



September/October 2008
Kol HaShalom
Voice of Peace

Congregation Ahavat
Shalom

September/October 2008
Tishri/Cheshvan 5768

Shana Tova uMetukah 5769
A sweet, healthy and prosperous year

From Reb Seth

NEW BEGINNINGS

Soon the waning days of summer will give way to school days, fall chills and colorful foliage. As we pull in the docks from the lake, we also turn our view inward from the outer world to introspection. The Hebrew month of Elul leading up to Rosh Hashana this year parallels almost exactly the month of September. It is a time of inner reflection and taking personal stock. Starting with Elul the entire holiday cycle is a time of *tshuvah* – return or renewal – and is an opportunity for new beginnings.

As we reflect on our lives and the past year, we have the opportunity for “self-chiropractics” – a realignment of our lives. Perhaps we are trying yet again with what we set out to do a year ago, prepared to begin once again. Perhaps our goals are new. In addition to introspection and *tshuvah* with ourselves, we can create new beginnings in the many relationships in our lives: in our primary relationships, with our families, with friends, with our colleagues, in our relationship with Ahavat Shalom, and with other congregants. While the holidays will offer a time for healing between us and The Divine, the month of Elul is a time of rectifying our relationships with our friends and family.

At this time of year we also near the end of the Five Books of Moses, only to begin again after the holidays. A new beginning is in the works here as well. Moses prepares to pass the reigns on to Joshua, the leader for the next generation. I imagine it was

with a mix of excitement and trepidation that the community and its new leader moved ahead.

Congregation Ahavat Shalom is, of course, also in a place of new beginnings. While certainly no Joshua, I do share his excitement and trepidation in leading the community forward as it grows, changes, celebrates, and faces new challenges. I have great faith in the possibility of what we can do together.

I look forward to having the opportunity of spending more time with each of you in the weeks and months to come. I will be having regular “office hours” when I am in town each month. I invite you to contact me so we can find a time to get together during these times, whether you have something specific on your mind to discuss or just want to say ‘hello’. Over the days between Rosh Hashana and Yom Kippur my schedule will be more relaxed and flexible. I will have plenty of time to spend with people, for a sit-down meeting, a walk or a meal.

As well, I am easily reachable even when I am not physically in Traverse City. Whether by phone or by email, whether it is an emergency or you simply have something to discuss, please feel comfortable reaching out.

Warmly,

Reb Seth

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Reb Seth's Office

Hours During

Shabbat Visits:

Friday: 11 AM—1 PM

Sunday: 12 PM—2 PM

Just to be is a blessing, just to live is holy.

--Abraham Joshua Heschel.

From the president

Dear CAS Family,

Yesterday Debbie and I looked out across a field near our home and there was a tree standing alone that had already changed color. Although it was very pretty, all golden yellow, I was saddened to see it for a couple of reasons. First, it's only August and it's just too early for the trees to change. Second, when I looked around at the other trees gathered together they were still vibrant green and I thought to myself, "See what standing alone does for you. You don't have any support and you get out of synch".

I guess that's how I feel about Ahavat Shalom. As we continue to support each other through our times of travail and trouble, we become stronger. No one said life would be easy; but when you stand with friends it certainly is easier. I look forward to standing with many of my

friends this High Holiday season when we are led by Reb Seth. Each year we are given a chance at a new beginning, and it is up to us to reach out and grab the brass ring. We have stood together and weathered the storm. We've come through and are about to embark on a new adventure – together.

As we gather on September 29th on erev Rosh Hashanah I hope you will feel as good as I feel when you look around at those near you and know that Ahavat Shalom means as much to them as it does to you.

Although the future of CAS looks good we must all pull together to make sure that the future looks better than good. Your physical support is most definitely needed but so is your financial support. We, as a congregation, have chosen the current path we are on, and as a congregation we need to support it.

Over the next few months we will be looking at all financial obligations and the current structure to meet them.

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Tikkun Olam— CAS Social Action Committee

WHY VOTE ???

It's one of those perplexing questions of life in a democracy. However you approach it, a convincing answer remains elusive.

If you have ever been involved in a political campaign, you have probably heard the response; "What difference is one vote going to make?". Of course, the question is legitimate. A single vote is seldom, if ever, decisive. It would always be challenged by a demand for a recount, anyway.

So is democracy an illusion...some sort of meaningless ritual? Regardless of how you might be tempted to answer, Churchill's description sums it up pretty well: it's the worst form of government, except for all the others. However, Judaism offers its own defense of democracy. Within our tradition, we accept the challenge of Tikkun Olam, which means we must try to repair or mend the world: not to

"convert" the world or to conquer it or to rebuild it to conform to some selfish design.

Instead, Tikkun Olam seeks our commitment to mend and to heal the good creation G-d has given us, wherever it has been abused or neglected.

Sometimes there is opportunity for individuals to do this on their own. When they do we honor them and name buildings and highways after them. But there is a much more common way for us to make a difference. That is by joining with others in a common cause, to support something that you believe will help to mend G-d's creation where it has been wounded by an evil act, even though the action might have been originally thought to be right.

That's why we should vote, whether we can justify it logically or not. It is part of our miztvah as faithful Jews who believe in Tikkun Olam.

- Bill Hansen, Tikkun Olam Chair

September 2008

The Congregation Ahavat Shalom (CAS) office is located at 413 N. Division, Traverse City, south of Grandview Parkway on the west side of Division Street.

The Unitarian Universalist Congregation (UU) is located at 6726 Center Road, Traverse City, on the Peninsula, two miles north of Munson Avenue (Grandview Parkway and Garfield)

Fred Goldenberg's Office is located at 236 1/2 E. Front Street Traverse City, MI (231) 922-1010

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Sun Mon Tue Wed Thu Fri Sat

1 Birth- day 	1 Marsha & Ray Foresman  Martha ToPol & David Kirby	2	3 Sharlene & Warren Kruger 	4	5 NOTE: No first Friday Services	6
7 	8	9	10	11	12 6:30 PM CAS Shabbat Service at the UU  Maple Kirby	13 11-1 Lunch & Learn (UU) 5:30 PM Reb Seth Welcome Celebration
14 Sunday School Kick Off—Tikkun Olam Field Trip	15	16	17	18	19	20 Jim & Robin Bransky 
21	22 Trevor Kuhn 	23	24	25	26	27
28 Monya Bransky 	29 6:30 PM Erev Rosh Hashanah	30 10:00AM Rosh Hashanah Service 1 PM Tashlich Lunch to follow at the Catch Grill				

*"Help us turn to you,
 and we shall return."*



October 2008

Weekly Torah Portions
Read for the week ending
November 1st, 2008

September 6th

Shoftim

Deuteronomy 16.18-21.9

September 13th

Ki Tetze

Deuteronomy 21.10-25.19

September 20th

Ki Tavo

Deuteronomy 26.1-29.8

September 27th

Nitzavim

Deuteronomy 29.9-30.20

October 4th

Vayelech

Deuteronomy 31.1-31.30

October 11th

Ha'azinu

Deuteronomy 32.1-32.52

October 18th

Intermediate day 3

Of Sukkot

October 25th

B'reshit

Genesis 1.1-6.8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Petey Wolf 	3 6:30 PM CAS Shabbat Service	4
5 Sunday School with Reb Seth	6	7	8 6:30 PM At the UU Kol Nidre	9 10:00 AM Yom Kippur 4:30 PM Yizchor/ Neolah Break-fast Park Place	10	11
12	13	14 Kathy Pesch 	15 Wes Caughlan 	16 Marjie Rich & Roger Gerstle 	17	18
19	20 Fred & Debbie Goldenberg 	21	22 Robin Webb- Bransky 	23	24	25 Lynn Kuttbauer & Rich Lewis 
26	27	28	29	30	31 Debbie Goldenberg 	

Children's Education

Dear CAS Families –

We are very excited about starting Religious School again this year! We are so looking forward to welcoming back the kids and parents and are especially excited about Reb Seth's involvement in Religious School. He will have an active role in Community Time, giving insight into the curriculum, and mentoring teachers. We could not be more thrilled for him to be here! Watch out for a full packet soon with all of the details about Religious School.

We are working on two main areas and really need your help:

Religious School and Hebrew teachers. We have so many people in our community, whose spirit and heart would be an incredible blessing to our children. I am talking about you! If you love children and believe strongly in the Jewish education of our children, please consider joining our incredible team of teachers! Or, if you only want to commit every once in a while – sign up for our Substitute

Squad! Worried that you don't feel comfortable or that you don't know enough? That is secondary - significant resources and support are provided. Want to make a difference? Call me today!

Space. Mike Tarnow has been donating Religious School space for a long time, and we have been so grateful. Unfortunately, the space needed to be rented. We have been looking for space this summer and, thus far, have not been able to identify space. We are confident we will be able to, but if you know of space that may be available, please let me know. We need: 4 spaces (not large, but separate), which includes one large space for Community Time; space needs to be accessible.

We are excited to continue our collaboration with Temple Beth El. Continuing this year, members of both congregations will be welcome at CAS Religious School for pre-Bar/Bat Mitzvah. And, members of both congregations will be welcome at Temple Beth El for Teen Youth Group. To sign up for Youth Group,

please call Susan Abrahams at 941-4196.

Looking forward to seeing everyone!

Please call me with questions, comments, suggestions!

B'Shalom (in peace),

Lisa Robitshek

CAS Children's Education Director

231-941-1080/robit@garlic.com

Upcoming dates:

Sunday, September 14 – Save the Date: Religious School Kick-off!

Tikkun Olam Project with Fresh Food Partnership. Details to follow!

Sunday, October 5th – First Day of Religious School

Sunday, October 26th – Religious School

Religious School times:

9:45 – 10:45: Hebrew School

10:45 – 11:45: Community Time

11:45 – 12:45: Jewish Studies

A Mouthwatering Reflection on Rosh Hashana by Debbie Goldenberg

Rosh Hashanah, literally “head of the year,” is the Jewish New Year. It means not only the beginning of school, but the symbolism of the food at this time of year. No dark foods—only bright, fresh oranges, carrots, honey and apples. Circles mean a good year all year round. Shape the challah into a circle for Rosh Hashanah, sometimes adding golden raisins for an even sweeter year. Always start the meal with apples dipped in honey.

The carrots in this recipe resemble coins. They make it a triply symbolic recipe for the New Year—round, brightly colored and sweet. What a better way for our children to eat vegetables! A bonus: let them help you make the Tsimmes. Have them use a plastic knife for slicing.

Carrot Tsimmes

Serves Six

Ingredients

1 pound carrots

1 8-ounce can crushed pineapple

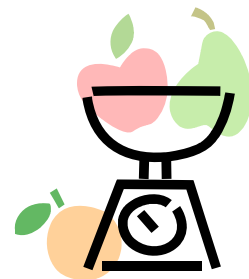
1/2 cup water

1/2 cup orange juice

1/2 teaspoon ground ginger

1/2 teaspoon salt

6 ounces pitted prunes or apricots



Peel the carrots. Cook the carrots in boiling salted water for about 20 minutes, or in the microwave, until soft. Let cool.

Slice the carrots with a knife into round circles.

Mix them with the crushed pineapple, water, orange juice, ginger, salt and prunes or apricots.

Simmer them together, covered, on top of the stove for about 15 minutes.

~ Introducing CAS Member Melody Ward ~



Miss Melody with Sweet William

My Journey into Judaism

By Melody Ward

My first interest in Judaism came with finding a recipe for Challah in a bread cookbook at about sixteen years old. I loved baking, and this was a new way to express my love for bread. I fell in love with Challah right off.

When I was twenty I met a woman who was Jewish whom I soon became partners with. Over the time we were together she taught me the finer points of Jewish cuisine; always my love for food wins my heart! I learned to make matzoh ball soup, and roast beef for Shabbat dinners. As time went on I grew in interest in learning Jewish traditions and religious practice. When I was about thirty I began going to a Reform Temple to learn even more. I took classes in tradition, practice and eventually in Hebrew. I embraced Judaism as my own in 1994 after years of study and practice. I continued in my membership as a reform Jew until 2000 when I moved to Traverse City.

Upon my arrival here I learned of a woman rabbi whom I became interested in knowing more about. I called and talked to Rabbi Stacie, as she was known at the time, and soon joined Congregation Ahavat Shalom. I learned more about Hebrew and eventually became a tutor for adults in Hebrew.

Today, I remain a steadfast member of Ahavat Shalom. I have continued to grow and mature in the Jewish faith.

On a different note, I have added a new member to my little family of my two cats and myself, my new Yorkshire terrier Sweet William as of December 2007. He is the light of my life and heart. As a single woman I craved a deep companionship that only a Yorksire terrier could fulfill for me! He loves without reserve, he doesn't judge me, or talk back to me. We have already been through very trying times together with his two front legs having been broken since his arrival to his new home. But we are bound together as much as any two beings can be, and he gives me the extra impetus I need to keep growing in my life.

I moved to Traverse City in July 2000 from Dayton, Ohio. I came up north to help out a friend who was very ill at the time; to get her to and from doctors, chemotherapy and radiation treatments and to help out with her money situation. For a short period I worked at Kalkaska Memorial Hospital in the laboratory as a Medical Technologist. I no longer work, but spend my days with my little family enjoying life.

"And God made a new companion for Adam and Eve and called him Dog; a reflection of God's name, for he is a reflection of God's love for humans."

CAS Abundance & Gratitude

In Gratitude for Recent Contributions:

A special acknowledgment to those who have 're-committed' their membership in support of CAS' new beginning:

Gary and Mimi Appel
Arnie and Shelly Goodman
Fred and Debbie Goldenberg
Bill and Dorothee Hansen
Curtis and Sandi Kuttnauer
Adam and Jennifer Lett
Jeffrey Miles and Polly Rea
Andy and Lisa Robitshek
Craig and Sandy Swartz
Melody Ward

In honor of Reb Seth:

Lisa Danto

Miscellaneous:

Anne and Bill Howson
Arlene Gorelick and Jerry Lapides

Thank you, Debbie Goldenberg, for sharing the Rosh Hashana story and recipe

Thank you, Melody Ward, for sharing your story and for providing the weekly Torah Portions!

Thank you, Dorothee Hansen, for helping edit the Newsletter!

(President's message – continued from Page 2)

We know we need to change some elements of how we do "business" and we will communicate these changes to you as soon as we make them.

As year 5769 fast approaches we all need to take a moment and reflect over the last couple of years in Ahavat Shalom's life. It's been tough yet exhilarating at the same time. We were challenged individually to look at what CAS meant to us emotionally, spiritually and communally. At this time I ask you to respond to the letter you will be receiving shortly financially. We all realize that we needed Ahavat Shalom in our lives and now Ahavat Shalom is counting on you for its future life.

May you and your families be inscribed in the book of life this coming year and may all your lives be blessed.

Shalom,

Fred Goldenberg, President

CAS Welcomes New Member Lisa Danto!!



The teaching is not remote of mysterious. It is not across the sea so you say, "Who will cross the sea and get it for us, so that we might be able to hear it and keep it? It is very close to you.

The knowing is in your mouth and in your heart, so that you yourself can become aware and fulfill it."

-- Deut. 30:11-14

The Tikkun Olam Committee would like to remind you to bring a canned good to Services, so that they may be delivered for use by local food pantries. *Thank You!*

Congregation Ahavat Shalom

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We're on the Web
www.ahavatshalom.com

Mission Statement

We are an independent Jewish congregation open to all people of any cultural origin. Our purpose is to meet celebrational, spiritual, education and philosophical needs through exploration together; and to interact with the larger community by actively sponsoring and supporting diversity and inclusivity with harmony and peace-based programs.

Whatever the faiths you have known, or the flags of your heritage - you are welcome here. Whoever you are, whatever the circumstances of your life, and whomever you love - you are welcome here. And, whether you ran in here on little feet today, or walked in briskly, or ambled, or rolled in, you are welcome here. Whether you agree or disagree, have doubts or certainties, lean left or right or like the middle, you are welcome here.

Save the Dates!

Upcoming CAS Services

Friday, September 12th 6:30PM CAS Shabbat Service

Saturday, September 13th 11-1 Lunch & Learn

September 13th 5:30PM Havdallah Service & Welcome Celebration for Reb Seth

Monday, September 29th 6:30 PM Erev Rosh Hashanah Service

Tuesday, September 30th 10:00 AM Rosh Hashanah Service

1:00PM Tashlich Service on the Boardman/Lunch at the Catch Grill*

Wednesday, October 8th 6:30 PM Kol Nidre

Thursday, October 9th 10:00 AM Yom Kippur Service

4:30 PM Yizchor/Neolah

Break-fast at the Park Place*

All Services at the UU unless otherwise noted

****RSVP's required for Lunch at the Catch Grill and Break-fast at the Park Place***