



TEMPLE BETH ABRAHAM

NOVEMBER NEWSLETTER

SCHEDULE OF SERVICES

Friday, November 1

5:00pm Tot Shabbat
5:30pm *Oneg/Pre-Neg*
6:00pm Family Shabbat Service/3rd
Grade Family Shabbat

Saturday, November 2

9:00am Conservative Shabbat Service
11:00am Adam and Ethan Shipman,
sons of David Shipman and Alina
Gouller, will be called to the Torah as
B'nei Mitzvah

Friday, November 8

7:30pm Reform Shabbat Service with
Torah reading

Saturday, November 9

9:00am Conservative Shabbat Service
11:00am Lily Tolchin, daughter of Jeff
and Maria Tolchin, and granddaughter
of Larry and Susan Tolchin, will be
called to the Torah as a *Bat Mitzvah*

Friday, November 15

7:30pm Reform Shabbat Service

Saturday, November 16

9:00am Conservative Shabbat Service
11:00am Linus Schillinger, son of Carly
Jacobs and Ted Schillinger, will be called
to the Torah as a *Bar Mitzvah*

Friday, November 22

7:30pm Reform Shabbat Service

Saturday, November 23

9:00am Conservative Shabbat Service
11:00am Cameron Kushner, son of
Bradley & Shannon Kushner, will be
called to the Torah as a *Bar Mitzvah*

Friday, November 29

7:30pm Reform Shabbat Service

Saturday, November 30

9:00am Conservative Shabbat Service



From Rabbi Holtz's Study

Dear Friends,

One of the side-effects of the reaction this year to events in Israel has been the severing of personal ties between American Jews and some of their friends. Many of us have been painfully surprised to discover, often through social media, that folks we truly liked turned out to be unable to muster up any empathy for the Israelis who were massacred, even as they bemoan the plight of Gazans. It has been a troubling and upsetting experience.

This is yet another reason that I am grateful for the members of the Rivertowns Clergy Association. Their love and support of Israel and the Jewish people has long been a source of comfort and strength for me. These colleagues have a moral compass which allows them to call out evil when it occurs, and they have been full-throated in their condemnation of Hamas terrorism. This does not mean that they believe everything that Israel has done is justified; I also have questions about that issue. And it does not mean that they do not mourn the loss of innocent lives wherever they occur; I do as well. What makes these people special as leaders, as clergy and as friends is that they can see and acknowledge the complexity of the situation, and they are willing to learn more and to discuss differing views, all with the goal of increasing their own understanding and continuing to cultivate our common ground. I have no doubt that they preach and teach this open-mindedness to their congregations.

This was evident at last year's Interfaith Thanksgiving service, held just six weeks after October 7, where our united community was able to acknowledge the pain we were in and support one another in our grief. I have always enjoyed being a part of this service, but last year brought home, in a very personal way, the importance of this annual event. It would not have been as powerful or as comforting if we were not in the annual habit of praying together and offering thanks for our blessings. Our communal bonds have grown and strengthened through the years. This is what makes us able to call on one another in times of both joy and sorrow.

For all of these reasons, I hope that you will make a special effort to attend and share the experience this year.



TEMPLE BETH ABRAHAM
 25 Leroy Avenue
 Tarrytown, NY 10591
 Tel: 914-631-1770
 www.tba-ny.org

DIRECTORY

Clergy/Senior Staff

| | |
|--|--------------------------------------|
| Rabbi rabbi@tba-ny.org | David K. Holtz ext. 104 |
| Cantor cantor@tba-ny.org | Lauren Phillips Fogelman ext. 101 |
| Director of Operations and Engagement enewman@tba-ny.org | Erica Newman ext. 102 |
| Director of Education and Youth Engagement speers@tba-ny.org | Stessa Peers ext. 108 |
| Director of Early Childhood cgcdirector@tba-ny.org | Melissa McHugh ext. 107 |

Office Staff

| | |
|--|----------------------------|
| Facilities Supervisor facility@tba-ny.org | Jaime Valencia ext. 110 |
| Clergy Coordinator clergyassistant@tba-ny.org | Irene Metz ext. 106 |
| Administrative Assistant TBAOffice@tba-ny.org | Melissa Baer ext. 100 |
| Hebrew School Assistant hebrewschool@tba-ny.org | Kira Gleit ext. 111 |

Executive Committee

| | |
|-----------------------|--------------------------------|
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| Treasurer | David Greenspoon |

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| Israel | Marla Peers |
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| Ritual | Melissa Stein |
| Tikkun Olam | Lisa Piedimonte Bergman & Jennifer Lewin |

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 Pearl Ann Schwartz, Dr. Richard Weiner,
 Jamie Schaefer Wilson



Cantor's Notes

BRINGING JOY IN TO "SAD CHESHVAN"

As we transition out of our High Holy Day season into our season of Thanksgiving, I want to draw your attention to something that connects our High Holy Day worship with

Jewish celebrations that take place later on during the year. Most of our prayers on Yom Kippur are filled with love, fear, majesty, awe, and deep *teshuvah*. But what about joy? The Psalms teach us to serve God with joy and to come before God in celebration. And, in fact, the holiday that follows just five days after Yom Kippur is our Festival of Sukkot, well-known to be the most joyful holiday on the Hebrew calendar and often known by the nickname "Zman Simchateinu" ("Season of our Joy").

It is customary, therefore, to end Yom Kippur with a semblance of joy - a fanfare for the closing of the gates, for all we have accomplished over the ten days of repentance. After all the hard work we've all been doing throughout the service, we have a much-needed sense of relief and release.

Some of you have asked me about an upbeat and lighthearted melody that I sang during *Neilah*, the concluding service of Yom Kippur. This piece, which sounds different than everything else we hear during the High Holy Days, is known as the "Chasidic Kaddish." The music was written by Cantor Jacob Gottlieb (1852-1900) and was made famous by the "King of Cantors" Yossele Rosenblatt (1882-1933). Pretty much every other famous cantor also included the melody into their own repertoires, leading to a certain amount of confusion over the original authorship. Sometimes you'll see Rosenblatt listed as the composer, sometimes Moshe or David Koussevitzky, sometimes it will be listed as "folk." Anyway, now you know - Jacob Gottlieb (also known as Yankel der Heizeriker (Jacob the Hoarse) deserves the credit. It is now commonly labeled "Chasidic Kaddish," since Gottlieb apparently claimed that he had heard Hassidim singing the concluding kaddish of the Rosh Hashanah *mussaf* service "cheerfully" (though not necessarily to this specific tune).

The Zohar reminds us that Yom Kippur (sometimes called "Yom Hakippurim" in Hebrew) can also be a "Yom K-Purim" a "day like Purim." Somewhere amidst the chest beating, self-reflection and prayers for forgiveness should be a little of the spirit and energy of Purim. This Kaddish melody makes that happen.

With the High Holy Days behind us, we now enter the Jewish month of Cheshvan - often nicknamed "Mar Cheshvan" ("Sad Cheshvan") because it does not have any Jewish holidays. Just as the *Havdalah* spices help to carry the sweetness of Shabbat into the rest of the week, we can think of the exuberant melody of the "Chasidic Kaddish" carrying the joy of the "Yamim Noraim" ("Days of Awe") into this period of calm on the Jewish calendar. After all, more celebration is just around the corner. On our secular calendar, we celebrate Thanksgiving at the end of the month (don't miss our Rivertowns Clergy Association Interfaith Thanksgiving service on November 26!) - and, of course, Chanukah will be here before we know it. Let's continue to savor the joy as we enter into the ordinary.

L'Shalom,

Cantor Lauren Phillips Fogelman



STESSA PEERS DIRECTOR OF EDUCATION AND YOUTH ENGAGEMENT

Dear Temple Beth Abraham Families,

In last month's bulletin, I spoke about being our best selves. During the High Holydays I continued to think a lot about that idea and how it was everywhere I looked: in our classes, in our learners, in our traditions, in our liturgy, and especially in our Junior Congregation services. I will go into those moments more in depth next month, but I am going to keep this month's article short to hold space to honor a special request: including the sermon I gave on Yom Kippur. I hope you enjoy it and I look forward to spending the new year, 5785, with you, our TBA family and community.

L'Shalom!

Stessa



Jonah, a Whale, and... Inside Out 2?

Yom Kippur Jr. Congregation: 2024/5785 (adapted)

Dedicated to, and in honor of, Lynn Goldberg on what would have been her 96th birthday. May we all feel the things we need to feel, to get us to where we need to be, and learn the lessons we need to learn.

The story of Jonah, from the Book of Prophets, is one all about big feelings, big adventures, and learning how to be our best selves. Jonah goes through a lot to get where he needs to be and goes through as many emotions as Riley does in Inside Out 2 (Disney), which, if you have not yet seen it, I promise I won't spoil the movie for you! Before we get there, let me share an abridged version of the story of Jonah. God tells Jonah to go to Nineveh, a place full of people making bad choices. God also tells Jonah to not only go to Nineveh, but to help the Ninevites turn things around, stop doing bad things, and apologize for doing wrong. But—Jonah did not want to go; he did not want to help. Jonah was scared and so Jonah ran away from Nineveh and from God.

Continued on page 26

Torah Readings

| | |
|--------------------|--|
| <u>November 1</u> | <u>Noach Genesis 6:9-11:32</u> |
| <u>November 8</u> | <u>Lech L'cha Genesis 12:1-17:27</u> |
| <u>November 15</u> | <u>Vayeira Genesis 18:1-22:24</u> |
| <u>November 22</u> | <u>Chayei Sarah Genesis 23:1-25:18</u> |
| <u>November 29</u> | <u>Tol'dot Genesis 25:19-28:9</u> |



Melissa McHugh
Director of Early Childhood Education
The Ian and Emily Cohen Children's Garden Center
at Temple Beth Abraham

HERE'S WHAT'S HAPPENING AT THE CGC

Our season of Fall has been filled with such happiness in our classrooms at the Children's Garden Center. It has been an absolute joy getting to know the children these first months of school. We have become a "class family," and we are so proud of how friendly and kind these new friends are to one another. Some highlights of the month of October have included exploring the seasonal changes through art, science, literacy, music, and dance. We learned about New York City, Georgia O'Keefe, and enjoyed weekly Spanish, music, and dance classes

Jaime Valencia and the Tarrytown Fire Department's visit with two big fire trucks was a true highlight that is still being talked about. Thank you to our "community helpers." We enjoyed apples and honey, snack and storytime in the sukkah, and Shabbat time with songs and celebration on Fridays. A trip to Dr. Davies Farm in Congers was the culmination to a month of excitement!

In November, we will be hosting our first Coffee Talk with speaker, Dr. Alexandra Barnett on November 7th at 9:15am in the upstairs lobby of the Temple. Picture Day is November 8th with local photographer, Maxx Basso, and we will be starting enrollment for our "Fun to be One" class which begins in January. (More info on these events can be found on page 25 of this bulletin)

Wishing everyone a November filled with love and gratitude!

Melissa McHugh



Enjoying the Fall Weather



**A Visit from the Tarrytown
Fire Department**



Painting with Gourds

Rabbi's Article Cont'd from Page 1

The service will be held in the beautiful setting of the Church of the Magdalene in Pocantico Hills at 7:30 pm on Tuesday, November 26th and lasts about one hour, followed by refreshments. It's always a full house, so I suggest arriving early. If you are unable to attend in person, the service will be available via livestream.

On Thanksgiving Day we will surely be grateful for the family and friends gathered around our tables. On Tuesday evening, please join us in expressing gratitude for the many friends the Jewish people have in the Rivertowns.

Peace and blessings,

Rabbi David Holtz



TBA Office
**Closes at 12:00pm on Wednesday, November 27
 and will be closed on Thursday, November 28 and
 Friday November 29 for Thanksgiving**

Religious School
**Will not meet on
 Sunday, November 10 and Monday November 11
 for Veteran's Day and
 Wednesday, November 27 for Thanksgiving**

TUESDAY, NOVEMBER 5
 IS ELECTION DAY.
 PLEASE VOTE!



JUDAISM TEACHES US THAT
 VOTING IS NOT JUST A CIVIC
 DUTY BUT A MITZVAH,
 A JEWISH IMPERATIVE.





Tikkun Olam would not exist without u

Have a great idea for a project you would like to see at TBA?
 Reach out to Lisa Bergman and Jen Lewin at tikkunolam@tba-ny.org
 and they would be happy to support you!



Thank You for your generous donations to the Yom Kippur
 food drive benefitting Feeding Westchester
 TBA donated funds and over 560 pounds of food which will
 provide over 470 meals to needy recipients.
 A special thank you to Ian Eckers for staffing the truck!



“Light One Candle”

on your menorah to help bring joy to
 local families this holiday season!

The “Light One Candle” program gives the power to
 purchase gifts to parents of La Asociación de Familias
 Hispanas de los Tarrytowns (AFHT).

More details coming soon.

We will begin accepting donations on December 6 at
 Family Shabbat Services



Help Support Literacy by filling a backpack!

We still need donations to support our annual “back to school”
 literacy effort which benefits PreK to 2nd grade students who are
 part of La Asociación de Familias Hispanas de los Tarrytowns (AFHT).



\$68 fills one backpack

We purchase supplies
 with your donations.

Donate here: bit.ly/TBA-Backpack
 or scan the QR code



Art in Times of War



with Maya Yehazkel
an Israeli artist and tour guide

Sunday, November 24th
12:00PM

**join us for a light lunch followed
by a presentation and discussion**

This is a unique opportunity to discuss issues that we are all dealing with today, to talk in the language of art, and to hear stories that happened on October 7th.



Sponsored by the Israel committee at
TEMPLE BETH ABRAHAM

25 LEROY AVE, TARRYTOWN NY 10591 (914) 631-1770 TBA-NY.ORG

To RSVP:
bit.ly/ArtInTimesOfWar
or scan the QR code:



Adult Education



Torah Study

Wednesdays, 10:00-11:00am, in Person and via Zoom

Torah Study will NOT meet on Wednesday, November 27

Rabbi Holtz leads a class every Wednesday morning, which goes at its own pace through the *Tanakh* in English. No previous knowledge is required, and you can join in at any point in the cycle.

On Saturdays, join us at 9:00am for a lively discussion of this week's Torah reading during Conservative Services.



Mah Jongg

Mondays, 1:00pm-4:00pm, in Person

Wednesdays, 7:00pm-9:00pm, in Person

Mah Jongg will NOT meet on Wednesday, November 27

Play Mah Jongg in a friendly, non-competitive (no betting) gathering at Temple Beth Abraham on Monday afternoons and Wednesday evenings.

Nominal charge for guests.



Canasta

Wednesdays, 1:00pm-3:00pm, in Person

Canasta will NOT meet on Wednesday, November 27

Learn the rules. Play the game.

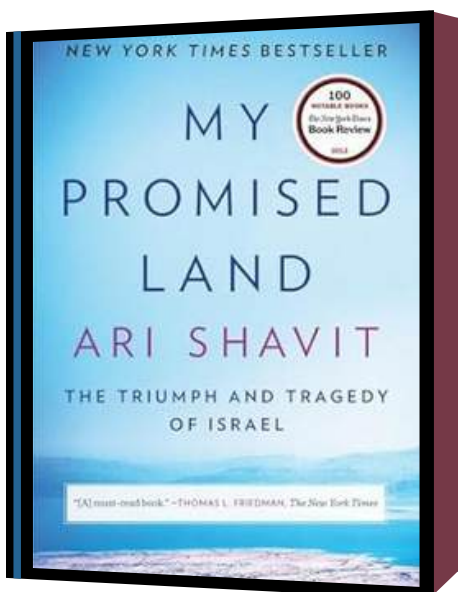
Meet new friends, spend fun time with old friends, or take a coffee break.

Learn how to play from a knowledgeable instructor or brush up on your playing skills.

Free for temple members, \$5.00 per session for guests.

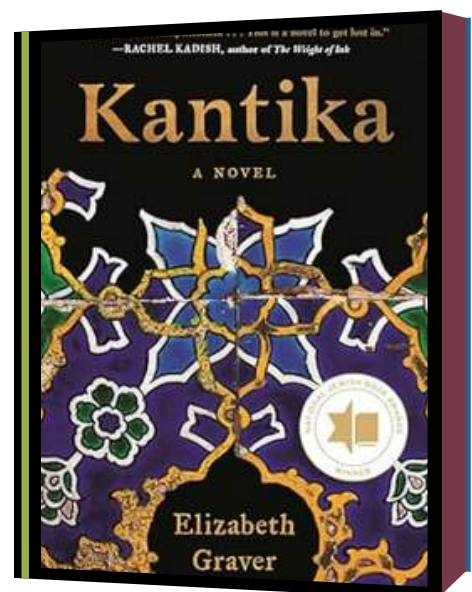
TBA Book Clubs

Books@Night



My Promised Land: The Triumph and Tragedy of Israel by Ari Shavit
Wed., November 13 at 7:00pm

Books & More



Kantika by Elizabeth Graver
Fri., November 15 at 10:00am

Temple Beth Abraham's Adult Education Committee presents:
**Five Great American Composers of the First
Half of the 20th Century:
Kern, Berlin, Gershwin, Rodgers & Arlen
with Marshall Zucker**

**Thursday, November 14
at 7:30pm on ZOOM**

Click [HERE](#) to register
or scan the QR code:



Join us as Marshall shares recordings and enlightens us with the history and backstories of these composers.

Optional: Bring your *siddur* (prayer book) to the Zoom to experience a unique surprise closing activity.

Marshall Zucker is a retired Principal and Teacher from the Elmont School District. He is currently a Hebrew School Educator on Long Island. He plays the vibraphone and performed with bands in his younger days. Now Marshall enjoys performing for his little granddaughter, Maddyn.



OH FUDGE!

Join Jane Rubin
in the TBA Kitchen
to make
“Flypaper Fudge”



Tuesday, December 10
at 11:30am

Space is limited to 8 people

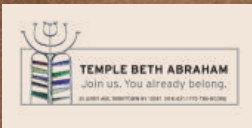
We'll make a basic gluten-free chocolate fudge recipe and then choose from a variety of additions to make a yummy treat!

To register please click [HERE](#)
or scan the QR Code

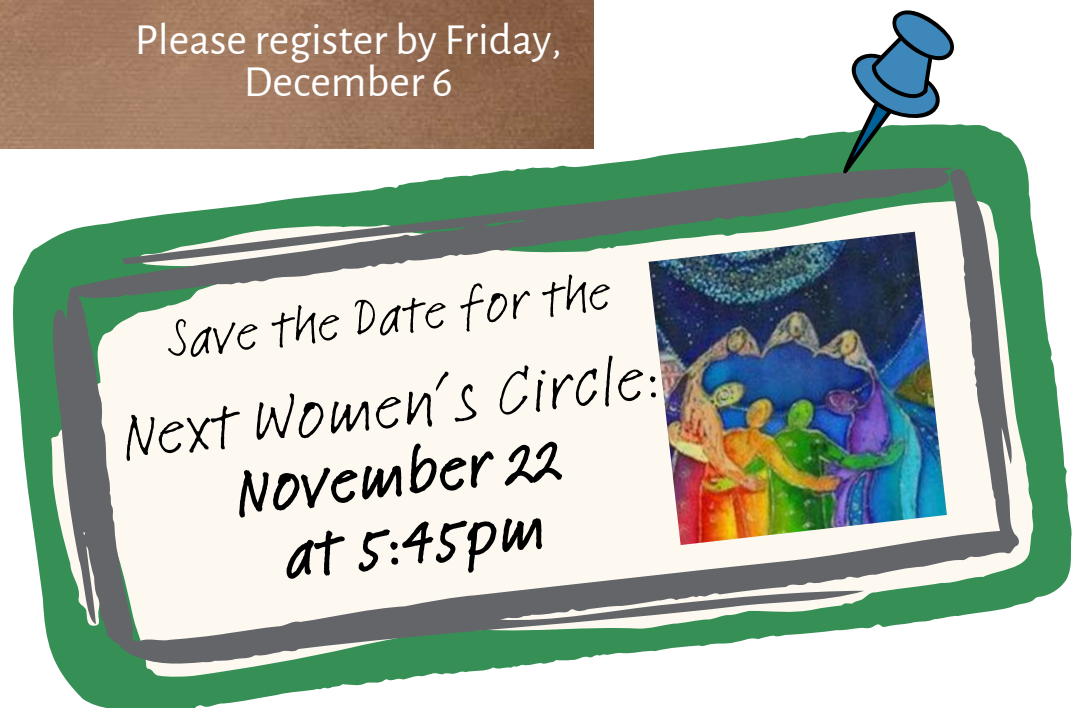


All ingredients will be provided, including a carry-home container.

Please bring an apron if you use one.



Please register by Friday,
December 6



Latkepalooza

December 8th
11:00am-1:30pm

Cakes by Jane
benefitting
Tikkun Olam

**Children's
Activities**

**Gifts
for sale**

Raffles!

**TBA
Authors**

Tallit

Judaica

Jewelry

Latkes!

Featured Vendors!

[Andrea Strongwater](#)

[Ariane's Jewel Box](#)

[Marci Gifts, LLC](#)

[Pixelane](#)

click on the name to learn more!

**Children's
Clothing**

**Teacher
Gifts**

Book Fair
benefitting the
Religious School



Time Capsule



Look for the Fundraising table at Latkepalooza where we will have a book for notes and signatures that we will include in the time capsule!


JOIN US FOR

PJ LIBRARY DAY IN WESTCHESTER

MONDAY, NOVEMBER 11

A day of storytelling, discovery, and family fun at synagogues and JCCs across Westchester!

pjlibrary.org/westchester2024




Join us at Temple Beth Abraham for story time and a craft project!

10:30am-12:00pm

Register at:
pjlibrary.org/westchester2024

IN PARTNERSHIP WITH:
 JCC Mid-Westchester • Pleasantville Community Synagogue • Sprout Westchester • Temple Beth Abraham • Temple Beth Shalom • Tkiya





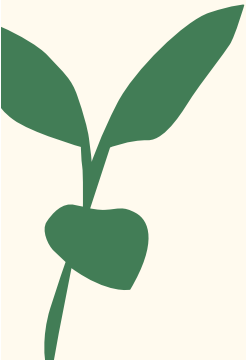
Temple Beth Abraham's
NOVEMBER YOUTH
GROUP EVENTS

ZEETYKatan: Kindergartners-2nd Graders
November 17, 2024
11:00am - 12:30pm





ZEETYTeeny: 3rd-5th Graders
November 24, 2024
11:00am - 12:30pm

ZEETY678: 6th-8th Graders
November 17, 2024
1:00 - 2:30pm



ZEETY: 9th-12th Graders
November 24, 2024
1:00 - 2:30pm

FOR MORE INFORMATION, CONTACT
SPEERS@TBA-NY.ORG



Sign up here:
[https://bit.ly/](https://bit.ly/ygnov24)
ygnov24

4TH GRADE MITZVAH PROJECT

Welcoming Guests - *Hachnasat Orchim*
Welcoming TBA members as guests of
the 4th Grade

Are you a TBA member who would like to
give back?

Please join us for the 4th Grade Mitzvah
Project where the 4th grade will welcome
guests to their 4th Grade Community.
Please join the 4th Graders, their families,
and TBA community members for a great
day of getting to know each other, a craft
project, and fun!

Register to Participate or
Volunteer to be a guest:

<https://bit.ly/4thmitzvahproject24>

Sunday, December 15
9:00am for Learners and Parents
9:30am for Guests
Temple Beth Abraham

Tarrytown, NY
Questions? Email:
SPeers@tba-ny.org

Temple Beth Abraham's November

Family Shabbat

Friday, November 1st, 2024

5:00pm Tot Shabbat

5:30pm Oneg: Snack and Schmooze

6:00pm Family Services - 3rd Grade Family Shabbat Service

followed by Oneg

9-12th Grade Shul In - postponed. Help us pick a new date (see below).

Join us for 3rd Grade Family Shabbat!

What is Family Shabbat?

Family Shabbat is a service geared towards children and families. 3rd Graders will participate in the service by leading us in song.

What is a Shul In?

Shul Ins are a sleepover at TBA!

After services, 9th-12th graders will meet for a sleepover that will end at 8:00am on the following day (Saturday/Shabbat)

Help us pick a new date:

<https://bit.ly/pickshulin>

For more information,
email SPEers@tba-nyc.org



25 LEROY AVENUE, TARRYTOWN NY 10591 (914) 631-1770 TBA-NY.ORG



NEW**TZELEM B-MITZVAH**
for preteens &
their families**We're excited to bring Tzelem B-Mitzvah to trans, nonbinary, or gender expansive preteens and their families in the Westchester area!**

This program helps parents and preteens explore what it means to celebrate this milestone as part of their adolescent and gender journeys, navigate expectations from friends and family, find Jewish meaning in the ceremony, and navigate other social-emotional challenges of coming of age.

The program offers support for trans, nonbinary, or gender expansive 6th grade preteens and their families seeking to build authentic rituals and ways of being on the day of their b-mitzvahs and every day.

Please note that this program is not a preparation for a b-mitzvah ceremony.

8 monthly sessions led by a trained facilitator

on Wednesdays from 7:00pm-8:30pm
beginning November 6
at Temple Beth Abraham.

Email Stessa at Speers@tba-ny.org for more info!

**JEWISH
& PROUD** Moving Traditions**Learn more:****MovingTraditions.org/Tzelem-B-Mitzvah**

The Rivertowns Clergy Association invites
you to join us in giving thanks for the many
blessings in our lives at an

Interfaith Community Thanksgiving Service

**Tuesday, November 26, 2024
at 7:30pm**

In Person and online at

The Church of the Magdalene

525 Bedford Road, Pocantico Hills

**Please Support the Community Food Pantry of
Sleepy Hollow and Tarrytown**

Every dollar you give, goes directly to healthy food for a
local family in need!

Click [HERE](#) to donate online.



or scan the QR code

Checks are fine, too!
Make checks payable to:
The Community Food Pantry
43 South Broadway
Tarrytown, NY 10591

An Afternoon of Music and Joy

A Westchester-wide Celebration of Music and Joy

Enjoy the music of
Kol Hazzanim: Westchester
Community of Cantors

*Locally Grown:
A Celebration of Jewish Music
from Westchester and
Surrounding Communities*

Sunday, November 17, 2024 @4pm
Westchester Reform Temple
255 Mamaroneck Road, Scarsdale, NY

**Register online at
www.wjcouncil.org**

While we prefer to gather in person
as a community, a virtual viewing
option will be made available .

*\$25 Per Person until
Nov. 6th
\$36 Per Person after
Nov. 6th
Walk-ins welcome only
as space permits*



For more information contact donna@wjcouncil.org or 914-328-7001

Go to: wjcouncil.org/afternoon-of-music/ to register

*Thank you to the following people who organized,
ran and led the Conservative High Holyday services:*

| | | |
|---------------|---|---------------|
| | Cantor Nancy Abramson, Kol Bo | |
| Barry Agdern |  | Marla Peers |
| Neil Bruckner | | David Rubin |
| David Gordon | | Danny Stimler |
| Renée Holtz | | Gordon Swartz |

*Thank you to the following people who organized,
participated in, and led Reform High Holyday services:*

Rabbi David Holtz
Cantor Lauren Phillips Fogelman

Accompanist: Katia Kravitz

Lay Leaders: Sharon DeLevie and Steve Gosset

Torah and Haftorah Readers: Howard Jacobowitz, Jodi Lane, Marla Peers,
Jennifer Povman, Roy Solomon, Roberta Rothkin, Steve Rothkin, Bernie Tolpin

Volunteer Choir: Diane Lane, Jodie Lane, Jenny Libien, Jen Povman, Roberta
Rothkin, Steve Rothkin, Roy Solomon

Quartet: Richard Pittsinger (YK), Nell Snaidas, Kirsten Sollek, Riley Soter (RH),
Lewis White

Cellist: Wolfram Koessel

Interactive Service: Pamela Barkley, Sharon DeLevie, Scott Freiman, Sharon
Kirschner, Felise Milan

Youth Services: Stessa Peers, Adam Hart

Shofar Blowers: Jacob Burger, Cantor Margot Goldberg, Dave Greenspoon,
Sophie Katz, Ayla Knollmueller, Lee Parker, Stessa Peers, Miriam Wichser

Rosh Hashanah Oneg: Leads: Loretta London, Jen Povman, Bernice Rogowitz
Herb Baer, Steve Gosset, Jamie Lefkowitz, Abby Lewin, Maya Lewin, Sadie Lewin,
Liz Ross, Brian Schnieder, Marc Solomon, Jon Strom

A HUGE thank you to the TBA staff who work tirelessly behind (and often in
front of) the scenes to make everything run smoothly!
Melissa Baer, Kira Gleit, Maggie Lissy, Irene Metz, Erica Newman, Jaime Valencia

... and to the volunteers who assisted them:

Eva Fisher, Sharon Kirschner, Roger London, Robert Newman, Liz Ross,
Jane Rubin, Brian Schneider, Amy Zerman



Thank you to all the TBA members who helped make our services run smoothly by ushering. If we missed anyone, we sincerely apologize.

Head Ushers: Jamie Schaefer Wilson and Robin Kolodzinski



Susan Barak
Herb Baer
Melissa Baer
Lisa Bergman
Emily Chazen
Cindy Collins
Allison Fine
David Frank
Audrey Gelfand
Steven Gosset
Rochelle Greenspan
Dave Greenspoon
Jennifer Greenspoon
Rebecca Greller
Liza Karsten

Larisa Katz
Stacy Katz
Sharon Kirschner
Susan Kronish
Grotenstein
Don Kumka
Jamie Lefkowitz
Jen Lewin
Jenny Libien
Roger London
Loretta London
Robert Newman
Tracy Ostroff
Lisa Piedimonte
Bergman
Mark Polisar
Patti Potash

Michael Povman
Jen Povman
Loren Ratner
Bernice Rogowitz
Brian Schneider
Cyndi Scott
Rebecca Selinger
Jane Silverman
Nancy Solomon
Harry Stein
Jason Stein
Melissa Stein
Jon Strom
Sarah Winston
Amy Zerman
Joel Zive



The Board of Trustees thanks all of the clergy, volunteers, and staff who ensured our High Holyday Services ran smoothly. We appreciate those who lead us, uplifted us and guided us. Thank you for your tireless support.

Sukkah builders and decorators:



Eitan Alper
Marshall Eisner
Kira Gleit
Molly Goodwin
Henry Halem
Lisa Halem
Peter Herzog
Avi Holtz
Rabbi David Holtz
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Robert Newman
Erica Newman
Carly Solon
Jason Stein
Melissa Stein
Cydny Wilson

Sukkot and Simchat Torah event volunteers: Kira Gleit, Amy Shapiro-Kessler, Kai Shapiro-Kessler, Sharon Kirschner, Jenny Libien, Loretta London, Stessa Peers, Jennifer Povman, Bernice Rogowitz, Liz Ross, Melissa Stein

TBA FAMILY



THE FOLLOWING EVENTS REFLECT THE KNOWN SORROWS AND SIMCHAS OF OUR TBA FAMILY SINCE OUR SEPTEMBER BULLETIN:

CONDOLENCES TO:

- **Matthew Halem, Lisa Pomerantz** and family on the death of his mother, Harriet Halem.
- **Phyllis, Ross & Josh Mandel** on the death of her husband and their father, Joseph Mandel.
- **Tracy & Kevin Portnoy** and family on the death of her mother, Wendy Vanvoorhis

REFUAH SHLEIMAH TO:

- **Renée Holtz**

MAZEL TOV TO:

- **Lisa & Andrew Bernstein** on the engagement of their daughter Carly to Evan Lazarus
- **Karen Filler** on the birth of her grandson, Asher Robert Lief. Parents are Lauren Filler and Elazar Lief.
- **James Fowler & Susan Weinstein** on the engagement of their daughter Sonya Fowler to Soham Mishra.
- **Lisa Belkin Gelb & Bruce Gelb** on the marriage of their son Evan to Melissa Purner.
- **Linda & Stephen Gerstman** on the birth of their great-grandson, Elias Flynn Fullerton. Parents are Declan Fullerton and Morgan Taylor. Grandparents are Elissa (Gerstman) and John Fullerton.
- **Rabbi David & Renée Holtz** on the engagement of their child Holly to Soledad Perez

DONATIONS



ADULT EDUCATION FUND

- **Janet Cohen** in honor of the Canasta program

ARZA

- **Naomi Gross**
- **Howard Jacobowitz & Patti Potash**
- **Sharon Kirschner**
- **Paul Levy & Loren Ratner**
- **Mindy & Frank Mayer**
- **Jerry & Marla Peers**
- **Carol & Bradley Wank**

DONATIONS



AWAY AT SCHOOL & BEYOND

- **Stephen & Linda Gerstman**

BIMA FLOWERS

- **Harold Gross** in loving memory of Lori Gross
- **Harryette Helsel** in loving memory of Essie Helsel

BRICKS (FUNDRAISER)

- **Rabbi David & Renée Holtz**
- **Malcolm & Rebecca Phillips**
- **Jaime & Luz Valencia**
- **Robert & Erica Newman**
- **Larry & Susan Tolchin**

BUILDING FUND

- **Harryette Helsel** in honor of Michael Maron on his birthday
- **Harryette Helsel** in honor of Holly Holtz's engagement

CANTOR'S DISCRETIONARY FUND

- **Herb & Melissa Baer** with gratitude for Dave Schlossberg's *Selichot* program
- **Phyllis Mandel** in loving memory of Joseph Mandel from his wife and sons
- **Stessa & Marla Peers** in honor of Jessica Monack's Bat Mitzvah

CARING COMMITTEE

- **TBA Staff** to wish a speedy recovery to Renée Holtz

CONSERVATIVE KIDDUSH FUND

- **Norm & Melissa Jacobson** in honor of our friends at the Conservative Kiddush
- **Jane Rubin**

ENDOWMENT FUND

- **Margot, Barry & Tamir Goldberg**

FRAN FRIEDMAN FUND FOR THE ENRICHMENT OF CHILDREN

- **Michael Friedman**
- **Amy Helsel & Jeremy Swerling** in loving memory of Fran Friedman
- **Sharon Kirschner** in loving memory of Fran Friedman on her birthday
- **Mark & Judith Pomerantz** in loving memory of Fran Friedman on her birthday

DONATIONS



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- **Mindy & Frank Mayer**
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- **Linda Shulman**
- **Kenan & Sarah Stern**
- **Carol & Bradley Wank**

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- **Howard Jacobowitz & Patti Potash**
- **Joyce Licker**
- **Cole & Claire Oram**
- **Harlan & Adrienne Pincus**
- **Marianne Rich**
- **Alan Struth**

MEMORIAL PLAQUE

- **Brian & Karen Daniels** in loving memory of Alex Daniels

PINCUS RELIGIOUS SCHOOL SCHOLARSHIP FUND:

- **Judy Pincus**

RABBI'S DISCRETIONARY FUND

- **Scott & Stacy Berliner** in loving memory of Gail Katz
- **Jacqueline Egelman** in loving memory of Rose Egelman
- **Steven & Risa Goldberg**
- **James & Donna Goldsmith**
- **Phyllis Mandel** in loving memory of Joseph Mandel from his wife and sons

TEMPLE FUND

- **Daniel Berman** in loving memory of Beth Berman
- **Eva Fischer** in loving memory of Joseph Mandel
- **Eva Fischer** in loving memory of Fred Grubel
- **Richard & Harriet Ford** in honor of Ross, Rachelle, Justin, Alex and Ashley Shapiro
- **Burton Grad** in appreciation of TBA's High Holyday services
- **Rochelle and Stuart Kessler** with gratitude for *Mi Shebeirach* prayers
- **Christopher Lomasney** in loving memory of Joseph Mandel from Ross Mandel's FISERV Team

TEMPLE FUND (continued)

- **Phyllis Mandel**
- **Barbara Rabinowitz**
- **Marianne Rich** in loving memory of Arnold Rich
- **David & Beth Rubin**
- **Jane Rubin**
- **Ann Toffel** in loving memory of Joseph Mandel

TIKKUN OLAM PROGRAMS

- **Paul Levy & Loren Ratner** to support the Yom Kippur Food Drive for Feeding Westchester
- **Allison Furgal** to support the Backpack program

TREE OF LIFE

- **Larry & Susan Tolchin** in honor of Lily's *Bat Mitzvah*



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Stessa's Article Cont'd from Page 3

Jonah boarded a boat and headed in the completely opposite direction of Nineveh. While Jonah was on the boat, a HUGE storm hit! The wind was howling, waves were crashing— it was chaos! Everyone on the boat was scared, and after he was woken up (which seems like another story to write another sermon about!) Jonah realized, "Oh no, this is because I ran away from God." Even though it was embarrassing, Jonah told the sailors, "It is my fault. Throw me into the sea, and the storm will stop." At first, they resisted and did not want to throw him in, but eventually they saw no other choice. And the moment Jonah was thrown overboard, the storm stopped.

Here's where it gets wild: instead of sinking, Jonah gets swallowed by a GIANT FISH (some say a whale)! Can you imagine being inside a fish for three days and three nights? While he was there, he had time to think and he prayed to God and said, "I'm sorry. I'll do what you asked."

After three days, the big fish spat Jonah out onto dry land and this time, instead of running away, Jonah listened to God. He went to Nineveh and told the people, "Hey, you all need to start making better choices!" And you know what? They did! The people of Nineveh apologized and decided to change their ways. God was so happy that God forgave the Ninevites.

But here's the thing—Jonah still is not happy. "Wait, don't they get in trouble?" is what I imagine Jonah was whining to God. Jonah sits outside the city, incredibly upset and grumpy. So, God makes a plant grow to give Jonah some nice, cool shade. But then, the next day, the plant withers away, and Jonah gets even more upset. God basically says to Jonah, "You are so worried about this little plant, only focused on it, but don't you think I should care more about the people of Nineveh and focus on them?" And that's when Jonah realizes—DUH, it is not about who gets punished and how they are punished. It is about giving people the chance to apologize and to do better!

Alright... thanks for the story Morah Stessa but you mentioned Inside Out 2 at the beginning of this? COME ON- Tell me more!!

Fear

How we can see "Fear":

When God tells Jonah to go to Nineveh, Jonah is terrified. He's scared of what might happen if he speaks out and tells the people of Nineveh to change their ways. So, what does Jonah do? He runs away! Sometimes when we're scared, we try to avoid things like Jonah. But running away does not usually make things better. It certainly did not help Jonah!

Anxiety

How we can see "Anxiety":

While Jonah's on a ship trying to escape, a huge storm hits, and everyone's freaking out. Jonah's anxiety starts to grow—he knows the storm is his fault. Can you imagine how stressed out Jonah must've been? He was probably feeling that buzzing you might feel when you know you've done something wrong and you don't know how to fix it. That feeling is anxiety trying to help, and for Jonah it helped him understand that he has to face his mistake.

Embarrassment

How we can see "Embarrassment":

Jonah finally admits to the sailors, "This storm is happening because of me." That was so embarrassing! Jonah had to own up to running away from his mission from God, and now everyone on the ship knows it is his fault. Sometimes, it is really hard to admit when we've messed up, but it is the first step in making things right.

Sadness

How we can see "Sadness":

After the sailors throw Jonah overboard and he's swallowed by a giant fish, Jonah is alone, trapped in the fish's belly. He's feeling sad, maybe even hopeless, as he reflects on how far he's run from his mission. Jonah feels isolated, like how we might feel when we think we've let people down.

Stessa's Article Cont'd from Page 27

Jonah, a Whale, and... Inside Out 2? (continued)

Anger

How we can see "Anger":

After Jonah finally does what God asked and the people of Nineveh apologize and change their ways, Jonah gets mad! He thinks Nineveh should be punished, not forgiven. But Jonah's anger shows us that he does not fully understand that God's forgiveness is about second chances, not punishment.

Envy

How we can see "Envy":

Jonah feels jealous of the people of Nineveh. They messed up, but as soon as they apologize, they get forgiven right away. Jonah is envious of how easily they find forgiveness, while he has had to struggle with his feelings and relationship with God this whole time.

Disgust

How we can see "Disgust":

Jonah sits outside of Nineveh, and he's disgusted with the whole situation. He's uncomfortable, angry, and grossed out by how things turned out. When a plant that gives him shade dies, Jonah gets even more frustrated. He's disgusted with how things are going, but really, he's upset with himself for not understanding God's mercy.

Ennui

How we can see "Ennui (boredom/apathy/not caring)":

At different points, Jonah just does not care. He does not feel excited about his mission. He's like, "Why does it even matter?" Sometimes we feel, "Why should I even try if it won't change anything?" But Jonah's apathy is something we can all relate to when we feel stuck or unmotivated.

Joy

How we can see "Joy":

Even though Jonah struggled, the people of Nineveh found joy in getting a second chance, and God's forgiveness brings joy to everyone. Jonah did not always understand, but God shows us that there is always joy in doing the right thing, forgiving others, and getting a second chance to be our best selves. Just like Jonah, we can feel joy when we know we've made a difference.

In the end, Jonah felt so many different feelings—like being scared, worried, embarrassed, sad, angry, jealous, and even grossed out. We all have those feelings sometimes too. Jonah's story teaches us that it is okay. What is paramount is how we learn how to use them and work through them.

Yom Kippur reminds us that when we apologize and try to do better, we can find joy. When we do the process of *teshuvah*—when we turn around, fix our mistakes, and make good choices, we are on the journey to becoming our best selves. Even when our feelings are all mixed up, if we work through them and try to be our best selves, there is usually happiness waiting for us on the other side. Just like Jonah, we can learn that joy comes when we keep trying to do what's right.

Most importantly, Jonah teaches us that we need all of our emotions: even fear, anxiety, embarrassment, anger, sadness, disgust, envy, ennui, and joy. Each of these emotions helped Jonah get to where he needed to be. Sometimes our emotions can feel like they are getting in the way, but like Jonah, we need them (even the not so fun ones), to help us learn, grow, and become who we want to be.

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