



Rabbi's Message - Marc Ekstrand

Friends,

The nights are getting longer. The air is chilling, and the leaves are falling. Likely soon, we will be indoors much more of the time.

The pandemic is still upon us with

no end in sight. This is the quiet time on the Jewish calendar. We are in that long period between the end of the fall festivals and Chanukah. But there is still much to celebrate, and I'd like to take the time to tell you three things I'm thinking about.

First, I want to take a few lines to tell you about a great accomplishment. Just recently, Rabbi Polly Berg was elevated to a full-time chaplain at the VA Medical Center in West Haven. Many of you know Rabbi Berg has been working at the VA part-time for the past few years. It is rare for a civilian Jewish chaplain to be elevated. She is now only one of two full-time Jewish women chaplains in the entire VA system. In her work, she is responsible for all veterans' spiritual care, not just Jewish veterans. Her elevation demonstrates that she is a vital presence for our veterans and has earned her colleagues' respect at the VA and the Jewish Welfare Board. When we think of rabbis, many of us automatically think of congregations or scholarship. We must think more broadly. Rabbi Berg clearly demonstrates that we should be equally thinking of our chaplains. I am so proud of Polly.

Second, November First Friday is almost here. We are re-starting our First Friday programs. Obviously, we won't have Shabbat dinner together, but we have beautiful programs planned. This year, First Fridays will begin at 6:45 pm with Tot-Shabbat. This will be a story and song program directed primarily for families with children from birth to 2nd grade. This will be followed by a Family Kabbalat Shabbat service beginning around 7:00 pm, using the siddur, Mishkan T'fillah for Youth. We have been using this siddur in the religious school for the past two years. Our Religious School directors, Armi Rowe and Jennifer Zettler will distribute our siddurim to families for their home use until we can be together in the synagogue again. Our regular Erev Shabbat service will follow at the usual time of 7:30 pm. One Zoom

link will get you into all three services, or join on YouTube Live. **I urge families to participate. Our children learn our traditions and values best by living them with us.** Our November First Friday will be even more special. For this first Tot-Shabbat, we will celebrate the consecration of our youngest new learners, Morgan Hicks and Gwenyth Arruda. Come celebrate with us.

Third, I want to let you know that we will have a unique service the Friday after Thanksgiving, November 27. Before the pandemic, we commissioned Rabbi Or Zohar to compose music for the *Hoda'ah*, prayer of the Amidah. This is the thanksgiving prayer. It begins with the words, *modim anachnu lach*, we give thanks to You. Thankfulness is central to Judaism. The Psalmist says, "It is good to give thanks to Adonai, to sing hymns to Your name, O Most High" (Psalm 92). "Enter God's gates with thanksgiving, God's courts with praise" (Psalm 100). The first prayer each day begins, "*modeh ani lifanecha*, I give thanks to You," for our very existence, breath, and heartbeat are a gift from the Source of Life. Moses enjoins the Israelites to give thanks after they have eaten their fill, built fine houses, and gathered their wealth. He warns them to not be haughty by saying, "my own power and my own hand made this wealth for me." Moses reminds them of the Covenant with their ancestors and that it is God who gave them the power to do all things by bringing them out of Egypt. Rabbi Jonathan Sacks has noted in his weekly Torah study that several modern scientific studies have shown that a sense of gratitude improves psychological health and increases longevity (see R' Sacks on Ekev, 5775). For all these reasons and more, I believe it is vital for us to elevate thankfulness in our worship. On November 27, Sherry and I will debut this song for you. Some of the criteria we gave to Or was that it should be singable, repetitive, and have a niggun aspect that invites everyone to participate. The night after our national Thanksgiving feast, we will teach you our new Jewish way to give thanks each Shabbat. Join us – for even in these dark times, we have much to be thankful for.

L'shalom,

Rabbi Marc



President's Message



The days are getting shorter, and the spiritual, holiday-packed month of Tishrei is behind us. While we all wish we could have been together in our beautiful sanctuary, I think we can all agree that Rabbi Marc and Cantorial Soloist Sherry Barnes did a phenomenal job in making our

Rosh Hashanah and Yom Kippur services just as meaningful as ever. Special thanks also goes out to organist Leslie Merwin, who accompanied Sherry so beautifully; Jose Cordero for his shofar skills and the fanfare that he composed especially for Temple Emanu-El; Carly Fleming for her beautiful cello rendition of Kol Nidre; Lisa Gilbert, Adam Kaufman, and Amanda Rowe for their behind the scenes technical support; and to all who chanted Torah, did readings, or otherwise contributed to our High Holy Days services. In addition, Rabbi Marc and Sherry partnered with the clergy of the other four "liberal" congregations of southeastern Connecticut to create a creative Simchat Torah/Shemini Atzeret program and services that were well-attended and enthusiastically received.

In other news, the COVID-19 Task Force met in early October and made the difficult, but sound, decision to continue the suspension of all in-person Temple Emanu-El activities until at least spring 2021. While this is not what any of us want to hear, it is the only responsible decision, given our increasing COVID-19 numbers in New London County (which is the state "hot spot" as of this writing). Community spread is occurring here in New London County and nationwide, and

contact tracing has shown that most of the spread is due to small gatherings of family and friends, in settings where people tend to feel "safe". Most scientists are anticipating a very difficult winter, with COVID-19 numbers likely to further increase as cold weather makes outdoor activities prohibitive, and gatherings for Thanksgiving, Chanukah, and Christmas are likely to further compound the issue.

However, Temple Emanu-El has a full slate of activities, including services, classes, and social opportunities available virtually. If you have an idea for a program or activity that you would like to see happen, please contact me, or our clergy and share your ideas! In addition, board members will be calling congregants over the upcoming weeks to check in, and to determine whether there are any barriers to full participation in Temple Emanu-El life. If you are struggling to engage due to lack of Zoom proficiency, trouble obtaining a device with which to connect, or any other reason, please let us know so that we can assist.

Finally, I know I said this last month, but it bears repeating. When you read this, it will likely be on or near Election Day. Please make sure that your voice and your values are counted by voting on November 3 (if you haven't already dropped your absentee ballot into a ballot box, as I did). The future of our nation depends on a fair election process, which reflects the free expression of the will of the people. So get out there!

Jo-el Fernandez

Notes from Sherry Barnes



A very big thank you to all of our High Holy Day Torah and Haftarah readers, our Organist Leslie Merwin, Jose Cordero for making beautiful videos of blowing the shofar, Carly Fleming for her soul touching cello playing of Kol Nidrei, all those who participated, or helped behind the scenes to make the

Holy Days meaningful. Thank you to Rabbi Marc for all his efforts, both spiritual and technical, that made it possible to create these special services and bring them into our congregants homes. This year certainly presented us with challenges that made us think differently and way outside of the box. Thank you for your help and support.

<https://www.youtube.com/watch?v=RtiWHVEXWAs>

Noah Aronson: Make Room for Love

There are many wonderful artists out there in the Jewish Music World. Noah Aronson is on my list of favorites. His newest song, "Make Room for Love", struck a chord. (Yes, that was an attempt at a pun.) Can you image what a wonderful world this would be if people made room for love? In these crazy times, we need to make room for the love we share with others, and for the love that we need to give ourselves. Noah's song reminded me that we also need to take care of ourselves. Give yourself some love! We are all going through an emotionally draining time and we need to keep ourselves positive. That means staying healthy, physically and mentally. Take your vitamins, go for a walk, watch

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Notes from Sherry Barnes - Continued from page 2

comedies, call a friend, call someone you haven't talked to in while, and make room for love. Give yourself a hug and know that you are the best. Steer clear of negativity. We need to move through this pandemic knowing that this isn't forever. So stay positive, stay safe, tell people you appreciate them, hang in there, give yourself some loving care, and use the link above to listen to Noah's song. Oh, don't forget to put on your favorite music and dance around the house!

You can also check out www.tewaterford.org and see what Emanu-El has to offer to keep your mind busy! Join my beginning Hebrew Class and learn how to follow prayers in Hebrew. Maybe become an Adult Bar or Bat Mitzvah!

On that note, please join us for our **Dec. 5, 2020, Shabbat morning service, 10:00 A.M., when Erik Brengman, Marianne DeBruyn, Irene Brickman Smith, Tom Smith, and Claire Warren, become B'nei Mitzvah!** They have worked so hard for this special day. On their shared journey, they have become very good friends and learned so much. I'm very proud of them! Put the date on your calendar and come on Zoom to support these amazing people.

Chin up / Virtual hugs,

Sherry

Café Israel returns Nov. 1 at 3 PM with May and Bar Another Israel Desk program and part of JFEC's 100 Days



As The Israel Desk continues to find meaningful ways to bring Israel to you, we have a wonderful treat for you coming up on Sunday afternoon, Nov. 1. at 3 pm.

Our past Emissaries, **May Abudraham and Bar Halgoa**, will come to our community, virtually, via Zoom to reconnect with you and kick off this year with a program they started during their year with us.

The link for pre-registration is: https://us02web.zoom.us/j/7502222222?pwd=ZzcucOqrrDopEtd_FfAuNNmt5E_n8B3TjI8g

The link will be available on the Federation's Community Calendar as well www.JFEC.com. Click on the Community Calendar tab and go to Nov. 1.

When you click that link, you will get a screen where you fill in your name and email address. Once you do that, you will receive an email from Carin Savel in which there will be a link that says, "Click here to join." Save that email (or pin it if you know how to) so you can click on it at the scheduled time. The meeting I.D. is 833 7332 1383.

Please do not hesitate to reach out to Marcia Reinhard or Mimi Perl with any questions. You can reach them at the federation at 860-442-8062 or at their email addresses at

mreinhard@jfec.com and mimi@jfec.com. Looking forward to seeing you on November 1 at 3pm!

To give you a little history about Café Israel, by the time May and Bar arrived in 2013-14, the Young Emissary program had successfully been in our community for 12 years prior. However, when they would host Hebrew Café at Borders Books and Music Café, attendance was pretty low. After a few months, they asked me if they could do something different that would engage more than just a few people, but could, in fact, engage the whole community.

They came up with Café Dilemma: Dinner & Discussion. Bar liked "Café Dilemma" and May liked "Dinner & Discussion," so I simply put them together; always the diplomat, never choosing one over the other. You may recall being invited to your synagogue for this. May and Bar prepared an Israeli meal of Shakshuka and Israeli Salad. Attendees all sat around a table in the social hall and enjoyed dinner and discussion, first at Temple Emanu-El, then Beth-El and finally at Temple B'nai Israel in Willimantic. The topics all centered around Israel, obviously.

May and Bar are excited to see as many of you as possible who can be on the call with them to catch up and talk about all things Israel. They will bring a topic or two worthy of discussion. All you need to bring is your curiosity and lots of questions. Feel free to bring a drink and a nosh as well. We are looking forward to having our first Café Israel of the year. (You may recall Roi Refaeli led two of these last spring, on Zoom, when he and Tal returned home to Israel.) Who better to kick off Café Israel this year, under the auspices of The Israel Desk, than the two who brought it to our community in the first place?

It has been a very busy first two months of religious school as our families celebrated the High Holidays, Sukkot and Simchat Torah. This month, our youngest students will be learning about Todah, giving thanks and reinforcing their knowledge about observing Shabbat. Our older students will be focusing on the Jewish value of B'Tzelem Elohim -- honoring the image of G-d in ourselves: by focusing on celebrating the differences among each other (Gimmel), taking care of ourselves and others (Dalet), understanding diversity and differences (Hay), being aware of disability and pursuing inclusion (Vav), and how to act as G-d's partners on Earth (Zayin).



Parents already received their children's Shalom Learning portal logins. Please help or make sure your children are aware of their portal login so they may access any independent or make-up work that their teachers assign during the week. As you know, due to the pandemic, we have compressed lessons so as not to overwhelm our students with too much zoom time. Independent work is a good way to reinforce learning, especially if they have missed some classes.

We enjoyed spending time together at our Family Sukkot Activity on Friday, October 2, as teachers and students met on zoom to create each of our mini sukkah. We chatted and watched as each person's creation took form. Afterward, each person submitted a photo of their finished mini sukkah which we posted on the virtual sukkah on the religious school page on the Temple website. On Friday, October 16, we gathered at our first Fun Family Friday to share and chat about our pets or favorite animal. We talked about the mitzvah and responsibility of taking care of our pets and how it tied to Jewish values.

Every month, usually on the third Friday evening, we will host a fun family night so the kids have a reason to socialize with their religious school friends. It will be an

evening to play games and activities that will help the kids/families get to know each other better. **Save the date for our next Thanksgiving-themed family zoom social on November 20. More details to follow.**

Please join us on **Friday, November 6 at 6:45-7:30 P.M. for our First Friday Tot Shabbat & Tefillah Time with Rabbi Marc and Hazzan Sherry.** During the first 20 minutes, we will hold a special consecration ceremony for kindergarteners Gwentyth Arruda, Morgan Hicks and their families. It will be the first time in a while that our families with school age children will be able to tune in earlier for a Shabbat Service.

Every month, on the first Friday evening at 6:45 P.M., kids 6th grade and younger are encouraged to attend. The first 20 minutes will be a Tot Shabbat story time and activity (Kitah Gan, Alef and Bet) followed by the next 25 minutes of Tefillah Time for older grades (Kitah Gimmel through Vav), for an abridged service where Rabbi and Sherry discuss different aspects of the Shabbat service each month, like the prayer practice the kids normally did in assembly at religious school. Families of 6th and 7th graders are encouraged to stay on the zoom for the regular Shabbat service which begins at 7:30 P.M..

Later this month, on **Sunday, November 22**, parents and children will be invited to view a virtual Chanukah fair video featuring items which the Temple Emanu-El Sisterhood would typically have on display in the social hall. This is a heads up that students will be shown the brief video (they will make a wish list). Parents will also be able to view the video after class. Orders may be made online through the Virtual Temple gift shop through their page on the Temple website at www.tewaterford.org.

L'hitraot,

Armi and Jennifer



Sisterhood -- Merrill Mazzella & Gail Weber, Co-Presidents

Dear Sisterhood friends,

The High Holidays are behind us, and we're busy planning more virtual events for the Sisterhood. Please join us for the programs below, and if you have any suggestions for additional programs, please email Merrill at mazzellaa@sbcglobal.net.

If you haven't joined the Sisterhood yet, it's not too late!

Please contact us to request a membership form. Dues are just \$36 per year which helps us to continue our work in supporting temple life.

See you soon,

Merrill & Gail

Movie Night - Reinvented!

On **Tuesday, Nov. 10, from 7:00-9:00 p.m.** via Zoom, we'll be viewing **"The Keeper."** This movie was released in 2018 (in both English & German) and was directed by Marcus H. Rosenmuller. It's the true story of Manchester City goalkeeping legend Bert Trautmann, who rose from being a German POW to being a hero for British football fans. It's also a love story between a young English woman and a German POW who together overcome prejudice, public hostility and personal tragedy.

***Thursday evening, Nov. 12, from 7-8:00 p.m.,** all are invited to participate in a discussion of the movie. Zoom links will be emailed.

Next Book Club - Monday, Dec. 7 at 7:00 p.m. - *The Best Place on Earth*, a collection of short stories by Ayelet Tsabari. "These eleven spellbinding stories often focus on Israel's Mizrahi Jews, featuring mothers and children, soldiers and bohemians, lovers and best friends, all searching for their place in the world. Absorbing, tender, and sharply observed, *The Best Place on Earth* infuses moments of sorrow with small moments of grace: a boy composes poetry in a bomb shelter; an old photo helps a girl make sense of her mother's rootless past. Tsabari's voice is gentle yet wise, illuminating the burdens of history, the strength of the heart, and our universal desire to belong." This book is available from Amazon (and Kindle).

Gift Shop is now On Line! - There is a beautifully designed button on the front of the temple website which links to the gift shop website. If you see something you'd like to purchase, just email Susan Hausmann, [A group of about six people, mostly women, are walking along a paved boardwalk that runs alongside a body of water. They are wearing face masks and casual attire. In the foreground, a woman in a white tank top and black pants is walking towards the camera. To her right, a man in a red jacket is walking. Further down the boardwalk, several other people are visible, some standing and some walking. A sign is posted on the boardwalk, and the background shows a clear blue sky and trees.](mailto:Judai-</p></div><div data-bbox=)

cashop@tewaterford.org to let her know which items you want to buy and she will meet with you to complete the transaction. Chanukah begins on December 10!

Safe Futures - Thank you to all who participated in, and donated to, the Safe Futures Annual 4K Safe Walk which this year was done virtually by participants. A small group of Sisterhood friends got together to walk the Niantic Boardwalk and

even more walked on other days in different places. All totaled, on our Sisterhood sign up page, we raised \$366 for Safe Futures! Here are some photos of our walkers...

Temple Emanu-El Gift Shop

As we turn the calendars to November, one notices that the annual Hanukkah Fair was penciled in for November 22. Unfortunately, like everything else this year, the fair will not take place on that day. The good news is there will be more shopping opportunities with our new virtual website. There is a beautifully designed button on the front page of the Temple website which links directly to the gift shop website.

All you have to do is email me at Judaicashop@tewaterford.org and let me know the item number and item and we will arrange a curbside pickup time at the temple. Appointments can be scheduled for **Sunday mornings starting November 8 through December 6**. If you can't make it then, other arrangements are possible. Please remember that the gift shop only takes checks or cash.

Storage space has always been limited, therefore the majority of the Hanukkah merchandise has always been stored offsite and displayed on the shelves during the Hanukkah season. Please do not contact the temple office since the bulk of the merchandise is not in the gift shop.

As always, I can be reached at Judaicashop@tewaterford.org. I look forward to seeing everyone for a quick hello.

Wishing everyone good health,

Susan Hausmann



We are eternally thankful for the support of those below. . .

Cantor's Fund

Kenn and Kim Fischburg
- thank you to Cantorial Soloist Sherry Barnes for Rosh Hashanah and Yom Kippur services

Endowment Fund

Lois and Steve Panikoff
- in loving memory of Adele Panikoff on her yahrzeit
- in loving memory of Samuel Goodman on his yahrzeit

Essential Services Fund

Elon Rosenberg
Richard and Barbara Sinclair
Bruce Goldstein
- in honor of Rabbi Marc Ekstrand
- a great big thank you for the holiday gift bag; a pleasant surprise when we got home
- in honor of Rabbi Marc and Cantorial Soloist Sherry for outstanding work during these times
Caren and Bob Linden & family
- in loving memory of Betty Jean Linden on her yahrzeit
- in loving memory of Harry Linden on his yahrzeit
Frederic West
- in honor of the birth of my granddaughter, Michaela Rose Murphy
Henry Dunkerley
- in loving memory of Samuel Werner on his yahrzeit
Judy and Stephen Mann
- thank you to Rabbi Marc and Cantorial Soloist Sherry Barnes for wonderful Rosh Hashanah and Yom Kippur services
- in memory of Libby Isaac
Merrill Mazzella
- in loving memory of Donald Martin Kelmar on his yahrzeit
Michelle Blinderman Davis
- in loving memory of Maurice Blinderman on his yahrzeit

Rabbi Marc Ekstrand
-- in appreciation of Susan Formara, Merrill Mazzella, Hannah Winograd, and Bruce Goldstein for helping to make the donation button work on the Temple website
Valery and Emilia Osovsky
-- in memory of Libby Isaac

Goldsmith-Kallan Fund

Jane and Marvin Schnur
-- in loving memory of Rosella Rappoport on her yahrzeit

Mitzvah Fund

Hali and Gerry Keeler
-- in loving memory of J. Julius Schnable on his yahrzeit
Helen and Leonard Goldstein
-- in loving memory of Jon Scheiber on his yahrzeit
Rabbi Aaron Rosenberg Tikkun Olam Scholarship Fund
Caren and Bob Linden & family
-- in memory of Libby Isaac
Jay and Patricia Hans
-- in memory of Libby Isaac
Kenn and Kim Fischburg
-- in memory of Libby Isaac

Rabbi's Discretionary Fund

Edward Perry
-- in loving memory of Matthew Perry on his yahrzeit
Esther Spigel
-- in loving memory of Sarah Resnick on her yahrzeit
Judith Glickstein
-- in honor of Rabbi Marc for the wonderful holiday services; in appreciation for all you do.
Kenn and Kim Fischburg
-- thank you to Rabbi Marc for Rosh Hashanah and Yom Kippur services
Shirley Goldblatt
-- in loving memory of Ann Goldblatt Krysta on her yahrzeit



Please make checks payable to Temple Emanu-El and remit to PO Box 288, Waterford, CT 06385

Events & Service Schedule

Zoom Links can be found on the Temple Website Calendar for events and services.

www.tewaterford.org

Nov. 2	Mon. Mussar Class	12:00 P.M.
Nov. 3	Tues. Rabbi's Coffee House	9:00 A.M.
Nov. 3	Tues. Kabbalah in Times of Change	12:00 P.M.
Nov. 4	Wed. Adult Hebrew Translation Class	11:00 A.M.
Nov. 5	Thur. Beginning Hebrew Class	12:00 P.M.
Nov. 6	Fri. Family Tot Shabbat	6:45 P.M.
Nov. 6	Fri. Family Tefillah Time	7:05 P.M.
Nov. 6	Fri. Shabbat Service	7:30 P.M.
Nov. 8	Sun. Schedule a curb side pick-up from judaicashop@tewaterford.org	
Nov. 9	Mon. Mussar Class	12:00 P.M.
Nov. 10	Tues. Rabbi's Coffee House	9:00 A.M.
Nov. 10	Tues. Kabbalah in Times of Change	12:00 P.M.
Nov. 10	Tues. Sisterhood Movie Night via Zoom, "The Keeper"	7:00 P.M.
Nov. 11	Wed. Adult Hebrew Translation Class	11:00 A.M.
Nov. 11	Wed. Temple Emanu-El Board of Trustees Meeting	7:30 P.M.
Nov. 12	Thur. Beginning Hebrew Class	12:00 P.M.
Nov. 12	Thur. Sisterhood Movie Discussion	7:00 P.M.
Nov. 13	Fri. Kabbalat Shabbat Service	7:30 P.M.
Nov. 14	Sat. Meditation, Prayer and Bible Study	10:00 A.M.
Nov. 15	Sun. Schedule a curb side pick-up from judaicashop@tewaterford.org	
Nov.16	Mon. Mussar Class	12:00 P.M.
Nov. 17	Tues. Rabbi's Coffee House	9:00 A.M.
Nov. 17	Tues. Kabbalah in Times of Change	12:00 P.M.
Nov. 18	Wed. Adult Hebrew Translation Class	11:00 A.M.
Nov. 19	Thur. Beginning Hebrew Class	12:00 P.M.
Nov. 19	Thur. Help Out at the New London Meal Center contact Hali Keeler halirkeeler@gmail.com	
Nov. 20	Fri. Religious School Family Zoom Social	TBA
Nov. 20	Fri. Kabbalat Shabbat	7:30 P.M.
Nov. 22	Sun. Schedule a curb side pick-up from judaicashop@tewaterford.org	
Nov. 23	Mon. Mussar Class	12:00 P.M.
Nov. 24	Tues. Rabbi's Coffee House	9:00 A.M.
Nov. 24	Tues. Kabbalah in Times of Change	12:00 P.M.
Nov. 25	Wed. Adult Hebrew Translation Class	11:00 A.M.
Nov. 27	Fri. Kabbalat Shabbat Service	7:30 P.M.

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Events & Service Schedule - continued from page 7

Nov. 29	Sun.	Schedule a curb side pick-up from judaicashop@tewaterford.org	
Nov. 30	Mon.	Mussar Class	12:00 P.M.
Dec. 1	Tues.	Rabbi's Coffee House	9:00 A.M.
Dec. 2	Tues.	Kabbalah in Times of Change	12:00 P.M.
Dec. 3	Wed.	Adult Hebrew Translation Class	11:00 A.M.
Dec. 4	Thur.	Beginning Hebrew Class	12:00 P.M.
Dec. 4	Fri.	First Friday Tot Shabbat & Tefillah Time	6:45 P.M.
Dec. 4	Fri.	Kabbalat Shabbat Service	7:30 P.M.
Dec. 5	Sat.	Shabbat Morning Service/Adult B'nei Mitzvah	10:00 A.M.
Dec. 6	Sun.	Schedule a curb side pick-up from judaicashop@tewaterford.org	
Dec. 7	Mon.	Mussar Class	12:00 P.M.
Dec. 8	Mon.	Sisterhood Book Club; <i>The Best Place on Earth</i>	7:00 P.M.

Fundraising Committee Needs Your Help

Your volunteer help is needed. Looking for something to do during the winter while you're stuck inside due to COVID 19, contact Deborah_Linder@comcast.net to help on a fundraising committee.

Plan a TE 60 Anniversary Purim Fundraiser. As with other events held in the past, it needs to be reinvented. If you can share your ideas and help implement them, Deb would like to hear from you.

Recipe of the Month

Check out something new on the Temple Emanu-

El website – the **Recipe of the Month!**

Go to tewaterford.org for a delicious, seasonal recipe at the beginning of each month. Enjoy!

YUM!

Condolences to . . .



Carl and Susan Rosen

on the passing of Carl's mother,
Dorothy Rosen

Patricia Hendel & Family

on the passing of Patricia's husband,
Seymour Hendel

In the Beit Midrash (House of Study) – 5781

Rabbi's Coffee House: Tuesdays at 8:30AM – 9:30AM
Each week beginning October 13. Stop into Rabbi Marc's virtual coffee house and talk about whatever is on your mind. You'll have to make your own coffee.

Kabbalah in Times of Change: G(r)o(w)ing with the flow – with Rabbi Or Zohar

Tuesdays at 12PM – 1:15PM – Begins October 13.
Meditation, reading and discussion of the Book of Zohar. This class will be 12 sessions. Rabbi Or presents Kabbalah in an engaging for both beginning and more advanced students. There is semester fee of \$216. To register contact Rabbi Or at rabbiorzohar@gmail.com.

Mussar: Mondays, 12PM to 1PM

Each week beginning October 19, 2020 through the 2nd week in June. This discussion session will be based upon The Mussar Torah Commentary edited by Rabbi Barry Block and selections from the classic Mussar text Messilat Yesharim. Study and conversation led by Rabbi Marc.

Adult Hebrew Translation Class with Sherry Barnes

Wednesdays at 11AM beginning October 21
This class has been meeting for a while and is up to chapter 12 in their book, Prayer Book Hebrew The Easy Way by EKS Publishing. Our goal is to be able to translate prayers and maybe even some Torah.

Meditation with April D'Amato

Wednesdays at 12PM to 12:30PM – beginning October 21.

Meditation feeds the soul by aligning mind, body, and soul. Meditation leads the individual to a higher state of awareness, deeper sense of well-being and peacefulness. This class will incorporate several techniques including sound, breath work, energy balancing and guided imagery. Join with April as she guides and teaches meditation for beginners and the experienced.

Adult Beginning Hebrew Class with Sherry Barnes

Thursdays 12:00PM to 1:00PM beginning November 5
This class is open to anyone wanting to learn how to read Hebrew. We will start with the Hebrew Aleph-Bet and vowels. Our goal is to be able to read prayers in our siddur, prayer book. If you already know Hebrew, but are a bit rusty, you are also welcomed to join the class. Bring your lunch and come learn Hebrew!

Meditation, Prayer and Bible Study:

Saturday Mornings at 10AM on the 2nd Saturday, November thru June

A 15 to 20-minute prayer and meditation session based upon liturgy and verse followed by a 40 to 45 minute conversation based upon the Torah and Haftarah reading of the week. When a bar or bat mitzvah coincides with the 2nd Saturday, expect a traditional Reform liturgy open to the entire Emanu-El community. Meditation and study co-led by Rabbi Marc and Sherry Barnes.

Rabbi's Appointments

Something on your mind that you need help thinking through or just need to talk about? Concerned about something going on at the Temple or in the community? Or you'd just like to get to know one another. Rabbi Marc is available nearly every day, except Wednesdays for one-on-one, couples, or family meetings. Contact Rabbi Marc directly or schedule an appointment through Roberta in the Temple office.

Questions can be directed to Rabbi Marc at marcekstrand@gmail.com or Sherry Barnes at shirie3860@aol.com.

Zoom links will be posted on our Temple Emanu-El calendar which you can find on our website www.tewaterford.org.

Social Action

From this perspective it is a shame that community wide social action, in this time of the coronavirus that does not seem to be going away, is so difficult to organize and deliver. Just leaving your home is risky business, and the needs of family and close friends are vastly multiplied. That being said, some of the Temple's social action projects have continued throughout the pandemic.

Our involvement with the Soup Kitchen in New London has hardly missed a beat and, under the leadership of Hali Keeler, we are still preparing and providing dinner to those who need on the third Tuesday of each month.

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Our mask making project, which made and delivered over a thousand masks, is on temporary hold but Temple members still remain connected to a mask making project in Eastern Connecticut. It is noteworthy that the Temple's mask making filled a huge void when masks were generally unavailable in this area. We expect to resume the project if and when area agencies indicate that they again have a need.

Our Sunday builds for Habitat went on hold when Habitat needed to stop their Building. But now Habitat is returning to its build sites--there are four ongoing in the area--(Norwich, East Lyme, New London and Willimantic) and it is hoped that by December we will be able to resume Sunday Builds.

Groups that we have historically been involved in such as Start Fresh (helping immigrant families) are returning to their activities, and work with our own congregants who have needs must become active and more vigilant. We do need to meet soon-- hopefully in person-- so that we can get a handle on organizing and determining needs that we can work on. Hopefully, that will happen in November, but most important the desire to relegate the coronavirus to a harmless location "20,000 Leagues Under the Sea."

Marty Zeldis

TEMPLE EMANU-EL RAFFLE

DRAWING

**December 13, 2020
6:00 pm**

WHERE

**Temple Emanu-El
Via Zoom Link**

Announcements will provide Drawing Event Zoom link later

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Armi Rowe or
John Murphy
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atlanticbb.net](mailto:jem1219@atlanticbb.net)
or 860-608-0774)

November Birthdays

Celena R. Appleby
 Jessica Arenson
 Michael Betten
 Marcie Blaise
 Irene Brickman Smith
 Andrea Carlow
 Gregory Carlow
 Marianne DeBruyn
 Bruce Engelman
 Dan Feldman
 Marilyn Fishbone
 Ryan Fornara

Andrea Goldstein
 Tammy Kaye
 Suzy Lamson
 Jean Lasser
 Pearl Lasser
 Evelyn Luner
 Judy Mann
 Richard McCaffrey
 Naomi Mendelovicz
 Harvey Orenstein
 Zoe Parad
 Sheryl Reagan

Susan Rosen
 Harvey Schiller
 Gail Schor
 Elwin Garth Schwartz
 Claudia Shapiro
 Russell Sheikowitz
 Daniel Noah Sheikowitz
 Eva Siegel
 Daria Jean Snoke
 David Snyderman
 Dr. Danielle Amy
 Snyderman Miller

Henry Trehub
 Dara Beth Weber



November Anniversaries

*I found the one
 my heart loves...*
 Song of Songs 3:4

Jon and Nicole Arruda
 Kenneth and Kimberly
 Fischburg
 Sam Winograd and Rob-
 erta Reisner-Winograd
 Jonathan and Armi Rowe
 Harvey and Ellen Schiller
 Todd and Nancy Siegel
 Barry and Stephanie
 Thorp

November 6
 Meyer Abraham
 Barbara Basch
 Eze Bashi
 Bessie Bauman
 Fanny Gordon
 Mike Greenberg
 Jeanette Reinhard
 Dora Schaferman
 Mira Shotten
 Flora Surnamer
 Louis Vinick
 Esther Webman
 Shirley Yavener

November 13
 Helen Angert
 Gerald Charles
 Dr. Morris Eisenstein
 Lawrence Gottfried
 Caroline Hillsberg
 Sylvia Irwin
 Leon Kropp
 Judith Levin
 Helen Michalove
 Phyllis Morea
 Leo Rosenberg
 Ida Rosenshein

November Yahrzeits

Ethel Rosenstein
 Helen Schreiber-Gilman

 Laura Seder
 Marion Trehub
 Gail Webman

November 20
 Avraham Duvid ben Moshe
 Beatrice Caplowe
 Charles Cramer
 Stanley Friedman
 Bernard Glasgow
 Inez Goldsmith
 Edwin Gordon
 Elsie Greenhouse
 Patricia Grills
 John Hoffman
 Lottie Lazarus
 Pearl Rogovin
 Gary David Scharfman
 Thayer Schlegel
 Yetta Seeman
 Philip Shafner
 Albert Warren
 Edith Weiner
 Samuel Zelvin

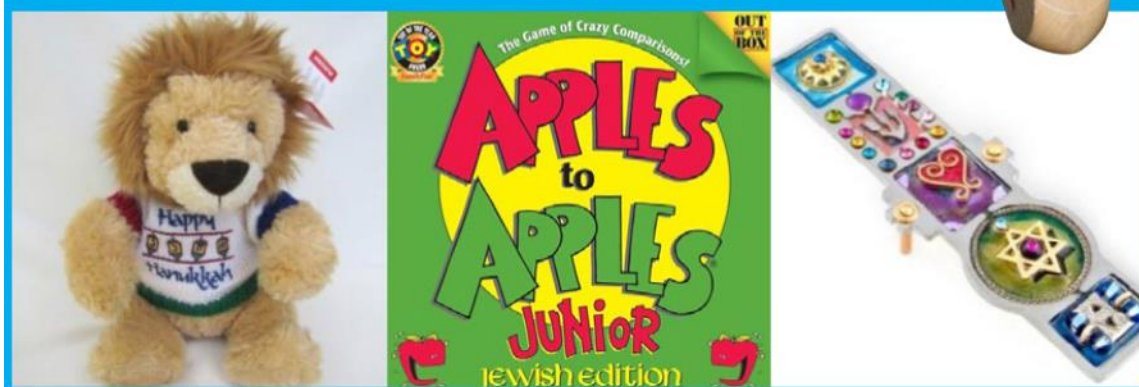
November 27
 Howard Bauer
 Rachel Crystal
 Gorban Davidson
 Barry Gilman
 Dorothy Glazer
 Joseph Sol Gold
 Herman Gruber
 Betty Kallan
 Paula Kaminsky
 Stephen Kellert
 Marilyn Marcus
 Beverly Gilman McCaffrey
 Charles Misch
 Steven Schwartz
 Mary Shiers
 Benjamin Yormark





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Email your articles to Roberta at office@tewaterford.org

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Location: 29 Dayton Road, Waterford, CT 06385

Mailing Address: PO Box 288, Waterford, CT 06385

Office: **860-443-3005**

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