High Holy Days Services Set

The end of a pretty nice summer is approaching. As Jews, after we prepare our children to go back to school, we then begin another kind of preparation— for the High Holy Days. This is not a physical preparation (although there are dinners, family visits, and other such arrangements to be made), but a spiritual one. We ponder the year that was, make amends for our behavior, and finally look forward to the year that will be.

Because the Jewish calendar is a lunar calendar, the Holy Days always fall at the same time, but they are different every year on the secular calendar. In 5779, a leap month, Adar II, was added, resulting in the High Holy Days being 20 days later than last year on the secular calendar.

Here is the Holy Day schedule at Temple Hesed:

- **Selichot**: Saturday, September 21-study at 8:30 p.m., service at 9 p.m.
- **Rosh Hashanah Evening**: Sunday, September 29 at 8 p.m.
- **Installation of Officers and Board**: before 10 a.m. service.
- **Rosh Hashanah Morning**: Monday, September 30 at 10 a.m.
- **Tashlich**: 5 p.m. at South Abington Park
- **RH 2.2 Meditative Second Day Program**: Tuesday, October 1 at 10 a.m.
- **Shabbat Shuvah**: Friday, October 4 at 8 p.m.
- **Cemetery Memorial Service**: Sunday, October 6 at 11 a.m. at Dun-

See High Holidays: (Continued on page 5)

New High Holiday Prayerbook: Mishkan HaNefesh

This New Year, we will all be sharing something that truly is new. Through a generous contribution from the Davidow family, Temple Hesed now has 150 sets of the Reform Movement’s beautiful new High Holy Day prayerbooks, Mishkan HaNefesh, the “dwelling place of the soul/spirit/inspiration.”

Yes, sets – there is a separate book for Rosh HaShanah and for Yom Kippur, with formats similar to Mishkan Tefillah, our wonderful Shabbat prayerbooks. That is, for almost every prayer and reading, Mishkan HaNefesh offers several options. All the Hebrew is transliterated on the same page, making it easy for everyone to follow and sing along.

This year, we’ll be using Mishkan HaNefesh on Rosh HaShanah, both evening and morning. Next year, we will also use the new prayerbook for Yom Kippur.

And our afternoon Yom Kippur study will be an opportunity for everyone to share feedback on what you like and don’t like about new prayerbook, as well as learn some of the thinking that went into its design.
Donations to Temple Hesed

ROSEANN SMITH ALPERIN
ENDOWMENT FUND

In Honor of the Yahrzeit of Roseann Alperin
Jim and Patty Alperin

BUILDING FUND

In Honor of the Yahrzeit of Janet Kerber Richman
Joel, Ginger, Sarah and Tori Richman

In Honor of Beloved Mother, Blanche Katz
Sharon (Katz) Levy and Saul Levy

In Memory of Natalie Bachman
Steve and Ellen Seitchik

In Honor of the Yahrzeit of my Mother, Gertrude Freedman
Paula Wasser

In Honor of the Yahrzeit of Charles Siegal
Claire Jacobson

In Honor of the Yahrzeit of Loving Father, Irving Levy
Saul and Sharon Levy

In Honor of the Yahrzeit of Loving Mother, Rose Levy
Saul and Sharon Levy

Speedy Recovery Wishes to Mike Greenstein
Steve and Ellen Seitchik

In Honor of the Yahrzeit of Morris Richman, Grandfather
Joel, Ginger, Sarah and Tori Richman

In Honor of the Yahrzeit of Rabbi Milton Richman, Father and Grandfather
Joel, Ginger, Sarah and Tori Richman

In Honor of the Yahrzeit of Rella Mates
Rich and Marieann Mates

In Honor of the Yahrzeit of Max Kravitz
Dale Miller

In Honor of the Yahrzeit of Rose Hersh
Bob Hersh

To Michael Krakow. How nice of you to share your delicious birthday cake at Temple Oneg on August 17. Thank You.
Audrey Harrell

MARK HAHN MEMORIAL MUSIC FUND

Best wishes to Ed Snitko for a complete speedy recovery and always your good health.
Audrey Harrell

TORAH RESTORATION FUND

In Honor of the Yahrzeit of Esther Basha Adelman
Esther B. Adelman

In Honor of the Yahrzeit of Abe Adelman
Esther B. Adelman

Mazel Tov to Sue and Carol on your Marriage
Esther B. Adelman

RABBI'S DISCRETIONARY FUND

In memory of my beloved husband John Orgill
Deborah Orgill

In Honor of the Yahrzeit of Stanley Dickstein
David Dickstein

Speedy Recovery Wishes to Mike Greenstein
Esther B. Adelman

In Honor of the Yahrzeit of John Orgill
Esther B. Adelman

REMEMBERING our families

Susan Brown

In Honor of the Yahrzeit of Abe Adelman, Beloved Father
Deborah Orgill

Call the Temple office at (570) 344-7201 to donate or for more Information.
The minimum donation that can be acknowledged by mail and in the Messenger is $10. Major credit or debit cards accepted.

Page 2 of the Messenger
We’ve all seen – in fact, we’ve all made – Venn diagrams, even if we didn’t know that was what they were called. They consist of two or more partially overlapping circles, representing two or more groups/sets and where they do and don’t intersect. Say, for example, one circle represents all the movies you are interested in seeing and two other circles represent the movies your friends Miriam and Moses want to see. The movies both you and Miriam want to see would be where your circles overlap – and, if you’re lucky, the places where all three circles overlap would be the movies all of you agree to actually go to!

When I’m considering what to talk about on the High Holy Days, I construct – at least in my head if not on paper – a kind of Venn diagram. One circle represents what’s “hot,” the important topics of the day that everyone is talking about. Another represents lessons I have learned over the past year, including newly studied Jewish texts. A third represents lessons our tradition teaches, especially those that don’t usually make it into discussions about the current hot topics. A fourth might be things I think I need to think about more, a fifth could deal with the challenges facing our community here in Northeastern PA or Temple Hesed in particular, and so on. If I get lucky, there are a few places where all the circles intersect – and there I find the topics I want to write sermons about.

This year, the “lessons learned” circles seemed especially important to me (I hope you’ll agree when you hear them!). The particular lessons I’m going to share come from a variety of sources – from my experiences gardening; from the process of getting a new prayerbook and how that made me reflect on what sort of prayers I do and don’t find meaningful; and from different study retreats that Rabbi Marjorie and I have attended this summer.

On Erev Rosh HaShanah, the night of Sunday, September 29th, I’ll speak about lessons from strawberries – lessons I’ve been learning not just from the strawberries I’ve grown myself, but also from sources as varied as Native American legends and my 40th high school reunion, which also was this summer. The morning of Rosh HaShanah, Monday, September 30th, I’ll speak about lessons from language. Our new High Holy Day prayerbooks (more about that in a separate article below), together with some teachings from the author Toni Morrison, who recently passed away.

At the Kol Nidre service, on the evening of Tuesday, October 8th, I’ll move from lessons from language to lessons from silence. As I’m writing this column, Marjorie and I are headed to a weeklong Jewish silent meditation retreat, to first such program either of us have ever been to. I’m not at all sure what I’ll learn from it, but I’m confident that doing something so different from the life of constant stimulation we all live in nowadays will reveal worthwhile lessons.

Finally, on Yom Kippur morning, Wednesday October 9th, I’ll talk about lessons from the “shore of the sea.” The Red (or, more likely, Reed) Sea, that is, and the story of crossing it that plays such a central role not only in the Torah but also in Jewish thought as a whole. In June, Marjorie and I studied how the Zohar, the key text in Jewish mysticism, understands that crossing – and what we today can learn from this text about what divides and unites us.

I’m giving you this preview because of one overall lesson I want to highlight before, during, and after the High Holy Days – Be Prepared. Yes, it’s the Scout Motto, and it’s also a song Scar sings in the Lion King. The kind of preparation I’m talking about is spiritual and internal, but it can also have a variety of positive real-world consequences. So check out our September Chanting Circle, on Saturday the 14th, which will focus on being prepared. It’s also one of the themes of our “crowdsourced” Selichot service on the 21st. Read details elsewhere in this Messenger – and join us for these enriching experiences that can make not only the High Holy Days deeper and more meaningful, but everyday.

Rabbi Daniel J. Swartz, Spiritual Leader, Temple Hesed,
L’Shana Tova!

Have you ever wondered why Rosh HaShanah, which begins on the first day of Tishrei, the seventh month of the Hebrew calendar, is called the Jewish New Year? In all of my studies, both with Rabbis and independently, it never occurred to me to ask that question. After some thought, I have come up with my own interpretation. Obviously, Rosh HaShanah does not symbolize the beginning of the calendar year, so it must have a deeper, more subtle meaning. To me, it marks the beginning of our spiritual year. We are ending one year on a somber note, atoning to man and to God for the transgressions that we have committed during that year. Then God is renewing our choice between good and evil, between life and death. I believe God hopes that we choose goodness and life, but it is ultimately our choice. We begin each New Year spiritually refreshed.

The High Holy Days are a time for reflection and introspection. We are commanded to look back at the last year to ponder our actions. We are commanded to make amends to those whom we have harmed in any way, be it on a personal, family, friend, or business level. Many of our actions leave emotional or physical scars. Many of our actions have taken out of our lives people who mean something to us. During the Days of Repentance, between Rosh HaShanah and Yom Kippur, is the perfect time to make an honest effort to “put things right”.

It is also the time to make amends to God for our transgressions during 5779, as we look to the New Year ahead. As it says in the Yom Kippur memorial service: “Help us, Lord, to fulfill the promise that is in each of us, and so to conduct ourselves that, generations hence, it will be true to say of us: The world is better because, for a brief space, they lived in it.”

Co-President Steve Seitchik and I wish for our Temple family that we all be inscribed for blessing in the Book of Life, and that the New Year is a good year for us.

In Hesed,

Esther Adelman
High Holidays. Continued from Page 1

Please remember that High Holy Day tickets are a privilege of membership at Temple Hesed. Tickets have been sent only to those members who are in good standing. This means that any dues balances must be paid prior to the Holy Days. You will be required to show your tickets at the door of the sanctuary.

Children’s services (for ages 4-8) will be held downstairs during Rosh Hashanah and Yom Kippur morning services.

All those who enter the Temple lobby will be asked to sign in. This was a suggestion made by the Scranton Police Department after they made a thorough evaluation of our building security. Added security measures will be ongoing.

If you have out-of-town guests, they will be admitted to services as a courtesy if they have a letter from their congregation. Otherwise, you must call Marlene at the Temple office (570-344-7201) to make arrangements.

I wish you a 5780 full of hesed (loving-kindness), simchah (happiness), and shalom (peace).

Esther Adelman, Worship Chair

PS: Your help is needed to coordinate the Sweet New Year (Rosh Hashanah Evening) and Break the Fast (Yom Kippur Afternoon) tables.

Second Day of Rosh HaShanah program scheduled for October 1

For the third year, we will have a special meditative, reflective program on the morning of the 2nd Day of Rosh HaShanah, at 10 a.m. on Tuesday, October 1st. This year, the hour-long service will focus, through chant and study, on the importance of imagination and memory as we seek to transform ourselves for the new year.

This year, Rabbi Swartz will also teach some of the meditative techniques he recently learned during his silent retreat with the Jewish Awakened Heart Project. This small, informal program is open to all — no High Holy Day ticket is required.

Backpack Committee Helps 60 of the Area’s Poorest Kids With New Clothes and Supplies on the First Day of School

Many thanks to all who contributed physically and financially to the 2019 Back to School program. We helped 60 kids have a great start to their school year.

---Larry Milliken

Chair, Back to School Backpack committee
Hebrew School on Sunday – and open to the community!

We’re trying two experiments this year in our joint Temple Hesed/Temple Israel Hebrew School.

The first is to move it from Thursday to Sunday, to open up the possibility of field trips, family programs, and more.

The second is to open it up to the community – families that are not members of either Temple Hesed or Temple Israel can enroll their children for one year, after which point they will need to join one of the two temples.

The focus this year is on Jewish History into Modernity, exploring the history of Jews in the U.S., the founding of Israel, and the Holocaust, with special projects about Jewish populations around the globe.

We’ll visit the Tenement Museum, celebrate through food and art, and much more.

Please contact the Temple Hesed office to enroll, and please let your unaffiliated friends know they are welcome to join us!

Crowdsourcing an Environmental Selichot – September 21st

In his role as the Executive Director of the Coalition on the Environment and Jewish Life (COEJL), Rabbi Daniel is helping to organize a “crowdsourced” environmental Selichot (prayers seeking forgiveness) service on Saturday, September 21st, beginning at 8:30 p.m. with study and with the service itself beginning at 9 p.m.

The day before – Friday the 20th – is the target date for a “Global Strike for Climate,” led by students (including NFTYites from the Reform Movement) in dozens of countries.

To support these efforts, COEJL is encouraging Jews from around the globe to make suggestions for an environmentally-themed Selichot service, seeking forgiveness for our environmental wrongdoings and looking to inspire a transformation, both spiritual and political, that can lead to just, inclusive and sustainable future for all.
### September 2019

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<td>13 Service – 8 p.m.</td>
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<td>21 Selichot study 8:30 p.m.; service – 9 p.m.</td>
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<td>23 AUTUMN BEGINS</td>
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<td>27 Service – 9 p.m.</td>
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### Holidays 5780 (2019–2020)

- **Rosh HaShanah** – Sept. 29–Oct. 1, 2019
- **Yom Kippur** – Oct. 8–9, 2019
- **Sukkot** – Oct. 13–20, 2019
- **Sh’mi Atzaret—Simchat Torah** – Oct. 21–22, 2019
- **Hanukkah** – Dec. 22–30, 2019
- **Tu B’Shvat** – Feb. 9–10, 2020
- **Purim** – March 9–10, 2020
- **Passover** – April 8–15, 2020
- **Yom HaShoah** – April 20–21, 2020
- **Yom HaZikaron** – April 27–28, 2020
- **Yom HaAtzmaut** – April 28–29, 2020
- **Lag B’Omer** – May 11–12, 2020
- **Shavuot** – May 28–29, 2020
- **Tishah B’Av** – July 29–30, 2020
- **Selichot** – Sept. 12, 2020

Jewish Holidays begin at sunset. Dates specified are for evenings. That means they run from sundown until dusk on the last day of the Holiday.

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**Torah Portions**

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<td>Sep. 7, 2019</td>
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<td>Ki Tavo</td>
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<td>Nitzavim</td>
<td>Sep. 28, 2019</td>
<td>28.Elu.5779</td>
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More information is available from www.reformjudaism.org

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If all curses actually materialized, the world would be done for.”

http://www.yiddishwit.com
Yahrzeits and Personal Notes

Week Ending September 7 (Service September 6)

Week Ending September 14 (Service September 13)

Week Ending September 21 (Service September 20)

Week Ending September 28 (Service September 27)

Week Ending October 5 (Service October 4)

Get Wells (Mi Shebeirach)
Sandy Cooperman  Charlotte Milliken
Michael Cornfield  Harriet Noble
Larry Golden  Charlene Ostro
Ellen Kiine  Joel Ostro
Phillip Knobel  Edward Snitko, Sr.
Rich Mates  Ed Snitko

Mazel Tov
To Richard and Marieann Mates, on the marriage of their son, David, to Katie Rogers.
As mentioned in his Rabbinical Reflections, Rabbi Swartz is highlighting the theme, “Be Prepared” throughout the run-up to the High Holy Days, as well as during them.

Our September Interfaith Chanting Circle, on September 14th at 11:30 a.m., will focus on spiritual preparation.

How can we ready ourselves for challenges, or open ourselves to possibilities for transformation?

How do we get comfortable with the uncertainties of the future?

What does it mean to be fully present? We’ll explore these questions through chants, texts, and sharing.

Everyone is welcome.

Prepare for our Annual Food Drive

Keeping to our High Holy Day theme, “Be Prepared,” we’re asking you in advance to get ready for our annual food drive.

Since our numbers aren’t what they used to be, it’s important for each of us to contribute more – so we’re hoping with this advance notice, you’ll start stocking up now.

In the past few years, some members have also reached out to neighbors and friends to encourage them to contribute food as well – and that has helped us tremendously.

If you’d like to reach out to others and feel that a bit of written background would help, please call or email the Temple office and we’ll be glad to send you something. Let’s make sure our collection this year helps as many families as possible – it’s an important way we can make the New Year sweeter for people in need.

New Leader for Reform Jewish Movement’s Commission on Social Action

WASHINGTON – Today, leaders of the Commission on Social Action (CSA), a joint body of the Central Conference of American Rabbis and the Union for Reform Judaism, announced that Susan Friedberg Kalson has been unanimously selected as the next chair of the Commission on Social Action. Her term will begin at the conclusion of the URJ Biennial in December 2019.

A CSA member since 2010, Kalson is a longtime community leader in Pittsburgh and within the Reform Movement. She is a member of the URJ North American Board and was elected to its Oversight Committee in 2015. She has served three times as Chair of the URJ Biennial Resolutions Committee, helping shape the policy positions that guide the Movement’s social justice priorities. In her new role as CSA Chair, Kalson will lead the Commission in continuing to broaden and deepen the justice work of the Reform Movement.

“Especially after the experiences in my home of Pittsburgh, I embrace this opportunity to help effect real change,” said Kalson. “At this difficult moment in history, it is invigorating to see the centrality of our mission to the Reform Movement, and to participate in engaging Reform Jews across North America in the imperative of Jewish social justice. I look forward to working with the CSA’s extraordinary professional and lay leaders, continuing to engage in our Movement’s vision of a prophetic Judaism, in which each of us is impelled to create a more just and whole society.”
What do YOU want to learn?

Over the past year, we had three very different adult education classes: one on Psalms, one on Unknown Women of the Bible, Talmud and Midrash, and one on Yiddish Culture and Language.

The Yiddish class, which had more participants than any other, was the suggestion of our Adult Education chair, Paula Kane. Which goes to show – your suggestions are not only welcome but also wise!

Rabbi Daniel has some ideas about possible topics for adult education, including a fresh look at the 10 commandments and an exploration of business ethics. But he’d rather teach what YOU want. So speak up!

Call or email your suggestions to the office -- 570-344-7201, templehesed@comcast.net or directly to Rabbi Daniel at rabbidaniel@comcast.net

The sooner you make your suggestion, the more likely it will turn into a class this year!

Expert on Federal Courts will Give Oppenheim Talk

Our upcoming Oppenheim Institute, feature Scranton native Sylvan Sobel, a man who literally wrote the book used by all federal judges.

Sobel, who grew up in Temple Hesed and went on to a distinguished career at the Federal Judicial Center, will deliver the Oppenheim lecture on Friday, Nov. 8 at 7:30 p.m. Sobel will examine: “Can the Supreme Court Survive our Hyper-Partisan Times?”

Using his experience with the Supreme Court and the Federal Judiciary as a whole, he’ll help us understand the changing roles of the court, with a focus on how politics and law intersect. Moves by the White House and the GOP-controlled Senate to fill two Supreme Court, dozens of District and Appeals Court vacancies will impact everything from abortion to voting rights.

There is no cost and it is open to the public.
August 15, 2019; New York, NY – Union for Reform Judaism (URJ) President Rabbi Rick Jacobs released the following statement in response to the Israeli government’s decision to bar entry to members of the United States Congress:

Israel’s decision to bar U.S. Representatives Rashida Tlaib and Ilhan Omar from entering the country is wrong, full stop. Democracies do not hide; they can protect their security and well-being and also celebrate robust debate and engagement in the public square.

One need not agree with Reps. Omar and Tlaib on BDS (I certainly don’t) to know that the strongest response to their challenge is to meet it head on, rather than to draw the curtains and hide. Israel should use the opportunity afforded by the representatives’ visit to demonstrate why BDS is wrong and fails to offer a reasonable path forward in resolving the Israeli-Palestinian conflict.

It is hard to know who is acting more recklessly today – Prime Minister Netanyahu by sacrificing Israel’s commitment to democracy and openness or President Trump by injecting himself into a highly political argument just weeks before the upcoming Israel election. The consequences of their actions today will, I fear, reverberate for years both in undermining Israeli democracy and in making Israel a “wedge issue” in American politics.

We call on Prime Minister Netanyahu to reverse his decision, welcome Representatives Tlaib and Omar as sitting members of Congress, and use this opportunity to demonstrate Israel’s thriving democracy to the world.
Reform Movement Condemns Proposal Expanding Religious Exemptions for Federal Contractors

WASHINGTON – In response to the Department of Labor’s announcement of a proposed rule to expand religious exemptions for federal contractors in employment, Barbara Weinstein, Director of the Commission on Social Action of Reform Judaism, issued the following statement on behalf of the Union for Reform Judaism, the Central Conference of American Rabbis, and the wider Reform Movement institutions:

“By allowing federal contractors and subcontractors to discriminate in hiring and firing on the basis of their religious beliefs, the Department of Labor’s proposed rule authorizes government-funded discrimination against women, religious minorities, LGBTQ people, and other marginalized groups. Sadly, this proposed rule is the latest in a series of efforts by the Trump administration to promote discrimination under the guise of religious liberty.

“As Jews, we know all too well the dangers of government-sanctioned discrimination. We oppose such sweeping religious exemptions for employers who accept government contracts and believe that taxpayer money should never be used to fund bigotry. The Department of Labor must rescind this proposal.”