

oices
כולות ק.ק. עדת ישראל



**Middletown, Connecticut
Summer 2024 Kayitz 5784**



Summer Meditation

*Rabbi Nelly
Altenburger*

In Defense of a “Tough Sell”

*Adam Finkelstein
President*



Dear Friends,

As summer is upon us, with longer days, I'd like to invite you to try to add Jewish meditation in to your Jewish living. “Wait, rabbi” – I can hear you! – “I have never heard of Jewish meditation”!

Well, the fact is that even though this has not been stressed in the Conservative movement, that does not mean it's not there. Reports of meditation experiences are widely found in Jewish texts, and Rabbi Aryeh Kaplan wrote extensively about them. First published in 1978, his book Meditation and the Bible is still in print, showing how extensively the

(Rabbi Continued on page 5)

WE ARE HERE FOR YOU!

If you or anyone you know is ill or in need of support, please let our Bikur Cholim (Compassionate Care) Committee know!

Contact Michelle Grossman
at rickandmichelle360@gmail.com
or Joanna in the office.

It was a couple of years ago in a board meeting, when the subject of morning minyan came up. One of the questions that was posed was how to get younger generations to participate.

I remember thinking, and later conveying, that it was a ‘tough sell’ for people who had young families and/or trying to get a jump-start on their work day.

The response appropriately articulated all of the benefits of attending: the daily structure; the sense of community; connecting with our faith to start the day; etc...

It was all true. I don't think anyone denied it, but there was an uneasy quiet in the room that reflected people's inability to commit. I tried to summarize that sentiment with a final comment that was something to the effect of ‘unfortunately I just don't think many of us (speaking for those middle-aged people in the room who still appreciate being described as young) are going to be able to do that,

(President Continued on page 3)



Adath Israel

is a proud sponsor of



***JOIN US AT ADATH ISRAEL'S
TABLE FROM 11AM-4PM!***

(President Continued from page 1)

until we have to.'

Well, 'until we have to' began in November for me. Since then, I've seen first-hand that EVERYTHING said in that meeting was true, both the virtues and, candidly, the inconvenience for many of us.

In the last six months, I've called or zoomed into daily minyan from the bus stop, the car, in an airplane, in the baggage claim at an airport, other countries, and plenty of other places in between. It is, quite literally (yes Rebecca I'm using that word again), the best I can do. When my Zeyde passed, my Dad came to the Shul every day to say Kaddish. I'm just not able to physically be there in person with the nature of my job, but I'm grateful to have the technology to be able to join virtually.

There have been a couple of days recently when we did not have a minyan and thus those of us who came to say Kaddish were unable to do so, at least amongst our community. With the summer approaching, I know attendance is likely to be more and more unpredictable.

So, with that in mind, I wanted to add another reason to consider attending morning minyan...

It's a Mitzvah!

You're allowing people like me, and others, to say Kaddish. You're allowing others who value the minyan as a foundation of their daily architecture to maintain it. And that doesn't require you to attend in person, or even attend for the whole service. So, if you're driving to work, or at the bus stop, or sitting down at your desk to get your day started, you can zoom or call in. That's all it takes. You can mute the phone and turn the camera off. I know because I often have to do it.

It also doesn't require you to agree with the time the minyan starts, the length of the service, or the melodies. Because there are a wide variety of opinions on all of those subjects (trust me!).

All it requires is you to have as few as 5 minutes (because that will get us to the first Kaddish) or maybe even the full 35 or so to dial in (929-205-6099; meeting ID 863 5646 9422) Monday through Friday at 8am or Sunday at 9am. Of course, the full Shabbat service begins Saturday morning at 9:30am.

We'll be here all summer long. It is very likely I'll be

calling in from more random and unexpected places. If you can too...we would be very grateful!



Compassionate Care A.K.A. Bikur Cholim Committee

A core value of our Congregation is to provide care to our community.

This care often includes pastoral visits but our scope is much broader.

We can provide visits, calls, cards, transportation, shopping and food assistance, and often more, when we know of the needs. We try to provide emotional support where helpful and connections for those who are isolated by whatever circumstances (alone at home, at a medical facility or nursing home). We do this confidentially and without cost or obligation.

We need your help to identify those who need assistance who we do not know about and the best way to contact them. Please reach out to us with as much information as you can share in confidence so that we can reach out and fulfill our desire to help those in need in our community.

Michelle Grossman is the contact person for Compassionate Care. She can be reached at 203-558-4937 or rickandmichelle360@gmail.com.

Famous Jews with June Birthdays

6/1 Stanley Greenspan	6/17 Michael Showalter
6/2 Marvin Hamlisch	6/19 Abe Fortas
6/3 Allen Ginsburg	6/22 Dianne Feinstein
6/5 Robert Kraft	6/24 Joseph Barrow Montefiore
6/6 Harvey Fierstein	6/25 Anthony Bourdain
6/8 Joan Rivers	6/27 Emma Goldman
6/10 Maurice Sendak	6/28 Mel Brooks
6/11 Mordecai Kaplan	
6/12 Anne Frank	
6/16 Katharine Graham	

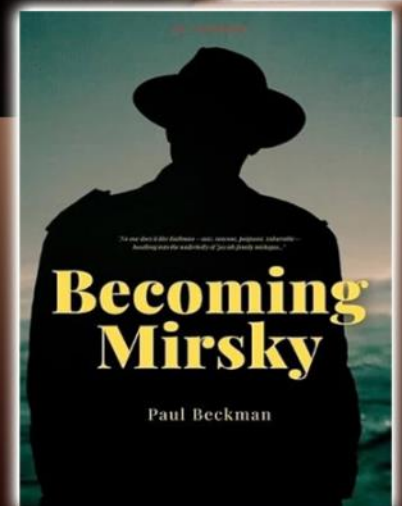
**From the Jewish Virtual
Library**

SAVE THE DATE
ANNUAL MEETING
 SUNDAY, JUNE 2ND AT 10AM IN
 THE LARGE SOCIAL HALL



 **Adath Israel**
 Celebrate Jewish Life

**FOLLOWING THE ANNUAL MEETING, PLEASE
 JOIN US FOR A BOOK CLUB EVENT:
 BOOKS AND BAGELS
 WITH PAUL BECKMAN
 HE WILL BE READING FROM HIS MOST
 RECENT BOOK, "BECOMING MIRSKY"**



(Rabbi Continued from page 1)

practice of meditation is in Jewish sources. He also wrote Jewish Meditation, a practical guide, in which you can find many ideas and techniques. Jewish meditation has several strategies, and here are a few:

Simply sitting there in silence. The Mishnah (compiled on 200 CE) describes the early pious as meditating for one hour before engaging in prayer. Maimonides interprets this to mean to sit silent and motionless so as "to settle minds and quiet thoughts". The Awakened Heart Project, by Rabbi Jeff Roth, has many resources in this area: <https://awakenedheartproject.com/>

Jewish meditation is also movement, as Rabbi Akiva (d. 132 CE) is described as "bowing and prostrating himself to the point he moved from one corner of the room to the other while praying at home." T'ai Chi master and spiritual philosopher Yehudit Goldfarb has developed a series of movements called Otivot Chayot, and you can learn about that technique here: <http://otivot.com/>

Sitting and focusing your attention to a Shiviti artwork, an image that contains usually a psalm and the four-lettered name of God. You can find many examples in the internet, but the most common is the menorah. You can find it here: <https://tinyurl.com/shiviti18>

Hitbodedut: a practice of speaking directly to God, emptying yourself to the point of making yourself totally transparent, until you feel encompassed in the oneness of God. The greatest master of this technique was R. Nachman of Bratzlav, who believes the best time to do this is at night, when you are away from chasing wordly things. You can find his Likutei Mohoran at Sefaria.org, and he explains the technique at length on chapter 52. It is all translated into English.

Chanting, mantra-like, a verse, be it from Torah, Psalms or a piece of the liturgy. Rabbi Shefa Gold has mastered this technique, you can find her work on YouTube, and no Hebrew knowledge is necessary.

Visualization of the Tree of Life and Sefirot. Rabbi David Cooper, whose work God Is a Verb is fantastic, has all his meditations available at <https://www.rabbidavidcooper.com/>

Doing the exercise "100 blessings every day". As it sounds, you have to find 100 moments in which to offer a blessing. The power of transformation of this

practice is depicted in the short story "The Curse of Blessings", present in the book of the same name, written by Mitchell Chefitz.

But wait, there is more! The entirety of our morning service is a series of meditations. Unfortunately, most of us are unaware of this. In his Davening: A Guide to Meaningful Jewish Prayer, Rabbi Zalman Schachter-Shalomi teaches several of them, and then he writes: "Many who live their lives as Jews, even many who pray every day, live on a wrapped and refrigerated version of prayer. We go to synagogue dutifully enough. We rise when we should rise, sit when we should sit. We read and sing along with the cantor and answer 'Amen' in all the right places. We may even rattle through the prayers with ease. We sacrifice vitality for shelf-life, and the *neshomah*, the Jewish soul, can taste the difference." So take the challenge of going through a small, short service, such as a Wednesday morning minyan or an afternoon service, *Mincha* – but with feeling and with the techniques he teaches. A little with intention, says Menachem Mendel of Kotzk, is better than a lot without. God does not count how many words you say, but how much time you spend in God's presence, searching for connection.

With the long days of summer, take a moment to embrace a new practice, or renew one you already have. Your soul will thank you, and you will be more attuned to the great fall holidays, Rosh Hashanah and Yom Kippur.

Warmly, Rabbi Nelly

Did You Know . . .

You can drop off nonperishable food for Amazing Grace Food Pantry any time the synagogue is open.

You can also drop off clean & dry redeemable bottles* & cans.

Bins for food and bottles & cans are outside the office.

***Beer bottles must be in their cardboard 6-pack holder.**

Kolot Due Date

Articles for the September issue of Kolot must be received by the office by Aug. 5



Adath Israel

Celebrate Jewish Life

**A NEW PROGRAM AFTER
SERVICES ONCE A MONTH**

**THE BREAKFAST BUNCH
COMMUNITY WITH A SCHMEAR!**

**JUNE 3RD
AUGUST 5TH**

Following morning minyan join
us for breakfast at Perk on Main, Middletown
Please note: while the great conversation is
free, participants are responsible
for what they order.

WWW.ADATHISRAELCT.ORG

TIKKUN OLAM OPPORTUNITIES



Ways You Can Help

Mosaic United. This is a site where you can get informed on ways to combat antisemitism and anti-Zionism online and offline. <https://mosaicunited.org/>

Bonot Alternativa. The aforementioned group helping women directly impacted by the war. They have 100,000 volunteers to open ad hoc community-care centers for the displaced. <https://www.bonot.org/aid-israel>

Brothers and Sisters in Arms. All donations go toward procuring and distributing supplies to civilians and security personnel in the conflict zones. <https://www.ahimlaneshek.org/donate-2023>

Magen David Adom. Donations support paramedics, EMTs, first responders and first-aid providers in Israel. afmda.org

United Hatzalah. This nonprofit, fully volunteer emergency medical service organization provides help throughout Israel free of charge. israelrescue.org

ERAN: Emotional First Aid. The group runs a 24-hour crisis hotline for mental health emergencies in Israel. en.eran.org.il

Israel Trauma Coalition. The organization and its member groups, especially ERAN and NATAL, have expanded their mental health crisis services due to the large number of requests for help. israeltraumacoalition.org/en

NATAL. Israel Trauma Center for Victims of Terror and War. This Israeli organization offers mental health treatment for PTSD and other trauma related to war and terror. natal.org.il/en

The Jewish Agency's Fund for the Victims of Terror. Your donation will directly help Israelis affected by terror attacks: <https://www.jewishagency.org/>

Friends of Israeli Defense Forces. Critical Needs that your gift to FIDF can go toward: temporary field hospitals, intensive care ambulances, hygiene kits, plasma kits: <https://www.fidf.org/>

IsraAid. Founded in 2001, IsraAid is the largest humanitarian aid organization based in Israel: <https://www.israaid.org/>

Office Hours

Monday: 8 a.m.-1:30 p.m.

Tuesday: 8 a.m.-1:30 p.m.

Wednesday: 9 a.m.-5:30 p.m.

Thursday: 8 a.m.-1:30 p.m.

Friday: 8 a.m.-Noon

The office is closed weekends, legal holidays, and Jewish holy days.

THE SYNAGOGUE OFFICE WILL BE CLOSED THE FOLLOWING DATES

JULY 1-5
JULY 22-26



AUGUST 15 & 16
AUGUST 19-23

WWW.ADATHISRAELCT.ORG

EARLY RISERS MINYAN



Adath Israel

Celebrate Jewish Life

June 5th at 7:00am
Kiddush Breakfast Following Service



.Lazy, Hazy, Crazy About These Books

Summertime and the reading is easy! Lots of activities involving books this summer!

Come join us!

June 2nd – Books and Bagels with Paul Beckman, author of Becoming Mirsky and many other books. This is a special event being held following the Annual Meeting.

June 18th – Book Club meeting to discuss Israel 201 by Joel Chasnoff and Benji Lovett

August 27th (note change in date) – Book Club meeting to discuss My Name is Barbra by Barbra Streisand. We chose this book in memory of Rebecca Wilansky who loved Barbra Streisand so much. If anyone would like a copy of the book, please let us know. There has been a donation made for books for this specific event.

The Book Club meetings are held at The Nester Center at 7 p.m. as well as via Zoom. We are using a hybrid model so that more people can participate. Come join us!

Meeting ID: 886 4652 0065 Passcode: 196174

Happy Reading!

ROBERTA and HOLLY

Roberta Levine Glass, rjlevine610@gmail.com,

302-593-7581 (cell)

Holly Simon, hfpsimon@icloud.com, 860-395-8989



June

David & Nona Horn
Mark & Cynthia Kaplan
Marc & Judith Levin
Douglas & Susan Miller
Barbara & Robert Sequenzia
Fredric & Risa Zierler
Jay & Janice Weiss
Robert & Katrina Axelrod
Lawrence & Hollye Lew

July

Timothy & Susan Dickes
Steven Machuga & Sari Rosenblatt
Jim & Colleen Poliner
Stan & Marge Sadinsky
Eric & Julie Weiss
Alvin Wolfgram & Linda Savitsky
Jeremy & Julie Weiss
Ethan & Roxanne Warner-Crane

August

Richard & Naomi Kamins
Joanna Schnurman & Andy Bauer
Steven & Linda Small
Heidi Neumann-Venetianer &
Robert Venetianer
Edward & Diane Schwartz
Leonard & Natalie Cheerman
Roy & Susan Massicott
Roberta & Michael Ash

**Did we leave someone off the list?
Please call the office, and let us make it right.**

Famous Jews with July Birthdays

7/3 Franz Kafka
7/4 Rube Goldberg
7/6 Randy Rainbow
7/10 Arlo Guthrie

7/14 Isaac Bashevis Singer
7/16 Amar'e Stoudemire
7/22 Emma Lazarus
7/23 Daniel Radcliffe

7/27 Maya Rudolf
7/29 Judy Chicago
7/30 Bud Selig
7/31 Milton Friedman



PRAY EAT SING

Friday, June 7th,
6:00pm

RSVP by May 31st

**Honoring our
Scholarship Recipients**

 **Adath Israel**
Celebrate Jewish Life



June

Deborah Katten
 Skye Bennett
 Jonah Young
 Shana Adams
 Mark Lerner
 Elise Gendrich
 Pierson Cohen
 Meghan Ward
 Donna Finkelstein
 Ruth Nisse
 Howard Rosenbaum
 Anita Hennessey
 Dylan Login
 Sam Bauer
 Rich Bruno
 Sherwin Borsuk
 Carol Director
 Julia Poliner
 Frederic Searle
 Colby Turner
 Marge Sadinsky
 Maya Shapiro-Rosado
 Paula Goldstein
 Michelle Grossman
 Roberta Glass
 Marty Levine
 Ze'ev Warner-Crane
 Sondra Beit
 Leah Adler

July

Brady Doweiko
 Steven Donen
 Virginia Zwelling
 Orit Avizov
 Irena May
 Elise Bonito
 Gertrude Steele
 Carrie Nemeth
 Judith Guzman
 Julie Weiss
 Nedra Schwarz Mirkin
 Gabrielle Eisner
 E. Jack Shorr
 Joshua Young
 Rebekah Doweiko
 Marc Levin
 Morris Rischall
 Peter Robinson
 Michael Daling
 Diane Schwartz
 Roger Turner
 Liya Simon
 Lily Shapiro
 Daniel Merida
 Jeremy Weiss
 Lisa Caron
 Melissa Olczak
 Myra Skluth
 Ruth Sigal
 Talin Warner-Crane
 Karissa Massicott
 Roy Massicott

August

Daniel Slatkin
 Francine Goldberg
 Sonia Roberts
 Marilyn Petroff
 Sara Glaz
 Jeffrey Gelwan
 Samuel Lerner
 Daniel Maloney
 Phyllis Wang
 Steven Perry
 Rabbi Dana Bogatz
 Ruth Kahn
 Alice Gordon
 Anne Willis
 Vida Wagner
 Maya Finkelstein
 Susan Miller
 Marty Paisner
 Ari Poliner
 Grace Poliner
 Jake DeFrancesco
 Edward DeFrancesco
 Eileen Daling
 Stephanie Meadow
 Jay Weiss
 Michael Price
 Joshua Goodman
 Ari Shapiro
 Steven Small
 Harris Friedlander
 Tovah Caron
 Barbara Fenig
 Ray Irizarry
 Robin Levine
 Ethan Warner-Crane
 Steven Machuga



Tikkun Leil Shavuot

Study Session for Shavuot

Join us for a night of conversation, community and learning

June 11th
7:30pm

Coffee, tea,
cakes and
cookies will
be served

 Adath Israel
Celebrate Jewish Life

The discussion begins at 7:30 pm with the general theme of "Myths and Mysteries of Judaism"

ADATH ISRAEL DEDICATED FUNDS

ADATH ISRAEL SCHOLARSHIP FUND (SOPHIE & JULIUS BARKER, EVELYN & ABRAHAM GROSSMAN, SARAH ZIETZ PIERSON, RABBI ALBERT & ROSALYN TROY, SYLVIA GROSS WASSERMAN, MAX CHEIKIN, BERNIE SEIDON, AND JEAN STERN ARON SCHOLARSHIPS)

Provides scholarships to children of Adath Israel members attending an accredited college, university or school of higher learning

IN MEMORY OF

David Finkelstein by Risa & Fred Zierler

DR. ARTHUR & GLADYS WEISS SCHOLARSHIP FUND

Provides scholarships to children of Adath Israel members attending Jewish camp, Jewish content special programs, and trips to Israel

BEIT-PALEY FUND

Supports Torah repair

CHEVRA KADISHA

Supports maintenance and enhancement of the cemetery

IN MEMORY OF

Estelle & Joseph Epstein by Suzanne Epstein Goldberg

ARTHUR & EDYTHE DIRECTOR FAMILY FUND

Supports music in the ritual, educational, and cultural gatherings at Adath Israel

ETERNAL LIGHT FUND

Supports the general operation of Adath Israel

IN MEMORY OF

David Finkelstein by Harriet, Marcey, and Aaron Thiela

HOWARD FELDMAN BEAUTIFICATION FUND

Supports the beautification of our synagogue building and grounds and the Nester Center

LYNN BENNETT RELIGIOUS SCHOOL CAPITAL CAMPAIGN

Supports the upgrade of our religious school

IN HONOR OF

Rabbi Marshal Press celebrating a Special Birthday by Joanna Schnurman & Andy Bauer

REFUA SH'LEIMA (SPEEDY RECOVERY)

Michelle Grossman by Joanna Schnurman & Andy Bauer

IN MEMORY OF

David Finkelstein by

Joanna Schnurman, Andy, Aidan, and Sam Bauer

Michelle & Rick Grossman

Herb Goldberg by Michelle & Rick Grossman

Eva Bardwell by Michelle & Rick Grossman

MAXINE THUMIM CAMP SCHOLARSHIP FUND

Provides scholarships to children of Adath Israel members attending Jewish camp or travelling to Israel

IN HONOR OF

Carol Shapiro celebrating a Special Birthday by

Eileen & Michael Daling

Rabbi Marshal Press celebrating a Special Birthday

by Eileen & Michael Daling

REFUA SH'LEIMA (SPEEDY RECOVERY)

Michelle Grossman by Eileen & Michael Daling

IN MEMORY OF

Herb Goldberg by

Joanna Schnurman & Andy Bauer

Linda & Jack Adler

David Finkelstein by Eileen & Michael Daling

MICHAEL FASSLER FUND

Supports early childhood education at Adath Israel

MUSEUM FUND

Supports purchases and maintenance of Adath Israel's museum

IN HONOR OF

Carol Shapiro celebrating a Special Birthday by

Anita Hennessey

Gloria Sones

Myra Finkelstein

Sara Paley

NATHAN OLSHIN SCHOLAR-IN-RESIDENCE-FUND

Supports annual scholar-in-residence program

IN HONOR OF

Richard Kamins Celebrating a Special Birthday by

Milton Jacoby

IN MEMORY OF

David Finkelstein by Linda & Jack Adler



Book Club

June 18th, 7:00pm

**ZOOM & In-Person
at the Nester Center**

**"Israel 201"
by Joel Chasnoff
and Benji Lovitt**

**Zoom Info
Meeting ID: 886 4652 0065
Passcode: 196174**



JOEL CHASNOFF & BENJI LOVITT

**ISRAEL
201**



**YOUR NEXT-LEVEL GUIDE TO
THE MAGIC, MYSTERY, AND *CHAOS!*
OF LIFE IN THE HOLY LAND**

"Fantastic! Precisely the kind of Israel education we all need. *Israel 201* helps you understand the real Israel, in all of her complexity and beauty."
—MAYIM BIALIK

**Adath Israel Book Club
is free and open to
anyone who desires
great discussions about
fascinating books
on Jewish topics**

**For more information, please contact
Roberta Glass: rjlevine610@gmail.com
302-593-7581
or Holly Simon: hfpsimon@icloud.com
860-395-8989**

(Funds Continued from page 13)

RABBI'S DISCRETIONARY FUND

Allows the rabbi to support individuals and causes in our community anonymously
Maria Evans

SANFORD BEIT MINYAN FUND

Supports the creation and building of community over Kiddush

IN MEMORY OF

David Finkelstein by Sara Paley

SYNAGOGUE FUND

Supports the general operation of Adath Israel
Marcia Wrubel

IN HONOR OF

Rabbi Press celebrating a Special Birthday by Ruth & Mike Sigal

IN MEMORY OF

Herb Goldberg by Ruth & Mike Sigal
Howard May by Irena May
David Finkelstein by

Roger Weeks & Family
Sandra & Paul Beckman
William & Sharon Fleischmann
Harriet & Dewey Deeton
Ruth & Mike Sigal

YAHREZEIT FUND

Supports the general operation of Adath Israel
Betya Filler by Raisa & Yakov Filler
Sonya Gelmadin by Raisa & Yakov Filler
Helen Palmer by Steve & Sue Palmer
Maxwell Lee by Marsha Casey
Miriam Sheftel by Cyndi & Barry Sheftel
Joseph Katrosar by Hollye Lew
Harriet Levin by Jude & Marc Levin
Anne Littman by Patty Netherland
Edythe Rosenfield by Patty Netherland
Abraham Peck by Robert Brownstein
Alan Pressman by Arlene Pressman
Claire Weiss by Barbara & Steven Weiss
Morton Hoffman by Maryann Hoffman
Selma Goldberg by Susan Goldberg
Howard Feldman by Louise Feldman
Zeev Ben-Dov by Ruth Borsuk
Edna Resnikoff by Juith & Daniel Merida
Ethel Russman by Marvin Hoberman
Daniel Kahn by Julie Liseo
Zelig Telis by Sherman Telis

Rashka Dokshitsky by Sherman Telis
Rifka Dokshitsky by Sherman Telis
Moishe Telis by Sherman Telis
Leib Telis by Sherman Telis
Hillel Telis by Sherman Telis
Kopel Telis by Sherman Telis
Dr. Matthias Borsuk by Sherwin Borsuk
Edward Marcus by Donald Friedman
Joan Kabatznick by
Ronna Kabatznick
Brian Kabatznick
Edythe Stein by Adrienne Palley
Steven Simon by Edie Simon
Frank Schupack by Maxine Marino
Ida Kosofsky by
Martha Weisberg
David Kosofsky
Dorothy Budie Limon by Abby Cerrotti
Charles Limon by Abby Cerrotti
Samuel Soreff by Linda Soreff Siegel
Dr. Daniel Kahn by Ruth Kahn
Louis & Evelyn DeSarno by Jayne Papoosha

CELEBRATE JEWISH LIFE THROUGH PRAYER SERVICE TIMES

All services are in-person & via Zoom

Morning Minyan

Monday - Friday, 8:00 AM
1st Wednesday of the month, 7:00 AM
Sunday, 9:00 AM

Zoom Info

Meeting ID: 863 5646 9422 Passcode: 679552

Shabbat Services

Friday, 7:00 PM
Monthly Pray-Eat-Sing Services, 6:00 PM
Saturday, 9:30 AM

Zoom Info

Meeting ID: 815 6727 3870 Passcode: 474612

All prayer services at Adath Israel are public events, open to the community as a whole. Members, guests, and other religious seekers who desire the warmth of Jewish prayer and the fellowship of being together are always welcome.



Torah Study with Rabbi Nelly

**Rabbi Nelly's Class
Summer Vacation
June 12-Aug. 7**

via Zoom

Every Wednesday - 10:30 AM

Zoom ID 837 9879 1910, Passcode 963942

Every Thursday - 6:00 PM

Zoom ID 887 326 428, Password 827527



It is said that Abraham would keep all four sides of his tent open regardless of the weather, so that he might see travelers coming from any direction, run to greet them, and welcome them into his home. Adath Israel strives to follow our forefather Abraham's example of running to welcome everyone, regardless of where they are coming from or where they are on their Jewish journey.

In these times our "running" takes many forms, including learning how to show people they are welcome and valued. Recently, members of the Tikkun Olam Committee along with Board liaison Sandra Beckman did just that by successfully completing a year-long USCJ-Keshet sponsored program called the Shivyon Project. As part of a nationwide cohort of Conservative synagogues, and with strong support from our Board, we examined our by-laws, policies, messaging, and signage for ways we could be more inclusive and welcoming. While the program was primarily focused on welcoming and belonging of LGBTQIA+ folk, the end result was we have become more welcoming and inclusive of everyone.



Jewish Inventors & Their Inventions

Albert Einstein - Theory of Relativity

Jonas Salk - Polio Vaccine

Lise Meitner - Nuclear Fission

John von Neumann - Computers

Waldemar Haffkine - Cholera Vaccine

Theodore Maiman - Laser

Edgar Lilienfeld - Transistor

Robert Ettinger—Cryonics

Igor Sikorski - Aircraft Structures

Ruth Handler - Barbie Doll

Paul Baran - Packet-Switching Networks (Predecessor to the Internet)

Levi Strauss - Blue Jeans

Joseph Friedman - Flexible Drinking Straw

Peter Carl Goldmark - Long-Playing (LP) Records

Emile Berliner - Microphone and Gramophone Records

Isaac Merritt Singer - Sewing Machine

Hedy Lamarr - Frequency Hopping Spread Spectrum (Predecessor to Wi-Fi and Bluetooth)

Abraham "Al" Jaffee - Fold-in (Mad Magazine)

Raphael Golan - USB Flash Drive

Gideon Sundback - Modern Zipper

Bernard Silver - Barcode

Alfred G. Bloomingdale - Credit Card

Reuben Mattus - Häagen-Dazs Ice Cream



TISHA B'AV PROGRAM

**MONDAY, AUGUST 12TH
AT 7:30 PM
EREV TISHA B'AV**

**DISCUSSION AND READING OF THE MEGILLAH
OF EICHA WILL BEGIN AT 7:30 PM**

WHERE: 8 BROAD STREET, MIDDLETOWN, CT

**A LIGHT NOSH WILL
BE AVAILABLE UNTIL 8PM**

WWW.ADATHISRAELCT.ORG



The 28th Anniversary Interfaith Golf Open



Interfaith Golf Open
PO Box 337
Middletown, CT 06457

Co-Sponsored by
Congregation Adath Israel & Church of St. Mary

June 2024

Dear Member,

It's time to get out and join us for the 28th annual Interfaith Golf Open Tournament to be held at the Portland Golf Course on August 6, 2024. We plan to make this an exceptional tournament with great golf, excellent food, and a raffle loaded with thousands of dollars' worth of items. Last year, due to your outstanding generosity, we were able to continue raising funds to support our synagogue, our church, and local charities (some for the first time). We annually review organizations that are currently funded and position ourselves to provide support for emerging needs. Based on your input we are providing grants in support of local food banks and are continuing our partnership with the Community Foundation of Middlesex County for anti-bullying activities. In the emerging needs category, providing mental health services and substance abuse treatment and support for our youth, have risen to the top for needed support. We have taken up the challenge and continue to support two mental health facilities – Rushford Center's "The Ridge" in Willimantic and Middlesex Health's "Beit Paley Center for Mental Health Services" (formerly, "The Crescent Center") in Middletown.

What do we need in 2024? We need you to continue to support the Interfaith Golf Open Tournament with sponsorships, items for the auction and/or raffle prizes. For over twenty-seven years, this tournament has provided food, physical and mental health services, education, and training for members of our faith community and our neighbors. Thank you for your kindness, generosity, and continued support.

Jim Jonathan

Jim Poliner and Jonathan Shapiro
Congregation Adath Israel

Dave David

Dave Gilbert and David O'Brien
Church of St. Mary

Interfaith Golf Open
PO Box 337
Middletown, CT 06457



28th Anniversary Interfaith Golf Open

Sponsor Registration Form

Sponsor _____

Contact Person _____

Sponsor Mailing Address _____

City _____ ST _____ Zip _____

Contact's Phone _____

Contact's Email _____

Payment: Make checks payable to **Interfaith Golf Open** and mail to the address above,
Or pay by credit card (Mastercard, Visa, Discover or American Express) by calling
the synagogue office at 860-346-4709.

Sponsorship Levels and Benefits

- ☐ Medallion Sponsor \$7,500 includes Name & Logo on all printed materials, two (2) golf foursomes, special recognition on day of tournament and name on all tournament signage.
- ☐ Kindness Sponsor \$5,000 includes Name & Logo on all printed materials, golf foursome, special recognition on day of tournament and name on all tournament signage.
- ☐ Corporate Sponsor \$2,500 golf foursome, special recognition on day of tournament and name on all tournament signage.
- ☐ Gold Sponsor \$2,000 special recognition on day of tournament and name on tournament signage.
- ☐ Silver Sponsor \$1,000 special recognition on day of tournament and name on tournament signage.
- ☐ Major Sponsor \$500 name on tournament signage
- ☐ Tee Sponsor \$200 signage at one hole on course

HELP IS NEEDED

There are quite a few boxes of old books stored on the stage in our social hall. After working to clean up the stage of all other items that have accumulated over time and no one knew where to put them, there is a need to move those boxes of books to the garage until they can be buried. Therefore, I am looking for volunteer help from anyone (young, old and in between) who are able to assist us with this endeavor. It should not take more than 2-3 volunteers for an hour or two.

If you can assist (hopefully one morning or afternoon during the week), please contact Eileen Daling at edaling21@att.net or 860-346-0667 (you can leave a message on the machine and someone will get back to you) as soon as possible. I would like to get this completed as soon as possible.

Thank you in advance for your assistance as this is important work.

We can do this together. Let's get it done!

Samuel Auerbach Library Update (Lending Library)

Our new Samuel Auerbach Library now located in the Nester Center is nearly complete and will be ready to welcome new lenders soon. We have been working very hard going through the many books we have and a bountiful number of books that have been dropped off by our members. There is even an additional bookcase in the Board Room in the Nester Center that houses all the books that our Book Club has read that you can borrowed if you haven't had the opportunity to read them.

Thank you again to Marshal and Laurie Press and Nancy Schwartz who donated funds to enable us to purchase an additional bookcase that was desperately needed to house the additional books. Unfortunately it turns out that one additional bookcase isn't enough. Therefore, I am asking once more for donations so that we can order one more bookcase. The total cost is \$332. Any amount towards this purchase is welcome and much appreciated.

Once the money is raised and the bookcase is purchased, the library will be open for business.

Then we will work on hours of operation and publish them in Kolot. The library will be on the honor system – take a book and bring it back when done enjoying it,

Thank you in advance for your considering a donation big or small. Keep watching for more information about this exciting event.

Eileen



CELEBRATE WITH US
Shabbat
UNDER THE
Stars

Friday, August 23rd at 6 pm

**Rabbi Altenburger will conduct services
 following the cookout, (approx. 7:15).**



**The evening will begin with a hot dog
 and hamburger cookout**

**At the home of
 Michael &
 Eileen Daling**

**Call the synagogue office at (860-346-4709) to make
 reservations and get directions no later than July 31 to
 ensure enough attendees so there is adequate time to
 cancel, if needed.**

You are requested to bring your own lawn chairs.

IT'S NEWS!!!



**BRUCHIM HABA'IM!
WELCOME TO OUR NEWEST
MEMBERS**

Maryellen & Andrew Fisher

MAZAL TOV!!!

Dave Shulman and his son,
Robert on Suburban receiving
a Connecticut Family Business
Award by the Hartford
Business Journal

Brian Goldstein, son of Paula
& Rob Goldstein, earning his MBA from UCONN
Elise Gendrich, daughter of Jodi & Chuck Gendrich,
earning their BS in Chemistry from the University of
Rochester

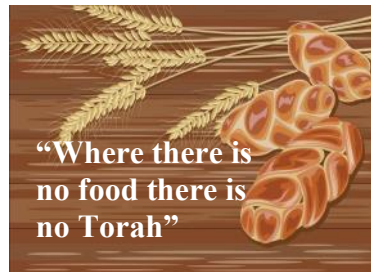
Jake DeFrancesco, son of Sarit & Ed DeFrancesco,
officially a year 3 Med student who has started his
surgical rotation. He was placed on the surgical
transplant rotation.



TODAH RABAH

Acts of Kindness

Funding camp scholarships in
memory of her parents and brother, Emanuel Henry
Waldmann, Mary Waldmann, and Arthur Waldmann:
Sheila Greenspan
Meals & Shopping: Harriet, Marcey, and Aaron
Thiela, and Fred Zierler
Picking up food at the Crown: Fred Zierler
Proofreading: Naomi Kamins, Phil Saxe
Helping with mailings: Anita Hennessey
Taking care of our eNews and blasts: Eileen Daling
Washing towels from the kitchen: Joanna Schnurman
Returning bottles: Eileen & Mike Daling



**Sponsoring an Oneg or
Kiddush**

IN HONOR OF

Laurie & Rabbi Marshal Press in honor of his 85th
Birthday

IN MEMORY OF

Elaine Rena Cohen Schwarz by Gail Schwarz
Aronow

Douglas Pincus by Susan & Doug Miller & the
Miller/Pincus Family

Claire & Irving Pincus by Susan & Doug Miller & the
Miller/Pincus Family

Emmanuel "Manny" Ashkenaz by Leah Adler & Stu
Epstein

Denis Adler by Leah Adler & Stu Epstein

Diane Linnell by Leah Adler & Stu Epstein

Thias Ashkenaz by Leah Adler & Stu Epstein

Fredrick Adler by Leah Adler & Stu Epstein

Rose & John Nemeth by Marc Nemeth

Edwin Jay Geiges by Beth Katz & Heidi Geiges

Myrna Ethelyn (Goldberg) Geiges by Heidi Geiges &
Beth Katz

Early Risers Minyan

Dave Shulman

SPEEDY RECOVERY

We'd like to wish a "Refua
Shleima" to the following: Katrina
Axelrod, Phyllis Frydenberg,
Paula Goldstein,
Rabbi Marshal Press,
David Schwarz, Stephen Shapiro,
and Anne Willis



MAY GOD GRANT COMFORT

WITH DEEPEST SYMPATHIES

To Eileen & Michael Daling on the recent passing of their brother-in-law, Herb Goldberg.

IN MEMORIUM

Our sincerest condolences are extended to the family of David Finkelstein
who came to his eternal rest on April 22 (14 nisan)

May the bereaved find comfort in our community's support.



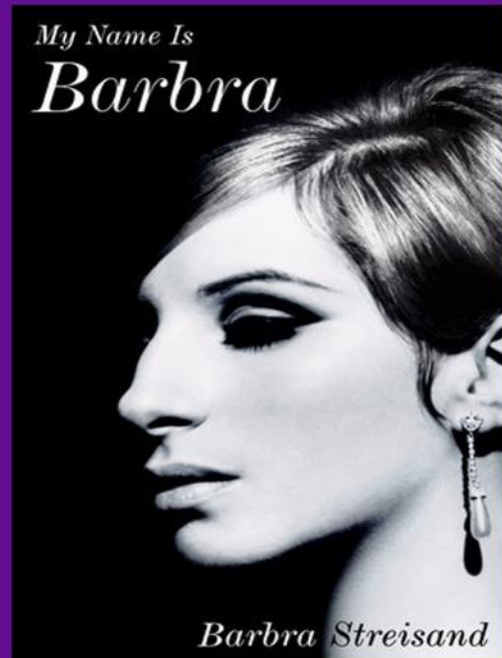
Book Club

August 27th, 7:00pm

**ZOOM & In-Person
at the Nester Center**

**“My Name is Barbra”
by Barbra Streisand**

Zoom Info
Meeting ID: 886 4652 0065
Passcode: 196174



**Adath Israel Book Club
is free and open to
anyone who desires
great discussions about
fascinating books
on Jewish topics**

**For more information, please contact
Roberta Glass: rjlevine610@gmail.com
302-593-7581
or Holly Simon: hfpsimon@icloud.com
860-395-8989**



june 2024

iyar/sivan

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					*Candle Lighting Times for Middletown, CT	1 9:30 a.m. Shabbat Morning Services 11-4 PrideFEST <i>Bechukotai</i> 24 iyar
2 9 a.m. Minyan 10 a.m. Annual Mtg Books & Bagels w/ Paul Beckman follows 4:30 p.m. Sunday Meals Program 25 iyar	3 8 a.m. Minyan Breakfast Bunch following services 26 iyar	4 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 27 iyar	5 7 a.m. Early Risers Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom Yom Yerushalayim 28 iyar	6 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom 29 iyar	7 8 a.m. Minyan 6 p.m. Pray-Eat-Sing Shabbat Evening Services & Dinner Honoring Scholarship Recipients *8:04 p.m. Rosh Chodesh 1 sivan	8 9:30 a.m. Shabbat Morning Services <i>Bemidbar</i> 2 sivan
9 9 a.m. Minyan 3 sivan	10 8 a.m. Minyan 4 sivan	11 No Al Anon or Alateen 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7:30 p.m. Tikkun Leil Shavuot: Myths & Mysteries of Judaism *8:06 p.m. Erev Shavuot 5 sivan	12 Office closed No Torah Study w/ Rabbi Nelly 8 a.m. Festival Morning Minyan *9:17 p.m. Shavuot I 6 sivan	13 Office closed No Torah Study w/ Rabbi Nelly 8 a.m. Festival Morning Minyan Yizkor Shavuot II 7 sivan	14 8 a.m. Minyan 7 p.m. Shabbat Evening Services *8:08 p.m. Flag Day 8 sivan	15 9:30 a.m. Shabbat Morning Services <i>Nasso</i> 9 sivan
16 9 a.m. Minyan Father's Day 10 sivan	17 8 a.m. Minyan 11 sivan	18 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Book Club 7 p.m. Al Anon & Alateen 12 sivan	19 No Torah Study w/ Rabbi Nelly 8 a.m. Express Minyan Juneteenth 13 sivan	20 No Torah Study w/ Rabbi Nelly 8 a.m. Minyan 14 sivan	21 8 a.m. Minyan 7 p.m. Shabbat Evening Services *8:10 p.m. 15 sivan	22 9:30 a.m. Shabbat Morning Services <i>Beha'alotecha</i> 16 sivan
23 9 a.m. Minyan 9:30 a.m. Jewish Wars Veterans Brunch 17 sivan	24 8 a.m. Minyan 18 sivan	25 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 19 sivan	26 No Torah Study w/ Rabbi Nelly 8 a.m. Express Minyan 20 sivan	27 No Torah Study w/ Rabbi Nelly 8 a.m. Minyan 21 sivan	28 8 a.m. Minyan 7 p.m. Shabbat Evening Services *8:10 p.m. 22 sivan	29 9:30 a.m. Shabbat Morning Services <i>Shelach</i> 23 sivan
30 9 a.m. Minyan 24 sivan						



Adath Israel
Celebrate Jewish Life

july 2024
sivan/tamuz

sunday	monday	tuesday	wednesday	thursday	friday	saturday
*Candle Lighting Times for Middletown, CT	1 Office closed 8 a.m. Minyan 25 sivan	2 Office closed 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 26 sivan	3 Office closed No Torah Study w/ Rabbi Nelly 7 a.m. Early Risers Minyan 27 sivan	4 Office closed No Torah Study w/ Rabbi Nelly 8 a.m. Minyan Independence Day 28 sivan	5 Office closed 8 a.m. Minyan 7 p.m. Shabbat Evening Services *8:09 p.m. 29 sivan	6 9:30 a.m. Shabbat Morning Services <i>Korach</i> Rosh Chodesh 30 sivan
7 9 a.m. Minyan Rosh Chodesh 1 tamuz	8 8 a.m. Minyan 2 tamuz	9 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 3 tamuz	10 No Torah Study w/ Rabbi Nelly 8 a.m. Express Minyan 4 tamuz	11 No Torah Study w/ Rabbi Nelly 8 a.m. Minyan 5 tamuz	12 8 a.m. Minyan 7 p.m. Shabbat Evening Services *8:06 p.m. 9 tamuz	13 9:30 a.m. Shabbat Morning Services <i>Chukat</i> 7 tamuz
14 9 a.m. Minyan 8 tamuz	15 8 a.m. Minyan 9 tamuz	16 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 10 tamuz	17 No Torah Study w/ Rabbi Nelly 8 a.m. Express Minyan 11 tamuz	18 No Torah Study w/ Rabbi Nelly 8 a.m. Minyan 12 tamuz	19 8 a.m. Minyan 7 p.m. Shabbat Evening Services *8:01 p.m. 13 tamuz	20 9:30 a.m. Shabbat Morning Services <i>Balak</i> 14 tamuz
21 9 a.m. Minyan 15 tamuz	22 Office closed 8 a.m. Minyan 16 tamuz	23 Office closed 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen *8:56 p.m. Fast Ends Fast of Tamuz 17 tamuz	24 Office closed No Torah Study w/ Rabbi Nelly 8 a.m. Express Minyan 18 tamuz	25 Office closed No Torah Study w/ Rabbi Nelly 8 a.m. Minyan 19 tamuz	26 Office closed 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:55 p.m. 20 tamuz	27 9:30 a.m. Shabbat Morning Services <i>Pinchas</i> 21 tamuz
28 9 a.m. Minyan 22 tamuz	29 8 a.m. Minyan 23 tamuz	30 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 24 tamuz	31 RSVP Deadline for Shabbat Under the Stars No Torah Study w/ Rabbi Nelly 8 a.m. Express Minyan 25 tamuz			



august 2024

tamuz/av

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			*Candle Lighting Times for Middletown, CT	1 No Torah Study w/ Rabbi Nelly 8 a.m. Minyan	2 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:48	3 9:30 a.m. Shabbat Morning Services <i>Matot-Masei</i> 28 tamuz
				26 tamuz	27 tamuz	
4 9 a.m. Minyan 29 tamuz	5 Deadline for Sept. Kolot 8 a.m. Minyan Rosh Chodesh 1 av	6 Interfaith Golf Tournament 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 2 av	7 7 a.m. Early Risers Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 3 av	8 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom 4 av	9 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:39 p.m. 5 av	10 9:30 a.m. Shabbat Morning Services <i>Devarim</i> Shabbat Chazon 6 av
11 9 a.m. Minyan 7 av	12 8 a.m. Minyan 7:30 p.m. Tisha B'Av Evening Services & Program *7:54 p.m. Erev Tisha B'Av 8 av	13 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen Tisha B'Av 9 av	14 8 a.m. Express Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 10 av	15 Office Closed 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom 11 av	16 Office Closed 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:29 p.m. 12 av	17 9:30 a.m. Shabbat Morning Services <i>Vaetchanan</i> Shabbat Nachamu 13 av
18 9 a.m. Minyan 14 av	19 Office Closed 8 a.m. Minyan 15 av	20 Office Closed 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 16 av	21 Office Closed 8 a.m. Express Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 17 av	22 Office Closed 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom 18 av	23 Office Closed 8 a.m. Minyan 7 p.m. Shabbat Under the Stars Evening Services *7:19 p.m. 19 av	24 9:30 a.m. Shabbat Morning Services <i>Ekev</i> 20 av
25 9 a.m. Minyan 21 av	26 8 a.m. Minyan 22 av	27 8 a.m. Minyan 11 a.m. & 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 7 p.m. Book Club 23 av	28 8 a.m. Express Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 24 av	29 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom 25 av	30 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:08p.m. 26 av	31 9:30 a.m. Shabbat Morning Services <i>Re'eh</i> 27 av



Contact information

Phone: 860-346-4709

Email: office@adathisraelct.org

Website: www.adathisraelct.org