



IN 2 September 17, 2008

# High Holy Days Schedule

CONGREGATION BETH-EL ZEDECK  
600 W. 70th St., Indianapolis, 46260  
317-253-3441

## Selichot

A World of Jewish Folk Music featuring Laura Wetzler

Saturday, September 20 at 8:00 p.m.

The world-renowned singer and songwriter features a diverse collection of original and traditional music, in Hebrew, Yiddish, Ladino and English. Laura Wetzler's music will offer us a gateway of celebration and reflection as we enter the High Holy Day season. Her performance begins at 8:00 p.m., followed by a dessert reception at 9:00 p.m. sponsored by Sisterhood, and the Selichot service at 10:00 p.m. led by Rabbis Dennis and Sandy Sasso, Cantor Giora Sharon, organist Charles Manning and the Beth-El Zedeck Choir.

## Rosh Hashanah

Mon., Sept. 29, Erev Rosh Hashanah

Mincha Service 6:00 p.m.

Maariv Service 6:15 p.m.

Tues., Sept. 30, 1st Day Rosh Hashanah

Shacharit Service 9:15 a.m.

Tashlich Service immediately before Mincha Service

Mincha Service 6:00 p.m.

Maariv Service 6:15 p.m.

Children ages 2-4 are asked to participate in our babysitting program on September 30. RSVP and prepay for babysitting by Fri., Sept. 19. \$8/child/service

Grades K-2 10:30 a.m. Holiday program and worship in classrooms

Grades 3-5 10:30 a.m. Junior Congregation in Sasso/Eisenberg Youth Lounge

Grades 6-12 10:30 a.m. Youth Service in Kaufman/Schuchman Chapel

Wed., Oct. 1, 2nd Day Rosh Hashanah

Traditional Morning Shacharit Service 9:00 a.m.

Family Service (Simon Sanctuary) 11:15 a.m.

No babysitting for Second Day Rosh Hashanah. Children are asked to participate in the Family Service.

## Yom Kippur

Wed., Oct. 8, Erev Yom Kippur - Kol Nidre

Mincha Service 7:00 p.m.

Kol Nidre Service in Simon Sanctuary 7:15 p.m.

Youth Service in the Kaufman/Schuchman Chapel 7:15 p.m.

Thurs., Oct. 9, Yom Kippur

Shacharit Service 9:30 a.m.

Mincha Service in Kaufman-Schuchman Chapel 2:00 p.m.

Program 3:30 p.m.

Family Service in Simon Sanctuary 5:00 p.m.

Neilah in Simon Sanctuary 6:15 p.m.

Children ages 2-4 are asked to participate in our babysitting program on Oct. 9. RSVP and prepay for babysitting by Fri., Sept. 19. \$8/child/service

Grades K-2 10:30 a.m. Holiday Program and worship in classrooms

Grades 3-5 10:30 a.m. Junior Congregation in Sasso/Eisenberg Youth Lounge

Grades 6-12 10:30 a.m. Youth Service in Kaufman/Schuchman Chapel

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# High Holy Days Schedule

**CONGREGATION B'NAI TORAH**  
6510 Hoover Rd., Indianapolis 46260  
317-253-5253

**Rosh Hashanah**  
Mon., Sept. 29, Erev Rosh Hashanah  
Selichos 6:10 a.m.  
Shacharit 6:50 a.m.  
Evening Candle Lighting 7:09 p.m.  
Mincha 7:15 p.m.

Tues., Sept. 30, 1st Day Rosh Hashanah  
Shacharit 8:30 a.m.  
Mincha 7:10 p.m.  
Candle Lighting no earlier than 8:27 p.m.

Wed., Oct. 1, 2nd Day Rosh Hashanah  
Shacharit 8:30 a.m.  
Mincha 7:10 p.m.  
Yom Tov ends no earlier than 8:26 p.m.

Thurs., Oct. 2, Fast of Gedaliah  
Fast Begins 6:29 a.m.  
Selichos 6:20 a.m.  
Shacharit 6:50 a.m.  
Mincha 7:00 a.m.

Fast ends after 8:20 p.m.

Sat., Oct. 4, Shabbos Shuva  
Shacharit 9:00 a.m.  
Mincha 6:55 p.m.  
Shabbos ends no earlier than 8:21 p.m.

**Yom Kippur**  
Wed., Oct. 8, Erev Yom Kippur  
Selichos 6:40 a.m.  
Shacharit 7:00 a.m.  
Mincha 4:00 p.m.  
Kol Nidre 5:55 p.m.  
Candle Lighting 6:50 p.m.

Thurs., Oct. 9, Yom Kippur  
Shacharit 9:15 a.m.  
Yizkor  
Mincha 5:15 p.m.  
Yom Tov ends no earlier than 8:13 p.m.

Sat., Oct. 11, Shabbos  
Shacharit 9:00 a.m.  
Mincha 6:45 p.m.  
Shabbos ends no earlier than 8:10 p.m.

**CONGREGATION SHAAREY TEFILLA**  
3085 W. 116th St., Carmel, 46032  
317-733-2169

**Rosh Hashanah Services**

Mon., Sept. 29, 7:30 p.m., Erev Rosh Hashanah  
Tues., Sept. 30, 8:30 a.m., 1st Day Rosh Hashanah  
Tues., Sept. 30, 6:00 p.m., Tashlich – Carmel West Park (followed by Mincha/Maariv)  
Tues., Sept. 30, 7:30 p.m., 1st Day Eve Rosh Hashanah  
Wed., Oct. 1, 8:30 a.m., 2nd Day Rosh Hashanah  
Sat., Oct. 4, 9:00 a.m., Shabbat Shuvah

**Yom Kippur Services**

Wed., Oct. 8, 7:00 p.m., Erev Yom Kippur – Kol Nidre  
Thurs., Oct. 9, 9:00 a.m., Yom Kippur / Yizkor  
Thurs., Oct. 9, 6:00 p.m., Yom Kippur / Mincha  
Thurs., Oct. 9, 7:00 p.m., Yom Kippur / Neilah  
Sun., Oct. 12, 1:00 p.m., Pizza in the Hut

**Sukkot Services**

Mon., Oct. 13, 6:30 p.m., Erev Sukkot  
Tues., Oct. 14, 7:00 a.m., 1st Day Sukkot  
Tues., Oct. 14, 7:00 p.m., 2nd Day Eve Sukkot  
Wed., Oct. 15, 7:00 a.m., 2nd Day Sukkot  
Mon., Oct. 20, 7:00 a.m., Hoshanah Rabbah  
Mon., Oct. 20, 6:30 p.m., Erev Shmini Atzeret  
Tues., Oct. 21, 9:00 a.m., Shmini Atzeret / Yizkor  
Tues., Oct. 21, Simchat Torah Celebration: Mincha, 5:00 p.m.; Dinner, 5:45 p.m.; Service, 6:45 p.m.

Continued to page IN 4

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along with its  
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Staff and Members wish you  
*L'Shana Tova!*

May 5769 be a Happy, Healthy and  
Prosperous year for us all.

Rabbi Jon Adland,  
Cantor Janice Roger,  
Rabbi Bryna Milkow

*The RABBI, BOARD OF DIRECTORS,  
and MEMBERS of CONGREGATION  
B'NAI*

*TORAH and its SISTERHOOD extend  
the best New Year's Wishes  
to the community.*

**Shana Tovah**

from

Etz Chaim Sephardic  
Congregation Indianapolis

Best wishes, good health  
and happiness to all



**High Holy Days Schedule**

*Continued from page IN 2*

**ETZ CHAIM SEPHARDIC CONGREGATION**  
6939 Hoover Rd., Indianapolis 46260  
317-251-6220

**Selichot**

Sept. 6 – Oct. 4, Every Saturday night at 8:30 p.m.

**Rosh Hashanah Services**

Sept. 29, 7:30 p.m., Erev Rosh Hashanah  
Sept. 30, 8:30 a.m., 1st Day Rosh Hashanah  
Sept. 30, 7:30 p.m., 1st Day Rosh Hashanah  
Oct. 1, 8:30 a.m., 2nd Day Rosh Hashanah  
Oct. 1, 7:30 p.m., 2nd Day Rosh Hashanah

**Yom Kippur Services**

Fast begins 7:11 p.m.  
Oct. 8, 7:15 p.m., Erev Yom Kippur  
Oct. 9, 8:30 a.m., Yom Kippur  
Oct. 9, 4:30 p.m. Mincha, Yom Kippur  
Oct. 9, 5:30 p.m. Neilah, Yom Kippur

**INDIANAPOLIS HEBREW CONGREGATION**  
6501 N. Meridian St., Indianapolis 46260  
317-255-6647

**Rosh Hashanah Services**

Mon., Sept. 29, 8 p.m., Erev Rosh Hashanah

Tues., Sept. 30, 1st Day Rosh Hashanah  
Intergenerational service, 8:30 a.m.  
Gates of Repentance, 11 a.m.  
Family service – children 5 and under, 2 p.m.

**Yom Kippur Services**

Wed., Oct. 8, 6:30 p.m. and 9 p.m., Erev Yom Kippur

Thurs., Oct. 9, Yom Kippur  
Intergenerational service, 8:30 a.m.  
Gates of Repentance, 1 a.m.  
Family service, 2 p.m.  
Afternoon through Neilah, 3 p.m.

*Note: WICR-FM will broadcast IHC Rosh Hashanah evening (8 p.m.)  
and morning (11 a.m.) services and Yom Kippur Evening (6:30 p.m.)  
and Morning (11 a.m.) services.*

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[anne@morningsideofcollegepark.com](mailto:anne@morningsideofcollegepark.com)

# Indiana's newest mikveh

Bloomington's first-ever mikveh is located in the Chabad house across the street from the Indiana Memorial Union building on the southwest corner of 7th and Indiana streets.

Rabbi Yehoshua Chincholker said his wife Zlata is the *balanit* who watches over the women to make sure that the immersion is done properly. Proper immersion in a mikveh requires that a woman's entire body, including all of her hair, must be submerged in the wa-

ter at one time. In general, anything that adheres to the body or hair and prevents contact with the water invalidates the immersion. Such a barrier is called a *chatzitzah*. This could be something as basic as fingernail polish. There are a few Jewish families in Bloomington that use the new mikveh, Chincholker added.

Chincholker said mikveh serves a vital element in Jewish lives and continuity. When the Lubavitcher Rebbe Menachem Schneerson, z"l,



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was asked what is the cause of assimilation, surprisingly he did not answer lack of Jewish education. His answer was lack of awareness and practice of keeping kosher and using the mikveh.

Chincholker explained that his reasoning for this is the fact the human being is made of two critical parts, the body and the soul. Keeping kosher is related to the body. What we eat eventually becomes part of our muscles, heart, and mind and this effects how we feel, think and react toward the world. Keeping kosher enables the Jewish soul to express itself easily and avoid resistance or "static" from

body. For example, most of the nonkosher animals are predators. One of the commentaries says another reason for keeping kosher is we do not want to absorb the predatory nature of those animals.

Concerning the mikveh, when a husband and wife are together and they are bringing a new soul into the world, there are three partners involved – the father, the mother, and God. The father and mother give the body, and God gives the soul.

In Jewish tradition, before the union between a husband and wife, we have the ritual of using the mikveh. The mikveh is a powerful practice. When

**savage grace**  
Jaymie Gatewood and Valarie Millard-Combs

**EXHIBITION** –  
October 1<sup>st</sup> through October 8<sup>th</sup>, 2008  
Hoozier Salon Broad Ripple Art Gallery

**Opening Reception**  
Friday, October 3<sup>rd</sup>  
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**Gallery Hours:**  
Tuesday through Friday –  
11:00am to 5:00pm  
Saturday –  
11:00am to 3:00pm

This exhibition is organized by David Edman, MS, MBA, LSWP, an affiliate of Greater Indianapolis Art Counciling Program, 317-253-5340.



mikveh proceeds the union of the husband and wife, the body that is created through this union is refined and holy and is a proper receptacle for the Jewish soul. It feels "at home" and is able to express

itself feely. Its "Jewish" instincts easily pick up the human envelope of personality. This in return, naturally leads the Jew – when it comes to marriage – to gravitate toward a fellow Jew.

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# Community Events

## Adult Education at JCC

Learn to play bridge, speak Spanish, be a photographer, have better street skills as a bicyclist, evaluate collectables, sustain a green home, and make auto repairs. Check out the classes at JCC. For more information call 251-9467.

## New time and location for Israeli Dancing

Come join the fun of Israeli dancing. Dance sessions meet regularly on Thursday nights. The next sessions are Sept. 18 and 25 at the Bureau of Jewish Education, Early Childhood Center, 6711 Hoover Rd., Indianapolis, 317-255-3124. \$5.00 per person.

Thursday night schedule: 7:00–8:00 Warm-ups, Beginner Instruction, Review; 8:00–8:30

Intermediate/Advanced Instruction; 8:30–9:30 Open dancing and Requests. For more information contact Rhea McDonald at rkmcdonald@indy.rr.com or 581-8835. Or go to <http://home.indy.rr.com/jhmiii/DanceHome.html>

## Living Vit Cancer

Sept. 21, 1:30 p.m., Rm A25 at the Arthur M Glick JCC. Join others in this newly formed support network for presentations on the mind/body connections and coping with cancer. JCC's Tai Chi instructor Tracy Brunner will cover the benefits of this gentle meditative exercise and give a demonstration. Sandee Westfall, optimal aging coordinator through St. Vincent's Center for Healthy Aging will discuss the

benefits of exercise and movements to those recovering from cancer. No fee required. For more information, contact Julie Sondhelm at 259-6822, ext. 6.

## Writing Ourselves into the Book of Life at Beth-El Zedeck

Writing with David Ebenbach at Congregation Beth-El Zedeck. Sun., Sept. 21, 2008, 10:00 a.m. to noon. In the Hebrew month of Elul we prepare for the High Holy Days by turning inward – by coming to terms with who we've been and who we might be, with what we've experienced and what is yet possible, with the reality and the potential of life. We'll explore how creative writing can be a powerful way to engage in this preparation – and how the themes, texts and traditions of this season can inspire us as brand-new or long-time writers of fiction, poetry or nonfiction.

Author David Ebenbach has a Ph.D. in psychology from the University of Madison-Wisconsin and an MFA in writing from Vermont College, and teaches Creative Writing at Earlham College. No writing experience necessary! No charge.

## JFGI Young Leadership wine tasting

Thurs., Sept. 25, 7 p.m., Indianapolis Art Center, 820 E. 67th St., in Broad Ripple. \$20 single / \$35 couple. \$25 each at the door. For more information, go to [info@jfgi.org](mailto:info@jfgi.org)

## IHC's Block Forum presents Mia Farrow

On Thurs., Oct. 2, at 7:30 p.m., Indianapolis Hebrew Congregation's Block Forum Series welcomes Mia Farrow, an acclaimed actress and humanitarian activist, who has starred in more than 40 mov-

ies in addition to serving as a UNICEF Goodwill Ambassador. Visit the Block website at [www.blockforum.com](http://www.blockforum.com) for more information, or call 255.6647 to order your tickets today!

## Documentary film festival – Bloomington

Student-initiated and Indiana University sponsored event assembles a weekend of Jewish-themed documentaries featuring two visits by internationally renowned filmmakers in Bloomington. From Oct. 11–13, the Indiana Memorial Union (IMU) will host a free documentary film festival Jewish Women in Global Perspective, featuring ten films from around the world. Two award-winning directors, Faye Lederman (A Good Uplift) and Jennifer Fox (Flying: Confessions of a Free Woman) will be on site to discuss their films and answer questions.

The film festival begins Saturday evening October 11 from 6 p.m.–11 p.m., and continues Oct. 12 from 10 a.m. to 6 p.m. and Oct. 13 from 9 a.m. to 1 p.m. The festival contains multiple screenings and is free and open to the public. For more information, contact Jessica Alpert at [jalpert@indiana.edu](mailto:jalpert@indiana.edu) or 713-822-5546.

## Israel Bonds dinner

The date for the 2008 Israel Bonds dinner has been rescheduled for 5:30, Oct. 19 at the Arthur M. Glick JCC, 6701 Hoover Rd. Lynne and Phil Himmelstein will be honored.

## 10th Annual Ann Katz Festival of Books

Watch for more information about this event that includes author speakers and films, Oct. 20 – Nov. 20 at the JCC. 251-9467.

## Mickey's Corner with Soprano Sylvia McNair

Two-time Grammy Award winner Sylvia McNair will be Mickey's guest on Nov. 5, at 7 p.m., Free. Mickey will engage Sylvia in a conversation about her spectacular career, her struggle with breast cancer and some little-known facts about the singer that will be sure to interest arts enthusiasts.

Mickey's Corner will be live at the Arthur M. Glick JCC, 6701 Hoover Rd., Indianapolis. This show is part of the JCC's 3-week-long Ann Katz Festival of Books and will include a brief performance by Sylvia and her accompanist. For more information call 251-9467 or go to [www.jccindy.org](http://www.jccindy.org).



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# Jewish Community Leadership presents Eric Lynn

Eric Lynn will speak on "Barack Obama, the Jewish Community, Israel and the Middle East" on Wed., Sept. 24 at 6:30 p.m. at the Arthur M. Glick JCC.

Eric Lynn serves as the Middle East policy advisor and Jewish community liaison to Barack Obama's presidential campaign. He advises Senator Obama on Middle East policy and coordinates outreach to

the Jewish community nationwide.

A Florida native, Lynn has worked extensively in Middle East Policy and Democratic politics. Before joining Obama for America, Eric was an attorney at the law firm of Patton Boggs, where his practice centered on public policy and federal regulation. Previously, Eric served on the senior policy staff of Rep. Peter Deutsch of Florida.

In that position, he was the top advisor to the Congressman on foreign policy and defense issues, with a specific focus on Middle East policy.

During his time working in Congress, Lynn led international Congressional delegations, including several to the Middle East. He also advised members of Congress on a range of legislative issues within the jurisdiction

of the Energy and Commerce Committee, such as homeland security, energy, trade, and oversight and investigations, including participating in the Enron and the domestic port security investigations.

Lynn has advised a number of statewide candidates in Florida, including Sen. Bill Nelson and Rep. Jim Davis. He also worked on Jewish community outreach for John

Kerry's presidential campaign in 2004. In 1999-2000, Eric was executive director of City Political Action Committee in Chicago.

Previously, Lynn lived in Jerusalem, where he served as director of market research for an Israeli corporation and studied Middle Eastern History at the Hebrew University. Lynn studied Middle Eastern history and international relations at Northwestern University and holds a law degree from Georgetown University.

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# Stack the deck against disease: Play bridge

Bridge players are often pictured as intelligent and competitive – but research has shown that they also have better immune systems and fewer incidences of dementia.

Studies at the University of California at Berkeley suggested that the dorsolateral cortex of the brain, which deals with working memory, sequencing and other cognitive functions, also has a role in the body's immune response. Because bridge stimulates the dorsolateral cortex, the research team compared blood samples from three groups of women at a bridge club. Two groups played bridge for 90 minutes, while the third did not. The two bridge-playing groups showed a significant increase in CD-4 positive T cells, the cells that target and destroy foreign substances in the body.

Doctors at the Albert Einstein College of Medicine reported in the *New England Journal of Medicine* that people can significantly reduce their risk for Alzheimer's and other forms of dementia through activities such as playing bridge,

chess or a musical instrument. Their findings suggested that the brain can be made resistant to disease just as the body can. Exercising the brain forges connections between existing cells or promoted new cell growth, forming a buffer against Alzheimer's.

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*Continued to page IN 22*

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Eve of Second day Sukkot  
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**Indiana PNAI  
summer meeting recap**

A record 35 members of Parents of North American Israelis (PNAI) met on Aug. 24 at the Jewish Community Center in Indianapolis. After a delicious pitch-in brunch, guest speaker Dr. Jeffrey Rothenberg reported on the emergency response group (ERG) course he and other physicians attended at the Western Galilee Hospital in Nahariya, Israel.

As a frontline hospital during the second war in Lebanon, the hospital received the largest number of casualties. The extensive underground hospitalization facilities enabled the hospital to respond while under fire and despite damage from incoming rockets. The hospital serves Jewish, Druze, Christian and Muslim patients.

Dr. Rothenberg lived in Israel for 10 years, studied at Tel Aviv University, Weizmann Institute of Science, and Sackler School of Medicine. He is

an associate professor with the Department of Obstetrics and Gynecology at Indiana University School of Medicine. In his spare time he creates glass sculptures, which he has displayed at the Indianapolis Art Center, Riley Hospital for Children, and the JCC.

Other guests included Daniel Lande, who made aliyah, recently completed Army service and was visiting his PNAI parents in Indianapolis.

Etay Furman, the new Federation-Jewish Agency Sheliach, who arrived in Indianapolis only four days earlier, brought greetings from Israel.

The meeting ended with a roundtable discussion, with members reporting on activities of their Israeli families, such as new grandchildren, weddings, and so on.

The 2008 closing PNAI meeting will be Nov. 16. For more information call Sylvia or Mike Blain, co-presidents at 317-251-1914.



Part of the standing-room-only audience.



PNAI meeting head table (L-R) Sylvia Blain, president; Dr. Jeffrey Rothenberg, speaker; Michelle Boukai, Federation donor relations manager and director of Israel missions; Etay Furman, new Israeli sheliach.

# Critics Corner



## I went to see a play *Me, Too*

By Charlie Epstein

Mark Goffman, successful Hollywood television writer, had his first stage endeavor *Me, Too* performed at the Mud Creek Players barn. This play had one previous production in Los Angeles. Being multi-scened Goffman showed his television writing greatly influenced his proscenium stage technique. With the help of his father-in-law Gary Cohen as director steering the episodic show, the overall effect was more palatable than expected. The humor was there even though it was tough for the audience to laugh.

*Me, Too* is a play about relationships under serious medical conditions. The helpless romantic Andrew meets

the girl of dreams Lucy by Internet. He is devoted to win her love by any means even if it means lying to her. When she defiantly blurts out that she has the dreaded disease cancer, Andrew says, "Me too." Thus beginning a deception that Andrew finds difficult to keeping up. His doctor friend does not support the ruse, even though he does support the awkward relationship. The doctor's wife Janet makes up this basic four-character play.

As Lucy's health deteriorates so does the relationships that Andrew has with Lucy, his doctor, even himself. Due to the mature subject matter, this play is definitely not for children. Author Goffman has at least one beautiful philosophic

thought in each of his many scenes. There is no doubt that Mark Goffman is an accomplished writer. Unfortunately he has not fully grasped the idiosyncrasies of adapting his work to the stage. The plot is not commercial. The number of sets is not economical.

But what Mark Goffman has going for him is the energy and knowledge of the stage that his

father-in-law delivers to the production. Gary Cohen chose a near-perfect cast, with David Pittman exhibiting wonderful experience in his first stage role as Andrew. Brenna Campbell, as Lucy, gives an extraordinarily compelling performance. More than adequate are Robb Day, as the doctor, and Betsy Bullis, as his wife. There are two more smaller parts that

deserve mention: Paul Burton as Caesar and Anne Phelan as the nurse. A special applause goes to Cohen's stage crew who made a sometimes-impossible task run smoothly.

*Me, Too* opened Fri., Sept. 5, and runs through Sat., Sept. 20, at the Mud Creek Barn, 9740 E. 86th St. For more information on this and other Mud Creek Players events, call 290-5343.

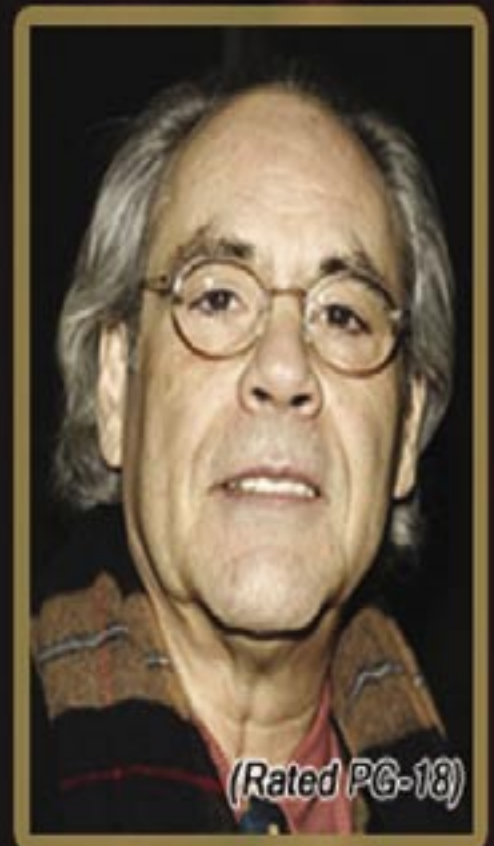


Bonding (L. to R): Andrew (David Pittman) bonds with Cesar (Paul Burton), a ten-year-old cancer patient, as Cesar's nurse (Anne Phelan) looks on encouragingly in the Mud Creek Players production of the Midwest premiere of "Me, Too!"



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# Rabbis' Greetings



## A reunion and a reconciliation

By Rabbi Arnold Bienstock

A friend of mine recently attended her fortieth high school reunion at North Central High School. She shared with me how sobering she felt the event was for her. It made her realize how quickly time flies away.

When we attend reunions, we usually notice the long-haired youths are now bald, the brunettes miraculously have become blondes, and the total weight accumulated over the years probably accounts for

tonnage. The young man voted the most likely to succeed has some mediocre desk job. The prom queen is far from the most glamorous of the reunion attendees. Life has a force and a rhythm all its own. A reunion is a profound lesson. Time marches on so very quickly.

The High Holy Days are also a reunion. For many of us, it may actually be our annual reunion for synagogue attendance. It may be the first time that we have seen our

fellow Jews, the rabbi, and the synagogue building in an entire year! However, more profoundly, the High Holy Days are a reunion with our spiritual destiny. Jewish tradition teaches us that we should undergo a thorough *heshbon hanefesh*, literally a "calculus of the soul," with the arrival of this special time of year. The High Holy Days should be a reunion with the most important questions of our lives. What is the purpose of our lives? What is our ultimate commitment? Where have we come from? Where are we headed?

We recall the famous rabbinic adage, "Yom Kippur atones for the sins against G-d alone, but for the sins against our fellow persons, it does not atone." This gave rise to the beautiful Jewish tradition of seeking forgiveness from our fellow persons. Jews would ask their relatives and neighbors that if they had done anything to offend these individuals that the other party

would forgive them. The High Holy Days became a reunion with forgiveness. Forgiveness is an essential element of spiritual renewal and rebirth. There are all too many of us who bear pains and grudges against others for far too long. There are those who do not speak to their brothers or sisters. There are those who are alienated from their sons and daughters. This estrangement only festers over time.

Let us hope and pray that this New Year be a time of reunion with our friends and neighbors. Let us cast aside the pettiness that often marks our relationships with others.

The New Year is also a reunion with our inner selves. What is it that we wish to accomplish with our all-too-brief existence? It is a time to rededicate ourselves to those causes that have value and meaning. It is a time to reevaluate how we spend our time. It is a time to consider that which we truly cherish. The sage Hillel wisely

informs us, "Do not say that I will study when I have leisure. Perhaps you may never have that leisure time." We must make the time to develop spiritually.

Most importantly, the New Year, for the Jew, is a reunion with G-d. Rosh Hashanah and Yom Kippur are the only Jewish holy days that focus on our personal relationship with our Maker. Each of us stands as an independent individual to reflect and meditate on our religious life. The prayers focus on our sense of shortcoming, our personal sense of sin. The worship makes us realize how small we ultimately are in the scale of things. The sacred words call us to teshuva, to a reunion with the One who created us. Teshuva is the process of reconciliation with the holy and the sacred. Teshuva is genuine reunion with the ultimate purpose of our lives.

I hope and pray that this New Year of 5769 offers us that

*Continued to page IN 17*

# L'SHANAH TOVAH

Wishing you peace, prosperity and joy this new year.



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# ISO Gala event

Internationally renowned violinist Joshua Bell, a Bloomington native who made his professional debut at age 14 with the Indianapolis Symphony Orchestra, returned to Indianapolis to perform the romantic *Third Violin Concerto* by Camille Saint-Saëns to open the orchestra's 2008-2009 season with Lilly Classical Series concerts Thursday and Friday, Sept. 11 and 12, plus a special Opening Night Gala performance with a preconcert reception and postconcert dinner on Sat., Sept. 13, at the Hilbert Circle Theatre. Eli Lilly and Co. is the Title Sponsor of the entire 2008-2009 Lilly Classical Series season, and the Opening Night Gala was sponsored by the Christel DeHaan Family Foundation.

An Indianapolis audience favorite, Bell has continued to expand his artistic horizons and to gain worldwide attention since his last appearance as a concert soloist with the orchestra in June 2007 at the Hilbert Circle Theatre. His most recent recording on the SONY BMG label features Vivaldi's popular masterpiece *The Four Seasons*, and in 2004 his album *Romance of the Violin* topped the Billboard magazine classical charts and led to his selection as the Billboard Classical Artist of the Year. Other recent honors include his induction into the Hollywood Bowl Hall of Fame in 2006, and in April 2007, he received one of the most prestigious honors in classical music - the coveted Avery Fisher Prize.

The ISO and Music Director Mario Venzago kicked off the new season with power and emotion as the orchestra performed Richard Strauss' popular epic symphonic masterpiece *Also Sprach Zarathustra*. Joshua Bell took center stage to present Camille Saint-Saëns' virtuosic *Third Violin Concerto* and following intermission, the ISO played the witty and familiar *Sorcerer's Apprentice* by French composer Paul Dukas to bring the concert to a colorful conclusion.

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# Rabbis' Greetings



## The strong connection of the Three Weeks to the High Holiday season

By Itamar Cohen

The two worst sins of the desert are attributed by tradition to these two days respectively: the golden-calf incident on the 17th of Tammuz and the incident of the spies (who reported that the Land of Canaan was unconquerable) on Tisha B'Av. The first incident, only 40 days after the Revelation at Sinai,

shows how quickly the people forgot the Sinai experience in seeking a tangible image to worship.

The second incident occurred in the second year of the Exodus. Because they believed the spies' report that they could not defeat the inhabitants of Canaan, God condemned the whole generation to die in

the desert; only their children would enter the Holy Land.

The rest of Jewish history is an attempt to work our way back. According to tradition, the Jewish people received their final forgiveness for the golden-calf sin when Moses came down from Mount Sinai at the end of the third period of 40 days. That day was the 10th of Tishrei – Yom Kippur.

Just as Yom Kippur brings forgiveness for the golden-calf incident of the 17th of Tammuz,

so the minor holiday Tu B'Av on the fifteenth of Av (according to one tradition) brings forgiveness for the spies' incident of Tisha B'Av. It marks, in fact, the end of the 40 years of wandering (with the death of the generation that had left Egypt) and immediately precedes the entrance to the promised land. No longer abandoned in the desert, we, as part of the mythic dimension of Judaism, can end our aimless wandering and finally move onward.

Fifteen of B'Av provides a contrast of joyous celebration following the ever-deepening gloom and mourning of the Three Weeks. Coming seven days after Tisha B'Av (on the 9th of Av), Tu B'Av symbolically serves as the end of the *shiva* – the seven days of mourning for the dead. Just as

the mourner ends Shiva on the morning of the seventh day, so may we cast off the blackness of despair and go out of our house of mourning wearing white and dancing and courting in the fields as did the maidens of old in Israel.

From Tu B'Av we are ready to move on to Elul, a month of the High Holiday season with its themes of renewal and return. In fact, the period of Elul symbolizes courtship between us and God. This theme of courtship is captured in the traditional belief that the Hebrew letters of the word *Elul* are an abbreviation for the phrase *Ani le-dodi ve-dodi li* – "I am my beloved's, and my beloved is mine," referring to God and Israel.

Estranged from each other during the Three Weeks, Israel and God reunited with each other beginning with Tu B'Av and initiated the slow and at times painful process of becoming lovers again. This process climaxes with Yom Kippur, when we are forgiven for that original breach of faith, the incident of the golden calf, which began this whole process of mourning and renewing on the 17th of Tammuz.

*Itamar Cohen serves as the spiritual leader for Etz Chaim Sephardic Congregation in Indianapolis. He came to the United States in 1997, where he lived in NY until coming to Indianapolis in 2001. He and his wife, Dina Hasten Cohen, have three children.*

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# Rabbis' Greetings

## In the beginning...?



By Rabbi Eliezer Zalmanov

Did you know that the day we celebrate as Rosh Hashanah does not commemorate the creation of the universe?

According to the Talmud, the world was created on the 25th of Elul, and Rosh Hashanah – the first of Tishrei – was Friday, the sixth day of creation. And, as the Torah describes, the final creature that G-d created on the sixth day was mankind, Adam and Eve.

Throughout the Talmud and Kaballah much emphasis is placed on the fact that the world was not considered “complete” until humans were created. The purpose of creation was for man to be created. It is for this reason that Rosh Hashanah is considered the beginning of the world, because before man was created, the world’s existence was purposeless.

True, all of creation – including the skies and the seas, plants and trees, animals and insects – existed before man. But with the arrival of Adam

and Eve the world began to function.

Humans are the highest level of G-d’s creatures. The lowest being the inanimate, one step up is vegetation, and the third level is the animal kingdom. Humans are greater than all these because we maintain a level of intellect far beyond that of animals, which we utilize not merely for survival and self-satisfying purposes.

G-d created man to fulfill His commandments, which requires this unique intellect gifted to man. Therefore until man was created, the purpose of creation was not yet fulfilled, and, in G-d’s eyes, creation itself was not yet complete.

Although the world was full, complete with its natural beauty and efficiency, it lacked quality. The world required a

## Bienstock

Continued from page IN 14

sense of reunion with our faith, our people, and ourselves that will truly renew us. I know that we are inspired to begin the New Year in our new sanctuary in Carmel for the first time. The arrival of these High Holy Days represents the fulfillment of a vision for so many of our members.

Best wishes to you and your loved ones for a year of health, happiness, and peace.

*Rabbi Arnold Bienstock is the senior rabbi at Shaarey Tefilla in Carmel, Ind. This is from their Sept. 2008 congregation bulletin.*

being whose life represented a purpose greater than itself.

However, although human beings are the essential purpose in creation, this should not be a cause of conceit and arrogance. In fact, the Talmud notes that if you ever feel a bit too sure of yourself and your accomplishments, remember that even the smallest of all insects was created prior to you.

To comment on this column and others by Rabbi Zalmanov, visit his Blog at [www.chabadnwind.com](http://www.chabadnwind.com).

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Tuesday, January 13, 2009 (adj) ..... 9:30-10:30 a.m.  
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# Ann Katz Festival of Books celebrates 10 years

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M. Glick JCC, 6701 Hoover Rd., Indianapolis. The festival is open to all, and most events are free of charge. Major financial sponsors for the 2008 festival include the endowment fund established by Irwin Katz in memory of his wife, Ann; Indianapolis Power & Light Company; and a grant from Lilly Endowment. For more information on any of these programs, call 317-251-9467 or go to [www.JCCindy.org](http://www.JCCindy.org).

**Evan Handler: It's Only Temporary: The Good News and the Bad News of Being Alive**

Wed., Oct. 29, 7 p.m. Opening night features Evan Handler, beloved by millions for playing Harry Goldenblatt (Charlotte's husband) on HBO's *Sex and the City*. Evan is a 20-year survivor of "incurable leukemia" and a successful actor and writer. His

new memoir, about his life after leukemia, is both hilarious and heart-wrenching. Evan will talk about his life and his *Sex and the City* adventures. Co-sponsored by The Leukemia & Lymphoma Society. Admission fee includes a copy of the book (book signing will follow the author's event). Register early and save! \$25 through 10/13; \$30 after 10/13. Call 317-251-9467, stop by a JCC membership desk or register online at [www.jccindy.org](http://www.jccindy.org). Books will be available for pick up from 6-9 pm the evening of the event.

**David Matthews: Ace of Spades**

Thurs., Oct. 30, 7 p.m. David Matthews spent his childhood and youth struggling with a painful identity crisis. Abandoned by his mentally ill Jewish mother as an infant, David

was raised by his black activist father. Looking much more white than black, David finds himself bouncing back and forth between racial identities as he tries to find ways to fit in and keep himself safe in a country still full of racial strife.

**FILM: Making Trouble**

Sat., Nov. 1, 7 p.m. A Presentation of the Jewish Women's Archive. Admission: \$3. This hilarious film tells the story of six of the greatest female comic performers of the last century — Molly Picon, Fanny Brice, Sophie Tucker, Joan Rivers, Gilda Radner, and Wendy Wasserstein. Hosted by four of today's funniest women (Judy Gold, Jackie Hoffman, Cory Kahaney and Jessica Kirson), the film is the true saga of what it means to be Jewish, female and funny. Sponsored by Fifth Third Bank.

**Robin Gerber: Eleanor vs. Ike**



Mon., Nov. 3, 7 p.m. The year is 1952 and Eleanor Roosevelt is running for president against Dwight Eisenhower. Voters question whether a woman can be commander in chief during the Korean war, and the KKK plots to assassinate her. An expert on leadership and politics, Robin Gerber will talk about the startling similarities between her new novel and the actual presidential election of 2008.

**Mickey's Corner featuring Soprano Sylvia McNair**

Wed., Nov. 5, 7 p.m. The JCC's live talk show, Mickey's Corner, is hosted by Indianapolis business leader and philanthropist, Mickey Maurer. Mickey's guest is Sylvia McNair, one of the world's leading singers. Her 25-year career includes two Grammy Awards and over 70 recordings. Since 1982, she has performed with almost every major American and European orchestra and Opera Company. The event will include a short performance. Mickey's soon-to-be released book, 19 Stars of Indiana, includes a fascinating biography on Sylvia McNair. Sponsored by Fifth Third Bank.

**FILM: Do Not Go Gently followed by brief performances**

Sat., Nov. 8, 7 p.m. Imagination can burn bright at any age. This one-hour PBS documentary chronicles the

*Continued to page IN 20*

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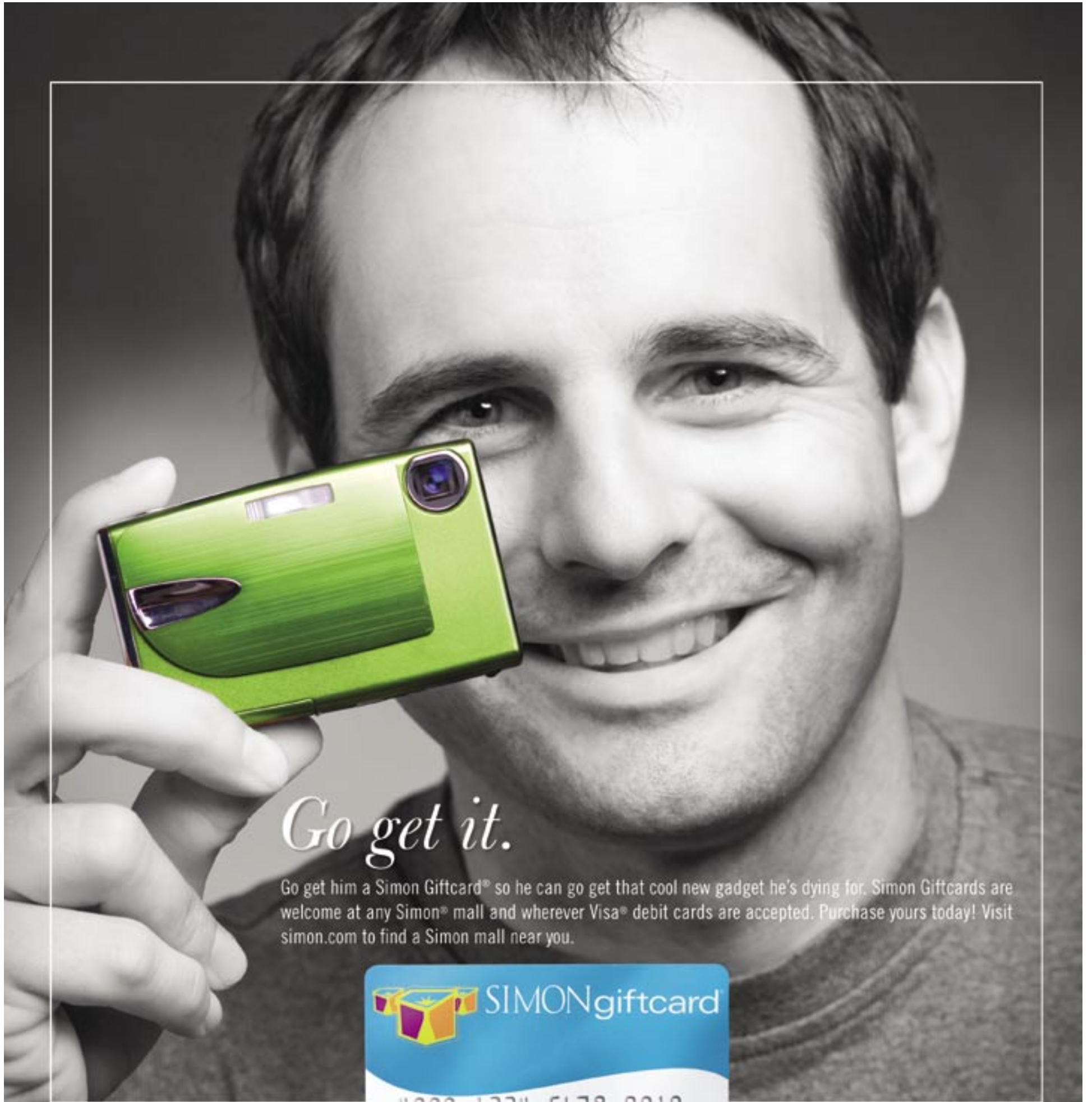
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**JCC swim team 2008**— Back Row (L–R): Camelia Manring, Erin Krull, Zev Burton, Kayla Willis, Jamie Weerakody, and Griffin Harp. Second Row (L–R): Ian Krull, Abby Teed, Myra Miller, Kathryn Schroeder. Front row: Jack Green, Joe Schmidt, Hannah Stolz, and Tova Burton. Not pictured are: Catlin Cutsinger, Molly Egan, Trevor Egan, Andrew Elmendorf, Matthew Haskell, Kathleen Ho, Meredith Ho, Natalie Ho, Mitchell Rice, Martin Weisz, Aaron Welcher, Nicholas Elmendorf, Abigail Gilchrist, Max Himmelstein, Joel, Barrett, Maya Caldwell, Sam Haller, Katie Klain, Jade Klain, Tess Klain, Elana Morris, Sam Salentine, Catherine Schroeder, and Pria Moorthy.

The team is coached by Janine Rhinehart and assistant coaches Grace Falkenbach and Madeline Janicki.

Coach Miss Janine says, "We have a winter Jr. Olympic Team starting Sept 8. Whether your goal is to trim down, improve your strokes, get faster, or just enjoy swimming, JCC swim team is the place for you! All of those goals can be met, with a side of fun added!" Check the JCC web site at [www.jccindy.org](http://www.jccindy.org) or call Sally Brindle at 251-9467 ext 252.

## Katz

*Continued from page IN 18*  
amazing creative lives of three artists in their 80s and beyond. The film will be followed by brief performances by older local artists and an informal discussion/reception with those artists. Sponsored by WFYI and cosponsored by ElderSource.

### **The Art & Soul of Peace Through Humor Lecture/Slide Show with Maureen Kushner**

*Mon., Nov. 10, 7 p.m.* American art educator and professional comedy writer Maureen Kushner traveled across Israel helping children move beyond fear by creating paintings about peace. The artworks by Jewish, Arab, Bedouin and Druze children are now featured in a traveling exhibit. Hear Ms. Kushner share stories about her journey and the inspiring vision of the children. The exhibit will be on display at the Arthur M. Glick JCC through December. Schools and youth groups are encouraged to bring students to view

*Continued to next page*



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# Rabbis' Greetings



## A month for reflection

By Audrey Pollack

Jewish tradition has set aside Elul, the month preceding the High Holidays, as a time for reflection, an opportunity to search for new and deeper meaning in our lives. This year, Elul begins on Sept. 1.

We are given the gift of this time to reflect in order that we may enter the new year focused on what is of ultimate meaning and importance. If we can use this month for reflection, the trivial matters drop away and what we are left with is the essential. To reflect and focus in this way is both a challenge and an opportunity, a challenge because it is not easy to do, and an opportunity because if we are determined to focus inward, we will find a clearer path to ourselves, to the new year, and to our relationships with God and with our loved ones.

Jewish tradition has a word for that focus. It is called *kavannah*, which translates as "intention." It comes from the Hebrew *kiyun*, or "direction," as one would use with a compass. To find *kavannah*, focus, or intention, is to find the *kiyun*, the direction, the path that you are on, and as with a compass, to correct the direction, if you have strayed off of the path. *Kavannah* means to act and to live intentionally and with consciousness. This is not easy to do; we are used to "tuning out." We are used to living our lives on auto-pilot, ignoring the sound of the clock ticking or the hum of the air conditioner. Every day there are beautiful trees and flowers, birds and squirrels outside that we may not notice. It is not that they don't exist, only that we do not direct our attention to them. Elul asks us to "tune in," to bring mindfulness to everything we do and say. When we are able to live with awareness and attention, what is of real value comes back to center. It is like looking through a camera lens where everything seems blurry, until you focus it. Elul asks us to return to that clarity,

to rediscover the awareness of the divine gift that is your life, to reframe and live the essence of who we are meant to be.

The High Holidays help us to uncover both our brokenness and our wholeness, our way back along the path to our connections with our loved ones and with God. Elul helps us to rediscover the insights that may have become hidden along the way, to bring the eternal into focus.

My husband Phil Subeck, and our children, Seth, Gil, and Rachel join me in wishing you and your loved ones a Shanah Tovah Tikatevu v'Techateimu! L'shalom.

*Rabbi Pollack is rabbi of Temple Israel in West Lafayette, Ind. This is from their Sept. 2008 bulletin.*

## Katz

*Continued from prev. page*  
the paintings. Sponsored by the Hasten Hebrew Academy, the Indianapolis Peace Institute, the International School of Indiana, and the Peace Learning Center.

### FILM: The Komediants



*Tues., Nov. 11, 7 p.m.* This tragicomic saga about a famous theatrical family, the Bursteins, sheds light on the short, stormy and charming history of the popular Yiddish theater. The film is laced with rare archival footage. Presented in collaboration with the Indiana Film Society.

### Andrei Cherny: The Candy Bombers: The Untold Story of the Berlin Airlift and America's Finest Hour

*Wed., Nov. 12, 7 p.m.* An

amazing story about the U.S. Cold War era pilots who participated in an airlift (including candy for the kids) to help the blockaded West Germans survive after coming under Soviet control. Author Andrei Cherny was the youngest person ever to be a White House speechwriter.

### Jennifer Lee: The Fortune Cookie Chronicles: Adventures in the World of Chinese Food

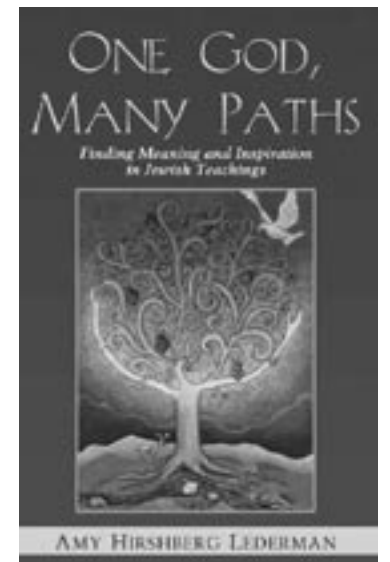
*Thurs., Nov. 13, 7 p.m.* What was the Kosher duck scandal? Did General Tso have anything to do with the chicken dish that bears his name? Enjoy fortune cookies and tea and the chance to win a gift certificate to Shanghai Lil Restaurant as you learn the answers from New York Times reporter Jennifer Lee. Cosponsored by Shanghai Lil Restaurant and the Indiana Association of Chinese Americans.

### FILM: Beaufort

*Sat., Nov. 15, 7 p.m.* Admission: \$3. A nominee for the Best Foreign Film Academy Award, *Beaufort* is a dramatic film that chronicles the final days of an Israeli army unit's tense, painful withdrawal from a strategic bunkers inside a 12th century

Crusader fortress near the Lebanese border. Sponsored by Fifth Third Bank.

### Amy Lederman: One God, Many Paths



*Sun., Nov. 16, 7 p.m.* One God, Many Paths celebrates the joy and wisdom that the teachings of Judaism can bring to everyday life. Regardless of your age, religious background, or observance, Amy Lederman's heartwarming stories will inspire you as they provide new insights into love, family, work, relationships, tradition and God. Sponsored by Indianapolis Hebrew Congregation.

*Continued to page IN 22*

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# Katz

Continued from page IN 21

## Louis Profeta: The Patient in Room Nine Says He's God

Mon., Nov. 17, 7 p.m. From swastika tattoos to soccer moms, from snapping turtles to bowling alleys, this book takes you on a wild ride through emergency rooms in a way you have never imagined. Dr. Louis M. Profeta is a frequent guest on local television and radio and currently practices emergency medicine at St. Vincent Hospital in Indianapolis. Sponsored by the Clarian Health Transplant Center.

## Marilyn Glick: Once Upon a Lifetime: Marilyn's Story

Tues., Nov. 18, 1 p.m. Meet one of our community's most outstanding women whose



touching memoir tells a story of service to family, city, faith and the arts. With her husband Gene, Marilyn Glick built a successful business, raised four daughters and made a significant impact on the quality of life in Indianapolis through

the Glick Foundation. Cosponsored by ElderSource.

## Paula Bernstein and Elyse Schein: Identical Strangers: A Memoir of Twins Separated and Reunited

Tues., Nov. 18, 7 p.m. It wasn't until Elyse Schein was in her 30s and living in Paris that she began searching for her biological mother. It was then that she learned she had an identical twin sister and that they had been part of a secret study on separated twins. In alternating voices and incorporating the results of studies on twins, Paula and Elyse write with emotional honesty about the immediate intimacy they share as twins and the wide chasm that divides them as two complete strangers. Cosponsored by Hadassah.

## Masha Gessen: Blood Matters: From Inherited Illness to Designer Babies, How the World and I Found Ourselves in the Future of the Gene

Wed., Nov. 19, 7 p.m. What would you do if genetic testing revealed that you were predisposed to breast cancer? As journalist Masha Gessen struggled with this question, she explored the landscape of this brave new world, speaking with others like her and with experts including medical researchers, historians, and religious thinkers. Cosponsored by the Alan & Linda Cohen Center for Jewish Learning and Living at Congregation Beth-El Zedeck and the St. Vincent Center for Cancer Care.

## More Alike Than Not: A vibrant interfaith storytelling event

Thurs., Nov. 20, 7 p.m. Storytelling performed by Gerald Fierst, Arif Choudhury and Susan O'Halloran (Jewish, Muslim and Catholic) offering a "real life-story tapestry" of traditional, personal and sacred stories illuminating the experience of being an American in a time of religious tension and change. Presented in

collaboration with Congregation Beth-El Zedeck, Muslim Reentry Network of Indiana, St. Luke's United Methodist Church, Storytelling Arts of Indiana, and YMCA of Greater Indianapolis, with funding from the Pacer Foundation.

# Bridge

Continued from page IN 10

You may not recognize the names of distinguished bridge players such as Harold Vanderbilt who invented contract bridge or Ely Culbertson who popularized it. You may have seen Charles Goren's syndicated newspaper column on bridge. But here are some famous bridge players you may know from other walks of life:

- Warren Buffet, investor, who bought his first computer to play bridge
- Bill Gates, owner of Microsoft
- Martina Navratilova, tennis star, who said, "No matter where I go, I can always make new friends at the bridge table."

- Omar Sharif, actor (Dr. Zhivago) and author of many books and a newspaper column on bridge
- Wilt Chamberlain, basketball star
- George Burns, comedian

This article was first published in the Indianapolis Star. Reprinted with permission.

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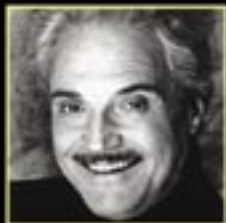
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