

NOVEMBER 2018

**THANKSGIVING IS EVERY DAY  
RABBI JEFFREY KURTZ-LENDNER**



November is the month we celebrate Thanksgiving, one of the few American holidays left that have not been overly commercialized except for the Turkey industry. It is a holiday where families and friends come together to share a meal, and appreciate what we have been blessed with. As Americans we are among the most blessed people in the world which we frequently take for granted. Thanksgiving is the season where most Americans reflect on what we have and everything for which we have to be thankful.

In Judaism, Thanksgiving occurs every day. The very gift of life itself is something to be thankful for. Once we have life, every benefit we have is something to thank God for every day. In Judaism, we do not have “rights,” and life is not necessarily fair. Rather than expecting more than we have, Judaism declares that we should be thankful for anything we do have. “Who is wealthy?” the Talmud asks, and answers, “one who is content with his portion in life.”

Every day we have plenty of opportunities to thank God. Jewish tradition exhorts us to find 100 blessings to recite a day – blessings for food, blessings for the wonders of the world, blessings for the everyday generosity God bestows upon us. Traditionally the very first thing a Jew says when waking up is “*Modeh Ani Lefanecha*” – “I am grateful to You, living and enduring Sovereign, for restoring my consciousness to me compassionately.” We thank God for waking up. We say the morning blessings thanking God for making us free, for making us alive, for giving us the power to think, to walk, to get dressed, etc. We say *hamotzi* before each meal and then say *birkat hamazon* – after each meal – i.e. we thank God **twice** for each meal. We recite praises of God in the morning service, and in each and every Amidah, the central prayer of the Jewish service which traditionally was said three times a day, we assert “we thank and praise You every day, morning noon and night for Your miracles which daily attend us and for Your wondrous kindnesses.

So, yes, let’s enjoy Thanksgiving, and let’s be thankful for our blessings we enjoy as Americans, but let’s also remember that we need not be thankful just once a year, but, rather, we can take the model of Judaism to be thankful for life every day we wake up.



## From Our President



Now that the holidays have slowed down, I am going to go into doctor mode and talk about health. I talk to patients daily about their health, eating correctly and exercising (although I admit that I don't always follow my own advice). Moses Maimonides, the 12th century physician and scholar said, "Exercising refers to both strong and weak movements, providing it is movement that is vigorous and affects breathing, increasing it."

Our tradition speaks about staying healthy and maintaining a focus on wellness. The foundation for this emphasis is not so we can run a marathon or climb Mount Everest rather it relates to the idea that we have an obligation to take care of the sacred gift of our bodies by watching how we treat them, what we do to them and what we put into them. It takes a balance of physical activity and the correct diet. A patient recently told me something that rings true to this: you cannot out work a bad diet.

And when it comes to diets, what is for you? Diets come in all shapes and sizes. If you watch TV, you will see ads ad nauseam all promising to help you lose weight and look amazing on the beach. If you stick to one of these religiously you will lose weight, but I have seen that once off the diet, the weight comes right back, and with a vengeance.

My advice is to meet with a registered dietitian and have them create a plan for you. Also, you should follow up with them because I have also found that if you are accountable to someone, you will see better results. Therefore, begin an exercise program because one cannot maintain ideal wellness by diet alone.

In closing, I must say that when people ask me for a magic wellness pill, I tell them that if there was one, you would not see any unhealthy doctors!

Larry Goldstein  
President

### Beth Israel Board – 2019

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## REMINDER

PLEDGE FORMS ARE DUE DECEMBER 1, 2018.

PLEASE NOTE THAT ALL MEMBERS MUST  
COMPLETE A PLEDGE FORM IN ORDER TO  
REMAIN ON THE BIC MEMBERSHIP ROSTER.

IF YOU DID NOT RECEIVE YOUR FORM,  
PLEASE EMAIL [KIM@BETHISRAELMS.ORG](mailto:kim@bethisraelms.org)  
OR CALL 601-956-6215 EXT.3.

## SISTERHOOD SPOTLIGHT

### Why I Joined Sisterhood!

When I was much younger, my mother, grandmother and great-grandmother were very active at my synagogue. They helped cook, clean and prepare for the biggest function of the year, the Purim Carnival. I was too young to be involved.

As I got older, we changed synagogues, and I watched as my mother helped with Bingo every week, but I stayed home with my father and brothers.

As I got a little older, I was allowed to go to the Bingo games, but not to help. I felt slighted. I felt I had a lot to offer, but my help wasn't welcomed.

Then, as I was beginning a family of my own, starting out in a new synagogue, my parents changed to our synagogue, and the world changed for us all!!

We were at Shul weekly, with something to do. Then our kids started religious school, and we were there even more. We helped with classes, baking, cleaning, and running the gift shop. But something was missing.

And then it happened--- my mother became president of the Sisterhood. Then she turned to me and said that I needed to join. So I did.

Then, a few short months later, I was helping to put together the Lox Box Fundraiser. This meant packing the boxes, loading the cars, mapping the routes for the drivers, and waiting at Shul until all drivers reported their boxes delivered.

As time went by, I found myself at Shul regularly as there was always something to do. Then I realized I was doing to my kids what had been done to me - NOT including them. That changed quickly! When the religious school asked for help setting up for a program, they got four of us, not just 1 or 2. My kids helped pack lox boxes, load the cars, and run boxes to the door as their dad drove them all around Memphis. Now my grandchildren do the

same every year, on Super Bowl Weekend. They have fun. There are 2, 3, sometimes 4 generations involved.

So why did I join Sisterhood? Well - my mother told me to!! But only because she wanted me to find what she had - joy in helping. That is what Mom got out of sisterhood more than anything else.

Yes - she enjoyed the companionship that she found.

Yes - she enjoyed the meals, game nights, movie nights, etc.

Yes - she enjoyed some time away from the family.

But what she enjoyed most of all was helping while enjoying herself. I don't know of any other way there is to volunteer that is half as satisfying.

And now I watch as my children and grandchildren have discovered the same thing. They help at their synagogues; they help their family members; they help their teachers; and they enjoy all of it.

You see - my children were shown, not told, that helping others gives you a sense of accomplishment not found any other way. They watched their parents and grandparents laugh along with other congregants as the work was done. And they laughed along with all of us as we helped each other.

So - why did I join Sisterhood??? Because my mother told me to.

But more importantly - why did I stay in Sisterhood?? Because Sisterhood is a work in progress, ever changing. Sisterhood is a way to bring family together with friends, as they join together around a common religion.

So - why are you a member of Sisterhood?????

Or.....Why Aren't You!???????

Esther Roberts, Sisterhood President

# Religious School

## SPECIAL WORKSHOP

### JEWISH ASSERTIVENESS TRAINING/ SCHOLAR IN RESIDENCE

Rabbi Richard Birnholz

Friday, Saturday, Sunday, November 2, 3, 4, 2018



*Our students, outside of Religious School, are immersed in a world of mostly Christian culture and belief, especially in Mississippi.* This is not a bad thing; but to be Jewish, it is essential to understand Jewish history, Jewish beliefs, Jewish Scriptures, and Jewish teachings and wisdom. This is what Religious School attempts to do. To address this matter in depth, Rabbi Richard Birnholz will help your student understand where they stand in the midst of the prevailing religious culture and how to cope with it,

Rabbi Birnholz will present a weekend of Jewish Assertiveness Training.

Beginning Friday evening, November 2, Rabbi Birnholz will make introductory remarks at the Friday service. There will be an congregational enhanced Oneg following services in honor of Rabbi Birnholz.

Saturday morning he will lead Torah study in the Library, followed by a light lunch. Beginning at 1 p.m., he will begin the Jewish Assertiveness Training workshop, for parents and students, also in our Library. Everyone is invited to this 90-minute session.

On Sunday, Rabbi Birnholz will continue his presentation to the combined 5/6th and 7/8th grade students, and their parents, in the Library, beginning at 10 a.m., following T'filah.

Your participation, along with your student, is so important. This is a pressing issue affecting our students, becoming most intense during their university years. Please make every effort to be a part of this time with Rabbi Birnholz.

**ALL ARE INVITED**

## Beth Israel Annual Envelope Fundraiser Donors

Maria & Roberto Adame  
Lynda & Erik Balfour  
Marcia & Robbie Barron  
Bernard Blumenthal  
Beverly Bonnheim -In Honor of Mindy Humphrey  
James Bowley  
Christine & Jerry Branson  
Dudley S. Burwell, Jr.  
Hannah & Jack Copeland  
Lynn Crystal  
Missy & Dr. C. Ralph Daniel, III.  
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Anonymous Donor  
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Robert Emmich  
Shirley & Gary Eriksen—In Memory of Rose Friedman, Earl Friedman,  
Gerhard Eriksen, & Michele Krock  
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Amy & Arty Finkelberg  
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Angela & Gil Hoffberg  
Mary Golde & William Howell  
Mindy & Clay Humphrey  
Debra & Joel Jacobs  
Helene & Mark Johnson—In Memory of Louise & Gilbert Metz  
Dr. Bob Kahn— In Memory of my parents-Bernard & Frances Kahn  
Emily Kamber Malick  
Rabbi Debra & Alec Kassoff  
Cheryl & Howard Katz  
Jason Kirshberg  
Dana & Jonathan Larkin  
Rebecca Laskin  
Stuart Levanthal  
Molly & David Mandel  
Morris Mermelstein  
Kay & Lawson Metz—In Honor of All That Have Passed Before  
Bill Morris  
Hannah & Abram Orlansky  
Beth & Steve Orlansky  
Donna & Ted Orkin  
Lisa Palmer— In Memory of Celia & Ben Greenfield  
Robyn & Greg Pollack  
Kay & Phillip Pollack  
Lauren Rosenbaum Brown  
Susan & Stuart Rockoff  
Emily Rubin—In Honor of Ryan Noah Smith  
Sheila Rubin—In Memory of Ira Rubin; Sidney Rubin; Naomi Rubin; Milton  
Stiebel; Florence Stiebel  
Tammy & Bert Rubinsky

Marcello Ruvinsky  
Betsy & Joe Samuels  
Don Sawyer  
Michele & Ken Schipper  
Charna & Bruce Schlackman  
Richard Schwartz  
Peter & Tamar Sharp  
Bettie Shornick  
Miriam Smith  
Richard Smith  
Carol Joy Sparkman  
Frankie & Frankie Springer  
Judy & Richard Stamm  
Judith Stein  
Steven Tullos-In Memory of Gilbert Metz  
Heidi Wachs  
Sammy Waxman  
Honorine & Allen Weiss —In Memory of Shirley Orlansky  
Improved Health for: Joann Eisenstatt; Reva Hart;  
Peggy Omolara  
Heidi Wachs  
Judy & Josh Wiener  
Leah Wittenberg  
Jarmila & Peter Zapletal

### Raffle Prizes Donated by:

Sheila Rubin  
Beth Israel Sisterhood  
Fairview Inn, Jackson, MS  
Elite Water & Coffee  
Stan's Pest Control  
Switzer's  
Judy Stamm  
Donna Orkin Designs

### Congrats to our prize winners!

Weekend Beach House -Jerry Branson  
Overnight Stay at the Fairview Inn--Peter & Jarmila Zapletal  
Brunch Gift Certificates at the Fairview Inn--Lawson & Kay Metz  
Brunch Gift Certificates at the Fairview Inn -- Peggy & Larry Goldstein  
Haircut by Switzer's--Peter & Tamar Sharp  
Assorted K-Cups from Elite Water & Coffee--George & Sherrie Glass,  
Buddy & Janice Blumenthal, and Jason Kirshberg  
Floral arrangement from Donna's Designs--Ken & Michele Schipper  
Preventative visit from Stan's Pest Control--Larry Goldstein  
Reserved Parking Space at 2019 Beth Israel Bazaar--Ellen Ann Fentress  
2 Tasters Plates at 2019 Beth Israel Bazaar--Dr. Ralph & Missy Daniel  
Gourmet cake by Judy Stamm--Debra & Joel Jacobs  
Dinner for 2 at the Chanukah Dinner--Morris Mermelstein

**\*Any donation processed after October 10, 2018 will be listed  
in the December Chaillights.**

## **NOVEMBER BIRTHDAYS**

1	Thomas McGregor
1	Bette Shornick
1	Lucy Cohen
1	Mathew Harris
2	Steve Silberman
2	Ellen McGregor
3	Ilia Giammarco
4	Aaron Samuels
4	Rebecca Laskin
5	J. B. Sandifer
5	Bear Atwood
8	Dancia Loya
10	Emily Kamber Malick
10	Morris Mermelstein
10	Allison Parshall
11	Cheryl Katz
12	Benjamin Russell
12	Max Grossman
13	Mickey Fischer
13	Emily Fertig
14	Joseph Metz
15	Monique Guimbellot
16	Debra Champagne
17	Mary Golde Howell
17	Charlotte Salvage
17	Matthew Dreffin
18	Judy Stamm
19	Emma Pollack
20	George Glass
21	Phoebe Spencer
22	Amy Finkelberg
22	Reed Leonard
23	Karen McDougal
23	Len Malick
23	Gary Schneider
26	Peggie Omolara
26	Joel Jacobs
27	Andrea Fish
27	Spencer Nessel
27	Rebecca Docter
28	Casey Mabry
28	Tille Docter
28	Dinah Jeannette Briggs
29	Nina Mabry
29	Stefanie Salvage
29	James Paul

## **NOVEMBER ANNIVERSARIES**

1	Becci and John Craig
8	Morgan and Aaron Samuels
10	Elizabeth Rankin and William Albright
18	Elizabeth and Trey McGregor
25	Sandra and Steve Liverman

*With great pride and love,  
We invite you to share this  
beautiful milestone with us  
as our twins*

*Rachel Mariel Lehman  
and*

*Efrem Peter Lehman*

*are called to the Torah  
as B'nai Mitzvah*

*Saturday, December 1, 2018*

*at Ten Fifteen a.m.*

*Beth Israel Congregation*

*5315 Old Canton Road*

*Jackson, Mississippi*

*Kiddush Luncheon to follow*

*Drs. Michael Lehman and Lique Coolen*

**WE APPRECIATE THE THOUGHTFULNESS OF THOSE WHO SUPPORT BETH ISRAEL  
BY REMEMBERING AND HONORING THEIR FRIENDS AND LOVED ONES THROUGH THEIR GENEROUS CONTRIBUTIONS**

*Donations may be applied to the following funds, per your request:*

GENERAL FUND	MEMBERSHIP & ENGAGEMENT	CAPITAL IMPROVEMENT FUND	TIKKUN OLAM FUND
ENDOWMENT FUND	ONEG FUND	LIBRARY/PRAYER BOOK FUND	WEBSITE FUND
RABBI'S DISCRETIONARY FUND	SATURDAY MORNING FUND	CHOIR FUND	CEMETERY FUND
CARING FUND (SISTERHOOD)	ART FUND	PROGRAM FUND	JEWISH CINEMA MISSISSIPPI
BITY	MITZVAH FUND (SISTERHOOD)	RELIGIOUS SCHOOL	HOLOCAUST MEMORIAL FUND
CHEVRA KADISHA FUND			

**CAPITAL IMPROVEMENT FUND**

*In Memory of A.J. Orkin, Sr.—Donna & Ted Orkin*

**CARING COMMITTEE**

*In Memory of Shirley Orlansky—Sondy & Bob Berman*

**CEMETERY FUND**

*In Memory of T. Stanley Orkin—Donna & Ted Orkin*  
*In Memory of Martha R. Joseph—Lynne & Roger Rosenfield*  
*In Memory of Dr. Buddy Cohen—Helen Greenberg*  
*In Memory of Buddy Cohen—Mindy & Clay Humphrey*  
*In Memory of Charles Levy—Mindy & Clay Humphrey*  
*In Memory of D. Rosemary Sharp—Tamar & Peter Sharp*  
*In Memory of Asher Katz—Cheryl & Howard Katz*

**ADULT EDUCATION FUND**

*In Memory of Shirley Orlansky—Jan L. Reisman*

**CHOIR FUND**

*In Memory of Vera Davis—Ellen Hart*  
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*In Memory of Dave Hobgood—Ellen Hart*  
*In Memory of Jim Goodman—Ellen Hart*  
*In Memory of James Lee Glass—Ellen Hart*

**GENERAL FUND**

*Donation—Henry, Lisa and Michael Leibowitz*  
*In Memory of Shirley Orlansky—Mindy and Clay Humphrey*  
*In Memory Lois Ucci—Tammy, Bert, Jessica, Ashley & Tovah Rubinsky*  
*In Memory of Shirley Orlansky—Tammy, Bert, Jessica, Ashley & Tova Rubinsky*  
*Donation—James Younger*  
*In Memory of Lois Ucci—Mindy & Clay Humphrey*

**REMEMBER:  
BABYSITTING WILL BE ON  
THE 1st FRIDAY OF THE  
MONTH**

**Mark Your Calendar**

Please make plans to attend the Hanukkah Dinner  
 Sunday, December 2, 2018, at 6:00 p.m.  
 More details will follow.

1<sup>st</sup> night of  
 Hanukkah we will  
 light candles  
 together



BETH



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## *We Remember — Yahrzeits for NOVEMBER 2018*

### 11/4/2018-11/10/2018

Meredith Spencer  
Frances Bass  
Bruce Kweller  
Edward Prager  
Wolfgang Wernicke  
Carl Bonas  
Rick Swick  
Lillie S. Rouz  
Samuel Galea  
Maurine Wiener  
Morris Zelmon  
Tessie Levy  
Morris Trubman

### 11/11/2018-11/17/2018

Theodore Lamensdorf  
Esther Feldman  
Bill Gordon  
Ida Schwartz  
Martha Thielman  
Sara Chain  
Simon Sharp  
Timothy Amedee

Stanley Shindell  
Frances Kast  
Ben Kreitman  
Florence Lehman  
Mollie L. Spitzberg  
Jane Levy  
Reuben Margolis  
Marian Docter  
Lester Burgh  
Dorothy Hoffman  
Mina Gran

### 11/18/2018-11/24/2018

Sadie Bloom  
Charles A Clarke  
Isidore Lehman  
Albert Mitchell  
Ross Allyn  
Howard Fishman  
Irwin Greystone  
Minnie Nelson  
Saul Grossman  
Stephen Asher  
Cornelia Prager

Betty Mermelstein  
Emil Lutfy

### 11/25/2018--12/1/2018

Albert Rosenfield  
Bernard Lasky  
Freda Orkin  
Harold Berg  
Ann Taylor  
Sidney Goldfarb  
Melvin Slifkin  
Allan Stewart  
Emile Wise  
Martha Weatherall  
Isadore Draft  
Lucien Loeb  
Maurice Sontheimer  
Lou Shornick  
Harvey Nelson  
Samuel Libglid  
Phillip Gressel  
Adele Bernstein

\*Memorial Alcove