



AUGUST 2023 (AV-ELUL 5783)

High Holy Days Schedule for September, 2023 [5783-5784]

Selichot: Saturday evening, Sept. 9, 2023, 7:30 pm

Erev Rosh Hashanah: Friday evening, Sept. 15, 8 pm

Rosh Hashanah, 1st day: Saturday morning, Sept. 16

Family service: 9 am Morning service: 10 am

Tashlich: Saturday afternoon

Rosh Hashanah 2nd Day: Sunday, Sept. 17, Torah study and Shofar service. 10 am

Shabbat Shuvah: Saturday morning, Sept. 23, 10 am Shabbos, singing & a story.

Cemetery Service: Sept 24 morning, 10 am

Kol Nidre/Erev Yom Kippur: Sunday evening, Sept. 24, 8 pm

Yom Kippur: Monday, Sept. 25

Family service: 9 am Morning service: 10 am

Afternoon Congregational Sharing at 1 pm

Text study at 2:30 pm

Healing service 4:30 pm

Yizkor and Neilah: 5:45 pm to 7:36 pm

Havdallah & Break-the-Fast 7:36 pm

Sukkot and Simchat Torah services and times will be announced closer to their dates

Worship Schedule

Services are in person but will also be available by Zoom and Facebook live.

You can watch the Facebook on this page:

<https://www.facebook.com/pages/category/Synagogue/Temple-Beth-El-115816285166004/>

Zoom invites for all services, and any text to follow, will be sent out weekly.

If you do not have a siddur at home, you can purchase a print copy or an e-book, (less expensive option) which can be viewed on any device using the free Kindle App. These can be bought from the Central Conference of American Rabbis at this link

<https://www.ccarnet.org/publications/mishkan-tfilah-for-shabbat/>

**Friday Evening Kabbalat Services:
6:30 pm**

**Saturday Morning Services:
10:30 am**

1st and 3rd week, shorter service and Torah study.
2nd and 4th week, longer service with full Torah service.

***Times will occasionally vary.
See calendar for current schedule.***

Adelante Submissions:

As we continue another busy year, I need your help more than ever. This newsletter is so much better when it has many voices (that and I am horrible at remembering to take pictures). Send me your pictures of family Shabbat or Temple events, book recommendations, recipes, illustrations, etc. I will share as many as space allows in each month's Adelante. Please send pictures in JPG and files in .doc format.

The deadline for turning in articles, items and photos for the September 2023 Adelante is August 20, 2023. Late items may not be included. Please keep to that schedule to facilitate a timely completion of the Adelante! All content can be e-mailed to me, Beth Tierney at cambrien73@gmail.com

Study Opportunities

In person and by Zoom except when otherwise specified. Links sent weekly.

Talmud Study– Saturdays at 9:00 AM

Lay led by Bryan McCuller.

Pirkei Avot Study– Saturdays at 12:30 during Oneg

Short Story Group– Tuesdays at 1 pm via Zoom *on break till fall*

This is a discussion group led by former congregant Jim Rosenthal. Jim e-mails stories by Jewish authors to participants each week. To join, contact Jim at jar529@gmail.com.

Tanakh study –Wednesdays at 10:15 am via Zoom

Led by Rabbi Larry Karol (TBE Rabbi Emeritus). Contact Rabbi Karol rablpkarol@gmail.com to join.

Jewish Literacy- Wednesdays at 5:30- 7:00 PM

Led by Rabbi Evette. Dinner included. Required text: Jewish Literacy (Revised Ed): The Most Important Things to Know About the Jewish Religion, Its People, and Its History by Rabbi Joseph Telushkin. This book is available on Kindle, \$1.99, with an audio narration by Audible, available for an additional charge for those who have difficulty reading.

CONVERSION: This series will be the base-work toward conversion to Judaism. This course is also highly recommended for adult bar/bat mitzvah students.

Mussar– Thursdays at 11 am

Jewish ethics, led by Rabbi Evette.

Yahrzeits-June 30, 2023 through August 5, 2023

(Listings include the name of the loved one on the yahrzeit list and the name of the congregant or congregants remembering that loved one - asterisks indicate loved ones remembered with memorial plaques)

Read on August 4 & August 5, 2023

Anne Bergman* (Nancy Bergman & Greg Artman)
 Tillie Brandt (Lila Ziegler)
 Jay Druxman* (Melvin (Sonny) & Rosie Klein, Sam Klein)
 Ellie Greenberg (Cyrille S. Kane)
 Cecilla Guller* (Abraham Fiszbein)
 Gloria Hudson (Cherri Hudson Brown & Jeff Brown)
 Gary Kenoff (Robert & Carla Libby)
 Lillian Krasner* (Frima Marquez & Jeff Marquez)
 Chana Sarah Langner (Leora Zeitlin & Stuart Kelter, Bernice Langner)
 Fred Silverston*
 Rena Taslitt*
 Rose Wechter* (Jeff Steinborn)

Read on August 11 & August 12, 2023

Jacob Aboulafia*
 Jan Alkon Olson (Phillip & Sally Alkon)
 Laurel (Batkin) Cahn* (Mike Batkin)
 Samuel Davison*
 Thelma F. Goldberg (Richard & Darlene Goldberg)
 Morty Horwitz (Ellen & Fred Torres)
 Milton Kirschner (Bob & Judy Kirschner)
 Gina Libo* (Paul Feil)
 Edward Palanker (Allen & Eve Palanker)
 Eva Rayblatt (Rose Jacobs)
 Lester Sheen (Barbara Sheen & John Busby)
 Mary Shickler*
 David Zeemont (Lynn Zeemont)

Read on August 18 & August 19, 2023

Morris Bernstein (Marvin & Carol Bernstein)
 Morton Brandt (Lila Ziegler)
 Jacqueline Hegman (Elizabeth Lewis Olson)
 Mary Jacobs*
 Arlene Kelman (Frima Marquez)
 Howard Klein* (Melvin "Sonny" & Rosie Klein)
 Rose Kruger (Linda M. Kruger)
 Eula Mae Williams Meyers (Frances F. Williams)
 Ruth Plas (Nancy Berman & Greg Altman)
 Dorothy Quinn (Patrick & Susan Quinn)
 LaVerne Smith (Nicole & Jermel Griffin)
 Laszlo Szucs*
 Jennie Wagman Freeman (Bernice Lagner)

Read on August 25 & August 26, 2023

Irving Batkin* (Mike Batkin)
 Gail Bergman (Nancy Bergman & Greg Altman)
 Sol Brandt (Lila Ziegler)
 Paul Deutschman (Ellen & Fred Torres)
 Joseph Epstein (Marlene Benz)
 Bella Goldberg (Cyrille S. Kane)
 Jane Abrams Hurtwitz (Susan Fitzgerald)
 Bebe Jacobs (Rabbi Evette Lutman & Shari Abromowitz)
 Wolfie Jacobs (Rose Jacob)
 John William Lauler III (Rain Simons)
 Rose Lieberman Hodess (Michael & Karen Lieberman)
 Albert Orel (Sheri Spiegel & John Rogosta)
 Geneva Pritikin*
 Samuel Rice*
 Martin Steinman*
 Zarah Williamson (Michael & Barbara Mandel)

Read on September 1 & September 2, 2023

Lulu Dimig (Tom & Deborah Levy)
 Irving Dworsky*
 Millie Greenberg (Cyrille S. Kane)
 Philip Greenberg (Cyrille S. Kane)
 Eve Holzman*
 Marcia Hudgins (Robert & Carla Libby)
 Evelyn Jacobs (Evette Lutman & Shari Abramowitz)
 Ethel Krepps*
 Albert Petrowski*
 Vivian Rycus (Debra & Henri Brown)
 Donald David Stern*
 Barnett Sugarman (Terri Sugarman)
 Sidney Waldman*

It is with sadness that we announce the passing of Ella Gavzy, 13 yr old granddaughter of Lynn Zeemont. Ella died June 30, of respiratory complications. May Ella's memory be z'l, for a blessing.

In order to ensure that the name of your loved one will be recited during services, we have instituted the following practices:

- The Hebrew dates for each week's Yahrzeits are listed in each Adelante.
- Names are read on the Shabbat **following** the Yahrzeit, or on the day, if it falls on that Shabbat.
- Hebrew vs. conventional (Gregorian) calendar: The temple's tradition is to base the Yahrzeits list on the Hebrew calendar. Those who wish to have a name read on a Friday night close to the conventional (Gregorian) calendar date are asked to please email or call the Temple office a few days prior to the service.

*Asterisks indicate that a loved one has been permanently memorialized with a plaque in the Temple sanctuary. If you are interested in acquiring a plaque for your loved one, contact the Temple office. Current TBE members may purchase a plaque for \$300. Non TBE members may purchase a plaque for \$600.



Musings for the month of Elul 5783/2023

from Karen Shevet Dinah

On August 16th at sundown we turn the page of the Jewish calendar and enter the month of Elul opening a

door to preparation for the *yamim nora'im* or Days of Awe. Rosh Chodesh Elul through Yom Kippur are set aside for taking that deeply penetrating inventory required of each of us-- the annual invitation Judaism offers for sincere self-evaluation.

In traditional communities "a spiritual alarm clock", the shofar, is sounded each weekday at the conclusion of the morning services. It beckons us to begin the process of putting back together all the pieces of goodness which the last eleven months have chipped away from our core selves. The brokenness and sense of alienation buried deep in my unconscious gradually emerge as I take in, day after day, the sobbing *shevarim-truah* sounds of the shofar. It is the process of *chesbon ha-nefesh*, an accounting of how I have so often missed the mark this past year. Those forty days seem to be never-ending, yet each sounding of the shofar culminates in the long *t'kiah*, a symbol of wholeness and hope for the new year.

There is a midrashic explanation of how these particular forty days were chosen as the time for *t'shuvah*, making corrections in ourselves and our relationships with others. It is said that on the first day of Elul, Moses ascended Mt. Sinai a third time, taking with him the second set of tablets he had hewn after having smashed the first (The second time he went up to make amends for his angry outburst and the Israelites' idolatry.) During this third period of 40 days G-d would again inscribe the Ten Commandments on these human-made tablets. And Moses would encounter G-d more intimately than before and be taught the secret of the Thirteen Attributes of Mercy (*Adonai, Adonai, el rahum v'hanun, erech apayim, v'rav chesed, ve-emet, notzeir chesed la alafim, nosei avon va-fesha, v'hata'ah, v n'akeh*). He remained on the mountain forty days from Rosh Chodesh Elul until the 10th of Tishrei, Yom Kippur. During that time he received G-d's complete forgiveness and facilitated G-d's reconciliation with the people of Israel. Ever since, Elul has served as the month of Divine mercy and forgiveness.

Three forty-day treks to fully rebuild the loving, trusting relationship between Moses and G-d, between G-d and the Israelites, and between Moses and the people. Apparently, Moses was not only a humble man, but also a tenacious one when it came to repairing these relationships and the world of the Israelites. Perhaps his tenacity gave him the access to the secret and full

comprehension of what is Divine. Here are a few teachings I will ponder during the forty days of ascent towards Yom Kippur. How will you make your ascent?

R. Simcha Bunim taught that every person should have two pockets. In one pocket should be a piece of paper saying, "I am only dust and ashes." When one is feeling too proud, reach into this pocket and take out this paper and read it. In the other pocket should be a piece of paper saying: "For my sake was the world created." When one is feeling disheartened and lowly, reach into this pocket and take this paper out and read it. (Martin Buber's *Tales of The Hasidim Later Masters*)

I called to You to reveal the mysteries never hidden from You, instead, I uncovered the deep within me and did not depart empty-handed for in the songs I sang to You, I saw a vision of a ladder. I offer thanks for Your wonders though I do not understand them but I will not forget what You whispered to me as my heart dreamed its dream. (Solomon Ibn Gabirol, Spanish Jewish philosopher and poet, 11th century CE.)

There is not even a single grain of sand in this world which does not have within its structure various elements of Divine Wisdom. (Paraphrased from Rabbi Menache Mendel Levin of Satanov's *Chesbon HaNefesh*)

Human beings need but one book in their life.

When my whole life is gathered like an open book
before my eyes, when I read it page by page
seeing with my own eyes how day has followed day,
flown like page has followed page
in the open book before my eyes.
And yet not even one is left behind;
in great mercy it is gathered
page by page,
like a book open before my eyes.

How, in great mercy,

My open book of life

is left behind. (Amira Gilboa, in the "Forms of Prayer-- Prayers for the High Holy Days", The Reform Movement for Judaism 9th ed.)

TBE Board of Director's Meeting July 20, 2023

The Rabbi reported that Camp Hope has set up cooling stations throughout the city in light of the excessive heat that the area has experienced this summer.

The treasurer's report and end of year summary was presented. We did well this past fiscal year but next year may be quite different and plans are underway to address this.

Debbie Levy was introduced as the new chair of the Religious Practices Committee. She presented challenges to encouraging more attendance at Shabbat services. There was lively discussion with many ideas shared. An ad hoc committee will be formed to research best practices by small congregations as the next step.

An Active Shooter Drill for the congregation will be scheduled two weeks prior to the High Holy Days. President Nan reported information has been received from the El Paso Federation regarding grant money that could be used for security upgrades. Monies for personnel is not covered but the grants could cover the costs of things like locks, fences, cameras, etc. A first step is an assessment by the LCPD and/or Fire department to determine if we have needs that are currently unmet. The date for grant submission is end of February/ March 2024.

The Social Action Committee submitted a proposal for the temple's participation in the Tents to Rent fundraising campaign of Camp Hope from August 14 - September 22. With our history of support of the Camp Hope endeavors for the homeless, we will participate by putting out the information to the congregation so individuals can contribute directly to the campaign.

There are two vacant seats on the board, VP and general board member. Names were suggested. There will be follow up to ask these individuals of their interest with final approval by the board. A group of individuals will be tasked with doing an evaluation of Rabbi Evette on her one anniversary as our Rabbi.

Respectfully submitted,
Donna Popky, Secretary

Celebrating our Simchas

The Temple Beth-El Mitzvah Team sends best wishes to these members celebrating birthdays this month:

Dee Cook	Meg Dickson
Renee Frank	Tom Levy
Elizabeth Olson	Allen Palanker
Patrick Quinn	Edward Rubin
Aggie Saltman	Cindie Shonk
Stefani Singer	Mark Singer
Stephen Weiner	Lynn Zeemont

The Temple Beth-El Mitzvah Team sends best wishes to these members celebrating anniversaries this month:

Avis & Jeff Lewis
Karen & Michael Lieberman
Ellen & Fred Torres
Rabbi Larry and Rhonda Karol

We would love to have more names in these lists. If you would like to have us acknowledge your occasion in the future please send birth month, anniversary month, and the year you joined the temple to Luke Duddridge at LCDuddridge@hotmail.com.

Please note that we are not collecting dates, just the months.

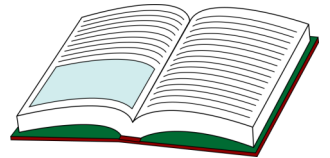
Erich Zamaret, B.S., M.S., M.A.

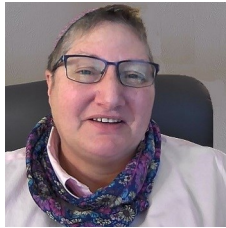
Will tutor: Hebrew- reading and conversational,
High School Math.

Privately or in small
group

ezmrt35@yahoo.com

575-639-0785





Two New Mitzvot: Umbrellas & Frozen Bottles

I wanted to share about a recent encounter I had with a mother-daughter pair, “camped” in the full sun, at a bench

on the sidewalk near the intersection of Foothills and Telshor.

I hadn’t noticed them the first few times I drove past. Frankly I hadn’t noticed them either the next 20 times I drove on Telshor. Amazing how the unhoused can sometimes become a blur to me. Perhaps this was my brain trying to protect me from seeing what I cannot fix, that I cannot emotionally bear.

Then one day I drove past this pair again. I noticed that they had acquired some old, torn umbrellas, and were attempting to shade themselves from the 110 degree sun. (And here I was complaining that the AC in my car wasn’t cold enough.) Their umbrellas were too small, and half their bodies were still exposed to the sun.

Ufros aleynu sukkat sh’lomecha- spread over us your shelter of peace... I bought some giant golf umbrellas, and put them in my car for the next time I passed their bench. When I stopped to give them the shade, I learned that the pair spent all day in the sun, on the sidewalk, and in the evening relocated to the back of a well-lit fast-food restaurant nearby. This pattern was their security. The daughter had a disability, and was an easy target, so safety was their utmost priority. Better to sit in the open, despite the sun, than risk harm in the shade where they were hidden from view. Hopefully the umbrellas provided them some relief.

The Frozen Water Bottle Mitzvah: At our most recent meeting of the interfaith group “Faith for The Unhoused”, we heard from Yvette Gutierrez, the outreach coordinator for Mesilla Valley Community of Hope. Yvette has been out on the streets, passing out bottles of frozen water to people experiencing homelessness in our community. Why *frozen* bottles I asked? “Because as the ice melts it provides cool water to drink throughout the day”. What a great idea, I thought. And what an incredible mitzvah. That’s a mitzvah we can do too.

Many of us have a cooler sitting somewhere on a shelf. We take it out when we go on picnics, then put it back on the shelf. But what if, instead, we put that cooler in the car and filled it with a six-pack of frozen water bottles? Then we too would be ready to perform the Frozen Water Bottle Mitzvah!

--Rabbi Evette



Four ladies who all met at Saturday services at TBE out to lunch at Olive Garden, Beth Waters, Gerie Muchnikoff, Lenore Hindin, Elaine Zameret. The Temple has become our social center as well as spiritual center.

Family Shabbat

We are pleased to announce the return of Family Shabbat. These Shabbat celebrations will begin at 6 pm with a traditional Shabbat dinner, complete with candle lighting and blessings over food, drink and children. At 6:30, we will have a short service (approximately 30 minutes), with engagement for members of all ages, followed by dessert.

The food and service will be coordinated by the Religious School community, with different grade levels taking the lead each time.

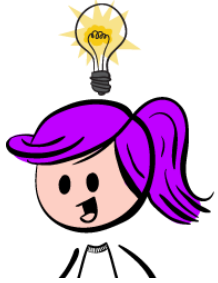
The first such event will be August 25th and we hope to see a large turnout for what should be a joyful night!

-TBE Religious School



Dear Congregants,

We are fortunate to have gained so many new members these past couple of years. You represent many different congregations and experiences.



So, we would like to take the opportunity to have you share some of the fundraising ideas from your previous synagogues.

As you know, we do not exist on dues alone, and we rely on our fundraising to meet our budget.

What projects were fun and successful in your previous situation?

Nothing is out of bounds, please send your ideas to:

cookdee72@gmail.com

We're looking forward to hearing from you.

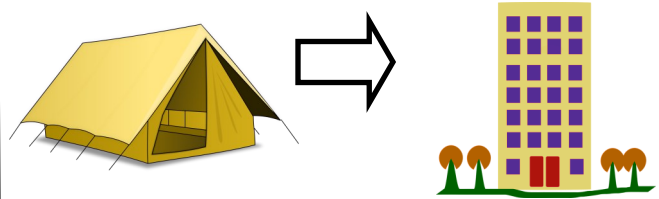
Members who are not new, we would also like to hear from you, as well.

Do you have suggestions or know people from other organizations that have good fundraising ideas?

Please let us know.



Tents to Rents Fundraising Proposal



Temple Beth El has been involved with Camp Hope and the Community of Hope for many years, from our Christmas Breakfast, to volunteering at El Caldito and supporting Casa de Peregrinos with the annual TBE Youth Group Food Drive at the High Holidays. Participating in their Tents to Rents program offers us a way to increase our level of involvement. Tents to Rents does just what it says, it's a program to move people out of tents and help them in a variety of ways as they transition to permanent housing. Both individuals and organizations can participate in this fundraiser which runs from August 14th to September 22nd. The Social Action/Adult Ed committee is suggesting and encouraging that TBE, as a congregation, become a sponsor for the annual project. This decision on the part of the Board would also be strongly supportive of the rabbi's community involvement with the interfaith group "Faith for the Unhoused".

Each Monday during Tents to Rents, Camp Hope will send an email to a designated person at Temple Beth-El with a message about someone who is living or has lived at Camp Hope with their individual story. We will share that email via eblast. Congregants can make donations at TBE or via an online donation site. Their overall goal this year is \$125,000. I propose that we set the goal for our donation at \$2250 which is a multiple of chai.

The following is a link to the Tents to Rents fundraising information: [Tents to Rents | Mesilla Valley Community of Hope \(mvcommunityofhope.org\)](https://www.mvcommunityofhope.org)

Ways and Means Committee



Coming soon! Chef/Rebbetzin Shari's holiday fundraisers.



Thank you to everyone who participated in my 2022 Hanukkah/latke fundraiser for TBE. We raised \$450 for TBE while enjoying yummy latkes.

There will be several opportunities throughout the year to support TBE by purchasing delicious holiday treats, such as:

- Honey cake for Rosh Hashanah
- Kugels for Yom Kippur break-fast
- Hamantashen and mishloach manot for Purim
- Freshly ground gefilte fish and charoset for Passover
- Cheesecake for Shavuot
- Valentine's day cookies
- Thanksgiving pies

A percentage of each sale will benefit TBE.
Stay tuned for upcoming treats!

Donations through July 23, 2023

Temple Beth-El Youth Fund:

Jeff and Cheri Hudson-Brown, in memory of Logan Pearson

Rabbi Discretionary Fund:

Stan Muchnikoff, in memory of Rea Bienstock
Sue Brown, in memory of Susan Lapid and Geri Lutman
Joanne Kaufman

General Fund:

Jeff and Cheri Hudson-Brown, in memory of Gloria Hudson
Henri and Debra Brown, in memory of Mariette Brown
Dee Cook, in memory of Jacob Klempner, Dorothy Whitledge and Ella Gravzy
Alison Mann, in memory of Sarah Smalley
Martino Widjaja
Daniel Hamed Aziziangilan, in memory of Fouzia Shabazi
James Hyman, birthday tzedakah
Frima Marquez, in memory of Lilian and Jacob Krasner
Rebecca Martinez
Stacey Hyman, in honor of Mike's retirement and Derek's graduation and 18th birthday
Vivian Steinborn, in memory of Leo Steinborn

Sisterhood Fund:

Stacey Hyman, in memory of Ella Gravzy

Biblical Garden Fund:

Jeff and Cheri Hudson-Brown, in honor of our anniversary
Nancy Bergman, in memory of Anne and Stan Bergman

Frances Williams Library Fund:

Nancy Bergman, in memory of Anne H Bergman

TEMPLE FUNDS

Donations are gratefully accepted for the following:

General Operating Fund—For the day-to-day operation of TBE.

Biblical Garden Fund—To provide the infrastructure for biblical plants and trees, and bricks in the fountain meditation area and on the brick walkway.

Rabbi Larry and Rhonda Karol Campership Fund—Providing scholarships for Temple students to attend Jewish summer camp programs.

The Mitzvah Team Fund— to assist this voluntary team of Temple Beth-El members that, upon request and dependent upon availability, will provide non emergency support service to members of the temple.

Social Action Fund—For projects that benefit our community and Las Cruces and Southern New Mexico.

Irving Batkin Memorial Scholarship Fund—To broadly support Jewish education, based on merit or need, through participation in the TBE Religious School, camperships, and/or pursuit of Jewish collegiate studies or rabbinical studies.

Frances Williams Library Fund—To provide books and infrastructure for the TBE library.

Rabbi Gerald M. Kane Fund—Provides funds to help further adult education and cultural programming at TBE.

Temple Beth-El Religious School Fund—Supports the regular and special programming planned by faculty, students and the Religious School Committee.

Temple Beth-El Youth Fund—Support for Youth activities at TBE.

Rabbi's Discretionary Fund—Used to meet a variety of philanthropic requests as well as to supplement TBE programs.

Periodically the temple may list short-term projects or needs. Contributions that do not specify a project or fund will be added to the General Operating Fund. If you have a question or wish to contribute to a project not listed here, please contact our Temple Beth-El Treasurer, Joel Seigel.

BOARD OF TRUSTEES 2022-2023

President-Nan Rubin
Vice-President-Elliot Katz
Secretary- Donna Popky
Treasurer- Joel Seigel
Martha Roditti Diane Fleishman
Lynn Zeemont, Mark Singer,
Sheri Spiegel, Deb Lendyke,
Wendee Lorbeer
Jeff Lewis (Mensch Club)
Dee Cook (Sisterhood)

“Have you considered a bequest to Temple Beth-El?”

An important part of our future is represented by bequests made by members.

Thoughtful bequests enable Temple Beth-El to retain a future of Jewish life for generations to come. From funding our Rabbi to scholarships at our religious school, your generous gift maintains our financial health.

A simple codicil can be added to your existing will, if you wish to make a bequest, such as:

“I give and bequest to Temple Beth-El, located in Las Cruces, New Mexico, the sum of \$ ____

Gail Braverman is a Board Member at Temple Emanu-El in San Diego. Gail writes "Community Corner", for her synagogue's monthly newsletter and has graciously offered to share her columns with us. She is a Marriage & Family Therapist.

THE POWER OF PRAYER

Gail L. Braverman, LMFT, Temple Board Member

There are times in our lives when we recognize that our own ability to problem solve is limited. When we are looking out over the edge of our own understanding, we need more help and that can lead to prayer.

No matter who or what we pray to the goal of prayer is to put us in a better place, to put us in touch with a source bigger than ourselves.

In order to pray, you don't have to have a particular religion, philosophy or moral code. Prayer is the admission that there is a Power greater than ourselves upon which we can rely.

I will use the term Higher Power to speak about who we are praying to. Some people are not comfortable with the word God so they make up their own word. It could be Higher Power, a tree, nature, music, dance, the ocean, the sky or the universe, their dog. Recently someone once told me he prays to the "truth."

People of different faiths have told me that after a while many of the traditional prayers do not always move them. Too much rote learning and not enough meaning can diminish the power of communal prayer and at other times the repetition of prayers in community can enhance the collective effervescence of a group.

The time of the day we may need the most help and comfort can be at 2:00 or 3:00 AM when we cannot sleep or rid ourselves of ruminating thoughts.

I know when I am fighting sleep, filled with anxiety and fear in the middle of the night, I need a very different kind of Higher Power than the one I find in public religious services. I need a close, personal HP that I can talk real with. I need the kind of HP that I can say anything to, including "wow," "gimme," "thanks" and "oops."

Studies have found the benefits of prayer include a sense of calmness, encouragement, support, reflection, a broader perspective, hope, comfort, knowing oneself, and possibilities. Current research suggests that it has a positive effect on our immune system functioning as well.

Needing spiritual help is universal. Getting there is individual.

I often rely on the Serenity Prayer to give me the wisdom to know the difference between what I can change and leave the things I cannot change to a Power greater than myself.

Reflection: Am I willing to explore inspiration through prayer?

Today's Practice: How can prayer support me?

I welcome your comments: gbrave3333@aol.com



A huge thank you goes out to the Mensch Club who gathered for a chair maintenance event on July 19. This is just one of the many times that the members have come together to help out with the little thing that keep our Temple and community together, in this case, physically. We are fortunate to have them.



The Oppenheimer Legacy

The flood of promotion about "Oppenheimer" is upon us! These last few weeks surrounding the opening of the movie, the story of J. Robert Oppenheimer has been unescapable.

The big budget Hollywood production has unleashed a torrent of related material- documentary films; new biographies; travel essays about visiting Los Alamos and the Trinity site; and a slew of articles about the movie and the man.

The legacy of the Atom bomb and the Trinity test has returned. Except here in New Mexico, where it has never left.

Countering the narrative that the New Mexico desert was uninhabited, in fact there were hundreds of residents, rancher families and Pueblo dwellers, who lived in the region around the Trinity test site. Yet very few were evacuated, and none of them were warned about the impending nuclear explosion. All were exposed directly to the blast and indirectly to weeks and months of radioactive fallout.



Trinity test site monument

The Oppenheimer film brought the fate of the New Mexico downwinders into stark relief. The Tularosa Downwind Consortium (TDWC) is comprised of 2nd, 3rd, and 4th generation family members who continue to be plagued by cancers and other serious physical ailments.

However, while the residents of Nevada, Utah, and Arizona who lived downwind of subsequent atmospheric nuclear tests can get support from the Federal Radiation Exposure Compensation Act, the New Mexico downwinders were never included in this program. Now presents an important opportunity to prod Congress once again to include New Mexicans as eligible. To TDWC, "We are all downwinders now."

The story of Oppenheimer himself and his conflict over being Jewish is also central to the film. The son of immigrant German Jews who found success in America, he was educated at the Ethical Culture Society in New York

City, a decidedly secular school founded by Reform Jewish families. From this education he developed firm ethical and moral values, but not a Jewish identity.

To others, however, he was always seen as a Jew. From the time he entered Harvard to the shameful hearing over renewing his security clearance, he was told he was not trusted because he was a communist and a Jew. It was the McCarthyism of the Cold War era at its ugliest.

Here we are again. The tragic story of Oppenheimer is reflected in our own social and political environment, and many of us feel that America is no longer a safe haven because antisemitic conspiracy theories abound and Jew-hating has led to deadly violence.

At the same time, the Cold War threat of nuclear annihilation has also returned, as Russia rattles its nuclear sabers at Ukraine and the West. This is a terrifying thought, one that also haunted Oppenheimer and turned him away from building more bombs.

In response to the Cold War concept of "mutually assured destruction", Rabbi Arthur Waskow established the Shalom Center in Philadelphia and created a national campaign to celebrate Sukkot by building Sukkat Shalom/ The Shelter of Peace. It was a literal expression of that phrase in the Hashkiveinu blessing:

וּפְרוֹשׁ עָלֵינוּ סֻכַּת שְׁלוֹמָךְ

U'fros aleinu sukkat sh'lomecha.

"Spread over us Your shelter of peace."

The call to end the arms race was plain: there is no shelter from nuclear annihilation. The entire world is as fragile and vulnerable as a sukkah.

Which brings us back to Oppenheimer, who started the whole thing. We can pick up where he left off- instead of building more nukes as the military has ordered, we can demand to end nuclear proliferation right here at home, and recognize all of those in New Mexico who have suffered from radiation exposure from fallout. After all, we are all downwinders now and the whole world is a sukkah.

L' Shalom,

Nan Rubin, President

Temple Beth-El, Las Cruces

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Bricks for the Biblical Garden and Brick Walkway

Please consider ordering one to mark that special occasion of your own or a loved one. Call Dee Cook or Alison Mann, and they will send you the form and even help you design the brick, if you wish. And take a few minutes to sit in the meditation area of the walkway...it's a lovely spot!



AUGUST 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Av 14 1	Av 15 2 Tanakh Study 10:15am via Zoom Dinner & Jewish Literacy 5:30-7 pm	Av 16 3 Mussar 11:00 am	Av 17 4 Kabbalat Shabbat Services 6:30 pm	Av 18 5 Talmud Study 9:00 am Shabbat Service & Torah Study 10:30 am
Av 19 6	Av 20 7	Av 21 8	Av 22 9 Tanakh Study 10:15am via Zoom Dinner & Jewish Literacy 5:30-7 pm	Av 23 10 Mussar 11:00 am	Av 24 11 Kabbalat Shabbat Services 6:30 pm	Av 25 12 Talmud Study 9:00 am Shabbat Torah Service 10:30 am
Av 27 13 Religious School 9:00 am	Av 28 14	Av 29 15	Av 30 16 Tanakh Study 10:30am via Zoom Dinner & Jewish Literacy 5:30-7 pm	Elul 1 17 Mussar 11:00 am Board of Trustees Meeting 6:00 pm	Elul 2 18 Kabbalat Shabbat Services 6:30 pm	Elul 3 19 Talmud Study 9:00 am Shabbat Service & Torah Study 10:30 am
Elul 4 20 Religious School 9:00 am	Elul 5 21	Elul 6 22	Elul 7 23 Tanakh Study 10:15am via Zoom Dinner & Jewish Literacy 5:30-7 pm	Elul 8 24 Tanakh Study 10:15am via Zoom Dinner & Jewish Literacy 5:30-7 pm	Elul 9 25 Family Shabbat 6:00 pm	Elul 10 26 Talmud Study 9:00 am Shabbat Torah Service 10:30 am
Elul 11 27 Religious School 9:00 am	Elul 12 28	Elul 13 29	Elul 14 30 NO TANAKH STUDY Dinner & Jewish Literacy 5:30-7 pm	Elul 15 31 Tanakh Study 10:15am via Zoom Dinner & Jewish Literacy 5:30-7 pm		

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The Temple Beth-El Newsletter is produced regularly at Las Cruces, New Mexico. Editor: Beth Tierney. Copy Editors: Nan Rubin, Rabbi Larry Karol, Aggie Saltman, Steven Haydu and Alison Mann. Circulation: Cheryl Decker. We welcome Adelante sponsorships by or for Temple members and non-members. Sponsorships can be mailed to the Temple; receipts are provided upon request. We reserve the right to edit all sponsorships. Non-member sponsorships (with no ad) are \$25/year. Annual sponsorship rates are as follows: 2x3 business card \$150 (free for members); Quarter page \$300; Half page \$600. For information about sponsorships, please contact the Temple Office.

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August 2023



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