

Beth Am COMMENTATOR

Sisterhood Games Morning October 15

The Sisterhood gals will be getting to know you better if you'll only show up for the fun morning of the year. So, all you gals, mark your calendars, pull out your green eyeshade, and come to the Sisterhood meeting this October 15th from 9:30 to 11:45 a.m. in the Social Hall. There will be tables for bridge, mah jong and bunko--and lots of room for kibitzers.

There will be door prizes and special drawings for those making early reservations. When you call in your reservations to Barbara Sacks, 238-9825, Joan Malin, 251-2738, or the Temple office, 667-5587, let them know which game you are interested in playing. Orange juice, coffee and danish will be served and the cost is a nominal \$1.50. See you there!

Blood Bank Time Sunday, October 26

Our Temple's blood bank, administered by Brotherhood, established two new firsts this year. For the first time, we sent blood to Fort Myers, Florida, where one of our congregants was a patient; and, second, we issued more blood than we received at our last blood bank drive.

As regards the above, we have been informed by Mt. Sinai Medical Center that blood can be sent to any of our congregants who are visiting in any of our 50 states and who require blood. That should be a source of great comfort to those in our congregation who travel. We trust, on the other hand, that the response from those who can give blood will be more enthusiastic.

The rules are simple. If you have been ill recently, are taking medication of any sort, have allergies, have had heart disease, hepatitis, diabetes, you are not eligible to donate this precious commodity. There are other "no-nos," such as giving blood eight weeks before the date of our drive, having received a transfusion in the past six months, visited a malaria area recently, or had major surgery in the past six months.

Should you find yourself unable to give blood, we urge you to make a contribution to the American Red Mogen David, who will use your money to buy surgical equipment, medicines and other items required by the State of Israel.

We have reserved the important items to close this article. The date: Sunday, October 26, the place: our Youth Lounge, and the time: 9:00 a.m. To all who come, whether you are accepted or not, Brotherhood will provide you with a hearty breakfast. Please mark this date on your calendars and please come.

Brotherhood Breakfast Features A Day In The Life Of A Jew In Russia Oct. 19

A day in the life of a Jew in Russia will be the topic for discussion at the next Brotherhood Sunday morning Breakfast Forum, Sunday, October 19, at 9:30 a.m. in the Youth Lounge. Speaker for this unusual forum will be Mr. Alexander Gokhman, very recently arrived from Moscow with his family. Mr. Gokhman was a well known engineer and research specialist in the field of hydraulics in the Soviet Union. Since coming to the United States, he has become associated with the University of Miami as a research professor of engineering. In addition to his scientific prowess, Mr. Gokhman is an expert in Russian art, history, and politics. This will give all of us an opportunity to learn first-hand what the situation is today in the Soviet Union and its relation to its Jewish population. Mr. Gokhman's wife and son, who is a high school student, will also be glad to answer any questions concerning their realm of activities in Moscow. All of you must have a question of what it is like to be a Jew in today's Russia. Please come to this forum and ask those questions.

Admission to the forum breakfast is \$1.00 for Brotherhood members and \$1.50 for non-members. The ladies are always welcome to these forums.

Cotillion Starts Nov. 2 With New Look

Mrs. Daniel Franco, chairman of our youth committee, announces that our cotillion program for seventh and eighth graders will begin on Sunday evening, November 2. At that time, Shira Baumgard will teach our young people a "new look" in cotillion. Cotillion will be updated this year in the fact that our students will learn the dances that are being danced today! Ms. Baumgard has a B.A. in psychology and dance and is currently working on her Master's in this field.

Cotillion will start on Sunday, November 2, at 7:30 p.m., in the Social Hall and run for ten (10) weeks. The fee will be \$25.00 for the ten week session.

Enclosed, find check for \$25.00 to register my seventh or eighth grader for cotillion:

Name of Child _____ Phone _____

Name of Parent _____

Address _____

FRIDAY, OCTOBER 17
8:30 p.m.

RELIGIOUS SERVICES

Henry LeClair
Cantorial Soloist

RABBI CHEFITZ

Fear Of 'Fear Of Flying'



SATURDAY, OCTOBER 18
11:15 a.m.

TORAH SERVICE



FROM THE RABBI'S DESK

Why Should I Light Sabbath Candles?

(A Reprint)

A MOMENT FOR RENEWING LOVE

The lighting of the candles is the symbolic introduction of this thought into our humdrum week. Husband and wife should be **together** when they light the Sabbath candles on Friday night. They should bring to the symbolic act this mood, "We are lighting these candles as an act of identification with the Jewish people and with its search for a world of justice and peace. Let this remind us that, as Jews, we must be in the vanguard of those who help mankind take on a new soul."

It is important to recite the traditional blessing at this time, but it is more important to light the candles in a proper mood. It must not be done as a perfunctory act. What you are thinking as you light the candles is even more important than what you are saying. Do you really want to transform the world? Do you really understand that to be a Jew means to strive for this transformation? You must both be present at the lighting of the candles. The husband (or wife) must come home from work as soon as he can. Let the candles be lit as near as possible to sundown, and let it be a **moment of renewed love** for the two of you. This should be a moment of touching, or embracing, or kissing, a moment for the silent renewal of marriage vows. If you have argued, let the problems melt in the flame of the candles. Your love is greater than your problems. In this fashion, did our fathers use this ritual, for the husband would come home from the synagogue and sing a love song to his wife, "Ashes Chayil," from the Book of Proverbs. It would be nice for the husband to sing such a love song, but even if he doesn't, let him communicate his affection to his wife, in his own way, however quietly, at the moment of candle lighting, and let her respond in her way.

When you have children, bring them into this moment of renewal. In the tradition (as in Fiddler on the Roof), the father drew the children near to him, held his hand on the head of each child, and blessed him. It would be nice if either of you could say the traditional blessing over the children, but it is more important that you understand this as an opportunity to let your children know that you love them. Let anger and disappointment melt away in the flame of the candles. Bring them near to you, hug them, kiss them. In this way will this moment, and incidentally this ritual, become dear to them. In the tradition, the Jewish family was united over the Sabbath candles. The regular observance of this ritual will enrich your marriage.

We have prepared an abbreviated Sabbath procedure with which to institute Friday night dinner. It would be helpful if you performed all of it, but I am only asking you to pledge yourselves to the lighting of the candles, provided you bring to it the mood I have described. The **real meaning of a ritual depends on the people performing it**. The ritual has no saving grace in itself. It is we who must supply the mood and the inspiration. Properly understood and presented, this ritual will help you and your family to take on a "new soul" each Sabbath.

Needless to say, all Jewish families should light the candles. Begin now, if you haven't done it before! See the ritual alongside.

Beth Am Suggested Friday Evening Sabbath Ritual For The Home

1. LIGHTING OF THE CANDLES (By the mother)

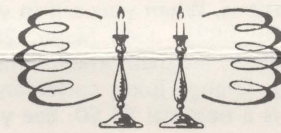
Candles are lit (usually two).

Mother says,

"Blessed art Thou, our God, Who has created His human family through love, and Who continues to care for us."

Bah-ruch Ah-tah Ah-do-nai Elo-hay-nu Meh-lech Ha-oh-lam Ah-sheh Kid'-sha-nu B'mitz-vo-tav V'tzi-vah-nu L'had-lik Nare Shel Shab-bat.

These candles are symbol of His love for us, and the sign of the love the members of our family have for each other.



בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת:

2. KIDDUSH (By the father)

Wine glasses are filled (grape juice may be used for children).

Father holds up glass and says,

"Blessed art Thou, O Lord, Who has created all things, including this wine. We are reminded, through this symbol, of all things that grow and live. We are reminded that things are created every minute of every day. We think also of the possibility for change and growth, present at all times, which makes freedom always possible. So long as we know that the Power which makes for freedom and creation is with us always, we shall never despair."

בָּרַךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הַגֶּפֶן:

Bah-ruch Ah-tah Ah-do-nai Elo-hay-nu Meh-lech Ha-oh-lam Boh-ray P'ri Ha-gah-fen.

Drink the wine.

3. BLESSING OVER BREAD (All together)

"We give thanks to Him Who created the seed from which this bread is made. As we eat, let us think of those who are less fortunate than ourselves and let us determine to help them."

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.
הַמּוֹצֵיא לֶחֶם מִן הָאָרֶץ:

Bah-ruch Ah-tah Ah-do-nai Elo-hay-nu Meh-lech Ha-oh-lam Hah-mo-tzi Leh-chem Min Ha-ah-retz.

BETH AM SINGLES (50 AND OVER)

Sunday, October 19, Temple Youth Lounge, 8:00 p.m.
Noshery evening, dancing, short general meeting. Members \$1.50; guests \$2.50.