

Kayruv



קירוב

“Judaism for Today In a Warm and Caring Environment”

September 2021

Tishrei 5782

FROM THE RABBI



Dear Friends,

Now that the High Holy Days are upon us, our hearts and minds become focused on prayer. And very often we hear the question from others as well as ourselves “Why bother to pray? What’s the point? G-d doesn’t answer me anyway.” So let

me answer this by getting right to the point and say, “G-d always answers our prayers. But sometimes G-d answers no.”

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Kayruv means “Welcoming.”

Too many of us have a mistaken view about prayer. To quote my colleague Rabbi Michael Gold, “We believe G-d is like a giant vending machine; put in the right change and you get the right result.” Moreover, people tend to believe that a rabbi has the secret formula, the right words to elicit the right response from G-d. And there are those who believe that by saying the right words we can control G-d. All of these assumptions couldn’t be further from the truth.

The Hebrew word for prayer, *tefilah*, comes from the root, *l’hitpalel*, which means literally “to judge yourself, to turn inward”. *Prayer is not something we do to G-d, but rather something we do to ourselves.* Prayer allows us a spiritual dimension through which we can connect to the “best self” that lies in each of us. In our daily struggle to be the best person we can be, to touch the divine spark in our souls, prayer is the vehicle to make it happen. In other words, prayer is a vehicle for change in ourselves. And when we change for the better, it is as if G-d has answered “yes”.

I read a beautiful passage on this topic that I must share with all of you.

When G-d answers “Yes”

When we are going through a difficult time and we pray to G-d for the serenity to cope with adversity, then G-d answers “yes”.



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When we are coping with difficult people in our lives and we pray for understanding and patience, then G-d answers "yes".

When we face a challenge in our lives and pray for courage to confront whatever we may face, then G-d answers "yes".

When we must make a difficult decision and pray for wisdom to make the correct choice, then G-d answers "yes".

When we face temptation and pray for the self-discipline to say no to ourselves, then G-d answers "yes".

When we must make an ethical choice and pray for the strength of character to do the right thing, then G-d answers "yes".

When life has been difficult and we pray for the inner strength to keep going, then G-d answers "yes".

When life has been good to us and we pray for a sense of gratitude and appreciation, then G-d answers "yes".

You see, I believe G-d does answer us. But we need to know how to recognize the answer. More importantly, we need to compose our prayers properly. We must begin our prayers with an understanding of what prayer is really meant to accomplish. When we pray to change ourselves, then there is a good chance that G-d will answer "yes". Humankind has the uniquely Divine gift of being able to connect with the spiritual realm of existence and come away transformed. Prayer is a means to renew ourselves.

As we enter this season of prayer, contemplation and self-reflection I want to wish you all a *Shanah Tovah* and may G-d answer all of your prayers with a resounding "yes"!

Rabbi Rhonda Nebel

RABBI'S OFFICE HOURS

Rabbi Nebel invites you to meet with her and will be available any day except Wednesday and Shabbat. Please contact her at cbi193clap@gmail.com

FROM THE PRESIDENT



Dear Friends,

Our holiday season is well underway. You may have noticed there's lots going on to ensure the health and safety of our members as well as the health and security of our building.

I want to thank all of our board members for their dedication and caring. Each board member takes his or her job and responsibility very seriously. I shudder to think where we'd be without them and our Committee Chairs: Lori Chefec (Website); Sue Tritter and Fran Kass (Hospitality/Bikur Chlolim); Barbara Weisblatt (Cemetery); Barbara Levitt (Membership); Todd Takken (Endowment); co-chairs Sarah Namer & Dr. Charlie Cahn (Ritual); Joe Namer (House).

Thank you to the members who gather, edit and produce our newsletter, Kayruv, every month. What about our cadre of very capable lay members (too many to mention here) who will lead services, chant Torah and/or Haftarah, play gabbai, etc. at a moment's notice. To Cheryl Vanak, our office administrator, who juggles so very much every single day, bless you. This is the hallmark that is CBI. This is why we stand apart from all the rest.

Kudos to my very passionate officers, Julie Leventon (VP); Paul Simon (Financial Secretary); Lois Stein (Treasurer); and Nadja Raver (Recording Secretary). How fortunate are we to have them all on "board". They are the backbone of CBI.

Lastly, I extend a warm embrace to our Rabbi Nebel. A kindred spirit, her support and encouragement have been extraordinary. We are truly blessed to have her as our religious leader. Thank you to all our members for your continued support of this precious institution. Our future is in your hands. These are unprecedented times. Choose love and kindness; and shalom will follow.

Wishing you and yours a sweet, joyful and healthy new year,
Isabel K.

HIGH HOLIDAY SCHEDULE 5782



ROSH HASHANAH 5782

Monday, September 6th
Erev Rosh Hashanah
Candle lighting 7:00 PM
Evening services begin at 7:30 PM

Tuesday, September 7th
Rosh Hashanah Day 1
Morning Services begin at 9:00 AM
Candle lighting after 7:58 PM

Wednesday, September 8th
Rosh Hashanah Day 2
Morning Services begin at 9:00 AM
Holiday ends at 7:56 PM

Sunday, September 12th
Tashlich at 12 noon



YOM KIPPUR

Wednesday, September 15th
Erev Yom Kippur
Candle lighting and fast begin at 6:45 PM
Kol Nidrei Services begin at 7:00 PM

Thursday, September 16th
Yom Kippur services begin at 9:00 AM
Yizkor at around 11:00 AM
Mincha and *Neilah* services begin at 5:00 PM
Fast Ends 7:42 PM

SUKKOT



Monday, September 20th
Erev Sukkot
Candle lighting 6:36 PM

Tuesday, September 21st
Sukkot Day 1 services begin at 9:30 AM
Candle lighting after 7:33 PM

Wednesday, September 22nd
Sukkot Day 2 services begin at 9:30 AM
Holiday ends at 7:32 PM

SHEMINI ATZERET SIMCHAT TORAH



Monday, September 27th
Erev Shemini Atzeret
Candle lighting at 6:24 PM

Tuesday, September 28th
Shemini Atzeret Services 9:30 AM
Yizkor around 11:00 AM
Candle lighting for *Simchat Torah* after 7:21 PM

Wednesday, September 29th
Simchat Torah Services begin at 9:30 AM
Holiday ends at 7:20 PM

NOTE: These are ZOOM services only

FOR EVERYONE'S HEALTH AND SAFETY:

FACE COVERINGS must be worn indoors by everyone over the age of 2.
VACCINATION VERIFICATION is required for entry into the sanctuary.
NON-MEMBERS may attend with a CBI member so long as they are **pre-registered** and **masked**.
CHILDREN UNDER 12 must stay in the sanctuary with their family pod.

For vaccination verification and pre-registration call CBI office 203-792-6161.

We are still offering ZOOM services for those who prefer it. The link will be emailed.

HAVE A NOSH

Happy New Year! I sincerely hope it's a healthy and happy year for everyone. If you are planning to share a meal with family and friends this year to celebrate *Rosh Hashanah*, you may want to consider this easy and unusual baked Brie as a fun and festive appetizer. The recipe is from the cookbook *Jew-ish*, by Jake Cohen. He was on the cover of *Hadassah* magazine recently, and while it's unusual for a man to be on the cover of their magazine, they selected him for a reason; try this dish, you'll discover why.

And as a reminder, if you have a recipe that you would like to share with the congregation for our "Have a Nosh" column, please e-mail it to the synagogue.

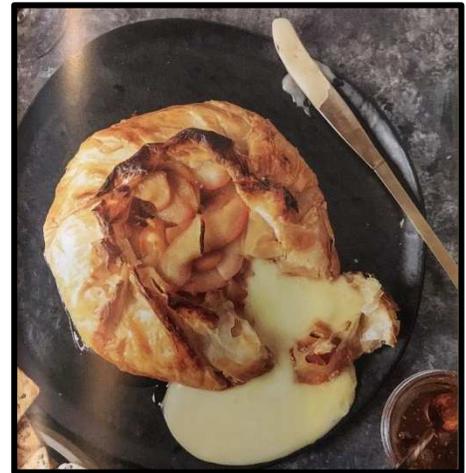
Happy cooking!

Apples-and-Honey Baked Brie

8 Tablespoons (1 stick) unsalted butter
2 small Honeycrisp apples, cored and thinly sliced
¼ cup honey
Kosher salt and freshly ground black pepper
6 sheet frozen phyllo dough, thawed and trimmed into 12-inch squares
1 (16-ounce) wheel Brie cheese

1. Preheat the oven to 400 F. Line a half sheet pan with parchment paper.
2. In a medium skillet, heat 2 tablespoons of the butter over medium heat. Add the apples and cook, stirring often, until softened and lightly caramelized, 10-12 minutes. Transfer the apples to a bowl and toss with the honey. Season with salt and pepper.

3. Melt the remaining 6 tablespoons of butter. On the prepared sheet pan, lay out 1 sheet of the phyllo dough and lightly brush it with some of the melted butter to coat. Lay another sheet of phyllo on top, brush it with butter, and repeat this process until you've layered all 6 sheets of phyllo.
4. Place the Brie in the center of the phyllo dough and top it with the apple mixture. Fold the corners of the phyllo sheets toward the center of the Brie, overlapping them to seal, then brush with any remaining melted butter.
5. Bake, rotating the pan halfway through, for 20-25 minutes, until golden brown and crisp. Carefully transfer to a platter and serve immediately.



SCHEDULE OF SHABBAT SERVICES

☆ **Shabbat, 27 Elul, September 4th, Nitzavim:**

Choose life! How do we do that?

Haftarah: Isaiah 61:10-63:9

☆ **Shabbat, 5 Tishrei, September 11th,**

Vayeliech: Moshe prepares himself and the people for his death. *Haftarah* Hosea 14:2-10, Micah 7:18-20; Joel 2:15-27

☆ **Shabbat, 12 Tishrei, September 18th,**

Ha'azinu: Come and listen to one of the most beautiful poems in all *Tanakh* (Bible). *Haftarah:* 2 Sam. 22:1-51

☆ **Shabbat, 19 Tishrei, September 25th, 3rd Day of Sukkot**

☆ **Shabbat, 26th of Tishrei, October 2nd,**

Bereshit: The meaning of being created in the image of God. *Haftarah:* Isaiah 42:5-43:10

☆ **Shabbat, 3rd of Cheshvan, October 9th, Noah:**

God destroys the world by flood and renews humanity through Noah. *Haftarah:* Isaiah 54:1-55:5

CANDLE LIGHTING

September 3, 2021	7:09 PM
September 6, 2021 <i>Rosh Hashanah</i>	7:04 PM
September 7, 2021	8:06 PM
September 10, 2021	6:53 PM
September 17, 2021	6:41 PM
September 24, 2021	6:29 PM
October 1, 2021	6:17 PM
October 8, 2021	6:05 PM

YAHRZEITS

14 Tishrei, September 20, 2021

Douglas Wise (Marian Wise)

15 Tishrei, September 21, 2021

Shirley Lerner (Fredda Fuchs)

18 Tishrei, September 24, 2021

Mark Howard Blumenthal (Alfred Blumenthal)

21 Tishrei, September 27, 2021

Louis S. Rosenberg (Alice Cahn)

25 Tishrei, October 1, 2021

Rubin Maser (David Maser)

29 Tishrei, October 5, 2021

Rose Mendlovitz (Pat Goldman)

4 Cheshvan, October 10, 2021

Thais Ashkenas (Nada Adler)

6 Cheshvan, October 12, 2021

Michael Frenkel (Evan Frenkel)

THANKS! THANKS!

For the General Fund

☆ Barbara Weisblatt in memory of the Anderman's daughter