



Temple Sholom
5 East Dillon Road
 P.O. Box 664
 Monticello, NY 12701
845-794-8731

Following CDC
 guidelines for
 COVID-19 pandemic

OFFICE CLOSED

templesholom1954@gmail.com
www.templesholomny.org

Rabbi

Michele Brand Medwin, D.Min.
rabbimedwin@me.com

Board Officers

President, Dr. Neal Jacobs
 Vice President, Don Horowitz
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Rabbi Medwin, D.Min.

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Stephanie Millett

Temple Sholom's *Harbinger*

JUNE 2020

SIVAN / TAMMUZ 5780

From the Rabbi...

When Will Temple Sholom Open?



This is a question that all groups and businesses are starting to ask? We all miss the camaraderie and comfort that being in the temple building provides for us. As New York starts to open different parts of the state in stages, we wonder, is there yet a safe way for us to get back together at Temple Sholom? I have been monitoring events and situations regarding COVID-19 very carefully as they have unfolded over the past two months in the news, and studying all the recommendations on the state level, from various religious organizations, and from the URJ and CCAR. I feel it is my responsibility as your rabbi to keep you safe and would never want to risk your health or your life. Based on what I know for now, we have no date planned to open the doors of the temple in the near future. One of the most important reasons is that most of the members of our congregation are over the age of 60 and are considered high risk of serious consequences if they catch the virus.

I would like to share with you the basis for this decision in the context of our tradition and Jewish teachings. This is taken from the CCAR/URJ Guidelines on "Values-Based Decision Making: Returning to In-Person Gatherings During the COVID-19 Pandemic."

The most important teaching in Judaism is *Pikuah Nefesh* — saving a life. The midrash tells us that the reason we all came from one person, Adam, is to teach that if we save the life of one person, it is as if we saved the lives of the entire world. If keeping the temple building closed will help to save lives, then we should refrain from in-person religious activities and gatherings.

continued on page 2 ...

Shabbat Services

via ZOOM

start 7:30 PM

Zoom in 30 minutes early to schmooze a bit with other zoomers.

From the Rabbi... (continued from page 1)

While an important aspect of Jewish worship is community, we have been able to maintain a sense of community through Zoom. While this is less than ideal, there have been advantages. Zoom has allowed people in many different locations to share in worship together.

We read in *Pirkei Avot* 1:6, *Aseih l'cha rav*, "Find yourself a rabbi." Though often translated as "teacher," the term "rabbi" in this phrase, in fact, suggests expertise. In our Jewish lives we rely upon the knowledge and guidance of our rabbis. As we confront a public health crisis, though, it is the expertise of public health authorities, specialists in infectious disease, and epidemiologists to which we must look for guidance concerning the best decisions for our communities.

Based on scientific research, we have learned that religious gatherings are a significant source of COVID-19 spread. Most people who get the virus have been indoors in a space where many people have gathered or have been exposed to someone who was inside such a place. We have also learned that singing projects the virus much further than talking, and when singing, we inhale more deeply, bring the virus further into our lungs. We don't know if reading out loud might also spread the virus farther than normal talking.

I will continue to think out of the box for creative ways for us to be together safely as a community and share our traditions and heritage. In the meantime, join us for Zoom if you haven't yet tried it. We have found a very special way to meet, talk to each other, worship, and study together.

Rabbi Michele Brand Medwin, D.Min.



**In loving memory of beloved mother,
Miriam Goldenberg.**

**Certificate to: Sabra & Jerry Salzman
Donor: Maureen, Bob & Julie Velten**



There are many ways to support Temple Sholom

- ☆ *Sponsor an oneg at Friday night services*
- ☆ *Tree of Life highlights a milestone event (\$54)*
- ☆ *Plant a Tree in Israel in honor of a family celebration/commemoration (\$18)*
- ☆ *Think of the temple once a month and become a member of the Chai Club (\$18 or less)*
- ☆ *Send a Golden Book message (\$5)*
- ☆ *Volunteer your time at temple events (\$0)*

Temple Sholom Annual Meeting via ZOOM




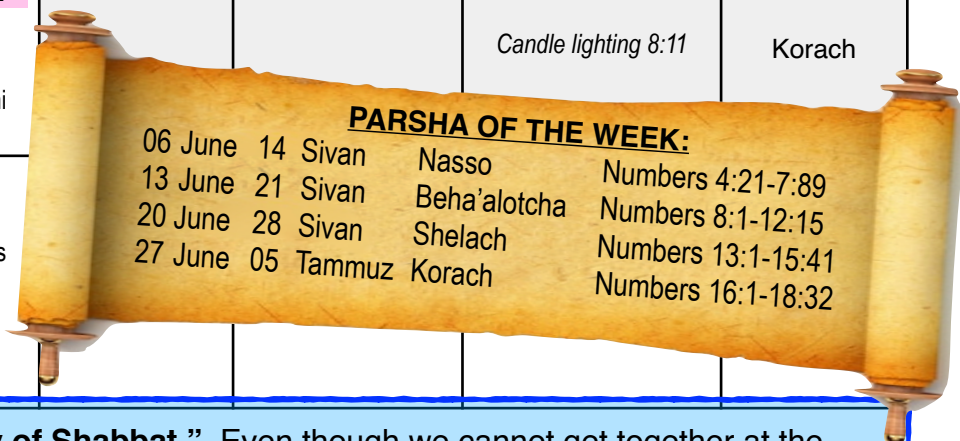
**Tuesday, June 16, 2020
6:30 PM**

Link to Zoom meeting will be sent out via temple email the morning of the meeting.

Agenda:

President's message
Rabbi's message
Approve slate of officers and Board members
Approve budget

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Virtual ONEG SHABBAT sponsors: JUNE 5: Jerry & Lorraine Bogursky in honor of their grandchildren's graduations JUNE 12: Macy Miros in honor of Sheri's birthday and Macy leading services and finishing school JUNE 19: Schroeder and Horowitz in honor of their anniversaries JUNE 26: Michael Zalkin in honor of Martha's retirement from teaching the Fallsburg schools				4 Hadassah Tai Chi (via ZOOM)	5 Shabbat Services 7:30 (via ZOOM) Candle lighting 8:04	6 Nasso
				11	12 Shabbat Services 7:30 (via ZOOM) Candle lighting 8:08	13 Beha'alotcha
14	15	16 ANNUAL CONGREGATIONAL MEETING 6:30 PM (via ZOOM)	17	18	19 Shabbat Services 7:30 (via ZOOM) Candle lighting 8:10	20 Shelach
21 	22	23 Sholom U classes begin (via ZOOM) Hadassah Dollar Bill Origami (via ZOOM)	24	25	26 Shabbat Services 7:30 (via ZOOM) Candle lighting 8:11	27 Korach
28	29	30 Sholom U classes (via ZOOM)				



Oneg Shabbat means, “**The Joy of Shabbat.**” Even though we cannot get together at the synagogue, we do gather together every Shabbat on Zoom. Getting together brings us great joy!

Because of the pandemic funds will be tighter. You can do a mitzvah by being a **Virtual Oneg Shabbat Sponsor**. Pick a Shabbat you would like to “**Virtually Sponsor.**” Here is how to be a sponsor: Send an e-mail to Rabbi Medwin (rabbimedwin@me.com) telling her which Shabbat you will sponsor. Tell her the reason: birthday, anniversary, in memory of, in honor of, to celebrate Shabbat, to support the temple, etc. (Birthday or anniversary is not on that Shabbat? You can celebrate it early!!)

Send a donation check to: Temple Sholom, PO Box 664, Monticello, NY 12701

Write “*Virtual Oneg Shabbat*” in the memo line.

That week's email to the temple members will recognize you as the sponsor and you will be acknowledged during the service.

Is your friend sponsoring an oneg?

You can make a donation to the temple in their honor.



Sholom Jewish University – Summer 2020 / 5780
Temple Sholom, 5 East Dillon Road, Monticello, NY

Taught by Rabbi Michele B. Medwin, D. Min
June 23 - August 18, 2020

**REGISTRATION FORM
ON PAGE 5**

(Keep this page for your information.)

All classes are open to the community. Please tell your friends and neighbors.

Distance Learning – Due to the pandemic, all classes will be taught online via ZOOM.

Tuition - The cost is \$36 per course per semester for Temple members and \$54 per course per semester for non-Temple members. Scholarships are available for those who cannot afford the full cost of the classes. Please contact Rabbi Medwin regarding scholarships. (rabbimedwin@me.com) Registration forms are also available on the website - <http://www.templeholomny.org>.

1. Jesus and His Jewish Influences

Tuesdays, Noon-1:15 PM from June 23 - August 18, 2020

The aim of this course is to provide an understanding of how Jesus's teachings and views were shaped by his Jewish background and context. We will learn what it meant to be Jewish in the late Second Temple period. (2nd century B.C.E - 2nd century C.E.) This is an era that witnessed a series of turbulent events including the Maccabean Revolt and destruction of the Second Temple in Jerusalem. It was against this backdrop that the different Jewish sects and movements emerged including the Pharisees, Sadducees, Essenes, and Jesus's movement. All these groups were Jewish and observed Biblical law but differed in their interpretation and practice of Jewish law. The course draws on various sources including the Hebrew Bible, para-biblical and extra-biblical literature, the Dead Sea Scrolls, Philo of Alexandria, Flavius Josephus, the New Testament, and Rabbinic literature. This course is based on the Great Courses lecture series given by Professor Jodi Magness from the University of North Carolina. **Handouts will be provided.**

2. Songs Ascending: The Book of Psalms with Textual and Spiritual Commentary

Tuesdays, 1:30-2:45 PM from June 23 - August 18, 2020

The Psalms have always been a source of comfort and of praise for the Jewish people, as well as other religions. In these turbulent times of COVID, reading and learning about the Psalms can be a source of comfort and calm to us today, as it was for our ancestors thousands of years ago. The Psalms are poems and songs written by the psalmists pouring their hearts out to God. Following each translation in this book, is a textual commentary that will take you inside the translation process, helping you understand the choices the author of each psalm seems to have made, and the choices facing us in the 21st century as we try to make each psalm our own. The book also provides spiritual applications for us. To what event, struggles, triumphs in our own lives might a psalm speak? How might a psalm accompany us when we are ill or visiting someone who is ill? How might it provide comfort when we have lost someone dear to us? How might it help us feel the presence of God or enter into a dialogue with God during troubled times as well as when we want to shout, "Halleluyah." We will also include musical recordings for Psalms that modern composers have written melodies to. **Please purchase the book, *Songs Ascending: The Book of Psalms with Textual and Spiritual Commentary: Volume 1* by Rabbi Richard Levy, CCAR Press.** It is available as a paperback (which includes both part 1 and part 2) or Kindle Edition at Amazon.com or directly from CCAR Press (ccarpress.org) as a paperback or Kindle, Apple Books, iBookstore, Nook, Google Play.

Sholom Jewish University – Summer 2020/5780
Temple Sholom, 5 E. Dillon Rd. Monticello, NY
templesholom1954@gmail.com

TUESDAYS: June 23 - August 18, 2020
Taught by Rabbi Michele B. Medwin, D.Min

VIA ZOOM

(An email with the Zoom link will be sent Monday morning before each Tuesday class to those who are registered.)

All classes are **open to the community**. Please tell your friends and neighbors.

Tuition - The cost is \$36 per course per semester for Temple members and \$54 per course per semester for non-Temple members. *Scholarships are available for those who cannot afford the full cost of the classes. Please contact Rabbi Medwin regarding scholarships. (rabbimedwin@me.com)* Registration forms are available at Temple Sholom or on the website - <http://www.templesholomny.org>.

Please submit registration form with your check to the temple office by June 19, 2020.

Name _____ Email _____

Address _____ Town _____

To reach you for alerts and/or cancellations:

Primary phone _____ Alternative phone _____

☐ **1. Jesus and His Jewish Influences** - based on the Great Courses Lecture series by Professor Jodi Magness, Department of Religious Studies, University of North Carolina.
Tuesdays from noon - 1:15 PM (Handouts will be given.)

☐ **2. Songs Ascending: The Book of Psalms with Textual and Spiritual Commentary**
Tuesdays from 1:30 - 2:45 PM

We will be using the book by Rabbi Richard Levy.
(See course description for how to obtain the book.)

MEMBER of Temple Sholom in good standing:

☐ 1 class - \$36 ☐ 2 classes - \$72

NON-MEMBER:

☐ 1 class - \$54 ☐ 2 classes - \$108

☐ **I am enclosing a check for \$_____ made out to “Temple Sholom” with Sholom University” written in the memo.**



PRIMETIMERS

June meeting: Cancelled

Another month has gone by and I hope you are all safe and healthy during this horrific time.

Most of you have altered any summer plans you might have had. We had to cancel all of our trips and the May and June meetings so far. These trips have not only helped Temple Shalom, but we also gave some support to community organizations like the Nesin Cultural Arts, Hospice of Orange and Sullivan County, and Federation for the Homeless.

We have kept our Primetimers Dues at \$10 a year. This includes a donation and golden book for your birthday, the Harbinger on line, priority on all future trips, and important emails. The bills will be sent out in June.

Although you are missing our trips, meetings, and beautiful collations this year, I urge you to please continue your membership in our organization so that when things return to normal the Primetimers will be there to help the temple and all the community organizations that we support.

Please send your dues to: Ellen Nesin
85 Rock Ridge Road
Monticello, N.Y. 12701

If you are planning on returning upstate I wish you a safe trip.

Shalom,
Paula

JUNE BIRTHDAYS

3	Ellen Alboher
5	Dave Jacobs
6	Sheila Goldfarb
8	Marilyn Grossman
9	Janet Goldman
10	Donald Godfrey
12	Ruth Spolansky
12	Sheila Zayas
14	Shirley Gittelman
14	Don Horowitz
16	Don Greenberg
17	Sy Winchel
20	Mindy Barcham
20	Sharon Cesaro
22	Carole Scheinholtz
23	Diane Moss
24	Linda Rattiner
25	Sue Hochman
25	Carolyn Richman
27	Dolly Fineman
27	Stephanie Phillips
30	Paula Fink



Judaica Gift Shop

Yarmulkas valued to \$25 — ONLY \$5
Mezuzahs -- \$5 and up; Challah covers -- \$5
Rada cutlery, paring knives, knife sharpeners, steak knives, cookbooks All \$7-10
MANY assorted gift items for Shabbat and holidays



Golden Book

To **Steve Medwin**, wishing your parents, Albert & Marilyn a full recovery.

*From: Mary Jane Harris, Temple President - Neal Jacobs & Jane,
Temple Sholom Board of Trustees*

To **Ken Kantor**, a very happy birthday and many more to you.

From: Sue & Don Horowitz, Temple President - Neal Jacobs & Jane, Temple Sholom Board of Trustees

To **Bob Kassman**, a very happy birthday and many more to you.

From: Sue & Don Horowitz, Temple President - Neal Jacobs & Jane, Temple Sholom Board of Trustees

To **Marty Miller**, a very happy birthday and many more to you.

From: Sue & Don Horowitz, Temple President - Neal Jacobs & Jane, Temple Sholom Board of Trustees

To **Natalie Kirschenbaum**, a very happy birthday and many more to you.

From: Sue & Don Horowitz

To **Jan Hirsch**, a very happy birthday and wishing you a good year.

From: Sue & Don Horowitz, Temple President - Neal Jacobs & Jane, Temple Sholom Board of Trustees

To **David Epstein**, a very happy special birthday and many more to you.

From: Sue & Don Horowitz, Temple President - Neal Jacobs & Jane, Temple Sholom Board of Trustees

To **Stuart, Jaime & Justin Saltzman**, our deepest sympathies for the loss of your beloved grandmother & great-grandmother, Miriam Goldenberg.

From: Maureen, Bob, & Julie Velten

To **Fern, Bruce & Michael Hartley**, our deepest sympathies for the loss of your beloved mother & grandmother, Miriam Goldenberg.

From Maureen, Bob, & Julie Velten

Mitzvah Cards

To **David Epstein**, happy 80th birthday.

From: Paula & Phil Schroeder

To **Linda Kleinman**, wishing a speedy recovery.

From: Paula & Phil Schroeder

To **Marty Miller**, happy birthday.

From: Paula & Phil Schroeder

To **Rabbi Medwin** for the beautiful zoom Shabbat services.

From: Paula & Phil Schroeder

To **Jane Jacobs**, thanks for caring for and about us.

*From: Sue & Don Horowitz,
Paula & Phil Schroeder*

To **Chuck Lavinsky**, in loving memory of your beloved, Arlene.

From: Sue & Don Horowitz

To **Paula & Phil Schroeder**, condolences on the loss of your sister-in-law, Arlene.

From: Lauren & Marty Miller, Susan & Ken Kantor

To **Jan Hirsch**, a speedy, easy and complete recovery. *From: Sue & Don Horowitz, Paula & Phil
Schroeder, Temple President - Neal Jacobs & Jane, Temple Sholom Board of Trustees*

To **Linda Kleinman**, thanks for being such a kind and thoughtful person. *Love: Sue & Don*

To **Bob Mandel & Family**, heartfelt condolences on the loss of Beverly. She was a special wife, grandmother, and person. *From: Marcia Salton*

Reprinted from the Sullivan County Democrat April 20, 2020

By Kathy Daley

Faith matters: A rabbi and a nun talk about faith, COVID-19 and how to survive

Spiritual leader with the Temple Sholom synagogue in Monticello, Rabbi Michele Medwin offers tips for staying healthy physically and mentally.



Even before the pandemic struck, Rabbi Michele Medwin had started using the video conferencing software Zoom to hold on-line worship services and adult education classes for her Monticello synagogue's snowbirds.

So the rabbi of Temple Sholom, which holds services year-round, was all set up for going "virtual" once COVID took over. After all, at synagogues and churches worldwide, "everybody sings and talks out loud and sits close to one another," the very behaviors that encourage spread of the virus, Medwin pointed out.

When the pandemic became apparent, "the first reaction was panic," said Medwin, who holds a Doctorate in Ministry degree in Interfaith Clinical and Pastoral Counseling. She works as a licensed mental health counselor.

"I want to calm people down," she said.

"I feel so helpless some time," the rabbi added. "I love to sew, so I'm making masks for people."

Here are two perspectives by women of faith on how to navigate the new normal and reach beyond anxiety and fear.

For Sister Dolores Gartanutti of Parksville, an active phone ministry keeps her busy.

"I try to get people out of themselves and thinking of others," said the Dominican sister. "You don't have time to worry about self, about fears and loneliness, when you're helping someone else."

Usually an active presence at St. Francis Church in Youngsville and at the First Way Life Center in Monticello, the Catholic nun connects over COVID with local friends and with her own "kids." Those are the men and women who were teen runaways during the 1970s, 80s and 90s, when Gartanutti ran the Noah's Ark homeless shelter in Ozone Park, Queens.

Back then, she also lobbied to become an actual foster mother of 60 of the kids. They are now teachers, social workers, psychiatrists and police officers - and they meet by phone.

COVID is part of nature, Gartanutti says: "From time to time, there are these cycles - plagues, diseases, the flu epidemic of 1918. Man brings it on himself. We reap what we sow. Man gets away from the fact he's a creature and starts thinking he's like God, like he's self sufficient. But God will bring good out of it."

"We need to de-focus on self," said Sister Dee, as she is called. "We get back more when we give."

For Rabbi Medwin, COVID will not have the last word.

"God is here to help us through things," she said. "This was caused by human beings, not God. It's the earth's way of saying you messed things up."

"Know that (COVID) will pass," Medwin says. "We may not know how long it will take, so be patient, understanding and flexible. But there will be an end to this."

Here are her tips for adjusting.

Moving: Weather permitting, go outside for a walk. Physically moving releases endorphins that naturally help to calm down anxiety and lift depression. You can also exercise indoors with apps or You Tube videos for yoga or stretching. Rather than waiting until your anxiety is high, schedule these things and write in your calendar: "Every day at ____ a.m. and ____ p.m. I will walk/exercise/do yoga."

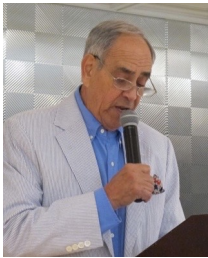
Slow Deep Breathing: This helps to calm down the physical changes caused by anxiety and stress. Take a slow deep breath in and then a slow deep breath out. To time it right, count to four each time: breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, hold for 4 counts.

Use a Mantra: Pick your favorite blessing, or line of a prayer or psalm. Repeat it over and over. You can do this during your deep breathing.

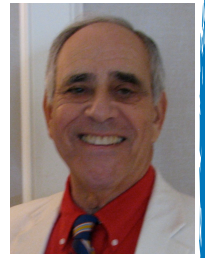
Muscle Relaxation: This also helps calm down the physical changes caused by anxiety and stress. Do the slow deep breathing during this exercise. Sit or lay down in a comfortable place. Starting at your toes, consciously relax the muscles in your toes, then your ankles, then your calves. Slowly, mentally work your way up your body focusing especially on your shoulders, neck and face.

Imagery: Think of a peaceful place you enjoy, either real or imaginary. Picture yourself there. Using your five senses, describe what you see, what you feel, what you smell, what you hear, what you taste. (i.e. being at the beach - I see the waves, the sand, the sky. I feel the warmth of the sun on my face. I smell the salt water. I hear the sound of the waves and the cry of the seagulls). Stay in that place for a while.

Put Thoughts on Trial: What you think affects how you feel. Are you imagining the worst? Are you worrying about the future and imagining things that you really don't know will happen? Question your thoughts. How true and accurate are they? Is there a different, more realistic way to look at this? Can you find the positive in the negative and focus on more positive thoughts?



We are all saddened by the loss of David Harris, z"l. David was devoted to Temple Sholom as president, past president, and board member. He supported the temple financially, spiritually, relentlessly, and was always a forceful and creative advocate. His smiling face and upbeat, appreciative, passionate and optimistic approach at temple inspired us all. He will truly be missed.



Donations To David Harris Memorial Fund

Gail Abramowitz, Ron & Carole Berg, Dorothy Cohen, Judy Cutler, David & Sheila Epstein, Shain & Larry Fishman, Barry & Olivia Green, Donald & Bernice Greenberg, Jan Hirsch, Neal & Jane Jacobs, Debra & Lynn Katz, Martin & Barbara Kimmelblatt, Celina Mintz, Ellen Nesin, Anne & Gene Palley, Stephanie Phillips, Amy & David Pollack, Larry & Carolyn Richman, Paula & Phil Schroeder, Barbara Sklar, Thomas Gavin & Susan Stone, Isabel & Warren Streisand, Maureen & Bob Velten, Sam & Honora Wohl, Annette & Rene Zerah

New Donors: Marcia Salton, Nathan Silverstein, Susan & Ken Kantor, Judi & Stan Peskin

Send your donation to Temple Sholom, David Harris Memorial Fund, P.O. Box 664, Monticello, NY 12701

DAVID HARRIS MEMORIAL THEATER NIGHT at Shadowland Stages in Ellenville **Thursday, August 20, at 8 PM**

ALMOST HEAVEN - JOHN DENVER'S AMERICA

Conceived by Harold Thau with orchestrations, vocal arrangements and music supervision by Jeff Waxman

ALMOST HEAVEN is a musical tribute and intimate celebration of John Denver's life and career. From growing up in a military family to his emergence on the 1960s folk scene and the climb to '70s superstardom with his later career in the 1980s and 1990s, John Denver's story is brought to life through his songs, chronicling his impact as a storyteller.

**POSTPONED TILL
2021**

As always, tickets are limited. Each year we sell out and have a waiting list.

Tickets: \$36 per person.

For reservations call: Paula Schroeder (845-794-2314);

Bonnie Mitzner (845-807-7247), Lauren Miller (914-799-1424), Sue Kantor (845-798-0578).

Please make checks payable to Temple Sholom and send or bring to these people.

Camelotians: You may give your checks to Paula Schroeder or Bonnie Mitzner.

ANNUAL CONGREGATIONAL MEETING — TUESDAY, JUNE 16, at 6:30 P.M.

via ZOOM

AGENDA: Budget Approval, Election of Trustees

Thank you:

Marty & Lauren Miller, Judy Cutler, Ellen Nesin, Sheila Katz, Sue & Don Horowitz, Cecile Deutschman, Joe & Sybil Weingart, Laura Hopkins, and Paula & Phil Schroeder for the donations to the Rabbi's Discretionary Fund thanking **Rabbi Medwin** for the masks she made.

Ken & Sue Kantor for their donation —
Blessings of thanks that all our family and friends have been spared from the virus.



June

- 7 Eileen Morganstein
- 9 Sheri Miros
- 14 Don Horowitz
- 16 Gary Beckerman
- 16 Dr. Daniel Schwartz
- 22 Eileen Miller
- 25 Dr. Larry Richman
- 27 Dr. Stephanie Phillips

THANK YOU for your GIFT of SERVICE

to Temple Sholom

- ★ Steve Plotkin for the kiddush and holiday wines
- ★ Sue Kantor for the oneg setup and cleanup
- ★ Mary Jane Harris for building and maintaining the website
- ★ Stephanie Phillips for maintaining the facebook page
- ★ Rick Stein, Ellen Nesin, Stephanie Phillips, Howard Perlman for maintaining our adopted exit
- ★ Sue Horowitz for sending out the Yahrzeit reminder letters
- ★ Anne Palley for sending out the birthday cards
- ★ Shain Fishman for creating the monthly Harbinger
- ★ Harbinger proofreaders: Mary Jane Harris, Susan Kantor, Rabbi Medwin, Lauren Miller, Stephanie Phillips, Paula Schroeder
- ★ Anne Palley for monthly labeling and folding the Harbinger, and for helping in the office when needed.
- ★ President Neal Jacobs and Board Member Howard Perlman (our handymen) who are at the temple every Wednesday doing all the small (and not so small) jobs required to maintain our 66-year-old building.



- 1 Dr. Paul & Jessica Jones
- 3 Jeffrey & Bonnie Kirsch
- 14 Philip & Paula Schroeder
- 20 Arthur & Maureen Glick
- 21 Donald & Susan Horowitz
- 26 Kenneth & Susan Kantor
- 28 Martin & Marcia Braunstein

2020 Mitzvah Members

As is happening with most religious and service organizations across the country, Temple Sholom is experiencing a growing gap between income and expenses. To help toward closing the budget gap, Temple Sholom members are being asked to contribute, according to their ability, an additional amount above regular membership dues. Can you step forward to support the continued existence of Reform Judaism in Sullivan County?

..The three levels of of Mitzvah Membership are:

✦ *Platinum Level - additional \$500 above dues*

🎗 *Gold Level - additional \$250 above dues*

♥ *Silver Level - additional \$125 above dues.*

✦ Platinum (500)

Jan Hirsch (8/19)
David & Sheila Epstein (9/19)
David & Mary Jane Harris (10/19)
Maureen & Bob Velten (12/19)
Stephanie Phillips (3/20)
Paula & Phil Schroeder (3/20)

🎗 Gold (250)

Bonnie & Jeffrey Kirsch (8/19)
Anne Palley (8/19)
Sue & Don Horowitz (9/19)
Judith Cutler (10/19)
Jerry & Lorraine Bogursky (10/19)

♥ Silver (125)

Carole & Hal Abrams (10/19)
Anonymous (10/19)
Helene & Howard Perlman (10/19)
Gary Beckerman (10/19)
Gail Abramowitz (10/19)
Sue & Ken Kantor (4/20)

Mitzvah Membership listing in *The Harbinger* will appear the month following receipt of your donation and will continue to be listed for the following 12 months.

Consider making a tax deductible Mitzvah Membership donation any time during the year, as long as your membership dues are up to date.

If you are able, please PAY YOUR FINANCIAL OBLIGATION and BECOME A MITZVAH MEMBER.

Specify: "Mitzvah Membership"

Mitzvah Membership donations are tax deductible.

Friends of Temple Sholom — Exceptional Gifts from Non-members

Diamond Donors

Debra Novitch & Dr. Wayne Schweitzer (6/19)
Natalie & Danny Kirschenbaum (7/19)
Linda Kleinman (8/19)
Primetimers of Temple Sholom (8/19)
Donald & Naomi Godfrey (8/19)
Jonathan Farrow & Family (11/19)
Allan Gottlieb & Family (11/19)
Arlene & Fred Zilker (2/20)

Gold Donors

Barbara Sklar (9/19)
Judy & Don Desatnick (10/19)
Charles A. Kerner (10/19)
David & Susan Hershkowitz (10/19)

IN MEMORY - YAHRZEIT WILL BE READ ON:

June 5: *Bertha Kohnova, Rose Berkowicz, Max Schuman, *Jonas Anchel, Bernard Mitzner, Sam Lavinsky, Meyer Salzman, Pauline Hochman, Sam Yasgur, Yetta Guss, Ruth Wolfson, Peter Cerullo, Peter Rhulen, Ruth Pollack, Joan Greck, Barry Fox, Harris Lang Gordon

June 12: Ilona Feldman, Ida Green, Mary Cooper, Steven Lerner, Max Noah Gottlieb, Monis Brafman, *Helena Weilova, Phillip Berkowitz, Etta CrisTal, Morris Perlmutter, Dorothy Cohen, Bella Bogursky, Albert Greenfield, Sandra Mckay, Arthur Thaler, *Adolf Neumann, Sam Guss, David Lerner, Florence Stein

June 19: Claire Lyons Kole, Dorothy Jacobs, Edward S. Smith, *Rudolf Seidl, Sheila Braunstein, Max Behr, Clara Lewinter, Herman Brachman, Ray Peterson Linnetz, Anna Alper

June 26: Mildred Kravitz, Herman Milton Madnick, Edward Linnetz, Hyman Weinberg, Irving Feinstein, Caona Turner, Anna Streisfel, Irwin Siegel, Howard Rosman, *William Howard Renkin, Eileen Saperstein, Irwin S. Salovin, David Michael Mednick, Harriet Ledina

**Holocaust victims from Pisek who perished in Terezin*

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REMEMBER TEMPLE SHOLOM IN YOUR WILL

Bequests of all sizes are an important source of financial support for Temple Sholom, providing funds for temple programs, subsidizing membership, religious school scholarships, major maintenance of the building, and much more.

There are many ways you can make such a contribution to the temple in your will. You can specify a specific amount, a percentage of your estate, a special fund, or the general fund. Together, you and your advisors should decide what best suits your individual circumstances.

Thank you from our members, students, and the community who will benefit from your thoughtfulness in the future. We recommend you always consult your legal and/or financial advisor when providing for such a gift.

Catskill Mountain Chapter of Hadassah presents:

Tai Chi with Bonnie Lewis

Thursday, June 4 at 7:00 PM via ZOOM

Registration deadline: No later than Sunday, May 31



Bonnie Lewis, R.N./Dependent Care Educator, a trained leader for Tai Chi for Arthritis for Fall Prevention, will offer a presentation about Tai Chi followed by a group practice session.

Bonnie coordinates the Caregiver Resource Center, a program of Cornell Cooperative Extension Sullivan County, is a board certified NYS Geriatric Scholar and also offers Alzheimer's Association educational programs and other evidenced based programs such as the Chronic Disease Self-Management Program.

To register (by May 31): Please email your name, email address, and mailing address to Lauren Miller (lauren.miller13@gmail.com).

On **June 1**, you will receive an email with a link to join the session.

You cannot enter the session until 15 minutes before start time.

On **June 4**, around 6:45 PM, please click on the link in the email. This way we can get settled, Lauren can assist with any technical difficulties, and we can be ready to start at 7:00 PM. If you need assistance accessing this ZOOM event, you can contact Lauren at 914-799-1424.



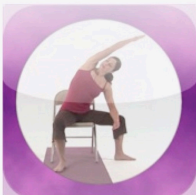
Suggested donation: \$18
Send a check to: Lauren Miller,
P.O. Box 1126
Monticello, NY 12701
OR — log onto <https://www.hadassah.org/donate>
Then choose your dollar amount and fill in the rest.

Have a stable chair available for the practice session. Clogs, flip flops or slippers are not recommended. Comfortable shoes, securely tied or buckled, are recommended for safety considerations.

PENDING EVENTS: possibly via ZOOM:

CHAIR YOGA:

A gentle form of physical activity that is practiced sitting in a chair, or standing using a chair for support. Regardless of your age, level of activity and physical challenge, you will derive wonderful health benefits from practicing yoga in this safe form as you incorporate exercise into your life.



Tuesday, July 21, 3:30 PM

Donation to Hadassah: \$18

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111 Highland Lake Road
Highland Lake, NY 12743
Shain Fishman, RYT
917-301-2002
highlandyoga111@gmail.com

AUGUST 17, 2020 12:30 PM

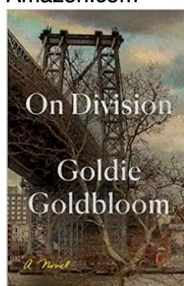
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On Division by Goldie Goldbloom
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(Address will be given
to those who RSVP)

For more information
contact Shain
917-301-2002
shain1111@yahoo.com

Suggested donation:
\$5 (and your dish)



Dollar Bill Origami

Date: June 23, 2020

Time: 7:00 PM

Leader: Linda Eckers

Location: ZOOM

We will make dollar bill origami outfits: shirt with pants and shirt with skirt.

Linda will demonstrate how these fun creations can be used as the focal point in gifts for many occasions.

Materials: Four (4) ONE dollar bills (*new is better, but not necessary*).


Must be \$1 dollar bills or the patterns won't match up.



Email Lauren
lauren.miller13@gmail.com
to register in order to
receive the invitation to join
this zoom event.

You will be able to enter
the session 15 minutes
before start time.

JULY 2020 - TAMMUZ / AV 5780

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Shabbat Services 7:30 (via ZOOM) Candle lighting 8:10	 Chukat/Balak
5	6	7 Sholom U classes (via ZOOM)	8	9	10 Shabbat Services 7:30 (via ZOOM) Candle lighting 8:08	11 Pinchas
12	13	14 Sholom U classes (via ZOOM)	15	16	17 Shabbat Services 7:30 (via ZOOM) Candle lighting 8:04	18 Mattot/Massei
19	20	21 Sholom U classes (via ZOOM)	22	23	24 Shabbat Services 7:30 (via ZOOM) Candle lighting 7:58	25 Devarim
26	27	28 Sholom U classes (via ZOOM)	29	30 Tisha B'Av	31 Shabbat Services 7:30 (via ZOOM) Candle lighting 7:51	

PARSHA OF THE WEEK:

4 July	12 Tammuz	Chukat/Balak	Numbers 19:1-25:9
11 July	19 Tammuz	Pinchas	Numbers 25:10-30:1
18 July	26 Tammuz	Mattot/Massei	Numbers 30:2-36:13
25 July	4 Av	Devarim	Deuteronomy 1:1-3:22

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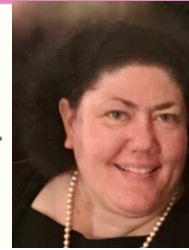
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See page 3 for instructions on how to
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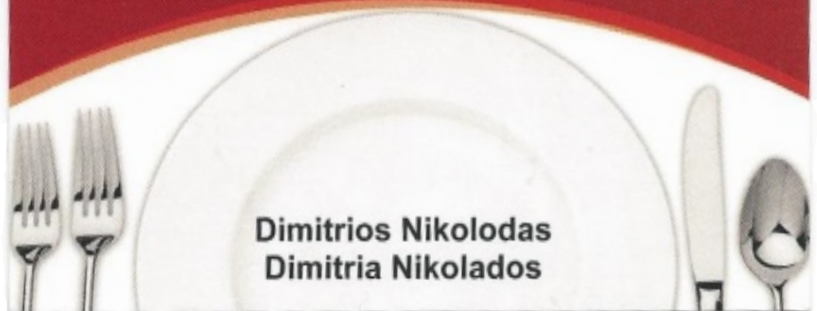
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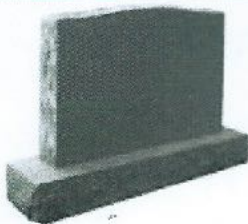
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Thursday mornings Temple Shalom

Weigh-in 7:30-8:00 AM

Meeting 8:00-9:00 AM

Buy your groceries at the Monticello or Liberty or **ANY** *ShopRite*, and pay with a *ShopRite* GIFT CARD purchased from the Temple Sholom office. In this way 5% is donated back to the temple.

It's easy to support Temple Sholom and it costs you nothing.
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Please send your photos of temple events to Stephanie Phillips at phillipssteph@gmail.com so everybody can enjoy them on our *Temple Sholom Monticello* Facebook page.

* Adult Education *
* Shabbat Services *
via ZOOM

You can participate in Shabbat Services and Rabbi Medwin's classes remotely. If you would like to participate via ZOOM, and you are not on our temple e-mail list, please e-mail Rabbi Medwin at rabbimedwin@me.com for information about joining our classes and services.

If you have never used ZOOM before, you will need to download the software and follow the instructions. Go to <https://zoom.us/download> and from the **Download** Center, click on the **Download** button under "**Zoom** Client For Meetings". This application will automatically **download** when you start your first **Zoom** Meeting.

ZOOM is usually up and running 15 minutes before the start time.

RABBI MEDWIN'S SCHEDULE

TUESDAYS: Rabbi is generally at the temple teaching classes from **12:00 noon – 3:00 PM**, arriving at **11:20 am** and staying through **4:00 PM** in the summer months when there is religious school.

FRIDAYS: Rabbi is at temple 1½ hours before Shabbat.

OTHER DAYS: Rabbi is at temple at least one day a week, preparing for classes, services, and temple business.

Please note: Contact the rabbi directly if you would like to talk or set a time to meet.

- Call on her cell phone any day: **607-765-2895**. If you get voicemail, please leave a message and she will get back to you as soon as possible.
- Send e-mail: rabbimedwin@me.com

Rabbi Medwin is happy to arrange a specific time to meet with you earlier or later than the above mentioned hours.

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CALLING THE TEMPLE 845-794-8731**