

Beth Emeth

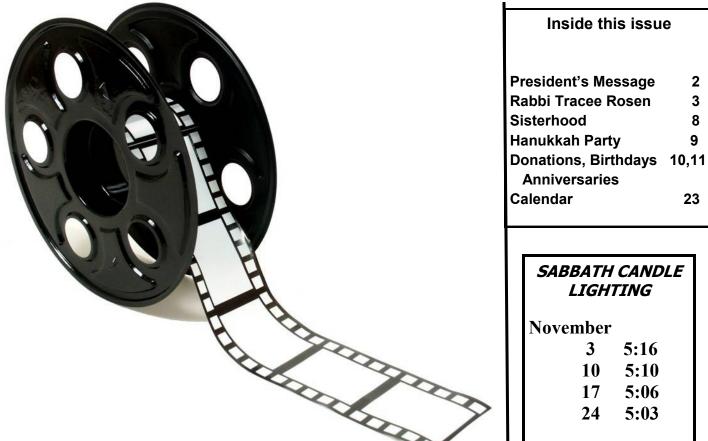
"More Than Just The Conservative Congregation of the West Valley, We Are A Community".

BETH EMETH CONGREGATION 13702 W. Meeker Blvd., Sun City West, AZ 85375 623-584-7210 bethemethaz@gmail.com www.bethemethaz.org

Rabbi Tracee Rosen

CHEVAN - KISLEV 5778

NOVEMBER 2017



SABBATH CANDLE LIGHTING

2

3

8

9

23

5:16

5:10

5:06

5:03

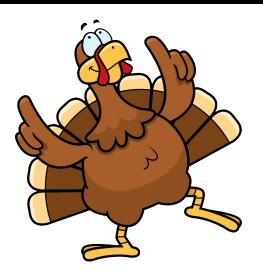
SAVE THE DATE THE WEST VALLEY JEWISH FILM FESTIVAL **JANUARY 27, 28, 29, 2018**

Volume 2017 Number 27

From Our President 2017



PRESIDENT'S MESSAGE; GOBBLE, GOBBLE:



HOW MANY WAYS CAN YOU EAT LEFTOVER TURKEY???? STEW, SAND-WICHES, SOUPS, SALADS, SAUTE, CROQUETTES, TURKEY POT PIE, AND THE CHINESE DISH CALLED LETSGETRIDOFTHISALREADY".

As we look forward to Thanksgiving holiday, take a moment to look back and be thankful for the year that you were given. I find that many people say I should of, could of, and that's fine. It's what you can do this year to change that feeling. Instead of being negative, turn that around and start doing some positive thinking.

Let's be thankful for our Rabbi, volunteers, congregants, and of course the best synagogue in the Valley.

Why not make yourself a promise to do what you can to support the needs of our Shul.

This is what I ask of you.....

Help us for Onegs and Kiddush's

Offer your help to Sandy

Make phone calls to those who are ill, let them know that we care

Attend our functions and lectures

Or, anything else that you may be able to do.

WISHING YOU A TERRIFIC THANKSGIVING, AND MAY YOUR FOOTBALL TEAM WIN.

SHALOM, MARILYN

Modah Ani - I Thank You By Rabbi Tracee Rosen

Gratitude is a very Jewish thing. Our tradition teaches that the first words we are supposed to say when we wake up every morning are thanks to God for restoring our souls, for giving us the ability to wake up each and every day. Moreover, we encouraged to try to say 100 blessings every day! That may seem like a big exaggeration, but it points us to a philosophy of life that teaches us to seek out things that we can appreciate all throughout the day, not just at the appointed times for prayer.

It turns out that the rabbis of old knew what they were talking about. Scientists are now discovering that consciously cultivating an attitude of gratitude has many beneficial health effects. A few years ago, Forbes magazine published an article, "7 Scientifically Proven Benefits of Gratitude That Will Motivate You To Give Thanks Year-Round." They included the following:

- 1. Gratitude opens the door to more relationships.
- 2. Gratitude improves physical health.
- 3. Gratitude improves psychological health.
- 4. Gratitude enhances empathy and reduces aggression.
- 5. Grateful people sleep better.
- 6. Gratitude improves self-esteem.
- 7. Gratitude increases mental strength.

Every week at Friday night services, I ask people to share something that they are grateful for, and often times, it seems that many people are at a loss. But the great philosopher, Abraham Joshua Heschel, reminds us that being able to express wonder, which leads to gratitude, is key to all spiritual living, and indeed to all learning:

The surest way to suppress our ability to understand the meaning of God and the importance of worship is to take things for granted. Indifference to the sublime wonder of living is the root of sin. Wonder or radical amazement is the chief characteristic of the religious man's attitude toward history and nature. One attitude is alien to his spirit: taking things for granted, regarding events as a natural course of things. To find an ap proximate cause of phenomenon is no answer to his ultimate wonder. He knows that there are laws that regulate the course of natural processes, he is aware of the regularity and pat tern of things.

However, such knowledge fails o mitigate his sense of perpetual surprise a the fact that there are facts at all.

We can find wonder in the commonest of things - a beautiful sunset, the blooming of flowers, a passing hello of a fellow human being, and in that wonder, be grateful for our many relationships to other human beings.

At this appointed month of giving thanks, I am grateful to the many gracious volunteers who helped to make High Holy Day services so special this year, and to those who keep the congregation open and running on a daily basis. Please join me in thanking them for doing their part to keep Beth Emeth a living organization, and the Jewish heart of the northwest valley.

Happy Thanksgiving, Rabbi Tracee



Beth Emeth Men's Club held their second Kosher Hot Dog Kickoff Day on Sunday, October 29th. It was well attended, surpassing the sales of the first attempt.

Thanks go out to the veteran crew which kept things running smoothly, Stan, Max & Jack Debber, Norm Kurtz, Jordan Colbert, Jim Toney, Sheldon Koven, Herb Leibovitz & Irv Glorit.

Eugene Cooper, Co President

The Men's Club is now planning to host a Casino Bus Trip to a local Casino. Ladies are invited to join us for a fun afternoon. We are hoping to get lots of people. Please call your friends and neighbors to join us for a fun day.

Please call Sandy at Beth Emeth Office if you are interested. Further details coming.







THANKSGIVING CORNER





Come Help Beth Emeth Celebrate Our 30th Anniversary and the 100th Birthday of Max Gimpel

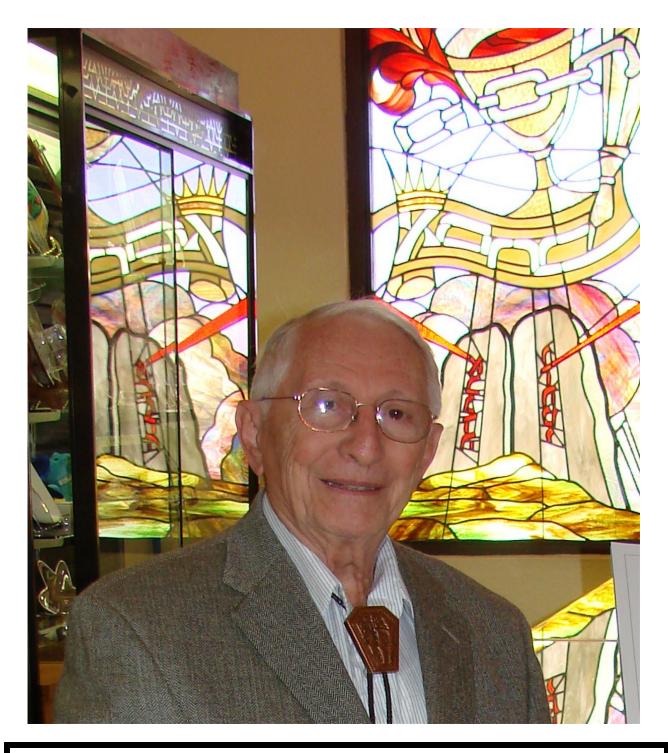


Beth Emeth's Designer and Artist Extraordinaire!

- Tour the building & learn about his artistic designs
- View the Holy Arc and learn of its significance
- Learn about the Torah and the Torah Ornaments
- View a Torah scroll from the inside and learn about the hand made process of creating a torah by a Sofer, a specially trained Hebrew Scribe
- Ask the Rabbi your personal questions
- Hear a presentation on Max Gimpel's Life and his other Artistic accomplishments
- Lear about Beth Emeth's Story/History
- Take home a booklet keepsake with the information
- Enjoy Cake and Ice Cream in Celebration

THURSDAY, JANUARY 4, 2018 2:00 P.M

* All donations in Max's Honor are Greatly Appreciated!



MAX GIMPEL BETH EMETH'S DESIGNER AND ARTIST EXTRAORDINAIRE!

100 YEARS OLD

Beth Emeth Observer

SISTERHOOD







SISTERHOOD TENTATIVE CALENDAR 2017-2018

<u>Our Board Meetings will now be held on the first Thursday</u> of the month at 9:15 AM. NOTE THIS IS A NEW TIME

All Sisterhood Membership Meetings are usually held the second <u>Thursday of the month</u> Please mark the dates of the Sisterhood Meetings. Any woman who has joined Beth Emeth Congregation since March 2017 is a member of Sisterhood until Dec. 2017. Sisterhood Board Meetings are open to all.

All Welcome

<u>Nov. 9, 2017 1:00 p.m.</u> Rabbi Tracee Rosen



Learn about the first woman rabbi in the 1890s

Dec. 14, 20171:00 p.mTrivia PursuitA fun day



Jan. 11, 2018 11:30 a.m. Luncheon & Game Day

 Feb. 8 2018
 1:00 p.m.

 Stretch with Ketzi



Mar. 8 2018 11:30 AM Paid-up Membership Luncheon Program TBA

May 10, 20181:00 PMIce Cream SocialProgram TBA

OH HANUKKAH! OH HANUKKAH!

Everyone come on over!!!

Be at Beth Emeth Congregation at 2 p.m.

You'll gather round the table, we'll give you a treat.

A dreidel to play with and latkes to eat..

Please join us at 2 p.m. on December 17th for our 2017 Hannukah Party.

Each person please bring a New Unisex wrapped gift (at least \$10.00 per person in value, something that you yourself would like to receive) for a holiday gift exchange. Call the Beth Emeth for Reservation, 623-584-7210.







Birthdays & Anniversaries November 2017

HAPPY BIRTHDAY November 2017

- 3 Alvin Ziegler
- 8 Benjamin Rose
- 8 Lorraine Silverman
- 10 Shula Kantor
- 15 Sue Geller
- 16 Irene Lehrer
- 20 Gail Grossman
- 23 Bobbi Kneitel
- 25 Ivan Schreiber

HAPPY ANNIVERSARY & MANY MORE BLESSINGS

18 Harry & Barbara Newman





Hope everyone had a Healthy & Happy New Year and a good fast.

Thank you to Joe, Irv, Charlie, Efrem, Herb, Nelson & especially Rabbi Rosen and everyone else who participated in the Rosh Hashanah and Yom Kipper Services. You all help make the services run smoothly and enjoyable.

Many thank to Geri & Gene, Sunnie & Stan, Herb and Harvey Strutz who helped to put up the Sukkot. They did a beautiful job. A special thank you to Evelyn Walters for her recipe and help making honey cake for Yom Tov.

Rhoda Lessner, Ritual Chairperson



NEW FRIDAY NIGHT SERVICE TIME

At the request of many members, we are changing our Friday night service start time to 6:30 p.m., beginning October 6, 2017. This will allow people the opportunity to either eat dinner early or after services if they prefer. Services will be finished by 7:45 - 8:00 pm, so it will also accommodate those who want to be home earlier in the evening. Periodically, we hope to be able to hold a dinner in the shul before services, or special extended onegs afterwards. Stay tuned to the Observer and our website for more details. We are also looking into holding periodic special musical Shabbat services on selected Friday nights.

YAHZEIT DONATIONS

Bernard Rosen Stanley Debber Solomon & Shula Kantor Evelyn Walter

YIZKOR DONATIONS



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Beth Emeth Sisterhood Meeting - Thursday Nov. 9th - 1:00 PM Agenda:

Latest news about our Congregation

Speaker: Rabbi Tracee Rosen Topic:



The Woman Rabbi Of The 1890'S In the USA

Who was she? Did she have a congregation?

LEARN All are welcome Refreshments





Tikvah West Valley Hadassah invites you to dress in your

finest, put on a fancy hat, and find hose white gloves and join us for an old fashioned tea party. Monday, November 13, 2017 2:30 p.m.

Sun City, AZ (location sent to those who R.S.V.P) \$18.00 Checks payable to Tikvah-WV Hadassah Please R.S.V.P. by November 6th to Natalie at (425) 785-5624 natanya45@hotmail.com





"Old age is not a defeat, but a victory, not a punishment but a privilege. The test of a people is how it behaves toward the old . . . man's potential for change and growth is much greater than we are willing to admit and old age (can) be regarded not as the age of stagnation but as the age of opportunities for inner growth."

- Abraham Joshua Heschel



Rabbi Rachel Cowan

8

Dr. Linda Thal

We are proud to bring WISE AGING to our community!

Explore the tools and resources to age wisely through the lens of Jewish wisdom. Learn positive ways to navigate the transition to your next chapter on life's journey and find meaning and joy in a post-retirement identity.

Based on the book, "Wise Aging", by Rabbi Rachel Cowen and Dr. Linda Thal, and with trained facilitators, this series of interactive discussions offers opportunities for meaningful conversations.

Prior participant comments:

"I looked at my legacy and life with new eyes and it gives me a source of pleasure";

"I see myself as a contributor, as a whole person" "We've know each other for 25 years, but not like this."

Wise Aging groups are forming now in the West Valley, facilitated by Rabbi Tracee Rosen.

Introductory four sessions will be held bi-weekly from November 3 through December 15. If the participants want, the group will continue meeting throughout the year. (This group is designed for full-year residents. If you are interested in forming a group for "snow birds," please contact Rabbi Rosen directly).

Dates:November 3, 17, December 1, 15 (First and third Fridays of the month), 10:30 am - 12:00 pmCost:\$60 for four sessions. Participants must also purchase the Wise Aging book (shown above)
ahead of the first meeting.Open to:Anyone 50-90 years old

Open to: Anyone 50-90 years of

Location: Private home

For more information, contact Rabbi Tracee Rosen at <u>rabbitracee@gmail.com</u> or register on-line at <u>www.bjephoenix.org</u>



Find comfort in our garden. It is tranquil in design and in harmony with its natural surroundings. The Biblical Garden is a quiet haven in which to find solace and to rejoice in life.

We welcome your participation in enhancing our garden through your generous contributions to honor, remember, or celebrate a simcha.

An appropriate plaque acknowledging your gift will be placed on the DONOR WALL in the lobby of the synagogue.

Suggested dedicated items

<i>Trees</i> \$5	00
Shrubs\$3	00
Bulbs, Perennials, and	
seasonal flower displays\$2	50

Help Support Beth Emeth!

Did you know you can support Beth Emeth just by shopping at Fry's? It's easy when you enroll in Fry's Community Rewards! To get started, sign up with your V.I.P Card, and select Beth Emeth Congregation as the local organization you wish to support. Once you're enrolled, you'll earn rewards for Beth Emeth every time you shop and use your V.I.P Card!



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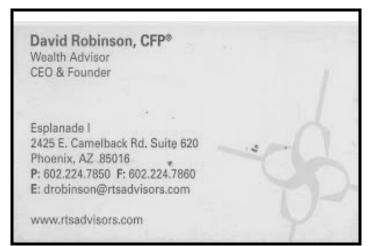
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Small Rock	
Large Rock	

Honor your beloved departed with a Memorial Plaque in the Sanctuary

BRONZE PLAQUE \$350.00

ALIYAH HONOR Your Name engraved on an ALIYAH PLATE which is given out for honors at Torah Services \$50.00

To Order one of the above items Call

Sandy Nonas 623-584-7210

CALENDAR OF

REGULAR EVENTS

(EXCEPTIONS DO HAPPEN, SO PLEASE CHECK)

- Executive Meeting 1st Friday of each month At 9:30 am
- Board Meeting -3rd Thursday of each month at 9:30 am
- Sisterhood Board Meeting - 1st Thursday of each month at 9:30 am
- •

• Minyan Mondays & Thursdays -8:00 am

MUSHKATEL, ROBBINS & BECKER, PLLC Attorney

15249 N. 99 Avenue

Sun City, Arizona 85351

Phone 623-889-0691

Fax 623-974-4739

Thanks to the generosity of Zack and his staff to Beth Emeth. If you need an attorney, please consider using the firm of Mushkatel, Robbins & Becker, PLLC.

CC's Adult Care Two 13417 W. Rimrock St., Surprise, AZ Phone: 623-337-7954 Mgr/Owner: Rosie Colbert **"YOUR FAMILIES LOVE THROUGH US"** SOME OF OUR SERVICES AND AMMENITIES **24 Hour Certified Caregivers Alzheimer's Care** Phone, Cable TV, Internet Housekeeping/Laundry **Beauty/Barber Service Home Cooked Meals Hospice and Respite Care Doctors Visits Restroom/Bathing Assistance\Medication Mgt.** We celebrate Holidays, Birthdays and Anniversaries **For Quality Care and Secure Comfort** Visit Our Home MONTHLY RATE IS FIXED AT MOVE-IN AND WILL NOT INCREASE. ALL SERVICES AND SUPPLIES ARE **INCLUDED EXCEPT PRESCRIPTION MEDICINES.** Jewish Family and Children's Service (JFCS) Ellie Schwartzberg of Jewish Family and Children's Service (JFCS) offers individual counseling, referral to appropriate resources and advocacy to Jewish people living in the Sun Cities and surrounding communities. This is a free program underwritten by the Jewish Federation. Ellie has a Master's degree in counseling from ASU and has been at JFCS for the past 32 years working with an older population. She is currently the Vice President of Geriatric Services at JFCS. Ellie offers this program at the Sun Cities Community Services Building on Tuesdays (9451 N. 99th Ave. Sun City) and at Beth Emeth Synagogue (13702 W. Meeker, Sun City West) on Thursdays. Counseling addresses such issues as coping with bereavement and loss, care-giving stress, long term planning and decision making, adjustment to chronic health problems, loss of independence, depression, couples' issues, communication and problem solving with adult children, etc. Ellie facilitates a Bereavement Support Group at Beth Emeth Congregation every Thursday from 1:00-2:00 PM. This group is open to anyone who has lost a spouse or significant other within the past two years. Please call Ellie Schwartzberg at 602-452-4660 for more information or to make an appointment.



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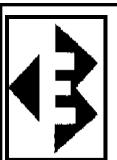
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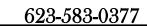
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
·	·	Ţ	1	2 Sisterhood Board Mtg. 9:30 a.m. Rabbi Rosen's Class 10:30-11:30 a.m.	3 Minyan 8:00 a.m. Services 6:30 p.m.	4 Services 9:00 a.m.
			12 Heshvan	13 Heshvan	14 Heshvan	15 Heshvan
5	6 Minyan 8:00 a.m.	7	8	9 Sisterhood Guest Speaker Rabbi Tracee Rosen - 1:00 p.m.	10 Minyan 8:00 a.m. Services 6:30 p.m. Board Mtg. 10:30 a.m.	11 Services 9:00 a.m.
16 Heshvan	17 Heshvan	18 Heshvan	19 Heshvan	20 Heshvan	21 Heshvan	22 Heshvan
12	13 Minyan 8:00 a.m.	14	15	16 Rabbi Rosen's Class 10:30 - 11:30 a.m.	17 Minyan 8:00 a.m. Services 6:30 p.m.	18 Services 9:00 a.m.
23 Heshvan	24 Heshvan	25 Heshvan	26 Heshvan	27 Heshvan	28 Heshvan	29 Heshvan
19 Rosh Hodesh	20 Minyan 8:00 a.m.	21	22	23 Thanksgiving Office Closed	24 Minyan 8:00 a.m. Thanksgiving Office Closed Services 6:30 p.m.	25 Services 9:00 a.m.
1 Kislev	2 Kislev	3 Kislev	4 Kislev	5 Kislev	6 Kislev	7 Kislev
26	27 Minyan 8:00 a.m.	28	29	30		
8 Kislev	9 Kislev	10 Kislev	11 Kislev	12 Kislev		

November 2017 12 Heshvan 5778 - 12 Kislev 5778



Our logo is a Shield of David made up of a calligraphic interpretation of the Hebrew initials of the Congregation, BETH EMETH, which means House of Truth.

Beth Emeth Congregation of the West Valley 13702 W. Meeker Blvd., Sun City West, AZ 85375

Phone: 623-584-7210 Email: bethemethaz@gmail.com

Web Site:www.Bethemethaz.org

Office Hours: 8 am.- 1 pm. M-F

THE OBSERVER

ARTICLES TO BE PUBLISHED MUST BE SUBMITTED BY THE <u>10TH</u> OF THE PREVIOUS MONTH NON-PROFIT ORG. U.S. POSTAGE **PAID** SUN CITY, AZ 85351 PERMIT NO. 73

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