still in touch with several of these students, some of whom are beginning to retire from the workforce!

After going back to work in 1984 at the American Studies Department of Rutgers University, she continued seeking out new experiences, namely becoming an Israeli Folk Dance performer and teacher, hosting an award-winning cable TV show, The Arts from 1991-1998, and spending a summer at Ulpan Akiva in Netanya, Israel, learning Hebrew.

She became interested in nutrition during the early 1990s and, through her company, Sunrider International, she continued traveling the world including China, the Baltic States, the Mediterranean, and the Caribbean.

Her community service includes over 25 years in animal rescue and fostering with Animal Rescue Force and Scarlet Paws Animal Welfare Network; being a member of the Old Bridge First Aid Squad (Red and White) Auxiliary; being on the Board of Directors of the Old Bridge Regional Hospital Auxiliary; serving as a volunteer in the Israeli Army (Sar-El) in Kiryat Shmona; receiving both a National Leadership and Myrtle Wreath award from Hadassah; and, of course, her work on both the Beth Ohr Temple and Sisterhood Boards.

In January 2020, she welcomed the first of her two grandsons, the second of whom was born July of 2022. Becoming a grandparent has been an exhilarating as well as an exhaustive experience; one which was much longed for and much cherished. Her life now revolves around activities with her grandchildren, who fortunately, live nearby.

*If you are interested in participating in the **Meet Our Sisterhood Members** column, please contact Harriet Rabinowitz at harriet.rabinowi@gmail.com*

Sisterhood Board Meeting Notice:

*There will be a Sisterhood Board Meeting on
Wednesday, October 18, 2023, at 7:30 pm in
the Synagogue.*

SISTERHOOD OF CONGREGATION BETH OHR
ANNUAL DUES STATEMENT
2023 - 2024

TEMPLE MEMBERS \$36

NON-TEMPLE MEMBERS \$45

DONOR CREDIT OF \$5 WILL BE AWARDED TO MEMBERS WHO PAY
THEIR DUES ON OR BEFORE WEDNESDAY, NOVEMBER 1, 2023.

MEMBERS WHO HAVE NOT REJOINED SISTERHOOD BY DECEMBER 31,
2023 FORFEIT ALL PREVIOUSLY ACCUMULATED DONOR CREDIT.

PLEASE SEND YOUR CHECK TO:

ESTEE SPIEGEL
9 NORTH STREET
OLD BRIDGE, NJ 08857

PLEASE INCLUDE YOUR CURRENT ADDRESS AND YOUR E-MAIL AD-
DRESS. WE WOULD LIKE TO UPDATE OUR SISTERHOOD LIST. IF YOU
HAVE A WINTER ADDRESS, PLEASE INCLUDE THAT AS WELL.

SISTERHOOD ON-GOING FUND RAISERS

GOLD CARDS – PAULA YOURMAN

I will be happy to be your Hallmark lady. You can always send your personal cards through Sisterhood by emailing me with the information @ bubbe513@gmail.com or call me at 609-409-0346.

We have cards for speedy recovery, good wishes and remembrance. Each card is \$1.50, which includes the stamp. Some of you believe that cards can only be sent to Temple members, but I will send cards to anyone.

Also, when responding to messages that I send out, I would appreciate it very much if you would respond to me and not to ALL.

If you want a message to go out, please let me know, as I will not send anything out that comes to me second-hand; it needs to come directly from you.

ADDITIONAL DONATIONS

Donations in memory of, or to honor someone, can be made to Sisterhood, Congregation Beth Ohr. You can also donate a Holiday Prayer Book in memory of, or to honor someone, for \$36.00. Your check should be made out to Sisterhood, Congregation Beth Ohr. Please send your donation to: Meryl Finkelstein, 234 Community Circle, Old Bridge, NJ 08857. If you have any questions, please email Meryl at merylrob@aol.com or call her at 732-679-8701.

SISTERHOOD BRICKS

Bricks are available for \$6.00 each to commemorate a death, birth, in honor of, or good wishes. Call Ronnie Mendlowitz at 732-254-1135 or email her at emrmcats@aol.com.

SISTERHOOD SCRIP

Sisterhood sells **Shoprite**, **Stop 'n' Shop**, and **Acme** Supermarket Gift Cards. This ongoing fundraiser helps support various activities of our Congregation. Sisterhood members receive donor credit equal to 5% of their scrip purchase. To purchase Scrip, please contact one of the following people:

Monica Atzbi - 732-390-5890
Sharen Silverman - 732-266-2389
Marcia Trechak - 609-655-9507

Scrip is again available through the Synagogue Office. Please call Christine at 732-257-1523 with your order or email her at congregationbethohr@gmail.com on Wednesday. At this time, you will be able to pick up your Scrip on Thursdays.



**Joint Event: Beth Ohr Sisterhood & Men's Club
Author Michelle Cameron's New Book Program**

Sunday, Oct 22, 2023

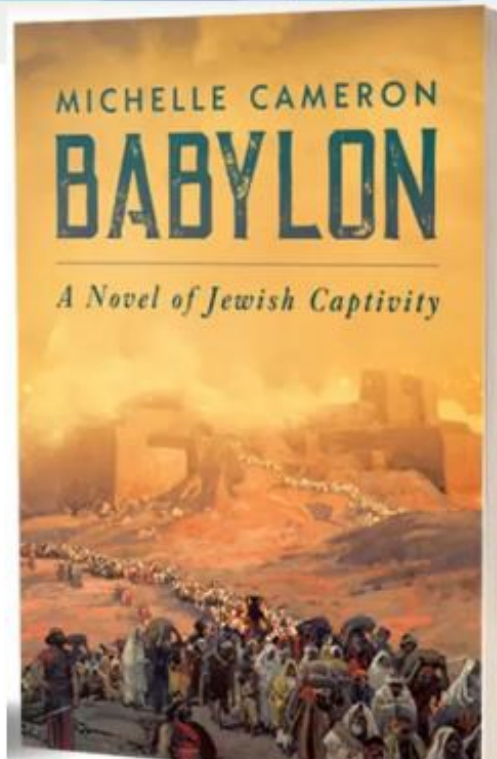
Breakfast at 10AM, Program at 10:30AM

**In-person at Congregation Beth Ohr,
All Welcome!**

The epic saga of a Judean family exiled to Babylon, set against the deadly ambition of Nebuchadnezzar's royal court and the struggle of Biblical prophets and scribes to keep the Hebrew faith alive.

**A Few Books Still Available
For \$15**

*Sponsored by
The Stephen Edwards
Memorial Fund*



**Book Check for \$15 payable to:
Sisterhood Beth Ohr
Mail to Attn: Harriet Rabinowitz
15 Twain Ave.
Old Bridge, NJ 08857
(Include phone # on check so
we can call you to pick up when
it arrives)**

"To read Babylon is to be completely transported to another time and place. Cameron's impeccably researched novel is a lush and evocative page-turner." – Rebecca Kanner, author of Sinners and the Sea and Esther

Men's Club News

Minyan every Sunday. All are Welcome.

Men's Club Calendar 2023/2024



The Sunday Minyans are in the Synagogue building. We also will have Bagels and a schmear, coffee and more. **Join in with us in the Shul.** Services start at 9:00 and end around 9:45 and then the bagels, and camaraderie.

All programs will be in building, Some will also be on ZOOM where indicated.

Coming attractions

Programs subject to change.

Weekly: **One Minute Dvar Torah** emailed every Thursday.

Oct 22: Sisterhood / Men's Club Joint program. This will be in Temple on Video and on Zoom. Program sponsored by Stephen Edwards Memorial Fund. Speaker is Michelle Cameron author of *Babylon / A Novel of Jewish Captivity*.

Oct 29: Gala Celebration at Noon honoring **Men's Club** and Senator Sam Thompson, Ph.D. Plan on Attending

Nov 12: Rabbi Benjamin Levy Scholar in residence program in Synagogue

Dec 3: Men's Club Sydney Lustgarten Mensch Award

Jan 7, 2024: Men's Club New Year Pancake Breakfast

Feb 11: Men's Club Ed Mendlowitz 44th Annual Financial Program: 10 Investment lies and what you should really do. FJMC World

Wide Wrap with Rabbi Mishkin

Mar 10 Joint program co-sponsored by Beth Ohr Men's Club at Marlboro Jewish Center at 10:00. Speaker is long time sports media personality and author Ed Randall. Details to be announced in a future newsletter.

Mar 17: Sisterhood / Men's Club Joint program. Program sponsored by Herman and Frieda Lipp Memorial Fund in memory of Barbara Lipp. In Temple on Big Screen TV and Zoom for others. Speaker is Dr. Avraham Merav author of *The Making of a Heart Surgeon* and who served in the 1967 and 1973 wars in Israel.

Apr 21: Men's Club Favorite Passover Memories Program

Apr 22: Siyum for First Born

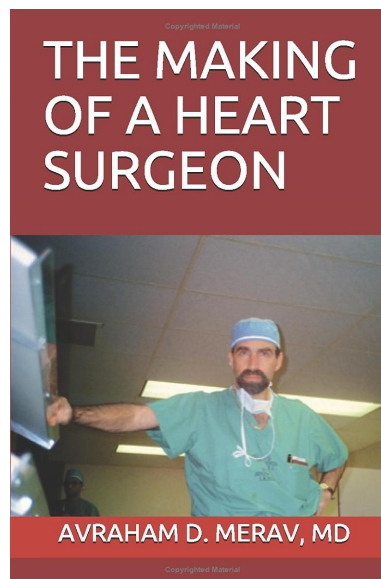
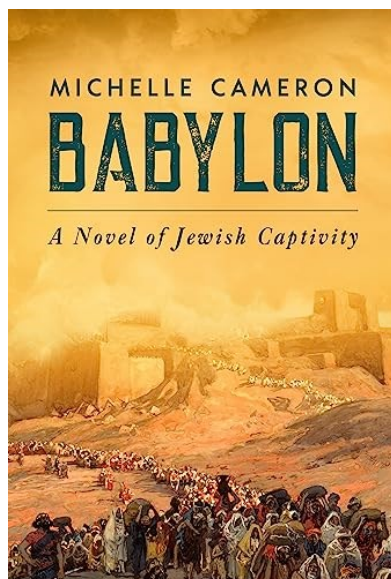
May 30: Men's Club BBQ and Election

Jun 9: Men's Club Installation

Jun 30: Men's Club Red White and Blue Pancake Breakfast

One Minute Dvar Torah
דקה אחת דבר תורה

Following are covers of books by speakers at Joint programs on October 22 and March 17, 2023
& Kitchen Crew Herb Goldenberg, Mel Brandl and Harvey Cohen.



Men's Club Photo Gallery



Photo descriptions

Top: David Honig and Harvey Cohen at breakfast. Florida contingent David Honig, Paula Yourman and Herb Goldenberg with Eva Yourman after a Minyan.

Middle: Andy Mendlowitz, Phil Rabinowitz, Morty Kamenitz and Mel Brandl changing the Ark curtains for the High Holidays. Harriet Rabinowitz helping Chuck Rogol roll Torah to the right place for Rosh Hashanah. David Honig with Chuck and Mel removing the Siddurs from the sanctuary.

Bottom: Mel, Andy, Harriet, Eva & Chuck removing siddurs. The first part of the Sukkah put up in the rain.

Beth Ohr Photo Gallery

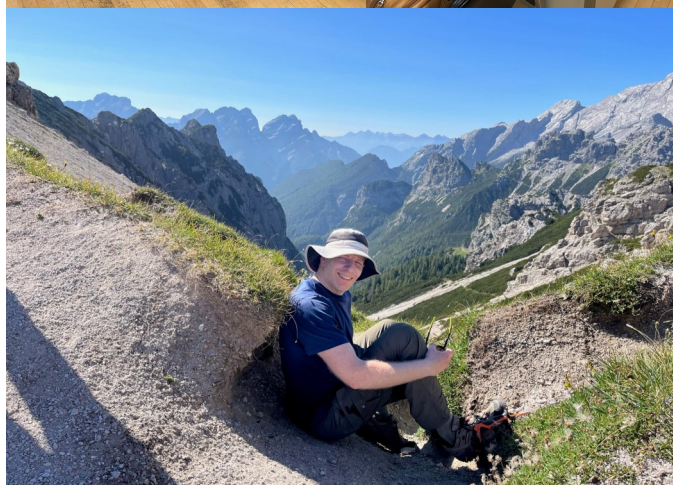


Photo descriptions

Top: L'Shana Tova. Sign welcoming Cantor Zahava Fried at Beth Ohr.

Middle: Allen Skupp, financial secretary and Ken Deitz, treasurer, in Synagogue office. Eugene Bernstein's father's penny arcade.

Bottom: Martin Tyberg on a hiking trip in Northern Italy.

Boy Scouts Come to Beth Ohr

Eagle Scout candidate Blake Ellis' Eagle project was establishing a remembrance garden with two benches in memory of his grandmother Sandi Ellis who was Jewish. Helping him were other scouts from Troop 219. The ceremony was held in the rain. Shown are some participants including Rabbi Mishkin dedicating the garden and cutting the ribbon, the plaque, Blake with Phil Rabinowitz and with his parents Toni Ann and Scott Ellis, one of the benches, and the front of our building. A few weeks earlier the scouts that helped Blake are shown enjoying a Men's Club bagel breakfast. A proud accomplishment by Blake and his fellow scouts.



CONGREGATION
BETH OHR

P. O. Box 206
Old Bridge, NJ 08857

Phone: 732-257-1523
Email:
congregationbethohr@
gmail.com

OldBridgeBethOhr.org



“Dogfight” A Musical with a live orchestra. A moving musical of cruelty, courage, and hope. Three buddies decide to spend their last night before deployment in a “dogfight”: who can find the ugliest girl in town and bring her to a party where she will be judged? Eddie finds an award waitress who has never been on a date. She is determined to not let it define her as an ugly and pathetic girl, and her optimism has a profound effect on Eddie’s worldview. **October 7 and 14 at 8 PM, and October 8 and 15 at 3 PM.**



“A Christmas Carol, The Musical” – The classic Dickens tale of the stingy Scrooge’s visit from 3 spirits that come on Christmas Eve to reform him. **December 2 and 9 at 8 PM, December 3 and 10 at 3 PM**

Tickets can be purchased at www.mstcob.org. Be sure to use the Congregation Beth Ohr discount code, CBO25, when ordering and receive 25% off!