



MA CHADASH!

What's New! The newsletter of Temple Shalom Synagogue Center, Auburn, Maine

מה חדש!

ק"ק היכל שלום

July 2023, Tammuz/Av 5783



Shabbat at the Lake

Saturday, July 1st

Service at 10:00 a.m., followed by a potluck lunch.

Address: 48 Waterview Drive, Auburn

(Phone if lost: 576-7927)

Directions - From Hotel Road take East Shore Road. Take the first right, which is Waterview Drive. White house with green trim.

Please bring along your Siddur and Chumash.



Kiddush Levana

Saturday, July 29th, at 7:00 pm

**At the home of Bonnie and Larry Faiman,
1 Shore Path Road, in Auburn.**

Dessert and scintillating conversation will be served.

The Kiddush Levana/Havdallah service will be accompanied by music, singing, and dancing.

(And, if we're lucky, the shrieking of Bonnie and Larry's Smoke alarm!)

Please RSVP, 786-4201 or temple6359@aol.com

FROM THE RABBI



Jewish prayer is filled with expressions of gratitude. As Rabbi Jonathan Sacks Ob”m beautifully put it:

Jewish prayer is an ongoing seminar in gratitude. The Dawn Blessings’ said at the start of morning prayers each day, form a litany of thanksgiving for life itself: for the human body, the physical world, land to stand on and eyes to see with. The first words we say each morning – Modeh Ani, “I thank you” – mean that we begin each day by giving thanks.

But what if we are not feeling particularly grateful? What if each new day brings new pains or worries or disappointments? What I am really asking is, are we

required to feel grateful all the time? Should we feel guilty if we are not feeling particularly grateful at any particular moment? Must we force ourselves to set aside our negative, pessimistic feelings and focus solely on the things in our lives that are good? Are we required--or allowed--to demand of others that they experience gratitude? As in, “How can you be feeling down when there is so much good in your life?”

As a Rabbi (and a parent, and a husband, and a friend...) I have learned to respect “kvetching.” Which is not always easy. Even the word “kvetch” seems to imply excessive or unjustified complaining. The word is almost always used judgmentally. It is the reason why our friend Michael Wex’s book “Born to Kvetch” became a New York Times bestseller. And also why the book is hilariously funny.

The truth is that almost all of us at some time in our lives have good reasons to complain or feel resentful--yes, to kvetch. Some of us, unfortunately, endure lives filled with unbearable sadness and challenge--sometimes just temporarily, but for some it goes on year after year. And in these situations, asking or expecting of ourselves or others that we set aside our resentments in order to feel gratitude can be insensitive, even cruel. Or, worse, alienating.

But still...Gratitude has been shown to have beneficial effects--even for those who feel that their lives have hit rock bottom. No matter what is going on in our lives, we can almost always--if we are so inclined--find things to be grateful for. According to a recent article in the New York Times entitled “*Gratitude Really is Good for You. Here’s What the Science Shows,*” giving, receiving, and even witnessing gratitude can improve well-being, especially during difficult times. The article includes the following personal account:

In 2022, Stacy Batten said, her “whole year was on fire.” Her husband died of cancer, and her father died after a long battle with Parkinson’s disease. Her mother was diagnosed with cancer. And she moved across the country from Seattle to Fairfield County, Conn., after selling the home that she had lived in for 26 years.

In her devastation, she noticed that she felt better when she looked for the good parts of each day. So she took a large Mason jar and turned it into a “gratitude jar,” which she now keeps on her night stand. Every night, she writes down a few things that she is grateful for on a scrap of paper and drops it inside. They are often as simple as “I met a new neighbor” or “I took a walk with the dog and my mom.”

“The grief is still there,” Batten, 56, said. “But writing those daily notes has helped.”

I don’t think our traditional prayers--filled as they are with expressions of gratitude--are intended to negate our legitimate feelings of sadness or resentment or kvetching. They are there simply to encourage us to focus on the good things in our lives. Kind of like a gratitude jar.

Rabbi Sruli

PRESIDENT'S MESSAGE



I promise this will be the last message about death. But I've been thinking.....

We've been preparing for death our whole lives, but we never get better at it. No matter if it's "time to go," it always feels premature. Being statistically ready for someone to die is very different than being emotionally prepared. The emptiness and loneliness is a sadness born of selfishness, however pure.

But we also express sadness on behalf of someone who can no longer express anything. We mourn the deceased's lost opportunities. The children he won't get to see grow up, the relationships she won't be able to repair, the projects he won't complete. It's a future that is denied.

But death is also a time to reminisce. We share memories and realize that everyone has their own. It's a very personal thing. We look at their life and hope that their example will help us make more of our own. This process helps us to appreciate how precious life is. I wish this was a lesson that death didn't have to teach us.

May you all live to 120.

Lesli Weiner
President

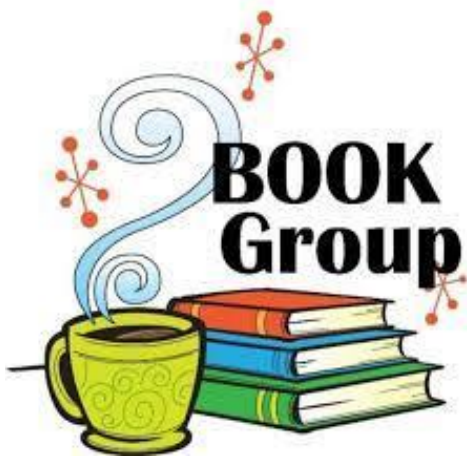
SPEEDY RECOVERY

We pray for refuah sh'leimah – the full and speedy recovery of **Valci Braga, Eli Brenner, Rachel Corvi, Lee Jay Feldman, Andrea Finn, Sara Graf, Robert Galumbeck, Isaak Gekhtin, Detlef Gerlach, Ariella Green, Sharon Hemond, Suzan Katzir, Michael Kendall, Linda Koskela, Henry Lefkowitz, Michelle Lemieux, Lee Leveille, Bruce Meyer, Alice Richman, Bob Scott, Sandy Traister, William White**, and all others who are not well at this time. *We like to hear good news! Whenever you request that a name be put on this list, please let Temple Shalom know when it can be removed.*



Rabbi Sruli is always happy to speak with and meet with members or our Temple. Please call or text his cell phone at 914-980-9509 if you would like to speak with him or to arrange a time for a meeting. You can also call or leave a message at the Temple office and Rabbi Sruli will get back to you.

!!BOOK GROUP NEWS!!



On June 16th, Helene Perry, Bertha Bodenheimer, Lindsey Walker, Estelle Rubenstein, Marsha Auster and I, Lesli Weiner, met to discuss Sarah Hurwitz's journey back to Judaism in *Here All Along*. Most of us have a rudimentary understanding of Judaism learned in our childhood, but it's not until we are adults that we are ready to take a deeper dive into the meaning of all the rituals and holidays and such. Not only are the subjects in each chapter described in an easily understandable manner, but she also lays out the ways that Jews differ in their practices. Questions aren't really answered, but asked. No judgments are

made. You may identify with something she says, or you may learn a new way of looking at things. This book is extremely well written. After all, Hurwitz was Michelle Obama's speech writer. We all got a lot out of this book, and feel that you will, too.

Signal Fires by Dani Shapiro is our next book. Here is Amazon's synopsis of this novel: **"NATIONAL BEST SELLER • From the beloved author of *Inheritance*: "a haunting, moving, and propulsive exploration of family secrets" (Meg Wolitzer, author of *The Interestings*)**

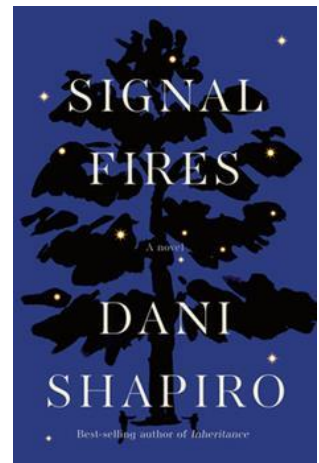
Two families. One night. A constellation of lives changed forever.

An ancient majestic oak stands beneath the stars on Division Street. And under the tree sits Ben Wilf, a retired doctor, and ten-year-old Waldo Shenkman, a brilliant, lonely boy who is pointing out his favorite constellations. Waldo doesn't realize it but he and Ben have met before. And they will again, and again. Across time and space, and shared destiny.

Division Street is full of secrets. An impulsive lie begets a secret—one which will forever haunt the Wilf family. And the Shenkmans, who move into the neighborhood many years later, bring secrets of their own. Spanning fifty kaleidoscopic years, on a street—and in a galaxy—where stars collapse and stories collide, these two families become bound in ways they never could have imagined.

Urgent and compassionate, *Signal Fires* is a magical story for our times, a literary tour de force by a masterful storyteller at the height of her powers. A luminous meditation on family, memory, and the healing power of interconnectedness.

MONDAY, JULY 10 is our next meeting on zoom at 4PM. Summer is a great time to lay back and read.....lesli



Ma Chadash/What's New is published monthly by Temple Shalom, Synagogue-Center. Temple Shalom is an independent congregation and a member of the Lewiston-Auburn Jewish Federation.

The mission of Temple Shalom, Synagogue-Center is to foster a strong Jewish identity and an active Jewish Community.

Rabbi Sruli Dresdner

Office Manager Julie Waite

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Shabbat at the Lake

Saturday, July 1st

Service at 10:00 a.m., followed by a potluck lunch.

Kabbalat Shabbat and Torah Service

Friday, July 21st, at 7 p.m.

Kiddush Levana

Saturday, July 29th, at 7:00 pm

HAPPY BIRTHDAY TO

Sharon Bodenheimer	July	2
Melissa Johnson		5
Olivia Casares		7
Jeffrey Brown		8
Bonnie Faiman		8
Jessica Isaacson		11
Paul Rausch		11
Marion Rausch		12
Phyllis Graber Jensen		14
Lisa Mayer		17
Asher Isaacson		18
Donald Isaacson		19
Sara Tedlow		20
Marianne Wise		22
Anita Miles		25
Richard Rau		27
Melissa Brown		28



Yahrzeiten

Philip Isaacson	July	1
Jessie Pributsky		1
Pearl Maloff		6
Elaine Cohen		9
Goldie Goldberg		9
John Calloway		10
Howard Kates		12
Sarah Shapiro		12
Esther Shain		15
Irving Goldberg		16
Ezra Lape Isaacson		21
Stanley Wilner		22
Jennifer Lee Levine		24
Randall Silver		24
Dorothy Krasner		26
George Laskoff		27
Charles Pributsky		29
Muriel Ross		29
Bernice Harris		31



HAPPY ANNIVERSARY TO

Jeffrey & Susan Brown	July	1
Behzad & Harriet Fakhery		7
Joe & Chrissy Zidle		8

CONTRIBUTIONS

GENERAL FUND

Cathy & Stan Tetenman
In memory of Bob Allen
In memory of Lynne Kaduson
Speedy recovery to Bob Scott
To Phyllis Graber Jensen in honor
of Cassie's marriage
Bertha Bodenheimer
Speedy recovery to Joy Zidle
Speedy recovery to Behzad Fakhery
In memory of Lynne Kaduson
Speedy recovery to Bob Scott
To Phyllis Graber Jensen in honor
of Cassie's marriage
Harriet & Behzad Fakhery
In memory of Sarah Feldman
Speedy recovery to Michael Shapiro
Bonnie & Larry Faiman
Speedy recovery to Joy Zidle
Speedy recovery to Behzad Fakhery
In memory of Lynne Kaduson
Speedy recovery to Bob Scott
In memory of L. William Bell
Mazel tov to Jonathan Greven for
being chosen Person of the Year
Timothy Perrin
In memory of Marianne Miller
Judith Berman
In appreciation of Rabbi Sruli for
including her in counting the Omer
Lewis & Joy Zidle
In appreciation to everyone who
helped Joy after her fall
Jack Weinstein
In memory of Neal Weiner
Phyllis Bell
In memory of Evelyn Levine
Jerryanne LaPerriere
In memory of Lynne Kaduson
Marcia Weston
In memory of Neal Weiner
Babs & Michael Shapiro
In memory of Sara Shapiro

ABROMSON FUND

Judy Abromson
In memory of Lynne Kaduson
Speedy recovery to Behzad Fakhery

LIBRARY FUND

Jenn & Jerry Cohen
In memory of Lillian Cohen

NUSSINOW EDUCATION ENRICHMENT FUND

Amy & Scott Nussinow
In memory of Jean Renard
In memory of Milton Krasner
In memory of Bernie Nussinow

RABBI'S DISCRETIONARY FUND

Manuel Plavin
In memory of A. H. Plavin
Mitch Ross
In memory of Cecile Kates

RANDALL SILVER LIBRARY FUND

Malca Wilner
In memory of Lynne Kaduson
Speedy recovery to Bob Scott

BELL MEMORIAL CHAPEL FUND

BODENHEIMER PASSOVER FUND

CEMETERY FUND

COHEN/LEVOY GARDEN FUND

ENDOWMENT FUND

EVE & GEORGE SHAPIRO MEMORIAL FUND

FAMILY HEBREW SCHOOL FUND

KITCHEN/BREAKFAST FUND

MARCUS MEMORIAL GARDEN FUND

MINYANAIRES FUND

MITZVAH FUND

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JULY, 2023

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traditional and musical

Kabbalat Shabbat and Torah Service

Friday, July 21st, at 7 p.m.

In the Chapel at Temple Shalom

The Service will be followed by an Oneg Shabbat.