

Congregation Agudas Achim - Ezrath Israel

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☆ SEPTEMBER – OCTOBER 2015 ☆ BULLETIN ☆ ELUL 5775 – TISHREI – CHESHVAN 5776 ☆

Rabbi's Message

Dear Friends,

In preparing for the Holidays, I found this interesting description of an optimist:

Optimists are seldom surprised by trouble.
Optimists look for partial solutions.
Optimists believe they have control over their future.
Optimists allow for regular renewal.
Optimists interrupt their negative trains of thought.
Optimists heighten their powers of appreciation.
Optimists use their imaginations to rehearse success.
Optimists are cheerful even when they can't be happy.
Optimists believe they have an almost unlimited capacity for stretching.
Optimists build lots of love into their lives.
Optimists like to swap good news.
Optimists accept what cannot be changed.
(Alan Loy McGinnes)

I invite you to do a personal inventory and see if you qualify as an optimist!

Whether you meet some or all of the criteria, the High Holidays are the perfect training to increase your optimism skills. It is amazing to me that this list of characteristics of optimists sounds like a description of many of the major themes of the High Holidays. To begin with, #4 is the key element: to break the routine of our ordinary lives to help us find new perspectives, to jar us out of the complacency of old patterns – some of which should be changed or discarded, other which need to be approached with a more attentive consciousness in order to experience a deeper aspect of life.

Some of the other themes resonate throughout the liturgy of the Days of Awe – others are intrinsic to our communal life: The idea that we have control over many aspects of our lives, that we should build love into our lives and that we must learn to accept that which cannot be changed...

Our prayers break up our negative patterns of thought with accounts of the wondrous redemptions of our past, and the charge to transform the world with our actions and our love of our fellow human beings. As we come together, we share our news, and when we greet each other this Rosh HaShana and Yom Kippur, friends old and new, family, and neighbors, newcomers and strangers, we reinforce the idea that we need to focus on the good things in our lives, the people who make life sweet and bring us joy, even though we know that sadness and loss are part of our lot.

Let us resolve in this New Year to sharpen our skills as optimists, and encourage others to do the same. Let us lift one another's spirits with our beautiful prayers and songs, festive meals and observances. And may we resolve to keep this optimistic spirit with us throughout the year!

L'Shana Tova Tikateyvu Ve-Taychateymu...

May you already be inscribed and sealed in the Book of Life for a Year of Blessing, Health, Good Cheer, Love, Good News, Appreciation, and Renewal!

Rabbi David Kudan

Bikkur Cholim/ Visiting the Sick

Please call the office or have someone call on your behalf if you are ill, or know of a congregant who is ill and would like a visit by Rabbi Kudan. The only way Rabbi Kudan will know if you are hospitalized or ill is if he is notified. Please rest assured that the Rabbi does his best to protect a person's privacy.

President's Message

Believe it or not - The holidays are just around the corner. It's time to ask for forgiveness for your sins. With the new year starting, let's have a fresh commitment to your temple. Have a healthy and safe new year!

President Philip Butkovitz

Building Fund Donations

To: Laurel Gordon & Family, In memory of Ivie Skidds
From: Dave & Katrina Posner

To: Al Baum, In memory of Helen
From: Dave & Katrina Posner

To: Celia Brown, In memory of Ben
From: Dave & Katrina Posner

To: Judy Burnim, get well
From: Carol & Alan Sugerman

To: Temple, get well to Dorothy Sinowitz
From: Pearl Sinowitz

To: Barbara Lowy, get well
From: Carol & Alan Sugerman

To: Nancy Murphy & Family, In memory of Martha Shostack
From: Dina Fox & Family

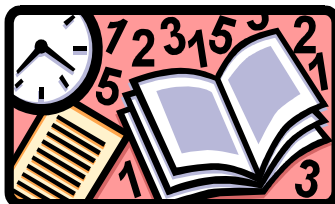
To: Barbara & Marsha Kamens, In memory of Helen Baum
From: Donna & Peter Zaksheski

To: Peter Zaksheski, In memory of father
From: Marilyn Masters, Dina Fox, Congregation AA-EI

MEMBERSHIP

Please --- Help your synagogue by paying your Dues!!!! PLEASE HELP US OUT.

Thanks!



CANCELLATIONS OF SERVICES, ETC. FOR ANY REASON, WEATHER ESPECIALLY, WILL BE PUT ON TV CHANNELS 4, 5, AND 7.

Recycle

Recycle your Ink Jet cartridges, dispose of your cartridges in the marked box in the Temple office. Not only are you recycling, we will be getting back a donation that will be used for office supplies.

The Tree of Life

The TREE OF LIFE is on the wall in the lobby at the entrance. Not only does this enhance the beauty of our Temple, but the purchase of a Leaf is a way to permanently commemorate a joyous occasion, a special day or a Memorial. Please consider the purchase of a Leaf on our Tree of Life.

CONTRIBUTION - \$200.00

For more information, inquire at the Temple Office (781) 322-7205

Religious committee

Dear Friends,

Once again we face a new year with the knowledge that we've weathered (no pun intended – well, maybe a little one) a horrific winter, hardly any spring, and a sweltering summer. But there's nothing that our intrepid congregation can't face as long as we face it together. I have been pleased with the showing for our Shabbat services. Our Minyanaireses Club has swelled to 7 with Marilyn Masters becoming our latest "regular." Despite the odds, I think I can count on the fingers of one hand the number of Saturday services when we didn't make a minyan.

As you make your promises to G-d during these high holidays, make a promise to yourself as well – dedicate at least one Shabbat to the congregation. It really is a welcome respite from the busy lives we all lead, whether with family or with jobs. For two hours a week, no phone, no email, no problems to solve, no bills to pay – just the warmth and love of your fellow minyan members.

There will be several special services throughout the year, but instead of Friday night services, there will be more special Shabbat morning services. (Frees you up to try the friendliest shul in Saugus on the second Friday of every month). It seems more people prefer not to be driving at night these days, so our congregation adapts to its members.

L'shanah tovah tikahtevu – A happy and healthy new year to you all.

Paula Z. Sack, Religious Committee Chairperson

***** DO YOU NEED A RIDE TO A CONGREGATION FUNCTION OR SERVICE? ******

Call Don Weiner at (781) 324-0108. He will try to arrange transportation for you.

Do you have a Simcha coming soon? Let us help you celebrate such Happy Occasions. Sponsor an Oneg or Kiddush and enjoy with Family and Friends. Call Marilyn Masters (781) 322-2035.

Brotherhood News

Greetings,

Wishing you all a healthy and happy and safe New Year.

Our first meeting in the new year is tentatively set for Sept. 27.

More news at eleven.

Les Lerman, Brotherhood President

**** TEI Cemetary ****

Please be aware that our lots are now \$950.00 for members and \$1100.00 for non-members. If interested, please contact Don/Barbara Weiner @ 781-324-0108.

Have you given your E-mail address to the office for our TEI Lifeline? We are trying to keep everyone updated on all important Temple news electronically. So, if you want to be included on this listing, please leave your information with Dina in the office at (781) 322-7205 or send to Laraine Alpert at Lja609@aol.com.

Oneg/Kiddush Sponsors

Please consider full or partial sponsorship of an Oneg Shabbat (Friday night after services), a Kiddush (Saturday morning after services) or even a Friday Night Dinner in honor of a simcha in your life, in memory of a loved one, or just because you want to. Call the shul office at 781-322-7205 for details.

****Saturday Minyans*****

We are in need of YOU, our members, to attend Saturday Morning Services as often as you can (Men & Women). Services begin at 9:30 am, followed by Kiddush.

Come and enjoy the services and friendship of our weekly "Minyannaires."
Hope to see you soon!

Adult Education

The Rabbi and I plan to get together to come up with some interesting programs. Please call us with your ideas. We'd like to know what you are interested in (Israel, Jewish history, politics, famous Rabbis, etc.). Thank you for your input. We are here for your educational needs.

Adult Education Chair,
Elaine Lerman

******* Kaddish *******

You can now arrange for Kaddish to be said for a loved family member or friend at our weekly Shabbat Services. Call the shul office at 781-322-7205 for details.

Bingo News

Bingo is one of our Temple livelihoods; think of this as giving a few hours a month as a nice donation to the Temple. PLEASE HELP!!! -- If anyone would like to lend a hand on Tuesday nights -- please get in touch with me. We especially need sellers on the floor for the first half.....for as long as you can stay...maybe 1 – 2 hours, once or twice a month. I will be more than happy to hear from you.

I would like to have some volunteers to help sell tickets out front (for backup) – we seem to be shorthanded on Tuesday nights - because someone is sick, has some kind of problem and can't make it for some other reason. It's from 5:00 – 6:45. Just give me your phone numbers.

I would also like some volunteers to call back numbers from the floor when bingos are called. It is not a hard job - it can be taught in a few minutes. Leave your phone numbers with me or the office.

Bobbi Epstein (781) 324-7562

Officers of Sisterhood Congregation Agudas Achim-Ezrath Israel (2015-2017)

President	Elaine Lerman	(781) 223-8501
First Vice President	Ilysa McCarthy	(781) 321-0042
Second Vice President	Amanda Alpert	(781) 775-0174
Treasurer	Marilyn Masters	(781) 322-2035
Financial Secretary	Bobbi Epstein	(781) 324-7562
Asst. Financial Secretary	Carol Sugerman	(781) 321-4535
Recording Secretary (Board & Body)	Phyllis Werlin	(781) 321-0238
Corresponding Secretary (Board)	Dottie Scott	(781) 321-2528
Corresponding Secretary (Body)	Dina Fox	(781) 324-1145

Sisterhood News

Hello Ladies! The High Holidays are just around the corner, so I will talk about them a little bit. This Rosh Hashanah and Yom Kippur the Sisterhood is joining with the Brotherhood to help out manning the doors as ushers when the Torah is taken out and when the Rabbi or someone else is speaking. So please help us out (if you are physically able). Call me at 781-223-8501 or the Temple at 781-322-7205 to let us know. It would be gratefully appreciated.

Our first meeting of the year will be a Sunday breakfast on September 20th. Watch for the flyer that will give you all the details. It will be nice to see everyone. I've missed you all!

Also, if you know someone who would be interested in Sisterhood, tell me and I will personally invite them. It will be nice to see new faces.

Below is the list of meetings and functions. Have a Happy and Healthy New Year. We hope to see you in September.

Your President,
Elaine Lerman

Calendar 2015 - 2016

Sunday, September 20	Regular Mtg. Breakfast
Sunday, October 18	Donor Luncheon, Amanda & Barbara, Chairs
Sunday, November 8	Holiday Fair, Phyllis and Cheryl, Chairs
Monday, November 16	Regular Mtg.
Sunday, December 6	Chanukah Event
Monday, December 14	Chanukah Board Mtg,
Monday, March 21	Regular Mtg.
Sunday, April 10	Regular Mtg., Sisterhood Presents "Hava Nagila"
Monday, April 11	Board Mtg.
Sunday, May 15	Membership Luncheon, Phyllis & Elain, Chairs
Monday, June 6	Calendar Board Mtg.

Sisterhood Contacts

Club-o-Grams:

Club-o-Gram cards are sent out for any and all occasions. Cost is \$3 each.
Sent by chairs Barbara Weiner - (781) 324-0108 or Phyllis Werlin - (781) 321-0238.

Kitchen Fund:

Other Donations can be made to support the Sisterhood kitchen – contact Kitchen Fund chair Beverly Visnick at (781) 388-6995.

Kitchen Committee:

The Sisterhood Kitchen Committee can always use assistance for Kiddushes, Temple Functions, and Sisterhood meetings and dinners. If you can offer some help, either in food preparation or setting tables, contact Marilyn Masters at (781) 322-2035.

Judaica Shop:

Contact Laraine Alpert at lja609@aol.com if you are looking for something for yourself, kids or hostess gift.

Kitchen Fund Donations

To: Al Baum, in memory of wife, Helen
From: Maxine Chancey

To: Al Baum, in memory of wife, Helen
From: Celia Brown

Hostess Fund

I am very happy to report the birthdays for this month's Bulletin Nus.

Happy belated birthday wishes to:

Natalie Waleik, June 7
Beverly Visnick, July 21

Happy birthday to:

Arlene Baron, 8/16
Eli Wickham, 8/20

Thank you to everyone for supporting the Sisterhood Hostess Fund.

I can only imagine that there are so many more birthdays, anniversaries and other special occasions to be honored in the Bulletin Nus.

Please do not take offense if you do not see your birthday or anniversary recognized. I am only able to put birthdays, anniversaries, etc. in the bulletin if I am aware of them. So, please send the occasions to me at cmel5@aol.com or call me at (617) 389-1447.

L' Shanah Tova
Cheryl Rivers

Sisterhood Club-O-Grams

CONGRATULATIONS

To: Harriett Sherman, in honor of becoming a great-grandmother to Benjamin Mitchell Sherman
From: Sisterhood, Barbara & Don Weiner, Sheila & Maurice Kipnis, Laraine & Allan Alpert, Dina Fox, Flo Meltzer, Beverly Visnick, Marilyn Masters

To: Sheila & Maurice Kipnis, in honor of Granddaughter Rachel's engagement
From: Lorraine Bendell & Miriam & Ed Cohen

To: Oliver Davidson, in honor of Marriage of son, Philip
From: Congregation AA-EI, Barbara & Don Weiner, Dina Fox

To: Al Finkel, in honor of 75th Birthday
From: Cousin Ethel and David Haskell

To: Arlene & Herb Baron, in honor of birth of great-grandson, Brody Monteiro
From: Congregation, Sisterhood

GET WELL

To: Sylvia Sandler
From: Barbara & Don Weiner, Celia Brown, Lee & Frank Goldman, Marilyn Masters, Bobbi Epstein, Carol & Alan Sugerman, Dottie & Bob Scott, Dina Fox, Beverly Visnick, Paula Sack

To: Miriam & Ed Cohen
From: Lee & Frank Goldman

To: Herbert Baron
From: Congregation AA-EI, Miriam & Ed Cohen, Lorraine Bendell

To: Fran Golden
From: David & Bella Westerman

To: Bobbi Epstein
From: Congregation, Sisterhood, Bingo Committee, Marilyn Masters, Laraine & Allan Alpert, Carol & Alan Sugerman, Sheila & Maurice Kipnis, Dina Fox, Bobbi Giller, Claire Moretti, Paula Sack, Cheryl Rivers, Sylvia & Hy Sandler, Lee & Frank Goldman, Beverly Visnick, Dottie & Bob Scott, Marla & David Freedman, Bella & David Westerman, Barbara & Don Weiner, Arlene & Herb Baron, Lorraine Bendell, Barbara & Arthur Kahn

To: Marla Freedman
From: Congregation, Sisterhood, Sheila & Maurice Kipnis, Sylvia & Hy Sandler, Lee & Frank Goldman, Marilyn Masters, Dina Fox, Wayne, Joseph & Matthew Freedman

To: Harvey Steller
From: Sheila & Maurice Kipnis, Marilyn Masters

To: Larry Walsh
From: Barbara & Don Weiner, Dina Fox, Carol & Alan Sugerman, Marilyn Masters, Sheila & Maurice Kipnis, Dottie & Bob Scott, Bobbi Epstein, Lee & Frank Goldman

To: Mrs. Linda Epstein
From: Bella & David Westerman

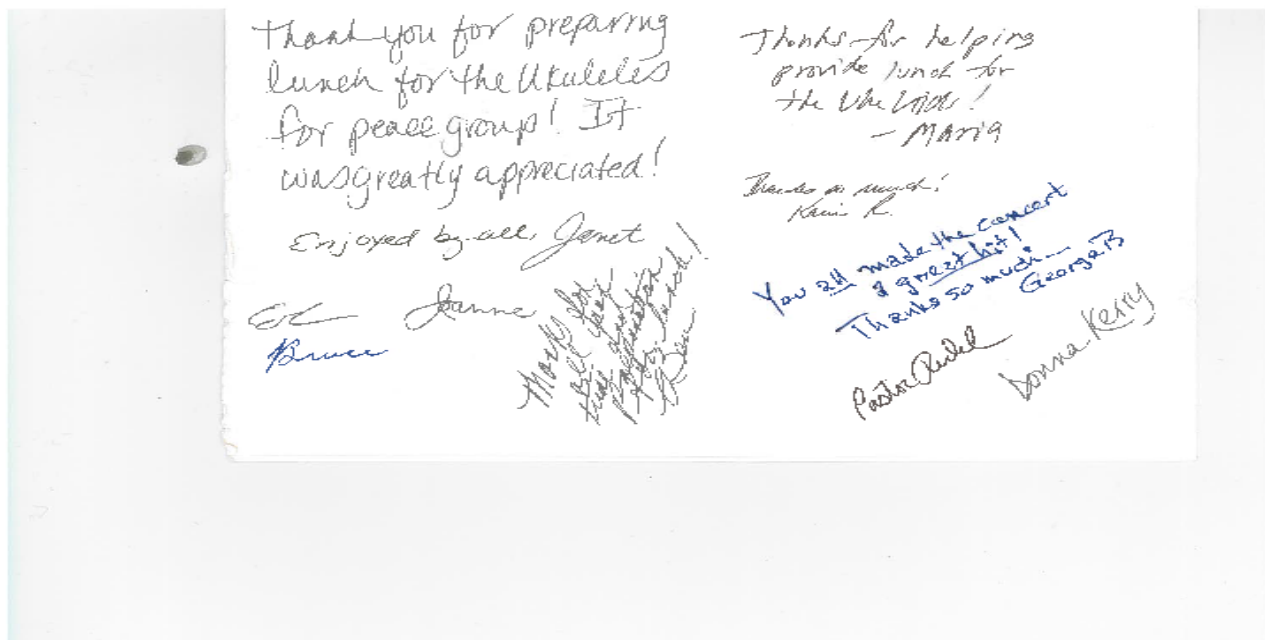
To: Mrs. Katrina Posner
From: Congregation, Bingo Committee, Barbara & Don Weiner, Dina Fox

CONDOLENCES

To: Mrs. Judy Fink, in memory of brother-in-law
From: David & Marla Freedman

A Special Note

In July, as described by the Rabbi in the last bulletin, the group "Ukeleles for Peace" performed at the First Lutheran Church in Malden. Upon their arrival in Malden earlier that day, the group was provided with a delicious light kosher lunch catered by our own Marilyn Masters and the kitchen committee of AA-EI. The following is the lovely thank-you note sent to Marilyn from the members of the church.





JF&CS Family Table Helping Those in Need

Congregation Agudas Achim - Ezrath Israel has partnered with JF&CS Family Table and will be collecting food for their monthly distributions.

Jewish Family & Children's Services Family Table provides low-income families, isolated seniors, disabled adults, unemployed, working poor and Waltham residents with emergency or monthly groceries.

JF&CS has grown dramatically since its inception, and have gone from assisting 40 families in 1993 to assisting over 400 families in Greater Boston today. With the donations of food from 48 collection sites, JF&CS Family Table currently provides kosher food, fresh produce, dairy products, meats, and Jewish ritual and holiday items each month.

We have been asked to make a commitment to collect 1 lb boxes or bags of rice or raisins every month. Our goal is to collect ten of each item before delivering them for distribution. We hope you will help us reach our goal.

Next time you purchase your family groceries; won't you please add one of these items to your shopping cart and bring it with you to the temple? Please help us fulfill our responsibility to provide the corners of our field for the poor and needy. Help us make a difference and help feed the hungry in our community.

A collection bin has been set up in the Temple office.

Thank you,

**Phyllis Werlin
Family Table Site Coordinator for AAEI**