

TBT Fest 5784 helped to bring in a sweet new year with a dessert food truck, a jazz concert, a shofar blowing workshop, crafts for children, Temple tours for prospective members, and more!



Off the Bimah

Marathons, Both Spiritual and Physical! by Rabbi Jack Dermer



Dear Friends,

I'm sitting down to write this article in early September, immersed in the planning for our coming High Holiday season. The fall holiday season, from Rosh Hashanah and Yom Kippur through Sukkot, Shemini Atzeret, and Simchat Torah at the end of the month, is a "spiritual marathon" of

sorts, with highs and lows, moments of incredible passion, and moments of quiet introspection. Making our way through five major holidays in the span of one month requires a type of stamina, but the end results, if we take the spiritual requirements of this month seriously, are certainly worth the effort in the way that they prepare us for a meaningful Jewish year to come!

Looking ahead to the month of October, many know that in addition to the "spiritual marathon" of the fall holiday season, I have been training through the summer for a different sort of marathon – the Suffolk County Marathon. 26.2 miles is quite a distance to run, and the prospect is daunting. However, hav-

ing completed my first half-marathon this past spring, I have found incredible joy and a personal sense of pride in the discipline of longer distance running, and I feel that I am up to this challenge!

Both spiritual and physical marathons require similar effort: discipline, faith in one's ability, reliance on friends, family, and community for support – and, for me, a deeper sense of



purpose. When I run the Suffolk County Marathon come Sunday, October 22, I will be running for a reason. In the coming weeks, I'll be sharing updates with the congregation including information about various causes and organizations which I hope members of

The Joy of Yizkor by Cantor Scott Sokol



At the end of each of our major holidays, we come together to offer prayers of remembrance known as Yizkor. By the time you are reading this article, we will have just recently recited the Yizkor prayers during Yom Kippur. Yom Kippur seems the quintessential time for Yizkor – our hearts and minds are already

focused on mortality and fear of what is to come. Yizkor and Yom Kippur seem to go hand in hand. One might assume therefore that there is little need to recite Yizkor again any time soon; surely, we have not forgotten our grief or pain at the loss of our loved ones.

But as we know, shortly after Yom Kippur we are given another opportunity to recite Yizkor, on the holiday of Shemini Atseret. This opportunity to my mind reveals that Yizkor prayers may not necessarily be just about grief. In order to understand this, we have to first consider what this holiday of Shemini Atseret is all about.

Shemini Atseret comes at the very end of the time we refer to as zman simchatenu, the time of our greatest joy, that is the eight-day holiday of Sukkot. The raison d'etre of Shemini Atseret is in fact to prolong that sense of joy. Practically speaking if you made pilgrimage to Jerusalem for Rosh Hashanah in order to participate in the Temple service, you had many more logistics to worry about than simply where to park your car when the shul lot was full. Likely, you had come from very far away - since not all Jews lived in Jerusalem. Once you had traveled that distance, and established temporary residence for the ten days of Aseret Y'mei Teshuvah between Rosh Hashanah and Yom Kippur, you would then stay for Sukkot (because it would not have made sense to travel back and forth during the short four days between those holidays). By the time the primary seven days of Sukkot were over, those who had made the long pilgrimage may not have been ready to pack up and go home. Enter the "extra" day of Sukkot, known as Shemini Atseret, which literally means the Eighth Day of Assembly. It was sort of like a codified overtime at a basketball game, an extra period of rejoicing at the end of a long

Press from Our Leaders

Kayley's Corner by Rabbi Kayley Romick



Reflecting on the High Holy Days, it was so special to see so many familiar faces, to chant Torah and Haftarah alongside community members, and to hear the beautiful melodies I look forward to every year!

Now, we've blown the final blast of the shofar and we are topping our sukkah with

fresh schach branches. Another highlight of this season is always the annual Blessing of the Pets in the sukkah. I love greeting all of the wonderful animals... and our dog, Wilson, loves getting attention and treats from everyone!



Though these festivals are over, there is still much fall to appreciate! Pumpkin patches, corn mazes and chilly gusts of wind inspire me to join in the fun of "Spooky Season." You may find it surprising to learn that Yiddish folklore features many stories of ghosts and haunting spirits. We will explore why that is as well as an example of such a story during my next installment of "Cooking with Kayley." We will also be preparing Tzimmes Crostini, the traditional Ashkenazi dish served with a modern touch. The recipe is featured on page 4 of this newsletter. Join me on Monday, October 16 at 7 p.m. If you're interested in further reading - perhaps while sipping apple cider or a pumpkin spice latte - I suggest The Dybbuk and the Yiddish Imagination: A Haunted Reader edited by Joachim Neugroschel.

Cantor (Continued from Page 2)

season of heightened emotions.

Although Shemini Atseret is considered by the rabbis as a "regel l'fi aztmo" a pilgrimage holiday unto itself, it is clear by its name, its proximity to sukkot and the specific liturgy associated with it that it is still very much a part of our sukkot celebration. In fact, when we refer to Shemini Atseret in our prayers, as well as Simchat Torah (which itself is an extra day of Shemini Atseret celebrated by traditional Jews in the diaspora), it is again as *zman simchatenu*, the time of our joy. Which still begs the original question of this article, why are we reciting Yizkor prayers at the time of our personal and communal joy?

The first answer is that Yizkor prayers have a sobering effect on our joy; just as we break a glass under the chuppah to remind us that the world is still in need of repair, so too do our Yizkor prayers remind us that our lives are not simply filled with joy, even during the season of our joy. But I believe there is another reason to recite Yizkor prayers, and that there is a purposeful element of joy to them. Yizkor allows us to remember those who have passed away not only with tears, but with joy for the gifts that they brought to our lives. We surely feel our loss in their physical absence, but we remember our substantial gain at having had them with us for as long as we did. And we acknowledge that whatever joy we experience in life is in large part due to them and their gifts to us; this is what it means for a memory to be for a blessing. May we each take this extra day of joyful celebration to heart by remembering our loved ones unabashedly with joy.

Chag sameach!

Rabbi (Continued from Page 2)

our community will consider contributing to in reference to my completion of this marathon.

As I run, step by step, mile by mile, I look forward to knowing that the accomplishment is more than a personal one – it is an opportunity to share my running journey with our larger Jewish community, and to know that the goodness and generosity of our Temple Beth Torah family is making a difference in the lives of those in need. May each of us in this coming year run toward our goals with strength and faith, and on our unique life journeys, wherever they lead us, may we do G-d's work.

Wishing a good and sweet start to 5784, Rabbi Dermer



Around the Congregation

Recipe from Our Sisterhood: Tzimmes Crostini

Submitted by Rabbi Kayley Romick

Recipe by Amy Kritzer Becker

https://whatjewwannaeat.com/tzimmes-crostini/

Ingredients:

1 baguette sliced into 1/3 inch pieces Olive oil Kosher salt Black pepper 1 clove garlic 1 cup carrots, small diced 1 cup sweet potatoes, peeled and small diced 1/2 cup beets, small diced 1/2 cup beets, small diced 1/4 cup dates, small diced 1/2 tsp cinnamon Pinch cayenne (optional) 1 1/2 tbsp orange juice 4 ounces goat cheese (or cream cheese), softened Honey 1/4 cup chopped walnuts

- 1. Preheat oven to broiler setting.
- 2. First, drizzle baguette slices with 1-2 tablespoons olive oil, 1/2 tsp salt and 1/4 tsp pepper. Broil on a foil-lined baking sheet for about 1 minute per side until brown. Careful not to let them burn! Once the bread is ready, immediately rub on garlic to infuse with garlic flavor and set aside.
- 3. Then pre-heat oven to 425 degrees F.
- Place the diced carrots, sweet potatoes, and beets in separate single-layer piles on a lined baking sheet. Drizzle with 1-2 tablespoons olive oil, 1/2 tsp salt and 1/4 tsp pepper and toss each pile to combine but keep them separate.
- 5. Roast for about 15-20 minutes until veggies are golden and tender. Let cool.
- Place carrots and sweet potatoes in a medium bowl and combine with dates, cinnamon and orange juice and cayenne if you like a little kick. Then toss in beets last to minimize color bleeding.
- 7. Spread a layer of goat cheese on each baguette slice, top with a spoon of the vegetable topping, the drizzle with honey and sprinkle with walnuts.
- 8. You can toast the bread a day ahead of time, and also pre-roast the vegetable mixture, but assemble right before noshing!



Mazel tov to Doreen and Stu Leibowitz on the birth of their grandson Nolan Parker, son of Andrew and Jamie.

Our condolences to the Alford family on the passing of Sandra Cooperman, beloved mother of Karen Alford, mother-in-law of Scott, and grandmother of Dana, Julia, and Jordan.

Our sanctuary and tent were filled during the High Holidays, and the energy during all of our services was palpable. Temple Beth Torah gratefully acknowledges the following congregants, who made services such beautiful and meaningful occasions for all of us:

Harvey Schaffler, Arnie Steinberg, Harry Rapaport, Francene Sokol, Betty Nusblat, Jesse Lebolt, Marjorie Elbaum, Allison Rothstein, Ivan Ziegler, Nancy Marshall, Molly Lebolt, Marcy Frank, Rich Rothstein, Joyce Tash, The Einbinder Family, Rabbi Kayley Romick, Ally Tash, Nancy Roth, Nancy Maltz, Joan Roth, Marty Mishan, Jeffrey Schaffler, Heather Friedman, Randie Mishan, Ned Dorman, Bruce Friedman, Lily Horowitz, Shelly Bloch, Ian Mohr, Jason Marshall, Debbie Chumsky, Linda Guber, Wendy Marx, Arlene Toscano, Paula Dank, Carolyn Newman, Meryll Feinstein, Rocey Lester

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Jerry Cohen, Mike Cohen, Ken Fishman, Hy Geller, David Girard, Michael Glickman, Wendy Gray, Ed Katzin, Howard Liebenstein, Mark Lippman, Robert Lusthaus, Randy Marber, Barry Margolis, Jeffrey Markowitz, Harry Rapaport, Rich Rothstein, Jack Schnitt, Robert Shapiro, Andy Silverman, Harold Wanderman, Ivan Ziegler

Choir Members:

Jill Sandberg, Larry Sandberg, Francene Sokol



Recent Events

On Wednesday, September 6, Temple Beth Torah hosted a debrief and conversation with David White of the ADL, where congregants were able to learn important information about Anti-Semitism in the tri-state area and how we can respond.

This year's community wide Selichot service was held at OWHC on Saturday, September 9. Together with Old Westbury Hebrew Congregation, Temple Beth Sholom and Shelter Rock Jewish Center, we shared in the power of the evening of forgiveness that leads us more fully into the spirit of the Holiday season. Havdalah, refreshments, and time for schmoozing were followed by inspirational Selichot services with musical presentations from all four of the Cantors and teaching from the Rabbis. As 5783 came to a close, may we forgive with humility and grace, that this year, as we approach G-d on these Yamim Noraim, these High Holy Days, each of our own imperfections may be forgiven with compassion as well.

Temple Beth Torah would like to extend a special thank you to Juan, Ed Katzin, Howie Liebenstein and Mark Lippman for assembling the sukkah this year!

Sunday, September 10 was a day to remember at Temple Beth Torah! As we geared up for a great 5784 season, TBT Fest helped to bring in a sweet new year with a dessert food truck, a jazz concert (including our very own Ken Maltz!), a shofar blowing



workshop with Cantor Sokol, crafts for children, Temple tours for prospective members, and more! This event illustrated our appreciation for our wonderful congregation as well as show off all the good that Temple Beth Torah has to offer to prospective Temple members. Thank you to our TBT Fest sponsors: the Heimowitz family, the Liebenstein family, the Maltz family, the Marshall family, the Rubin family and Temple Beth Torah's Sisterhood.

Follow Temple Beth Torah on Facebook to see additional pictures.



Recent Events



Recent Events



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Upcoming Events for October 2023

Sunday	Monday	Tuesday	Wednesday
Sukkot 1 Second Day	Chol Hamoed 2	Chol Hamoed 3	Chol Hamoed 4
Morning Minyan, 9:00 a.m. Evening Minyan, 8:30 p.m.	Evening Minyan, 8:30 p.m.	Evening Minyan, 8:30 p.m.	Men's Club Sipping in the Sukkah 7:00 - 9:00 p.m. Evening Minyan, 8:30 p.m.
Simchat 8 Torah	Columbus 9 Day	10	11
Morning Minyan, 9:00 a.m. Evening Minyan, 8:30 p.m.	Evening Minyan, 8:30 p.m.	Evening Minyan, 8:30 p.m.	Rabbi's Class, 7:30 p.m. Evening Minyan, 8:30 p.m.
Rosh 15 Chodesh Cheshvan	Rosh 16 Chodesh Cheshvan	17	18
Morning Minyan, 9:00 a.m. Evening Minyan, 8:30 p.m.	Sisterhood's Cooking with Rabbi Kayley, 7:00 p.m. Evening Minyan, 8:30 p.m.	Evening Minyan, 8:30 p.m.	Rabbi's Class, 7:30 p.m. Evening Minyan, 8:30 p.m.
Rabbi Dermer 22 runs the Suffolk Marathon	23	24	25
Morning Minyan, 9:00 a.m. Evening Minyan, 8:30 p.m.	Evening Minyan, 8:30 p.m.	Barbie Fever Presentation with Wendy Marx Evening Minyan, 8:30 p.m.	Rabbi's Class, 7:30 p.m. Evening Minyan, 8:30 p.m.
29	30	31	
Morning Minyan, 9:00 a.m. Hatzilu Walk Evening Minyan, 8:30 p.m.	Evening Minyan, 8:30 p.m.	Evening Minyan, 8:30 p.m.	

Upcoming Events for October 2023

Thursday	Friday	Saturday
Chol Hamoed 5	Hoshannah Rabbah	Shemini 7 Atzeret Yizkor
Evening Minyan, 8:30 p.m.	Candle Lighting, 6:12 p.m. Shabbat Services, 6:30 p.m.	Shabbat Services, 9:45 a.m. Minha Services, 6:10 p.m.
12	13	14
Evening Minyan, 8:30 p.m.	Candle Lighting, 6:01 p.m. Shabbat Services, 6:30 p.m.	Shabbat Services, 9:45 a.m. Minha Services, 6:00 p.m.
19	20	21
Evening Minyan, 8:30 p.m.	Candle Lighting, 5:50 p.m. Shabbat Services, 6:30 p.m. Shabbat Dinner	Shabbat Services, 9:45 a.m. Minha Services, 5:50 p.m.
26	27	28
Men's Club Top Golf Outing Evening Minyan, 8:30 p.m.	Candle Lighting, 5:40 p.m. Shabbat Services, 6:30 p.m.	Shabbat Services, 9:45 a.m. Minha Services, 5:40 p.m.

Upcoming Event Spotlight

Our leadership and clergy work tirelessly to craft experiences which will be inspirational, meaningful and safe for all involved.

Temple Beth Torah is still active and thriving. If you haven't come by lately, please do! There's always something going on here at Temple Beth Torah!

We value our members and your opinions.

If you have ideas for future programs or events, or if you have any questions or concerns, please don't hesitate to reach out to our office, our co-presidents and/or our clergy.

Upcoming Events



TEMPLE BETH TORAH

OCTOBER EVENTS

Sunday, 10/1 - 10/6 - Sukkot

Wednesday, 10/4 - Men's Club Scotch in the Sukkah

Friday, 10/6-Sunday 10/8 - Shemini Atzeret & Simchat Torah

Monday, 10/9 - Columbus Day - Office Closed Executive Board Meeting

Wednesday, 10 /11 - Rabbi's Torah Study Class

Sunday, 10/15 - Rosh Chodesh Breakfast after Minyan

Monday, 10/16 - Sisterhood Cooking w/Rabbi Kayley

Wednesday, 10/18 - Rabbi's Torah Study Class

Friday, 10/20 - Shabbat Dinner

Sunday, 10/22 - Rabbi Dermer Runs the Suffolk Marathon

Monday, 10/23 - Board of Trustees Meeting

Tuesday, 10/24 - Barbie Fever Presentation w/Wendy Marx

Thursday 10/26 - Men's Club - Top Golf Outing

Sunday, 10/29 - Hatzilu Walk

Contact Lauren @ TBT for more information: 516-334-7979 or admin@templebethtorahli.org

Save The Date!

Our Sisterhood will be hosting a Cooking with Rabbi Kayley event on Monday 10/16 at 7 p.m.

Stay tuned for more info regarding a craft night on Thursday 11/2, where we will make challah boards!

TEMPLE BETH TORAH

Barbie Fever... Is Barbie Jewish? Is she a Member of The Tribe? Tuesday, October 24th, 7pm

Join us for a conversation with Wendy Marx

What can the most successful doll on the planet show us about being Jewish today? The16 minute film, The Tribe, by Tiffany Schlain weaves together archival footage, animation and graphics to take us on a ride through the complex history of both the Barbie doll and the Jewish people from Biblical times to present day. Did you know Barbie was created by a Jewish woman? Bring a Barbie doll and a surprise awaits you!





Contact Wendy Marx with any questions lovehebrew18@gmail.com

> Contact Lauren @ TBT for more information: 516-334-7979 or admin@templebethtorahli.org

Save The Date!

Our Men's Club will be hosting a Sipping in the Sukkah event on Wednesday 10/4 from 7 to 9 p.m.

Join us and drink some bourbon and scotch in the sukkah! \$36/person

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IF YOU ARE STRUGGLING OR KNOW SOMEONE WHO IS, WE WANT TO HEAR FROM YOU. ALL INFORMATION SHARED IS CONFIDENTIAL. CONTACT MICHELE LIPPMAN OR RABBI DERMER.



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EVENING MINYANS (SUN - THURS), 8:30 P.M. SUNDAY MORNING SERVICES, 9:00 A.M.

SHABBAT SERVICES

FRIDAY EVENING, 6:30 P.M. SATURDAY MORNING, 9:30 A.M. SATURDAY MINHAH/HAVDALAH, SUNDOWN (SAME TIME AS CANDLE LIGHTING)

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