

How We Can Stop Worrying, Even When the Details Follow

Rabbi Yael's Erev Rosh Hashanah Sermon

Do you remember the joke about the Jewish telegram? The text says: Start worrying. STOP. Details to follow. STOP.

Put aside the fact that people have no need for telegrams now with texting, email, and international SIM cards. The joke is still relevant because Jews have always worried. We can't be too warm when cold, too full when hungry, too loved when we feel alone,

Worry is built into our legal codes, our liturgy and literature. Jews have worried throughout the ages about the external threats: all those who wish to kill us, and the internal threats: all the ways we are killing ourselves. We have worried in times of trouble and we have worried in times of relative calm.

If you are like me, you've noticed that since we last came together at Rosh Hashanah, there's been a whole lot to worry about. The news cycle has often felt like swimming in the ocean with heavy surf. After every wave—which we can barely ride—another comes crashing down, another and then another...

So we come here holding all of the worries of the last year. There is uncertainty and anxiety—and because of it, we suffer also from terminal uniqueness: a sense that it has *never been this bad before, and oh my god the world is on fire.*

We read in Genesis that when the angel finds Hagar in the wilderness, the angel tells her, "*al tiri*" do not fear. The angel says it to Hagar and then shows her the well. God says it to Abram and then shows him the stars. God says it to Jacob and promises to accompany him down into Egypt and out the other side. Moses says it to Joshua and hands him the reins of leadership. Isaiah says it to the Judean exiles in Babylonia and encourages them to find their way back to Eretz Yisrael. And on and on. *Al tira.*

But since we are already unsure, worried, or afraid, this has to mean something else. It has to mean "don't be afraid to turn *toward* the world; don't turn *away* from the world. Don't be afraid to face the frightening world with all your heart, your soul, and all your might. With all your beliefs. With your whole self. *Al tira.*"

Now, it's possible that this seems impossible. I know. The anxiety I have felt is like a constant low-grade fever I can't shake. Sometimes it rages actually—but rest and fluids seem to help, and for many, Zoloft is a godsend too.

I've heard from many of you and friends too: we have less patience, we have gained weight, we bicker with family members more, and yell at our kids too often.

The daily assault on what we know to be just and right has left us with an overwhelming sense of incredulity, fragility, and even paralysis. It's not a surprise in some ways. Built into our collective DNA is the memory of our brutal enslavement in Egypt for more than 200 years. Yet, when Moses signaled that liberation was near, he said to the people: "God will free us from bondage and bring us into the promise of a new land!"

But the Torah imagines that the people *could not hear* Moses because of *kotzer ruah v'avodah kasha*—their crushed spirit and hard labor. Think about it—slavery that seemed never to end, yet when Moses tells them their liberation *is* finally at hand, their incredulity, fragility, and paralysis were so bad, they couldn't hear him.

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This happens, whether our foundation is shaken by a political reality or a personal one. We, like the Children of Israel, suffer from a crushed spirit that makes it hard to hear, let alone figure out how to fix it.

That's where many of us are, these Holy Days: suffering in our incredulity, fragility, and paralysis. It seems to me, that there are ways to mitigate these uncertain feelings and times. To rediscover the unsuspected power of the spirit in service of our continued commitment to transforming the world from what it is into what it might yet be—communally, globally, personally.

And while we have experienced so much this past year that makes us worry, we have also seen many ways that people have found to rally together, stand up or kneel for important commitments, cultivate empathy, demand accountability and be willing to learn from unlikely places.

Over the course of these *yamim noraim*—the days of awe—I will explore with you just what *are* some ways, we might regain some stability and redouble our efforts to transform the world in holiness. Not to eradicate the anxiety, but to use it in service of something greater than ourselves.

As an image to carry forth, one of my favorite *midrashim* on the character of Abraham, tells a parable of a traveler en route from one place to another when he saw a *birah doleket*—a palace consumed in flames.

He stopped and asked: how can it be that the palace burns, and no one is taking care of it? Who is the *manhig*—who is the caretaker responsible for this place? At that moment, the owner of the palace responded: “I am the owner of this place!”

The *midrash* says about Avraham that he looked out and saw that the world was on fire, and he wondered: ‘How can it be that the world burns without someone trying to save it? Who is the *manhig*—who is the caretaker responsible for the world?’ At that moment, God responded, “I am the owner of this place!”

There are so many layers to this story. I love that the traveler, who clearly is on the move, lifts his gaze from his feet long enough to notice that something is on fire. It's important that he is a traveler—someone who isn't completely rooted in place, but looks beyond his own life to explore the world. Yet, as a traveler, he also has an out. It isn't his town, after all; he can keep moving; he isn't responsible to put out the fire.

But he stops and asks, “Who is the caretaker?” making the moral assumption that someone *must be responsible*. And it is *that* question that prompts the owner to take responsibility.

I am inspired that the question “Who is the caretaker,” prompts the answer: “I am the owner...” which ultimately means *you, you* who noticed that my house is on fire, *you* are now the caretaker.

Out of this story come three cues for dealing with a world on fire, and we are the caretakers. The first is awareness—being awake to the world. The traveler *notices* the fire and *realizes* something is wrong.

I've always been struck by the words spoken by an angel to Hagar when she flees Sarai's wrath and Abram's silence: “Where have you come from and where are you going?” says the angel. Hagar ran to the desert from a place of harm and hopelessness. After her encounter, she set forth.

Later of course, when Ishmael is ailing, and she set him beneath a bush in order not to witness her child suffer. That's when the angel of God called to Hagar and told her *al tiri*—“Don't be afraid.” The text imagines that God opens Hagar's eyes to enable her to see a well and give Ishmael a drink, thereby saving him. Sometimes we really are blinded by our fear so much that we cannot see what lies in front of us.

Being aware enough to see what is behind you, what is ahead, and even something that can help you be connected to another person, is a profound indicator of awareness that can mitigate against the struggles and anxiety we bear.

A second response to worry is bearing witness. One of my favorite authors, Zora Neale Hurston said, “There is no greater agony than bearing an untold story inside of you.”

Every day we are witness to situations and experiences that the elders in the room thought they would never see again, and the younger generation sitting here is facing a pivotal moment, facing down monsters that they thought the previous generation had vanquished.

“Bearing witness is a term that, used in psychology, refers to sharing our experiences with others, most notably in the communication to others of traumatic experiences.

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“Bearing witness is a valuable way to process an experience, to obtain empathy and support, to lighten our emotional load via sharing it with the witness, and to obtain catharsis. Most people bear witness daily, and not only in reaction to traumatic events. We bear witness to one another through our writing, through art, and by verbally simply sharing with others.”

In legal terms, witness is derived from a root meaning "to bear in mind;" "to remember;" "to be careful." The Torah teaches in Deuteronomy 19:15: “One witness to a crime is not enough to pursue justice—according to two witnesses or according to three witnesses a matter shall stand.”

It is isolating to witness events in the world and think each of us is the only one who has seen what is going on—but standing together in the face of actions against our values, unites the witnesses, whose job it becomes to establish the reality and seek to change it for the better.

Finally, a third response to our worries is the gift of resilience and continuing on in the face of difficulty. How has the Jewish people even survived over millennia? Judaism’s focus, both spiritual and practical, on helping people get on with living in the face of challenges, pain and tragedy, has helped the Jewish people to survive.

Our morning liturgy declares: *hamechadesh b'tuvo b'chol yom tamid ma'aseh bereishit*. Every day, creation is renewed. The Latin source of the word resilience is to leap back. But when facing crisis or difficulty, going back to who you were before the fear set in, is impossible. In Hebrew the word designating resilience, *hosen*, means to be inoculated, impermeable. But resilience comes from first being vulnerable.

So neither of these terms describes the Jewish concept of resilience. Judaism teaches us that we always need to strive beyond the moment. You have to expand in order to be able to contain the new you, shattered though you may feel. Resilience, then, may be about *becoming*, not *overcoming*.

To return to our *midrash*, without awareness, without bearing witness, and without recognizing there are likely ways to extinguish the fire, the traveler is just a passerby, a spectator, and the rabbis would have no reason to see him as an exemplar.

The world is burning. Avraham asks God: “What are You doing about it?”

God asks Avraham: “What are YOU doing about it?” Together, they go to put out the fire.

We are descendants of Abraham, and for all his complexity as a character, this *midrash* offers up his example of what it means to be awake, aware of one’s surroundings, and to be more than a spectator to the challenges of the world.

But there is one other reading of the text that offers a kind of redemption to the idea that the world is on fire.

The word *doleket* could mean bringing light, as it contains the same root as the word “*l'hadlik*” in the candle blessing, to bring radiant light.

Perhaps, as Rabbi Sharon Brous has taught, perhaps, the traveler was on his way when he noticed a magnificent palace, radiating beauty, and it stopped him in his tracks. “How can it be that such beauty exists in the world?” he asked. “Who’s responsible for this place?” And just then, the owner appeared and said, “Thank you for noticing my creation. Come, let’s work together to care for it.”

It seems to me that *we are called* to mitigate these uncertain feelings and times. Rebbe Nachman of Bratslav teaches, *Kol HaOlam Kulo – the entire world—Gesher tzar meod*—is but a narrow bridge—*V'haikar lo lefached klal*—and the most important thing is not be afraid.

Over the course of these *yamim noraim*—the Days of Awe—I will explore these three ways I think we can use to shift between a world on fire, and a world radiant with light, to use our worry to help our community, our country, and ourselves find our way.

Awareness, witness, and resilience.

We are here in order to remember who we are and who we are yet to be. *Shanah Tovah*—may our journey towards the light be inspired.

**To download and read the remaining sermons and *d'var haftorah*,
please go to our website at <http://dorhadash.org>**



GESHER SCHOOL NEWS

BETSY SCHNEIDER, EDUCATION DIRECTOR



The Gesher community is back in full swing, and the students are really enjoying the new morning structure. There is *hadar bayit* (homeroom), leveled Hebrew classes, and *chuggim* (electives) including drama, games, cooking, and art. What a way to learn the Torah stories!

Gesher teachers with Betsy at the first *Kehillah* Gathering of the year: Reut Moskowitz, Mindy Nnambi, Holly Baumann, Carolyn Harris, and Marcia Berneger



Carolyn's 2nd and 3rd graders made *Alef Bet* belts. Emma and Bayla displayed theirs proudly!

Marcia's class made edible *sukkot* out of her homemade cookies. Reut's students have been painting, Mindy's class is doing improv, and Holly is incorporating creative games.



Our *madrihim* have been meeting every Sunday for hangout time and planning meetings. They met with Jessica Kretzer from the San Diego Jewish Teen Initiative to learn leadership skills and build community. Many thanks to Jessica for coming! Our *madrihim* are so helpful in the classrooms, and Brianna Ingber (President) will be inviting them to join community service projects with [MOTIV](#) (connects high school students to meaningful volunteer projects) all year.

Gesher Family Service with Ed Director Betsy Schneider and Hillel Rubin



From our members:

I attended the children's high holy day services with my son Jamie and daughter-in-law Lillian and their two children Talia (21 months) and Petra (7 months). It was an amazing experience and brought back memories of when my children were little and attended Dor Hadash children's services.

Betsy did an excellent job in keeping the service moving and interesting. The music of Hilly and the words of the songs were extremely meaningful—especially for the older children. The outdoor venue was fantastic and the participation was wonderful. A learning and special time was had by all! Thank you Betsy and Hilly!

—Fran Meronoff

This year, my family and I attended the children's service on Yom Kippur and we absolutely loved it. The service was short, but beautiful, full of music and meaning. It provided a space for our family to discuss atonement and repentance in a way that was relevant to us. From the toddlers to the older children to the adults, everyone was able to take away something special.

—Noemi Fishman with her husband Matt and their 10 year old son, Ari

SIMCHAT TORAH AT GESHER SCHOOL

Song leader Marshall Voit joined Rabbi Yael for Gesher's celebration of Simchat Torah.
Thank you Gesher parents who brought food to share afterwards.



Blessing for the new students



Rabbi's Torah tour



Holly chanting opening verses of Genesis

More photos and videos online at dorhadash.org/

Welcome New Members Let's Get Connected



Please join Rabbi Yael, President David Kamper, Education Director Betsy Schneider and the Membership Committee at the annual dinner for new member families (adults and kids).

Saturday, October 27, 2018, 5-7:30 p.m. at the home of Patti and Mark Nussbaum in La Jolla.

This is always a fun evening of playing, schmoozing and casual dining. We'll start at 5 p.m. and end with *havdalah*. New members, we'll contact you to get your RSVP.



Dor Hadash has many opportunities for you to put your money where your heart is. Your donations supplement items in the annual budget. Donating is easy. Donate online, send in your check or call the office to make other arrangements. Congregation Dor Hadash gratefully acknowledges your generous donations.

General Fund

Lori Browne, memory of Sheldon Derzon, Lori's father
DeDe Herst, in memory of Betty Herscovitz, DeDe's mother
Patti and Mark Nussbaum, in honor of Amber Sapin's conversion
Laine and Jonathan Lipsky, just because
Ivy Stein and Laura White, in honor of Michael White
To all who generously donated to the *Kol Nidre* appeal.

Oneg Fund

Lisa and Sheldon Decklebaum in memory of
Faiga Elvove

LET'S KVELL



Lily Chen has three clingy siblings and two proud parents. She is an enormously gifted student, singer, basketball player, debater and animal keeper. She cares about her grades, the planet, her friends, and social justice. And she is a *mensch*.

Please join Lily and her family as Lily becomes a *bat mitzvah* October 19–20, 2018.



Rosa Lucille Brooks-Kamper (*Tikva Shalom*), named in honor of Rosa Luxembourg and Lucille Ball, is the sister of Ella; daughter of David Kamper and Joanna Brooks; the granddaughter of Mike and Carole Kamper (University Synagogue, Irvine); and Michele Brooks and the late James C. Brooks. She is an eighth grader at Lewis Middle School and an alum of San Diego Junior Theater. She loves dancing—tap and hip hop especially—singing, and spending time with friends. Like her namesakes, she combines deep feminist politics with irrepressible humor and daylong singing and dancing.



Dor Hadash's 2018 San Diego Pride parade contingent is a winner of a Parade Award presented on September 27 by the San Diego Equality Business Association. There were several categories receiving this award, but we were one of three (and only Jewish) contingents in the "Faith Based" category. Thank you to our amazing team who made this happen! Way to go!

Nobody can do everything, but everyone can do something. ~Author Unknown

**Please volunteer to help with one of our upcoming events.
Contact the office (858-268-3674) and let Julie know how you'd like to volunteer.**

SPONSOR AN ONEG SHABBAT

Host an *oneg* in honor of a special person or occasion, or to remember a loved one's *yahrzeit*.

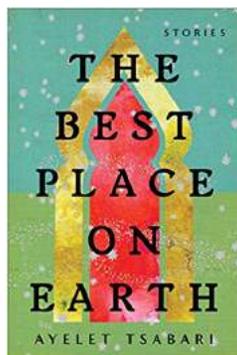
For an \$18 donation, Dor Hadash will provide the *challah*, wine and juice, candles, paper goods and utensils which can all be found on the red cart in our storage room. The sponsor is responsible for setting up, including filling cups with wine and juice for *kiddush*, and cleaning up.

How do you sign up? There is a link on the Dor Hadash website (look under the tab "Our Community — Forms and Onegs) or just use this [link](http://tinyurl.com/cdhonegsignup) <<http://tinyurl.com/cdhonegsignup>> to sign up. For more detailed information on hosting, please check out the [instructions](http://tinyurl.com/oneginstructions) <<http://tinyurl.com/oneginstructions>>.

So hurry and sign up before the date you want is taken by someone else. And remember, you are encouraged to sign up for as many *onegs* as you want to honor birthdays, anniversaries, new job, retiring...what a great way to celebrate that special occasion!

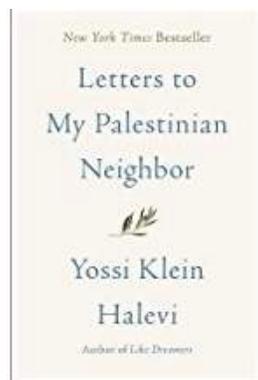
Questions? [Email](mailto:office@dorhadash.org) the office or call 858-268-3674.

ONE BOOK, ONE CONGREGATION



OBOC will meet on November 18 at the home of Richard and Bleema and will be reading *The Best Place on Earth* by Ayelet Tsabari. Click [here](#) to go to Amazon to purchase the book. Ayelet Tsabari's award-winning debut collection of eleven short stories is "global in scope yet intimate in feel, beautifully written, and emotionally powerful. From Israel to India to Canada, Tsabari's indelible characters grapple with love, violence, faith, the slipperiness of identity, and the challenges of balancing old traditions with modern times."

These stories often focus on Israel's Mizrahi Jews "featuring mothers and children, soldiers and bohemians, lovers and best friends, all searching for their place in the world."



On January 25, OBOC invites the community to join Rabbi Yael at *Kabbalat Shabbat* to discuss *Letters to My Palestinian Neighbor*, by Yossi Klein Halevi. Click [here](#) to go to Amazon to purchase. From the back cover:

"Given our circumstances, 'neighbor' may be too casual a word to describe our relationship. We are intruders into each other's dreams, violators of each other's sense of home. We are living incarnations of each other's worst historical nightmares. Neighbors?"

"Lyrical and evocative, *Letters to My Palestinian Neighbor* is one Israeli's powerful attempt to reach beyond the wall that separates Israelis and Palestinians. In a series of letters, Yossi Klein Halevi explains what motivated him to leave his native New York in his twenties and move to Israel to participate in the drama of the renewal of a Jewish homeland and help ensure that it succeeds as a morally responsible, democratic state in the Middle East.

"...Halevi endeavors to untangle the ideological and emotional knot that has defined the conflict for nearly a century...."

"Halevi's letters speak not only to his anonymous Palestinian neighbor, but to all concerned global citizens, helping us understand the painful choices confronting Israelis and Palestinians that will ultimately help determine the fate of the region."

Copies of these books may be available in the public library or you may purchase them at Amazon. Please go online to Amazon through the **Dor Hadash website** to buy the book; you will be taken to the CDH support page. Look for the ad banners for the two books. Click on the banner and you will be taken to the ordering page. Dor Hadash's code is embedded. Or click on links above.



STILL TIME TO REGISTER!

The 2018 Reconstructing Judaism Convention is coming to Philadelphia this November 15–November 18. Visit our [on-line convention platform](#) for registration and information about all things Convention 2018. *Betsy Schneider and Rabbi Yael are attending and would love to have you join them.*

Check out the [website](#) for a full list of the planned sessions and speakers.

If you have any questions, please contact jland@reconstructingjudaism.org.



Yom Huledet Sameah
Happy Birthday — October

Sarah Vo	Oct 1	
John Evans	Oct 2	
Ely Freedman	Oct 3	
Mark Nussbaum	Oct 4	
Emma Cripps	Oct 6	8th
Yael Ridberg	Oct 6	
Nikka Alicandri	Oct 7	
Julie Davidson	Oct 10	
Jackie Dietz	Oct 10	
Barry Browne	Oct 11	
Robin Whitman	Oct 12	
Edie Alicandri	Oct 13	9th
Ella Brooks-Kamper	Oct 13	15th
Orion Schultz	Oct 15	
Quinn Matthews	Oct 20	7th
Marlene Bellamy	Oct 22	
Barbara Chancy	Oct 22	
Michael Carr	Oct 25	
Samuel Chessler	Oct 25	19th
Brian Stahl	Oct 27	
Kevin Delgado	Oct 28	
Leon Natker	Oct 28	
Susan Bisom-Rapp	Oct 29	



Yom Huledet Sameah
Happy Birthday — October

Jonathan Ingber	Nov 1	
Char Katz	Nov 2	
Ava Lewison-German	Nov 2	14th
Jack Reingold	Nov 2	
Stacy Cerny	Nov 7	
Rosa Brooks-Kamper	Nov 8	13th
Jordan Hante	Nov 8	
Terry Hall Keister	Nov 11	
Eli Ander-Biegelsen	Nov 12	11th
Richard Warburton	Nov 16	
Scott Pearce	Nov 19	
Charles Bisom-Rapp	Nov 20	
Peter Bonavich	Nov 21	
Isadore Blatt	Nov 22	13th
Talia Gwynn Meronoff	Nov 24	2nd
Eli Schneider	Nov 24	10th
Zachary Lyons	Nov 28	
Barbara Rose	Nov 30	



Yom Nissuin Sameah

Happy Anniversary — October and November

Mi Shebeirah

Stan Burney	Serena Nnambi
Grace Carr	Bob Nugent
Lisa Deckelbaum	Ed Nugent
Jen Hop	Stella Nugent
Sybil Ingber	David Pincus
Melissa Jacobs	Alex Rach
Beth Even	Barbara Rose
Char Katz	James SisteK
Sheila Jurist	
Marjorie Levine	
Erik Nnambi	

Rebecca Lewison and Robert German	Oct 5	16th
Robin and Adam Whitman	Oct 6	17th
Susan and Brian Matthews	Oct 7	12th
Andrea Glasser and Elliot Weinstein	Oct 12	38th
Lillian Bartlett and Jamie Meronoff	Oct 12	6th
Marlene Zagon and Mort Tuchin	Oct 18	20th
Ingrid Greenberg and Shannon Matteson	Nov 2	10th
Ayala Ben-Tall and Adam Ladd	Nov 9	14th
Nikka and David Alicandri	Nov 10	11th



YAHREZITS —October 2018

In remembrance of	Remembered by	Relationship	Date	
Martin Kinsler	Judy Hante, Steve Forney and Naomi Jensen	Judy and Naomi's uncle	10/2	Tishri 23
Sydney Moss	Richard Warburton and Bleema Moss	Bleema's father	10/3	Tishri 24
Emanuel Zagon	Marlene Zagon and Mort Tuchin	Marlene's father	10/4	Tishri 25
Bernard Cahn	Ellen Margolis and Larry Cahn	Lawrence's father	10/7	Tishri 28
Eda Kremsdorf	Deborah and Richard Kremsdorf	Richard's mother	10/9	Tishri 30
Irving Jurist	Sheldon and Sheila Jurist	Sheldon's father	10/14	Cheshvan 5
Jack Scheininger	Marilyn Scheininger	Marilyn's grandfather	10/16	Cheshvan 7
William Nussbaum	Mark and Patti Nussbaum	Mark's grandfather	10/17	Cheshvan 8
Minette Morris	Charles Morris	Charles's wife	10/18	Cheshvan 9
Patricia Richardson	Mark and Patti Nussbaum	Patti's mother	10/18	Cheshvan 9
Dorothy Attiyeh	Jessica and Richard Attiyeh	Jessica's mother-in-law	10/20	Cheshvan 9
Philip Nussbaum	Mark and Patti Nussbaum	Mark's father	10/19	Cheshvan 10
Audree Karp	John and Shari Ciancio	Shari's mother	10/21	Cheshvan 12
Paul H. Keister	Terry Hall Keister	Terry's father	10/17	Cheshvan 12
Misha Falikman	Jessica Attiyeh	Jessica's father	10/22	Cheshvan 13
Sadie Silverman Florman	Dijana and Steven Florman	Steven's grandmother	10/25	Cheshvan 16
George Matteson	Ingrid Greenberg and Shannon Matteson	Shannon's father	10/28	Cheshvan 19
Marlyn Gillman	Mindy and Parrish Nnambi	Mindy's mother	10/29	Cheshvan 20
Miriam Biderman	Lee and Julian Lichter	Lee's mother	10/30	Cheshvan 21
Blanche Jurist	Sheldon and Sheila Jurist	Sheldon's mother	10/30	Cheshvan 21
Barney Lichter	Lee and Julian Lichter	Julian's father	10/30	Cheshvan 21

**"With our tears, with our sorrow, we remember.
May the memory of good people bless our days."**

YAHREZITS—November 2018

In remembrance of	Remembered by	Relationship	Date
Howard J. Levine	Susan Levine and Rick King	Susan father	11/2 Cheshvan 24
Malerie Gray	Ellen Margolis and Larry Cahn	Ellen's cousin	11/4 Cheshvan 26
Joseph Litwins	Jessica Attiyeh	Jessica's uncle	11/4 Cheshvan 26
Mildred Kalmus	Ilene Durst and Charlotte Durst	Ilene's aunt and Charlotte's great-aunt	11/6 Cheshvan 28
Terry Zagon	Marlene Zagon and Mort Tuchin	Marlene's brother	11/7 Cheshvan 29
Tom Lewison	Rebecca Lewison and Robert German	Rebecca's father	11/8 Cheshvan 30
Arnice Godstone Girard	Char Katz and Barbara Rose	Barbara's friend	11/10 Kislev 2
Mary Maescher	Marlene Bellamy and Don Maescher	Don's mother	11/15 Kislev 7
Emanuel Tuchin	Marlene Zagon and Mort Tuchin	Mort's father	11/15 Kislev 7
Piedro Emilio	Jeffrey Rabin and Ilona Canestrelli	Ilona's father	11/18 Kislev 10
Alex Karchmer	Alexis and Scott Pearce	Alexis' grandfather	11/20 Kislev 12
Dora Hyman	Alexis and Scott Pearce	Alexis' grandmother	11/22 Kislev 14
Sarah Mann	Judy Hante, Steve Forney and Naomi Jensen	Judy and Naomi's grandmother	11/22 Kislev 14
Gizella Braun	Giza Braun	Giza's mother	11/23 Kislev 15
Phillip Decklebaum	Sheldon and Lisa Decklebaum	Sheldon's father	11/26 Kislev 18
Jack Katz	Char Katz and Barbara Rose	Char's father	11/26 Kislev 18
Harry Rose	Char Katz and Barbara Rose	Barbara's grandfather	11/29 Kislev 21
Harold Schneider	Betsy and David Schneider	David's grandfather	11/30 Kislev 22

**"With our tears, with our sorrow, we remember.
May the memory of good people bless our days."**



Havdalah at the conclusion of Yom Kippur.

amazon.com

There are two programs at Amazon to earn \$\$\$ for Dor Hadash. One is the Affiliate program and the other is smile.amazon.com and one offers more reward than the other.

The payback Dor Hadash receives through the Amazon Associates program is much greater than through smile.amazon.com. Qualifying purchases made through the amazon.com links on our website can result in a payback range of 4%–8.5% on total monthly purchases through our link. In contrast, shopping through smile.amazon.com and selecting Dor Hadash as your qualifying charity, only 0.5% of qualifying purchases help to support Dor Hadash. That's a big difference!

Bottom line—shopping amazon.com through the links on our website, a greater portion of your purchases help to support Dor Hadash—at no additional cost to you!.



Please sign up for iGive.com. It is totally free. Sign up online and select Congregation Dor Hadash as your favorite charity.

Congregation Dor Hadash earns up to 26% of the cost of your purchase at each store. Many of these contributions may even be considered tax-deductible. CDH also earns a penny per search even if you don't buy anything.

iGive.com has the largest online network of shoppers, 1,000+ online stores, and **free** membership. You get access to free shipping deals, coupons, and great deals through the entire network of stores. There are over 1800 stores participating in iGive including Pottery Barn, REI, Staples, Petco, Expedia, Best Buy, Apple, QVC and many more. Try iGive.com and enjoy free, easy fundraising. <http://www.iGive.com/CongregationDorHadash>

Current iGive promotion: <https://www.iGive.com/UUoU5b>. Sign up and Congregation receives \$3/person. Offer expires 9/15. You do not have to buy; you just have to keep the shortcut in your browser for 90 days.

FUNDRAISING OPPORTUNITY

MightyNest for Schools is an internet shopping fundraiser. Shop at your convenience for healthy everyday items and 15% of your purchase price will go to Gesher School.

<http://schools.mightynest.com/faqs>
type in 92130 and Gesher Schoo



INTERESTING ONLINE JEWISH RESOURCES

CDH member and Board secretary, Betsy Chessler, has a blog—Betsy's *Limud Torah*. Check it out! <http://betsylimudtorah.blogspot.com/>

Reconstructing Judaism (prev known as Jewish Reconstructionist Communities — www.reconstructingjudaism.org)

Reconstructing Judaism's Leadership Brief: <https://bit.ly/2MrqmaJ>

Reconstructing Judaism and Reconstructionist Rabbinical Association's Joint Statement on Immigration: <https://bit.ly/2yX7PBx>

Women Rabbis Respond to #MeToo — <https://www.reconstructingjudaism.org/news/women-rabbis-respond-metoo>

Ritualwell: Tradition and Innovation — ritualwell.org

Jewniverse — thejewniverse.com

UPDATED: Some interesting articles from Jewniverse, My Jewish Learning and other Jewish sources:

Shanghai Sukkot: <https://bit.ly/2xCTc2S>

I Wore a Kippah at my Appalachian College: <https://bit.ly/2zrdFsS>

JK Rowlings Good at Calling out Anti-Semitism: <https://bit.ly/2xIUbhm>

Glendale, Oregon Remembers Its Jewish Origins: <https://bit.ly/2O8CBNO>

Jews of Sefwi, Ghana: <https://bit.ly/2PnDL5j>

For Jewish teens: <https://bit.ly/2LLFYp3>

Ballet Has a Jewish Problem: <https://bit.ly/2tPftYT>

Judaism on Campus: AC Online recently published a great guide to help Jewish students find college resources and scholarships. It details how to find Jewish communities on campus, lists scholarships for Jewish students, and offers advice for dealing with anti-Semitism on campus. Click [here](#) for more information.

SAN DIEGO JEWISH COMMUNITY

There's a lot going on in the coming months in the local San Diego Jewish Community.

Find out more at <http://jewishinsandiego.org>

Jewish Family Service — www.jfssd.org

San Diego Jewish World — www.sdjewishworld.com



JEWISH ROCK RADIO

jewishrockradio.com

VOLUNTEER OPPORTUNITIES (NON-CDH)

Jewish Family Service of San Diego

Do you have a little bit of free time to drive a senior to an appointment, visit someone who is homebound to brighten their day, do some minor home repairs for someone, or lend a hand in delivering a meal to someone? Visit the JFS volunteer page for more information or ask Betsy Schneider!

Speak Up for a Foster Child!

Voices for Children is a local San Diego nonprofit which provides foster children with the caring support of a volunteer Court Appointed Special Advocate (CASA). In San Diego County, more than 5,000 children live in foster care each year. These children have been abused, abandoned, and neglected, and many of them feel very much alone until they meet their CASA volunteer. Our CASA volunteers are often the only consistent adult presence in a foster child's life. You can learn more [here](#) or call Jackie at 858-598-2230.

The Hunger Project at St. Vincent De Paul—father Joe's Village, Sundays 8:30-11:30 a.m.

Beth Israel's San Diego Hunger Project relies on volunteers to help feed adults and children in the San Diego Community. To sign up, click [here](#).

First Saturdays, 1st Saturday of every month

Help feed the homeless. Click [here](#) for more information.

TODAH RABAH

There are so many people who make *Rosh Hashanah* and *Yom Kippur* observances possible by volunteering their time to plan, coordinate, shop, *schlep*, bake, practice, set up, and clean up. Without our volunteers, none of this would be possible. **Many of you jump in and help in the moment; my apologies to those whose names didn't make it to the page.**—Susan Levine, Ritual Chair

Ritual Committee: Susan Levine, Chair; Mort Tuchin, Shari Ciancio (volunteer coordinator), John Ciancio (head *schlepper*), and Holly Baumann, all of whom served in many capacities and worked with Betsy Schneider and Rabbi Yael to help ensure meaningful High Holy Days.

HHD Subcommittee: Ritual Committee along with Naomi Jensen, *Oneg* coordinator; Judy Hante, *Neilah Nosh* coordinator; David Kamper, childcare coordinator; Betsy Schneider, family services and Gesher activities; Lee Goldberg, greeter coordinator; Patti and Mark Nussbaum, *Kol Nidre* Appeal.

Schleppers, Set-up and Clean-up teams: It was a much easier task to set up and clean up for High Holy Days this year. Thank you to all for your help: John Ciancio, head *schlepper*; Sheldon Deckelbaum, Lisa Deckelbaum, Rick King, Susan Levine, David Kamper, David Schneider, Mort Tuchin, Neil Baljon, Ros Goldstein, Jonathan and Delilah Shulman, Suzy and Zane Cohen, Carol Yeomans, Naomi Jensen, Judy Hante, Patti Nussbaum, Mark Nussbaum, Beth Even, Beverly Brown, Jack Reingold, Bob Siegel.

Sustenance teams: Naomi Jensen for coordinating the *Rosh Hashanah oneg* and Judy Hante for coordinating, shopping and baking for the *Neilah Nosh*, everyone who brought food to share at the *Erev Rosh Hashanah oneg*, and to all who helped with set up and clean up of the *oneg* and *Neilah Nosh* including Bleema Moss, Ros Goldstein, Beverly Brown, Beth Even. *Todah rabah* to Cynthia Sistik-Chandler for providing snacks for the children at Gesher programming and Susan Levine for providing snacks during childcare.

Greeters: Everyone who made Dor Hadash members and guests feel welcome at services: Elliot Weinstein, Beth Even, Karen Schaffer, Stu Schaffer, Lisa Deckelbaum, Ilene Durst, Terry Keister, Amber Sapin, Alyssa Sepinwall, Jonathan Shulman, Joanna Gerlt, Marilyn Scheininger, Catherine Forsthoefel, Sandy Sherman

Musicians (voice and instruments): *Shir Hadash* shares their voices and musical instruments with us and they spend much time in practice. *Todah rabah* Ellen Beck, Giza Braun, John Ciancio, Shari Ciancio, Dana Kurland, Ely Freedman (voice, piano, drum), Brianna Ingber (voice and violin), Jonathan Ingber (voice, director and *shofar*), Jeff Rabin (voice and hammer dulcimer); Hillel Rubin who led the music during the Family services.

Torah Chanters: @ *Rosh Hashanah*: Jeff Rabin, Naomi Jensen, Rabbi Yael, Ayala Ben-Tall, Marlene Bellamy and @ *Yom Kippur*: Mort Tuchin, Judy Hante, Naomi Jensen, Ayala Ben-Tall, Brianna Ingber, Marlene Bellamy.

Divrei Haftarah: Rabbi Alexis Pearce @ *Rosh Hashanah* and Barbara Carr @ *Yom Kippur* for teaching us something new.

Gabai: Holly Baumann who guides and teaches us.

Kol Nidre Appeal: Mark Nussbaum and Patti Nussbaum for sharing their story and donating the pledge cards, envelopes and postage.

Shofar: Jonathan Ingber, *shofar* blower extraordinaire.

Family Services and Gesher Activities: Betsy Schneider, Education Director, for planning the family and Gesher High Holy Days activities. Hillel Rubin who played guitar, sang and helped lead services with Betsy; Carolyn Harris who led Gesher programming following Family services; *madrihot* Tovah Shapiro, Tamar Ladd and Karina Evans-Schreiber and Gesher parents Nikka Alicandra and Susan Matthews who assisted Carolyn during Gesher programming.

Rabbi Yael, our guide and learned teacher who, throughout the year, especially at High Holy Days, offers a variety of ways to approach Judaism and ways to let it touch something in us, whether through *Elul* meditations, sermons, or her spirituality in leading services.

The Tall family of City Farmers Nursery for providing the plants that made our holiday *bima* so lovely.

Julie Gross, our awesome Congregational Administrator, for her hard work, dedication and commitment!

Matt Fishman and David Kamper who made Facebook Live a reality for Dor Hadash and enabled those who weren't able to attend services be a part of the High Holy Days at Dor Hadash.

During the afternoon break on Yom Kippur, a group of HHD Yom Kippur service attendees gathered to write to refugees detained at Otay Mesa Detention Center. The facility is one of the largest in the state, housing about 1,000 detained refugees and migrants, many of whom sought legal entry citing credible fears of harm in their home country. Rather than being welcomed, under current federal policies these migrants and refugees are put in prison with bonds set at \$6,000 and more. Otay Allies, organized by Dor Hadash members and other local citizens, pairs refugees with pen pals on the outside and provides modest support in commissary funds to allow detainees to call family and purchase food to supplement what is uniformly reported to be awful and limited food on the inside. Learn more at OtayAllies.org. Thank you Joanna Brooks, Patti Nussbaum, Giza Braun, for organizing this *tikkun olam* opportunity.

OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 <i>Shabbat at Home</i>	6 *8:45am <i>Shabbat</i> on the Trail/aka Jews in Hiking Shoes, Mission Trails Regional Park Happy Birthday Rabbi!
7 Gesher Social gathering off campus at Del Mar Pumpkin Patch and Sock Drive for Homeless	8	9 4:30 Gesher (6th & 7th grades) 6:30pm Ritual Committee	10	11	12 7pm <i>Kabbalat Shabbat</i>	13
14 9a Gesher 10a Torah Study	15	16 4:30 Gesher (6th & 7th grades)	17 **CBI Forum on November Ballot Measures (see below)	18	19 7pm <i>Lev Hadash/ Kabbalat Shabbat</i> and <i>Bat Mitzvah</i> of Lily Chen (<i>Lev Hadash</i> with Marshall Voit)	20 10am <i>Shabbat</i> and <i>Bat Mitzvah</i> of Lily Chen
21 9a Gesher	22	23 4:30 Gesher (6th & 7th grades)	24	25	26 7:00pm <i>Kabbalat Shabbat</i>	27 9a Gesher <i>Shabbat</i> ***5pm New Members Dinner
28 No Gesher	29	30 4:30 Gesher (6th & 7th grades)	31	* Shabbat on the Trail/ aka Jews in Hiking Shoes Saturday, October 6 meet at 8:45am hike at 9 Mission Trails Regional Park, Mesa Rd in Santee Join CDH members on a hike and choose your level from beginner to a moderate challenge. Bring hiking shoes/boots or lug-soled athletic shoes; hat; water to carry. Questions? contact Patti Nussbaum by email or 858-349-9043		

****October 17:** Beth Israel's Men's Club is hosting a forum on ballot measures on Wednesday, October 17 (League of Women Voters). Buffet dinner to be served Click link to RSVP. <http://www.sdjewishworld.com/2018/09/25/beth-israel-mens-club-hosts-forum-on-ballot-measures/>



*****October 27: Let's Get Connected! New Members Dinner • 5-7:30pm •** Home of Mark and Patti Nussbaum. Please join Rabbi Yael, President David Kamper, Education Director Betsy Schneider and the Membership Committee at the annual dinner for new member families (adults and kids). This is always a fun evening of playing, shmoozing and casual dining. We'll start at 5 p.m. and end with *havdalah*. New members we'll contact you to get your RSVP.

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 6:30p Gesher <i>Shabbat</i> (PK-3rd)	3
4 9a Gesher	5	6 4:30 Gesher (6th & 7th grades)	7	8	9 7p <i>Lev Hadash</i> / <i>Kabbalat Shabbat</i> and <i>Bat Mitzvah</i> of Rosa Brooks-Kamper (<i>Lev Hadash</i> with Marshall Voit)	10 10a <i>Shabbat</i> and <i>Bat Mitzvah</i> of Rosa Brooks-Kamper
11 9a Gesher 10a Torah Study	12	13 4:30 Gesher (6th & 7th grades)	14	15	16 <i>Shabbat</i> at Home Reconstructing Judaism convention in Philadelphia	17
18 No Gesher	19	20	21	22 	23 <i>Shabbat</i> at Members' Homes	24
25 No Gesher	26	27 4:30 Gesher (6th & 7th grades)	28	29 Jewish Federation's Men's Event	30 7p <i>Kabbalat Shabbat</i>	

WILL YOU HELP US HELP OTHERS?

The Jewish Family Service parking lot is a temporary safe home for 50–60 families who park there from 6:00 p.m. to 6:00 a.m. until they can get themselves settled in housing. A group of Dor *H*adash folks have brought a prepared dinner every three months this year. The handshakes of gratitude and kindness and sharing we observe in this small community keeps us returning. We would love to have a few more people who are willing to prepare dishes. Please join us in November. Please email Giza or call her at 619-276-3054 for additional information.

OCTOBER SHABBAT AT MEMBERS' HOMES

Our lives are busy, which means we need *Shabbat* more than ever—to slow down, connect with people, eat slowly, and laugh loudly. Have a delicious *Shabbat* meal, build closer relationships and help strengthen the Dor Hadash community all at the same time!

Dor Hadash members started to host *Shabbat* at their home two years ago. As a new member, I found this was a great opportunity to relax on a Friday evening and meet others. We are expanding the program this year to several hosts on the same Friday in different San Diego neighborhoods so more of us can participate.

We enjoyed *Shabbat* at three homes on September 14 and *Sukkot Shabbat* on September 28. Coming up in October, the Ingbers (Carlsbad), the Fishmans (Carmel Valley) and Greenberg-Matteson (Mission Valley/Hillcrest) will be hosting *Shabbat* on October 5. Check the *shmeer* and your email for opportunities to RSVP.

We would like to continue this momentum throughout the year so please consider being a host for *Shabbat* at Home. Check out the available dates at this link:

https://docs.google.com/document/d/1ZyVX6w3aWHejnVBQQfqKyX_1rXhZ6KIMcftPDRKHZbc/edit.

If you have any questions about *Shabbat* at Home, please contact me at aeven@gmail.com.

— Beth Even



Shabbat at Home Sept 14 @ Nussbaums and Gerlts

Shabbat Sukkot Sept 28 @ Chesslers and Goldstein-Siegel

The mission of Dor Hadash is to create a caring Jewish community in accordance with the values of Reconstructionist Judaism

Congregation Dor Hadash is affiliated with Reconstructing Judaism
reconstructingjudaism.org

HaKeshet (The Communication)

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HaKeshet, Congregation Dor Hadash's newsletter, is published bi-monthly by the Board of Trustees. Although the newsletter is supported through membership dues, contributions towards its publication are appreciated. All submissions are accepted at the discretion of the Officers and Board of Trustees of Congregation Dor Hadash and the editor. Due to space limitations, submissions may be used in future issues and are subject to editing. Submissions for consideration should be factual and concise. Contact names and addresses as well as the author's name and address should be included. Submissions in electronic form are preferred. Email submissions to hakesher1@dorhadash.org

Deadline: All submissions including advertisements, reports, and updates should be dropped off, emailed, or faxed by the 15th of the month for publication in the following month's newsletter.

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