



THE WINDOW

TBS

November 2017
Cheshvan/Kislev
5778

Join TBS in Giving Thanks
this November



November 10th:
Veteran's Day Shabbat



November 18th:
Thanksgiving Tot Shabbat



November 19th:
Thanksgiving on Johnstown Road

4	Upcoming Events
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18	WBS & Men's Club
19	Yahrzeits
20	Mitzvah Corps Central
21	Kosher Bookworm
22	November B'nei Mitzvah

Camp Shabbat

NOVEMBER 3RD AT 6:30 PM

JOIN US FOR A SUPER FUN EVENING OF SONGS AND
PRAYER AROUND THE TBS (INDOOR) CAMPFIRE!

FEATURING JEREMY KLOTZ, DIRECTOR OF G.U.C.I.,
AND THE KT RELIGIOUS SCHOOL 3RD GRADERS!

DELICIOUS CAMP-THEMED DINNER TO FOLLOW!

* PLEASE RSVP TO RSVP@TBSOHIO.ORG *



4 Upcoming Events

11/1 - 11/9

- Wednesday, Nov. 1** Mah Jongg at TBS, 1:00 pm; Midweek Hebrew, 4:00 pm
- Friday, Nov. 3** Camp Shabbat and Dinner, 6:30 pm
- Saturday, Nov. 4** First Aliyah of Noa Kauffman, 10:00 am
- Sunday, Nov. 5** KT Religious School, 9:00 am; WBS Board Meeting, 9:30 am
- Tuesday, Nov. 7** Sharyonim Practice, 7:30 pm
- Wednesday, Nov. 8** Mah Jongg at TBS, 1:00 pm; Midweek Hebrew, 4:00 pm

11/10 - 11/16

- Friday, Nov. 10** Veteran's Day Shabbat, 6:30 pm
- Saturday, Nov. 11** First Aliyah of Benjamin Taylor; BeSTY Fall Lock-In, 8:00 pm
- Sunday, Nov. 12** KT Religious School, 9:00 am; Library Comm. Meeting, 10:00 am; BeSTY Fall Festy, 1:00 pm; TBS Board Meeting, 4:00 pm; Poker Night, 7:00 pm
- Monday, Nov. 13** WBS Vintage Restyled , 6:30 pm
- Tuesday, Nov. 14** Lunch & Learn, 12:00 pm
- Wednesday, Nov. 15** Mah Jongg at TBS, 1:00 pm; Midweek Hebrew, 4:00 pm

11/17 - 11/23

- Friday, Nov. 17** Shabbat Chai. 6:30 pm
- Saturday, Nov. 18** Tot Shabbat, 10:00 am
- Sunday, Nov. 19** KT Religious School, 9:00 am; JuBeSTY to Get Air, 1:00 pm; Thanksgiving Service with All Saints, 4:00 pm
- Wednesday, Nov. 22** Mah Jongg at TBS, 1:00 pm
- Thursday, Nov. 23** TBS Office CLOSED for Thanksgiving

11/24 - 11/30

- Friday, Nov. 24** TBS Office CLOSED for Thanksgiving; Erev Shabbat Services, 7:30 pm
- Saturday, Nov. 25** Simchat Shabbat Services, 10:00 am
- Sunday, Nov. 26** NO KT Religious School
- Wednesday, Nov. 29** Mah Jongg at TBS, 1:00 pm; Midweek Hebrew, 4:00 pm





TEMPLE BETH SHALOM INVITES YOU TO HONOR
THOSE WHO HAVE SERVED THEIR COUNTRY

VETERANS DAY SHABBAT

JOIN US IN CELEBRATING THE BRAVE
MEN AND WOMEN OF OUR COMMUNITY

NOVEMBER 10, 2017 AT 6:30 PM

Are you and/or a loved one a current or former service member?

In preparation for Veteran's Day Shabbat we ask that any active or retired military please send in a photograph of yourself or loved one in uniform so that we can honor them in our annual veteran's slideshow. If you or your loved one was in last year's slideshow there is no need to send in another photograph. Please email photos to Ben Rosen at brosen@tbsohio.org by November 8th!

6 The Buzz with Rabbi B



Embracing Option B

Rabbi Benjy's Yom Kippur Sermon based on Sheryl Sandberg's book, "Option B"

This past year, Sheryl Sandberg, the Chief Operating Officer of Facebook, and author of *Lean In*, released a book called *Option B*. In the summer of 2015 Sheryl lost her husband Dave Goldberg, the father of her two young children, in a tragic accident. You may remember that she wrote a raw and touching Facebook post at the end of shloshim, the first thirty days after her husband's death. She wrote, "A childhood friend of mine who is now a rabbi recently told me that the most powerful one-line prayer he has ever read is: "Let me not die while I am still alive." I would have never understood that prayer before losing Dave. Now I do. I think when tragedy occurs, it presents a choice. You can give in to the void, the emptiness that fills your heart, your lungs, constricts your ability to think or even breathe. Or you can try to find meaning. These past thirty days, I have spent many of my moments lost in that void. And I know that many future moments will be consumed by the vast emptiness as well... But when I can, I want to choose life and meaning." Later in the post she writes, "I have lived thirty years in these thirty days. I am thirty years sadder. I feel like I am thirty years wiser.

At the end of the introduction to her book, she recounts talking to one of her closest friends Phil in the weeks after losing her husband. She writes, "Just weeks after losing Dave, I was talking to Phil about a father-child activity. We came up with a plan for someone to fill in for Dave. I cried to Phil, 'But I want Dave.' He put his arm around me and said, 'Option A is not available. So let's just kick the heck out of Option B.'"

Option B. Plan B. Thank God, some of us in this congregation have not had to deal with the kind of tragedy that Sheryl Sandberg describes. However, I imagine that the vast majority of us have not had a totally smooth, Option A oriented life. Unexpected things happen. Perhaps our reality doesn't match the plans we made so long ago.

So, when something happens and we have to shift from Option A to Option B or C or D, how can we find meaning in our new reality? How can we kick the heck out of Option B? How can we be resilient in the face of pain?

The first, and maybe hardest thing to do, is to take that first step. When some negative event rocks us to our core, we get stuck, we hunker down. Maybe it's happened to you, it has certainly happened to me. But if we can take the first step, we can take the next step and the next one, and then inertia is on our side. So how do we do this? Sandberg writes, "We plant the seeds of resilience in the ways we process negative events. After spending decades studying how people deal with setbacks, psychologist Martin Seligman found that three P's can stunt recovery: 1) Personalization – the belief that we are at fault; 2) pervasiveness – the belief that an event will affect all areas of our life; and 3) permanence – the belief that the aftershocks of the event will last forever. The three P's play like the flip side of the pop song "Everything is Awesome – "everything is awful." The loop in your head repeats, "It's my fault this is awful. My whole life is awful. And it's always going to be awful.

Hundreds of studies have shown that children and adults recover more quickly when they realize that hardships aren't entirely their fault, don't affect every aspect of their lives, and won't follow them everywhere forever. Recognizing that negative events aren't personal, pervasive, or permanent makes people less likely to get depressed and better able to cope. Sheryl Sandberg talks about her application of these. She had to work to stop personalizing her husband's death, to stop blaming herself. Her psychologist and friend Adam Grant told her to temporarily cut the words "I'm sorry" from her vocabulary, as she was constantly apologizing for crying or drifting off. She says, "as I blamed myself less, I started to notice that not everything was terrible. Eventually, she went back to work, which helped with pervasiveness too. Even though she was constantly thinking about her husband, she noticed that throughout the day there were a handful of moments when she could concentrate on her job and distract herself. It was the first time she had found any semblance of her old self.

The toughest P for Sheryl to contend with was permanence. She writes, "for months, no matter what I did, I felt like the debilitating anguish would always be there." She is in good company. Studies of our predictions of how we will feel in the future show the same thing over and over again. People tend to overestimate how long negative events will affect us. College students were asked to imagine their current romantic relationship ending and predict how unhappy they would feel two months later. Another group of students were asked to report on their happiness two months after an actual breakup. Those who experienced a real split were far happier than expected. This is true in other situations as well.

Throughout my time as a rabbi, I have seen this play out in a number of situations far more tragic than a break up. Nine months ago, one of our close friends, lost his young wife following a two year battle with cancer. It was, as you can imagine, awful all the way around. In those first few days and weeks, he had to concentrate on making it through each day. Night times were particularly tough. But then days turn to weeks, and weeks to months, and the pain is still there, but it's not always at the forefront of the mind. We learn to navigate this new life. We lean on people we love. We work really hard to get ourselves to a place where we can begin to feel happiness again. And it takes so much work. And slowly, the pain dissipates. It will, perhaps, always be there in fashion, but after some time, it is just a part of who we are rather than defining who we are. As my friend told me recently, "when it comes down to it, it's just better to smile than not to."

So, following any setback in our lives, if we are able to constantly say to ourselves this is not my fault, this won't affect every aspect of my life, and this acute pain will not last forever, we will have some solid tools to pivot to Option B in our lives and start to walk down the path toward happiness.

Our Jewish tradition comports with many of these ideas, and gives us biblical examples to help get our lives on track, no matter which version of our life's plan we are on. Many of us know the story in the book of Genesis of Joseph and his brothers. Thank you Andrew Lloyd Webber for that! Just a quick recap in case you haven't seen the musical. Joseph's brothers are angry with him and jealous of him. Their father favored Joseph, and Joseph made sure his brothers knew that. When they could no longer stand his boasting, they threw him into a deep pit and sold him into slavery. You could certainly say this was not his Plan A in life. Following a series of events, Joseph starts to change and becomes helpful to those around him, winning favor with those highest in the Egyptian government. Joseph becomes the number two man in all of Egypt and creates a comfortable life for himself. Many years later, when there is a famine in the land of Israel, Joseph's brothers come down to Egypt and without recognizing Joseph, ask him for food for their family. With lots of tension and drama, Joseph finally reveals to his brothers who he is, and tells them not to be afraid, that he had made a wonderful life for himself, even if it wasn't his original plan.

In the Midrash, a creative commentary on this story, there is a beautiful final scene. Joseph and his brothers have just buried their father and Joseph splits from the group. His brothers watch as Joseph returns for the first time to the pit in which they threw him so many years earlier. They're worried – is he angry at us? Will he try to kill us? He is not and does not. Joseph, standing on the side of the pit says a blessing. There is a special blessing that one is obligated to say at a place where a miracle happened to him. "Blessed are You, Eternal God, who performed a miracle for me in this very place." Now of course, being thrown into a pit by your siblings is far different than losing a spouse or suffering a similar tragedy. But from Joseph's response we see the model that we can take that next step, we can get out of bed in the morning, we can, with love and support, walk this new path of life, even if it takes us a long time to move a short distance. Thank you God for supporting me as I navigate this new life. Thank you God for comforting me. Thank you God for helping me find even a kernel of joy on this unplanned path.

Sheryl Sandberg shares a particularly poignant moment in her book. About six months after Dave died, the daughter of one of her closest friends was becoming a bat mitzvah. It took some convincing for Sheryl to attend the event at all. After making it through the service with the support of her closest friends, they all went to the party that night. As the night began, she watched her kids running around, having a great time. One of her oldest friends, came over and asked her to dance. "The DJ started playing 'September' by Earth, Wind, and Fire," she writes, "and my friend Brook reached for my hand. Come on, he said. He led me to the dance floor, and just like in high school we let go, dancing and singing. And then I burst into tears." Later, a friend asked Sheryl what was wrong. Sheryl said, "I assumed I was missing Dave, except I knew exactly what that felt like and somehow this was different. Then it dawned on me. Dancing to an upbeat song from childhood had taken me to a place where I wasn't filled with loneliness and longing. I wasn't just feeling ok. I actually felt happy. And that happiness was immediately followed by a flood of guilt. How could I be happy when Dave was gone?" Survivor guilt is a thief of joy – yet another secondary loss from death.

(Continued on page 22)

Temple Beth Shalom

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Compiled and Edited by

Ben Rosen & Bonnie Abramowitz

8 BeSTY Bulletin



**Village
Coalition
Against
Hunger**

October 10, 2017

RE: BeSTY Food Drive Donation

TO: The congregation of Temple Beth Shalom

On behalf of the Village Coalition Against Hunger (VCAH) and the many families we serve, **THANK YOU for your generous donation!** Your collection of **166 grocery bags** has filled our pantry to the brim and will immediately be put to use serving families in the New Albany Plain Local School District. We could not continue our efforts if it were not for caring, dedicated and compassionate community members like all of you.

The VCAH continues to advance its mission, which is to identify and serve the hunger needs of individuals and families in the New Albany Plain Local School District (NAPLS) with dignity and hospitality. Your contribution enables us to assist many deserving families, and through your support we have seen lives changed for the better! I am confident we will continue to make great strides in the fight against hunger and poverty.

Thank you again for your generous support

Sincerely,

Angela

ANGELA DOUGLAS
Director

The Village Coalition Against Hunger
P.O. Box 215
New Albany, OH 43054
www.newalbanyfoodpantry.org
vcah.angela@gmail.com



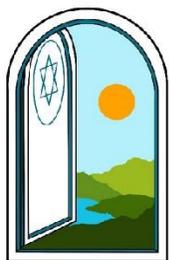
The Village Coalition Against Hunger (VCAH) is a 501(c)(3) nonprofit organization



JOIN US AT TEMPLE BETH SHALOM
FOR:

BESTY FALL FESTY!

COME ENJOY GAMES, FOOD, AND
FALL FESTIVITIES TO HELP RAISE
MONEY FOR BESTY YOUTH GROUP



ADMISSION \$5 HOTDOG LUNCH \$4

12 NOV 2017
1 PM-3PM

TEMPLE BETH SHALOM

PUMPKIN DECORATING
BOBBING FOR APPLES
CHARITY, AND MORE!



Mark Your Calendar for the Next Tot Shabbat...

Tot Shabbat Thanksgiving Celebration!

Join Marc Rossio, Angelo Dunlap, Rabbi Benjy, and Rabbi Lenette for a fun-filled Tot Shabbat Thanksgiving Celebration! Stories, songs, crafts, snacks and more!

Where: Temple Beth Shalom

When: Sat, November 18

Time: 10:00 am





Did you know that when you make a donation to charity, your brain acts in a similar way to when you are having sex or eating chocolate? In an article published by Huffington Post on 11/21/2014, it outlines a study where researchers were able to monitor brain activity while volunteers spent money on themselves versus donating money to a charity. The end result-giving gives you pleasure and can make you happier.

So make yourself feel good while helping TBS reach our goals for these 2 important initiatives:

New prayer books - The Mishkan Hanefesh is a 2 book set (one book for Rosh Hashanah and a different one for Yom Kippur). Rabbi Benjy explains the new books offer a modern and meaningful take on our ancient liturgy as compared to our current prayer books published 42 years ago in 1975. Mishkan Hanefesh is setup just like our weekly Shabbat prayer book where all Hebrew prayers are transliterated, and offers multiple alternative readings to attract the worshiper.

GOAL: \$16,000 Collected to Date: \$8,100 Funds still needed: \$7,900

Thank you so much to the 80 Families that have donated so far to help support Rabbi Benjy's vision to have new prayer books for next year's High Holy Days.

High Holy Day Appeal - The annual appeal supports everything we do here at TBS, from Adult Learning, Holiday Programming, to refreshing our 20 year old building. We have some great projects in the works, and need your support to make them a reality.

GOAL: \$25,000 Collected to Date: \$17,000 Funds still needed: \$8,000

Thank you so much to the 57 Families who have donated to the Annual Appeal.

Every donation matters, and collectively each dollar has a huge impact on our temple community. PLEASE use the tear off section below or go to <http://www.tbsohio.org/donate-now.html> to contribute now and help TBS reach our goal.

With Much Appreciation,

Bonnie Abramowitz, *Executive Director*



Make A Contribution to Prayer Book Fund or High Holy Day Appeal

Prayer Book Fund High Holy Day Appeal

Amount: \$ _____

Given by: _____

Address: _____

City: _____ Zip: _____

Check Enclosed Check #: _____

Bill My Credit Card: Visa MC AmEx Disc.

CC#: _____ Exp: ____/____

Address: _____

City: _____ Zip: _____

12 Celebrations

November Birthdays

November 1st — Shira Ehrenberg, Juliann Zeidman
November 2nd — Alexandria Klodell, Micah Harr
November 3rd — Philip Barnett, Hannah Smith
November 4th — Larke Paul
November 5th — Susan Bader, Scott Kleinman
November 6th — Kathryn Adler, Richard Sherman,
Michele Flickinger, Paul Been
November 7th — Adlai Neubauer, Melissa Mansur
November 8th — Leah Walkowski, Karen Miner-Romanoff,
Susan Wolkow
November 9th — Carolyn Michael
November 10th — Richard Rathkopf, Angelo Dunlap
November 11th — Melanie Butter, Amy Stone, Eric Ross
November 12th — Carolyn Harding, Jill Fortney
November 13th — Elianna Apothaker, Ed Radin, Harriet Burack,
Nicole Berg
November 14th — Emily Fox, Judith Ankerman, Alan Klodell,
Michelle Waltman
November 15th — Jimmy Steinberg, Amy Tenzer, Tracy Gilbert
November 16th — Jodi Bering, Andy Patterson, Nancy Krasa,
Andrea Searfos, Bobbie Weiler,
Jonathan Schaffir, Jay Sokol
November 17th — Joyce Bronstein, Susan Korn
November 18th — Betty Hersch
November 19th — Tamara Malkoff, Gary Smith
November 20th — Patricia Pinto
November 21st — Greg Fortney, Sandi Dubin, Bonnie Katz
November 22nd — Tera Kauffman, Nancy Epstein,
Meredith Paul, Brad Eckes, Dawn Schneur
November 23rd — Barry Chapman
November 24th — Shelly Bloom
November 25th — Gil Feiertag, Mark Feinknopf, Orlay Alonso,
Lindsay Brillson, David Bronstein,
Dustin Schmidt
November 26th — Kriss Galloway, Larry Levine
November 27th — Martin Torch
November 28th — Sean Silver
November 29th — Ben Schulte, Patty Tumen, Beth Goldstein
November 30th — Marcia Meizlish, Adam Brandt

November Anniversaries

November 1st — Shani & Steve Bank
November 3rd — Scott & Allison Kleinman
November 5th — Larry & Katy Cowan
November 6th — Jason & Alison Van Hulse
November 10th — David & Andrea Kleppel, Ami & Boris Sherman,
Chris & Lesley Thompson
November 12th — Michael Barker & Dustin Mathias,
Neal & Alisa Becker, Alex & Sandi Dubin
November 14th — Michael & Amber Bloch,
Kenneth Goldberg & Holly Hobzek
November 15th — Becca & Jacob Foskuhl
November 16th — Sheri & Richard Sherman
November 21st — Amy Levine & Michael Gillespie
November 22nd — Larry & Marla Levine
November 23rd — Adam & Hannah Smith
November 25th — Chris & Osi Zimmer
November 27th — David & Jan Singer
November 28th — David & Cathy Cantor, Steven & Wendy Cohen
November 29th — Timothy & Deborah Leasure,
Amy & Anthony Liccardi, David & Kathy Segal



mazel
tov!



Join Us for TBS Veteran’s Day Shabbat - Friday, November 10th

Veteran’s Day will be celebrated at Temple Beth Shalom on Friday, November 10th. During this 6:30 PM Shabbat Service, we will join together in prayer and song to pay tribute to the American and Israeli men and women who have given their service to the cause of peace and freedom throughout the world. The Sharyonim Choir, directed by Debbie Costa, will be leading us in patriotic songs that will inspire us to strengthen our bonds with our Nation and the people who have contributed so much to preserve our liberties.

Major Robert Paley will be our keynote speaker. Major Paley, the son of a Vietnam veteran, will be sharing some of the challenges he experienced being a Jewish soldier at West Point. These challenges strengthened his Jewish identity and thus he became the first to celebrate his Bar Mitzvah at West Point. At the age of 12, Robert was a self-proclaimed “loser” at everything he ever attempted. All of that changed when he prayed for a miracle and got one. This is his incredible story of love, sacrifice and devotion. Children and teens (and adults) will benefit from his message of hope.

We are asking all American and Israeli veterans to bring to the temple or e-mail our marketing director, Brosen@tbsohio.org , a picture of themselves or a loved one in uniform for our tribute slide show. These photos are due by November 6th .

Thank you to Steve Seeskin for chairing this event and to Joy and Steve Seeskin for sponsoring the oneg that will be directly following the service.

If you are a veteran...please join us to be recognized. If you are not a veteran...please join us to recognize our veterans.

Shabbat Services Featuring our Kehillat Torah Students

Our children’s services are held on the first Friday of each month. The music that is played at this 6:30 PM service is taught to our students during our Kehillat Torah Service and music classes each Sunday. The fun, interactive story (instead of a sermon) is always a highlight of the service. This service is immediately followed by a delicious dinner prepared by the Men’s Club and children’s activities. Our First Friday Family Shabbat Services are a wonderful opportunity to meet new people and feel connected to the Temple Beth Shalom Community. Please mark your calendars so that your family can participate with your child in our future Kehillat Torah Friday Shabbat Services:

Date	Title	Leaders
November 3	Camp Shabbat	3rd Grade
December 1	Consecration Plus 1st	K and 1st Grades
February 2	Hag HaSiddur (prayer book)	4th Grade
May 4	Gesher Ceremony (bridge to Hebrew)	2nd Grade

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Lifelong Learning at Temple Beth Shalom



Sunday Morning Adult Education with Rabbi Benjy



HOW DOES IT WORK?

Understanding various aspects of Jewish Tradition

11/5: How does a Shabbat Service work? (continued)

11/19: How does the Torah work?

12/3: How do Jewish garb and symbols work?

12/10: How does Chanukah work?

12/17: How does Torah chanting work?

LEARN TO READ PRAYER BOOK HEBREW!

2/4: Learn to read Hebrew

2/11: Learn to read Hebrew

2/25: Learn to read Hebrew

3/4: Learn to read Hebrew

3/11: Learn to read Hebrew

3/18: Learn to read Hebrew

ALL CLASSES WILL BE HELD FROM 9:15 AM - 10:15 AM
AT THE NEW ALBANY JCC



Giving Thanks this November

After the hectic High Holiday season, we've moved into a time of year when there are no Jewish holidays other than Shabbat. However, there's a big secular holiday on the horizon. Thanksgiving is a time for appreciating the blessings in our lives and sharing those blessings with others. We sincerely

hope that you and your families have a meaningful holiday. It's easy to get caught up in the process of making Thanksgiving happen and forget about the giving thanks part. When you're stuck in traffic on I-70 or sitting around the airport waiting for someone's delayed flight, you may not be so thankful. While you're busy organizing the dishes and planning the trips to the grocery store, you may forget the reason for the holiday. When you find yourself in one of those crazed holiday moments, pause and think of your blessings, just for a moment. At Temple Beth Shalom, we have many reasons to give thanks:

- First and foremost, we've benefitted from many years of dedicated spiritual leadership. When the time came for a transition, the process was so smooth that it was almost seamless. While there were changes in our High Holiday observance, they all seemed so natural that we just moved forward with the new staff.
- We are blessed with a congregation filled with wonderful families and individuals, people who sincerely care about their fellow congregants, their lives and concerns. Whether we're rejoicing in a blessing or mourning a loss, we do it together and sincerely. We're a diverse group, ranging in age from newborn to elderly, coming from a multitude of backgrounds and lifestyles. At Temple Beth Shalom, we not only welcome individuality, we embrace it.
- Within that congregation, we have amazing volunteers: our dedicated Board of Trustees, ushers at the High Holidays, the TBS Caring Circle, Men's Club, Women of Beth Shalom, our Social Action Committee and many others help make Temple Beth Shalom live up to the words "Joyful, Personal, Accessible".
- We have a building that we can call our own. Like any building, we've got to maintain it and its grounds with regular upkeep but it's ours. For the members who started worshipping in bank basement then in a space shared with a church, starting our second decade in our own building is definitely worthy of thanks.
- We have good neighbors. On Rosh Hashanah, All Saints Episcopal Church allows us to use their social hall for our Kiddush lunch and provided volunteers to help with traffic control. On the Sunday prior to Thanksgiving, November 19, All Saints will host our annual Service of Thanksgiving, the details can be found on the back cover of this Window and online in your weekly eWindow.

Enjoy your Thanksgiving and remember to pause and give thanks for your many blessings.

Sincerely,

Pam Scheer and David Neubauer,
Co-Presidents of Temple Beth Shalom

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16 Donations (as of October 24th)

ART FUND

- ◆ Jodie Meizlish & Keith Golden
-

CAPITAL CAMPAIGN

- ◆ Jonathan & Susannah Wolman
 - ◆ Bonnie & Jeremy Cram
 - ◆ Steve & Wendy Cohen
-

GENERAL FUND

- ◆ Pam & Ira Scheer, in memory of Frank Feicht, Mary Feicht, Dorothy Scheer, and Harold & Anita Einstein
 - ◆ Lawrence & Jean Eisenman, in memory of Robert Eisenman
 - ◆ Roberta Kauffman, in memory of Philip Tannenbaum
 - ◆ Paul Roth & Sherrie Kass-Roth, in memory of Alvin Roth & Yetta Roth
 - ◆ Mr. & Mrs. Gene Shuman
 - ◆ Phyllis Kessler
 - ◆ Thomas & Sarah Freundlich
 - ◆ Benson I. Roth
 - ◆ Larry Singer
 - ◆ Keith & Jessica Bullock, in memory of Lynn Rycus
-

MARYN SCHWEBEL BEEN CAMPERSHIP FUND

- ◆ Vicki Ploscowe
 - ◆ Evan & Kari Dubro & Family, In appreciation of our High Holy Day Honor
-

MUSIC DIRECTOR'S FUND

- ◆ Susie & Marvin Blank, on the occasion of providing a dear friend a pass for Rosh Hashanah
 - ◆ Milton & Arlene Setnar, in memory of Lena Tregor, Joseph Tregor, Gertrude Setnar & Louis Setnar
 - ◆ Barbara & Marty Schuster, in honor of Kathy McGee and all she does; we're blessed to have her!
 - ◆ Sandra & Bruce Wylie, in memory of Edith Elaine Wernick
 - ◆ Steven & Victoria Loewengart, in memory of Michael R. Loewengart
-

PRAYER BOOK FUND

The following donations were made in honor of Rabbi Benjy Bar-Lev's Installation:

- ◆ Pam & Ira Scheer
 - ◆ Mr. & Mrs. Richard Sanger
 - ◆ Sherri & Steve Regester
 - ◆ Jay & Kathy Worly
 - ◆ Mr. & Mrs. Alan Weiler
-

RABBI BAR-LEV'S DISCRETIONARY FUND

- ◆ Diane & Richard Bornstein, in appreciation for the naming of our grandson
 - ◆ Seth Becker & Janet Meltzer, in memory of David Hirsh's sister, Karen Hirsh Steitz
 - ◆ Dr. Howard M. Spector, in honor of Rabbi Benjy for a meaningful High Holy Day service
 - ◆ Barbara & Marty Schuster, in honor of Rabbi Benjy for the honor given to them on the evening of Kol Nidre
 - ◆ Caryn Bloomberg, thanks for allowing her the privilege to attend High Holiday services with her sister Laurel Zulliger
-

RABBI HERZOG'S DISCRETIONARY FUND

- ◆ Diane & Richard Bornstein, in appreciation for the naming of our grandson
 - ◆ Barbara & Marty Schuster, in honor of Rabbi Lenette for the honor given to them on the evening of Kol Nidre
 - ◆ Pam & Ira Scheer, in honor of Rabbi Lenette's installation
-

ROLF KAUFMAN FUND

- ◆ LaJune & Bernard Cohen, in memory of Marie Pabian
-

WILLIAM J. BELFORD RELIGIOUS SCHOOL FUND

- ◆ Eric & Lynn Emerman

HIGH HOLY DAY APPEAL 5778

- ◆ Marc & Judy Ankerman
- ◆ Rabbi Howard Apothaker & Marcie Golden
- ◆ Sharon Austin
- ◆ Don & Linda Barger
- ◆ Roger & Madalyn Benjamin
- ◆ Brady & Nicole Berg
- ◆ Jon & Yassamin Bleiweiss
- ◆ Leonard & Janice Brillson
- ◆ David Charlowe
- ◆ Susanne Cobey
- ◆ Jan & Cindy Cohen
- ◆ Alex & Sandi Dubin
- ◆ Philip Edelsberg & Marlene Levine
- ◆ Gregory & Pamela Feldman-Hill
- ◆ Sandra Flaherty
- ◆ Russ & Michele Flinkinger
- ◆ Roger & Marilyn Friedman
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- ◆ Marc Horowitz
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- ◆ Joel & Gerry Kent
- ◆ Andrew Klein
- ◆ Scott & Allison Kleinman
- ◆ Ben Payne & Bethany Klynn
- ◆ Tom & Marlene Lesko
- ◆ Martin & Randi Lewis
- ◆ Rick & Mary Loochtan
- ◆ Dave Mandelbaum
- ◆ Alan & Cheryl Meisterman
- ◆ Adelaide Mentser and Barry Mentser
- ◆ Fred & Sherrie Merchant
- ◆ Leah Miller
- ◆ David Neubauer & Jean Krum
- ◆ David Orensten & Sommer Sheely
- ◆ Alan Perlstein & Ronnie Perlstein
- ◆ Richard Prystowsky & Ellen Miles
- ◆ Steve & Karen Ricker
- ◆ Michael & Sandra Roads
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- ◆ Howard & Laura Rosenberg
- ◆ Michael & Susan Rothstein
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- ◆ Richard & Michelle Sanger
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- ◆ Steve & Dawn Schneir
- ◆ Bob Schwartz & Nancy Krasa
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- ◆ Boris & Ami Sherman
- ◆ Karen Sherman
- ◆ Mitch & Barbara Shifrin
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- ◆ Francine Wahrman
- ◆ Maddy Weisz
- ◆ Steve & Inbar Young
- ◆ John & Laurel Zulliger

Thank you for your generous contributions!

There is still time to donate to the High Holy Day Appeal.
Please help us reach our goal - we are 70% of the way there!

תודה רבה

I8 WBS & Men's Club

Women of Beth Shalom

We had a wonderful Sangria in the Sukkah event, thank you to all who came. Who doesn't love a white elephant party? Mark your calendars for our annual Chanukah Party on **December 10th at 6:30 pm**. If you haven't joined WBS yet please reach out to Lesley or Rachel for more information or come to an event and sign up there. We look forward to seeing more new faces soon.

Lesley Thompson-co president
Lesleyt72@gmail.com

Rachel Westrick-co president
Rheleenp@sbcglobal.net



Please join the Men's Club for their monthly dinner on **Thursday, November 9th—7:00 pm** at The Eagle (Short North). Please RSVP to tbsohiomensclub@gmail.com

This month's **Poker Night** will be held on **Sunday, November 12th at 7:00 pm** at TBS. All are welcome!

SAVE \$200 OFF MITZVAH DJ ENTERTAINMENT

Take advantage of **\$200 towards bar or bat mitzvah celebration DJ entertainment**, simply mention this offer when scheduling your event!

This coupon is valid on newly scheduled events only, must be mentioned at the time of scheduling and cannot be combined with any other offers or discounts. Must book event before December 31, 2017

MAZEL TOV!
We had a BLAST at your b'nai mitzvah celebration

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Emma and Nathan Strasser
Samantha Fox
Alyssa Mason

MattRyanDJ.com
Matt Ryan llllllll
Mobile DJ Entertainment

Save the Date!

Meditation and Healing Service



Saturday, December 9th at 10:00 am

the GroundsGuys®

My name is Lance Shnider. I am a proud resident of New Albany, and recently took on a new venture. I am now a partner in The Grounds Guys, a fantastic lawn care and outdoor space beatification company that serves this area. My involvement brings a new level of commitment to MY community, New Albany, as we work to service a greater population of customers in this area. I live in New Albany, my kids go to New Albany schools, and our friends and neighbors live in New Albany. I'm excited about the opportunity to help my neighbors and community continue to grow outdoor spaces and develop their landscape into their dream properties.

No one cares more about our community and neighbors than someone that has made their home here. Trust your home to us. From landscaping and yard maintenance, aeration, fall and spring color to holiday lighting and snow removal, we do it all.



CONTACT US TODAY FOR MORE INFORMATION.
Lance V. Shnider · Partner / The Grounds Guys · www.groundsguys.com/westerville · 1-614-620-1883

November 3rd

Edwin Pearlman
 David Barton Herman Rogovin
 Howard Byer Gitlia Shteingolts
 Raymond Cohen Hilda Waltman
 Ronald Cohen Mark Weisbaum
 Clara Davidson Shirley Weisenberg
 Burton Fogelman

November 17th

Newman Baum
 Elizabeth Harm Herbert Cantor
 Milton Herskowitz Arthur Cohen
 Eric Hirschfeld Rochelle Goldman
 Sara Kanter Jean Herrit
 Ira Klein Gail Hollander
 Janice Pearlstein Maria Johnson
 Milton Pinsky Yelizaveta
 Joseph Shapiro Kamenetskaya
 Julia Wasserstrom Barbara Krum
 Louis Wine Larry Levine
 Pauline Wurmbrand

November 10th

Isabelle Meyers
 Ronald Benjamin Diane Olsen
 Doris Bonfield Mary Janice Partridge
 Walter Bugenstein Rebecca Joselowitz
 Ella Ciranni Sheldon Rossio
 Sanna Deutchman Michael Segal
 Walter Deutsch Gussie Seiden
 David Dobres Stephen Solomon
 Edith Feibel Ben Zion Sosewitz
 Louis Garfield Helen Wright
 Sadie Gurevitz Mike Young
 Rubin Halperin
 Sanford Heyman
 Eva Moss

November 24th

Abraham Abramowitz
 Phyllis Bricker
 Sandra DuBro
 Marsha Froelich
 Faith Goldstein
 Gertrude Herskowitz
 Philip Joselowitz
 Fannie Kessler
 Mary Klein
 Roy Lazarus
 Thomas Leasure
 Jay Leibovitz
 Brenner Levinson
 Hyman Mandelbaum

Gertrude Oppenheimer
 Anne Reed
 Jonas Rosenthal
 Solomon Sacks
 Nathan Salon
 Gilbert Seiden
 Alvin Solove
 Jack Tamarkin
 Mollie Tannenbaum
 Elene Weiler

SCRIP Anyone?

Did you know that TBS members may purchase Scrip cards (similar to gift cards) through the Temple, and TBS earns an average of about 4% of each dollar spent? There are more than 400 participating merchants, including Giant Eagle, Meijer, CVS, Lowes, Home Depot, and Staples, as well as restaurants and even cruises. For more info and to download an order form, visit TBS website's Scrip page at www.tbsohio.org/scrip-fundraising.html. When you're ready to order, contact Bonnie Abramowitz at (614) 855-4882 or email her at babramowitz@tbsohio.org.



**TBS collected
\$2,500 in
FREE MONEY
last year!**



**Thank you to all
our Kroger shoppers!**

Did you know you can support Temple Beth Shalom just by shopping at Kroger? The Kroger Community Rewards program was designed to make fund-raising for TBS the easiest in town...and all you have to do is shop at Kroger and swipe your Plus Card! In fact, TBS averages \$2,000 per year from Kroger through this program.

To get started, sign up with your Plus Card at www.kroger.com/communityrewards, and select TBS as the organization you wish to support. (You can find us on the list under Temple Beth Shalom on Johnstown Road, or use the organization code 81105.) Once you're enrolled, you'll earn rewards for TBS every time you shop and use your Plus Card! Remember—all participants must re-enroll each year to continue earning rewards for their chosen organization.

20 Mitzvah Corps Central



Featured Organization: Bikur Cholim

DELIVER KOSHER MEALS TO CHILDREN'S HOSPITAL — SO IMPORTANT AND SUCH A MITZVAH!

Bikur Cholim translates to “visiting the sick,” but the newly formed Bikur Cholim Society of Columbus does much more than visit. The society provides kosher meals to observant families who come from around the world to Nationwide Children’s Hospital for treatment. We operate solely through donations and volunteers who pick up meals (already prepared) and deliver them to Children’s and/or Ronald McDonald House.

WANT TO FEEL INCREDIBLE?

Volunteer to deliver a meal(s) a day or two per month. Better yet, gather up some friends and commit to deliver meals the same day each week for a month! Do this mitzvah in honor/memory of someone you love. Signing up is easy—just follow this link to the sign-up Google doc for details.

<https://tinyurl.com/yd4ulho2>

QUESTIONS?

Contact TBS Member Deb Rycus at deb.rycus@gmail.com or 614.561.4346



B.R.E.A.D. Annual Assembly Monday, November 13th at 7:00 p.m.

B.R.E.A.D. (Building Responsibility, Equality And Dignity) is a local organization comprised of many religious groups striving for justice when dealing with problems facing our community.

TBS has been a member and supporter of this Justice Ministry/Rodef Tzedek Network for many years.

Meet us for pizza at 5:30 p.m. at Bexley Pizza Plus, 2651 E Main St and we can carpool to the Assembly together or meet us later at Christ the King Catholic Church, 2777 E. Livingston Ave. for the Assembly.

The B.R.E.A.D. Annual Assembly is where we will vote on the issue that B.R.E.A.D. will work on over the next year.

Members of the TBS Rodef Tzedek Network met on October 15 to discuss the issues facing our community that keep us up at night such as lack of access to healthcare, distracted drivers, gun violence, institutional racism and the lack of inclusionary housing and mixed-income communities in our city.

Although these issues are certainly challenging, B.R.E.A.D. has an impressive record of results on difficult issues such as a community initiative to reduce violence, winning a form of "acceptable" identification for Latinos in Franklin County, and helping individuals in the community who are suffering from a severe mental illness.

Please RSVP for the pizza dinner to Laurel Zulliger (614-323-6419) or Lzulliger@gmail.com



The Caring Circle Needs YOU!

Did you know the Temple Beth Shalom Caring Circle helps congregational members with everything from organizing rides for those who are unable to drive to doctors' and other appointments to meals for families with new babies. The Circle would love to have more volunteers! There is no obligation.

Interested members can add their name to the Circle's email list and volunteer if and when they are able to. Please send an email with your contact information to the tbscaringcircle@gmail.com.

Nation Shall Not Lift Up Sword Against Nation, Neither Shall They Learn War Anymore

By Steve Seeskin, TBS Library Committee Chairperson



From Isaiah: “And he shall judge between the nations and reprove many peoples, and they shall beat their swords into plowshares and their spears into pruning hooks; nation shall not lift the sword against nation, neither shall they learn war anymore.” It is the age-old desire for peace and it is no more desired than by the somewhat reluctant warrior. While we have not yet achieved Isaiah’s prophetic words; we must honor our warriors for their service and the sacrifices they made and continue to make on our

behalf by protecting us from harm and preserving our way of life. This year, Temple Beth Shalom celebrates our annual Veterans Shabbat during Erev Shabbat Services, on November 10. This is the congregational family’s opportunity to pay honor to the patriotic veterans among us and those of blessed memory having served in the United States Armed Forces, our wartime allied forces, and Israeli Defense Forces.

In the spirit of this and the coming patriotic celebration, Veterans Day on November 11, The Kosher Book Worm provides a sample list of our library collection on veterans, military and war related topics:

- * **90 Minutes at Entebbe** by William Stevenson.
- * **A Jewish Colonel in the Civil War: Marcus M. Spiegel of the Ohio Volunteers** by Marcus M. Spiegel.
- * **Diary of the Sinai Campaign** by Moshe Dayan.
- * **Honor: Uriah P. Levy Center and Jewish Chapel** by Sandow Media Corporation.
- * **Hope and Honor** by Sidney Shachnow.
- * **Israel & the Arabs: the October 1973 War** by Lester A. Sobel.
- * **Jews in American Wars** by J. George Fredman.
- * **My Father, His Daughter** by Yaël Dayan.
- * **Sinai Victory** by S. L. A. Marshall.
- * by Daniel M. Cohen.
- * **Swift Sword; the Historical Record of Israel's Victory, June, 1967** by S. L. A. Marshall.
- * **Swords and Plowshares: Jewish Views of War and Peace** by Edwin C. Goldberg.
- * **The GI's Rabbi: World War II Letters of David Max Eichhorn** by David Max Eichhorn.
- * **The Hall of Heroes: American Jewish Recipients of the Medal of Honor, Distinguished Service Cross, Navy Cross & Air Force Cross** by The National Museum of American Jewish Military History.
- * **The Jewish War** by Flavius Josephus.
- * **The Longest War: Israel in Lebanon** by Jacobo Timerman.
- * **The Rabin Memoirs** by Yitzhak Rabin.
- * **The Yom Kippur War** by Insight Team of the London Sunday Times.
- * **Unlikely Warrior: A Pacifist Rabbi's Journey from the Pulpit to Iwo Jima** by Lee Mandel.

Book Club Chavurot!

The library Committee Welcomes all TBS Book Clubs to join together and utilize available resources!

The Library Committee is available to bring guest speakers, provide space for book club meetings, and can provide outreach for book club membership!

Contact Steve Seeskin(steve.seeskin@gmail.com)

For a complete look at our library's catalog please

visit: <http://www.librarything.com/catalog/TempleBethShalom>

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Please visit your TBS Library and select one of these or another fine book for your next enjoyable read!

22 November B'nei Mitzvah



Bat Mitzvah, **Noa Luisa Kauffman**, is called to the Torah on November 4, 2017 at 10:00 am for her first Aliyah. Noa is the daughter of Dr. Matthew and Tera Kauffman of New Albany. She is the third of five children; sister to Shane, Avi, Van and Kai and a current honor student at New Albany Middle School. Noa participates in soccer, field hockey and self-defense. She's an avid reader, an artist and cellist. For her mitzvah project, Noa volunteered at an animal hospital. While there, she helped by taking care of sick, post surgical and infirmed animals. Noa is the granddaughter of Roberta Kauffman and the late Dr. Edward Kauffman of Estero, Florida; Thomas and Luisa Whalen of Maysville, Kentucky; and Richard Brightman of Dayton, Ohio. [Fa'amalo alofa a'i oi and Mazel Tov on your special day, NoNo! -Mom & Dad]



Benjamin J. Taylor will be called to the Torah as a Bar Mitzvah on Saturday, November 11, 2017 at 10AM. Benjamin, whose Hebrew name, is Avraham Alon, is the son of Josefina and David Taylor and brother to Rebecca. His maternal grandparents are Jose A. Benitez, who would be very proud of his grandson, and Ida E. Garrido. His paternal grandparents are Alice and the late Marvin I. Taylor.

Benjamin is a seventh grade student at The Wellington School. He plays the viola with the middle school's orchestra and is also a member of the school's CyberPatriot cybersecurity team. He is an avid reader who also enjoys mathematics and anything and everything involving technology and computers.

Benjamin is a very curious and active foodie who likes to seek out and try new foods and cuisines.

He is thankful to his family for their love and support always. Benjamin would also like to thank Rabbi Benjy Bar-Lev and Ben Rosen, for their guidance and great help in preparing him for this day as well as for their terrific names (Benjamin Power). Benjamin enjoyed helping organize the Temple's Library this past year and would like to thank Susan Bader for her guidance and help with this project.

(Continued from page 7)

So, how can we ever find joy again after a traumatic event? How can we find happiness in this new version of our lives? First, we have to acknowledge that it is ok to be happy, which in itself is a challenge. We suffer survivor's guilt and feel that we don't have the right to be happy. But everyone has that right. Once we have cracked the door open to allowing ourselves happiness, there are a few things we can do to help open it further. First, we can begin to take back parts of our prior life and reclaim them as part of our new life. We have a congregant here at TBS who gave up watching Ohio State Football games after his father died, because there were too many memories associated with it. Being married to a Michigan fan, my first reaction to this man was, great idea! But when I came to my senses, I encouraged him, a number of months later, to take back OSU football. Cheer for the Buckeyes in honor of your dad. He told me later that after some time, he and his kids started going back to games, and would share memories of their dad and grandfather during them.

Next, we can look for joy in helping other people. When we reach out to someone in need, when we call a friend who is hurting, when we take a meal to someone who is sick, when we open our arms to anyone else, we are reminded of our own worth, of our own value. When we can rejoice in helping someone in need, we will have started the healing process. These can be the small moments as well – as simple as a quick phone call or text.

Finally, the best way to find joy and happiness is to focus on gratitude. Last Yom Kippur I spoke about a Jewish scholar named Ben Zoma who asks, "who is rich?" He teaches us, Who is Rich? The One who is happy with what he has – one who is sameach b'chelko – happy with his portion of this world. The rich person isn't rich because of the amount of stuff he has, the rich person is the one who can find happiness even if the cards are stacked against him, even if life didn't turn out the way he planned, even if he has faced unimaginable tragedy. As you may remember, Ben Zoma later taught that we are supposed to say 100 blessings a day to awaken our hearts to the world around us. We are supposed to be thankful 100 times each day. Think about that for a moment – if we opened our hearts and our minds to gratitude and were thankful 100 times each day, how different would our lives be? I know this is a high ideal. For those of us in pain for one reason or another, those blessings may not be easy to identify. So let's try three. Perhaps this can be one of your New Year's resolutions for 5778. Before you go to sleep each night, consider taking a moment to write down three moments of joy from the day. Keep them in a notebook or on your phone, somewhere. Sheryl Sandberg reminds us to do this. She says, "Doing this makes me notice and appreciate these flashes of joy; when something positive happens, 'I think, this will make the notebook.' It's a habit that brightens the whole day."

None of us know how much time we have left on this earth. We make plans, we envision our lives in a certain way, then some cataclysmic event happens, and we are left behind to pick up the pieces. What will our reaction be? May we find strength in one another, in whichever direction life leads us. May we strive for gratitude, identifying the boundless blessings and miracles that surround us every day. And may we, at the beginning of this new year, look into our souls, put our arms around one another, and embrace the path ahead.



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Have a question or concern?

There are many ways to get in touch with TBS!



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 Rabbi Lenette J. Herzog rabbilh@tbsohio.org - ext. 17
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Thanksgiving on Johnstown Road

Sunday, November 19th
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Interfaith Thanksgiving Service

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