



Our Mishpacha

Inside This Issue

Articles

From Your Rabbi
Hazzan's Notes
Religious Connection

Schedules/Times

Clergy Schedule /
Candle Lighting Times
High Holy Days
Schedule

Thank You

Donations

Events/Classes

Class: The Aleinu Prayer
Selichot Service
Conversational Spanish

Celebrations

Birthdays
Anniversaries

Book Club

Yahrzeits

Monthly Observances
Donations

Monthly Calendar

September 2016

Advertisers



A Note From Your Rabbi,

I want to share with you a letter that was forwarded to me a few weeks ago. It is a poem written as a class assignment by Chanie Gorkin, an eleventh grade at an all-girl Lubavitch high school Beth Rivkah in Crown Heights. The poem describes a worst day ever but contains a surprise at the end.

The Worst Day Ever, by Chanie Gorkin

Today was the absolute worst day ever
 And don't try to convince me that
 There's something good in every day
 Because, when you take a closer look,
 This world is a pretty evil place.
 Even if
 Some goodness does shine through once in a while
 Satisfaction and happiness don't last.
 And it's not true that
 It's all in the mind and heart
 Because
 True happiness can be attained
 Only if one's surroundings are good
 It's not true that good exists
 I'm sure you can agree that
 The reality
 Creates
 My attitude
 It's all beyond my control
 And you'll never in a million years hear me say
 Today was a very good day

Now read it from bottom to top, the other way,
 And see what I really feel about my day.

Chanie's mom commented on her daughter's poem: "One of the major tenets of Hasidic philosophy is that the mind rules over the heart, that we are able to channel our emotions to the positive ... that there is God in everything, and it is part of our mission in life to look for the good, and to find it and to spread it"

May we find ways in our lives to use our skills in turning the questions around and finding the light in that which seems dark and bleak around us.

Your Rabbi, Osnat



Everyone is Welcome

The Aleinu Prayer:

With Rabbi Osnat

Sunday, September 11, 2016

10:00-11:00 am

The prayer whose words worried generations of Jews and Gentiles alike.

Join Rabbi Osnat as she explains the history of Aleinu, and answer questions such as: why there are different versions of it and what does spitting (of all things) have to do with its recitation.

(No Hebrew required)

Men's Club Shabbat

Our annual Men's Club Shabbat took place on July 29. A number of men participated in the service through readings and the ever popular Men's Club Chorale which has been such a fixture at these events. We premiered the new Lecha Dodi by Oran Eldor which was a highlight that all seemed to enjoy. Our men did themselves proud and deserved all the kudos they received that night. We've been asked to repeat the service twice annually.

A Special **Thank You** goes out to all who participated in and attended this special Shabbat service.

Thank You for Your Donations

We are thankful for the support of Beth Shalom, from its members and friends

Evelyn Litwin—Copy Paper

Barry & Bonnie Neville—Beverage Dispensers



Hazzan's Notes

This month we prepare for the High Holyday season. The Service of Selichot this year will include both Beth Shalom and Temple Ner Tamid of Downey participating together. There will be a dessert reception at 6:00 pm in the foyer of the sanctuary and then the Havdalah and choral service beginning at 7:00 pm on Saturday, September 24, 2016.

Our Rabbi, myself, the Beth Shalom Singers, and Mark Peterson, Accompanist and Choir Director will welcome Rabbi Dany Mehlman, Cantor Kenneth Jaffe, Vox Profundis, Dr. Edward Bruner, Choir Director, and Norberto Guinaldo, Organist to our sanctuary for the beautifully haunting Selichot service prior to the High Holydays. The Rabbis will add reflections, readings, and teachings to the service while the cantors and choirs will sing the liturgy composed by famous Jewish composers: Debbie Friedman, Hazzan Leib Glantz, Hazzan Baruch Schorr, Max Janowski, Max Helfman, Hazzan Carl Urstein, Hazzan David Roitman, Louis Lewandowski, and Hazzan Meir Finkelstein. Cantor Jaffe's recently composed *Adonai, Adonai* and Dr. Bruner's *Al Cheit* round out the compositions from local composers for this service. A specially prepared service booklet with liturgy and readings will be used to highlight both the traditional and modern thoughts and prayers of this service of preparation.

All are welcome and invited to attend this spectacular annual service.

-- Hazzan Lance H. Tapper

September Clergy Schedule / Candle Lighting Times

Date	Time	Clergy on Bima	Service	Candles
September 2	7:30p	Rabbi Osnat	Kaballat Shabbat	6:56p
September 3	9:45a	Rabbi Osnat	Torah Study w Rabbi	
September 9	7:30p	Hazzan Lance	Kaballat Shabbat	6:47p
September 10	9:45a	Hazzan Lance, Mark Peterson	Kol Shalom Service	
September 16	7:30p	Hazzan Lance	Kaballat Shabbat	6:37p
September 17	9:45a	Hazzan Lance	Torah Service	
September 23	7:30p	Rabbi Osnat/Hazzan Lance	Kaballat Shabbat	6:27p
September 24	9:45a	Hazzan Lance	Torah Service	
September 24	6:00p	Rabbi Osnat/Hazzan Lance Rabbi Melman/Hazzan Jaffe	Selichot w Temple Ner Tamid	
September 30	7:30p	Hazzan Lance	Kaballat Shabbat	6:18p
October 1	9:45a	Hazzan Lance	Torah Service	

Beth Shalom of Whittier & Temple Ner Tamid of Downey

Present a Combined
Selichot Service

At

Beth Shalom of Whittier

Saturday, September 24, 2016

6:00 pm Dessert Reception, 7:00pm Service

Join Rabbi Osnat, Hazzan Lance, the Beth Shalom Singers, Mark Peterson, Accompanist and Choir Director as they welcome Rabbi Dany Mehlman, Cantor Kenneth Jaffe, Vox Profundis, Dr. Edward Bruner, Choir Director, and Norberto Guinaldo, Organist from Temple Ner Tamid to our sanctuary for the beautifully haunting Selichot service prior to the High Holy Days.

The Rabbis will add reflections, readings, and teachings to the service while the cantors and choirs will sing the liturgy composed by famous Jewish composers: Debbie Friedman, Hazzan Leib Glantz, Hazzan Baruch Schorr, Max Janowski, Max Helfman, Hazzan Carl Urstein, Hazzan David Roitman, Louis Lewandowski, and Hazzan Meir Finkelstein. Cantor Jaffe's recently composed *Adonai, Adonai* and Dr. Bruner's *Al Cheit* round out the compositions from local composers for this service.

A specially prepared service booklet with liturgy and readings will be used to highlight both the traditional and modern thoughts and prayers of this service of preparation.

All are welcome and invited to attend this spectacular annual service.

Come Join Us!





G-d's Miracle

Once we see G-d as a Creator who has purpose, it is obvious that He revealed this purpose to His chosen people. Judaism believes that this took place at Mount Sinai.



G-d gathered His people, some 3,000,000 strong [Exodus 12:37], to the foot of Mount Sinai and proclaimed that everyone hear His voice. He proclaimed the Ten Commandments and thus forged a bond between G-d and Israel. It has remained imprinted deeply in the Jewish soul throughout all of our history.

The Torah tells us, “Be most careful and watch yourself, that you not forget the things that you saw with your own eyes. Do not let them pass from your minds as long as you live. Teach them to your children, and to your children’s children: The day you stood before G-d . . . [Deuteronomy 4:9 -10]. As a result, each generation for over 3,000 years has looked upon the acts at Mount Sinai as something they participated in.

The revelation at Sinai came just seven weeks after the Exodus from Egypt. G-d revealed Himself to an entire people and changed the course of both nature and history. The Torah reads of this when it says, “Did G-d ever venture to take a nation to Himself, from another nation, with a challenge, with signs and wonders as the L-rd your G-d did in Egypt, before your very eyes? You have had sure proof that the L-rd is G-d; there is no other.” [Deuteronomy 4:34]. It is the Exodus that makes us uniquely aware of G-d and shows Him to be involved in the affairs of our people.

The Torah further warns us never to forget the Exodus, and we find there, “Beware that you not forget G-d, who brought you out of the land of Egypt, from the house of slaery.” [Deuteronomy 6:12] The impact of the Exodus remained on the Jewish mind and is celebrated in detail every year during the Passover holiday. Concisely, we see every persecutor as Pharaoh (Haman, Hitler, Stalin, etc.) with G-d standing on the sidelines, ready to repeat the miracle of the Exodus. This, in part, accounts for the miracle of G-d’s light, our survival, and the State of Israel.

Next month the taste of this light will be discussed, with our keeping of the Sabbath.

Sam Pearlman

Men's Club News

Temple Beth Ohr of La Mirada has extended an invitation to the men of Beth Shalom to join their Men's Club to engage in projects and activities that provide meaningful services to our respective congregations and give our brotherhood the opportunity to explore and enjoy fellowship. Interested parties should contact Harry Jacobs, TBO Brotherhood President, at harrymjacobs26@gmail.com.

Beth Shalom of Whittier
 High Holy Days 5777 / 2016 Schedule
 Rabbi Cantor Osnat Margalith
 Hazzan Lance H. Tapper

.....

S'lichot: at Beth Shalom with Ner Tamid: Saturday eve. September 24
 6:00 p.m. Dessert Reception, 7:00 p.m. Service
 Erev Rosh Hashanah: Sunday eve. October 2, 7:30 p.m.
 Rosh Hashanah (Day 1): Monday October 3, 9:00 a.m.
 Tashlich: Monday October 3 after services
 Rosh Hashanah (Day 2): Tuesday October 4, 9:00 a.m.
 Shabbat Shuvah: Friday eve. October 7, 7:30 p.m.
 Saturday October 8, 9:45 a.m.
 Kol Nidre: Tuesday eve. October 11, 6:30 p.m.
 Yom Kippur: Wednesday October 12, 9:00 a.m.

Sukkot

Erev Sukkot: Sunday October 16, 6:30 p.m.
 Shabbat Hol Hamoed Sukkot: Friday eve. October 21, 7:30 p.m.
 Saturday October 22, 9:45 a.m.
 Shemini Atzeret / Simchat
 Torah / Yizkor: Monday October 24, 9:30 a.m.
Our thanks to Sisterhood for providing challah and juice to break the fast.

Rabbi's Event: Sunday Movie Matinee, August 21

About 30 people came to the synagogue to watch the movie "The Gatekeepers" enjoying the free pizza and desserts.

A lively discussion followed the intriguing story of the Israeli internal security service, Shin-Bet, through interviews revealing the perspective of six of its former heads.

Internationally acclaimed and nominated for the Academy Awards' Best Documentary Feature, the movie touched on the security issues Israel faces, the many waves of terrorism, the Palestinian population, the settlements, the assassination of Yitzhak Rabin and much more.

Rabbi Osnat provided the space for people to share their thoughts and conclusions, as well as personal input.

Many thanks to Steve and Eileen Baptista and Rita Rubin for making this movie series possible. The Sunday movie matinee series has been well attended, successful as well as generates wonderful discussions among attendees.

If you would like to recommend a movie please let Rabbi Osnat know.

Greeting Cards Benefit Sisterhood

Can't get out to buy a card for someone you want to honor, wish a Happy Birthday, Anniversary, speedy recovery, express sympathy, Mazel Tov, or celebrate a Simhah? Contact Eileen Baptista and have her send out a greeting card on your behalf. A wide selection of cards are available at \$4.00 each. Proceeds from the card purchases benefits the Torah Fund and Beth Shalom Sisterhood.

Eileen can be reached at 562.943.2007

Zesty Quinoa Salad**Rated:** ★★★★★**Prep Time:** 20 Minutes**Ready In:** 30 Minutes**Submitted By:**scrumdiddly**Cook Time:** 10 Minutes**Servings:** 6

"Quinoa and black beans are tossed in a refreshing lime-cilantro vinaigrette for a quick and protein-packed lunch or side dish."

INGREDIENTS:

1 cup quinoa	1 1/2 cups halved cherry tomatoes
2 cups water	1 (15 ounce) can black beans, drained and rinsed
1/4 cup extra-virgin olive oil	5 green onions, finely chopped
2 limes, juiced	1/4 cup chopped fresh cilantro
2 teaspoons ground cumin	salt and ground black pepper to taste
1 teaspoon salt	
1/2 teaspoon red pepper flakes, or more to taste	

DIRECTIONS:

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

Mandel Bread**Fundraiser**

The Mandel Bread by Rita Rubin that you know and love from Oneg Shabbats

Order Today!

1/2 pound (about 12 of varying sizes)...\$ 10.00

1 pound (about 24 of varying sizes).....\$ 18.00

Chocolate chip, walnut or almond

Place your order with Rita Rubin (562) 943-3335



CELEBRATIONS

September Birthdays



Joann Eres	9/2/2016
Richard Hess	9/4/2016
Mark Gibson	9/9/2016
Preston Rosser	9/11/2016
Eileen Wiseman	9/15/2016

Beth Shalom of Whittier

Wishes you all a very

Happy Birthday

Jewish Los Angeles Special Needs Trust



A new affordable service for families who have adult children with disabilities - the Jewish Los Angeles Special Needs Trust (JLA Trust) - Is now open!

For the first time in LA, there is an affordable option for people with disabilities who need a special needs trust. For more information, please visit www.jlatrust.org or contact our Executive Director, Michelle K. Wolf at [\(424\) 341-3344](tel:424-341-3344).

September Yahrzeit Observances

Dearly Beloved	Observed by	Relationship
Galvin, Grace	Baptista, Eileen & Steve	Mother of Eileen
Barembaum, Gitl	Barembaum, Abdon & Lenore	Mother of Abdon
Bruchfeld, Max	Brookfield, Howard	Grandfather
Bruchfeld, Rosa	Brookfield, Howard	Grandmother
Fishbein, Barbara	Fuchs, Agnes	Cousin
Hacker, Marcia	Hacker, Jerome	Wife
Friedman, George	Hess, Richard & Michelle	Uncle of Michelle
Morzinsky, Florence	Hess, Richard & Michelle	Aunt of Michelle
Blasnick, Stephanie	Jacobson, Karen	Niece
Aronowitz, Yetta	Lieberman, Susan	Grandmother
Smolowitz, Ida	Rubin, Dorothy	Mother
Michlin, Ida	Weiss, David E. & Myra	Mother of Myra
Wiener, Paul	Wiener, Dorothy A.	Father-in-Law
Bix, Irving	Beth Shalom of Whittier	
Brantz, Jean	Beth Shalom of Whittier	
Cohen, Samuel	Beth Shalom of Whittier	
Higer, Max	Beth Shalom of Whittier	
Kenwood, Shirley Phyllis	Beth Shalom of Whittier	
Klugman, Benjamin	Beth Shalom of Whittier	
Lerman, Jacob	Beth Shalom of Whittier	
Levin, Abraham	Beth Shalom of Whittier	
Levy, Bert Yank	Beth Shalom of Whittier	
Mora, Caleb Kane	Beth Shalom of Whittier	
Roseman, Lawrence Howard	Beth Shalom of Whittier	
Sheinman, Morris	Beth Shalom of Whittier	
Sherman, Jack	Beth Shalom of Whittier	
Zucker, Bella Douglas	Beth Shalom of Whittier	

We honor the memory of our loved ones who have departed this earth as we kindle the Yahrzeit candle in remembrance. May their memory endure as an eternal blessing.

Need a Ride to Shul?

Can't make it to shul on a Friday night or Saturday Morning for lack of a ride?

Call Lucy Kleinberg at 323-807-0842 to arrange for a ride.

First and third Friday nights and second and fourth Saturday Mornings each month.

24 hour reservation required.

Yahrzeit Donations

Dearly Beloved	Honored by	Relationship
Louis Vinetsky	Arlene Norton	Father
Werner Brookfield	Howard Brookfield	Brother
Leonard Wiener	Dorothy Wiener	Husband
Victor Cienfuegos	David Cienfuegos	Brother
Rose Grossberg	Joseph Grossberg	Mother
Dora Sandler	Richard & Michelle Hess	Aunt of Michelle
Joel & Diane Chesler	Abraham Chesler	Father of Joel

BOOK CLUB NEWS

In September, we are hoping to have a Facetime chat with author Nomi Eve about her book "Henna House". I have already been in contact with Nomi Eve, and we have scheduled September 13th, 12:30 pm. According to Amazon, this is a "Touching, coming-of-age story... about a young woman, her family, their community and the customs that bind them". This book is about the Yemeni Jews in the early 20th C. It is always interesting to learn about other Jewish cultures, i.e. non-Ashkenazi Jews.

We meet in members home, brown-bag our lunch, and the hostess provides dessert and drink. We have interesting and lively discussions. If you want, or need, a ride, please call me. It is easily arranged. We welcome all comments, and points of view.

Happy Reading

Myra

Conversational Spanish Lessons at Beth Shalom of Whittier

Tired of not being able to understand conversations around you? Embarrassed by having lived in Southern California for years and having your knowledge of Spanish limited to ordering in a restaurant? Mina Cano, a member of our congregation, has taught conversational Spanish previously and now is volunteering to teach us. If you are interested, contact Rita Rubin.

Classes will re-start in the Fall

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Daily Minyan 12:30a	2 Kaballat Shabbat Rabbi Osnat 7:30p 6:56p Candle lighting	3 Breakfast 9:00a Torah Study Rabbi Osnat 9:45a Parashat Re'eh Rosh Chodesh Elul
4 Rosh Chodesh Elul Bingo 6:00p	5 Daily Minyan 12:30a	6	7	8 Daily Minyan 12:30a	9 Kaballat Shabbat Hazzan Lance 7:30p 6:47p Candle lighting	10 Breakfast 9:00a Kol Shalom Hazzan Lance 9:45a Parashat Shoftim
11 Class: The Aleinu Prayer w Rabbi Osnat 10:00a Bingo 6:00p	12 Daily Minyan 12:30a	13 Book Club 12:30p	14	15 Daily Minyan 12:30a Board Meeting 7:00p	16 Kaballat Shabbat Hazzan Lance 7:30p 6:37p Candle lighting	17 Breakfast 9:00a Shabbat Service Hazzan Lance 9:45a Parashat Ki Teitzei
18 Bingo 6:00p	19 Daily Minyan 12:30a	20	21	22 Daily Minyan 12:30a	23 Kaballat Shabbat Rabbi Osnat & Hazzan Lance 7:30p 6:27p Candle lighting	24 Breakfast 9:00a Shabbat Service Hazzan Lance 9:45a Parashat Ki Ta- voLeil Selichot Selichot Dessert Reception 6:00p Service 7:00p
25 Bingo 6:00p	26 Daily Minyan 12:30a	27	28 Sisterhood Board Meeting 1:00p	29 Daily Minyan 12:30a	30 Kaballat Shabbat Hazzan Lance 7:30p 6:18p Candle lighting	

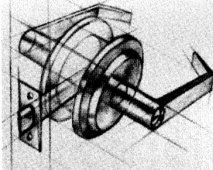
When calling one of our advertisers, please remember to identify yourself as a member of Beth Shalom. It lets them know that their money is well spent advertising with us!

COMPLETE SERVICE INC.
 INTERIOR REMOVAL SPECIALISTS

David E. Weiss

LIC. # 766349
 14408 E. WHITTIER BLVD. #B6
 WHITTIER, CA 90605

(562) 464-9709
 FAX: (562) 693-9577




Phone/(562)762-6859
 Email/mark singer.locksmith@gmail.com

Mark Singer
 Owner

MS Locksmith
 Your Security is Our Profession

Specializing in commercial & residential
 LCO#4030




Teri Medina's
Really Great Stuff
 Clothing, Jewelry & Accessories
 Unique one of a kind gifts
 Home Decor
BRING THIS AD FOR 20% DISCOUNT
 Open Tuesday thru Saturday
 14402 E. Whittier Blvd., Whittier, CA 90605
 562.907.9800 213.503.8362
 teri@terimedinaboutique.com

OLIVE & LAWN
 Established 1924
 MEMORIAL PARK & MAUSOLEUM

SCOTT PEEBLER
 3rd Generation

(562) 943-1718
 13926 La Mirada Blvd. / La Mirada, CA 90638
 www.olivelawn.com

Need a ride to shul?



*To arrange a pick up call 323-807-0842
 24 hr. notice required*

Occupancy: 3 passengers

The Mishpacha is published monthly, on or before the first of the month. If you want an announcement or article to appear in the October issue, the submission deadline is **September 20th**. The Mishpacha is sent on-line to those members and friends of Beth Shalom. If you wish a printed copy mailed to you, please call the office. Printed copies are also available in the lobby of Beth Shalom. The cost is \$18 per year for non-members. The editor welcomes comments, articles, and suggestions. Email Steve at sbap27@aol.com.

Beth Shalom of Whittier

Friday Evening Services 7:30 p.m.

Saturday Morning Services 9:45 a.m.

Daily Minyan, Monday and Thursday 12:30 p.m.

The Judaica Shop

Beth Shalom Sisterhood

The Beth Shalom Gift Shop is open during office hours

10:00 a.m. to 4:00 p.m. Monday through Thursday

10:00 a.m. to 12:00 p.m. Sunday

Gifts for Every Occasion, for Family and Friends

