



KOLENU

"Our Voice" The Newsletter of Congregation Anshei Israel

September/October 2020 • Elul/Tishrei/Heshvan 5780/5781

Volume 73 Number 5

L'Shana Tovah Happy New Year 5781

Photo by Amber Page



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Inserts:

- 5781/2020 Virtual High Holy Days Services & Events Schedule
- Book of Remembrance Form
- Lulav/Etrog Order Form
- Torah Fund 5781 Campaign
- Women's League Application

**This issue also contains the
High Holy Days and Fall Festival
information normally found in
our annual
Yamim Noraim publication.**

KOLENU • קולנו

"Our Voice"

The Newsletter for Congregation Anshei Israel

Congregation Anshei Israel



A Conservative Synagogue and
Proud Member of USCJ

5550 East Fifth Street • Tucson AZ 85711
(520) 745-5550 fax (520) 745-9058
caiaz.org

MISSION STATEMENT

Congregation Anshei Israel shall serve as a source of spiritual, educational, and social enrichment in order to encourage and ensure Judaic values in accordance with the Principles of Conservative Judaism.

CONTACT INFORMATION

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Rabbi.Eisen.AZ@gmail.com

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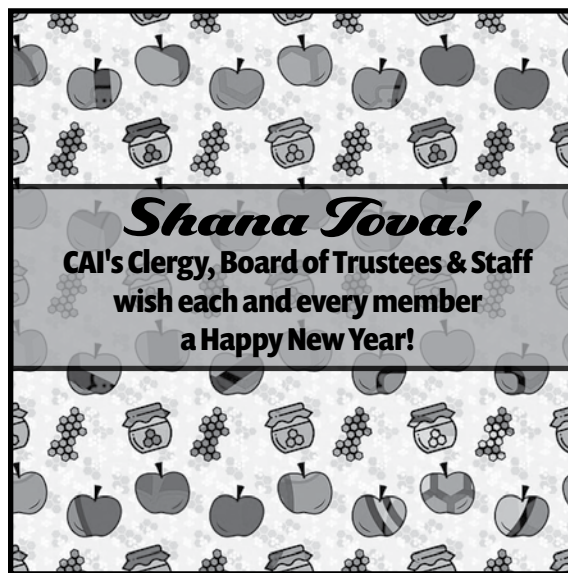
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Finance Assistant • Lynn Walsh

Ext. 244 • FinanceAsst@caiaz.org

Shalom!



HELPFUL HINT:

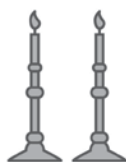
Keep a lookout for your High Holy Days Mailing which includes all Zoom links and times for our offerings this year. Please contact the synagogue office if you need any assistance connecting with technology, we're here to HELP you!

HIGH HOLY DAYS CHECKLIST

	Deadline	
Book of Remembrance Inclusions	Sept. 3	<input type="checkbox"/>
Lulav & Etrog Orders	Sept. 11	<input type="checkbox"/>
Tashlich at the Park RSVP	Sept. 17	<input type="checkbox"/>

Interfaith Families Welcomed

CAI welcomes all who seek the spiritual comfort found within our sacred community. We warmly welcome interfaith families and encourage them to participate in as much synagogue life as they choose within the framework of Conservative Judaism. For more information, go to caiaz.org/resources as part of CAI's "Myths vs. Facts" program.



Candle Lighting Times - September/October 2020

September 4	6:24pm	October 2 (Erev Sukkot I)	5:47pm
September 11	6:15pm	October 3 (Erev Sukkot II)	6:46pm
September 18 (Erev RHI)	6:06pm	October 9 (Erev Shemini Atzeret)	5:38pm
September 19 (Erev RHII)	7:04pm	October 10 (Erev Simhat Torah)	6:37pm
September 25	5:56pm	October 16	5:30pm
September 27 (Erev YK)	5:54pm	October 23	5:23pm
		October 30	5:16pm



There are no calendar inserts in this edition of Kolenu. Please visit our website caiaz.org and check your email for up-to-date information.

Shalom!

Please
warmly

Welcome

our new &
rejoined
members:

Harvey Kivel & Nolan Dwinell

Marcelle & Leonard Joffe

Anjelina Belakovskaia & Lawrence Bernstein

and their children Brian, Connor and Ariela

THE MONTH OF ELUL

The month of Elul (which immediately precedes Rosh Hashanah) is the time to prepare for the High Holy Days. Because these days are filled with so much meaning and potency, they require a special measure of readiness. We greet the new month of Elul with anticipation of the beginning of a New Year, seeing it as an opportunity to begin to build our resolve to make the upcoming year of 5781 what we want and need it to be. As is our custom, we sound the Shofar every weekday of Elul at the conclusion of the services.

Watch your email for the Elul service schedule.

TZOM GEDALIAH

Fast of Gedaliah

TZOM GEDALIAH (Fast of Gedaliah) is an annual fast day instituted by our tradition to mark the assassination of Gedaliah Ben Achikam, the Governor of Israel during the days of Nebuchadnezzar, the King of Babylonia.

In the time immediately after the destruction of the Temple and of Jerusalem itself by the armies of Nebuchadnezzar, most of the Jewish people who lived in the land of Judah were exiled. There were a few that remained. Nebuchadnezzar appointed a man named Gedaliah as governor.

Gedaliah advised the people not to accept the Babylonian rule and instead to work towards reestablishing normal life in the country. Unfortunately, there were people who disagreed with him. A man named Yishmael ben Netaniah, a descendant of the royal family, murdered Gedaliah and many other Jews. This murder was the final blow that completely destroyed the last remnant of organized Jewish community in the land of Israel until the Jews returned to build the Second Temple.

The story of Gedaliah is told to us in two places: in the TaNaCh in Kings II chapter 25 and in the book of Jeremiah, chapters 40 and 41.

The "Fast" itself is considered a "Minor Fast" as it begins at daylight and not on the evening before. This year TZOM GEDALIAH falls on **Monday, September 21.**

NOW ON THURSDAYS!

*Online Weekday
Torah Study Group
with Rabbi Metz*

This informal study group can lead to lively discussion. Held **Thursdays** on Zoom, **11:00am to 12 noon.**

SHABBAT SHUVAH September 25-26, 2020 7 Tishrei, 5781

The Shabbat between Rosh Hashanah and Yom Kippur is called *Shabbat Shuvah*, *Shabbat of Return* because its special *haftarah* reading begins with the words *Shuvah Yisrael* "Return O Israel," from the prophecy of Hoshea. It is also referred to as *Shabbat Teshuvah* because it falls during the Ten Days of Repentance.

The prayer service on this Shabbat is the same as on an ordinary Shabbat with the exception of the additions that are made to the *Amidah* throughout the Ten Days of Repentance.

It is customary in almost all Jewish communities for the rabbi of the city or congregation to expound on *teshuvah*, and to emphasize the severity of transgression so that the people turn their hearts toward repentance. Our Sages have said that when the wise address the people, God forgives the sins of Israel.

The Shabbat was given to Israel as a time for Torah study and prayer, and, although one should always take care not to pass the time idly or in inappropriate conversation, on *Shabbat Shuvah* one should be especially careful to concentrate entirely on Torah, prayer, and reflection on repentance, thereby attaining forgiveness for whatever unfitting behavior may have marred other Sabbaths.

— Excerpted from: *The Book of Our Heritage*. Published and copyright by Feldheim Publications.

~ Book of Remembrance ~

A Book of Readings & Memorial Prayers*

For Jews, the act of remembrance is an important tradition. The High Holy Days are a time for reflection, a time when we remember with fondness the relatives and friends who had a significant role in shaping our lives. At CAI, we publish a Book of Remembrance to be used at all Yizkor Services throughout the year.



The Book of Remembrance includes special readings, psalms and prayers, as well as listings of those being remembered, their relationship to, and the name(s) of those who are remembering them.

It is a beautiful way to recall your dearly departed at this most solemn time of the year.

There is no charge to submit names. We want to encourage all members to memorialize their loved ones. The act of remembrance can take on an even deeper meaning when accompanied by a donation to the synagogue. If you wish to make a contribution, it will be a gift in the spirit of *tzedakah* and remembrance.

FIRM deadline: Thursday, September 3
Please use the inserted form.

**This year we are mailing a copy to all members.*

FROM THE PRESIDENT



While the High Holidays are approaching, I want to borrow a little from another new year on the Jewish calendar, the first of Nisan and the redemption from Egypt that we celebrate with Pesach. So, why is this year different from all other years? Last year, when I wrote my column before the High Holidays, I said that we were “living in an interesting and challenging time on many different levels.” This year, as we

enter 5781, our lives have become exponentially more interesting and challenging. We have been beset by our own version of the plagues. The stress of living through a pandemic, an economic crash, protests and riots, fires, floods, a presidential election and on and on can be overwhelming. It is at these times when we need our synagogue more than ever, and your friends and fellow congregants need you more than ever.

This year, we must participate in Rosh Hashanah and Yom Kippur services from home instead of in our beautiful sanctuary as it is not yet safe to return in person. Can we have the same *kavanah davening* via Zoom that we would have in person? It may not be an easy thing to do. But, we must make lemonade from the bushful of lemons that we have been handed. We must focus on the positive (e.g. our new rabbi, our renovated *Beit Midrash*) and, *Baruch Hashem*, we will hear this quote (speedily in our day) from Trillian in the Hitchhiker’s Guide to the Galaxy... “We have normality. I repeat, we have normality.”

May our prayers be answered, and may we all be inscribed and sealed in the Book of Life for a year of peace, prosperity, happiness and especially health. Thank you for being a valued member of our community. *Shanah Tovah*.

B'Shalom,

Dan Jurkowitz, President@caiaz.org



Women's League

There are many congregants who need to purchase and stock up on Judaica, books, candles, mah jongg cards, and other gifts for friends and family for the new year. To meet these needs, please contact

Marianne Langer to set up a private shopping appointment. **Contact Marianne at 349-3347 or marilang@comcast.net.**

Women's League has resumed the monthly *Read It and Meet* on Zoom. Our next *Read It and Meet* will be held on October 25 at 11:00am. Look for book titles and details in your email.

Kol Nidre Candles

If you wish to purchase Yom Tov candles before Kol Nidre Services, please call the Gift Shop.

FROM RABBI METZ

I'd like to invite all our members to participate in a special High Holy Days season online presentation with Dr. Charlotte Jevons on Wednesday, September 9 at 7pm.



When the Walls Come Tumbling Down: Preparing Oneself for the Psychological Challenges of the High Holidays

This presentation will provide attendees with information about:

- *The psychological impacts of self-reflection*
- *Grief*
- *Coping strategies*

Question and Answer session to follow the presentation.



Charlotte Jevons, PsyD is a licensed clinical psychologist who practices contemporary psychoanalytic psychotherapy in her private practice.

Having grown up in the United Kingdom, Dr. Jevons completed her Bachelor of Science degree in Psychology at Swansea University, Wales. She then moved to California where she earned a Doctorate in Clinical Psychology from the American School of Professional Psychology at Argosy University, San Francisco Bay Area.

Dr. Jevons is a candidate (student) at the Psychoanalytic Institute of Northern California (PINC) where she is pursuing postgraduate studies to learn how to practice psychoanalysis.

She enjoys gardening, backpacking, fitness, and cooking vegetarian meals.

Rabbi Metz

Rabbi.Metz@caiaz.org



For every “Box Tops for Education” coupon from specially-marked General Mills products, CAI’s Preschool/Kindergarten receives 10 cents!

And now, no more clipping!
Just scan your receipt.
go to boxtops4education.com
for more information.

EDUCATION

Preschool/Kindergarten



With great anticipation and much excitement, we re-opened our preschool doors on August 10th to welcome back our amazing students and families. With face masks on and temperature checks done at the front door, the sound of little feet and laughter once again echo in the hallways as teachers and students made their way into their self-contained classrooms.

Adhering to our strict COVID-19 policies and procedures, each classroom has no more than eight students plus two teachers and acts as its own little bubble. Protecting our classroom bubbles is our main priority for the health and safety of our teachers and students. Even though students are not intermingling or sharing common space right now, the teaching staff continues to create and provide plenty of learning opportunities through play, arts and crafts, story time, community circle sharing and caring, and making sure Shabbat celebrations and High Holiday preparations are extra special in their classroom bubbles.

Besides our students, we also welcomed four new staff members: Abigail Auslander, El Long, Elizabeth Merrill and Erin Spitzer. Their positive energy and enthusiasm shines through in all they do, and we are extremely fortunate to have them all as part of our preschool family.

I would like to thank Valerie Deitch for her tremendous dedication and commitment to our preschool program over the past 15 years. Valerie has been an integral part of our preschool success, and even though she is stepping down, she has assured me she will return as a substitute when needed. Our beloved Patty Fishman has opted to momentarily step down for now until COVID numbers are better. We miss Patty terribly as she is also an integral part of our preschool program, but truly understand and support her decision during this time. We hope to have Patty back in the classroom soon.

From our classroom bubbles to yours, we wish you all a very happy and healthy New Year. Looking forward to a wonderful, safe and healthy school year for all of our teachers, students and families.

L'Shanah Tovah,

Kimmie Spitzer, Early Childhood Director
745-5550, ext. 229 ECDirector@caiaz.org



B'Yahad and USY



Although this has not been the beginning of the school year that any of us expected, we started our B'Yahad program off strong! On August 16 we had an informative Zoom Parent/Guardian Meeting, Zoom Teacher and Madrichim Training, and a B'Yahad Drive-by Supply Pick-Up in the CAI Parking Lot for all students to pick-up their supplies for the start of the year. Our B'Yahad classes began on August 23 on Zoom and continue to provide experiential, relevant, and fun Jewish learning for all of our students. Rabbi Metz also joined



us on the first day to sound the shofar for the students to mark the beginning of the month of Elul!

Our Madrichim continue to provide a vital role in our program, as they are paired up with individual students for Hebrew and Tefilla tutoring, while acting as role models and buddies for our younger students. Kimmie Spitzer continues as our K-2 teacher on Sundays, as a perfect link between our Preschool and B'Yahad programs.

We are excited to have Adina Karp back as our 7th-8th grade teacher, and Madrichim and USY Coordinator for this year. She is working hard to engage our youth in meaningful programming, even when we are physically distant. Stay tuned for information on Teen High Holy Day Programming, including a Zoom hang-out on Yom Kippur afternoon.



We look forward to having you "tune in" for our Family High Holy Day Experiences for Rosh Hashanah and Yom Kippur. We are excited to welcome Jordan Hill back to lead interactive services for K-4th and 5th-8th grade students on Zoom. We also look forward to having many of our teens participate in our High Holy Day services on Zoom. Watch your email for the links!

Save-the-date for a special in-person Tashlich experience at the Ft. Lowell Park on September 22, which will include a fun (and socially distant) family activity. More information will be coming soon about Sukkot and Simhat Torah events for families, as well as Blessing of the Pets on October 18.

We realize this continues to be a challenging time for all of our families, and we want to continue to support each other in every way. Please be sure to reach out to us if you have any technology issues, or need anything at all. We are here for you!

B'Shalom,

Nichole Chorny
Cantorial Soloist and Education & Youth Director
745-5550 ext. 227 CantorialSoloist@caiaz.org



LET'S CONNECT!

Hear the shofar blast in person & Pick up your High Holy Days Package and *Machzor* (prayer book)



It's a 2-for-1 trip to our parking lot!

Friday, September 4 at 8:30am

Friday, September 11 at 8:30am

Sunday, September 13 at 9:00am



The package will contain everything you need to join our
Virtual High Holy Days services and events.

Can't make it to the Shofar Blasts?

Please stop by the office Monday-Friday, 8am until 4pm to pick up your package.

JUST FOR FUN!

Online Kahoot! Trivia Game High Holy Days Edition

Join us for some friendly competition and test your High Holy Days knowledge!



Thursday, September 3

6:30pm Schmooze

6:45pm Game Starts

To join the game, you will need 2 devices:

- 1 so that you can submit your responses to the trivia questions;
- 1 to participate in the Zoom meeting and see the questions.

You will receive the game's PIN code via Zoom just before play begins.

To download Kahoot! to your second device, visit their website at
kahoot.com

Although there's no limit to the number of players, we'd still like to know who is planning to participate. Please email Nancy at Communications@caiaz.org

LET'S CONNECT ONLINE!



Connection information and links to materials are shared with members via email

VIRTUAL MINYANIM ON ZOOM

Join us online for daily prayer services!

Sign in 10 minutes before Morning Minyan and Mincha/Ma'ariv services begin for a schmooze.

Morning Minyan

8:00am Sunday • 7:30am Monday-Friday

Mincha/Ma'ariv (Afternoon/Evening)

5:30pm Sunday-Thursday

(Join us early at 5:20pm for a daily check-in and schmooze!)

Kabbalat Shabbat

5:45pm Friday

Shabbat Morning Service

9:00am Saturday

(Virtual kiddush & schmooze immediately after services)

Virtual Kiddush & Schmooze

Immediately following Shabbat Morning Service

HAYDALLAH ON FACEBOOK LIVE

Make the transition from Shabbat to the week!

Approx. 7:30pm Saturday*

facebook.com/congregationansheiisrael

No Facebook account is necessary.

*Times vary. Check caiaz.org for times.

WEEKLY ZOOM TORAH STUDY WITH RABBI METZ NOW ON THURSDAYS!

Bring your Bible and your desire to learn together.

NOTE NEW DAY

Thursdays, 11:00am - noon

Study materials for be found at caiaz.org/resources

MONTHLY READ IT & MEET

On Zoom

Save the Date - October 25

Book titles and details to follow.

Service materials are online at caiaz.org/resources or call 745-5550 (M-F 8am-4pm) for pickup or delivery of prayerbooks.

Zoom links are also available in your e-mail. Call 745-5550 for more information or to be added to our email list.

Times may vary. Please check our website caiaz.org for up-to-date details.

CATCHING UP HERE'S WHAT'S BEEN HAPPENING...



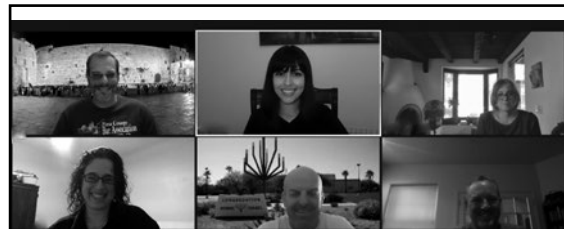
Preschool is back in session!



We held our High Holy Days Kollel Series on Zoom.



Families and friends participated in a Kahoot! trivia game online.



Our Board of Trustees has been meeting on Zoom to ensure we all stay safe and healthy!



B'Yahad Religious School has started online!

Rabbi Robert J. Eisen Beit Midrash

Endowed by Vicki & Phillip Pepper

We'd like to thank the generous donors who have made contributions thus far while we paused our fundraising efforts due to the pandemic.

TZEDEK

Melanie Amhowitz
Marianne & Allen Langer

KOACH

Sandra Allen
Mirta & Alberto Bien-Willner
Deanna Evenchik-Brav
Madeleine & Barry Friedman
Brina Grusin
Marta & Steve Ketchel
Jane Kivel

SIMCHA

Evergreen Mortuary
Dvora Tager & Robert Dietz
Margo & Ron Gray
Leah & Valiant Haller
Sandra & Elliott Heiman
Eve Scarborough & John Kaufmann
Sandra & James Rothschild

MAZEL

Malka & William Abraham
Lila & Bernard Greisman
Gloria Hirsch
Mindy & Fred Hirsh
Lisa & Dan Jurkowitz
Tamee Knox
Elaine & Eliezer Krumbein
Sandra Lachter
Bertie Levkowitz & Thomas Herz
Caren & Thomas Newman
Nancy & Tidhar Ozeri
Jane Poliakoff
Marilyn & Ira Prensky
Joan & Dennis Rosen
Janet & Stephen Seltzer
Evelyn Sigafus
Marilyn Einstein & Steve Sim
Harriet Silverman & Paul Smelkinson
Marianne & Stuart Taussig
Kathy & David Unger
Benita Silvyn & Chuck Whitehill

*Special thanks to Steve Shenitzer,
Eleanor Jeck, Allen Langer, Janet Seltzer &
Marilyn Prensky for the countless hours they
spent overseeing this project.*

ADDITIONAL DONORS

Sharon & Morris Barkan
David Day
Jean & Marvin Glassberg
Peggy & Richard Langert
Arlene Tuller

**As you know, we had to postpone our event honoring Rabbi & Debby Eisen.
We will reschedule the event as soon as it is safe to gather in person.**

** We apologize if we inadvertently left anyone off **

MAZAL TOV

Birth Announcements

This column features the children, grandchildren and great-grandchildren of CAI members. The announcement and photo (if available) will appear in the issue of Kolenu within appropriate print dates. Please notify us at 745-5550, ext. 225.

Ezra Abraham Boxer Born June 16

Ezra is the grandson of Betsy & Michael Boxer. (Parents: Dara & Alex Boxer)

Robert James Persico Born July 15



Robert is the great-grandson of Kathy Hays & Jerry Barkan, and grandson of Michelle & Wayne Hays. (Parents: Katrina Hays & Robert Persico)

Lilah Stern Taylor Born July 24

Lilah is the granddaughter of Ronnie Sebold. (Parents: Shayne & Jake Taylor)

September Anniversaries

Date	Years
1 Robin & Michael Kaiserman	52
2 Aurora & Eugene Kellogg Caroline & David Scott	48 2
3 Lois & Ken Jacowsky Alene & Bryan Schwartz	56 54
4 Hedy & Michael Feuer	14
5 Rochelle Weisz & Dan Abell Sandra & William Yalen	44 55
8 Malka & Bill Abraham Lynne Falkow-Strauss & Jack Strauss	41 52
11 Nancy & Michael Apsell	54
12 Victoria & Allen Gordon	4
16 Nessa & Peter Beren Debby & Rabbi Eisen	47 36
17 Carole & Art Glass	60
20 Judy & Michael Dorf	51
21 Sandi & Lawrence Adler Elena & Valery Temyanko	29 27
22 Renee & Howard Hulsey	29

October Anniversaries

Date	Years
9 Stacy & Adam Klein	26
23 Shelley & Steven Singer	37
26 Michele & Lawrence Cassen Judith & Charles Schultz	17 40
27 Jane & Bruce Ash	43
28 Debra & Mark Lytle	13
29 Mindy & Allen Bergman Dvora Tager & Bob Dietz Ilona Wolfman & Matthew Rothman	20 31 11



Know Someone New to Tucson?



If you know someone new to the Tucson community who you believe would be interested in finding out about CAI, please call Debra Lytle at 745-5550, ext. 242, so we can speak to them about all of the many religious, spiritual, educational and communal opportunities the synagogue has to offer!

Calendar of Major Jewish Holidays 5781

Holidays begin *the evening before the day noted*. Holidays noted *in italics* are holy days on which no work is permitted and absences from school or work should be excused.

Rosh Hashanah Sat & Sun, Sept. 19-20, 2020
Yom Kippur Mon, Sept. 28, 2020
Sukkot (start) Sat & Sun, Oct. 3-4, 2020
Shemini Atzeret Sat, Oct. 10, 2020
Simhat Torah Sun, Oct. 11, 2020
 Hanukkah Fri, Dec. 11-Fri, Dec. 18, 2020
 Tu B'Shevat Thur, Jan. 28, 2021
 Purim Fri, Feb. 26, 2021
Passover (start) Sun & Mon, Mar. 28-29, 2021

Passover (end) Sat & Sun, Apr. 3-4, 2021
 Yom Hashoah Fri, Apr 9, 2021
 Yom Ha'atzmaut Sat, Apr. 17, 2021
 Lag B'Omer Fri, Apr. 30, 2021
Shavuot Mon & Tue, May 17-18, 2021
 Tisha B'Av Sun, Jul 18, 2021

Yom Hashoah is Holocaust Remembrance Day. • Yom Ha'atzmaut is Israel Independence Day.

Honorable "Menschens"

Todah Rabah to:

Mending Souls Face Mask Volunteers

Lois Bodin
Alayne Greenberg
Pamela Heiman
Mindy & Fred Hirsh
Mike Jacobson
Sandra Lachter
Terri Polan
Sandy Rothschild
Donna Saffioti
Holly Shenitzer
Ariel & Tammy Strobel
Jacqueline Turchick
Irwin Weinberg
Terry Williams

High Holy Days Materials Design & Production

Marty Johnston

Kolenu Proofreading

Judy Schultz
Linda Silverman
Terry Williams

Plexiglass Production & Installation

Mike Jacobson

Shofar Sounders

Jerry Barkan
Dennis Dawson
Jerry Goldberg

WiFi Coordination

Aaron Leonard

If we missed you, we apologize. If you would like to be included in further announcements, please let us know.

~ Hesed Committee ~

Welcome to the Hesed Committee, the largest committee at Congregation Anshei Israel. Did you know that you are a member of this committee? Every congregant is a member. Hesed means lovingkindness, grace, helping each other. We exist to help in times of need.



Please feel free to contact me.

Evelyn Sigafus

Hesed Committee Chair
esigafus@aol.com



The Mitzvah of Bikur Holim (Visiting the Sick)

Federal healthcare privacy regulations make it difficult for us to know when a member of CAI has been admitted to a hospital.

Become a partner in the mitzvah of Bikur Holim — visiting the sick — by advising our clergy when you, a relative, or a friend is hospitalized. We can stay informed ONLY if a family member or friend provides the information to us.

**PLEASE CALL 745-5550 to speak with
Rabbi Metz, ext. 230.**

Condolences

המקום ינחם אתכם

The congregation mourns the loss of our members:

Phyllis Becker
Ralph Freund
Danny Karsch
Ruth Kolker
Stanley Scott
Susan Tobin

Our condolences to these members who mourn the loss of their loved ones:

Sarah Artzi - her mother, Susan Tobin
Burt Becker - his wife, Phyllis Becker
William Becker - his sister-in-law, Phyllis Becker
Don Cotton - his brother-in-law, Marc Cohen
Norman Feiger - his father, Walter Feiger
Ross Freund - his father, Ralph Freund
Carol Karsch - her husband, Danny Karsch
Ron Kolker - his wife, Ruth Kolker
Risa Weich - her aunt, Ruth Kolker
Betty Scott - her husband, Stanley Scott
David Scott - his father, Stanley Scott
Phyllis Sorkin - her sister, Susan Tobin
Laurie Weiss - her parents, Toby & Michael Rozen

May the Author of Life Comfort the Mourners



Anshei Israel Memorial Hall

Installation of a memorial plaque is a beautiful way to perpetuate the memory of a loved one. Each year on the anniversary of your loved one's death, the synagogue will send you a reminder of the Yahrzeit and light the light adjacent to their memorial plaque. Call Debra at 745-5550, ext. 242 to make arrangements or if you wish to reserve a space for the future.

Dealing with Grief and Loss?



Are you having difficulty dealing with grief and loss? Perhaps it would be helpful to talk with a trained counselor. A synagogue volunteer would be happy to speak with you confidentially. Please call Norma Karp at 299-3382.

Assisted Living, Memory Care, Independent Living



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TOM POTHOFF

DANNY KLEIN

www.serenityss.com
info@serenityss.com

How to Enhance Your High Holy Days at Home Experience

Adapted with permission from Cantor Matt Axelrod. Originally published at mattaxelrod.com

וְעָשׂוּ לִי מִקְדָּשׁ וְשִׁכְנֵתִי בְּתוֹכְכֶם

They will make me a sanctuary and I will dwell among them.

For months now, we've all become accustomed to working from home—it's gone more smoothly for some than for others. Social media has been replete with work-from-home fails: toddlers barging in on important calls, dogs and landscapers disrupting meetings with intrusive background noise, and even partially clad family members being caught on camera. Convenience aside, there's a reason why work is kept in the workplace.

What we haven't heard nearly as much about is praying from home. With synagogues shuttered, congregants have had to avail themselves of the various live feeds, streaming, and Zoom services that their synagogue's have created.

Be assured that we been thinking, planning, strategizing, and agonizing over what High Holiday services are going to look like this fall.

Have you been planning as well?

Setting up a laptop on the kitchen counter and "playing" Friday night services may be just fine for you. You can listen to the person leading, hum along with the familiar tunes, hear what the rabbi has to say—all while cleaning up after dinner and loading the dishwasher. Sometimes praying from home is just as convenient as working from home.

But wouldn't you agree that your High Holiday experience should be a little more meaningful? Assuming that you will be participating virtually in services this year, what will that look like in your house?

For however long services last, you need to transform some place in your home into a *makom kadosh*—a holy place. Here are some ways that you can accomplish that:

The Space

Find somewhere in your house that's spacious enough for everyone to sit comfortably and see the computer. Even better—and well within most people's technical capability—connect your computer to your big screen TV so you aren't all crowding around a small monitor.

Most sanctuaries in North America are situated so that people face east when they pray—towards Jerusalem. Do you know which direction east is when you're sitting in your designated prayer space? If it's possible, try to face east when you participate in services. Otherwise, it's nice if you at least know where it is.

Participate

Take it from me: it's awkward and foreign to sing at a computer screen. (I did get used to it quickly.) You may very well find it strange to sing along as the cantor sings a congregational melody when all you hear is your lone voice. Try anyway. Respond Amen when appropriate. Stand up and be seated at the usual times. Put on a *tallit* and *kippah*, and otherwise engage in all the usual choreography of the service.

Just as you would come to shul with your family, make sure that everyone is present in your newly created worship space. I predict that your kids are less inhibited than you are to sing out loud and participate in front of the screen.

Hold The Book

Remember all those books—various *Siddurim* and *Chumashim*—that your children were presented from the synagogue over the years? Every Hebrew school class graduation, bar mitzvah, or other important life cycle event was marked by another book, which the rabbi somberly handed over with the words, "...and here's a book from the board of trustees that I know you'll enjoy reading." You dutifully put them on the bookshelf and there they have sat for years gathering dust.

This is their (and your) big day! During your virtual service, pull those tomes off the shelf and hold the *Siddur* or *Machzor* in your hand. There are also numerous resources and options available to download electronic versions of the *Machzor*. During the Torah reading, turn or scroll to the appropriate page in the *Chumash*. Follow along with the *davening*. Read the texts and the translations. Seek out interesting and provocative readings—perhaps online—before services begin so you can enhance your synagogue's service with your own insights. Don't be a passive viewer. Be an active worshipper.

Get Dressed

Months of nothing but Zoom meetings have required all of us to make sure that we look professional on screen—from the waist up. For High Holiday services, wear pants! You can probably do just fine without the usual formal and uncomfortable suit and dress, but don't attend services in jeans or sweats even though you might be sitting on your den couch. Before you hear a single word of prayer, being dressed a certain way will begin the process of transforming your home into a personal sanctuary.

Be On Time

In the old days (that is, 2019), all congregants arrived at shul at various times throughout the service, stayed for however long, and then left. Then there were always the diehards who were in their seats before the rabbi and cantor even began the service, and wouldn't think of leaving before the 5-1/2 or 6 hour service was over.

Be Open

Sitting in the sanctuary for High Holiday services last year, no one could have ever imagined that this would be the way we'd usher in the year 5781. While it may not be what we want, it's what we have. Take advantage of these unusual circumstances to experience something new. Sitting in your den, surrounded by family and all of your familiar possessions—the message of *Unetaneh Tokef* about the fragility of life and our tenuous mortality may take on a whole new meaning. This is a unique opportunity to understand and appreciate the liturgy and message of Rosh Hashanah and Yom Kippur differently than you ever have.

This year, you may not have to face the crowds or remember to bring your tickets, but you should still prepare to transform your home into a sacred place of holiness.



Lulav & Etrog

Blessing the lulav and etrog on Sukkot is the Jewish way of thanking God for the blessings of the earth. By holding the four species together (the branch of a palm (*lulav*), three myrtle branches (*hadas*), two willows (*aravot*), and a bright yellow etrog) we symbolically “get our act together.” When we point the lulav and etrog in six directions, we remind ourselves that God’s presence can be found in every area of our lives. By shaking the lulav and etrog vigorously, we commit to being “movers and shakers” in the world this year, for good and for blessing. Add meaning to your Jewish life and create special memories for your family by shaking a lulav in your home! We offer fully assembled Lulav & Etrog Sets for \$54.

**Order
deadline:
Sept. 11**

Visit caiaz.org or
call Amber at
745-5550, ext. 225.

Tashlich at the Park

Tuesday, September 22 • 4:00pm at Ft. Lowell Park

We invite everyone to join us as we symbolically “cast away” our sins as the New Year begins. Traditionally, bread crumbs are cast upon a body of water as an act of self purification and to fulfill the words of the Prophet Micah (7:19): “And Thou wilt cast (*vetashlich*) all their sins into the depths of the sea.”

Bring the whole family and participate in this meaningful experience at Ft. Lowell Park with a socially distant, safe activity as well.

Masks Required

**There is no charge to attend; however, reservations
are needed by Sept. 17.
Call Kim at 745-5550, ext. 224.**



Photo by Anna Shvets from Pexels

אל תפרוש מן הצבור

'DO NOT SEPARATE YOURSELF FROM THE COMMUNITY'

Staying connected and supporting each other perhaps have never been more relevant than now as we prepare for the first ever (and hopefully last!) virtual High Holy Days.

On top of our Rabbinic transition and the usual myriad of challenges facing Judaism, enter COVID-19. The physical and social isolation necessary to help mitigate the disease presents challenges to Anshei Israel unprecedented in its 90-year existence. In addition to navigating the typical COVID-related school and workplace issues, our Congregation has also had to figure out how to provide virtual services and programming while maintaining the connection with our Members that is at our core.

So how does this relate to the Appeal? The above conditions have created an environment where letting ourselves drift from our spiritual center, from our synagogue that has been here for so many years to meet our needs, would be understandable. Without being able to sit next to each other, greet each other in the hallways, feel each other's presence, it would be all too easy to not support the synagogue. Out of sight, out of mind.

Hillel teaches in *Pirke Avot* (2:4), The Ethics of our Ancestors, “Do Not Separate Yourself from The Community.” This is precisely why our support of the synagogue at this time is critical. Your generous donations ensure that Anshei Israel is able to continue offering vital services to meet the needs of our congregants. Without your contributions, we risk that the isolation borne out of the response to COVID-19 has a longer lasting negative impact on our synagogue than the disease itself.

As in past years, we have a devoted anonymous donor matching first-time givers. Please join us now in generously contributing to the 2020 High Holy Days Appeal.

**Tracy and David Jeck and Family
5781/2020 High Holy Days Appeal Chairs**

You Spoke, We Listened!

Our High Holy Days survey resulted in strong desires for social interactions during our High Holy Days this year. The opportunities for social interaction with friends and family include:



- Bringing all participants together into the Zoom services towards the end of each of our services
- “Virtual Kiddushes” after services on Rosh Hashanah - both days!
- Study session led by Aaron Leonard during the break on Yom Kippur
- “Virtual Hallway” for times when you need a few moments away from services on Rosh Hashanah (both days) and Yom Kippur

Look for more information and links in your High Holy Days mailing.



Please join us on Zoom for the opening service to the High Holy Days

Havdallah & Selihot Program & Service **New Year, New Rabbi** Saturday, September 12

7:30PM Havdallah Program

8:15PM Selihot Service

Kever Avot Memorial Service

Sunday, September 13 • 10:30am

Evergreen Cemetery, Anshei Israel Section

The Kever Avot Memorial Service, held annually by our congregation and almost every congregation throughout the country, is a time to come to the cemetery to pay our respects to our dearly departed. Even if your loved ones are not buried in CAI's Cemetery, you are encouraged to participate in the service and express your feelings of love and loss.

The service lasts no more than 30 minutes. A special booklet of prayers is used that provides spiritual connection with those who are no longer among the living.

Masks Required



Services for Children & Families*

1st Day Rosh Hashanah • Saturday, September 19

and

Yom Kippur • Monday, September 28

- **Young Children's Family Service on Zoom • 9:45am**

For Preschool children and their parents, with Kimmie Spitzer & special guests

- **Family Service on Zoom with Jordan Wiley-Hill**

Family Service for K-4th grade • 10:00am

Family Service for 5th-8th grade • 10:45am

2nd Day Rosh Hashanah • Sunday, September 20 • 10:00am

- **Rosh Hashanah Storytime on Zoom with Jordan Wiley-Hill**

For all youth and their families



Jordan Wiley-Hill
Inspirational Jewish
spiritual storyteller

***All High Holy Days Zoom information will be mailed to CAI members in good standing.**

PROJECT ISAIAH



Every year, Congregation Anshei Israel participates in Tucson's annual High Holy Days Hunger Project benefiting the Community Food Bank.

Kindly drop off any monetary donations September 14 - October 14 in the administrative office. The Food Bank can use the monies to purchase items at a greater discount. Cash or checks (made payable: *Community Food Bank*) may be mailed to, or dropped off at, the Synagogue.

Due to COVID-19, no food accepted this year.

Project Isaiah was conceived and initiated by the Conservative Movement.



Yom Kippur Hangout

All teens are invited to join USY in a Zoom room during the break on Yom Kippur afternoon for games and conversation. Please contact Adina Karp at AdinaUSYCoordinator@gmail.com for more information. Zoom link will be sent out privately.

Judaica Fine Art

- Do you have Judaica Fine Art no longer on display?
- Have you recently reorganized your home and changed styles and now have beautiful unused Judaica Fine Art?
- We are considering holding a Judaica Fine Art Fundraiser.
- Are you able to drop off your Judaica artwork at the synagogue or would you need assistance with pickup?
- 100% of all proceeds go to benefit CAI.

Please contact Jonathan Green at jigreen722@hotmail.com for more details.

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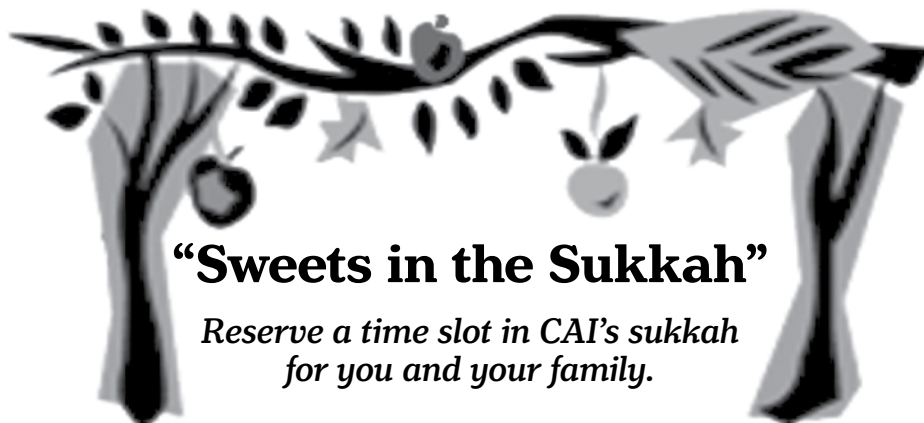
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It's a mitzvah to eat in a sukkah...



"Sweets in the Sukkah"

*Reserve a time slot in CAI's sukkah
for you and your family.*

Along with services there will be an opportunity for members to sign up for socially distant, in-person

"Sweets in the Sukkah"

7-8pm Monday-Thursday, Oct. 5, 6, 7, 8

Light prepackaged treats will be available. Maximum of 4 households per time slot. 30 minute slots.

RSVP to Amber at ExecAssist@caiaz.org.

Shemini Atzeret

Saturday,
October 10
9:00am



On Shemini Atzeret, all yahrzeit plaques installed in
Congregation Anshei Israel's Memorial Hall during the past year
will be dedicated; Yizkor approx. 10:30am.

Please join us on Zoom for this service and meaningful dedication.



Save the Dates

Saturday, October 10

&

Sunday, October 11

Details to follow.

Building your own sukkah?



We will have palm fronds
available for contact-free
pick-up Sept. 29-Oct. 2.

Willow branches available for
pick-up on Oct. 8 only.



Watch your mail for details ...

CONGREGATION ANSHEI ISRAEL DONATIONS

Donations made to Anshei Israel Funds enable our Synagogue to continue to carry out its work, thereby better serving our members.
Please consider making a donation in honor of a relative or friend who may be celebrating a simcha or in memory of a loved one.
This list reflects those donations made after the last issue's publication date. Todah Rabah to all.

Our Donation Form

is at the Front Desk
in the administrative office
AND
at caiaz.org

Notification cards are
sent for donations of
\$18 or more.

Tributes

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In memory of:

Mother, Ann Cole
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Young Adult/College Outreach Program

During the High Holy Days, the absence of many of our young adults is readily apparent to the Synagogue and to you, the families whose children are away from home. All too often our college-age young adults feel cut off from the Synagogue which played such an important part in their younger years. We want to keep that Synagogue connection with your children.

Please help us update our list of young adults who are in college or others who would enjoy hearing from us. We ask those who would like their children to receive both regular and e-mail communications to complete and return the form below to:

CAI Young Adult/College Outreach Program
5550 E. 5th St., Tucson, AZ 85711

Congregation Anshei Israel's Young Adult/College Outreach Program

Name(s) _____
 Address _____
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