I write this article a week before Rosh Hashanah, knowing that as you read it, the High Holy Days are already a memory, and we are still in the joy of Sukkot.

Soon we will leave the month of Tishrei and begin Heshvan. Heshvan is often referred to as Mar Heshvan—literally “bitter” Heshvan. Much has been written about this special appellation; the traditional explanation is that the month is bitter because it contains no holidays (which for most rabbis is actually sweet!). Others say that Mar should be translated as “Mister;” this makes the word a sign of respect for a month that might otherwise be unremarkable.

Personally, I do not think of the month as being bitter. Honestly, I heave a sigh of relief once we finish all the dancing and partying of Simhat Torah. Heshvan, however, is challenging. Tishrei is intense—both in terms of the schedule of holidays and the emotional/spiritual power of the whole experience. Once things quiet down, however, we realize that it is time to get down to business.

During the High Holy Days, we set expectations and goals for the coming year. Now is the time to begin to make good on those promises to ourselves, others and God. Reality sets in and we realize that this year we need to do things differently so that we will not find ourselves in the exact same spot come next Tishrei.

At S’lihot, we discussed the ways in which we can make real change in our lives. It is vital that we not just say that we will change, but also engage in some strategizing. What are the obstacles that might trip us up as we try to reach our goals? How can we address them in advance? What are the resources we have that can help us be successful? How can we best tap into those? Let us not forget the power of surrounding ourselves with a community that encourages us; do not underestimate the positive energy created by fellow travelers who are on the same or similar paths.

While the rabbis may have thought of Heshvan as a bitter month, it need not be so. If we do not procrastinate but face the coming year with passion and intention, Heshvan can truly be the beginning of a sweet and meaningful New Year!

Rabbi Michael Ungar
Simhat Torah Honors

Richard Krueck, our Chatan Torah

Richard Krueck has been a member of Beth El – The Heights Synagogue since the early days at the JCC. Richard and his wife, Robin Dubin, were members of the Library Minyan before that. They think of their wedding in 2000 as the last event of the Minyan.

Richard was born in Elyria in December of 1950 when snow was still piled deep from the Thanksgiving blizzard, (known to Wikipedia as the Great Appalachian storm of 1950). Richard majored in philosophy and electronics technology in his 20’s. In his 30’s he found religion and the first shul he attended was Sinai Synagogue lead by Rabbi Pickholtz. This, of course, was in the same building we are in today.

In 2001 he was “downsized” out of his job of 23 years and went to Tri-C to study echocardiography, which he found to be a much more rewarding career. He was hired as an adjunct and taught ultrasound physics there for a few years, which he really loved doing. He has worked at Lutheran Hospital, Euclid Hospital, Hillcrest, and a doctor’s office doing echocardiograms since he graduated in 2004. He is now retired and likes to joke that he is a “pensioner.”

Robin and Richard visited Israel in June, went to a family reunion in Texas in August and are planning to travel in their trailer in the fall to Cherry Springs, Pennsylvania, a dark sky park for astronomical observing. Besides this shared hobby, Richard studies German for fun, and enjoys spending time with the feline members of the family: Vincent, Theo, Kiki, Eddie, Emma, and Midnight.

Leonard Tracht, our Chatan B’reishit

Leonard Tracht has been a member of our synagogue for the last five years. He is a retired pharmacist who grew up in Detroit and graduated from Wayne State University. Lenny has two daughters in the Cleveland area, one of whom is the mother of grandson, Noah, who will be three years old in December. Lenny has served on the Board as a member at large, then as chairman of the Chesed Committee. The mailing of the Newsletter is another one of his activities. Lenny volunteers through the JFSA to teach English as a second language to Russian immigrants. He has also studied Yiddish in a weekly class for the last three years, which has brought back memories of life with his parents in early years in his grandmother’s home, where the “mama loshen” was spoken.
Refugee Shabbat

“Love the stranger because you were once strangers.” Deuteronomy 10:19

There are many Biblical verses that can be very difficult to relate to in our modern time, not the least of which would be the prohibition against the mixing of fibers. Not so the above quote. Our religious teachings and plain old humanity tell us that there is a moral imperative to treat the stranger well. In fact, the Torah instructs us 36 times that strangers need to be treated with compassion and dignity. In our present day, we might substitute “refugee” for the word “stranger,” and when we do that we quickly realize that we are not living up to the religious principles many of us espouse.

The Hebrew Immigrant Aid Society (HIAS) has challenged us to look at the worldwide refugee crisis each and every day but particularly the weekend of October 19-20, 2018. That week’s Torah reading is entitled Lech L’cha, or very loosely translated, “Move.” In this reading, Jews remember the years of wandering in the desert. HIAS would like us to take that remembering experience one step further and learn about the present day refugee experience. They have assembled a coalition of over 100 synagogues that will observe a Refugee Shabbat.

Save the date! On Friday night, October 19, 2018, Beth El –The Heights Synagogue invites any and all of you to our own Refugee Shabbat. Our speaker will be Patrick Kearns, the Executive Director of Refugee Response here in Cleveland. Patrick has firsthand knowledge of the plight of refugees both outside the United States and of their experiences once they are settled here in the Cleveland area. (For more information about Refugee Response, see https://www.refugeeresponse.org/.)

Please join us, Beth El member or not, Jewish or not, knowledgeable about refugee issues or not. Come learn who today’s refugees are, where and why they are refugees, and what you can do to help.

And now for the details: The traditional Friday evening service is followed by a vegetarian-friendly pescatarian dinner (fish will be served). Services begin at 6:30 pm. There is a $10/person charge for dinner with preregistration and pre-payment required. You are not required to stay for dinner, but we would love to have you.

RSVP to http://www.bethelheights.org/kabbalat-shabbat/ . You will find both an RSVP link and a PayPal link there. BE-THS is located at 3246 Desota Avenue, Cleveland Heights 44118.

Robin Koslen, Social Action Chair

Shabbat Playdates – Now Weekly!

BE-THS Shabbat Playdates will no longer be just once-a-month specials. Since many of us already come weekly, we are moving to a weekly schedule. Come one, come all! Playdates are for children ages 0 and up. We do a little davening around 11 am, and lots of playing. If you would like to volunteer to run a play date, please contact Amit at (818) 324-5632.

Amit Shuck, Family Education Chair

Celebrate Simhat Torah

Join the hakkafot, as we complete the circle and begin anew –

Monday evening, October 1, at 7:50 PM, and
Tuesday morning, October 2, at 9:15 AM.

We will honor Richard Krueck, as our Chatan Torah, and Lenny Tracht, as our Chatan B’reshit.

We thank them both, for all they have done for BE-THS!

Moed HaRabbi!
News from Beth El

Refuah Sh’lema to:

- Harvey Jacobs
- Menachem Shoham
- Arnold Stone

Congratulations to:

- Joe and Mia Buchwald Gelles, who have become proud grandparents of their first grandchild, and to Frank and Jeanette Buchwald, proud great-grandparents of their first great-grandchild, Anna Rose (Yael Maayan) Kovari, born to their daughter and granddaughter, Ruth Link-Gelles, and her husband, Daniel Kovari.

Yasher Koah to:

- Former member, Jeff Halpern, who was recently featured by Technion-Israel Institute of Technology as its alumnus of the month. Jeff is currently an Assistant Professor at the University of New Hampshire, in the Department of Chemical Engineering and the Bioengineering Program. He also heads a research group based at the university, the Surface Enhanced Electrochemical Diagnostic Sensors Lab. https://fulbright.org.il/page/153

Thanks for Contributions to:

- Bill and Carol Bruml, in memory of Dr. Philip Kazdan z”l.
- Ruth Cantleberry, in memory of Bernard Cantleberry z”l.
- Susan David and Bernard Sharfman, in memory of Dr. Philip Kazdan z”l.
- Ilene Gertman
- Gabi Hays, in appreciation of Karen Kugelman, her long-distance link to BE-THS.
- Harvey Jacobs
- Stephen Pepper and Linda Tobin, in memory of Dr. Philip Kazdan z”l.
- Adam and Samantha Probst
- Juliana Sadock Savino, to the Kiddush Fund.
- Ilana and William Schmitt, in memory of Nili Adler z”l.
- Lenora Schur, in honor of her granddaughter, Becky Schur, and Becky’s wife, Erin Rocchio’s, new house and first wedding anniversary.

Thanks for Kiddush Sponsorships to:

- August 25 – Rabbi Michael Ungar and Michele Ungar, in memory of Rabbi Ungar’s father, Seymour Ungar z”l.
- September 11 (Second day of Rosh Hashanah) – Barry Gorn and Lynn Teichman, in memory of Barry’s father Nata ben Shimshone z”l, and Lynn’s mother Esther bat Aaron Hakohen z”l.

Thanks for Simcha Kiddush contributions to:

- Sherry Ball and Marty Gelfand, in honor of their 10th wedding anniversary.

Thanks for help with Sukkah frame construction to:

- Marvin Palevsky
- Bill Bruml
- Miriam and Sophie Giardina
- Laura Gooch
- David Kazdan
- Adam and Samantha Probst
- Becky Schur

Thanks for Newsletter Mailing Help to:

- Robin Dubin
- Richard Krueck
- Honey Massey
- Bud Stern
- Lenny Tracht
- Beth Wachter
- Scott Wachter
Saturday, September 29, *Hol Ha-Moed Sukkot*: Rabbi Ungar will deliver the d’var Torah.

**Sunday, September 30**
12:00-2:00 PM – *Lunch in the Sukkah*. Join us for a vegetarian-friendly lunch in our Sukkah, or in the Social Hall, in case of rain. $10/person, max of $40/household. Register via the PayPal link on our home page, [www.bethelheights.org](http://www.bethelheights.org) or send a check.

**Monday, October 1 – Sh’mini Atzeret and Erev Simhat Torah**
9:15 AM – Morning service (with Yizkor)
7:49 PM – Candle lighting at the synagogue (lighting with flame that was lit the day before) and Kiddush, followed by evening service with Hakafot

**Tuesday, October 2 – Simhat Torah**
9:15 AM – Morning service with Kiddush and Hakafot

**Saturday, October 6, Parashat B’reishit**: Karen Kugleman will deliver the d’var Torah.

**Saturday, October 13, Parashat Noah**: Rabbi Ungar will deliver the d’var Torah.

**About 10:20 AM – The Learners’ Torah Discussion Group** will meet in the Community Room to discuss *Parashat Noah*.

**After services** – *Lunch and Learn with Rabbi Michael Ungar*: “The Other Priest ‘Scandal’: Kohens, Bat Kohens, and Whose Aliyah Is It Anyway?”

**Friday, October 19**
6:30 PM – *Kabbalat Shabbat* services, followed by a vegetarian-friendly, pescatarian dinner. Patrick Kearns, Executive Director of Refugee Response in Cleveland will be our speaker, in honor of National Refugee Shabbat, a project of HIAS. Cost: $10/person, with pre-payment required by October 15. *See page 3 and flyer for further details.*

**Saturday, October 20, Parashat Lekh L’kha**: Miriam Giardina will deliver the d’var Torah.

**Saturday, October 27, Parashat Vayera**: Rabbi Ungar will deliver the d’var Torah.

**About 10:20 AM – The Learners’ Torah Discussion Group** will meet in the Community Room to discuss *Parashat Vayera*.

**After services** – *Monthly Simcha Kiddush*, when we celebrate some of our congregants’ happy events of this past month.

**Saturday, November 10**
After Services – Lunch and Learn with Noah Bickart, Ph.D., an expert on Rabbinic Judaism and currently a Visiting Assistant Professor at John Carroll University. The talk is entitled “Epistles from the Mythic Past: Anxiety and Power in Talmudic Stories about Letter Writing.”
Join us to study and discuss selections from the weekly Torah portion. We consider commentaries, raise questions, and share tips for using the Chumash. Each week's lesson is self-contained, so come as your schedule permits. The sessions are accessible for non-Hebrew speakers or readers and open to people at all levels of experience. We meet in the Community Room, after the Torah is taken out and the portion is introduced (about 10:20 AM to 10:30 AM), and rejoin the service in time for the d’var Torah.

Questions? Contact Mia Buchwald Gelles: 216-321-6717 or miabgelles@gmail.com.

Upcoming Learners Torah Discussion Dates (every other week in fall and winter):
- October 13 – Parashat Noach
- October 27 – Parashat Vayera

Learners’ Torah Discussions
Open to All

Yahrzeits, October 2018

<table>
<thead>
<tr>
<th>Tishrei - تشرين</th>
<th>Barany Krasny</th>
<th>10 Heshvan 5705</th>
</tr>
</thead>
<tbody>
<tr>
<td>Esther Mintz</td>
<td>Harry L. Miller</td>
<td>10 Heshvan 5728</td>
</tr>
<tr>
<td>Pearl Peninah Pasternak</td>
<td>Blanche Carr</td>
<td>10 Heshvan</td>
</tr>
<tr>
<td>Herbert Oppenheimer</td>
<td>Herbert Goldstone</td>
<td>10 Heshvan 5766</td>
</tr>
<tr>
<td>Maurice Tavill</td>
<td>Rose Goldstone</td>
<td>10 Heshvan 5749</td>
</tr>
<tr>
<td>Isaac Warshay</td>
<td>William Schenkelman</td>
<td>10 Heshvan 5724</td>
</tr>
<tr>
<td>Lenore Singer</td>
<td>Sarah Dolin</td>
<td>12 Heshvan</td>
</tr>
<tr>
<td>Blema Beitman</td>
<td>Rose Rogul Gelles</td>
<td>12 Heshvan</td>
</tr>
<tr>
<td>Eva Naiman</td>
<td>Samuel Protus</td>
<td>12 Heshvan 5757</td>
</tr>
<tr>
<td>Sadie Kammen</td>
<td>Yoav Borshtein</td>
<td>13 Heshvan 5772</td>
</tr>
<tr>
<td>Freida C. Brody</td>
<td>Isadore Gertman</td>
<td>14 Heshvan</td>
</tr>
<tr>
<td>Leo Guzik</td>
<td>Norman Koff</td>
<td>14 Heshvan 5718</td>
</tr>
<tr>
<td>Charlotte Dubin</td>
<td>Mildred Morton</td>
<td>14 Heshvan 5730</td>
</tr>
<tr>
<td>Mirmie Ginsburg</td>
<td>Sadie Bernstein</td>
<td>14 Heshvan</td>
</tr>
<tr>
<td>Frances E. Goldberg</td>
<td>Sam Bernstein</td>
<td>15 Heshvan</td>
</tr>
<tr>
<td>Henry A. Hollander</td>
<td>Pearl Maeroff</td>
<td>16 Heshvan 5731</td>
</tr>
<tr>
<td>Mary Ann Gordon</td>
<td>Elsie Narmon</td>
<td>16 Heshvan 5729</td>
</tr>
<tr>
<td>Albert Greenberg</td>
<td>Yehuda Leib Schultz-Shalit</td>
<td>16 Heshvan 5734</td>
</tr>
<tr>
<td>Ethel Neuger</td>
<td>29 Tishrei 5734</td>
<td></td>
</tr>
<tr>
<td>Sam Tepper</td>
<td>Tobias Seidman</td>
<td>16 Heshvan 5715</td>
</tr>
<tr>
<td>Sam Dworkin</td>
<td>William Sonnenstein</td>
<td>16 Heshvan</td>
</tr>
<tr>
<td>Marvin Dubin</td>
<td>Herman Collin</td>
<td>18 Heshvan 5723</td>
</tr>
<tr>
<td>Roger Wilkenfeld</td>
<td>Louis Freumker</td>
<td>18 Heshvan 5733</td>
</tr>
<tr>
<td>Ben Tepper</td>
<td>Anna Kessler</td>
<td>18 Heshvan</td>
</tr>
<tr>
<td>James Saunt</td>
<td>Fay Landau</td>
<td>19 Heshvan</td>
</tr>
<tr>
<td>Harry Mayzel</td>
<td>Morton Hoffman</td>
<td>20 Heshvan 5775</td>
</tr>
<tr>
<td>Rose Ziesler</td>
<td>David Nadle</td>
<td>20 Heshvan 5755</td>
</tr>
<tr>
<td>Louis Brody</td>
<td>Jack Stern</td>
<td>20 Heshvan 5773</td>
</tr>
<tr>
<td>Dotty Dannhauser</td>
<td>Doris Glaser</td>
<td>21 Heshvan 5734</td>
</tr>
<tr>
<td>Rashe Sobel</td>
<td>Morris Samet</td>
<td>21 Heshvan 5731</td>
</tr>
<tr>
<td>Joseph Weiss</td>
<td>Gertrude Sobelman</td>
<td>21 Heshvan 5715</td>
</tr>
</tbody>
</table>

Lunch and Learn October 13, with Rabbi Michael Ungar

“The Other Priest ‘Scandal’”

Yahrzeits, October 2018

<table>
<thead>
<tr>
<th>Heshvan - חשוון</th>
<th>Tobias Seidman</th>
<th>16 Heshvan 5715</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ben Tepper</td>
<td>Morton Hoffman</td>
<td>20 Heshvan 5775</td>
</tr>
<tr>
<td>James Saunt</td>
<td>David Nadle</td>
<td>20 Heshvan 5755</td>
</tr>
<tr>
<td>Harry Mayzel</td>
<td>Jack Stern</td>
<td>20 Heshvan 5773</td>
</tr>
<tr>
<td>Rose Ziesler</td>
<td>Doris Glaser</td>
<td>21 Heshvan 5734</td>
</tr>
<tr>
<td>Louis Brody</td>
<td>Morris Samet</td>
<td>21 Heshvan 5731</td>
</tr>
<tr>
<td>Dotty Dannhauser</td>
<td>Gertrude Sobelman</td>
<td>21 Heshvan 5715</td>
</tr>
<tr>
<td>Rashe Sobel</td>
<td>Hyman Cohen</td>
<td>22 Heshvan 5734</td>
</tr>
<tr>
<td>Joseph Weiss</td>
<td>Claire Kammen</td>
<td>22 Heshvan 5736</td>
</tr>
</tbody>
</table>
Beth El - The Heights Synagogue had its fourth annual Ice Cream Social on Sunday, August 26. By the end of the get-together, only a few of the nearly 120 ice cream treats were left, a sure indicator of success! BE–THS members, along with neighbors of all ages, got together to indulge in ice cream on a hot Sunday afternoon. We played games and music. Old acquaintances were reignited, and many new ones were made. Some neighbors recalled that Beth El - The Heights Synagogue holds this event every year; for others, it was brand new.

Here’s to many more ice cream socials in years to come – with many special thanks to the following volunteers who helped make this happen: Brian Aronson, Carol Bruml, Molly Brudnick, Laura Gooch, Janet Hoffman, Karen Kugleman, Marvin Palevsky, Beth Wachter, and Scott Wachter. Photos courtesy of Scott Wachter.

Here’s to many more ice cream socials in years to come – with many special thanks to the following volunteers who helped make this happen: Brian Aronson, Carol Bruml, Molly Brudnick, Laura Gooch, Janet Hoffman, Karen Kugleman, Marvin Palevsky, Beth Wachter, and Scott Wachter. Photos courtesy of Scott Wachter.

**Rib Burn Off 2018**

Thanks to all who helped BE-THS at the Totally Kosher Rib Burn Off at Gross Schechter Day School on September 3. It was an extremely hot day, but the ribs were extra good this year, and we were fortunate to have plenty of help... We sold out our 250 pounds of ribs by shortly after 3:00!! Chefs extraordinaire were: Marvin Palevsky, Mick Miller, Sam Miller, Izik Mishan, and Elijah Saunt. Volunteers were: Brian Aronson, Carol Bruml, Frank Buchwald, Jeanette Buchwald, Mia Buchwald Gelles, Joe Buchwald Gelles, Miriam Giardina, Karen Kugelman, Honey Massey, Adam Probst, Erin Rocchio, Juliana Sadock Savino, Barry Starr, and Bud Stern.

**Little Free Library**

Thanks to Robin Koslen’s idea, Ari Klein’s creative construction, Ari Klein’s and Izik Mishan’s efforts to dig the hole and install the Little Free Library in front of the shul, and to Robin Koslen’s and Polly Wilkenfeld’s efforts to stock it with books, we now have a Little Free Library! Bring a book, take a book! See one of our neighbors looking curiously? Encourage them to do the same!
Join us for Kabbalat Shabbat
in observance of National Refugee Shabbat
Friday, October 19, 6:30 PM

Kabbalat Shabbat service 6:30
with speaker Patrick Kearns,
Executive Director of Refugee Response here in Cleveland

Services will be followed by a vegetarian-friendly pescatarian dinner

Cost: $10/person
Pre-registration & pre-payment required by October 15
RSVP: http://www.bethelheights.org/kabbalat-shabbat/
or send a check to the shul:
BE-THS, 3246 Desota Ave., Cleveland Hts., OH 44118