



Beth Am COMMENTATOR

National Reform Movement Meets In Dallas; Beth Am Sends 19 Delegates

Bernard and Evelyn Goodman will lead the Beth Am delegates to Dallas, where the biennial convention of our national movement, the Union of American Hebrew Congregations, will be held November 7-11. The UAHC, the oldest continuing organization of Jewish congregations in America, will soon be celebrating its 100th year of existence. It provides many services to us as a member congregation including religious school texts; administrative guides, camps and youth programming, and programs relating to the projection of our ethical ideals (social action).

Resolutions to be considered at the convention include those on abortion, gun control, Israel, and women's rights. There will be workshops in many facets of Temple life led by rabbinical and lay authorities. Sima Lesser, our Day School Director, has been asked to lead a workshop on "How to Start a Reform Jewish Day School."

Others attending the conference include:

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| Rabbi Herbert and Selma Baumgard | Debbie Liebling |
| Peggy Bielely | Selma Rappaport |
| Mikki Futernick | Jackie Rose |
| Alan and Esther Kessler | Joan Schwartzman |
| Robbie Kessler | Sam and Shirley Steen |
| Geraldine Legow | Barton Udell |
| Sima Lesser | Barbara Weiner |

The Committee Of 100

*75 Families Have Joined
25 Needed To Reach Goal*

The Committee of 100 is that group of families at Beth Am which makes an annual contribution of \$1,000 to the Fair Share Operating Fund of the Temple.

This past week, a family joined the committee who wishes to remain anonymous, bringing the total who have joined this year to 75. This is a record number for Temple Beth Am. Twenty-five additional families are sought for this year, in order that we might meet the continuing demands of our escalating operating expenses.

Membership in the committee is on a year-to-year basis. If you join one year, you do not have to join the next. The families involved hold an annual informal gathering.

Can you join? Call David Stuart, our administrator, at 667-5587.

Gun Control Debate At Breakfast Sunday, November 16 At 9:30 A. M.

Upon the recent attempts on the life of President Ford have come requests from all areas of the population for more stringent gun control legislation. The need for better gun control legislation will be the topic of debate at the next Brotherhood Sunday Morning Breakfast Forum, November 16, at 9:30 a.m., in the Youth Lounge. Admission is \$1.00 for Brotherhood members and \$1.50 for non-members. Ladies are always welcome at these breakfasts.

Participants in the debate will be Rep. Tony Fontana of Hialeah, for better legislation, and Dr. N.R. Aronson of Pensacola, against further legislation. Ira Dubitsky, a circuit court judge, will be the moderator.

Rep. Fontana is the author of some very important gun control legislation which will come before the next session of the legislature. This pending legislation was highly commended in our local press as worthy of becoming law.

Dr. Aronson is a member of the board of directors of the National Rifle Association, and a member of its executive board. The issue of gun control legislation will be one of the bigger issues of the next legislature.

Chanukah Workshop November 19

Chanukah starts the evening after Thanksgiving. Sisterhood has several major Chanukah treats. First, there is the ever popular Chanukah workshop. Enjoy a tempting and delicious brunch, sing along with all the gals the traditional (and some not so traditional) Chanukah songs and learn by doing. Cook tantalizing Chanukah delicacies and construct simple holiday decorations for your home. BYOS (bring your own scissor). The date is Wednesday, November 19. The time is 9:30 to 11:45 a.m. The place is the Social Hall and the cost is \$3. Reservations can be made with Barbara Sacks at 238-9825, Leslie Silverman at 271-0959, or the Temple office, 667-5587.

In addition, Sisterhood's Judaica Shop can meet your every Chanukah need--candles, wrapping paper, dreidles, decorations, books. Unique, yet inexpensive, presents for children, friends, relatives, spouses, greeting cards, earrings, boy's rings, book ends, etc., etc. Shop early for a large selection and avoid the last minute rush. Ten percent donor credit given to Sisterhood members. Remember, Chanukah comes early this year.

FRIDAY, NOVEMBER 7
7:30 p.m.

FAMILY SERVICE

**RELIGIOUS
SERVICES**

Choir of the Month
3rd Grade of Religious School

RABBI CHEFITZ

'What's In A Blessing?'



SATURDAY, NOVEMBER 8
9:15 and 11:15 a.m.

TORAH SERVICE



A Moment Of Renewal

(Part One)

Sleep is one of God's most precious gifts to us. The sleep period is the time when we re-group our powers. When we're sleeping, we can't, at the same time, be "up and doing." We can't be working or having fun or making love or playing tennis. In this sense, sleep deprives us of time for enjoying life, but the truth is that without sleep, we would never be in condition to do any kind of activity. Without sleep, we would be continually exhausted. Indeed, if we went many days without sleep, we would soon die out of weakness; we would be physically and emotionally depleted.

Most of us go to sleep at night. Some few of us work nights and sleep during the day. It is possible for us to split our sleep assignment into a few hours by day and a few hours by night, but most of us don't do that. We seem to need our sleep in one large segment. We renew our physical and emotional strength by turning aside from our regular activity routine and by yielding to the natural demand for rest and renewal. All mankind has this need, as does the animal kingdom. There is abundant evidence that even plants, flowers, and trees sleep.

In recent days, many people in the Western world have discovered "Transcendental Meditation," an export of the Orient, which is a kind of technique to enable one to hypnotize himself into a few minutes of mind rest on an intermittent basis. Hypnotists and those trained in psychology have taught similar processes without claiming to have something "new" or "different." I have personally used this simple technique without the "T.M." phraseology or terms for 20 years, at least. It is helpful to us westerners because we stand in such great need of techniques for resting. Never has a culture so needed devices for breaking into its cycle of perpetual motion as does ours.

But "T.M." and self-hypnotic crutches only begin to solve the problem of our society. They are "naps," but not "sleep." They are helpful aids, but not cures. We need something much more profound. Those of us who are overwhelmed by the demands and opportunities of our technological age need more than a palliative to save us from a moment's pain. We need a dramatic and intense counter-force that will fully claim our mind and heart and keep us from wasting away.

It is my conviction that Judaism can supply us with such a saving force. It is my experience that Judaism has precisely that philosophy and those techniques which are remarkably suited to the need for rest and revitalization in our society. What is that philosophy and what are those techniques that can give us peace of mind and soul (shalom) for our time? Part of the answer lies in the Hebraic concept of the Shabbat (the Sabbath).

It is a reflection of the genius of our Hebrew ancestors that they translated the universal need for sleep into spiritual terms. They believed that even as all living things need to withdraw from activity in order to re-group their physical powers, so they need a Sabbath, a fixed time to re-group their spiritual powers. Mankind, especially, our fathers taught, needs to withdraw from its cycle of getting and spending on a regular basis, and for a significant segment of time (one day a week), in order to "sleep," in order to cleanse the mind of its tortured content and to link the spirit to its Source where quiet and peace and contentment prevail.

In this column next week, we will discuss the philosophy and techniques of the Jewish concept of the Sabbath, and we will go on to other Jewish ideas that can enable us to live enthusiastically in modern times.

Genetic Counseling Urged For Couples

Despite widespread publicity and free screenings in Dade's Jewish community last year, two Tay-Sachs babies have recently been born in this area. An absolutely needless tragedy.

This cruel metabolic disorder which transforms bright, healthy Jewish infants into unresponsive, blind and paralyzed shells with a life expectancy of no more than three or four years struck two Dade families who thought they were safe-immune. They were not.

One family was a mixed Jewish-Christian marriage and the other family had already had several normal children. Neither family was safe. Both became victims of this tragic Jewish genetic inheritance. A simple pre-natal test or even a newly developed testing procedure performed in the early months of pregnancy could have detected and prevented this ravaging disease.

Tay-Sachs is merely the most widely known of the "Jewish" diseases. There are five others. Some are fatal. Others are merely cruel, torturous, disfiguring, and crippling. They are dysautonomia, a disorder of the nervous system; torsion dystonia, a muscle seizure disease; Bloom's syndrome, which stunts growth and causes victims to become increasingly susceptible to leukemia and other cancers; Niemann-Pick disease, resulting in increasing debility, mental retardation and death by age three; and Gaucher's disease, a painful orthopedic malady resulting in bone and cartilage destruction.

One out of every 100 Jewish babies will probably die by age four as a result of Jewish genetic disease. No cures have been found, but progress has been made in prevention. By seeking out carriers, counseling "high risk" couples, and offering a choice of continuing or ending a pregnancy when it is determined that the fetus is afflicted, it is now possible to prevent the suffering of innocent children and the anxiety and grief of their parents.

Genetic screening and counseling offers the hope of wiping out these diseases in our generation. Who should be screened? Certainly all young people contemplating marriage and child bearing where either or both have Jewish ancestry should undergo genetic screening. In addition, Jewish couples who already have one or more normal children should be tested before additional pregnancies. For these groups, it is an absolute necessity. Older Jewish families, also, should either have their children tested or should themselves be tested to determine whether a defective gene runs in the family.

In Dade County, genetic testing is being conducted at the Biochemical Genetics Laboratory of the Mailman Center for Child Development, 1601 N.W. 12th Avenue, Dr. Paul M. Tocci, director, phone 547-6448. On a national basis, there has recently been established the National Foundation for Jewish Genetic Diseases, 608 Fifth Avenue, New York, N.Y. 10020.

Bnai Mitzvah

Saturday, November 8

9:15 a.m.

11:15 a.m.



Jeffrey, son of
Mr. and Mrs.
Sam Hochberg

Jeffrey, son of
Mr. and Mrs.
Arnold Schatzman

Edward, son of
Mrs. Pauli Levine
and Mr. Paul Levine

Alan, son of
Mr. and Mrs.
Lionel Pincus