

**October 2017**

**Tishrei 10, 5778 - Heshvan 11, 5778**

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**MESSAGE FROM RABBI JUDY**

The High Holy Days were truly beautiful! It is a very special thing when a Rabbi or Cantor gets to pray while leading services. It does not happen that often. But, I very much felt a part of a community and like I was in a spiritual place during our High Holy Day services. Many thanks to Bob Eisenstadt, GayNell and Alan Barth and Shirley Ketenli for all their help in planning and executing these High Holy Day services. Thanks to our Sisterhood for the beautiful and plentiful break the fast. Also, thanks to our B’al t’kiah (shofar blower) Matt James and to our most excellent professional choir under the direction of Julian Jones who, through their music, made services very inspiring.

It was a pleasure to meet so many congregants (I had not previously met) and visitors at our High Holy Day service. I hope you will feel comfortable joining us again during Shabbat and other activities scheduled at the Temple. I am especially excited about our Congregational Kallah which will take place the weekend of January 26-28, 2018 in Woodworth, LA. This will be a very special Shabbat weekend full of fun, relaxation, spirituality and community that you will want to be a part of. Brochures are available at the Temple and there is an article with more details contained in this bulletin.

I will be in Monroe the weekend of October 13-14 when we will celebrate Simchat Torah and rejoice in the giving and receiving of the Torah. Services will be Friday at 6 pm where we will parade around the congregation with the Torah and roll it from end to beginning looking at some landmark places in the Torah as we go. We will also change the Torah covers from their white High Holy Day coverings to their colorful coverings for Shabbat. Following services, there will be a pot luck dinner.

On Saturday, we will have a Tot Shabbat service in the sanctuary at 9:30 am and Torah study will meet in the library at 10:30 am. Please note this new time for Torah study.

Again, I thank everyone who had a part in our High Holy Day services. May this New Year be one where we spread kindness and happiness and be there for one another. Amen.

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**Congregational Kallah Scheduled for Weekend of January 26-28, 2018**

As you know, our congregation was selected this past year to be a part of the Kallah Project where we will be guided and mentored by Rabbi Barb Moskow in how to create and enjoy a Shabbat weekend together as a community. Our first Kallah will be held on the last weekend in January at the Wesley Center in Woodworth, LA. ([www.thewesleycenter.com](http://www.thewesleycenter.com)). Brochures are available at the Temple and Co-Chair, Susan Marx has been talking to many of you encouraging you to get involved in the planning.

Rabbi Barb will be in Monroe the weekend of **October 20-22**. She will conduct services Friday evening at 6 pm in the sanctuary and Torah study Saturday morning at 10:30 am in the library. She will also meet with everyone involved in the planning of the Kallah on Sunday, October 22 at 10 am in the Multipurpose Room. She will then meet with each committee individually to answer any questions and give more information about what your committee is responsible for. Susan Marx will be calling you to schedule these committee meetings.

This is such an exciting opportunity for our congregation and we hope many of you will get involved. The early bird deadline for registering for the Kallah is **November 1st**. Please fill out the registration form in the brochure and send or bring it to the Temple office with your payment for the weekend. We do have scholarships available for people to attend. If you should need a scholarship, please get in touch with Rabbi Judy at [judy@rabbijudymusic.com](mailto:judy@rabbijudymusic.com) and all will be kept in confidence. For any other questions or to volunteer to help, please contact Susan Marx at 318 323-7521 or [skmarx@aol.com](mailto:skmarx@aol.com).

This weekend will be a special time for us to bond as a community, learn from one another, have fun, and really experience the beauty of Shabbat together. We hope you will join us!

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**PLEASE NOTE THE TIME CHANGE FOR TORAH STUDY. IT WILL NOW BEGIN AT 10:30AM ON SATURDAYS WHEN THE RABBI IS HERE**

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**MEN’S CLUB**

**Meeting** – Sunday, October 15th,, 10:00 am.

**There will not be a meeting in November.**

**The December meeting is the Hanukkah party on December 15th.**

If you have not yet paid your dues, please do so as soon as possible. They can be sent to the Temple, Attn: Men’s Club.

**SISTERHOOD NEWS**

Sisterhood will have its **Opening Luncheon** on **Tuesday, Oct.17, a**t**11:30 a.m. at Bayou DeSiard Country Club**. I realize this is later in the month than usual. I hope this date will work for everyone. Please email me or call me at 325-8358 by noon on Thursday, October 12th if you will be joining us. If you are not a member of Bayou DeSiard Country Club, you will need to use a credit card for payment. Cash is not accepted.

Happy 80th birthday to our long time and active Sisterhood member, Janet Masur! We hope you have a wonderful day!

Many thanks to all who offered to help with the Yom Kippur Break Fast.

Please send your dues of $40 to:

Betsy Laudenheimer

[3508 Lake DeSiard Drive](https://maps.google.com/?q=3508+Lake+DeSiard+Drive+Monroe,+LA+71201&entry=gmail&source=g)

[Monroe, LA 71201](https://maps.google.com/?q=3508+Lake+DeSiard+Drive+Monroe,+LA+71201&entry=gmail&source=g)

Fondly,

Betsy King Laudenheimer

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**SERVICE SCHEDULE**

OCTOBER 6TH (Sukkot) Deb Roa

OCTOBER 13TH Rabbi Judy Ginsburgh

OCTOBER 20TH Rabbi Barb Moskow OCTOBER 27TH Sandra Blate

Lay leaders are subject to change.

**Ritual and Worship Committee**

I want to thank Rabbi Judy for the services being deeply meaningful and inspiring for the High Holidays. No one would know this was new for you if you had not told us. Your preparation and heart showed.

I would also like to thank Shirley for doing most of the preparations for the High Holiday, while I was down.

Thank you to all of the congregation that participated in reading and handling the Torah’s for the Holidays as well. I think this makes all of us feel like we are an integral part of the services and the Jewish heritage. The efforts of everyone are appreciated.

Sukkot is just around the bend and we will have a pot luck meal in the Sukkah (weather permitting) on Friday night October the 6th. Please let Shirley know what you plan to bring so we have a range of food.

The Rabbi will be here on October 13th for Simchat Torah (the unrolling of the Torah) and should be educational and fun. We will have pot luck this night as well. Please let Shirley know what you plan to bring.

Gay Nell Barth. Chair

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**YAHRZEIT**

**OCTOBER 6TH**

Phillip Fishman Bella Ehrlick

Annette Masur Charles Snyder

Hilda Zavelo Paul Tolchinsky

Joe Kern Abram Marcus

James Bodan Bertha Levy Kahn

**OCTOBER 13TH**

Babette Doernberg Dorothy Hirsch

Max Lerner Betty Jane Masur

Nellie Hirsch Gilbert Marx

Leroy Stern Bertha I. Scherck

Dora Slipakoff Minna Harris Smith

Carla Fishman Bessie Fishman

Bessie Marx Henry Scherck

Sally Tumaroff Louis I. Lowentritt

Albert Marx

**OCTOBER 20TH**

Dora B. Haas Leo Zipkes

Rose D. Pickens Louis L. Lowentritt, Sr.

Abraham (Pat) Cohen Charles Dorn

Eileen Rubin Helena Gill

Mark Rubin

**Yahrziet Continued**

**OCTOBER 27TH**

Beatrice Joy Gorn Gussie Fogel

Clifford Strauss William M. Smith

S. K. Bernheim Sophie Laudenheimer

Gabriel Levine Rose Marx Haas

**OCTOBER 31ST**

Morris Mintz Robert Schendle

Hanna Seligman Belle Blothner

Charles Blotner Rhoda Dubin

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**Kallah Project**

Register now to attend the Kallah on January 26-28, 2018!! We will come together for a relaxing weekend to “Disconnect, Reconnect, ReJEWvenate”. There will be fun for everyone. Brochures, with the registration form, are located at the back of the sanctuary or at the Temple office. Contact Susan Marx at 318-323-7521 if you have any questions.

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Thank you to Janet Brueck for the wonderful High Holiday challahs she shipped from Memphis for the congregation to enjoy!

Many thanks to Susan Marx, Judy Marx, and Shirley Ketenli for polishing the Torah ornaments for the High Holidays.

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**CONGRATULATIONS**

HAPPY ANIVERSARY

Charles and Janet Masur October 12th 59 years

HAPPY BIRTHDAY

Brylee Laudenheimer (5 years) – Oct. 3rd Janet Masur – Oct. 8th

Jacob Palmer (3 years) – Oct. 9th Joseph Hakim-Oct. 13th

Ronald Blate – Oct. 17th Alice Roby Baize – Oct. 20th

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**ARCHIVE/MUSEUM NEWS**

The Noah’s Ark built by Dr. Rabbi F. K. Hirsch for his grandson, Jimmie Kern, now has animals. A friend of Jimmie’s from California cut out the animals and Cynthia, his wife, painted them. Now our Noah’s Ark is complete and the animals are beautiful. The animals can be seen in the show case located in the room that houses our History and Children’s Museum. Come by the Temple and see our newest addition to the museum.

On September 16th, Dr. Blackburn, who teaches a Holocaust class at ULM, brought his class to tour our museum. Jackie Rosenberg spoke to them about the Holocaust and his parents’, Tola and Sol, experiences. He shared information about the Holocaust that is not always in the text books

Thanks to Mike Rhymes for his outstanding service for the St. Paul’s United Methodist Church confirmation class.

A flyer which will be included in The Magic Circle of places to visit in a 100 mile radius of Poverty Point is now available. They can be found at the Temple (check it out on the bulletin board in the foyer), the Monroe Chamber of Commerce, and the Monroe-West Monroe Convention and Visitors Bureau.

Fill your days with sunshine, joy, laugher and good health.

Sandra Blate

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**RABBI JUDY’S YOM KIPPUR SERMON**

Last year was not the happiest year for my family. We lost two family members – my husband’s brother passed away from ALS the day before Rosh Hashanah and my mom passed away about 6 weeks before the High Holy Days. My mom’s death was particularly difficult for our family. She was the glue that held everything together. She hosted every holiday celebration, she soothed over any family disputes, and she always had a positive, cheerful attitude even when she was losing her grip on life. She was grateful for every day.

Since her death, it has sometimes been difficult for me to be happy. I often feel overwhelmed trying to make up for her not being here; trying to do all the things that she did for our family. But, I am slowly coming to the realization that I can only be me and I can only do what I can do in my way.

It has taken some time, and I am not yet where I want to be….but I think I am making slow progress toward a “normal” without my mom.

No one likes to be around someone who is not happy. But sometimes our grief takes us on a journey we must travel before we can recapture true happiness. I am trying to be happier with each passing day. I am, like my mom, trying to be grateful for every day.

I recently read an article by Rev. Shane Bishop, a pastor from Illinois. He talked about things that happy people do that unhappy people do not do. He says, “I think most people want to be happy; they are just not quite sure how to get there from their present location.  Many people honestly believe that happiness is a lucky bounce; a sunny disposition or favorable circumstances but I disagree.”  Rev. Bishop goes on to say, “Happiness is a choice.  I believe the best route to happiness is found by following the footsteps of those who have already arrived.”

I think he is correct. If we observe people who are happy, we can understand what the meaning of happiness truly is. And we can choose to let happiness enter our lives. Sometimes, it is easier said than done. But, it is a goal to strive for.

Here are some of the things Rev. Bishop lists that happy people do:

**They focus on what they have and not on what they don’t have.** Unhappy people are often unthankful people. We have all been blessed with certain gifts from our Creator. We need to learn to identify and appreciate these gifts and count our blessings.  If you know me, you know I am a big list maker. Whenever I am faced with a big decision, I typically get out a pad of paper and make a pro list on one side of the page and a con list on the other in order to help me make the best choice. So, I encourage you to get out a legal pad and write down all the good things in your life.  In this way, you can physically see all the blessings you have. Often unhappiness sneaks in when we lose sight of all the good things in our life and become focused on one or two difficult things. We all have many things to be grateful for.

**Happy people are Generous.** Study after study has come to the same conclusion. Selfish people are miserable.  They are often consumed with what they do not have. Happy people give of their time and resources to causes greater than themselves. If we volunteer or do something to help others, we feel needed and we feel like we are contributing to the greater good of the world. When we share and give, we cannot help but feel happy inside. And, I will put a plug in here. It is customary to give Tzedakah during the High Holy Days. If you feel so moved, if you have enjoyed the services this High Holy Days, I encourage you to make a donation to this synagogue so that we can continue to offer outstanding services and programs for this community. (envelopes in the pews)

**Happy people remember that happiness is not a destination.** Happiness is learning to enjoy the ride, not reaching our destination. We should not be so anxious to always finish….we should take time to enjoy the journey along the way. We should be grateful for each and every day. That is why many traditional Jews wake each morning and recite a prayer – Modah Ani L’fanecha melech chai v’kayam shehecheyartabi nish’mati bechemla raba emunatecha - I offer thanks to You, Adonai, for You have mercifully restored my soul within me; Your faithfulness is great. With this prayer, we are letting Adonai know how grateful we are for each new day.

**Happy people are willing to change things if they don’t like them.** If you don’t like your life, change it. We need to take control of our own lives. If you want to learn to paint, take an art class!  If you regret not getting a college degree, get one.  If you want to improve your spiritual life, start coming to Temple or Torah study or our Shabbat retreat in January.  There is really no one holding us back but ourselves. If we do what we like, it makes us happy.

**Happy people take the time to** **smell the roses**. I am guilty of taking this one for granted. I do love what I do, but I like what I do so much that it seems like I work all the time. Rev. Bishop suggests building time into your busy calendar just to do nothing. Schedule time to watch a movie or indulge in a favorite hobby and don’t feel guilty about doing it. Find a hobby, if you don’t already have one.  Enjoy your friends and family.  Happy people have learned how to occasionally just chill.

**Happy people don’t feel they are entitled and they realize there are no shortcuts.** No one owes us anything. We should just assume we are not going to get any help, that we will receive no inheritance and that no one is going to give us a break.  Now we must go and make our lives happen!  If anything else comes (and it probably will), it is all a bonus, or as we say in Louisiana - Lagniappe! Rev. Bishop says that learning, working hard, pursuing your dreams, saving and giving are always in style.

**Happy people think about significance.** Significance is achieved by leaving the world better than we found it. In Judaism, we call this Tikkun Olam – repairing the world. Each of us has the opportunity to contribute to making this world a better place for those who follow us. People who feel their lives really matter are the happiest people of all!

**Happy people learn how to forgive.** This issuch a major theme of Yom Kippur. We need to know that forgiving those who have hurt us, breaks their power over us.   Forgiving ourselves for our failures, frees us for future success.  On this day, we ask God to forgive us.  We ask those we have hurt to forgive us.  We make amends where we can and we move on. Forgiveness provides us with a certain sense of freedom.

**A great attitude is a choice, not a disposition.** We can control our feelings or we can be controlled by them.  This is one of the greatest lessons I learned from my mother. She woke up every day with a great attitude. Even when she was fighting cancer and she knew she had to go sit and receive chemo for almost the entire day, she would wake up and say, “It’s a beautiful day!” Happy people CHOOSE to have great attitudes. Sometimes it takes lots of convincing….but I hope to get better at this in the New Year too. Again, if we think of what we have instead of what we do not have, then every day is a great day – every day we have another day of life is a beautiful day! Every day, we should be grateful.

**Happy people speak life and Speak positively.** Our parents always told us, “If you don’t have anything nice to say, don’t say anything at all.” When we speak, we should choose words that uplift, encourage and bring positive energy into every  **fresheners.**” I love that!

As we begin this New Year, we have an opportunity to invest in our own happiness or to make ourselves miserable.  If we choose to be happy, we will make others happy as well.

During this High Holy Day period, I have spoken about writing our own books; being kind; praising ourselves for the good things that we do and trying to be happy with and grateful for our lives in this world. May we all work on these things and spread kindness, goodness and happiness throughout our community doing our part to be partners with God in repairing this amazing world we are lucky enough to live in.

*Music and Lyrics by Beth Styles*  
  
For each day I live my God  
For each day I live  
I am grateful, grateful  
Forever grateful  
Grateful each day I live  
  
I am gifted by your glory  
I am lifted by your love  
I am grateful, grateful  
every day I live  
I am grateful, grateful  
Grateful each day I live

Amen

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While enjoying the Yom Kippur Services, Sandra Blate was moved to write the following poem. If you have something that inspires or moves you and you would like to share, please feel free to send it to the office for publication in a future newsletter.

**The twinkling flames from the votives  Brings  the Wall of Psalms to life.**

**As the flames dance, their twinkle invites you to enjoy**

**The letters they illuminate.**

**The dance of the flames stirs**

**The spirit within me**

**And brings a smile to me face.**

*Written by Sandra Blate*