



Temple House of Israel Bulletin

A Member Congregation of the Union for Reform Judaism
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Our mission is to perpetuate Jewish life and identity through a welcoming community of spirituality, learning, service, joy and worship

AUGUST-2019 / TAMMUZ – AV- 5779

**From Rabbi
Randi Nagel**

How Can I Slow Down Time?

I have just returned from URJ's Camp Harlam in Kunkletown, Pennsylvania. This year marked my 12th summer serving on the faculty at the camp. I am tired, a little broken from all the sports and walking, in need of a good, hot shower and maybe a facial and manicure. In all seriousness, more importantly than all of that, I am invigorated, rejuvenated, energized and excited to bring back camp to all of you! Every year, I look forward to my time at camp serving as the rabbi for the kids entering 7th grade. I place the date on my calendar and before I know it I am there living in my camp bubble and then it is over. While the days feel long the two weeks I spend there seem to go so quickly. There is a saying at camp that each hour is a day and each day is a week. Time just seems to slow down. Incorporated into all of the regular camp activities (boating, baseball, gardening, adventure, etc.) is this infusion of Judaism. We say the HaMotzi and Birkat HaMazon at each meal; there is a Jewish bedtime ritual that the campers have, we have morning services as well as Shabbat services and so much more. I wish I could bottle up my time at camp and carry it with me, or at least slow down time. But once again, I am back in the "real world" where time seems to speed up or feel like there is never enough of it to get everything done, especially since summer is coming to an end, school is starting and the High Holidays are right around the corner.

How can I slow down time so that there is enough of it and I can enjoy every moment like I am at camp? I had to get my watch repaired when I returned, so I asked the repairman, "How can I slow down time?" He told me, "That's easy; just set your watch back five minutes and then time will slow down." I took his suggestion, it seemed I had a few extra minutes but the world around me kept moving at a fast pace. The world moved quickly but I was five minutes late to everything. Frustrated and late to my yoga class, I asked the yoga teacher the same question, "Do you know how to make time go slower?" He told me that it was easy, "Just close your eyes, relax and breathe." It seemed to work, for while I was in class, time did slow down. I was able to focus on my breath put my worries away and seek meaning in the moments. However, as soon as I stepped out into the hot, humid day the world seemed to zoom right along. Deflated, and missing camp, I called my friend who is also a rabbi. Telling her my issue that I felt like time was just moving too fast... she sighed and set me straight. "Time can move fast if we let it, but in order to slow down time, you

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Rabbi Nagel's message (con't)

must live in the moment.” She continued, “If we choose to always look forward at the next thing coming or look backwards at what has passed, we don't notice the now.” Reflecting on her words, I finally understood. That in order to slow down time, I needed to be in the moment.

Now that it has been a few days, I have had time to reflect on her advice. What does it mean to live in the moment? Some moments I don't want to be in for long. I do want them to move quickly. However, there are many more moments that I want to savor, extend and internalize. I don't want to have everything around me, including myself, move so quickly. Camp has offered me the opportunity to slow down and bring that revelation back with me to all of you. As we enter the final weeks of summer and the Jewish month of Elul, it is time for us to reflect. To look back at our year and plan for the new year ahead but also to remember to live in the moment. Savor the longer days, the sunshine, the heat. Take those few extra moments you have been meaning to in order to intentionally slow down time. I look forward to hearing how you are spending your precious moments and if you have any advice to offer, I will take that too!

May we be mindful of our time, enjoy the moments we have and continue to remind ourselves that each minute is a blessing.

Rabbi Nagel weekly office hours

Rabbi Nagel will hold her first temple office hours on Wednesday, August 21st from 4:00 pm—7:00 pm. You are welcome to drop in to introduce yourself or reach her at randinagel@gmail.com.

A NEW OPPORTUNITY TO VISIT WITH OUR RABBI

Words from our Temple President

Dear members and friends,

This summer was hopefully restful and I know for many of you a busy time with vacations and family. In June, I had the opportunity to attend the Union for Reform Judaism's Had'rachah program for lay leaders in small congregations at Kutz Camp in Warwick, New York. We were a group of about 24 from all over the country and various sizes of small congregations, many larger than THOI. There were many temple presidents mixed in with lay cantors and other congregational leaders. We each wrote and presented a D'var Torah, learned about the structure of morning and evening Shabbat services, discussed lifecycle events and how to prepare a services for a funeral to a baby naming, learned some new tunes, and experienced Shabbat services that were filled with music and storytelling and happiness. It was four days of excitement, wonder and camaraderie among us. And the best part of all was the revived feeling I had of why our congregation gatherings are so significant and secondly, for me, shone a new light and meaning on Hinei Ma Tov; “How good it is, how sweet it is, to be together on this day!” I look forward to being with you all soon!

L'Shalom,
Bonny Strassler

High Holidays Planning

Before we know it, the High Holidays at THOI will be upon us. Honors are a part of the congregational experience during this time. Honors can include opening the ark, doing a reading in English, being called up to the Torah, or carrying the Torah scroll. Performing an honor can enrich the spiritual experience of the Days of Awe for many people. Every year the Rabbi gives a list of honors to the Ritual Committee, who in turn offer these to members and other attendees. This list is returned to the Rabbi with names assigned to each one. The Ritual Committee will begin the Honors process early by gathering information from each member with respect to likely attendance for each service, your interest in an honor and whether you anticipate having guests who might like an honor. The goal is to communicate to the Rabbi at least one month prior to Erev Rosh Hashanah as to the number and type of honors that best suits our community, and to make progress in assignments in advance of the High Holiday period. Please contact Heidi (hyl0604@gmail.com) with your tentative plans; at some point during the summer she may be calling you.

Women's Group

Our **monthly meetings** happen on the 2nd Sunday of each month. We welcome you to join us on **Sunday, September 8th at 2:00 pm in the social hall** as we plan events for the coming year, with social action focusing on helping foster children - among other activities.

We had so much fun at our July luncheon at Byers Street Bistro that we decided to make this a regular event the 2nd Saturday of the month beginning in September. **Join us September 14 at noon at Byers Street Bistro for a Dutch-treat lunch.**

Special Event

This Saturday, August 17 at 11:00 am will be Pilgrimage for Racial Reconciliation, sharing a liturgy of lament and reconciliation, prayer and song. A variety of speakers will include Vice-Mayor Ophie Kier, and the Rev. Dr. Edward Alan Scott with music led by Dr. Amy Tillerson-Brown. **We will start our pilgrimage with opening words at the original location of Allen Chapel African Methodist Episcopal Church (AME) at 921 W. Beverley St., across the street and down from Newtown Baking.** From there we will walk down Beverley through town praying and singing, eventually arriving at Augusta Street Methodist Church. We hope to include more locations in what was the African American business district between Central Avenue and Augusta St.

This event, sponsored by the Episcopal Diocese of Southwestern VA, marks the first event of what we hope to be an on-going effort to recover, celebrate and explore the history of the African American community in downtown Staunton.

August Celebrations



Stephanie Brand celebrates her birthday on August 11th
Joe Kristoff celebrates on August 13th
Nadine Chase celebrates on August 23rd
Mark Schorsch celebrates on August 30th



Shabbat Services and Activities

Saturday, August 17

Join members of the Staunton community and our Know Your Neighbor partners in a pilgrimage commemorating 400 years of racial inequality. 10 am beginning at 921 West Beverley Street. Details above. Open House and Rabbi Nagel Welcome, 3:00-5:00 pm in the social hall

Sunday, August 25

Friday, August 30

Lay-led Shabbat Service, 7:30 pm

Saturday, August 31

Know Your Neighbor Picnic: Foods from many traditions". Join our KYN interfaith group for an annual summer picnic at 3:30-6:00 pm Oakdale Park in Bridgewater. There will be guest speakers, group discussion, children's activities and games. Please bring a potluck dish to share.

Recent Donations

Our sincere thanks to those who have recently supported our congregation as we look to enhance our physical building and our holy Torahs.

For the Building Fund James Riley and Leah Hotimlanska

Johanna and Abraham Weinberg Family Fund for the Torah Preservation

..... Jeffrey Sinder and Michelle Granick

..... Kaplan-Kronsberg Charitable Family Fund, in honor of Joseph, Melissa, Maya and William Kronsberg

For the Entrance Renovation Fund in memory of Shirley Brand Judy Schwarz

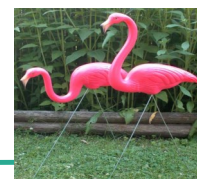
News from the Pews

- With sorrow, we learned about the passing of Paul Klein and send our condolences to Diane Klein and the family. Paul had a recurrence of cancer and passed away July 18 at his home in Head Waters, Virginia. A memorial service will be held August 24 at 1 pm at Obaugh Funeral Home in McDowell.
- Mi Sheberach and Refua Sh'leimah to all those in our community who are in need of healing.

HELP US!

Support Temple House of Israel

- Why not slip a dollar into the **Tzedakah Box** as you walk into the sanctuary? All donations great and small are welcome!
- Consider a donation to the Torah Maintenance and Repair fund. Keeping our Torah scrolls in good repair requires an on going and regular effort. Your checks to THOI should be marked "Torah Restoration Fund".
- Social media plays an important part in attracting new friends and potential members. Like us and comment on Facebook. We'll take pictures!
- Remember that you can place any order on Amazon , [link your order to THOI](#) and the temple will benefit. Easy, no pain and the extra pennies count up!
- Remember the flamingoes who bring a smile to anyone who sees them. Only \$25 will bring a flock of decorated flamingoes to your yard—or the yard of a friend who needs cheering.



August Yahrzeits

Ed Solomon
Mildred Fay Degen
Bernard Goldsmith
Cynthia Grossman
Julius Kane
Lucy Nicely
Eva Roberts
Sandra Schoenberg
Rachel Rothenberg
Charles Switzer

Charles Brand
Dorothy Bresky
Albert Gomberg
Anna Harris
Dr. Samuel Loewner
Doris Patterson
Esther Rosenthal
Miriam Wasserman
Samuel Sebell

Louise Cohen
Mabel Kaplan
David Greenstein
Louis Kamerman
Donald Mindell
Shirley Peretz
Eva Robins
Vivian Schorsch
Madeline Shultz

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