

Painting Can Be Fun...At Any Age!

Sheila Nashofer

Ever since I heard of the newly-formed Sisterhood, I was anxious to learn more. Unfortunately, due to my hectic schedule, each wonderful activity they planned conflicted with a previous engagement.

Now that the summer arrived, however, there was no excuse for my not joining their ceramic painting night for ladies - especially when I found out how many of my friends were planning on attending! Well, no excuse except the fact that I have no artistic talents to speak of and maybe my "creation" would be the laughing stock of Elizabeth....

I conquered my fears and joined the Sisterhood at *Barbara's Ceramically Yours*, conveniently located in Kenilworth, and what a blast we had (to get an idea, take a look at the pictures on the opposite page, which come courtesy of Goldie Kornecki)! Approximately 25 ladies spanning the different generations in our community chose from a myriad of different art projects. You could design plates, mugs, mail holders, paper weights, candy dishes, pitchers and more...the choices seemed limitless, as did the paint colors and creative options.

As an added bonus, between each coat of paint there was time to schmooze and nosh from the delicacies provided by *One Stop Kosher*.

In what seemed like minutes, but in reality was several hours, the table was now filled with finished pieces of art, each representing the individuality of its creator - each beautiful in its own right - each a keepsake to remember of a truly fun and memorable ladies' night out (surprisingly, even my "creation" was quite respectable looking)!

The morale of this story is clear: the next time that you (or I) receive a flyer noting an upcoming Sisterhood event, try hard not to find an excuse...there's a great opportunity to socialize and truly enjoy Elizabeth community life. Don't miss out!



B'TEAVON!

Sheila E. Nashofer

Editor's Note: Some of the most delectable recipes that our family enjoys comes from my alma mater Yeshiva's cookbook "Tastefully Yours," edited by my mother a'm'ves'sh'. In sharing two of my favorites with you, I hope you will choose to sample some of the culinary treats we long remember and associate with this time of year. They are not difficult, and the results are well worth the effort. B'teavon!

SWEET AND SOUR MEATBALLS

Helen Margolin

2 lbs. ground beef
2/3 cup matzoh meal
½ cup water
2 eggs, slightly beaten
½ cup minced onion
1 tsp. salt
¼ tsp. pepper

Sauce ingredients:

1 large onion, diced
¾ cup lemon juice
¾ cup sugar
2 small cans tomato sauce
½ cup water

1. Mix ground beef with matzoh meal, water, slightly beaten eggs, minced onion, salt and pepper; shape mixture into small meatballs.
2. In a medium size pot, combine diced onion with lemon juice, sugar, tomato sauce and water.
3. Simmer until well blended and heated through.
4. Add prepared meatballs to sauce.
5. Cook for one hour.

Note: This recipe freezes well, too!

Who's Who and Who's New - continuing

a closer look at the people in our neighborhood

Jodie Lochak

As we approach the *Yomim Nora'im*, a time filled with much emotion and consideration, we look back on the year that has passed and anticipate what's *IY"H* in store for us in the new year. Our close-knit, beautiful community is filled with an abundance of *chessed* and caring, with people and organizations one may rely upon in both good times and hard times. I'd like to be so bold as to suggest that one way to make this coming year significant and spiritually fulfilling is for each of us to try to contribute a little bit of our time to one of the many worthy *chessed* organizations, *yeshivot*, community *mikvah*, or even lend a hand more willingly to our friends and neighbors.

It gives me great joy to welcome three wonderful, new families to Elizabeth! They are truly terrific additions to our community. Let's hope that we continue to see our neighborhood grow and flourish.

Richard and Sharna Rosenzweig join us with their three lovely children. **Richard** is a litigation lawyer, while **Sharna** is a homemaker, substitute teacher at the J.E.C., and volunteers to help with the Senior Lunch and Learn program. **Sigal**, age 14, is a ninth grader at Bruriah High School; **Mishan**, age 10, is in the fifth grade at J.E.C.; and **Sarit**, age 6, is in the first grade at J.E.C.

Ari and Becky Romanoff (the married children of two longstanding families in our community, the Cheslows and the Romanoffs), along with their son, **Eitan**, enhance our neighborhood with their youthful vitality. **Ari** is an auditor for KPMG, and **Becky** is a life insurance agent. Two-year-old **Eitan** will be enjoying nursery at the YM-YWHA of Union County.

Josh and Jennifer Wise, and their two sweet boys originally hail from Staten Island (the old stomping grounds for the Rosenzweigs, too!). **Josh** is the Director of Student Life and College Guidance at the RTMA. "**Jen**" is a stay-at-home mom, whose days are filled with plenty of excitement, courtesy of **Avichai**, age 2, and **Yomi**, age 1. The Wises are the most recent addition to our Elizabeth family, and live in the home that belonged to the Gardners, who recently made *aliyah*.

I wish all the members of our community and their entire families a year of good health, *nachas*, prosperity, and all good blessings that come from *HaShem*. *K'tivah v'chatimah tova!*

ELMORA SHUL YOUTH ON THE MOVE

Elie Bodner, Youth Director

We have planned so many wonderful events that children and teens can look forward to in the months to follow, and we hope that we will see great participation. Here's a quick overview- please save these dates!

1. *Succah* Decorating: Sunday, September 23rd, 10:30 AM - 12:00 noon in our Shul's *succah*
2. *Chol Hamoed Sukkot*, Sunday, Sept. 30th: High School "Pizza in the Hut" - pizza and entertainment by a mentalist in the Shul's *succah*
3. *Chol Hamoed Sukkot*, Monday, October 1st: popular trip to Hershey Park. There will be a bus leaving at 8:00 AM and returning at 8:30 PM. Tickets are already available for just the Park or in combination with the bus trip.
4. *Chol Hamoed Sukkot*, Tuesday, October 2nd: exciting trip to Fun Plex, 12:30 PM - 4:15 PM, for grades 2nd through 8th. There will be a pizza lunch in the Shul's *succah* prior to the trip, and transportation will be provided.
5. *Simchat Torah*: various programs for Middle Schoolers and a luncheon for all High Schoolers.

**** AND MUCH MORE TO COME ****

Note to all Collegiates: When making your *Simchat Torah* plans, please consider staying home to help with the *ruach* in your community. Thank you!

Fundraising Update

David Hornung

There were several fundraising efforts during the past year, and I would like to utilize this column to keep our members posted of the results. I am pleased to advise that all 100 Hebrew (Jaffa) Artsroll editions of the *Chumash* that were purchased were since sold and have been dedicated by members of our Shul. The *Chumashim* are now on our shelves for members to enjoy.

We have ordered 50 Hebrew-English (Stone) Artsroll editions of the *Chumash*, and have sold more than one-half of them to date. The balance is still available for dedication at \$50/*Chumash*.

Thanks to the participation of our community, the Elmora Shul has sufficient complete sets of *machzorim* in good condition to satisfy our needs.

With the advent of new window treatments, many people have come forth to dedicate a window treatment in honor or in memory of a loved one. There remain more opportunities for such donations at \$500/window, and I encourage anyone who is interested to see me personally for details.

It is a wonderful feeling to see the enthusiastic approach of our members to make donations as opportunities present themselves. I hope that this support will continue into the coming years, as new ideas develop to maintain and beautify our Shul.

Best wishes on behalf of Faigie and myself and our entire family for a *Ketivah Va'Chatimah Tova!*

CHERRY (or blueberry, or any other fruit filling!) CRUMB CAKE

Miriam Rosensweig

Note: This is a double recipe, which I tend to use. Use half of the dough for one pie and freeze remainder of dough for a quick pie when you need it.

3 cups flour
2 tsps. baking powder
1½ cups sugar
2 whole eggs
½ lb. margarine or less than one cup of oil
1 tsp. vanilla

Filling: fresh or fruit-pie filling

1. Heat oven to 350 degrees.
2. Place all ingredients in one bowl and mix lightly by hand.
3. Use half of dough and freeze remaining half (if you choose).
4. Take ¾ of dough and press on bottom and sides of greased large round 9" pan.
5. Put any fruit filling on top.
6. Sprinkle remainder ¼ of dough on top to give crumbed effect.
7. Sprinkle cinnamon on top of crumbs, if desired.
8. Bake 40-50 minutes, until golden brown on top.

This cake can also be made with fresh apples and cinnamon for a great apple cake.

MAZEL TOV, MAZEL TOV!!

Karen & Rabbi Hillel Abraham on the birth of a daughter
Helen & Albert Beim on David's receiving a Doctor of Chiropractic degree
Leslee & David Brown on Batya Ben Baruch's marriage
Rabbi & Mrs. Yaakov Dombroff on Eliyahu's marriage to Rochie Schwimmer
Herta Erreich on the birth of a great-granddaughter
Sally & Joel Flamholz on David's marriage to Malka Javasky
Edith & Osias Garfunkel on the birth of a great-grandson
Annette & Dr. Jacob Gielchinsky on Aryeh's marriage to Hadassah Carr
Hadassah & Bill Goldfischer on their granddaughter's marriage and
on the birth of a great-granddaughter
Rabbi & Mrs. Yitzchok Goldstone on their grandson's engagement
Yanina & Dr. Gordon Haas on the birth of a grandson
Elisha Hagler & his parents, Efrona & Rabbi Chaim Hagler, on his bar mitzva
Alice & Bernie Hall on Yael's engagement to Gabi Stiewak
Miryam & Aharon Heller on the birth of a son; and
to the grandparents, Aidel & Baruch Heller
Baruch Herman & his parents, Rivky & Rabbi Avrohom Herman, on his bar mitzva
Faige & David Hornung on Suchie's marriage to Rochelle Rosenberg
Tzippy Kaminer on Ariella's marriage to Naftali Levenbrown
Sarah & Steve Karp on Yaffa's marriage to Dave Hoffman
Rachael & Michael Katz on Shlomo's marriage to Chavi Fisher; and
to the grandparents, Fanny Katz and Barbara & Dr. Bernard Lichstein
Rabbi Yossi Kenigsberg on receiving a Master's degree in Mental Health Counseling
Clara & Sol Kramer on Eli's marriage to Randi Mancuso
Renée & Dr. Geddy Krul on the birth of a grandson
Annette & Lenny Lauer on their grandson's bar mitzva and
on their granddaughter's marriage
Diane & Usher Lejtman on the birth of a grandson
Barbara & Dr. Bernard Lichstein on the birth of one grandson and
on the bar mitzva of another grandson
Goldie & Shmuel Mandel on Fagie's engagement to Yehuda Greenberg
Amalia & Yitzchok Montal on the birth of a grandson
Gavriel Rakovsky & his parents, Charlotte & Shalom Rakovsky, on his bar mitzva
Pearl & Marc Ricklis on Yehoshua's engagement to Brittany Voystock
Mavis & Dr. Neil Rosenstein on the birth of a grandson
Sarah & Lenny Sausen on the birth of a granddaughter
Sylvia & Dr. Ellie Schneider on the birth of two grandsons and a great-grandson
Beverly Schnipper on the birth of a granddaughter
Elisheva & Rav Elazar Teitz on the birth of a granddaughter
Roberta & Ziggy Wahrman on the birth of a granddaughter
Rivka Weiner and Dr. Saul Weiner on Shulamit's receiving a doctorate in psychology and
on Yoni's marriage to Leora Deutscher
Helene & Yossi Wenger on the birth of a granddaughter
Beverly Winter on her grandson's engagement and
on granddaughter Batya Ben Baruch's marriage
Judy & Shlomoh Wohlgemuth on their grandson's bar mitzva

Senior Committee Kicks off New Year Early

Amy Bassan, Coordinator

Usually the Lunch and Learn program for the seniors is held on the first Wednesday of each month throughout the school year. This year, the timing of our September Lunch and Learn became very tricky. The first Wednesday in September was also the first day of school, making it impossible to schedule a Lunch and Learn program. The second Wednesday in September falls on *erev Rosh Hashana* this year, not a very practical day to have a program. Rather than postpone it any further or cancel it altogether, Rabbi Herman suggested that we have our September Lunch and Learn on the last Wednesday in August.

Planning the Lunch and Learn for August created logistical problems. Usually Leslee Brown's school lunch staff takes care of the food, but since we were scheduling a program in August, the staff wasn't available. Pinchas of One Stop Kosher came to our rescue. Not only did he cater a beautiful lunch, but also he did it below cost so that we could charge our usual \$4.00 fee. Pinchas told our committee that since the seniors learn Torah during the lunch, he was happy to be part of the mitzvah and was willing to meet our price.

The next logistical problem was that our regular Lunch and Learn volunteers are mothers who are able to come because their children are in school or camp. This program was scheduled the last week in August when neither school nor camp was in session. Sharna Rosenzweig solved this problem by bringing her first grader, Sarit, along. Sarit set the tables beautifully under her mom's directions.

The program itself was a huge success, with over 30 seniors in attendance. Everyone enjoyed the delicious lunch, the chance to catch up with friends, and the opportunity to listen to Rabbi Herman's *d'var Torah*.

Many thanks to everyone who worked so hard on the program. Beverly Winter not only took reservations, but also called many of the regulars who didn't have a chance to RSVP. Charlotte Zimmerman collected money at the door. Thanks also to Sonya Oshman for sponsoring our program with a donation.

Our next program will be held on October 2nd, Tuesday morning, *Chol Hamoed Sukkos*. The *Sukkos* program and those that follow will surely mean another successful year for our committee.

Think Before You Speak: An Introduction

It is our goal, in reprinting this article (edited version), to raise our own awareness of situations in which we want to "think twice" before we speak (or judge). We hope that our readers find it equally "chizuk oriented" as we prepare for the Yomim Noraim season.*

The *Chafetz Chaim* lists 31 *mitzvot* which may be violated when a person speaks or listens to *Lashon Hara* (abbreviated henceforth as L"H). This is a staggering number. Even though one does not generally violate them all in one shot, it is important to remember how carelessness can lead one into deeper trouble.

The central prohibition against unethical speech is from *Sefer Vayikra* 19:16 - "*Lo telech rachil b'amecha*" -- do not go about as a talebearer among your people. (To see the complete list of prohibitions and their sources, please see the *Sefer Chafetz Chaim* or its English adaptation, *Guard Your Tongue*, by Rabbi Z. Pliskin.) The verse cited in *Vayikra* applies equally to *Rechilus* and L"H. The *Chafetz Chaim* gives their exact definitions:

- **L"H** - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication.
- **Rechilus** - any communication that generates animosity between people.

Rechilus is often the repeating of *Lashon Hara*. For example, Reuven tells Shimon that Levi is ugly (Reuven spoke L"H), and then Shimon tells Levi what Reuven said about him. Shimon probably made Levi angry with Reuven, which is *Rechilus*.

Although *Rechilus* seems more obviously derived from the verse, both as a cognate (*rachil/rechilus*) and a concept (talebearer), the Torah is prohibiting any type of harmful or negative speech in this commandment.

Only one type of L"H (lit. "evil speech") reflects lies. Speaking lies (slander) is called "*motzi shem ra*" - literally spreading a bad name. It's pretty easy to imagine how lies, and even exaggeration, can unfairly damage someone's reputation. There are two commandments that explicitly prohibit lying:

1. *Lo tisa shema shav* - you shall not utter a false report. (Ex. 23:1)
2. *Midavar sheker tirchak* - from a false matter you shall distance yourself. (Ex. 23:7)

One of the most fundamental commandments related to the subject of L"H is Leviticus 19:15 - "*B'tzedek tishpot amitecha*," in righteousness shall you judge your kinsman. This verse commands us to give the benefit of the doubt.

Very often there are situations in which several "stories" are possible. In the case of a G-d fearing person, we are expected to judge favorably, even to believe that there may have been facts of which we were not aware. Often gossip reflects a denial of the possibility of mitigating circumstances, which can shed light on the person's intentions or other background information.

*) from the two-page introduction to the Project Genesis Halashon class, <http://torah.org/learning/halashon/>.
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WELCOME!

Ettie & Dovid Schoenfeld
Jennifer & Josh Wise

CONDOLENCES

Rabbi Moshe Berger on the passing of his sister, Rivka Bela
Gabi Davis on the passing of her husband, Milton
Pessy Lalouch on the passing of her mother, Irene Rubin
Ina Prager on the passing of her husband, Herb
Harry Schlakman on the passing of his brother, Reuven
Adam Sternglass on the passing of his father
Rabbi Nathan Zemel on the passing of his sister, Hannah Pincus
Charlotte Zimmerman on the passing of her husband, Joel

HOT OFF THE PRESS

In an effort to keep our members well-informed, we have instituted this column with the most updated information available on a myriad of topics.

News Flash* Both the men's and the women's bathrooms have been beautifully renovated. A tremendous *y'yasheir kochacha* to Sol Kramer for dedicating himself to this project, personally arranging for the work to be done, and personally overseeing that work to its successful completion. Many thanks to Steve Ostrove and the members of the House Committee as well as to JEC Executive Director Steve Karp for their ongoing efforts to maintain and modernize our Shul's physical "plant."

News Flash* Our Programming Committee has been hard at work (beginning many months ago!) planning year-5768 events. Planned events through Teves include, *i'y'H*, a sumptuous Kiddush both on the evening of Simchas haTorah and on the following day of Simchas haTorah; a Shabbos luncheon soon thereafter; a Friday-night dinner in November; and the Shul's 60th Anniversary Dinner on December 15th, honoring Vivi and Dr. Steven Singfer (see next paragraph). Stay tuned for updates via our various channels, including but not limited to the weekly JEC bulletin, announcements in Shul, the Shul e-mail list, and the Shul Website calendar (<http://elmora.thejec.org/calendar/>).

News Flash* In a few short months, *i'y'H*, our Shul will have the great distinction of honoring an outstanding couple, Vivi and Dr. Steven Singfer. To say the least, the Singfers are a unique partnership dedicated to family and Yiddishkeit. We owe the Singfers a tremendous *hakaras hatov* for their dedication to our Jewish community. Please mark 15 December 2007 on your social calendar -- we look forward to seeing you!



T'HILLIM (from <http://tehillim.thejec.org/>), listing members of our community (or of their immediate family), praying that they experience a *r'fuah sh'leimah*

Women:

Alta Chana bas Breindl
Sarah bas Sarah
Techiya Ella Tal bat Shoshana Raisha Raizel
Chana Rachel bas Raizel
Raizel bas Sarah
Rachel Leah bas Miriam
Rachel Chaya bas Miriam
Ester bas Aliza
Leah Pereleh bas Chana Bracha
Zeisel bas Baila
Rachel bas Esther Zeld
Elana Esther bas Sara
Davieda Michal bas Sarah
Naytah bas Rachel Leah
Masha Chaya bas Miriam
Musha Miriam bas Bayla
Esther Fruma bas Chaya Zissel
Alta Bryndel bas Chaya Leah
Masha bas Michal Meira (11 yr old)
Sarah bas Tirza
Chaya Sarah bas Fanny Luna
Beracha Batsheva bas Rachel Dabra

Men:

Chaim Nachum ben Aliza
Moshe HaCohen ben Idle Cherna
Yitzchak ben Baila
David ben Ester
Yosaif Nassan ben Basha
Issur Avraham ben Golda
Chayim Fischel ben Sarah Leah
Rafael Zeev ben Miriam
Moshe ben Minya
Yechiam ben Rachel
Menachaim Mendel ben Batsheva Rachel
Amis Yehuda ben Malka
Dov Chanan ben Perel
Yitzchok ben Golda
Yechezkel ben Esther
Yehoshua ben Sara
Aryeh Beryl ben Elisheva Leah
Mordechai ben Orach Yehudis
Shlomo ben Yehudis
Dovid Gavriel ben Shaina Masha
Dovid Be-er ben Ima Chava
Moshe Yehudah Hacohain ben Sheva Rachel
Aharon Yaakov Hacohain ben Faige Sheva
Dov Channan ben Perel
Yehoshua ben Sarah
Eliyahu ben Miriam
Aryeh ben Pee-u-tah (until 15 Oct 2007)

If you have the name of a community member or their close relative (or a person who otherwise would not have *Tehillim* said for them), please contact Sheila Nashofer at (908) 352-7209 or Sara Wilansky at (908) 353-6435 and the name will be placed on the *Tehillim* automated system, on the JEC Website, and (as appropriate) elsewhere.

FROM THE EDITOR'S DESK

Sheila E. Nashofer

Welcome back to a new year of *HaMagid*, the Elmora Shul's in-house newsletter aimed at communicating news and events to you.

Baruch HaShem, it has been a relaxing and enjoyable summer hiatus, but now it's back to another exciting year of programming and community activities for each member of your family to enjoy. The Board has been working during the summer months to help plan and ensure a quality experience for each of our members for the coming year. We hope, in turn, that you will make the effort to participate in as many of the offerings as possible and share your thoughts and suggestions for future events with us.

HaMagid belongs to each and every member of the community and we welcome article submissions and volunteerism on all levels. We are a very small group of contributors and more people would definitely help enhance what we can offer. This includes submissions by our children, who I am sure will have wonderful recollections of time spent under the guidance of our great Youth Director, Elie Bodner.

As a *Kehilla*, we would like to thank our esteemed Rabbi and Rebbetzin, Rabbi Avrohom and Rivky Herman, for all that they have done and contributed to our community in the past year. We are confident that under their guidance, we will continue to grow *mei'chayil el chayil*.

I also would like to extend my *hakarat hatov* to Michael Poppers for all he does to make *HaMagid* a reality each issue. There are volumes of *HaMagid*-related emails between us before each edition goes to press, and his input is immeasurable.

As the editor of this publication (and a member of the Board), I am keenly aware that there can be instances where people are slighted due to omissions or a variety of unintentional "slips." Especially at this time of year, I would like to ask *mechila* from the *HaMagid* readership for anything that I might have done to hurt or offend anyone. It certainly was not my intention to do so and I humbly apologize.

On behalf of the volunteers at *HaMagid*, please accept our warm wishes for a *K'tivah Va'Chatimah Tovah* - may all our *tefillot* for ourselves and *Klal Yisrael* be answered *l'tovah*.

All the very best,
Sheila

Gabbai's Corner

Ephraim Bassan, Main Shul Gabbai

The summer has now ended, so the 7PM and "bizman" Friday-evening *minyanim* have once again merged. It's good to see the larger crowd in the Main Shul as we usher in Shabbat -- it's a realization that when we are all together, our Shul is full and *malei ruach*.

As we approach 5768, we are particularly looking forward to another set of inspiring services for the *Yamim Noraim*. Meshulum Epstein, who provided us with a wonderful and meaningful *davening* as our *chazzan* last year, is returning. Hope to see everyone there.

I would like to take this opportunity to ask *mechila* from anyone I may have upset or otherwise disappointed this past year. *K'tiva Vachatima Tova!*

“IT’S A BIG DAY IN ELIZABETH!”

David Cheslow, Chairman of the Elmora Shul Board

I'm writing this column while sitting in our sailboat on a dock in Norwalk, CT. Mindle and I have been spending our summer vacation cruising on the Long Island Sound.

We've been away for two Shabbatot. The first we spent in Huntington, Long Island at the home of Dr. Bob and Enid Gross.



The Grosses are good friends and also Machatonim to our Machatonim. Their son Jonathan is married to the former Chai Romanoff, daughter of Syndi and David Romanoff. The second Shabbat we kept the boat on the dock in Norwalk and walked to Beth Israel Synagogue about 3 miles away. We were invited to lunch and to spend the day with Rabbi and Mrs. Yehoshua Hecht and their family.

[Mindle (r.) and Enid preparing for Shabbat in Huntington, Long Island]

Each Shabbat Mindle and I were treated like celebrities; it's not too often that Shabbat guests arrive by sailboat. Once the initial excitement wore off, however, we were asked where we lived. When we told our hosts or the members of their Shuls, then we really became celebrities. Elizabeth's reputation is well known and highly respected. Everyone wanted to know if it's true that Elizabeth is really this united Frum community.

All of us can be proud of our Kehila; each of us has a role to play, and each of us can be a celebrity by volunteering to help build its spirit and its growth.

Best wishes to all for a Ksiva Vachasima Tova and a wonderful New Year of peace, good health and prosperity.

Thanks for reading,

Dave

calendar for mid-September through mid-October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16 Tzom G'dalah	17	18 Elmora Shul Board meeting 8PM, JEC Board Room	19	20	21 Erev Yom Kippur 6:38p Candle lighting	22 Yom Kippur 7:40p Havdalah (45 min)
23	24	25	26 Erev Sukkos 6:29p Candle lighting	27 Sukkos I	28 Sukkos II Candle lighting	29 Sukkos III (Chol HaMoed D) 7:28p Havdalah (45 min)
30 Sukkos IV (Chol HaMoed D)	1 Sukkos V (Chol HaMoed III)	2 Sukkos VI (Chol HaMoed IV)	3 Sukkos VII (Hoshana Rabba) 6:18p Candle lighting	4 Simni Atzeret Elmora Kiddush and Hakafos @ night, JEC Levy Auditorium	5 Simchas Torah 6:14p Candle lighting Elmora Kiddush mid-morning, JEC Levy Auditorium	6 Parshas Beurishis 7:16p Havdalah (45 min)
7	8 Elmora Shul Board meeting 8PM, JEC Board Room	9	10	11	12 Rosh Chodesh Cheswan 6:40p Candle lighting	13 Parshas Noach Rosh Chodesh Cheswan 7:05p Havdalah (45 min) Community Luncheon [tentative] late morning, JEC Levy Auditorium



A Message from our Rabbi

R. Avrohom Herman

Before one begins the *Amidah*, also known as *Shemoneh Esrei*, the following verse from *Tehillim* is recited: "My master, open my lips, and my mouth will declare Your praise." Despite the paramount importance of juxtaposing the *bracha* of *Ga'al Yisroel* to the *Amidah* without any interruption, the rabbis recognized the need to add this supplication before we begin. What was their concern? What difficulty did they assume exists with the recitation of the *Amidah*?

Rabbi Volbe offers an explanation based upon a classic *mussar* principle. Although the distance between one's mind and heart is small, it nevertheless takes a great deal of time and effort to transform knowledge in one's mind into passion in one's heart. One can understand right from wrong and truth from falsehood, and simultaneously have an affinity for the wrong things. In this divergence between the intellect and heart, when the mind indicates one course and the heart another, it is usually the heart that wins. This explains why so many intelligent people engage in the most imprudent and self-destructive acts. Intellectually they may know it is wrong, but their passions overwhelm their better judgment.

This is certainly the case with our spiritual connection to *HaShem*. We all know and believe the truth of *HaShem's* attributes that is recited three times a day: "the Almighty, the Great, the Powerful, the Awesome, the supreme G-d, who bestows beneficial kindness and creates everything....He sustains the living with kindness, resuscitates the dead with abundant mercy, supports the fallen, heals the sick." Have we, however, imbibed this knowledge into our hearts? One who has fully developed these lofty feelings would be concentrating on every word of their *tefillos* knowing that they are in the presence of *HaShem*, and not allow themselves and others to be distracted by mundane conversations. They would be scrupulous in their observance of *mitzvos* and learning of Torah. This is an ideal that we all agree with but find difficult to achieve.

The *Amidah*, which is the focal point of our *tefillos*, demands as much concentration and feeling as possible. It is the heart that *HaShem* looks for, and not just the movement of our lips. This requires a great deal of effort. We all know from our own experiences how difficult this is. With the pressures of our daily lives and with everyday concerns preoccupying our thoughts, it is difficult to have the presence of mind needed to *daven* in the proper fashion. For this reason we need to beseech *HaShem* before we begin the *Amidah* to help us attain and maintain the proper feelings and devotion that are necessary for *tefillah*.

There is no more propitious time for *tefillah* than this time of year. This is when *HaShem* is closest to all of us and is prepared to answer our heartfelt requests. If we join in a collective effort in elevating our *davening* to greater heights, our *tefillos* will certainly be more readily accepted by *HaShem*. Let the coming year bring *yeshous ve'nechamos* for *Klal Yisroel* and, *iy"H*, the complete and final *geula* speedily in our days.

On behalf of Rivky and the family, I wish everyone a *K'siva V'chasima Tova*.

