You have read about it...  
You have heard about it...  
Now is the time to do something about it...
There is a phenomenon in physics called “entrainment.” It was first discovered when a scientist in the seventeenth century swung the pendulums of multiple clocks at different rates and returned to find them swinging at the same rate. Further studies have proven this happens with clocks, in astronomy, in chemistry, in music and in every day life. We become like our environment. Our bodily rhythms, brain rhythms even our heart rhythms become attuned to those around us. There really is such a thing as a vibe. It isn’t just a new age, hippy term. A vibe is real.

This is why it is so important to choose one’s environment and the people within it consciously and wisely. And this is perhaps the single most important success of CSH. We have succeeded in so many ways and will continue to do so. Nothing, however, is more evident of our success than “the vibe” that exudes from this place. I hear it all the time: “what great energy” someone will say as they talk about a program like Farm Day. “What amazing ruach (spirit),” they’ll remark when commenting upon Shabbat. “What an awesome vibe” I have heard time and again about these past High Holy Days and just a general sense of what CSH is all about. And they are right. CSH has great energy, amazing ruach and just a really awesome vibe.

It isn’t something that just happens. It has taken a tremendous amount of work (six years ago I’m not sure this would have been the response). It happens because our staff sets the tone (and welcome aboard to Bob Krentzman, our CEO, who fits right in with the vibe). It happens because our Preschool and CJE teachers radiate this energy. It happens because our clergy all have ruach (Cantor Elana is unbelievably talented and has increased our spirit tenfold). Even our janitorial staff exemplifies the vibe and are equally an integral part of our team.

But no one, absolutely no one, has embodied this more than our lay leaders, our Board, our Executive Committee and, above all else, our Co-Chairs (the position formerly known as President). Andy Caplan and Melissa Kaplowitch continue to lead by example, tirelessly and with such positive, upbeat energy that one can’t help but want to get on board and be a part of this place.

Yes, we had another fabulous High Holy Day journey. Yes, we will offer another year of amazing programming. Yes, we will continue to explore and expand authentic Judaism and Jewish pathways leading the way into the twenty-first century. However, at the end of the day, when all is said and done - it’s hard to explain exactly what is so special about this congregation. And even I sometimes have to resort to this: CSH just has a really great vibe.

Don’t take that lightly. Don’t write such statements off as meaningless or trivial. The vibe, the ruach, the energy, the spirit of CSH is real, it’s important and it is something we should take great pride in, have worked hard to achieve and need to continue to nurture it - the vibe is real!

My expectation is that we continue to create and expand this holy community, and this holy vibe. My hope is that we continue to entrain, to move in sync, to continue to affect one another with such positive, uplifting and holy vibes. My prayer is that these vibes continue to lift us all up, carry us forward in what, God willing, will be another good, meaningful and healthy New Year - a year with plenty of good vibes.

Shana Tova - may the vibes continue on….  
Rabbi B
Cantor Elana Rozenfeld
Open Your Heart Through Music

“I think music in itself is healing. It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from, everyone loves music.”- Billy Joel

For the ten years prior to my moving to Swampscott, I lived in New York City and in Jerusalem (during my first year of cantorial school). During that time, I had the opportunity to pray at a variety of shuls and minyanim, some vibrant and thriving, and others barely attracting enough worshipers to even be considered a kehila. I thought long and hard about what makes a shul or even a minyan come alive and attract the many rather than the few, and I have come to the conclusion that music invigorates prayer and draws a community together. In fact, the single quality that the successful shuls that I attended in New York and Jerusalem have in common is their music: from the Upper West Side’s The Carlebach Shul, Kehilat Hadar, and BJ (B’nei Jeshurun), to Brooklyn’s Kane Street Synagogue to the Sixth Street Community Synagogue in the East Village to Jerusalem’s Yakar and Shira Chadasa (literally, “A New Song!”). These shuls have become successful due to their prayer music, some accompanied by instrumentals and dance, some by the spirited musical praying of the congregation, and some due to their innovative musical programming.

Thanks to the innovations of Rabbi B and the CSH leadership, and thanks to the musical contributions of the Ruach Rally Band, the Healing Havurah and the Renewal Minyan, our children already experience shul quite differently from how we did; and our experience as adults has been greatly enhanced. My hope is to bring our musical innovation to the next level, and to make CSH a center for musical activity. To enhance tefillah, we hope to have a monthly or quarterly Friday night service with a band that will inspire us and get us singing and dancing. I also foresee frequent concerts in our future, open to the public, where guest artists from around the country perform. We also envision arts education for our children, with private and group music lessons, kids’ choir, and a kids’ Ruach Rally band. With your support, there is no limit to the musical inspiration we can bring to our community.

I cannot tell you how many people came to me after services on the High Holy Days commenting on how the instrumental music created a spiritual environment for their davening. Because of the overwhelmingly positive response these musicians received, it is my pleasure to thank them for their work and to introduce them to you, for each one of these musicians is a professional in the Boston area and beyond, building his/her own musical career. Their complete bios can be found on our website at: www.ShiratHaYam.org.

Directing the musicians, and accompanying all services on piano was Jeffrey Brody, a familiar face to the CSH community, and an award-winning composer and musical director in the world of Opera and Classical music. (www.JeffreyBrody.com) On Rosh Hashanah, Jordan Tice on acoustic guitar provided us with a beautiful folk sound. A newcomer to synagogue music, Jordan is a highly acclaimed bluegrass guitarist and composer. (www.jordantice.com) Rodrigo Bonelli, our percussionist, is a specialist in Brazilian music and Jazz, as well as an accomplished composer. (www.reverbnation.com/rodrigobonelligroup) On Kol Nidre and Yom Kippur day, our emotions were stirred by the deep bowing, and the light vocals of our cellist/vocalist, Ariel Friedman. Ari is a classically trained cellist who tours the country and beyond, collaborating with various musicians, including her sister, Mia Friedman. (http://www.ariandmiatfriedman.com) In the afternoon of Yom Kippur, as we were feeling weak, hungry and tired (at least I was), we were soothed by Lautaro Mantilla’s musical journey through South America and Spain on the classical guitar. His explanations gave us an opportunity to learn, and his playing allowed us to rest, and to look inwards.
There are Jewish customs and there are Jewish laws. How different are they? Originally, the term minhag, “custom,” referred to the practice of the people, and this practice actually acquired full legal status. As the Talmud states: “Go out and see what people actually do.” But in the Middle Ages, especially in Germany, the people followed certain practices for which there was no support in the law; sometimes, such practices were adopted from the customs of the peoples among whom Jews resided, incorporated into Jewish law, on the principle, evidently, of “if you can't beat them, join them,” and a new Jewish interpretation was given to the custom so as to render it innocuous. A good example is the practice of breaking a glass at a marriage ceremony. It seems that this practice took root among German Jews, the Ashkenazim, because they were enamored of a similar practice they observed among German folk which was intended to trick the demons into believing that a catastrophe rather than a celebration was taking place; the demons would then leave the couple alone and do them no harm. The practice was eventually accepted by the Rabbis; the Jewish interpretation given to it was that it reminded the couple, on their happy day, that they should reflect on the destruction of the Temple; in other words, they should be aware, even on this day, of the sufferings of their people and not selfishly ignore them. There was constant tension over the adoption of new customs. On the one hand, there was the need to cater to the masses and keep them faithful, but on the other hand, the pagan origin of some customs was too blatant to be ignored. This tension resulted in two contradictory sayings. One saying has it that the custom of Israel is Torah, that is, custom has the binding force of Jewish law. Against this is the saying that when the letters of minhag are transposed, they form the word gehinom, Gehinna (hell). But, generally speaking, more of the folk-customs were accepted than were rejected. Many of these eventually found their way into the Shulhan Arukh, the standard Code of Jewish Law, the main recorder of Ashkenazi customs. In addition to the differences in matters of law proper between the Ashkenazim and the Sephardim, different folk-customs developed in the two communities so that there are Sephardi minhagim (plural of minhag) and Ashkenazi minhagim, in matters of prayer and its melodies, for example, and here the ruling was that the members of a particular community would follow that community's custom. Here are some interesting customs that we can call today “over the top”. On the eve of Yom Kippur, Ashkenazi Jews perform the custom of Kaparot, or atonements. The procedure is to take a rooster, and wave it around the head while saying: “May this rooster, which is to be killed, be an atonement for my sins.” The rooster is then killed and cooked and some, at least, of its meat is given to the poor. Rabbi Joseph Karo records in the Shulhan Arukh that this is a superstitious practice and should be abolished, but the practice is not only accepted but all its details are recorded as if it were a matter of law rather than custom. Another custom found in the book of Esther is read on the festival of Purim. It is the custom, Karo states, in the Shulhan Arukh to fold the megillah, the Scroll of the book, as if it were a letter, since the book refers
to the “letter” Esther wrote to describe the events which led to the delivery of the Jews from the plot of Haman to destroy them. Yet another custom in connection with the reading of the Megillah includes the practice of the children to “boo,” knock objects together, or wave “graggers” (rattles) whenever Haman’s name is mentioned. There were many that objected to that custom and believed it should be abolished. It, nevertheless, remains to this day.

These last two customs were the subject of debate, as were many others. Some folk customs, however, became the norm in the majority of the Jewish communities, such as the custom of bride and bridegroom fasting on their wedding day. When a Jewish couple marry and begin a new life together, their sins are forgiven so that the day is, for them, a kind of Yom Kippur.

Another universally adopted custom is to wash the hands ritually when rising from sleep, by pouring water over them from a glass. Two reasons are given. One is that just as the priests in Temple times washed their hands from the hand-basin before beginning their service, so, too, a Jew should wash his hands as he rises to serve his Maker. The other reason is that a “spirit of impurity” rests on the fingernails during sleep and this has to be removed by the pouring of pure water over the fingers. The ritual is, in fact, called in Yiddish neggel wasser, or water of the nails. This too is evidently an attempt at providing a more respectable reason for a custom that probably had its origin in superstition, although here the “rational” and the “superstitious” reasons appear side by side.

It is obvious that, in many of the instances cited, the reasons are given after the fact. It is not a case of the customs being based on the reasons, but rather of reasons being given for customs that were, in any event, deeply rooted in the practices of the people. Many in Judaism tend to ignore customs, and there are too numerous to list, which clearly have their origin in superstition. But the more observant, even when it acknowledges the base origin of some of the customs, holds that these have become part of the Jewish lifestyle and act as a bulwark against assimilation.

L’shalom,
Cantor Emil

Save the date: December 9

Musical Moroccan Shabbat
Delicious details coming soon!
After being at CHS now for nearly 2 months and being exposed to my first Rosh Hashanah and Yom Kippur here, I fully understand the concept and the need for the LEV Initiative.

I met many of our CSH family, and really got the chance to have some illuminating conversations about what you love about our Shul and what you think we are lacking or could improve upon. I am very flattered by the level of comfort I felt when you opened your heart and displayed your passion for the experience you feel when coming to CSH. It was truly a revelation for me. I recognize the challenge we have, to continue to offer diverse, quality programming to maintain the level you have come to expect, AND THEN, to raise the bar!!!

Our professional staff is committed to that challenge and our lay leaders have positioned their goals and visions to continue to not only bring in fresh perspectives and ideas, but also to improve upon annual programs and events, incorporating what we have learned from the past to make forthcoming ones even more incredible. This is NOT an easy undertaking!!! It is attainable, but not easy!!! We are up to the challenge.

The LEV Initiative is meant to allow us the financial means to run these programs and events, while at the same time continue to open our sights to new and exciting opportunities. We want to understand what is important to our Congregation and what we need to do better on programs that will become more important. This is YOUR opportunity to “vote with your heart” by committing financially to these goals through LEV. It is a unique concept, just as CSH is a unique “Authentic Jewish Experience” for each and every one of us. “Give from Your Heart”...show your passion and dedication ...express your gratitude and enthusiasm for that which you and your family are most connected to...let us know that you are committed to our future, our children’s future and their children’s future at CSH.

Last month, I wrote about some of the people “behind the scenes” at CSH that are devoted to you...our clergy, our staff and our teachers. These people want to make CSH the pinnacle of Jewish spirit, Jewish education and Jewish social happenings. We intend to bring the CSH “experience” beyond our congregational community, into the surrounding cities and towns, letting them know that we are not only a partner to our Jewish neighbors, but to all our neighbors. We will invite them to share in our amazing social hall for their events and programs; we will open our facilities to them to enjoy our School, Pre-School and Day Care. We intend to showcase our facility to the North Shore, so that individuals and organizations will consider it as a venue for their programs and events, thus providing CSH with additional revenue streams. We will continue to use our entrepreneurial resourcefulness to create outside revenue opportunities to help offset some of the budget gap. However, until this is an ongoing occurrence, we must insure the continuity of programming through internal funding...thus the LEV Initiative!!

Yachad...together, we can support who we are and what we want to be.

Together, we can...together, we will!!

Bob
In the few short years since its founding, CSH has become much more than a synagogue that folks attend on the three holiest days of the year. Every Shabbat, hundreds of congregants find an activity that offers them a meaningful pathway to authentic Judaism. Maybe it’s the renewal minyan. Or, perhaps, it’s traditional services. Torah study…yoga…ruach rally…Shabbat Cafe... The list goes on. Our offerings continue throughout the week—Counsel of Sages programming for seniors…scotch and schmooze…mah jong…book club…bagels and babies…adult education…YAISCH’s teen programming… Something for everyone.

We are very proud to provide so many inspiring programs to our congregants. Gone are the days when synagogue offered a single traditional service, a one-size–fits-all approach to Judaism. Our building is bursting at the seams with folks who are engaged with our programming.

Did you know?...
Many of you probably don’t know what our programming actually costs:
• Did you know it costs $2000 / week -- $100,000 per year to prepare and serve the Shabbat Cafe lunch on Shabbat?
• Did you know that CSH subsidizes each student’s tuition by $1,600/student, more than $200,000 in total each year, because we are committed to offering a quality Jewish education program for our children?
• Did you know that it costs more than $70,000 a year to sustain our fine programming?

As these examples illustrate, CSH has been able to offer such fine programming because we have invested financially in our offerings. In fact, we have been giving our congregants a bargain. The synagogue’s traditional revenue sources -- dues, high holiday tickets, and tuition -- do not come close to covering the costs to operate CSH. Just as the original Temple was built with fixed dues, as well as nadiy lev, offerings from the heart, so too do healthy, growing modern synagogues need to be supported by dues, as well as heartfelt offerings.

Lev Relaunch
On Yom Kippur, we relaunched CSH’s annual giving campaign. Lev is not a traditional HHD appeal. Lev is an innovative initiative that asks you to give from the heart and make a meaningful financial contribution to support the programming at CSH, about which you are most passionate.

Our Goals
The board of directors has set lofty goals for Lev. This year’s budget requires Lev to raise a quarter of a million dollars. It is critical that we meet our target. Meeting this target will allow us to continue to deliver the programming on which you depend, and to continue to introduce innovative new programming to meet the needs of the congregation.

Our long-term vision is to reduce and even eliminate membership dues and charges for HHD tickets. This, admittedly, is a tall order, but one to which we are committed, and one that we can, and will, achieve with your support.

How You Can Help
What can you do to help make Lev a success? Please, join the Lev team. Become a Lev Captain. Help us spread the word about the campaign. We ask you to give back to our Jewish home here at CSH with a meaningful financial contribution to Lev. Donations can be made on the CSH website or in the office. Please help us ensure that our children and grandchildren grow up with a meaningful and lifelong connection to their Jewish faith. Please help us preserve and expand the programming about which you are most passionate. Make a pledge. The time is NOW.

If you would like to discuss becoming a Lev captain, or have questions about your gift, please feel free to contact Melissa, Andy, Marla Gay or our new CEO, Bob Krentzman.

Todah rabah,
Andy and Melissa
We are so proud of how our Preschool has grown over the years, especially this past year! We are now a happy home to over 110 children, ranging in ages from 3 months to 5 years. This September, having answered a request from an area daycare that had to suddenly close its doors and was seeking a viable option for their working families, we opened our doors WIDER than ever, and we are now a full daycare facility, with children enrolled from 7:30 am to 6:00 pm every day of the week. Our staff of 20 teachers has truly made this transition as smooth as possible, and they continue to bring enthusiasm and inspiration to the educational welfare of all the children. And, because of all this harmony, it makes the celebration of Thanksgiving an easy one for all of us, as we practice what we teach to our children - radical hospitality to all people - as we celebrate our similarities and differences with respect and smiles.

**CSH PRESCHOOL**

- **INFANTS** ~ Our new infant program began on September 7. We accept infants from 3 months and up.
- **MAGIC MOMENTS** ~ a group for children 6 months to 2 years, 9 months and their “favorite” adult
- **TODDLER MOMENTS** ~ a program for toddlers 17 months and up
- **PRESCHOOL** ~ classes for 3 and 4 year-olds
- **TRANSITIONAL CLASS** ~ for those children not quite ready for Kindergarten

Our new hours are 7:30 am to 6 pm - join the fun!

Shabbat with Rabbi B, Cantor Elana, Cantor Emil and Marcy Yellin
Hebrew with Rachel Jacobson - Music with Dara Vanreemoortel
Daily Lunch Options, including Spanish and LOTS OF OTHER FUN ACTIVITIES!

Congregation membership is not required to be part of the Preschool; however, a reduced rate is available for Congregation members. For more information about CSH PRESCHOOL, contact Leslie Rooks Sack, 781.598.3311, or email: Leslie@shirathayam.org
Shalom Chaverim,

I wrote part of this earlier, just after the area I live in was inundated with an unexpected and, for many of us, disastrous, rainstorm that dumped about 10 inches of water on us in a little over two hours.

Today is October 5th, and we are running 3 fans, opening all the windows, ripping up carpet, encouraging the poor overworked dehumidifier to keep going as it struggles to remove all the moisture in the air from the freak storm this past Monday night that caught us all by surprise. I know that many of you are shaking your heads – watching the same scenes play out in your own yards and houses.

Who knew that a 4:00 am storm would cause so much damage in less than 2 hours? We woke up to unbelievable amounts of water in our homes, yards and on our streets. Cars under water, refrigerators floating away, furniture and appliances were drowned for good, alongside the memories, mementos, photos, and the ‘stuff’ that tells the world our stories and who we are.

It’s depressing, maddening and overwhelming. I honestly did not know what to do. I stood looking around at the water and so much of my ‘stuff’ just floating, and felt helpless. There wasn’t a chapter for this in my manual.

I came out front and noticed all of our neighbors slowly gathering as well – all of us taking pictures of the damage – trying to cheer each other up, and figuring out what to do next. Within 45 minutes, things began to move.

One neighbor – owner and operator of a construction company - finished pumping out his basement and his parents’ basement (they are next door to one another). He pulled his two pumps, wrapped up the hoses, and came down the street asking who needed help next. Another neighbor drove in, having borrowed another pump from a friend. The street quickly organized, and one house at a time was pumped out.

The overwhelming sense of helplessness was transformed instantly into one of helpFULness. Our street gathered together to help each other – pumping out water, pulling out furniture, ripping up carpets, rescuing boxes of documents and memories.

Rabbi B spoke during the High Holy Days about being superheroes - taking pride in our identity, owning the power that being Jewish gives us. One of our most important ‘superpowers’ is our connection to each other through community. Judaism is deeply rooted in community – and, in fact, one cannot be completely Jewish if there isn’t a minimum of 9 other Jews who can take part in a minyan.

On one hand, I wish that it didn’t take a ‘crisis’ to bring out the best in ourselves in regards to community, and on the other, maybe that’s part of the formula. Even if it is, even if we need to be ‘nudged’ out of our general complacency to use our super community powers, let’s not take it for granted. After all, every super power requires practice to learn to use properly and to the best effect.

I know that I am thinking of ways to integrate, being more connected and helpful to my communities in my every day schedule. Whether it’s with my family, my synagogue, my friends, or yes, even my neighbors, I know that the more time I dedicate to ‘community’ work, the better I will be as a Jewish parent, partner, friend and neighbor.

L’shalom,
Jed
On October 23, the Council of Spiritual Connection presented the 5th Annual Joyful Noise event. Thank you to the committee, Michele Tamaren, Chair, Analessa BatShema, Jeff Ferran-nini, Diane Levin, Annette Nicolas, Doug Swaffield and all those involved in making the day a huge success!

Lt. Col., Chaplain Shareda Hosein and CSC Chair, Michele Tamaren

Pastor Scott Smith, Christian Renewal Church, Beverly

Kolot Hadashim: Cantor Emil Berkovits, Cantor Gaston Bogomolni and Cantor Elana Rozenfeld

DUNYA

Bruchim Ha’baim

Welcome to the newest members of our CSH family!

Roberta and Robert Soltz

Helen Teiger

Michael Klonsky
Events Calendar

November 6th – Soup-Er Sunday followed by SKYZONE!
November 20th – Jam Space Coffee House
December 3rd – LaserQuest lock-in
January 6th – 9th – RAC L’Taken trip, Washington, DC
January 22nd – Ski & Snowboard trip to Loon Mountain
February 5th – Snow Tubing
February 19th – 24th – Habitat For Humanity, North Carolina
March 3rd – Improv Asylum
April – Date and Event to be confirmed
April 22nd – J-Serve
May 20th – Jam Space Beach Jam

Lounge Dates

November - 3, 10, 17 @ CSH
December - 1, 8, 15, 22 @ TEE
January - 5, 12, 19, 26 @ CSH
February - 2, 9, 16 @ TEE
March - 1, 8, 15, 22, 29 @ CSH
April - 5, 12, 26 @ TEE
May - 3, 10, 17, 24, 31 @ CSH

Junior Lounge
November 8 @ CSH
December 6 - @ TEE
January 10 @ CSH
February 7 @ TEE
March 6 @ CSH
April 3 @ TEE
May 1 @ CSH
The Family Life Committee invites you to join us on Friday, November 4 at 6:00 pm for dinner and a Kabbalat Shabbat service led by our very own Cantor Elana!

We will be singing and learning about Tikkun Olam (sharing with those in need). We are asking each family to bring a NEW copy of their favorite children’s book for donation to the Square One Early Education and Child Care Center in Springfield, MA. This center was badly affected by the June 1 tornado and we have chosen to help them rebuild.

Donations and RSVPs are appreciated, but not required for participation. Hope to see you there!
Welcome to Shirat Hayam Family Life!

Family Life activities are a wonderful way to meet other families with young children. We hope you will take advantage of some (or all!) of the great programs we are planning. If you would like to get involved or have any questions, please don’t hesitate to contact me!

Hope to see you soon ~

CSH Family Life Chair: Mikaela Levine - familylife@shirathayam.org

Family Life Programs!

Todah rabah!
Thank you to Jennifer Bookman and Sarah Ewing and everyone who helped make the Simchat Torah celebration at CSH a huge success!!

Family Life Programs!
Save these dates...

2011

November 4, Friday   Simchat Shabbat with Cantor Elana*
6:00 pm - see details on opposite page

December 4, Sunday   Bowling

2012

January 6, Friday   Simchat Shabbat*
January 21, Saturday   Movies and Mexican
February 5, Sunday   Baking with Bubbe (Kids under 8)
February 5, Sunday   Tu B’Shevat planting (Kids 8-12)
March 4, Sunday   Community Purim Carnival
March 16, Friday   Simchat Shabbat*
March 25, Sunday   Roller Skating (Kids 8-12)
April 27, Friday   Simchat Shabbat Kibbutz Experience*
May 20, Sunday   Luau w/ Bonfire

*All of our Simchat Shabbat programs will have a tikkun olam element. Please stay tuned for details!
Boker Tov Breakfast is available from 8:30 am with coffee and nosh

Babysitting
Ages up to 3
Downstairs Playroom
An adult must remain in the building.

8:30 - 11:45 am, Babysitting - weekly
Babysitting will be provided so parents may attend services.

Limud Shabbat -
Kids’ CJE Experience

Center for Jewish Education
Ages 4 and up
9:00 am - noon, weekly
Tzofim for CHA students, 10:00 am

For a full schedule of Limud Shabbat activities, please contact Jed Filler, CJE Director, at: cje@shirathayam.org

Babysitting

Traditional and Alternative Service Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Service</th>
<th>Led by</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Early Mystic Minyan</td>
<td>Rabbi HaLevi</td>
<td>Tefillah Studio</td>
</tr>
<tr>
<td>8:45</td>
<td>Renewal</td>
<td>Rabbi HaLevi</td>
<td>Tefillah Studio</td>
</tr>
<tr>
<td>9:15</td>
<td>Traditional Morning Shacharit</td>
<td>Cantor Rozenfeld</td>
<td>Sanctuary</td>
</tr>
<tr>
<td>10:00</td>
<td>Torah Service</td>
<td>Rabbi HaLevi, Cantor Rozenfeld, Cantor Berkovits</td>
<td>Sanctuary</td>
</tr>
<tr>
<td>10:00</td>
<td>Torah Yoga</td>
<td>Alternating Instructors</td>
<td>Tefillah Studio</td>
</tr>
<tr>
<td>10:00</td>
<td>Nosh &amp; Drash Torah Study</td>
<td>Alternating Guest Rabbis and Scholars</td>
<td>Social Hall or Tent</td>
</tr>
<tr>
<td>11:15</td>
<td>Healing Havurah</td>
<td>Rabbi HaLevi</td>
<td>Sanctuary</td>
</tr>
<tr>
<td>11:25</td>
<td>Rabbi HaLevi’s Torah Reflection/Discussion</td>
<td>Rabbi HaLevi</td>
<td>Sanctuary</td>
</tr>
</tbody>
</table>

FOR EVERYONE - MAIN SANCTUARY
11:45 am to noon

Ruach Rally
Concluding Prayers and Kiddush/Motzi

Community Shabbat Café at Noon

Attire is casual.
ALTERNATIVE SERVICE INFORMATION FOR NOVEMBER

Early Mystic Minyan 8:30 am
As it says in the Mishnah, the early mystics would gather together and sit for an hour before even attempting to formally engage in prayer. So too at CSH we offer the Early Mystic Minyan as an option for practitioners of meditation to come and sit as we begin to open up the space of our Chapel on Shabbat and of our hearts in the early quiet hours before the crowds arrive. There will be minimal, if any, instruction for the first fifteen minutes. It is a time to gather one’s self and one’s thoughts together through individual prayer without words.

Renewal Minyan - 8:45 - 9:50 am
The Renewal Minyan is an attempted synthesis of keva - the traditional structure of tefillah (Jewish prayers) with kavanah - spiritual depth within the prayer itself. During the Renewal Minyan we are committed to traversing the Shabbat morning tefillot structure (Birkot HaShachar, P'seukei D'Zimrah, Shachrit), but not necessarily davening (praying) each and every prayer along the way. Our aim, again, is to strike a balance between breadth and depth, and within a one hour period that is a fine balance, to be sure.

Torah Yoga 10:00 am
A full-body Shabbat experience. Torah yoga incorporates yoga practice with a Shabbat theme.

Nosh and Drash - 10:00 am
Grab a cup of coffee and nosh at the Boker Tov Café, and join the guest rabbi or scholar for a Torah-based Shabbat learning experience.

Tzofim - on Limud Shabbat days - for CHA students: Designed as an Israel-based learning and experiential program, Tzofim will meet on Shabbat from 10:00 - 12:00. Students will participate in a variety of activities and subject areas, including Ulpan (spoken Hebrew), Israeli culture, Tefillah (prayer), and modern Israeli music and art.

Nosh & Drash
Pick up your “Nosh” in the CSH Atrium and enjoy a Torah study session on the stage at 10:00 am with the following guest scholars for November:
5 - Dr. Harvey Zarren; 12 - Rabbi Howard Kosovske; 19 - Rabbi Ken Weiss; 26 - Rabbinic Student Seth Wax (returns!!)

SHABBAT CANDLE LIGHTING FOR NOVEMBER

4 - 5:16
11 - 4:08
18 - 4:01
25 - 3:57

CSH NOVEMBER SERVICE SCHEDULE

Daily Minyan
Monday - Friday mornings: 7:30 am
Monday - Thursday evenings: 7:00 pm
Sundays: 9:00 am and 6:00 pm
Friday, November 11, Veterans’ Day - 7:30 am and 6:00 pm
Thursday, November 24, Thanksgiving Day - 9:00 am

NO EVENING SERVICE ON THANKSGIVING

Shabbat
Friday evenings: 6:00 pm
Saturday mornings begin at 8:30 am (see Synaplex schedule)
Saturday evenings: 6:00 pm
Please consider helping to make a minyan - once a week, once a month - whenever you can. Those needing a minyan to say kaddish would greatly appreciate it.

Thanks to these members of Shirat Hayam who helped support our daily services in October:

*denotes service leaders

Attend a daily service and add your name to this special list.
CSH Family Announcements

Jacob and Ludmilla Lifson's grandson, Eric Wolfe, became a bar mitzvah

Sid and Jeanne Harris's granddaughter, Janna Sokolow, became a bat mitzvah

Stephanie and Joel Cohen's daughter, Sherri Schultz was married to Jacob Kramer

Rose Arlene and Harland Shapiro’s granddaughter, Emily Shapiro, married Adam Packer

Lois and Jerry Ogan’s grandson, Brian Farnsworth, is engaged to Renee Vieira

Herb and Ellie Schultz have moved to a new home

Joe Simons and Lynette Styles were married

Wendy Roizen and Conrad Wicks were married

Joan Rich celebrated a special birthday

Bernie Siskind celebrated a special birthday

Bob and Lily Krentzman celebrated their 25th wedding anniversary

Mark and Terry Berenson have a new granddaughter, Ella Brooke Berenson

SIGMA will honor Richard Salinsky with their Distinguished Marketer Award

Claire Powell, daughter of Amy and Bob Powell, became a bat mitzvah
Spirited Sisters: Circle at the Sea

Come celebrate the joy of Judaism, and the soul connection and support of our sister seekers. Together we will share in spiritual conversation and exploration. We will sing, dance, study, observe, play and share from the heart as we touch into mystical, magical, meaningful women’s experiences and deep gifts of our foremothers.

The circle meets monthly and will be led by those of us who wish to share our gifts, talents and interests in this co-created gathering. You are invited to attend one or all. All women are welcome and no Hebrew is necessary.

On the following Sunday evenings, once a month - 7:00 to 9:00 pm at CSH:
2011: November 20; December 18
2012: January 15; February 12; March 18; April 15; May 20; June 17

For more information, please contact Lisa at: lisa@lisaabby.com or 781-599-2077 or Mimi at: healthenergy@verizon.net or 781-631-0318.

Visit our website!! www.spiritedsisters.org

ALL NEW!

Isha L’Isha Women’s Rosh Hodesh Group

Join Cantor Elana Rozenfeld as we explore Abraham Joshua Heschel’s “The Sabbath.”* We will discuss enriching the home Shabbat experience by connecting your own personal spirituality to Judaism.

This program is open to all women who share the desire to enrich their spiritual lives through study from a woman’s point of view. For more information, please contact Barbara Sidman at: barbarasidman@comcast.net.

No prior Hebrew or Judaic knowledge required. All women are welcome. Attend one, some or all!

On the following Tuesday evenings at 7:30 pm at Shirat Hayam
   2011: November 29; December 27
   2012: January 31; February 21; March 27; April 17; May 22; June 19

*A limited number of copies of this book are available at CSH for $10.50.

Isha L’Isha Women’s Rosh Hodesh Group

Join Cantor Elana Rozenfeld as we explore Abraham Joshua Heschel’s “The Sabbath.”* We will discuss enriching the home Shabbat experience by connecting your own personal spirituality to Judaism.

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On the following Tuesday evenings at 7:30 pm at Shirat Hayam
   2011: November 29; December 27
   2012: January 31; February 21; March 27; April 17; May 22; June 19

*A limited number of copies of this book are available at CSH for $10.50.
Stitch and Shmooze!

Join us on the following Wednesdays: November 9 & 30, at 7:30 pm.

Bring your needlepoint, crocheting, knitting, crewel or cross-stitching project for an opportunity to meet other needle workers.

Contact Marcy Yellin or Becky Shepard for more information:
myellin1@verizon.net, 781-595-2726
shepardb@aol.com, 781-598-9359
Condolences to
Joan Garfield on the loss of her brother,
Charles Soucy
Carol and Harold Levin on the loss of Carol's
brother, Yale Strogoff
Bob and Marion Garfinkel on the loss of Bob's aunt,
Bella Helman

Refuah Sh'lemah - Get well to
Herb Goldberg, Lenny Lieberson, Boris Richman,
Yvonne Weinsberg, Bernie Siskind, Faylyn Levine

Donations

RABBI'S DISCRETIONARY FUND
In memory of Raymond Katzen’s mother, Millie
Alpert
  by Carolyn Perlow
In appreciation of Rabbi B for his kindness and com-
  passion
In honor of Joan Rich on her special birthday
  by Reggie and Lew Weinstein
In honor of Rabbi B and Ariela’s new home
Thank you for the best Holy Day Services ever
  by Golda Greenbaum
In memory of Beatrice Silverman
In memory of Sylvia Robinson
  by Melissa and Mac Stern
In memory of our beloved mother and grandmoth-
er, Bea Silverman
  by Jeffrey, Amy, Amanda and Jeremy Sorkin
Wishes for lots of health and happiness for the
HaLevis in their new home
  by Arthur and Cheryl Schwartz
With gratitude for our extraordinary and caring
rabbis
  by Rori and David Brodsky
Thank you to Rabbi HaLevi for making Joan’s
birthday celebration so special
  by Joan and Murry Rich
Thank you to Rabbi B for enlightening us during the
High Holy Days
Wishing Rabbi B and his family good health and
happiness in their new home
  by Bea and Sidney Strome

In appreciation of Rabbi B
  by Neil and Martha Chayet; Helaine and Jim
  Hazlett
With great appreciation for being able to attend
Synagogue electronically every week
  by Howard and Karen Stiller
In appreciation of the inspirational High Holy Day
services
Congratulations and best wishes on the Rabbi’s new
home
  by Phyllis Ponty Haas
In memory of:
Sister, Sylvia Pachter
  by Faylyn Levine
Mother and father, Ida and Morris Levine
  by Charles and Faylyn Levine

CANTOR ELANA’S DISCRETIONARY FUND
With gratitude for the warm and wonderful recep-
tion we received while attending our daughter, Can-
tor Elana Rozenfeld’s installation as the new Cantor
at Congregation Shirat Hayam
  by Lois and Ken Cohen
Thank you for inspiring us at High Holy Day Services
  by Bea and Sidney Strome
In appreciation of the inspirational High Holy Day
services
  by Phyllis Ponty Haas

CANTOR EMIL’S DISCRETIONARY FUND
In appreciation of Cantor Emil for his warmth and
caring
  by Reggie and Lew Weinstein
In memory of Sandy Hirshberg’s aunt, Rose Glassner
  by Natalie White
In memory of our beloved mother and grandmoth-
er, Bea Silverman
  by Amy, Jeffrey, Amanda and Jeremy Sorkin
In memory of Linda Klickstein’s mother, Sylvia Stone
  by Carolyn Perlow
Thank you for the best Holy Day Services ever
  by Golda Greenbaum
Thank you to Cantor Emil for making Joan’s birth-
day celebration so special
  by Joan and Murry Rich
In appreciation of the inspirational High Holy Day
services
  by Phyllis Ponty Haas
In honor of Joel and Stephanie Cohen’s daughter’s marriage
In honor of Paula and Paul Neilson’s daughter, Nicole’s marriage
   by Rhonda and David Preman and family
Thank you for inspiring us at High Holy Day Services
   by Bea and Sidney Strome

CSH PRESCHOOL FUND
In memory of Rori Brodsky’s grandmother, Sylvia Robinson
In memory of Amy Sorkin’s mother, Bea Silverman
   by The Staff of Shirat Hayam Preschool
In memory of Edith Alpert, mother of Rona Greif
   by Beverly A. Kahn and Family
In memory of:
   Mother, Mona Finn
   by Brenda Cohen

CENTER FOR JEWISH EDUCATION FUND
In memory of Amy Sorkin’s mother, Beatrice Silverman
   by Lori and Jeff Zunick; Jeffrey and Beth Kasten
In memory of Reggie Weinstein’s mother and Rori Brodsky’s grandmother, Sylvia Robinson
   by Jeffrey and Beth Kasten

GENERAL FUND
In memory of Phyllis Bolotin’s mother
   by Hope and Larry Zabar
In appreciation of Diana Caplan and Joan Rich for their special friendship
   by Reggie and Lew Weinstein
In memory of Stanley Berenson
   by Ken and Judy Schwartz; Murray and Jill Goodman; Robert and Marion Lappin
In honor of Bob and Lily Krentzman’s 25th Wedding Anniversary
   by Peter and Mindy Rakusin
In honor of Joan Rich’s special birthday
   by Sandi and Arnie Shuman
In memory of Larry Gordon’s mother, Marion Gordon
   by Lou Rudolph
In appreciation of the comfort the Rabbi and Cantors provided at the annual memorial service at the cemetery
   by Saralee Ganz

SAMUEL BRODY MINYAN FUND
In memory of Hyman Sogoloff’s daughter, Patricia Richmond
   by Samuel and Carol Denbo
In honor of Becky Shepard, Susan Weiss and Deanna Cooper for the lovely Shabbat dinner
In memory of Reggie Weinstein’s mother, Sylvia Robinson
   by Alice and Charles Leidner
In honor of Joan Rich’s birthday and Hafarah reading
In memory of Sylvia Robinson
   by Natalie White
In memory of my parents, Alfred and Lillian Michelson, and cousin, Marcia Michelson Mazonson
   by Ellen Michelson Yaffa
In honor of Joan Rich’s special birthday
   by Diane Levin; Charlotte and Donald Fine
Get well wishes to Boris Richman
   by Eli and Muriel Talkov

In memory of:
   Mother, Rachel Stone
   by Anne Volovick
   Father, Israel Finkle
   by Paula Kesslen
   Sister, Ada Arthur
   by Norma Brooks
   Brother, Joel Noe
   by Stacey Gordon
   Father, Theodore Broder
   by Maxine Friedman
   Brother-in-law, Bob Shelan
   by Sylvia Revman
   Mother, Sally Phillips
   by Frederic Phillips
   Husband, Henry Gibbs
   by Thelma Gibbs
   Mother, Henrietta Lillian
   by Esther Goldstein
   Husband, Edward Spatz
   by Carole Spatz
   Sister, Sarah Zax
   by Albert Stein
   Father, Benjamin Linsky
   by Philip Linsky
   Father, Abraham Interess
   by Leslie Ogan
   Father-in-law, William Bershad
   by Helaine Bershad
   Father, Harry Reinherz
   by Lenny and Cynthia Poster
Father, Louis Grossman  
by Carol Ablow
Father, Louis Ravich  
by Robert Ravich
Sister, Joyce Shepard  
by Shea Rood
Nephew, Phillip Kagan  
by Robin Cooper
Father, Leonard Cooper  
by Robert Cooper
Aunt, Barbara Collier  
by Deborah Comins
Husband, Abraham Sherman  
by Lil Sherman
Father, William Marx  
by Caroline Lena
Uncle, Abraham Patt  
by Melvin Shapiro
Grandmother, Lena Lewis  
by Constance Lewis
Grandmother, Lena Price  
by Gerri Gordon
Grandmother, Eva Price  
by Marjorie Bean
Mother, Taube Grad  
by Eleanor Grad
Father, Lewis Alexander  
by Lawrence Alexander
Mother, Helen Gulko  
by Paul Gulko
Father, Daniel Turkanis  
by Barry Turkanis
Father, Joseph Staretz  
by Judith Rosenberg
Son, Joseph Finkle  
by Mildred Finkle
Brother, Leo Barron  
by Ruth Lunder
Husband, Leon Glosband  
by Pauline Glosband-School

In memory of Amy Sorkin’s mother, Beatrice Silverman  
by Tobi Lew Conley; Larry and Susan Goldberg; Beverly A. Kahn; Herb and Arlene Leventhal
In honor of Lois Hurwitz on her special birthday  
by Jane and Philip Leahy
In honor of Joan Rich chanting the Haftarah and her special birthday  
by Joan and Les Rosen
In honor of Joan Rich’s special birthday
In honor of Joel and Stephanie Cohen’s daughter’s marriage  
by Roz and Sandy Levy
In memory of Reggie Weinstein’s mother, Sylvia Robinson  
by Bery and Bob Sanford; Herb and Arlene Leventhal
In honor of Joel and Stephanie Cohen’s daughter’s marriage
In appreciation of Congregation Shirat Hayam  
by Rose and David Rosenthal
In honor of Joan Rich’s special birthday  
by Roz Weinstein; Mark, Karen, Ricki Meyer and Mara and Jon Epstein; Arlene and Herb Leventhal
In memory of Carol Levin’s brother, Yale Strogoff  
by Mike Rosen and Barbara Kane; Phyllis Sagan

In memory of:
Sister, Rose Mandravelis  
by Esther Kramer
Husband, Michael Sidell  
by Merle Sidell
Brother, Myer Weisman
Mother, Sarah Weisman  
by Joseph Weisman
Mother, Helene Goldstein  
by Sandra Goldstein
Brother, Michael Interess  
by Leslie Ogan
Father, Louis Ravich  
by Richard Ravich
In memory of our parents, Bertha and Nathan Schloss  
by Mr. and Mrs. Marvin Schloss
Father, Louis Zolot-Levi  
by Elaine Finegold
Mother, Annie Baron  
by Selma Sherr

SHABBAT CAFÉ FUND
In memory of Linda Klickstein’s mother, Sylvia Stone  
by Roz and Sandy Levy; Arlene and Herb Leventhal
In memory of our mother, Sylvia Robinson  
by Reggie Weinstein and Ronald Robinson
In honor of Arlene and Herb Leventhal’s 50th Wedding Anniversary  
by Hope, Larry and Josh Zabar
Mother, Sadie Harris  
   by D. Sidney Harris
Mother, Betty Bender  
   by Barbara Abramson
Mother, Leola Interess  
   by Leslie Ogan
Father, George Pottern  
   by Estelle Epstein
Father, Harry Levy  
   by David Levy
Mother, Mollie Harary  
   by Eli Harary
Mother, Ilene Tatelman  
   by Richard Tatelman
Sister, Marie Levenson  
   by Selma Sherr
Mother, Mollie Rosenberg  
   by Ira Rosenberg
Mother, Anna Barr  
   by Grace Tuttman

TORAH FUND
In honor of Joan Rich’s special birthday  
   by Ed and Diana Caplan
In memory of Amy Sorkin’s mother, Beatrice Silverman  
   by The Insuik Family; Charlotte and Donald Fine
In memory of Reggie Weinstein’s mother, Sylvia Robinson  
   by Charlotte and Donald Fine

In memory of:
Sister, Doris Winsten
Brother, Harry Goldfield  
   by Morris Goldfield
Mother, Molly O. Germain  
   by Marion and Bob Garfinkel and family

HENRY MERKEN TALLIT MEMORIAL FUND
In memory of Elaine Merken’s dear and close friend and companion, Stan Berenson  
   by Robert Issokson

B’YACHAD FUND
In honor of Andy Caplan’s ADL Award and Andy and Melissa Kaplowitch’s Federation Award  
   by The Filler Family

PRAYERBOOK FUND
In memory of:  
   Our loved ones  
   by Muriel Follick and Family
In honor of Joan Rich’s special birthday  
   by Ron and Barbara Gilefsky

TREE PLANTED IN ISRAEL
In memory of Beatrice Silverman  
   by Florence and Harry Wigetman

In memory of:  
Mother, Beatrice Lookner  
   by Merle Sidell

TIKVAH FUND
In memory of Reggie Weinstein’s mother, Sylvia Robinson  
In honor of Joan Rich’s special birthday  
   by Sidney and Beatrice Strome

In memory of:
Father, Jacob Freiman  
   by Steven Freiman
Mother, Ruth Levy  
   by Fran Levy-Freiman
Father, Jacob Levy  
   by Fran Levy-Freiman

BURT SHEPARD SCHOLARSHIP FUND
A donation was made by Donald Hurwitz  
In honor of Burt Shepard’s birthday  
   by Natalie White
In honor of Joan Rich’s special birthday  
   by Becky and Burt Shepard

MILTON AND ESTELLE FEINSTEIN MEMORIAL SCHOLARSHIP FUND
In memory of:
Mother, Estelle Feinstein  
   by Joyce Bornstein
Grandfather, Herman Goldsmith  
   by Joyce Bornstein

CAPITAL CAMPAIGN BUILDING FUND
In memory of Stanley Berenson  
   by Andy, Gail, Sara, Nicole and Danielle Merken
JF&CS Family Table of the North Shore

JF&CS Family Table, the largest kosher food pantry in New England, provides healthy food on a monthly and emergency basis to North Shore individuals and families in need. Its mission is to alleviate hunger in a way that meets nutritional and spiritual needs.

Monthly Food Donation List:
Canned Fruit, Crackers (whole wheat), Cereal (low sugar/multigrain), Kosher Soup, Peanut Butter, Tomato Sauce, Beans (Canned or dried), Canned Vegetables, Rice (Brown), Tuna, Pasta (whole grain), 4-roll pack toilet paper, rolls of paper towels.

NO EXPIRED ITEMS PLEASE!!

If you would like to make a monetary donation toward the purchase of Shabbat, holiday, and other foods, please contact Tamar Moskowitz at tmoskowitz@jfcsboston.org or 781-693-5593.

There is a drop-off box outside the closet in the CSH lobby.
A thank you for the Break-fast

As a member of SHI, I want to thank Georgie Sawyer, Amy Resnic, Sheri Schapiro, Rhonda Preman, Arlene Leventhal, Harold Kramer, Burt Shepard, Sidney Strome, the Jacobson Boys, Melissa Resnic, Gus, Robert and the entire custodial staff for working so hard to make the Break-fast such a success for almost 200 people. Last but not least, a thank you to Barri Stein. Her foresight, energy and capabilities are what made the Break-fast the success it was.

If I left anyone out, I apologize.

Thank you again,

Bea Strome

The Jewish Culture Club of Gordon College presents...

“Comfort My People”

Join us in remembering the Holocaust on the 73rd Anniversary of Kristallnacht

Sunday, Nov. 6, 2011
AJ Gordon Chapel
Gordon College
255 Grapevine Road
Wenham, MA 01984

6:30 p.m. - 8:30 p.m.
doors open at 6:00 p.m.

Hear from Holocaust survivors, sing with Hope Rising, listen to the music of Cantor Elana Rozenfeld, and learn how anti-Semitism is still plaguing our world today!

Free admission and refreshments

Learn more at www.comfortmypeople.org
Did you know?
You can now make donations
to CSH online at:
www.shirathayam.org/about/giving.php

MISHEBEIRACH LIST
When you place a name on the mishebeirach list at Shirat Hayam, it will remain on the list for 30 days. If you would like it to remain on the list for the next cycle, please call to renew the name.
Names are read every Shabbat during the Healing Havurah. Please call to add the names of anyone in need of healing.

Did you know?
You can now make donations
to CSH online at:
www.shirathayam.org/about/giving.php

Did you know?
You can now make donations
to CSH online at:
www.shirathayam.org/about/giving.php

High Holy Day Book
Corrections:
In Memory of:

Milton R. Feinstein
Estelle Goldsmith Feinstein
Bella Goldsmith
Herman Goldsmith
Mary Feinstein
Samuel M. Feinstein
   by Sandy Feinstein Yackolow, Barry, Susan

Husband, Joseph Kessler
Son, Ernie Kessler
   by Joan Kessler Rosen

Herman Cadiff
Lee Cadiff
Joseph Cadiff
   by Norma, Jonathan and Andrew Finn

We apologize for the errors and omissions.

September 2011
To Whom it May Concern:
The purpose of this note is to thank you all for your support in so many different ways. The loss of my father is something that has marked my life forever. But one thing that I will thank God for is being part of this team at CSH. Working here is a blessing. Even though I have not met you all personally, my siblings, Dahiana and Franklin, and I want to thank you very much. What you have done for us during this difficult time is greatly appreciated. Your kindness, sympathy and your generous donations will never be forgotten.
We are deeply grateful to you all.

Sincerely,
Eridania Vicioso
During the summer, the Council of Sages was very busy looking for activities. We have found two wonderful opportunities in November, and there’s more to come!

Sunday, November 6 at 10:00
Private (free) tour of the “Painting the American Vision” exhibit. It will be the last day of the exhibit, so don’t miss out on this opportunity! Space is limited - rsvp to: 781.599.8005 or email: CSH@ShiratHayam.org.

Wednesday, November 9 at 2:00
We have reserved a block of 20 seats at the North Shore Music Theater’s performance of Legally Blonde. Tickets are $36.00 and will be sold on a first come, first served basis. Carpools will be available from CSH. Reserve your spot today! (If we have a waiting list, we will try to purchase more tickets.) Make your check payable to CSH, 55 Atlantic Avenue, Swampscott, MA 01907. Tickets will be available at the CSH office. ONLY 8 TICKETS LEFT!!

SAGES...

Lomir Ale Zingen: An Introduction to Yiddish Folk Song with Cantor Elana

Wednesday, November 16, at 11:30 am
RSVP for lunch: 781.599.8005 or CSH@ShiratHayam.org

Movies and Midrash with Rabbi B on Wednesday, December 14
Films to be announced.
Join us at 11:30 for lunch and movie! RSVP if you’re joining us for lunch.
Please join local historian Herb Belkin for discussions on Israel, Zionism and the struggle for a Jewish homeland, at Shirat Hayam, 12:30 pm on November 5 and 12, following Shabbat Cafe.

THE LIBRARY CORNER
SOME GREAT FALL READING, NOW AVAILABLE IN THE CHAPEL

Zacks, Gordon - **Defining Moments** - stories of character, courage, and leadership
e.g.: Elie Wiesel, Golda Meir, Natan Sharansky, George H.W. Bush, Ronald Reagan

Silva, Daniel - **Portrait of a Spy**

Grossman, David - **To the End of the Land** - From one of Israel's most acclaimed writers comes a novel of extraordinary power about family life—the greatest human drama—and the cost of war. Grossman’s rich imagining of a family in love and crisis makes for one of the great anti-war novels of our time.

Spangler, Ann and Syswerda - **Women of the Bible**
Focuses on the lives of 52 prominent and not so prominent women in Scripture.

Smith, Jill Eileen - **Bathsheba**
“Bathsheba is Jill Eileen’s finest work to date. It vividly portrays the devastation caused by selfish passion and betrayal, and the incredible blessing of repentance and restoration through God’s grace” - Jill Stengl
The Chesed Committee
Karynn Needel and Beth Hoffman, Co-chairs

The Chesed Committee has been very busy providing meals, rides, visits and general emotional support to the congregation, as needed. The committee’s mission is to help congregants and their families in times of crisis. They are the first responders, there to do triage until other “sources” are notified and become available.

If you want to become a part of this GREAT committee, please let us know. There is a little something for everyone to do within the Chesed Committee!

Please contact us if you know of someone in need. We can only help those that we know about. Thank you!

Contact Karynn Needel at: kneedel@comcast.net or Beth Hoffman at: bkh59@hotmail.com.

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<thead>
<tr>
<th>Date</th>
<th>Book Title</th>
<th>Author</th>
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<tbody>
<tr>
<td>2011</td>
<td></td>
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<tr>
<td>November 21</td>
<td>Caleb’s Crossing</td>
<td>by Geraldine Brooks</td>
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<td>December 19</td>
<td>Great House</td>
<td>by Nicole Krauss</td>
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<td>2012</td>
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<td>January 16</td>
<td>Elegance of the Hedgehog</td>
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<td>February 20</td>
<td>The Lacuna</td>
<td>by Barbara Kingsolver</td>
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<td>March 19</td>
<td>Room</td>
<td>by Emma Donoghue</td>
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<td>April 16</td>
<td>Three Weismans of Westport</td>
<td>by Cathleen Schine</td>
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<tr>
<td>May 21</td>
<td>Finding Nouf</td>
<td>by Zoe Ferraris</td>
</tr>
<tr>
<td>June 18</td>
<td>Invisible Wall</td>
<td>by Harry Bernstein</td>
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</tbody>
</table>

The CSH Book Club is open to the community - please join us.
For more information, email Becky Shepard at: shepardb@aol.com.
Yoga Live!

Yoga Live will be held on Sunday, November 6, from 9:45 am to noon at Shirat Hayam. It is a two hour yoga class to raise funds and awareness for alternative cancer support. Five well-known yoga instructors and some amazing musicians will lead the class through an all-levels practice.

All proceeds go to the Sue de Vries Cancer Foundation. The Foundation provides the resources for cancer patients at MGH Danvers to receive free reiki, acupuncture, massage and more. For more information, go to www.suedevriescancerfoundation.org.

Brotherhood Breakfast
Sunday, November 13 at 10:00 am
featuring
Robert A. Krentzman
CSH Chief Executive Officer

Come meet Bob and hear about his outlook for Shirat Hayam

$10.00/person, your check is your reservation.
RSVP by November 7
Havana and Santiago de Cuba  
February 16 to 24, 2012

BE MORE THAN A TOURIST

Join your fellow members and friends on a uniquely insightful trip of cultural discovery and humanitarian effort. We will have experiences offered to few travelers to this tropical island nation. You will visit Jewish Communities and parts of Cuba seldom visited and you will make a difference in the lives of our brothers and sisters.

CUBA!

It has been said of Cuba that you experience it with all your senses. With a mix of black, white and Indian races, Cuban culture’s vibrancy and vitality is alive. Cuba is old, some of it is destroyed, and it feels as though time has stopped. But it is full of life from the aroma of cooking food, to the rhythm in the way people move, to the sound of music in the air.

For a full brochure with itinerary please contact:
Desiree Gil  
781-599-8005,  
DAGAG123@aol.com
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Bruce D. Silverlieb
Party Specialist
(781) 592-0988
fax (781) 592-2710
Thank you to the following for their heartfelt donations to the Lev Initiative (as of October 14, 2011)

**Adult Education ~ B’Not Mitzvah Class**  
Diane Levin

**Technology**  
Joseph and Ariana Selby

**Education**  
Georgianna Sawyer

**Programming**  
Al and Gila Namias  
Richard and Esther Salinsky  
Marla and Mark Levy, Dylan and Rachel Kidd Levy

**Shabbat Café**  
Jackie and Bob Myerson  
Wendy Roizen  
Reggie and Lewis Weinstein

**Musical Programs**  
Howard Frisch  
Ralph and Linda Epstein

**CJE**  
Desiree and Arye Gil

**Council for Spiritual Connection**  
David and Michele Tamaren
Holidays and Observances

2011
First Night Hanukkah  December 20
Last Day Hanukkah  December 28

2012
Tu B’Shevat  February 8
Purim  March 8
First Seder  April 6
First Day Passover/Second Seder  April 7
Last Day Passover  April 13
Yom HaShoah  April 19
Yom Ha’Atzmaut  April 26
Lag B’Omer  May 10
Shavuot  May 27
Tisha B’Av  July 28

Need a ride to Logan?
Double Chai, $36 CSH members rate!
If you are a CSH member and live in Lynn, Swampscott, Marblehead or Salem,
call Don Hurwitz at 617.966.1611
for your 1-4 passenger ride to Logan.
Please let Don know that you are a CSH member and notify him at least 24 hours in advance.

Advertising Rates for the CSH Bulletin

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<thead>
<tr>
<th>Size</th>
<th>Monthly Rate</th>
<th>Annual Rate</th>
</tr>
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<tbody>
<tr>
<td>2 x 3 ½</td>
<td>$30</td>
<td>$350</td>
</tr>
<tr>
<td>4 x 5</td>
<td>$60</td>
<td>$700</td>
</tr>
<tr>
<td>8 x 5 (1/2 page)</td>
<td>$125</td>
<td>$1,400</td>
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<tr>
<td>8 x 8</td>
<td>$180</td>
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<tr>
<td>Full page</td>
<td>$225</td>
<td>$2,500</td>
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</tbody>
</table>

Please contact Marla Gay to place your ad, or for more information.
marla@shirathayam.org or 781.599.8005 Ext. 27
To access the CSH calendar online, please click on the “Connections” tab and then “Calendar”
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