



FAMILY SERVICE - Friday, December 7, 1979, 7:30 p.m.
SINGLES TORAH SERVICE - Friday, December 7, 9:30 p.m.

RABBI STUART G. WEINBLATT
"ME, MYSELF AND I, THREE OF MY FAVORITE PEOPLE"

TORAH SERVICE - Saturday, December 8, 1979, 9:15 a.m. and 11:45 a.m.

Beth Am Commentator

December 7, 1979

Miami, Florida

"The Jewish Family" Discussed At Breakfast On Sunday Morning, Dec. 16th, at 9:30 a.m.

"THE AMERICAN JEWISH FAMILY-IS IT ALIVE AND WELL AND STILL JEWISH" will be the topic of discussion at the next Brotherhood Breakfast Forum on Sunday morning, December 16th, at 9:30 a.m., in the Youth Lounge. Speaker on this topic will be Brenda Shapiro, Director of the Florida area, The Jewish Committee. Mrs. Shapiro is also a consultant to the Dade County Board of Public Instruction on Family Life Education, teacher, lecturer and social scientist in the study of Human Relations. The problems of family life, especially the Jewish family life, has been an area of intense study for Mrs. Shapiro for many years. Recently, President Carter established the Bureau of Family in the Department of Health, Education and Welfare. The University of Miami has established the Foundation for the Study of the Jewish Family. What all this suggests is that many aspects of Jewish family life are undergoing radical change. This discussion on December 16th will hone in on the multitude of problems facing today's Jewish family—and also tomorrow's family.

Admission to this all-you-can-eat Brotherhood Breakfast Forum is only \$1.50 for Brotherhood members and \$2.00 for non-members and visitors. The Forum always welcomes the ladies.

Marriage And Alternative Life Styles: Coping With Today

A Colloquium on Four Tuesdays in January

Dr. Sam Greenberg, analyst and author, will conduct a colloquium on Marriage and Alternative Life Styles on four Tuesdays beginning January 8, 8:00-10:00 PM in Room 26. We will invite other professionals to participate in the presentation and discussion with him. Living together, Why marriages fail, Single life, and the Women's Movement will be among the subjects discussed. Call the Temple office to reserve a place.

CHANUKAH WORKSHOP

WEDNESDAY EVENING, DECEMBER 12
8:00 PM IN THE YOUTH LOUNGE

The History, the Music, the Food, the Blessings
the Rituals, the Legends, the Lore
and more...

Come celebrate with Rabbi Chefitz and friends.
One night only! No reservations necessary.

Chanukah Begins Friday, December 14th Music Festival; Rabbi Weinblatt Installed

Rabbi Stuart Weinblatt, our new Associate Rabbi, will be officially installed as a Rabbi of the congregation as part of the Friday evening service on December 14th at 8:30 p.m. The Adult Choir will come to the altar to sing its annual Chanukah Festival music. This is always an outstanding event.

Chanukah begins on Friday evening at sundown. Families are urged to kindle one candle that evening (in addition to the Sabbath candles) and one additional candle each evening until eight are lit. Our annual Candlelight Service in celebration of Chanukah will be held on Friday evening, December 21st. Please note that this is an 8:30 p.m. service. (Everyone is to bring a candle wrapped in tinfoil on the 21st.)

The Sisterhood Judaica Shop is featuring special Chanukah books, records and gifts for the season. Dreidles are also available. Rabbi Baumgard urges families to emphasize the importance of the holiday in imaginative ways. A special workshop for parents who want to know how to recite the prayers, sing the songs, and cook the dishes will be held on Wednesday, December 12th, at 8:00 p.m. in the Youth Lounge.

Remember that since Chanukah comes on the Sabbath this year, two sets of candles must be lit; begin with the Chanukah candles. See elsewhere in the Commentator for the ritual of kindling the lights.

THE STORY OF CHANUKAH

The word Chanukah means "Dedication." At this season of the year (the 25th day of Kislev), the Temple in Jerusalem was rededicated to the service of God after years of desecration at the hands of Hellenized Syrians (and some Hellenized Jews).

About 167 B.C.E., a group of Jews, long oppressed by the Jewish aristocracy which had allied itself with the occupying power, revolted not only against the alien power in its midst, but also against some of their assimilated priests and leaders. The revolt was led by a priest, Mattathias, and his sons, the Maccabees. The most famous of the sons is Judah, who seemed particularly successful in arousing the people.

The Syrians, who held a great empire to the northeast, were ruled by Antiochus IV, who chose for himself the name Epiphanes ("God made manifest"). Antiochus wished all his vassal peoples to worship him. He decreed that the Jews should not be permitted to study their Torah or to use their forms of Jewish worship. The new restrictions brought about the revolt.

The military battle is of interest. The Syrians had a well trained army with modern weapons. The Judeans were few in number with almost no weapons. The Syrians divided their camp in the hope of surrounding the Judeans, but the

Continued on page 2



FROM THE RABBI'S STUDY

"MEDITATION", Continued

[Part Two]

Last week, we discussed the fact that most Americans need relaxation techniques to help ease them out of their hectic pace. (It would be better to work a little less frantically.) Some of us go to a yogi or swami and think that we are engaging in a mysterious relaxation rite that is linked to the power of this particular leader. We even project over to him a certain aura that borders on the divine. There was something of this magic in Hasidism, that branch of Judaism that developed in the 18th century. To this day, there are disciples of this Rebbe or that one who feel that this leader is their key to heaven. There is a growing popularity of Hasidic mysticism today, especially on the college campus. The techniques for relaxation are not dissimilar to those involved with oriental movements. There are, of course, very important differences between the religious connotations added to the process by a swami, on the one hand, or by a hasidic rebbe on the other. There are also Christian and Islamic mystics. Here again the relaxation techniques are similar. Differences come in when the disciple uses the techniques to relate to God or to certain ethical codes. Those who get involved in these groups should be alert to the fact that there really are no secrets about the relaxation techniques, but each of these religious mystical sects has a different religious goal. Maurice Friedman, the translator of many of Martin Buber's works on Hasidism, has written a book called "Touchstones of Reality," published by E.P. Dutton and Co., 1972, in which he discusses the various mystical movements and explains why he has chosen Hasidism (the Jewish mysticism). The main reason, Friedman writes, is that alone of all the basic mystical approaches, Hasidism does not stress individual peace. It stresses the peace of the community and reaching out to others.

Psychologists assure us that relaxation techniques do not have religious connotations. Dr. Daniel Golman has prepared a series of cassettes which give you the precise techniques for this kind of relaxation. You may have them by writing to Consumer Service Division, 595 Broadway, New York, N.Y., 10012. Dr. Goleman's procedures, which do not differ in any important way from age-old self-hypnosis procedures, are the same as those used by the yogis and swamis, except that they do not employ a mantra. They do not pretend to be rooted in any mysterious system of ancient lore, religion, or ethics. Nor do they pretend that the user of these techniques has to be dependent on a teacher or guru. It seems to me that these techniques are fundamentally sound and helpful.

As we said last week, Jews have applied the principle employed in the relaxation techniques for thousands of years and in other than Hasidic groups. For Jews down through the ages, a prayer was the relaxation procedure par excellence. The contemplation of a loving God and the use of prayers associated with that God was all the Jew needed to feel at ease, to feel wanted and secure. I guarantee you that Psalm 23 if read slowly and repeatedly, as the devout Jews would read it, will give you more relaxation than any mantra of untranslatable meaning. Just concentrating on the first line of Psalm 23 and thinking of nothing else will do a great deal for you, but you must read the line over and over and think only of it. Take your Bible out and read that first line. Dwell on it. Now recite it out loud. Accent the word "my." Concentrate on this line every day for 15 minutes, twice a day. Think only of it, and what it means to be a beloved child of a loving God. When you are in a pressure situation, close your eyes and say this line. It will help you relax. It's Jewish magic.

For those who want to delve into the deeper meaning of Jewish prayer, read "Judaism and Prayer", H. Baumgard, in the Beth Am Library. Of course, the dynamic of Jewish prayer is more than relaxation technique, and this book makes that fact very clear. Jewish prayer has as its most pro-

CHANUKAH BEGINS FRIDAY, DEC. 14th, Continued from page 1

Judeans, who had heard of the plan, attacked first one section of the Syrians and then the other, defeating both of them. The victory was complete enough to permit the capture of the Temple by the Maccabees, although independence actually did not come for many years.

THE MIRACLE

Talmudic legend has it that when the Maccabees came to rededicate the Temple, there was no oil for the "Ner-Tamid," the Eternal Light; yet, it burned for eight days while additional oil was being obtained. For that reason, we kindle eight candles at this season, one on the first day, two on the second, etc. The "Shamash" is the candle which "attends" the lighting of the others. It is lit first every night.

Had there been no Chanukah, there would have been no Christmas! Christianity arose out of the Jewish community. That Christianity would not have been in existence if the Maccabees had not defeated the Syrian attempt to crush Judaism. Following the example of Chanukah, the Christians selected the 25th day of the month as the day of their holiday, and they also made their holiday into a holiday of lights. The two holidays are unlike in that Chanukah teaches that the Jews should not worship any man who claims to be God. (Jesus may not have so regarded himself.)





In the Book of the Prophet Zechariah, there is a reference to the Menorah and to the teaching "Not by might nor by military might, but My spirit, saith the Lord." This quote is inscribed on the face of the Ark in Temple Beth Am. It is part of the teaching of Chanukah.

The Menorahs in our Sanctuary are based on the second Chanukah legend which tells us that when the Maccabees recaptured the Temple from the Syrians, they had no menorahs, so they took the spears of their enemy and put candles on their ends.

Beth Americans And New Generations Sing At Gusman Hall Dec. 19th

The Beth Americans, 80 strong, will be joined by the M'Shorims, now known as the NEW GENERATION, 28, in a seasonal performance with the PHILHARMONIC ORCHESTRA. Robert Mandell, the guest conductor from London will meet with the groups on Dec. 18th for a final rehearsal. The Beth Americans and New Generation will be combined in two selections with the Old Cutler Presbyterian Church.

B'Nai Mitzvah Saturday, December 8th

	
9:15 a.m.	
James, son of Mr. & Mrs. Herbert Odell	Samantha, daughter of Mr. & Mrs. Marvin Rosen
	
11:15 a.m.	
Amy, daughter of Mr. & Mrs. Gilbert Tendler	Joyce, daughter of Dr. & Mrs. Barnet Alpert

found purpose not the relaxation of a person but the remaking of the person in the image of the divine. That takes more work than the mastering of a relaxation technique.

There are other ways of relaxation. Next week, more of that.

Learning Center Cash Drive

We would like to thank the congregants listed below who have participated in the cash drive for the Learning Center. These are in addition to those listed in previous weeks. The gifts are truly helpful and greatly appreciated.

Al & Jean Leibert
Dr. Henry & Ellen Gelband

Stanley & Roberta Gilbert
David & Ida Kates

We Give Thanks...

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Frankie, Ellen & Sheryl Trainor in loving memory of Eli Trainor

LEARNING CENTER FUND

Beth Am School staff in memory of Lester Blackstein
Beth Am School Staff in memory of Mr. Dreyer
Save-Way Industries Inc. in memory of Louis Goldstein



Applications For SEFTY Convention

Members of Beth Am's Senior High youth group will be attending a convention of teenagers from all over the entire Southeastern region of the United States. The convention will be held on December 24-27 in Atlanta. The gathering is sponsored by SEFTY, the youth wing of the Reform movement in this area. It is an opportunity for young people to meet and make new friendships and to participate in Jewish study. Rabbi Weinblatt has been invited to be one of the rabbinic scholars for the sessions.

Any member of BAFTY who is interested in attending should contact Rabbi Weinblatt to receive an application.

Young Singles Barbecue And Picnic

Beth Am's Young Singles will have a barbecue and picnic at Tropical Park on Sunday, December 9 from 2-5 p.m. There will be plenty of good barbecued food, sports, games, tennis, lots of good people, and more.

The cost for all this will be only \$5.00, which will serve also as the dues and will entitle you to reductions on future events. Come and meet at the tennis courts for what promises to be another successful outing. (Our last affair drew over 50 people!)

For further information, call Pam Kessler at 661-1264 or Rabbi Weinblatt.

Ritual For Lighting The Chanukah Candles

There are five ways in which Chanukah is observed in the home. First, lighting of candles. Second, gifts. Many Jewish families give the children a gift on each night of Chanukah, after the candles are lit. Third, food. Chanukah has its own favorite foods, such as potato latkes and nuts. Fourth, songs. There are many extremely beautiful Chanukah songs which should be sung after the candle lighting. Fifth, stories and games. The game, Driedle (spin the top) is an essential feature of the Chanukah observance.

SHAMASH IS THE LEADER

Lighting the first candle with the shamash, or attendant, candle. The shamash may be permitted to burn or be put out. The second night, light two candles with the shamash, etc. The first two of the blessings are said on all nights. The third is said only on the first night. Sing the songs after the lighting each night. Have fun as a family.

CHANUKAH CANDLE BLESSINGS

1. Bah-rooch Ah-tah Ah-doh-nai, Eh-loh-hay-noo Meh-lech Hah-oh-lam; Ah-sheh Kid'-shah-noo B'-mitz-voh-tahv, V'tzi-vah-noo L'hahd-leek Nare Shel Chah-noo-kah.

We thank You, O Lord, King of the Universe, who has asked us to teach the world that it is better to kindle lights than to curse the darkness.

2. Bah-rooch Ah-tah Ah-doh-nai, Eh-loh-hay-noo Meh-lech Hah-oh-lahm, Sheh-ah-sah Ni-seem Lah-voh-tay-noo, Bah yah-meem Hah-hame, Bah-z'-mahn Hah-zeh.

We thank You, O Lord our god, for helping us to resist those who tried to destroy us at this season long ago. We pray that we will have the courage to affirm our Jewishness today also.

3. (First night only)

Bah-rooch Ah-tah Ah-doh-nai, Eh-loh-hay-noo Meh-lech Hah-oh-lahm, Sheh-heh-cheh-yah-noo V'kih-y'-mah-noo, V'hih-gih-yah-noo Lah'z-mahn Hah-zeh, Ah-men.

Sing Now:

O Channukah, O Channukah

O Channukah, O Channukah
A festival of joy
A holiday, a jolly day
for every girl and boy
Spin the whirling dreidles
All week long
Eat the Sizzling latkes
Sing the happy songs.
Now light them, tonight then
The flickering candles in a row
Retell the wondrous story
Of God in all His glory
To Remind us of days long ago.
[Repeat last three lines]

Rock of Ages

Rock of Ages, let our song
Praise Thy saving power
Thou amidst the raging foes
Wast our Shelt'ring tower.
Furious they assailed us,
But Thine arm availed us,
And Thy word, broke their sword
When our own strength failed us.
[Repeat last two lines]

THE SABBATH CANDLES

Light now the Sabbath candles (two or more)

(Mother kindles the lights and says)

Bahrooch Ahtah Ahdonai Ehlohaynu Mehlech Haholam
Ahsher Kid'shaynoo B'mitzvotahv V'tzivahnoo L'hahdleek
Nare Shel Shabbat

DRINK NOW THE SABBATH KIDDISH

(Father holds up the wine and says)

Bah-rooch Ah-tah Ah-doh-nai El-oh-hay-noo Meh-lech
Ha-oh-lam
Boh-ray P'ree Ha'gah-fen

Thanks be to you, King of the Universe, who creates the
Fruit of the Vine and Causes All Things to Grow.

ALL SAY NOW THE BLESSING OVER THE BREAD

Bah-rooch Ah-tah Ah-doh-nai El-oh-hay-noo Meh-lech
Ha-oh-lahm Ha-motzi Heh-chem Min hah-Ah-retz Amen
Thanks to you, Oh Lord our God, King of the Universe, who
Causes Bread to Grow From the Earth.

As we eat of this bread, may we promise to help others less
fortunate than ourselves.

(The father breaks the bread and gives all a piece.)

Beth Am Singles Meet Sunday, December 16th

WHO: BETH AM SINGLES 40 +
 WHAT: WINE, CHEESE, REFRESHMENTS,
 DANCING & SOCIALIZING
 WHEN: SUNDAY EVENING, DECEMBER 16,
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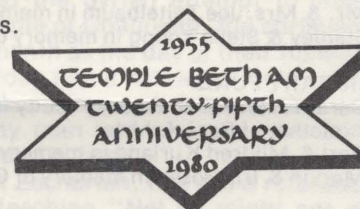
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CELEBRATE with your friends.

Friday, February 1, 1980
 Rabbi Schindler, President
 of the UAHC will speak.

Sunday, March 23, 1980

Gala Dinner Dance at the
 Intercontinental Hotel.



Yahrzeit

DECEMBER 7

17 KISLEV

David Gelb Agid, Richard Barrow, Philip Berkowitz,
 Celia Byer, Allan Chaykin, Celia Edelstein, Murray M.-
 Fallek, Sandra Balaban Frank, Max Garston, Sam Graff, Sam
 Gustman, Julius Hurvitz, Eleanore Kandel, Janet Katz,
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 Edith Liberman, Isadore Marks, Minnie Nash, Max Rossin,
 Issadore B. Sacks, Minnie Sandler, Isadore Saper, Selig
 Saper Yetta Schreer, Abraham Skoler, Philip R. Steen, Irving
 Stein, Bertie Tauber, Edward Victor, Milton Ziegler.

In Memoriam

Lester Blackstein	Henry Dreyer	Irene Jaffee
father of	father of	mother of
Barbara Langer	Carolyn Rappaport	Stanley Jaffee

"May their memory be for a blessing"

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