



It is not easy carving out a full week from our busy lives for an unfamiliar learning program. But that is exactly what 26 kids and 12 adults did last March. Participating in Beth El's *Kesher Tefillin* project, they created kosher tefillin through hard work, proper intent and attention to detail. The result? Not just Judaica, but a love of the mitzvah and an understanding that even in our precious, spare time we can create moments (and objects) of holiness.

New Members

In the spirit of welcoming families to the congregation – so everyone can put names with faces – we are now offering new families the opportunity to place their photo in the Shofar. If you have joined Beth El in the past year, please email lgoldberg@bethelsynagogue.org with a family picture. It is our goal to feature as many photos of new families as possible.

PLEASE WELCOME

Amy & Dan Rogovin with Benjamin

Linda & Jim Stein

Lisa Stein with Asher and Simon

Toni Dachis



The Rogovin Family



Toni Dachis

Now That My Term is Over...

By Bonnie Bongard Goldish, Beth El President



Although I wrote my “last” shofar article of my presidency for the spring shofar, when I heard the theme for this shofar was *What I do in my spare time*, I thought you have got to be kidding me! You want incoming president, Dan Mosow’s first Shofar article to talk about his “spare time?” Has no one shared that putting the words “spare time” and “president of the congregation” in the same sentence is an oxymoron?

As I write this article I have just returned from three hours at Beth El meeting with clergy, interviewing a candidate for Director of Talmud Torah, and now trying to fit writing this article in before my board meeting at 7 pm. And in between, I have been answering calls from the Beth El staff and congregants.

Despite the hectic pace, I do have the luxury of knowing that soon I will have spare time, and there are many things I am anxiously looking forward to doing:

1. Prior to being president, every week my golden retriever, Tucker, and I would visit residents at Sholom Home Altercare and Roitenberg Memory Care Unit, where Tucker would provide happiness and laughter for the residents. I hope to get back to volunteering there.
2. I am excited to read a book that does not have the title, “Tomorrows Synagogues Today,” or “New Membership and Financial Alternatives for the American Synagogue.” This is not to say they were not excellent books, but it will be nice to read something just for the sake of entertainment.
3. During my two years as president, my wonderful sister Midge said she would host all the Shabbat dinners and holidays for our family. I am looking forward to getting back in the kitchen and having friends and family over to celebrate Shabbat together.
4. Even with all the duties of being president, I made exercise a priority for both my physical and emotional well-being. I love to swim, walk and do Yoga. I hope to have time to do more in the future.
5. It will be nice to have extra time on my hands to lay back, enjoy the view of our lake from my porch, or if I choose, to swim, kayak, or just do nothing. The luxury of not having so much on my plate will be a big change.
6. Most of all, I look forward to spending time with my friends and family. I hope they will understand why it was so important that I devoted two years of my life to Beth El. It will be fun to reconnect and get reacquainted. And God willing, there will be grandchildren in the future. That would be a wonderful way to spend some free time!

Despite all the things I am looking forward to doing in my new found “spare time,” I feel so honored to have been president of our wonderful congregation. Don’t think that just because my term is ending that I’ll be gone. I’ll continue to spend my time as an active past president serving our community.

Thank you for allowing me the opportunity to have “filled” my time serving our Beth El Synagogue.

“I feel so honored to have been president of our wonderful congregation.”

SUMMER READING

By Rabbi Alexander Davis



I love movies. On most Saturday nights in the summer when Shabbat goes out late, I watch a show at home. By no means am I a movie buff. I can never remember the names of the actors. I even forget the names of movies. At Oscar time, I ask, “Did I see that one? What was it about?” Still, I love sitting down to watch a film – action, adventure, comedy, romance, foreign. It doesn’t really matter. When the lights are dimmed, I pull up a blanket and enter into the magic of cinema. For a little over an hour, I am enveloped in a story, transported to a different time and place.

Something similar happens when I read. I find myself absorbed in the book. My mind transforms words into pictures and my imagination soars. Michael Fishbane, Professor of Jewish Studies at the Divinity School of the University of Chicago in his work, *Text and Context: A Close Reading of Selected Biblical Texts*, describes reading as entering the magic circle of a text’s meaning, smuggling ourselves into its words and allowing the texture of a text to weave its web around us.

A good book can draw us in. But reading is not a one-way process in which we get *into* a book. At its best, the book also calls out to us. Such is the case with reading Torah.

The Hebrew word for Bible, *mikra*, means “calling out.” Fishbane explains that the Bible calls out in different ways. Repeated words or key phrases call out saying, “notice me.” They offer clues to understanding a text’s meaning or historicity. Moving beyond a story’s literary qualities, *mikra* tells us that properly read, the “Good Book” is a calling out of God Himself. It is a calling out even from beyond the human language that makes up the story. Reading with an attentive ear to a book’s letters and words and to the spaces and

silences between words, Fishbane writes, we hope to “find in a world of words a disclosure of the mystery of creation.”

It is not easy to hear this kind of calling out. It takes training. It requires devotion and *kavanah* (intention). Truthfully, it’s easier just to put in a DVD, kick back and be entertained by a movie. With movies, I “flake out” and absorb the experience. Reading requires active participation. But the result is that whereas for me the movie goes in one ear and out the other, this kind of reading is memorable. It leaves an impression.

I look forward to curling up with a good book this summer. Indeed, I have a bunch of books stacked up on my night stand already waiting for me, not to mention a steady stream of magazines, newspapers and list of recommended movies. But none of them can compare to Torah which not only brings the reader into the sacred space where God and humans meet but calls forth for a human response to the Divine.

This summer, how about spending some time with the greatest bestseller of all?

Check out these summer reading recommendations by Marcia Oleisky, Max Shapiro Librarian, available in the Badzin Family Learning Center:

The Book of Exodus
by Sam Fink

The JPS Guide to Jewish Women
by Emily Taitz

Murder 101
by Faye Kellerman

Pastrami on Rye
by Ted Merwin

Rhapsody in Schmaltz
by Michael Wax

The Theory of Death
by Faye Kellerman

To Be a Darshan

By Rabbi Avi S. Olitzky



As legend has it, it was revealed to the great author of the *Shulchan Arukh*, Rabbi Yosef Caro, that one of his many students had merited and mastered one of the proverbial seventy facets of Torah interpretation and exegesis. Rabbi Caro immediately urged this student to deliver the *d'var torah* on Shabbat. Because the sermon was received with such acclaim, this student was obliged as the synagogue's *darshan* to deliver the sermon every week. This student was Rabbi Moshe Alshich and, from these sermons, his famous *Torat Moshe* was compiled. The name of the work is a pun—The Torah of Moses, Moses' take on Moses.

Still, *Darshan* (or *Darshanit*) is a peculiar word. It refers specifically to the person who is giving a *d'var torah*. In fact, in the Middle Ages, like in Rabbi Moshe Alshich's day, the term *darshan* was applied to the professional preacher or the person who was an expert in preaching. But as the above story does NOT detail, there's far more to giving a *d'var torah* than meets the eye. Aside from gathering the courage to speak in front of a crowd, there's copious time spent studying the *parashah* and outside commentaries, not to mention polishing one's drafts. Rabbi Moshe would sit and learn at the feet of all those who offered their wisdom throughout the city of Tzfat. He was a student of the world and a student of life. Politics, Jewish mysticism, law—Rabbi Moshe Alshich had his take on all of it.

And frankly, we each have our personal take on the world around us. Yearly, I have the privilege to work with anywhere from 10-15 individuals who rise to the occasion to serve as one of our summer *darshanim*. They do so not because they have years of experience as preachers or Torah scholars, but because they have a message to share. We each have Torah within us that is destined to emerge. More importantly, when that Torah is sharpened with a willing *chavrutah* (study partner) and amplified from the Beth El pulpit, it carries the weight of generations.

Rabbi Moshe Alshich had Rabbi Caro to give him the nudge to find his broader voice, else he may have remained a quiet observer. It is our hope that our summer *darshanim*, who spend their free time over the summer preparing to embrace the holy honor of sharing Torah, inspire others to share as well. We hope that they inspire others to learn, to observe, to teach and to refine their take on God's will in this world.

It would be much easier for our rabbis simply to continue to giving *d'verei torah* week after week—this is by no means a vacation for us—but we see this as a moral obligation to foster the opportunity to hear from the collective voice of our people and humanity writ large. And that is how we perceive and nurture the many facets of the Torah.

See page 22 for the list of Summer Darshanim.



Got Some Time?

By Cantor Audrey Abrams

I grew up in a home where a spirit of volunteerism was lived. My mother volunteered for over 30 years for Reachout Radio. This is part of the local public radio/television station in Rochester, New York that provides 24-hour/day readings of local and national newspapers, magazines, and books for people who are print-handicapped. My mom recorded books on tape for the blind and read the newspaper on a live show until her own sight issues stopped her from doing so any longer. She loved it there. She made a difference and she knew it. She had free time and she found a rewarding way to fill it.

We have individuals at Beth El who give daily of their free time to “work” the daily minyan; a great cast of characters who spend much free time rehearsing for the yearly Purim Shpiel; a wonderful cadre of singers who use part of their free time rehearsing for leading services at Knollwood Apartments or at Beth El; dedicated volunteers who come weekly to enter data, organize materials, stuff envelopes. They give their free time because they enjoy what they do and they know what they do matters. They inspire me.

One such person is Jeanne Kaufman. Jeanne is an active member of Beth El’s Gemilat Chesed committee. She has taken on the task for the last 5+ years of fundraising for our general committee so that we are able give money to a variety of projects that we already support or wish to support in the future. She is the organizer of the Honey Cakes for Rosh Hashanah and the Mishloach Manot Purim Packages. And because of her, we



raise enough money to pay for an extra meal at Loaves and Fishes or support children through the Sheridan Story. Jeanne also heads up the Inclusion Committee which is working to identify areas in the synagogue that need to become more inclusive to people of all abilities. She volunteers for HaZamir (our community high school choir) and practically anything else you might ask of her. Beth El is her place and, she has found it rewarding, and she definitely makes a difference.

As we move into the summer months, may we all take note of our free time and honor it as precious. May we not take for granted our moments of leisure. And may we fill our time with activities that bring holiness and blessing to our own spirits and to the greater world.

If you’d like to spend some of your precious time serving Beth El, please be in touch.

Socks for Tzedakah Success!

Thanks to the generosity of our congregants and Aleph Preschool families, we received 425 pairs of new men’s, women’s, and children’s socks! These donations made it possible to provide each of 200 dinner guests at Loaves and Fishes on December 25 with 2 new pairs of warm socks. A sincere thank you from them to our caring community at Beth El.



BETH EL MARCH FOOD DRIVE

Our March Food Drive 2016 reached a new high number of pounds! We donated 905 pounds of non-perishable food and added \$65 in cash donations to make it a total of 970 pounds of food provided by Beth El for S.T.E.P.

PROFESSIONAL

Growth & Giving

By Linda Goldberg



The North American Association of Synagogue Executives (NAASE) is a membership organization serving the professional needs of Conservative synagogue executive directors. In my spare time away from Beth El,

I have been a member of this organization for many years and am proud to serve on its Board of Governors.

NAASE brings together executive directors of synagogues across the country to learn from and with each other. In person and online, we discuss our challenges and successes. We share our knowledge and collective wisdom to grow in our profession that we might most effectively serve our congregations. Our goal is to elevate and enhance the American Jewish community.

Recently, I attended our annual conference in Tampa, Florida with over 100 of my colleagues who represent congregations of all sizes across North America. This year's theme was "Engagement for the 21st Century: Creating Meaningful Relationships." Essentially, we explored the idea of helping people transform the time they spend outside the Jewish community into time they spend inside the community.

We were privileged to hear a variety of learned and prominent Jewish scholars and professionals including Alan Cooperman, Director of Religion Research at Pew Research Center, and expert on religion's role in U.S. politics.

In addition to engaging and thought provoking presentations, we experienced "NAASE University," a series of sessions presented by experienced colleagues and other speakers highlighting a variety of topics on synagogue management. This year's topics covered fiscal management, security, technology trends and fundraising.

Finally, each year we invite someone from our host city to share a project focusing on Gemilat Chesed (Acts of Loving Kindness). This year, I chaired that effort and was pleased to bring Lea Merrill Davidson Bern from Tampa Jewish Family Services to speak about their Chag Sameach program.

There is always plenty to keep me busy at Beth El. But the opportunity to spend time with colleagues exchanging experiences and ideas is stimulating and energizing. Not only can I share some of Beth El's best practices to help my colleagues and my industry, I return to our own synagogue with fresh and innovative ideas. As the summer rolls in, I am even more eager to get to work!

Time for Some Pasta

By Karen Burton



Aleph Preschool held its annual Pasta Party and raffle on April 3 to a crowd of over 200 people. This included many Aleph Preschool and Beth El families with young children in addition to many

friends from our community.

The planning and preparation for this event takes place many months beforehand, and is spear headed by our Parent Committee Chair, Ali Berdass and preschool parent Lisa Stein.

In fact, the programming began on the Friday beforehand with Grandparents and Special Persons' Day. Our guests joined their children for a very special Musical Shabbat led by Rabbi Olitzky with music and singing by our toddler teacher, Laurie Herstig.

We have now outgrown our usual space in the Fiterman Chapel for Musical Shabbats and therefore use the sanctuary, which was close to being full with all our guests on Grandparents and Special Persons' Day.

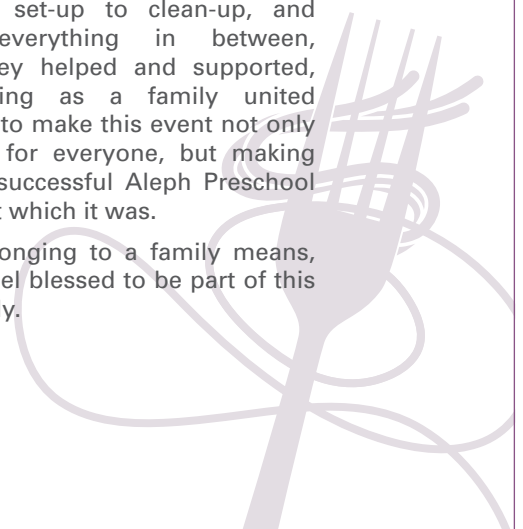
Standing on the Bimah and looking out into the crowd, I feel so overwhelmed and grateful at how far we have come in a few short years. Our families are connected, dedicated and invested in Aleph Preschool and their community, and it is so joyful to be part of this special family.

Following the service, guests were invited back to their child's classrooms for activities and snacks. They supported Aleph Preschool by purchasing books from our one-day Scholastic Book Fair. This year, with many thanks to our generous families, we surpassed our expectations in book fair sales, allowing us to purchase books and equipment for the preschool.

The Pasta Party was the place to be. Children were dancing to the DJ and enjoying activity stations including face painting by USY volunteers. Dinner, prepared by a terrific group of our preschool parents, was delicious. Families were excited to win super door prizes donated by local businesses and screams of joy were heard by raffle prize winners. The silent auction of personalized art from our children's classes was a huge hit with each child wanting to be the one to have the original piece in their homes.

But none of this could have taken place without the sheer commitment and time given by our supportive parent volunteers. From set-up to clean-up, and everything in between, they helped and supported, working as a family united together to make this event not only special and fun for everyone, but making sure it was the successful Aleph Preschool fundraising event which it was.

This is what belonging to a family means, and each day I feel blessed to be part of this very special family.





Trucksploration: A FREE-ING VEHICLE

By Amanda Awend, Director of Shorashim
and Young Families Engagement

Upon moving to Minnesota, I quickly learned that Beth El Synagogue organizes some of the most relevant and engaging events in the Twin Cities. This past May saw, for me, what is second to none – our Trucksploration event. Between last year and this year, we’ve seen thousands of people from all over Minnesota come to see and touch some amazing vehicles.

Maggie Blehert, for the second year in a row, has been the chairperson for our annual Trucksploration (last year co chairing with Claire Romera). Maggie is a mother, a wife, a fulltime working business woman and, in her spare time, is networking and reaching out to local businesses to be a part of our community event. What’s amazing is that everyone on the committee has this in common. They are all committed to their jobs, their families, their hobbies, but also to their synagogue and community.

Trucksploration is not only about community engagement it creates volunteer engagement. Far beyond the Beth El volunteers, all of the vendors, union-laborers, drivers, and vehicle owners gave of their time and their money simply to create a wholesome, fun family day.

The week prior to Trucksploration, we were privileged to host a Car Seat Clinic, sponsored by Regions Hospital and Gillette Children’s. It was another riff on the vehicle theme, but really, it is about caring for our families. And our children. It taught parents how to properly install their car seats.



Far beyond the Beth El volunteers, all of the vendors, union-laborers, drivers, and vehicle owners gave of their time and their money simply to create a wholesome, fun family day.



The proceeds from Trucksploration go to support early childhood tuition assistance, but really, this is about giving back. It’s about giving families a “vehicle” for free time – just to be together and just to enjoy. In our busy lives, we hope that events like Trucksploration give people just a little space merely to “be.”





Downtime

By Mary Baumgarten, Education Director

Is it important how we choose to spend our spare time?

A recent article in *Business Insider* focused on what “successful” millennials do in their spare time. Most of them associate success with happiness, good health, a strong social network and a well-balanced life. For its part, *Inc.* magazine published an article listing seven ways successful people spend their time: they exercise, they read, they take classes, they volunteer, they network, they have hobbies and they spend time with friends and family.

We need not look to *Business Insider* or to *Inc.* magazine for wisdom on what to do with our spare time and how to take care of ourselves. Rabbis and Jewish scholars have addressed the topic going back thousands of years. Philo, Maimonides, Rav Kook and Martin Buber have all written about it. But we don’t have to only look to the past.

I am awed by the fact that here at Beth El we have so many volunteers who work tirelessly for different causes and through a variety of committees, to meet the needs of Beth El and our broader community.

Howard Sadoff volunteers every Shabbat morning working with our B’nai Mitzvah students to provide them with one-on-one support practicing reading Hebrew prayers. This is a basic skill which we want our students to take with them through their adult Jewish lives. Howard takes this work so seriously, and he does it with such love and devotion. Many of our students have benefitted from his work with them. We are grateful for his dedication.

Another volunteer, who gave of his time to work with our students and their parents this winter, is Rabbi Jeffrey Schein. New to our community and to Beth El, Rabbi Schein spent his entire professional career in the field of Jewish education. He prepared and facilitated workshops for our families dealing

with “technology.” Rabbi Schein presented the Jewish perspective and allowed families to explore the role of technology in their lives and the lives of their children. Interestingly enough, we didn’t approach Rabbi Schein; he approached us about doing this. His sessions were a great success.

Danny Levey spends his Sunday mornings with our b’nai mitzvah students. Danny is known for his honey cakes, cheese cakes and his frequent Torah reading on Shabbat. But he also volunteers in our “Torah Plus” program. There, he works with upcoming b’nai mitzvah students gently refining their Torah readings and helping them build their skills. Danny is dedicated to Torah reading, and we are blessed that he takes time out of his precious weekend mornings to raise a new generation of Torah readers.

In her quiet and unassuming fashion, Penny Sanderson provides ongoing weekly support for our Fiterman B’nai Mitzvah Program. Besides keeping track of weekly attendance, she makes herself available for whatever needs to be done. Penny always does this with a smile on her face.

It is people like Howard, Rabbi Schein, Danny, Penny and others who are wonderful role models to others in terms of giving back and volunteering. I don’t think they would mind if I said that they are not in the category of the “millennials” mentioned at the beginning of this article. But they certainly got it right. We hope that others will learn from them.

Volunteering, performing acts of tzedakah and chesed, are great ways to spend our “downtime.” Not only do they benefit others, they make us feel good and happy to give to our community.



Teens Serving IN THEIR FREE TIME

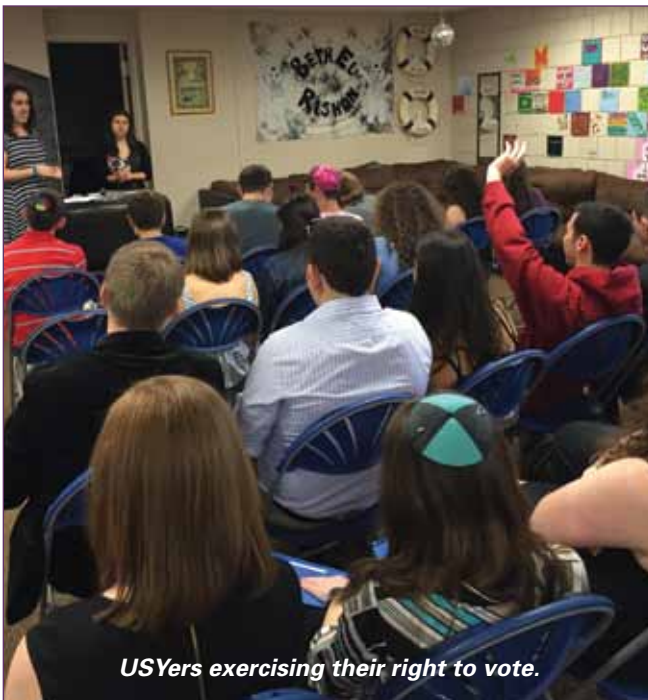
By Jessica Koolick, Youth Director

Leadership takes time. And lots of it. The way the USY programming calendar works, one of the last things that we do before summer starts, is elect our next group of leaders. Elections serve as a capstone to a successful year, before our teens depart throughout the United States to Jewish summer camps, or to places throughout the world on USY or other organization-led summer programs.

This year, after elections were held on May 24, the Youth Department began working behind the scenes to prepare a calendar for the upcoming year, as well as set goals for what we want to accomplish. For our newly elected board members, the freedom of summer without homework and school commitments allows them time to envision what they would like to accomplish with their new leadership roles and

responsibilities, and make plans and deadlines to accomplish them. Without the break taken from regular USY programming, it would be difficult to evaluate what we've done, and look ahead to improving for the future. And as we look ahead to what is to come in the fall, starting with our annual Youth Outreach Weekend on September 2-4, it's hard not to count down the days until we jump back into the busy USY Schedule. It's important to remember, however, that time-off serves as a reminder about why we enjoy being busy, and that it's important to cherish breaks when they present themselves. For the Youth Department, the break of summer allows us to be refreshed and ready to leap into what's sure to be another exciting school year.

To register for YOW 2016 in the always exciting Wisconsin Dells, please visit www.besyn.org/yow.



USYers exercising their right to vote.

Mazal Tov to Sam Gittleman on receiving this year's Howie Stillman Young Leadership Award.

USY CHAPTER BOARD

- PresidentAdam Friedman
- Israel AffairsNoah Smith
- ProgrammingHaley Warren
- Rel/EdIlana Weinstein
- SA/TOYonah Davis
- MembershipLee Lehman
- Kadima.....Jenna Simon
- CommunicationsZach Geller
- Ninth Grade
RepresentativesEitan Weinstein
and Dani Rosen

B'nai Mitzvah



July 9, 2016 / 3 Tammuz 5776
Korach
JACOB THOMPSON STIEGLER

יעקב בן יצחק ושרה
Son of Ira & Sally Ann Stiegler

We welcome Jacob from Shanghai to celebrate his Bar Mitzvah at Beth El. His father grew up and had his Bar Mitzvah here and his grandparents are still members.



July 18, 2016 (Latvia) / 12 Tammuz 5776
Balak
ALEXANDER ARIEH RESIG

אלכסנדר אריה בן מיכאל ודפנה
Son of Michael & Viktoria Resig

Alexander will celebrate his Bar Mitzvah in Latvia with his mother's side of his family. He is a serious student who worked diligently to prepare for this most meaningful day.



August 20, 2016 / 16 Av 5776
Vaetchanan / Shabbat Nachamu
ISABELLE SEGAL

יפה שושנה בת אפרים ברוך
ורבקה פעריל
Daughter of Fred & Pam Segal

Isabelle prepared for her Bat Mitzvah with seriousness and excitement. Working hard, she grew proud of her accomplishments.



August 20, 2016 / 16 Av 5776
Vaetchanan / Shabbat Nachamu
ZACHARY SEGAL

זכריה שלום בן אפרים ברוך
ורבקה פעריל
Son of Fred & Pam Segal

Zachary matured as he has prepared to become Bar Mitzvah. He set goals for himself which he not only accomplished, but exceeded.



August 27, 2016 / 23 Av 5776
Eikev
TAUBIE LORETTA SANDERS

טובה לאה בת רבקה
Daughter of Matthew & Rebecca Sanders

Taubie exudes self-confidence and a positive, can-do attitude. She approached her Bat Mitzvah studies with a desire to learn and brings pride to her family and our community.



September 3, 2016 / 30 Av 5776
Re'eh
LEO WILLIAM DWORSKY

ליאור בן ירוחם ונשמה
Son of Jay & Nancy Dworsky

We hope this is just the first of many times Leo will lead services at Beth El. As his magnificent voice soars, he inspires our congregation in prayer.

B'nai Mitzvah



September 10, 2016 (Herzl Camp) / 7 Elul 5776

Shoftim

MARLEY JADE COMITO

פייגא יטס בת אפרים גדול ויפה

Daughter of Jonathan Comito and
Jordana Green

Marley has a zest for life. She shares this energy and love with her friends. We look forward to watching Marley enter Jewish adulthood.



September 17, 2016 / 14 Elul 5776

Ki Teitzei

ALEXA DAVID

מתילדה בת יוסף ושרה

Daughter of Yosef & Sarina David

Alexa is a bright and focused student. She took her Bat Mitzvah preparation very seriously and we are so proud of her accomplishments.



September 24, 2016 / 21 Elul 5776

Ki Tavo

GABRIEL HENRY KAHN

אפרים בן בעריל דוד וברוכה

Son of Naomi Heller & Shawn Bulgatz
and Brian Kahn

A kind young man, Gabriel is another link in the chain of family members who have been an integral part of the fabric and leadership of Beth El for generations.

Visions of Israel



Do you think you've seen Israel? The Sabes JCC Artists Lab sponsored a trip to Israel with the theme "Visions of Israel." Led by Lab Director, Robyn Awend, Rabbi Alexander Davis and educator, Meryll Page, this art tour of Israel was a truly unique way to see Israel.

With "seeing" as our focus, we began each morning together praising God for "opening the eyes of the blind." Each day brought us new sights, new vision,

and new understanding. We saw in the Israelis who spoke with us, argued with us, and hosted us, dazzling, creative artists who seek to fashion a vibrant and caring society. And by the end of our trip, we also saw each other as community.

We urge you to see Israel for yourself again and again.

Pictured: Art tour participants in front of the studio of David Moss and the Golan Heights Winery.

To read more, see our group blog on the Sabes JCC website:
<http://mplsjewishartistslab.blogspot.com/>



BETH EL & MINNESOTA BRING Pro-Israel Message to Washington

By David Lui

It's hard to find "free time" during the week to pick up and travel across the country. But for such an important cause as the Annual AIPAC Policy Conference, we make the time. With almost 200 Minnesotans attending, this year's conference was one of the most exciting ever.

AIPAC attendees (70 from Beth El) heard in-person speeches from Joe Biden, Hillary Clinton, Donald Trump, Ted Cruz, John Kasich, Paul Ryan and others, and walked away with a profound knowledge of each candidate's relationship to Israel. The mission of AIPAC is to strengthen the U.S. - Israel relationship, no matter who's in power – Labor or Likud, Democrat or Republican. Our link to Israel is just too important to be in the hands of any one party.

To learn more how to get involved with AIPAC locally, please be in touch with me at luidh@aol.com or connect with Rabbi Olitzky. And save the dates now for Washington: March 26-28, 2017.



Minnesota delegation listening to Secretary Clinton address Policy Conference at the Verizon Center.



Minnesota delegation meeting with Senator Franken's staff.

HaZamir Went to NYC

The Minneapolis/St. Paul chapter of HaZamir: The International Jewish High School Choir took New York City by storm. The 24 singers who attended this year's festival and gala concert at Carnegie Hall spent the weekend in the Catskills rehearsing with the other 375 singers from across the country and from Israel. We made new friends, sang amazing music, celebrated Shabbat as one big pluralistic community, and gave a concert to a packed house Sunday afternoon featuring Cantor Abrams conducting the opening anthem. Many Minneapolis friends and family were in the audience to cheer us on.

"HaZamir gave me a place where I can express myself freely. I can drum as loud as I want, sing until my throat hurts, and unleash my enthusiasm without scaring anyone."

~ Polly Lehman, high school senior, 3 years in HaZamir and this year's international teen leader

If you are a singer in high school, and are interested in auditioning for HaZamir, please contact Cantor Abrams or the Yachad office at 952.491.0720.



Cantor Abrams blessing the kids before Shabbat



About to recite Havdalah



Pathways & Renewing Life

By Jan Hamilton, Congregational Nurse

Early in my nursing career, I was convinced that there was much more to disease and its causes than we were currently aware. I followed my natural instincts and learned more about disease prevention, wellness, and more specifically, holistic approaches to well-being.

Not surprisingly, I ultimately ended up being a Congregational Nurse. What better role for someone who knows that health and well-being are a matter of mind, body, and spirit? I'm often in a position of giving resources to those who are looking for them. One such resource is Pathways of Minneapolis. Their providers offer services free of charge; the services all fall in the category of complementary therapies. In other words, they're not intended to replace those provided by the traditional medical community but can be considered as "enhancing," or promoting the healing process.

I visited Pathways one day to learn more of what they were about and ended up taking the training to become a facilitator of their Renewing Life program, which offers education and support in a group setting to those who are facing illness or other life challenges. What does it mean to live well with illness? How can we be agents in our own healing and use our circumstances as an opportunity for growth? These are questions we explore. I've always been a proponent of group work and have benefited as a participant and now as a facilitator. There's no doubt in my mind as to the value of this activity. What we do on any level of our being – mind, body, or spirit-will affect us as a whole, enabling us to share more of ourselves.

If you are interested in knowing more about Pathways and what they do, I invite you to visit their website at www.pathwaysmpls.org.

Got A Little Free Time?

We would love to hear from anyone who would be willing to volunteer as a visitor for someone who is isolated or is otherwise in need of a comforting presence. Needs vary and the time commitment can be as little as an hour every other week.

Please contact our Congregational Nurse, Jan Hamilton, at jhamilton@bethelsynagogue.org or 952-873-7356.

MAZAL TOV TO MEMBERS WITH UPCOMING MILESTONE ANNIVERSARIES

NAME	DATE	YEARS
Henry & Gertrude Goldstein	March 9	70
Joel & Shirley Heiligman	July 1	45
Jacob Liston & Rebecca Fine	July 2	10
Tom & Amy Lieberman	July 5	35
Michael & Leora Itman	July 10	5
Alan & Mindy Delman	July 12	35
Gil & Debra Mann	July 12	35
Steve & Trish Mintz	July 14	20
Brian & Karen Bix	July 15	15
Eugene & Vicki Bogdon	July 26	35
Benhour & Brenda Soumekh	July 28	25
Arnold & Annalee Odessky	July 28	35
Jeffery & Yelena Kase	August 3	15
David Wirtschafter & Shana Sippy	August 4	20
Murray & Pam Feldman	August 5	45
Richard & Terry Kleinbaum	August 6	10
Burton & Diane Weisberg	August 6	55
Steven & Bonnie Heller	August 7	50
Bruce & Susan Meyer	August 7	50
Michael & Linda Platt	August 7	50
Aaron & Erica Karasov	August 14	5
Richard & Marilyn Chern	August 16	35
Marshall Shragg & Cindy Livon-Shragg	August 16	35
Scott & Jennifer Lang	August 18	20
Stuart & Carolyn Bloom	August 18	35
Raoul & Ferna Heifetz	August 19	60
Steven & Margaret Bleher	August 20	10
Neil & Diane Hoffman	August 20	55
Gerald & Didi Mann	August 22	45
Thomas & Marnee Lieberman	August 25	25
Daniel & Dawn Zouber	August 26	15
Erik & Robyn Wetter	August 27	10
Joseph & Genya Buslovich	August 27	50
Martin & Marilyn Weisberg	August 27	55
Allen & Lillian Griffel	August 28	40
James & Marlene Bukstein	August 29	45
Alan & Bonnie Ziskin	August 29	45
Jack & Laureen Bleet	August 31	40
Joel & Tzivia Leviton	September 1	20
Martin & Kelly Mandel	September 1	20
Bard Borkon & Julie Silverman	September 1	20
Peter & Leslie Bacig	September 1	25
Jeffrey & Michelle Livon	September 1	25
Robert & Andrea Oleisky	September 2	10
Matthew & Rebecca Sanders	September 2	15
David Jurisz & Sara Grimaldi	September 3	10
Michael & Amy Walstien	September 3	10
Theodor & Brenda Litman	September 3	55
Adam Fink & Galina Guterman	September 4	5
Bruce & Debra Lieberman	September 6	35
Bruce & Marsha Campbell	September 8	20
Oded & Hanna Galili	September 9	35
Randall & Lory Herman	September 11	45
Ellis & Riva Nolley	September 13	35
Joel & Peggy Mandel	September 14	25
Lee & Jane Goldstein	September 14	30
David & Emily Ozer	September 18	5
Steven & Norma Kaplan	September 19	40
Sam & Sharon Abelson	September 28	30

If you would like to ensure your (or your loved one's) simchah is acknowledged in future publications, please contact the Beth El Office at 952.873.7300 or info@bethelsynagogue.org.

Mazal Tov to...

Katherine & Marcus Magy on the birth of their son, Mayer Magy born on January 30, 2016.

Abbey & Rudy Rosen on the birth of their son, Graham Rosen born on February 19, 2016.

Shira & William Hauschen on the birth of their daughter, Samara Hauschen born on March 4, 2016.

Renee & Eitan Podgaetz on the birth of their daughter, Gabriela Jeanne born on March 10, 2016.

Shelley & Albert Leon on the birth of their daughter, Ava Leon born on March 11, 2016.

Andrea & Michael Ruby on the birth of their daughter, Gabrielle Ruby born on March 24, 2016.

Tania Shapiro-Barr & William Orkin on the birth of their daughter, Elliana Orkin born on March 26, 2016.

Misty Thompson & Micah Gamble on the birth of their son, Elijah Gamble born on April 5, 2016.

Hannah Wolk, who received 2nd place (grades 10-12) for her photograph, *Innocent Complexion*, in the Keren Or Competition.

Noah Orloff, who received Honorable Mention (grades 7-9) for his prose piece, *The Rollerblades Strike*, in the Keren Or Competition.

Condolences to...

Philip (Barbara) Herman and Randall (Lory) Herman on the loss of their mother, **Jacqueline Herman**

Friends and family on the loss of our member, **Marcella Rockler**

Joan Ostfield on the loss of her husband, **Benjamin Ostfield**

Carolyn (Barry) Gerr and Michael (Mickey) Appleman on the loss of their sister, Birdie Appleman

Helen Swatez on the loss of her brother, **Peter Marcus**

Michael (Carri) Lazarus on the loss of his brother, Ronald Lazarus

Friends and family on the loss of our member, **Robbieann Gerads**

Friends and family on the loss of our member, **Marian Perling**

Liz (Greg) Pomish on the loss of her mother, Esther Oleisky

Nannette (Jim) Greenfield on the loss of her father, Robert Pomije

Howard (Marlee) Kaminsky on the loss of his mother, Beverly Kaminsky

Alex (Natasha) Karchevsky on the loss of his father, Mikhail Geykhman

Brina Krelitz on the loss of her husband, **Milton Krelitz**

Barry (Carolyn) Gerr on the loss of his brother, Stuart Gerr

Bruce (Marsha) Campbell on the loss of his mother, Janet Campbell

With heavy hearts we mourn the loss of these loved ones within our community. This reflects the losses in our community through April 30, 2016.

Beth El Synagogue Foundation

Ensuring the vitality of our congregation now and in the future

Kaufmans Support Our Shul

By Paul Tuchman



As soon as you walk into Audrey and Al Kaufman's home, you know what they care about most. The prominent displays of photos and Judaica tell you that their family and their Judaism are what's most important.

Those twin passions – family and Judaism – are why the Kaufmans have joined a growing number of Beth El members as supporters of

the Beth El Foundation. Both grew up at Beth El – Al remembers his father dedicating bricks to help build the Penn Avenue shul, and donating the Ner Tamid in the chapel – and they want to insure that Beth El remains strong and vibrant for generations to come.

"Maintaining the synagogue on a day to day basis is important," explains Audrey, "and that's what our dues and contributions are for. But we have to look to the future. It's up to us who can do it, to build the enthusiasm for giving and the necessity for establishing a Foundation to cover the needs of the future."

"It's for the future," agrees Al. "To be able to relieve the high expenses that come with all these things that Beth El offers, it's important to have a Foundation that grows."

The Kaufmans have called Beth El home since childhood, and their story is a personal history of our congregation: Al's bar mitzvah, Audrey's confirmation, married by Rabbi Aronson²¹ at the Curtis Hotel 72 years ago, celebrating so many s'machot over the years, and continuing today as Shabbat morning regulars.

"It's been like home to us. I can't imagine being anywhere else," says Audrey. "There are a lot of generations here."

Al and Audrey love how Beth El is always filled with activities and energy. "It's one of the most active congregations. There are more things available," says Al. Keeping all of Beth El's programs vibrant and strong is what motivates them to play a key role in the Beth El Foundation.

Beth El's rabbinic leadership – one of the Foundation's five focus areas – has been especially important to the Kaufmans over the years. Audrey remembers how Rabbi Abelson helped her cope with the sudden death of her mother: "That stands out in my mind."

Camp Ramah, and the way it teaches the next generation to live as Conservative Jews, is also close to their hearts, and another part of the Foundation's work through its support of camp scholarships. "Ramah gives them a background that nothing else does," says Audrey. "All of our grandchildren, either here or out of town, are Ramah-niks."

With a strong Foundation ensuring a strong Beth El, Audrey is confident that Beth El will always feel like home:

"I'd like to hear laughter and the sound of children studying all over. I hope that that continues. And the very young children brought in at the end of the service, and the teenagers taking part in the service, and all these young Torah readers. It's just amazing, and I hope to see that continue."

With the help of Al and Audrey Kaufman – and so many other Beth El families – not only will Beth El continue, but it will thrive and grow.

"It's up to us who can do it, to build the enthusiasm for giving and the necessity for establishing a Foundation to cover the needs of the future."

BETH EL SYNAGOGUE FOUNDATION BOARD MEMBERS

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Cantor Audrey Abrams
Rabbi Kassel Abelson, Rabbi Emeritus
Cantor Neil Newman, Cantor Emeritus

TZEDAKAH

Tribute donations to Beth El funds honor friends and family, commemoration of significant events, memorialize loved ones and provide essential support to the congregation. Endowment funds provide permanent funding where needed most or for a specific purpose. Endowment funds are held in the Beth El Foundation. Funds for immediate use are used to support specific programs or projects, are for general use and are spent in their entirety. To make a donation, or to establish a new fund through our Foundation, please contact Gary Krupp or Steve Sanderson at 952.873.7309 or at foundation@bethelsynagogue.org.

TODAH RABBAH (THANK YOU)

Beth El gratefully acknowledges the following contributions:

Arthur & Irene Stillman Educational Endowment Fund

For Speedy Recovery of Beverly Freeland Earle & Barbara Falck

Barry & Midge Frailich "Yad V' Lev" Caring Community Fund

Mazal Tov Jon & Sally Minsberg Rich & Marilyn Chern

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In Memory of Mae Libman Peter & Serene Simon*

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In Memory of Benjamin Ostfield Mike & Linda Platt

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In Honor of Marge Kaplan Mimi Greekel

In Honor of Harvey & Marge Kaplan Mimi Gleekel

In Honor of Alan Ziskin Elliott & Marlys Badzin

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In Memory of Roslyn Pomerantz Neil & Diane Hoffman

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Nessa Lee Laiderman

In Honor of The Birth of Ethan and Noa

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Happy Anniversary Harvey & Marge Kaplan

Mal & Elaine Lazinsk

Happy Birthday Marge Kaplan

Abe & Esther Orlick

In Appreciation of The Livon Family

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In Memory of Mitchell Johnson

Neil & Diane Hoffman

Mazal Tov Chuck & Melanie Barry

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Penny Glassman Aleph Preschool Fund

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David & Naomi Baer

Phyllis & Howard (Buddy) Harris Staff Continuing Education

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Phyllis Harris

In Memory of Beatsy Orenstein

Phyllis Harris

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In Memory of Birdie Appleman

Fred & Harriette Burstein

**Rabbi Alexander Davis
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Charles & Melanie Barry*

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*Happy Birthday Sara Warren
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For Speedy Recovery of Joe Edwards

For Speedy Recovery of Roger Rubin

In Memory of Ronald Lazarus

Mazal Tov Dr. David & Linda Estrin

Mazal Tov Len & Bonnie Zeff

In Memory of Esther Oleisky

Jim & Marlene Bukstein

Sally & Sam Greenberg Herzl Camp

Scholarship Fund

Happy Anniversary Steve and

Harolyn Rudoy

Harley & Ellen Greenberg

In Memory of Mae Libman

Harley & Ellen Greenberg

In Memory of David Valenci Ben Regina

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In Memory of Birdie Appleman

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In Memory of Mother and Grandmother

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Mazal Tov Delores Kelber

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Mazal Tov Barbara Eiger

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**Sophie and Jerome Teener Music
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For Speedy Recovery of Joan Okrent

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In Memory of Jim Sheehan

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For Speedy Recovery of Mel Lebewitz

Eleanor Torodor, Sharon and

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**Women's League Congregational
Lunch Fund**

In Honor of Gita Dalia Karasov

Shayne Brody Karasov

In Memory of Benjamin Ostfield

Boris & Sara Zuk

This list reflects donations made from January 24, 2016 – March 31, 2016.

Yahrzeit Tzedakah Contributions

We honor our loved ones through donations that support their values and continue their lives.

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UPCOMING AT BETH EL

Below is a sampling of only some of the upcoming events at the synagogue. Please mark your calendar and plan to attend. Look for more details in future *Hakol* and *Kesher* publications, and as always, feel free to call the Welcome Desk at 952.873.7300 for additional information.

JULY

2	Summer Darshanim – Pastor Eric Hoffer
4	Independence Day
9	Summer Darshanim – Mayor Jake Spano
16	Summer Darshanim – Howard Sadoff
16	Iyun Tefillah: Shabbat Morning Meditation Minyan 9:15 – 10:15 am
23	Summer Darshanim – Bonnie Bongard Goldish
30	Summer Darshanim – Phyllis Harris

AUGUST

6	Summer Darshanim – Cara Strauss
6	Iyun Tefillah: Shabbat Morning Meditation Minyan 9:15 – 10:15 am
13	Summer Darshanim – Aaron Biel
14	Tisha B'av
19	Kabbalat Shabbat Summer Style
20	Summer Darshanim – Avi Baron
26	Kabbalat Shabbat Summer Style
27	Summer Darshanim – Uriel Lewis
29	End of Summer Picnic

SEPTEMBER

2	Kabbalat Shabbat Summer Style
3	Summer Darshanim – Etan Weiss
6	Sacred Chanting Resumes
10	Iyun Tefillah: Shabbat Morning Meditation Minyan 9:15 – 10:15 am
24	Selichot

FALL LOOKING AHEAD

OCTOBER

2-4	Rosh Hashanah
11-12	Yom Kippur

NOVEMBER

24	Thanksgiving
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IN CASE YOU MISSED IT...

JUNE SUMMER DARSHANIM

18	Melissa Ginzburg
25	Liba Herman

ONGOING SERVICES

<p>EREV SHABBAT (Friday evening) Kabbalat Shabbat ...5:45 pm</p> <p>YOM SHABBAT (Saturday) Shacharit9:00 am Minchah5:45 pm</p>	<p>SUNDAY Shacharit9:00 am (Chevrah Breakfast) Minchah5:45 pm</p>	<p>DAILY MINYAN Shacharit7:00 am Minchah.....5:45 pm</p>
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Beth El
SYNAGOGUE

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IT'S BACK...



Beth El's Famous Annual

END OF SUMMER PICNIC

Monday, August 29 | 5:00 – 8:00 pm

- Tons of fun for the whole family
- Connect with friends—and make some new ones too
- Delicious kosher food available for purchase (meat and vegetarian options)
- Plenty of festive activities rain or shine
- All are welcome

Volunteers needed! Contact Liz Pomish, 612.245.0713 or lpomish@comcast.net



HIGH HOLY DAYS
5777/2016



Beth El
SYNAGOGUE



Rosh Hashanah – October 2-4, Yom Kippur – October 11-12

NO TICKETS. NO ASK. JUST COME.

Stay tuned this summer for the full schedule.