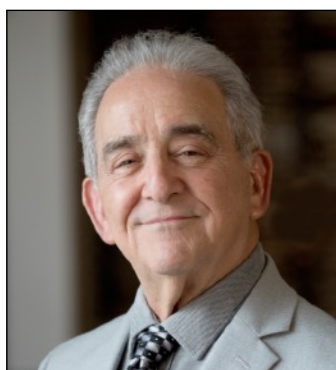


The Shofar



July 2018
Tammuz-Av 5778

From the President's Desk by Joshua Meyer *Preparation for a New Year*



Taking the challenge of board and committee membership is about caring for our congregation. It is an honor to pledge commitment to our spiritual practices and our Jewish heritage. I applaud the dedication of our former board and look forward to our

present board continuing their important work in preparation for a new year.

I am so proud that our membership participates in so many events and demonstrates an amazing presence. Our board is committed to do this as well. All people in our congregation have valuable roles and the greater your level of involvement the greater your ownership.

One of the goals of this administration is to be supportive of members' suggestions, concerns, and complaints. To this end, we are developing a resolution committee. The members of this committee will demonstrate confidentiality, sensitivity, attentiveness, and resourcefulness, and will work with you to resolve any CBT-BI issues. As I wrote previously, your complaints are our complaints, your concerns are our concerns, and your suggestions will have our attention.

Our rabbi search committee is bringing two prospective rabbis for us to pray with and meet in the next several weeks. This has been the result of months of interviews — no easy task. The board is seeking to partner with our new rabbi to build on our warm and welcoming environment for every member of CBT-BI.

Since starting my personal quest to learn as much as possible about the workings of all of our committees, I have been humbled by the outstanding work and energy of our chairpersons and committee members. I will write about their wonderful work and

value to our synagogue in a later article. For now, I must share my admiration for the Bikur Cholim committee. These members of our congregation, under the direction of Myra Caplan, visit and provide assistance to members who are ill. This is all about doing good and caring. We should call this group "Mitzvah Plus."

While looking at the websites of other Jewish organizations and synagogues, I was inspired by a statement made by the Union for Reform Judaism:

"[Our challenge] is to create a synagogue whose message of Torah is so inspiring, whose spiritual energy is so transforming and whose web of kinship and caring is so embracing that no one who enters its gates will ever consider forsaking the holy community that it provides."

We strive to care about all of our needs. We strive to have a strong presence.



Introducing the new executive board (from left): Chuck Nappen, Sam Chelnik, Joshua Meyer, and Ben Negin.

A Farewell Message from Rabbi Jordi



By the time you read this I will be on my way to Albuquerque, facing a new future and a new life. I thought it would be fitting to reflect on the importance of closing circles — call them relationships, jobs, friendships, or just age.

About a year ago a friend went through a divorce. Having gone through the same experience a year before, I shared with him the following thought:

Don't worry for people who belong to the past now. There is a reason why they are not part of your future. No one crosses by chance. People enter into your life for a reason, for just a moment or for a lifetime. When you grasp the reason, you will know what to do with that person. When someone is in your life for a reason, it is usually to fill a need you have shown. They come to help you with a difficulty, to provide support and guidance, or physical, emotional or spiritual help. They may seem like a gift from God. Then without any wrong on your part or at an uncertain time, that person will say or do something for the relationship to come to an end. What we must understand is that our needs have been met, our wishes fulfilled, and their work is done. When people enter our lives for a moment, it is because it was about time to share, to grow, and to learn. They bring the experience of peace and make you laugh; they can teach you something you have never done. Life-long relationships teach you life-long lessons, things you have to build but have a solid emotional background. Your task is to accept the lesson, love the person, and put into practice what you have learned in all your relationships and areas of your life.

How important it is to learn to close circles, since that allows us to live new experiences that enrich our path and life itself. Yet, we are so afraid to let go because we fear that empty space. Many people do not dare to close stages of life for fear of not experiencing the same thing again, their mind clinging to the memory of "what was" without thinking that once lived the experience will never be the same despite its deceptive permanence.

We let go of new career opportunities fearing our next job will be worse, choosing to stay in a place where we know there is no growth. We let go of opportunities to open ourselves to love fearing they will not turn out as we expected, and that the love they profess is just another lie. We stick to what apparently makes us feel safe, although that does not necessarily mean *happiness*.

Closing circles is necessary for our emotional well-being. How many cases do we see in therapy due to problems of co-dependent and toxic relationships, depression, anxiety, grief, self-blame, and low self-esteem because we cannot let go of what does not have to be?

How can you allow something new to come into your life if you do not dare to let go of your expectations?

Closing circles is to prepare to create a new history, create new ties, take responsibility for your life and therefore your emotional well-being. It means letting go of memories, resentments, broken dreams, failed illusions, negative emotions, expectations, stages of life,

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and other emotions that prevent you from moving forward.

I invite you to close circles of your history through acceptance, gratitude, and self-love. Accept that your reality is different from what you expected and that it cannot be changed, but you can change your interpretation of it. Be truly thankful for everything you have lived. Remember who you were before that experience and who you have become after it.

Allow your self-esteem to treasure those internal resources you discovered about yourself because that will help you to move forward and be open to the new opportunities that will come, because everything is for your highest good.

Continued on Page 6

Summer Fun Picnic - August 12

Join your CBT-BI friends for a day of noshing, swimming, and socializing at Greenwood Park Bells Lake. This event is also open to non-members who are interested in joining the synagogue. The cost is \$6 per person; free for children under age 4.



The picnic is from 11 AM to 3 PM, but the park is open for enjoyment until 8 PM. To RSVP, click [here](#). You must be on the guest list to attend.

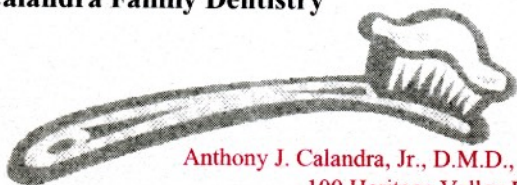
Many items are needed for the picnic. Let us know what you can bring by signing up [here](#). We also are accepting monetary donations on this sign-up board. Those bringing picnic items must arrive at the start time (11 AM).

If you'd like to attend but do not have access to the online sign-up sheets, contact Bonnie Wireback at bonbon3208@comcast.net or 856-296-8132.

2018 Community Directory to Feature Personal Names and Memorials

Each year, CBT-BI publishes a Community Directory that is given out at the High Holidays. In addition to ads, the booklet contains three pages with listings of the names of our children, grandchildren, and memorials for \$10 per name. Please note: the listing is per name, not per family. To participate, please print out the form (found [here](#)) and print names clearly to avoid spelling errors. The form also can be found at cbtbi.org. (Click on Programs at the top of the webpage, and scroll down to Fundraising.) Please respond by August 10. Questions? Contact Diane Shapiro at 856-740-0081. Your participation is greatly appreciated.

Jamie H. Green, D.D.S.
Calandra Family Dentistry



Anthony J. Calandra, Jr., D.M.D., LLC
100 Heritage Valley Drive
Suite 3
Sewell, NJ 08080
(856) 582-5555
www.drcalandra.com

Bob's Garage



American & Foreign Car Repair
Alignment - Tune Ups
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Bob Holshue
236 Delsea Drive • Sewell, New Jersey 08080
856-589-5055

A Chance Discovery by Rose Marks-Scott

June 6, 2014 was the 70th anniversary of the D-Day invasion. Dick and I visited Normandy and the surrounding villages the week following the anniversary. The homes and businesses in this area were decorated with many American and British flags, and the French people we met still expressed their thanks for the soldiers that saved them.



American Cemetery, Normandy, France

We next visited the cemeteries of the thousands of American soldiers who gave their lives on the beaches of Normandy. After welcoming words from a French student and a stirring commemoration talk, we were given roses to adorn whichever grave we wanted. Dick and I were walking through a section of this very large cemetery. Which grave do we choose to place a remembrance? We were drawn to the grave markers with the Star of David, of which there were very few. I found one Jewish grave marker from New Jersey: Pvt. Harold Etler, who died on June 25, 1944. I decided this was the grave where we should leave our flowers and when we returned to the U.S. I said kaddish for him.

I did some investigation online after we came home. I learned that Harold Etler was from



Passaic, New Jersey, and another website pointed me to a former mayor of Fair Lawn named Marty Etler. My brother Ira lives in Fair Lawn, and I called him to ask about Marty and, of course, Ira knew him. I asked if there was any possibility that Marty knew of a Harold Etler. Ira said that Harold was Marty's brother. When Ira visited Normandy, he specifically looked for Harold's grave but could not locate it. But Dick and I just happened to choose Harold's grave.

I sent my brother photos of Harold's grave marker; they are the same photos included here. We received the following response from Harold's brother:

Ira, and Rose, many thanks for your efforts to bring those photos to me, especially when it was only by chance. My brother was only 22, he was with the 79th division, 315th infantry Regiment, when he was reported killed at St. Mer Eglis on 25 June 1944. Although it is 70 years, it is still heavy in my heart. My mother wanted to bring him home and bury him close by, but I said over there he would have perpetual care. In the twilight of my life, my memories of him grow dim, still I wonder what kind of life he would have had if he lived. Once again many thanks for your kindness. Stay well and all my best wishes to the both of you.

Marty Etler



"The Spirit of American Youth Rising from the Waves" statue, American Cemetery, Normandy

Seeking Support, Even After Healing

The primary purpose of the Bikur Cholim committee is to assist in meeting the needs of congregants who are sick, homebound, or vulnerable. To accomplish this we communicate the needs of these members to the rest of the congregation. In dealing with these issues, we have discovered that even when a person appears “healed,” they continue to have issues. The purpose of a support group is for people with similar issues to come together for sharing coping strategies, to feel more empowered, and for a sense of community. Our committee decided to write this article to increase awareness of support groups.

Benefits of Support Groups

- Realization that you are not alone — This often brings a feeling of relief.
- Freedom to express your feelings — It is therapeutic to find that others in the group will listen without judgment.
- Learning helpful information — Support groups offer practical tips and resources.
- Improving social skills — Support groups provide a safe place to be comfortable.
- Gaining hope — Some members of the group will be “further along” than others and offer hope.
- Increasing self-awareness — As you learn ways to cope, you will gain better understanding of yourself.
- Helping others — Helping others usually makes you feel better about yourself.
- Affordability — Most groups are not expensive and many of them are free.

Finding Support Groups

When we began to research support groups, we found so many that it would be impossible to list them. There are support groups for cancer, diabetes, heart disease, anxiety, chronic pain, grieving, Parkinson’s disease, sexual abuse, breast feeding, and more. You can find listings of support groups under any local hospital (such as Virtua or Jefferson/Kennedy). You can also google the name of the support group you are looking for. Please feel free to ask a member of the Bikur Cholim committee if you have any questions. Several members of our committee have taken advantage of support groups and have found them helpful. Good luck in finding any support that you may need.

High Holiday Services 2018

- Selichot: Saturday, September 1, 7:30 PM
- Erev Rosh Hashanah: Sunday, September 9, 8 PM
- Rosh Hashanah 1st day: Monday, September 10, 10 AM, followed by Tashlich (approximately 1 PM)
- Rosh Hashanah 2nd day: Tuesday, September 11, 10 AM
- Erev Yom Kippur: Tuesday, September 18, 6:30 PM
- Yom Kippur: Wednesday, September 19
 - Service 10 AM
 - 2nd Yizkor/Mincha 5:15 PM
 - Neilah/shofar 7:05 PM
 - Break-the-fast 7:51 PM

Thank you!

Goldie Rosenberg would like to thank CBT-BI members for the cards and phone calls she received during her recent illness. Your concern and support are truly appreciated.

The Shofar

Editor: Lisa Parker
editor@cbtbi.org

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Congregation B’nai Tikvah-Beth Israel
 115 East Holly Avenue, Sewell, NJ 08080
 (856) 589-6550 • info@cbtbi.org • www.cbtbi.org



Mazel Tov to Our New Confirmands

CBT-BI recently honored Gio Lomanno and Evan Wax at a Confirmation ceremony held in conjunction with Shavuot. Mazel tov and best wishes to both!

Rabbi's Message *Continued from Page 2*

Because closing circles is healing and liberating, it allows us to open ourselves to the abundance of life in all its forms. But keep in mind one warning: Situations or people cannot occupy the same space. Let me illustrate this point with a story:

"Great teacher," said the disciple, "I have come from far away to learn from you. For years I have studied with all of the country's enlightened gurus and all have left me with much wisdom. Now I believe that you are the only one who can complete my search — what I need to know."

The wise man, always calm, told him that he would be happy to show him everything he knew, but before they started they would drink tea. The student, grateful, sat next to the teacher. The wise man brought a teapot and two cups of tea, already full. He gave one of them to the student and took the other. Before the disciple took a sip, the wise man began pouring more tea into the student's full cup. The liquid soon spilled onto the plate, and from the plate to the carpet. "Teacher, teacher, please stop pouring tea in my cup!" The wise man seemed not to hear him. Then, he looked into his eyes and said, "Until you are able to

empty your cup, neither I nor anyone else can put more knowledge in it."

You have to empty yourself to be able to be filled up again. A cup only serves when it is empty. A full cup does not serve: nothing can be added to it.

This is your life. You'll have to get rid of the contents of your full cup if you want to fill it again. Your life is enriched every time you fill a cup, but it is also enriched every time you empty it, because every time you empty your cup you are opening the possibility of filling it with new content. And one of the cups that I find most difficult to

empty, and that surely costs you the most to empty, is the image we have of the world, because we want to keep the world as we see it, because we do not want to accept that the world changes. We do not want to accept that the world is not as we want it to be and that this implies a grief. If I dare to release the contents of a dream cup, perhaps, I may find myself on the best route to discover the truth, since it is the only way to make a new story.

Fill yourself up! A hug to your soul with love.

Please follow me at: ravjordigendra.wordpress.com/

