



אור חדש

New Light Congregation

New Light News September 2019

Dear Friends,

The months of Elul and Tishrei are compared to an annual visit to the Spiritual Laundromat. We wash our clothes and add bleach and brighteners to remove the stains of last year. We vow to wear cleaner clothes. We prepare to wear our whitest clothes for Yom Kippur just as we continue to beat our breasts and take responsibility for removing the old sins. From the time we enter into Selichot on the Saturday night and during the week before Rosh Hashanah, we rise to recite the litany of our failures and ask God for forgiveness. Then on Rosh Hashanah all this sin-beating and inventory of the wayward soul stops. It would seem to me that those who arranged the calendar make a mistake. Rosh Hashanah and Yom Kippur should be reversed. Shouldn't we recite our selichot mode on Yom Kippur, tending to our own human stains, and THEN celebrate our arrival into the New Year (the second holiday with clean garments)?

The priority of Rosh Hashanah over Yom Kippur before was unclear to me until I read Rabbi Shimon Schwab's interpretation. You cannot have Yom Kippur until first you immerse yourself in the heights of Rosh Hashanah. Rosh Hashanah does not mention confession (vidui) or forgiveness (selichot) at all in its liturgy. It is all about the majesty of God. It is about locating your smallness in connection with Infinitude, His Transcendence in the universe. Rosh Hashanah is about perceiving God's sovereignty AND understanding yourself as one who is loved within it. Each of us contains a divine image of holiness and on Rosh Hashanah we come to understand that we share that image with God. So instead of crawling to God feeling beaten up and inadequate through the recitation of "alshamnu, etc." we enter as Jews aware of our divine dignity, standing with a few more degrees of pride because God has tapped into our Divine Images on Rosh Hashanah. Yom Kippur is the last stand of newly renewed person sloughing off his skin from the previous year.

A midrash tells us that our ancestors in the desert wore a set of miracle clothes that were always clean because the clouds of glory were literally a washing machine scrubbing and bleaching the clothes in the evening before they got dressed in the morning. The clothes also had the ability to grow with the changing sizes of the child and grownup as well. In other words, the midrash teaches that God was instrumental in getting the children of Israel to look their best. As they moved through the desert, they were not a dirty, ragged bunch but a dignified band of God's army. We also learn in the early parts of Exodus that they wore halos on their heads so the scene of parading angels is more explicit. At the end of the day, God helps to ready us for the new year by drawing images of His Greatness into the liturgy (this is why it is the longest service of the year) and then he helps us write love letters on Yom Kippur day by being with us not entirely in our smallness but in our greatness.

Be fulfilled in the Year ahead. Attain your goal.

Rabbi

September Presidents' Report

The Good, The Bad and the Ugly

The Good:

- We received the \$33,300 donation from John DiGuardia (of Urbach Memorials). One-third in cash; one third to pay for the memorial at the cemetery for Dan, Rich and Mel; and one-third to repair monuments from the 1930's and 1940's where we no longer have contact with the deceased's families. The memorial monument should be installed in November or December.
- Work commenced on upgrading the entrance to the Cemetery. The entrance wall is almost complete, a new roof has been installed on the garage, and the garage painted. We are installing a new sign. At some point, we will try to adaptably re-use the old sign.
- Work commenced on moving three memorial boards from the TOLOLS building to Helfant Chapel (a fourth, dedicated to Mel, Rich and Dan, is on order and should be installed before the end of September). To prevent marring the Helfant Chapel walls we are building special "walls" to hold the boards. The other four memorial boards are being placed in storage.
- We have requested David Shapira and the Federation's Independent Committee to act as a facilitator to help resolve issues regarding donations to TOLOLS (See TOLOLS Update for more details).
- The TOLOLS "Windscreen" Project should be installed the first week of September. Artwork drawn by children will replace the blue tarp surrounding the TOLOLS building. We expect it to be beautiful!
- We are moving everything out of the TOLOLS building the first week of September, including all of our memorial boards and plaques, bookcase, books, desks, and Sukkah. The Simcha Tree, President's Plaque and other Plaques will be installed on the two walls next to our first floor "office" in the Palkovitz Lobby, by the elevator. Our brick garden will be installed outside the window of the Palkovitz Lobby. The remaining items will be put in storage.
- On Saturday, August 22nd, the Jewish Motorcycle Association's local chapter, The Mazel Tuffs, held a regional rally in support of Tree of Life. It was a glorious day and a glorious event. See Recent Events for more information.
- Lastly, we are planning to hold our High Holiday services in the Helfant Chapel. If, however, the room is considered too small after our Rosh Hashanah services, Beth Shalom has offered us the use the Ballroom for Yom Kippur.

The Bad (but with a good outcome):

- In early August there was a flood of water 4" deep in our sanctuary in the TOLOLS building. The room was ruined. We were not informed until almost two weeks later. All of our bookcases, our daily prayer books and about half of our High Holiday books were destroyed and must be buried. Though insurance will not cover the damage, TOLOLS has agreed to make us whole. They are providing us with new High Holiday Books (Mahzor Hadash), new Chumashim (Etz Hayim) and daily and Shabbat prayer books (Sim Shalom). We thank TOLOLS for their gracious response. We are building a bookcase in the Helfant Chapel (in the closet to the right of the door where the musical instruments are stored) to hold our books. We thank Beth Shalom for their assistance in finding a suitable place.

The Ugly:

- In July, the Long Term Planning Committee, which is planning the October 27th events, requested that the Sunday morning minyan be a private event. The Board agreed, but voted

to invite the Beth Shalom family, as they are our hosts, to the minyan. Beth Shalom has declined our invitation.

- The Executive Director of the October Healing Partnership (previously known as the resiliency center) wrote to the City asking the City to halt construction of the Frick Park Memorial of Trees – without first seeking a meeting with the three congregations that have been working since February on this project. The three congregations are working to identify and resolve her objections.

Barbara & Steve

TOLOLS Update

- Barb Feige was hired as Executive Director this past July.
- TOLOLS received over 15,000 pieces of mail within the first three months. Donations are still coming in.
- In the interests of transparency, TOLOLS engaged BDO to conduct a full audit of all donations. BDO began their audit in May of 2019 and has conducted an extremely thorough, professional examination of donated funds. TOLOLS is hopeful that the report will be completed by September 2019. The three congregations agreed that it was premature to discuss the donation process further until the audit was completed.
- In July, TOLOLS reached out to David Shapira, the chair of the Federation's Independent Committee to facilitate discussions between the three congregations. Both we and Dor Hadash responded positively to this effort. The independent committee will be meeting shortly to discuss whether and what role they may choose to play.
- Finally, the three congregations have tried to present a relatively united message to the world regarding the attack. We share communications consultants. We have engaged in a shared minyan and have engaged in several joint services or events with each synagogue over the past ten months. We are collaborating on a windscreen project (see President's Report).

Meetings

Board meeting - September 8th, 10:30 A.M.

Sisterhood News

The first meeting will be Sunday, November 10th.

Enjoy Books are expected the second week of September. Contact Sharyn Stein to get your book.

Preparing for October 27

A very helpful short guide prepared by Center for Victims is included in the newsletter.

Scriptural Study Class

There is still time to participate - one class remaining - September 3rd at 7:00 P.M.



First Scriptural Study Class

High Holiday Information

Detailed information is on the following page. It is important to note two items:

1. You will receive your tickets via mail mid-September. For security purposes you must have this ticket to enter the building. Use the same ticket for Rosh Hashonah and Yom Kippur.
2. Valet parking will be available for those who have handicapped parking needs. If you need this please send your name, car make, model and license plate information to Janet Cohen (janet.cohen@gmail.com or 412.512.0949) by September 9th so that you will be registered. The Beth Shalom parking lot in the back will not be open for parking during the High Holidays.

Annual Membership Directory

We plan to print an updated directory to distribute in October. If any of your contact information has changed and you have not already updated this with Janet Cohen please contact her by September 9th.

Memorial Book

Please also remember to get your Memorial Book information to Janet by September 9th.

Recent Events

Visitors from Uganda Tree of Life Congregation

A founder and the president of a newly formed Jewish congregation in Kampala, Uganda visited Pittsburgh on August 19th. At a program at Rodef Shalom, founder Yonatan Katz Lukato and President Wanani Esau explained that they named their newly formed congregation “Tree of Life” to honor and remember the Pittsburgh victims. They discussed the history of the Jewish culture in Uganda and their branch of Judaism, known as Abayudaya, which began in 1919. After suffering persecution under the reign of Idi Amin, the community can now worship freely. About 3,000 people in the vicinity of Kampala belong to Abayudaya congregations.



Ride of Reflection

The Jewish Motorcycle Association held a regional rally in Pittsburgh on the weekend of August 23rd. Over 120 cyclists from all over the country came to Pittsburgh to show their support. Chapters included: Chai Riders (Detroit), Hillel's Angels (NJ), Lonsman (Boston), Shul Boys (Cleveland), Thou Shalt Ride (Syracuse), Wondering Twos (St Louis) and Yidden on Wheels (Toronto). Through the good offices of Alan Housman, TOLOLS Vice President, they were treated to a police escorted tour of all the bridges around Pittsburgh. After lunch at the JCC on August 24th, the visitors held a blood drive in memory of Dan Stein and the other victims, and a ‘reflection walk’ from the JCC to the Tree of Life building where they recited the mourner’s kaddish. They returned to the building later that evening for closing Shabbat prayers. On Sunday they concluded the weekend with a ride to Flight 93 Memorial in Shanksville. We sold almost 100 t-shirts and received a donation of \$500. It was indeed a glorious weekend.

2019 New Light High Holy Day General Information and Schedule

General Information

All Rosh Hashanah and Yom Kippur services are in the Helfant Chapel.

You must have your ticket with you to enter the building. Tickets will be mailed soon.

Valet parking is available for handicapped parkers only.

On Yom Kippur it is customary to wear white and to wear non-leather shoes.

No one will be admitted during the recitation of Kol Nidre.

Men must wear tallitot all day; this is optional for women.

Doors will open thirty minutes before the start of services.

During the recitation of the Kidusha please do not return to your seat.

Please show respect for yourself and others by leaving your cell phone at home.

Schedule

Cemetery Visitation:

New Light Cemetery: Sundays, September 22 & 29, 10:00 A.M. - 12:30 P.M.

Selichot – 21 Elul the 2019 community Selichot services will be at Beth Shalom
Saturday, September 21

Minchah, 7:00 P.M.

Brief Study Session, 7:30 P.M.

Maariv, 7:45 P.M.

Havdalah, immediately followed by **Selichot program**, 8:00 P.M.

Brief refreshment break, 9:00 P.M.

Selichot Service, 9:15 P.M.

Rosh Hashanah – 1-2 Tishrei - All Services in Helfant Chapel

Sunday, September 29, 7:00 P.M.

Monday, September 30, 8:45 A.M. Torah Service approximately 10:15 A.M.

Tuesday, October 1, 8:45 A.M. Torah Service approximately 10:15 A.M.

Tashlikh – 1 Tishrei

Monday, September 30, 5:30 P.M. Chatham University Pond. Please bring your own bread.

Yom Kippur – 10 Tishrei - All Services in Helfant Chapel

Tuesday, October 8, 6:30 P.M. Kol Nidre.

Wednesday, October 9:

8:45 A.M. Morning Service,

Torah Service and Yizkor approximately 10:15 A.M.

Please bring a picture of your loved one to Yizkor.

5:30 P.M. Mincha/Neilah Service.

7:30 P.M. Shofar Blowing.

All Succot Service Times and Locations TBA

Upcoming Events

See the attached flyers for information about a celebration of Rosh Hodesh Elul, September 1st and New Light's Annual Picnic, September 22nd. We are inviting Shadyside Presbyterian Church members, who have been so kind to us in inviting us to similar events.

AARP Meeting

Squirrel Hill AARP will hold its first fall meeting on **September 18th at 1:00 P.M.** in the Falk Library, second floor of the Rodef Shalom Synagogue, 4905 Fifth Ave. The meeting is open to all seniors in our community.

Handwriting analyst, Michelle Dresbold, author of "Sex, Lies and Handwriting" will share her experiences about her exciting legal assistance in multiple trials and being the only civilian who completed the US Secret Service Document program. She will discuss different types of handwriting styles, and what they can reveal about a person's personality.

For further information contact president, Marcia Kramer, 412-656-5803 or 412-731-3338.

Pittsburgh Darfur Emergency Coalition – Luncheon and Forum

A luncheon and forum will be held on **Sunday, Oct. 13th, 1:00-4:00 P.M.**, at East Liberty Presbyterian Church, sponsored by the Pittsburgh Darfur Emergency Coalition. The group was co-founded by David Rosenberg, and several other people in 2003 in response to news about the Sudanese government-sponsored indiscriminate killings of civilians in Darfur province.

The Coalition will be honoring long-time activists and supporters of the people of Sudan and South Sudan at its 7th Annual Forum in the Music Room at the East Liberty Presbyterian Church, 116 S. Highland Ave. Those being honored include activist Esther Sprague (Sudan Unlimited and Act for Sudan), activist John Prendergast (Enough Project), U. S. Congressman Mike Doyle, and activists from Sudan. There will also be a panel discussion on the conflicts and crises in Sudan and South Sudan. The event is free and open to the public. Donations for the cause are always welcome. The forum is hosted by the Peace Committee at East Liberty Presbyterian Church.

Before this event, City Council will issue a proclamation honoring PDEC'S work at their meeting on Tuesday Oct. 3rd, at 11:00 A.M.

September Birthdays

Harold Caplan
Stephen Cohen
Beverly Manne
Ann Notovitz
Jean Rosenthal
Naomi Swerdlow
Steven Swerdlow

September Onegs

6: Marilyn Kaufman
27: Ann and Jake Notovitz

Reminders

- To purchase Memorial Plaques, Simcha Tree Leaves or Stones contact Ileen Portnoy 412-683-7985
- To sponsor an Oneg in honor of that special person/event or for no reason at all call Hugh Casper at 412-421-7619
- To purchase bricks for our "Garden of Freedom" or sponsor a Kiddush luncheon contact Barbara Caplan 412-521-4332
- To purchase Giant Eagle gift cards contact Marilyn Honigsberg at 412-521-7174
- For information on our cemetery contact Stephen Cohen at 412-421-3999

NEW LIGHT CONGREGATION

5915 Beacon Street

412-421-1017

www.newlightcongregation.org

Rabbi	Jonathan Perlman	412-904-3601
Co-President/Social VP/ & Yahrzeit	Barbara Caplan	412-521-4332
Co-President	Stephen Cohen	412-421-3999
Administrative Assistant	Marilyn Honigsberg	412-521-7174
Membership	Debbi Salvin	724-444-6324
Sisterhood	Sharyn Stein	412-521-5231
Men's Club	Harold Caplan	412-521-4332
Onegs	Hugh Casper	412-421-7619
Simcha Tree & Memorial Plaques	Ileen Portnoy	412-683-7985
Treasurer	Harold Caplan	412-521-4332
Cemetery	Myron Snider	412-235-7085
	Stephen Cohen	412-421-3999
Religious	Carl Solomon	412-421-2165
Recording Secretary	Ileen Portnoy	412-683-7985
Corresponding Secretary	Janet Cohen	412-512-0949
Calendar	Janet Cohen	412-512-0949
Yahrzeits	Barbara Caplan	412-521-4332
Website	Stephen Cohen	412-421-3999

New Light Congregation Annual Picnic



Featuring A Brief History of New Light Congregation
(before it moved to Squirrel Hill)

by Eric Lidji from The Heinz History Center

Sunday, September 22nd at 5:00 PM.
in the Beth Shalom Ballroom

RSVP by Friday, September 13th.

Cost is \$20 per person.

Please make your checks payable to New Light Congregation and mail them to:

Barbara Caplan

5841 Forward Avenue, #221

Pittsburgh, PA 15207

Your check is your reservation.



10.27 Healing Partnership with the Elul Program
committee

*Open our hearts and minds to new practice this year in
community*



Awaken, Reflect, Together. Rosh Hodesh Elul



We all have questions after October 27. How do these things happen? Why? Where was God? What is my relation to the Jewish tradition and to God now that I am scared to go to synagogue or be in a crowd?

The month before the High Holidays, Elul is a time for reawakening and reflection as individuals and as a community. Together we can discuss these questions, which don't all have answers. Together, we can blow the shofar and try to awaken ourselves, with music and yoga, text study and mindfulness techniques. Some of the classes that will be offered are on the following page. PROGRAM WILL CONCLUDE ON THE STEPS OF 6TH PRESBYTERIAN CHURCH WITH FULL COMMUNITY SHOFAR BLAST

Thoughtfully planned by Beth Kissileff Perlman and Sara Stock Mayo.



10.27 Healing Partnership

Where: JCC Kaufman Building
When: September 1, 2019 4-6p
Who: All are welcome, bring your shofar if you have one

Questions: Maggie Feinstein
Phone: 412-339-5416
E-mail: mfeinstein@jccpgh.org

Eric Lidje of the Rauh Archives will discuss:

What Time Does and Doesn't Heal: Looking at Tragedy Through History

Gabby Kunzman of CDS will provide a youth class to discuss:

Kids and the Art of Shofar Blowing

Deborah Baron, Executive, Leadership and Transformative Life Coach will discuss:

Finding your inner spark. What makes each of us different and what makes us all the same.

Center for Victims Tips for Preparing for October 27, 2019



Start Here.

As fall 2019 approaches, so does the one year mark since the tragedy of October 27, 2018, the day where 11 innocent people were killed while at the Tree of Life building. While the victims were representative of the 3 congregations worshipping there that day (Tree of Life, Dor Hadash and New Light), this upcoming date is a reminder of the shared shock, grief and loss experienced by these congregations, the Jewish community and beyond. You, friends and family may find that you are in situations where the events of that day are referenced. Occasions such as these can be potentially “triggering” and as such elicit a wide range of reactions. Some of these may be anticipated and predictable, others may not. The “anniversary effect” has the potential to elicit intense feelings and reactions in individuals, families and communities affected by 10/27 or other similar experiences. This may be a time to talk with someone professionally, and/or talk among your support groups of friends, families and faith communities.

TIPS:

1. Please do not underestimate the potential impact of the upcoming date. If you or someone in your biological family or family of choice has a personal history or relationship to the events of 10/27, extra care and attention is called for as the date approaches. This anticipation can be further complicated by individual experiences of other traumatic losses and memories. These reactions, should they occur, will vary in presentation and intensity. Individuals may show little or no emotion, or feelings of grief, anger, sadness, anxiety, etc. These may present in the form of behavior that is unpredictable, disruptive, being extra sensitive, social withdrawal (to avoid questions or other potentially triggering experiences), and difficulty concentrating to name a few. In most situations, with thoughtful and careful attention and consideration, these will resolve with engagement and involvement in naturally occurring support systems. Should that not be the case, reaching out for professional support and assistance is important.
2. Be planful and intentional regarding how you/your family will spend the day. There will be public events commemorating this date and your attendance at and involvement in these may be helpful. For others, a quieter and more private/individual experience may be what is called for. Please remember, there is not one “correct” way to manage this day and the days leading up to and following 10/27/2019.
3. Be mindful of the potential impact of social media posts. If you have children, or grandchildren, consider having a conversation with them about the importance of sharing with you, or another trusted adult, any posts that are concerning to them. The anti-Semitic nature of this crime heightens the need for attention to social media posts and their impact on you and others.
4. Be mindful of the presence of other types of “stressors”. In addition to the upcoming 10/27/19 date, there are many other components that have an impact on you.
5. Think about the potential for conversations related to 10/27 to arise before they do. Mentally preparing yourself for what may be asked of you, and how you would like to respond, will help.
6. For those who live most immediately in the Shadyside/Squirrel Hill communities, anticipate an increased media presence leading up to and immediately following the date. Make a decision beforehand about your interest in and willingness to engage with the media. Get necessary support to “stick” with your decision. Make certain that others around you are aware of your desire regarding interacting with the media.
7. There will likely be news coverage leading up to and the day. Consider in advance what level of exposure feels right. Make a plan for how you/your family will manage the unexpected or unintended exposure.

Help is available 24 hours a day at Center for Victims Hotline - 866-644-2882

Other resources:

Jewish Family and Community Services: 412-422-7200

RESOLVE Crisis Services: 1-888-796-8226

New Light Calendar September 2019

1 Elul 5779 - 1 Tishrei 5780

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rosh Chodesh Elul - Day 2 Services/Breakfast, 9:15 AM	2 Labor Day	3 Scriptural Study, 7:00 PM	4	5	6 7:24 Services, 7:30 PM Oneg, Marilyn Kaufman	7 Shoftim Services, 9:45 AM
8 Services/Breakfast, 9:15 AM Board Meeting, 10:30 AM	9	10	11	12	13 7:13 Services, 7:30 PM	14 Ki Seitzei Services, 9:45 AM
15 Services/Breakfast, 9:15 AM	16	17	18	19	20 7:01 Services, 7:30 PM	21 Ki Savo Services, 9:45 AM Selichot Service, 8:00 PM
22 Selichos Begin Services/Breakfast, 9:15 AM Cemetery Visitation, 10-12:30 Picnic, 5:00 PM	23	24	25	26	27 6:49 Services, 7:30 PM Oneg, Notovitz	28 Nitzavim Services, 9:45 AM
29 Erev Rosh Hashanah 6:46 Services/Breakfast, 9:15 AM Cemetery Visitation, 10-12:30 Rosh Hashanah Service, 7:00 PM	30 Rosh Hashanah - Day 1 Services, 8:45 AM Tashlikh, 5:30 PM, Chatham Pond					