

Fall 2009

Holiday Schedule

Holiday Service Schedule

Erev Rosh Hashanah:

Friday September 18th 8:00PM
 Followed by dessert potluck

Rosh Hashanah:

Saturday September 19th 9:00AM-1:00PM
 Sunday September 20th 9:00AM-1:00PM

Yom Kippur - Kol Nidre:

Sunday September 27th 6:30PM

Yom Kippur Day:

Monday September 28th 10:00AM-2:00PM
 5:00PM - 7:00PM
 Community potluck to break the fast

Meditation on Teshuvah and Healing

By Ken Cohen

It is at the New Year that we are most fully reconstituted as a kehilla kedosha, to touch into the great stream of prayer and wisdom of our Tradition. Although we may seek teshuvah—repentance, or “turning back,” at any time during the year, the unique nexus of surrender and intention undertaken during the Days of Awe allows us to experience healing and transformation, individually and in concert with our brethren. We are, each and all, in our way, in need of healing. Is there anyone completely free from error or conflict, the habitual attachment to which can leave us unwell? When we admit that we have sinned, and resolve to make amends, we allow Divine flow and rhythm to be reasserted within us, and enable shleimut, wholeness to be

INSIDE THIS ISSUE

Holiday Schedule	1
Meditation on Teshuvah and Healing	1
Sof's Children	2
Rosh Hashanah Greeting	3
Yizkor and Memory Book	4
Sof Book Club	5
Levinson-Krupp Library	6
Hadassah Hawaii	7

Sukkot

Saturday October 3rd
 Shabbat Services 10:00AM-Noon
 Havdallah potluck 5:30PM
 At the Kosansky's in Kailua

Simchat Torah:

Saturday October 10th
 Shabbat Services 10:00AM-Noon
 Evening Services 6:30 PM
 Dessert potluck

restored. In the month of Elul we've already begun to prepare, with the inclusion, among other elements, of Psalm 27, “The Lord is My Light,” and a reminder to begin to acknowledge and redress any hurt we have caused in the past.

Beginning with the very positive and expansive, major key melodies of erev Rosh Hashana, we share a great deep transforming breath of joy and expectation to celebrate the birthday of the world. Such a breath is the perfect prelude to any healing process. Shacharit, when we chant special passages to enthrone in our hearts HaMelech, the all knowing enabler, on the most exalted throne,

Continued on page 7 *Teshuvah*

What's Happening with Sof's Children and Grandchildren

By Mat Sgan

Tammy Armstrong, daughter of Don and Sandy, achieved her LEED (Leadership in Energy & Environmental Design) certificate and has assumed a position as a sustainability coordinator at KYA Design Group in Honolulu. Son Zack has pursued a sales career with Hawaiian Island Solar. Daughter Tiffany is entering her junior year at the University of California at Santa Barbara.

Jazzaniah Malik Baker, born July 14, 2009 was formally welcomed into the covenant between God and the Jewish people in the ceremony of B'rit Milah. He will be known among Israel as Yirzhak Me'ir ben Meira. Parents are Emma and Kona Baker. Grandparents are Bernice and Robert Littman.

Amira Booth-Soifer, daughter of Marlene and Avi, is studying for a Master's Degree in Secondary Education with a concentration in English at UH.

Sara Fishlowitz is completing her medical school studies at Sackler School of Medicine American Program at Tel Aviv University. Ben Fishlowitz is a graphic design artist and illustrator living and working in San Diego.

Rachel Freeman, daughter of Peter and Genevieve, is in her senior year at the University of Wisconsin. Marissa is a senior at La Pietra Hawaii School for Girls.

James J. Heasley, son of Louise Good & James N. Heasley, is in his sophomore year at the Park School of Communications at Ithaca College in New York, where he is studying Television.

Fran Margulies' grandson, Zach Margulies, spent the spring semester at Trinity College in Dublin, Ireland and then returned to Israel for his fourth summer digging at the archaeological site 'Tel Es Sofi' in the southern Shefelah. He will return for his senior year at Brandeis in the fall.

David and Rhiannon Rasmussen-Silverstein, son and daughter of Alis and Jay, completed a summer archaeological experience with their dad and Robert Littman in Egypt. David will continue in the CENT (Computers, Electronics, Networking and Technology) program at HCC this fall semester. Rhiannon, a junior at Portland State University (Oregon), is threatening to triple major in Studio Art-Printmaking, Art History, and (now) Geology with an emphasis in Space and Planetary Science. "We'll see" says her mom!

Angelina Updike, daughter of Janice and Gary Rosenthal, will marry Jonathan Erbmman on Saturday, September 12, 2009 at the Hilton Portland & Executive Tower. Angelina and Jon have moved to Oregon and are now happily furnishing their new home. Jon will finish his degree in marketing and has plans to start a business in Hawaii.

Sam Wechsler, son of Steve and Sandye, will begin his freshman year at Vanderbilt University in Nashville, Tennessee in the fall.

Shaaroni Wong, daughter of Trudy and Al, completed her Master's degree studies and is finalizing her

Sof's Children and Grandchildren (cont...)

thesis in Education of the Deaf at her alma mater, Boston University. Shaaroni has just completed her fellowship with the East West Center's Asia Pacific Leadership Program (APLP) which took her to China for three weeks followed by three months of traveling to Thailand, Cambodia, Myanmar (Burma), Laos, and Vietnam. She researched child trafficking and children's access to education in those countries which resulted in her presenting a paper at the United Nations. She has encountered Jews and Synagogues sometimes in the most unanticipated locales. Shaaroni is now deciding where her next experience will be...Hawaii or the mainland.

Son, Ari Wong , is a hostage negotiator and a member of the SWAT team for the US Department of Interior's Park Police.

Bikur Cholim

By Donald Armstrong

Bikur Cholim is the mitzvah of visiting and comforting the sick. There are several rules regarding this mitzvah.

Except for family members or very close friends, you should wait at least three days to visit so as to avoid frightening or discomforting the patient. The purpose of the visit is to provide comfort, good cheer, companionship, a sense of community and prayers for a speedy and full recovery. If you become aware of a congregant in need, please notify Ami Olstein or me so that we can coordinate the initial contact and avoid overwhelming the patient or the family with inquiries at a difficult time. Ideally, the patient or the family member will contact us first.

If special needs come to light as a result of your visit, please consult with members of the Bikur Cholim team so that we can consider how these needs can best be met (by referral to the appropriate social services, by an appeal to congregants, or otherwise). The Bikur Cholim team is currently comprised of Ami Olstein, Gayle Goodman and Donald Armstrong. If you have any questions, comments or would like to join the team, please speak to us in shul.

Rosh Hashanah Greeting from Masorti Olami

To: Masorti Kehillot, Synagogues & Congregations around the world

Shalom Rav,

Masorti Olami has spent the past year working hard to maintain and develop our kehillot and programs throughout the world.

We hope that the sounding of the shofar this year will signify the start of an even better year – a year of growth and development for all Masorti kehillot, a year of peace for Israel, and a year of prosperity for all Conservative/Masorti Jews.

May the coming year be full of happiness and joy for all of you. With best wishes for a sweet New Year.

Rabbi Tvie Graetz, Executive Director

Alan H. Silberman, President, Masorti Olami

JEWISH COMMUNITY SERVICES AND GIVE ALOHA



By Judy Goldman

Jewish Community Services (JCS) is an essential organization in our Jewish community. It's not known by everyone but is much appreciated by those who have benefited from its mission: to support and enhance the quality of life for those in need of help in the Hawaii Jewish community by providing appropriate

social services. As a not-for-profit, JCS is supported by donations from the local Jewish Community. JCS needs your generous contributions at any time.

JEWISH COMMUNITY SERVICES

2550 Pali Hwy
Honolulu HI 96817

For assistance from JCS call 258-7121

Yiskor Memorial List and Book of Memory

1. **Yiskor Memorial List** is read on Yom Kippur. Only submit names if they are not in the Book of Memory or were not on last year's list. Please submit all additions by **Tuesday, September 22, 2009**.

2. **Book of Memory** provides a permanent record of immediate family members (parent, sibling, child, spouse) who have died. Included names are read at services on the Shabbat preceding the yahrzeit and during the Yom Kippur Yiskor service. A name may be added any time. Please submit all additions by **Tuesday, September 9**.

Please send the following information to Judy Goldman: 1288 Ala Moana Blvd., #9D, Honolulu HI 96814 OR email: jagoldman@mac.com

Yiskor Memorial List Book of Memory: Date of Death _____

Name to be recalled (please print) _____ Relationship _____

Your name _____ Contact # _____

It is customary to give tzedakah in memory of a loved one. Checks payable to Congregation Sof Ma'arav are appreciated and may be sent c/o Robert Littman to @ P. O. Box 10850, Honolulu, HI 96816. Please indicate whether it is for the Book of Memory or the Yiskor list.

Shiva Minyan

For members of the Congregation in mourning we are ready to organize a minyan for prayers and meals if desired, whether for the full shivah (seven) day period or a shorter period (for example if the burial is on the mainland but you return before the end of the seven days), Contact Bernice Littman at 373-3742 or by email to blittman@cades.com.

Sof Book Club

By Carolann Biederman

You won't want to miss the last two lively discussions of the Sof Book Group for 2009. The group meets on Sundays, from 1 to 3 p.m. at rotating locations. We will select the reading list for 2010 at our December meeting. For more information and to RSVP, contact Carolann Biederman at 254-8812 or cabc@lava.net.

10/11/09 My Life by Golda Meir

396 pages, six copies @HPL

When Golda Meir wrote her autobiography *My Life* she told her British publisher "I will not write about my private life. I will not settle political or other scores with anyone. I will not take advantage of the high office I have just left, or of anything I learned there." While the book remained well within those guidelines, it still became an international best seller in 1975. The book is both frank and very revealing of her personality and goals with candid tales about her childhood and family and the decisions that shaped her early life. Meir's practical idealism can be seen in efforts as diverse as the beautification of kibbutzim and her strong advocacy of unemployment benefits. The work that "most concerned and interested me," she writes, was "the translation of socialist principles into the down-to-earth terminology of everyday life." Although the political events narrated are well known to many, they are recounted with drama, spirit and behind-the-scenes insight.

12/13/09 OR 12/20/09 (to be confirmed)

A Pigeon and A Boy by Meir Shalev

320 pages, many copies @HPL

From the internationally acclaimed Israeli writer Meir Shalev comes a novel exploring two love stories, separated by half a century but connected by one act of devotion. During the 1948 War of Independence--a time when pigeons are still used to deliver battlefield messages--a gifted young pigeon handler is mortally wounded. In the moments before his death, he dispatches one last pigeon to the girl he has loved since adolescence. Intertwined with this story is the contemporary tale of Yair Mendelsohn, a tour guide specializing in bird-watching trips, who sees himself as a casualty of modern life. Then Yair's mother gives him some money and advice: go off and find the only two things you really need, a story and a place of your own. The novel serves as his report back to her, telling the 1948 tale and of Yair's own search for a home. By working stories in the present and the past against each other, Shalev brings into question the validity and the reliability, of memory.

Sim Shalom to Beit Shalom

Sof Ma'arav has packed 72 Sim Shalom Siddurim and sent them off to Congregation Beit Shalom in Maui. Fran and Sally made the arrangements with Rabbi David Glick. Sally and Mat completed the shipment. This was a nice spiritual and communal act of cooperation and support in which all sides win. Beit Shalom gets the prayer books and Sof Ma'arav gets 2 clean shelves which can be used for a better distribution of our chumashim and other books.

From the Levinson–Krupp Library at Temple E

By Sally Morgan

Leviticus 23:23–25 it is written: The Lord spoke to Moses, saying: Speak to the Israelite people thus: In the seventh new month, on the first day of that month, you shall observe complete rest, a sacred occasion commemorated with loud blasts. You shall not work at your occupations; and you shall bring a gift to the Lord. And in Leviticus 23:27 Mark, the tenth day of this seventh month is the Day of Atonement. And so, we begin at with the advent of the Hebrew month of Tishri to celebrate the Birthday of the Universe and to observe the Yamim Nora'im, the Days of Awe. If you want to refresh your memories of these special days, the Library has books that you would want to read:

Goodman, Phillip. The Rosh Hashanah Anthology. (296.43 G) and The Yom Kippur Anthology (296.43 G). Both anthologies contain treasures from the Bible, Talmud, Midrash and by writers from medieval to modern times.

Kosofsky, Scott–Martin. The Book of Customs; A Complete Handbook for the Jewish Year. (296. KOS) The Book of Customs, in the 17th and 18th centuries was a designed and illustrated guide to the Jewish year written in Yiddish. Kosofsky, intrigued by his discovery of this old text, designed this modern text based on the old traditional “Minhogimbukh” His chapter on the month of Tishri is one of discovery of all the holidays that fall within the 29 days of that month.

Steinberg, Paul. Celebrating the Jewish Year: The Fall Holidays (296.43 STE v.1) Steinberg, a rabbi and educator, calls the Jewish holidays fundamental expressions of our spirituality. This first volume, of three, explores Rosh Hashanah, Yom Kippur and Sukkot. Each section discusses the holiday's biblical origins, ideology and customs, followed by writings from Jewish thinkers throughout history, along with contemporary perspectives and alternative meditations.

Waskow, Arthur I. Seasons of Our Joy; a Handbook of Jewish Festivals. (296.4 WAS) Waskow writes, “This book was written in the hope that all Jews—and also non–Jews who are curious about the festivals and think there is something to be learned from the Jewish path of life— may find it useful. It was written for those who know very little, but want to learn; for those who know a good deal, but would like to have a handbook handy; and for those who want to hear some new ideas about the meaning of the yearly cycle.”

Deborah and Sally send to all of you our wishes for a Happy, Healthy, and Prosperous New Year. L'shanah tovah tikkateyvu v'tichatemu.!

Bissl Und Bissl

By Sally Morgan

From Jewish Book World, Summer 5769/2009; Sana Krasikov was awarded the Sami Rohr Prize for her collection of short stories, “One More Year” by the Jewish Book Council. The winner of this award receives a \$100,000 prize. The Book Council also announced that its \$25,000 Sami Rohr Prize Choice Award went to Dalia Sofer, the author of the novel “The Septembers of Shiraz”.

From Tablet July 9, 2009: Before there was Lucille Ball, there was Gertrude Berg. On the same network, in fact, Berg's show, The Goldbergs, aired in prime time on CBS–TV when Ball's antics were still confined to the network's radio station. “Yoo Hoo, Mrs. Goldberg” is now the subject of a new documentary by Aviva Kempner. Berg is certainly little-known to all but the oldest generation of today's television viewers, thanks to her absence from the airways since the early 1960s. But Kempner makes a convincing argument that Berg was a kind of hero—a hilarious, empathic writer, actress, and business woman who elevated the already maligned figure of the Jewish

Bissl Und Bissl (Continued...)

mother to the bustling, center of her own world.

From Forward, Aug. 14, 2009. Some members of Camp Ramah Bunk 19, Forever were reunited after 58 years. It began when Gita Segal Rosenberg, 71, and now living in Toronto, wondered what became of her old friends from Camp Ramah in the Poconos, Through the wonders of Google, she entered names into the search engine. The result: Ten women in their 70s reunited at Camp Ramah and spent a fine August day reminiscing, resuming old friendships where they's left off 50 years ago, and sharing their experiences with awestruck current campers. And what did the current campers get out of this: "It makes it seem like Camp Ramah is everlasting"

From Hadassah Magazine April/May 2009: Published in 1871, Mrs. Esther Levy's Jewish Cookery Book on Principles of Economy Adapted for Jewish Housekeepers, With the Addition of Many Useful Medicinal Recipes is America's first Jewish cookbook. Last December, an original copy of Levy's opus sold at Sotheby's for \$18,000. Sharon Liberman Mintz, senior consultant of Judaica at Sothby's said, "We see Rashi all the time, but not cookbooks" If you want to own a copy, Dover Publications has produced a paperback version of Ley's classic (www.doverpublications.com).

Hadassah Hawaii Chapter September Programs

By Andrea Snyder, President, asnyder332@msn.com 265-3559

Email for more information: hadassahawaii@gmail.com

Thurs. Sept. 3, 6:30-8pm, Book Club: The Man in the White Sharkskin Suit by Lucette Lagnado. Temple Emanu El Library. Potluck dinner and book discussion. RSVP to Sue Seitman at sseitman@yahoo.com, 230-7368. "On the Same Page" Book Club meets first Thursdays.

Sunday, Sept. 13, 10 am. Installation & Silent Auction, Israeli Breakfast with Young Judaea Theme. Ko'Olani Part Room, 1177 Queen St., Honolulu, \$18. RSVP Sandye Wechsler at out2Inch@hawaii.rr.com or 744-1107.

Weds. Sept. 16, 10am. Cherye Pierce Chopped Liver Cooking Class & Lunch! Just in time for the holidays, Chery reveals her famous recipe and cooking tips. Enjoy lunch in her art-filled home. Limited to 16. \$36, RSVP Sandye at out2Inch@hawaii.rr.com, and mail checks made out to "Hadassah."

Tuesday, Sept. 22 International Women's Leadership Conference Hawaii, 8:30am-6:30pm, Sheraton Waikiki. \$175. Seven international speakers include former Prime Minister Tzipi Livni. Tzipi is in Hawaii only for this event. Learn more at www.iwlchi.org. Tzipi will join our table of 10 for lunch. Reserve your spot by contacting Sandye Wechsler.

Study group forming: "And You Think Your Family Has Problems: Tanakh/Bible Study." Contact Eve Shere at eveshere@hawaii.rr.com if you're interested in this National Hadassah award winning curriculum.

On the Same Screen: Hadassah film club forming. Interested in watching films on video at the plush Ko'Olani theater and at the movies and discussing? Contact Andrea at asnyder332@msn.com or 265-3559.

Teshuvah from page 1

we are preparing to give over the rule of personal webs of stubbornness in which we've become entangled. In musaf, Unetaneh Tokef is recited, in which we declare ourselves to be witness to the transcendent power of Compassion Truth Remembrance and Judgment, and our intention to be awakened by the call of the great shofar, and to hearken to the small voice in the deep center of our soul. In Malkhuyot, during the Great Alenu (the only time of the year it is recited near the beginning of a service,) we take the opportunity to emulate the healing self-effacement of Moshe Rabbeinu, who fell on his face before the Creator (Yotzeir b'reishit) in order to avert the most severe consequences for those around him. And we reaffirm the transformative reality of Memory in Zichronot, and of Revelation in Shofarot.

Erev Yom Kippur, just before the Kol Nidre's formal declaration of intention that we be separated from error and coercion, our machzor asks that we recite "Or zarua la'tsadic, ul'yishrei lev, simcha" – signaling our intention to be the ones for whom light and joy are sown in this world, and thus our hope to be inscribed and sealed in the Book of Life. Such acknowledgements and statements of intention enable and strengthen the healing of soul and body, of both individual and community.

Our Torah and haftarah readings during these days are full of stories in which teshuvah and healing are prominently featured. Sarah, because of her accumulated merit, experiences the healing power of laughter when she is released from the painful burden of her lifelong inability to bear a child. The Lord hears the cry of heartfelt regret from Hagar and her child, and does not allow them to perish. Hannah prays with all her might, declaring her intention to serve God, and is miraculously healed

of her barrenness. Abraham forthrightly reproaches Abimelech's unruly gang for their seizure of the well at Be'er Sheva--this honest acknowledgement between the contending parties brings about a pact of peace. On Yom Kippur we read of the process of cleansing through confession and sacrifice, in which the aggregate of sin is placed upon the head of the goat chosen by lots, who will serve as a vehicle to carry the people's sins far outside of the community, to Azazel. And of course Jonah relinquishes, after so much pain and struggle, his own personal expectations of what may constitute a just outcome, and, reluctantly surrenders to God's will, resulting in a major city and her people being spared from destruction.

But the most immediate drama of the season is our own. Amidst the many moods of prayer, we repeatedly make our collective confession: we have been arrogant, mocking, complacent, false, envious, wanton, oppressive...Rabbi Steinsaltz reminds us that the deeper and more intense the realization and acknowledgment of transgression, the more effective the transformation and healing can be. And the quality of our response at these moments is ours to choose. Can we breathe together and lift our voices to create the optimal conditions for attunement and realignment with the Highest Source, so that our teshuvah ripples out to heal and repair the world around us? Will we set aside our own judgments and contentions, and allow teshuvah, tefilah, and tzedakah, to remove the severity of the consequence of our attachment to error? Immediately after Kol Nidre is recited, we read from Numbers 14:19-20; originally an exchange between Moses and God, but here it applies to all of us: Vayomer adonai, salachti kidvarecha – "The Lord said, 'I have pardoned according to your word.'"

Living Green - A Lifestyle of Conscience

Read about our very own Armstrong Family in the Honolulu Advertiser

<http://www.honoluluadvertiser.com/article/20090727/GREEN02/907270304&template=greenhouse/A+family+affair>

Congregation Sof Ma'arav

2500 Pali Hwy
Honolulu, HI 96817

President: Don Armstrong
President Emerita: Bernice Littman
Vice-President: Michelle Schneider
Treasurer: Robert Littman
Rec. Secretary: Sally Morgan
Corr. Secretary: Naomi Olstein
Ritual Comm.: Gregg Kinkley
Oneg Chair: Jessie Weinberger
Drashes: Fran Margulies
Newsletter: Alan Kosansky
Ritual Advisor: Ken Aronowitz
Gabbai: Marvin Black, Michael Weinstein
Havdalah: Bonnie McMullen
Webmistress: Louise Good
Welcome: Sandy Armstrong
Adult Ed. Dina Yoshimi

We're on the Web!

Visit us at:

www.sofmaarav.org

*For information, contact our President,
Don Armstrong at 263-1130*

HOW TO STAY SAFE IN THE WORLD TODAY:

1. Avoid riding in automobiles because they are responsible for 20 % of all fatal accidents.
2. Do not stay at home because 17 percent of all accidents occur in the home. (that's 37%)
3. Avoid walking on streets or sidewalks because 14 percent of all accidents occur to pedestrians. (that's 51%)
4. Avoid traveling by air, trains or buses, 16 percent of accidents involve these forms of transportation. (that's 67%)
5. Of the remaining 33 percent, 32 percent of all deaths occur in hospitals. Above all else avoid hospitals. (99%)

You will be pleased to learn that only 0.01 % of all deaths occur in a synagogue, and these are usually related to previous physical disorders. Therefore, logic tells us that the safest place for you to be at any given point in time is in Synagogue. Torah Study is even safer. The number of deaths during Torah Study is too small to register.

The logical conclusion is that to live a long and healthy life, go to Shul as often as possible, and study Torah.

Family Promise

By Donald Armstrong

Family Promise is a wonderful, interdenominational service program that provides shelter to working homeless families. Sof Ma'arav volunteers are partnering with their counterparts at Temple Emanu-El to provide meals and overnight shelter for the program participants for approximately one week each quarter. Sof Ma'arav volunteers typically volunteer for two nights a week, with different teams for each night. Usually, two volunteers cook the evening meal, deliver it to the shul and serve it to the families. The other two volunteers stay on premises and sleep overnight on cots at the facility. These volunteers wake the families, set up breakfast, clean up and secure the building after the van arrives to take the families to their jobs and daytime shelter.

I want to encourage more Sof Ma'arav members to volunteer for this worthwhile and gratifying program. Initially, I had some unfounded fears about working with the homeless. To my pleasant surprise, these are nice, hard working families that are temporarily down on their luck. They are friendly, courteous and easy to talk to. Their children are loved, well cared for and well behaved. Most of them are Micronesian islanders or local Hawaiians.

Over the past year, I have enjoyed participating in this program. It is a mitzvah where you are up close and personal to the action. It is gratifying because you immediately see the results of your good work. However, it's the same volunteers who show up each time. I hope to share this positive experience with more of you. If you are interested in volunteering or want more information, please speak to me, or Kaye Lorraine in shul.