



אור חדש

New Light Congregation

5915 Beacon Street, Pittsburgh PA 15217 • 412-421-1017 • info@newlightcongregation.org

New Light News September 2022

A Word from the Rabbi,

How have you spent your pandemic years? Almost three years and one million deaths later, what value do we put on these years where we have isolated ourselves, put our faith in vaccines and adjusted ourselves to physically proximate social avoidance? We have changed our behaviors for the good and for the bad. Could we stop thinking of Covid 19 as a deadly threat and think of the illness as a nuisance like other viruses and flues?

We have been having this discussion at New Light from time to time on Friday nights. How has the pandemic years changed us? Although the history of this period is very complicated from a social and religious perspective, one topic for discussion is the experiences of those who are extraverts and those who are introverts based on their own testimonies. The extraverts are led by our co-president Barbara Caplan who has said that the pandemic has taught her the value of being alone. Though Barbara would much prefer hugging people and pouring coffee at one of our celebrated Friday night onegs, staying at home led to more contemplation about life and what is truly meaningful. She could organize her days by deciding who to speak to on the telephone. She could read more, meditate more, appreciate the indoors more especially in the summer with the air conditioning turned way up! You've got to know the artichoke side of Barbara to know what I am talking about!

The introverts are hanging in there. I suppose I lead the introvert argument who denies the shelter-in-place culture of the pandemic. I have been changed by the pandemic in yearning for more days of community interaction and less days of sheltering. A Zoom arranged meeting, as most of you have caught on by now, is not something I favor. The introvert needs others to force him out of his introversion. Screens are good for entertainment and even lectures but I grow even more quiet and withdrawn when I am face to face with this "window into reality." I have grown to appreciate neighborhood, community, hospitality, dining out in ways that introversion would never allow.

On Yom Kippur, we recite the words of the 42nd Psalm that describes a deer panting when recalling the sparkling and refreshing "brooks of water" that are so essential to his life. That is the way a soul feels when he is shut up and told to quarantine from the reality of the holy world. "My soul thirsts for God, the living God, when will I come out and appear before God?" (42:3) This is the sickly person who learns to cope with a world focused on contracting illness. "These do I recall and pour out my soul for what has befallen me" when we recall the world that was taken away (these are the Yom Kippur martyrology thoughts of "Eleh Ezkerah" in the *machzor*). "I recall how I would step in the parade, marching with them up to the Temple of God, with joyous song and thanks, a celebrating multitude" (42:5). "Why are you downcast, my soul, and how you moan for me? Hope to God! For I shall yet thank Him for His rescuing Presence" (42:6).

The introvert is surprised how he misses the energy of joyous throng. The extravert is shocked to find himself "downcast" –in a state of inner prayer—yearning for the presence of God that he

could not easily access in public. We are the deer transformed, breathing in and out, gasping for a renewed holy reality that will quench our new desires. So the question posed to us on these High Holidays is “How have you spent your pandemic years?” What do you recall? What is the state of your soul in a time that many human beings never get to experience? Where are you now?

These are questions that emerge on New Light Friday nights. Join the conversation.

L’shana tova u’metuka!

Rabbi

Presidents’ Message

We gather this month to celebrate Rosh Hashanah, the Jewish New Year of 5783. During the upcoming High Holy Days we will engage in prayer and reflect on the year that has passed. Without a doubt, our prayers will be influenced by the unprecedented global health crisis of the past two years.

Covid-19 has affected all of us. Issues of health, loss of loved ones, a sense of isolation, financial difficulties, job loss, childcare and the impact on our children are just some of the issues we struggled with during the pandemic. As the pandemic begins to ebb, we can now begin to look forward to the resumption of “normal” activities. Technology continues to help us maintain our community for those still at risk.

One of Judaism’s basic tenets is “to choose life.” When we look back on the year that’s past, we won’t forget the difficulties, but instead focus on and offer gratitude for the blessings that emerged during this difficult time.

We express our gratitude for the first responders in our community who have kept us safe and offer thanks for those on the front lines who allowed the most vulnerable among us to stay home, such as postal workers, home health care aides and delivery people. We thank God for the vaccine that helps protect and mitigate this disease, as well as the kindnesses of friends and neighbors who helped us by going to grocery and drug stores in our stead. Holiness was evident in every act of kindness and every gesture of assistance.

As we gather in prayer, we will acknowledge both the “awesomeness” of our communal existence and of God’s gifts of strength, resiliency and hope.

May 5783 be a year of health and well-being for all of us.

Barbara Caplan & Stephen Cohen

Food Baskets for Families in Need

The JFCS Squirrel Hill Food Pantry is offering to provide traditional holiday food baskets to families in need. If you would like to take advantage of this offer, please contact Barbara Caplan at 412-421-1017 no later than Wednesday September 7th. The baskets will be available for pick-up from our pantry in the Palkovitz Lobby on Friday, September 16th.

Eradicate Hate Conference

The 2nd Eradicate Hate Summit here is taking place September 19-21 and will bring to our city many leading thinkers and actors in fighting the proliferation of hate speech and violence. Up to five congregational representatives may attend at no cost with a special code. The Summit will discuss and actively work toward effective strategies to globally eradicate violent acts spawned by hate. If you are interested in attending at no cost, please contact Barbara Caplan (412-421-1017) or Stephen Cohen (412-421-3999) to obtain the registration code.

September Board Meeting

The next board meeting is Tuesday, September 6 at 7:00 P.M. Use the same zoom link as for Shabbat.

High Holiday Information

Please see the schedule on page 4.

If you plan to attend and have not already informed Janet, please email janet@newlightcongregation.org. We must have a list of names for entry and for Zoom.

10.27 Healing Partnership Program

Join the 10.27 Healing Partnership and the Pittsburgh Parks Conservancy for a four-week healing, consciousness building, forest bathing series at the Frick Park Environmental Center. The program includes 90 minute walks throughout Frick Park while nurturing your connection to the natural world through reflective practices.

Dates are September 15, 22, 29 and October 6, from 9:00 A.M - 10:30 A.M. For more information and to register please go to 1027healingpartnership.org/forest-bathing/.

September Birthdays

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



2022 New Light Congregation High Holy Days General Information and Schedule

General Information

All Rosh Hashanah and Yom Kippur services are in the **Ballroom**. **Please enter on Shady Avenue.**

COVID Rules: Vaccinations are required; masks are optional.

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 by leaving your cell phone at home.

Schedule

Cemetery Visitation:

Sunday, September 18 10:00 A.M. - 12:30 P.M.

New Light Cemetery

Community Selichot, at Beth Shalom, joint with Tree of Life, Adath Shalom, Rodef Shalom:

September 17, 7:10 P.M.

location within Beth ShalomTBA

7:10-Mincha; 7:55 Ma'ariv; 8:10 Havdalah; 8:15 Discussion; 9:15 Niggunim; 9:30 Selichot service

Rosh Hashanah Services – 1-2 Tishrei

Sunday, September 25, 7:00 P.M.

Ballroom

Monday, September 26, 8:45 A.M.

Torah Service followed by Shofar service, approximately 10:30 A.M.

Ballroom

Tuesday, September 27, 8:45 A.M.

Torah Service followed by Shofar service, approximately 10:30 A.M.

Ballroom

Tashlikh – 1 Tishrei

Monday, September 26, 5:00 P.M.

Temple Sinai Pond

Yom Kippur – 10 Tishrei

Tuesday, October 4, 6:20 P.M. Kol Nidre

Ballroom

Wednesday, October 5:

Ballroom

8:45 A.M. Morning Service

10:15 A.M. (approximately) Torah Service and Yizkor. Please bring a picture of your loved one.

4:15 P.M. Torah Study

5:15 P.M. Neilah Service.

7:23 P.M. Shofar Blowing.

Succot – 15-16 Tishrei

Monday, October 10, 9:45 A.M. Day 1 Service

Helfant Chapel

Tuesday, October 11, 9:45 A.M. Day 2 Service

Helfant Chapel

Saturday, October 15, lunch after Shabbat Services

TBD

Shemini Atzeret – 22 Tishrei

Monday, October 17, 9:45 A.M. Morning service, including Yizkor.

Helfant Chapel

Simchat Torah – 23 Tishrei

Monday, October 17, 6:30 P.M. Evening service

Helfant Chapel

Tuesday, October 18, 9:45 A.M. Morning service

Helfant Chapel

All locations subject to change

Reminders

- To purchase Memorial Plaques, Simcha Tree Leaves or Stones contact Ileen Portnoy 412-683-7985
- To purchase bricks for our “Garden of Freedom” contact Barbara Caplan 412-521-4332
- To purchase Giant Eagle gift cards contact Karen Coburn at 412-521-5083
- 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/Yahrzeits	Barbara Caplan	412-521-4332	barbaracaplan@comcast.net
Co-President/Cemetery/Website	Stephen Cohen	412-421-3999	info@newlightcongregation.org
Membership	Debbi Salvin	724-444-6324	dgsalvin@pobox.com
Sisterhood	Sharyn Stein	412-521-5231	
Treasurer/Men's Club	Harold Caplan	412-521-4332	haroldcaplan@comcast.net
Onegs	Hugh Casper	412-421-7619	
Recording Secretary/Simcha Tree/Plaques	Ileen Portnoy	412-683-7985	ileenportnoy@gmail.com
Religious Committee	Carl Solomon	412-421-2165	
Corresponding Secretary/Calendar	Janet Cohen	412-512-0949	janet@newlightcongregation.org



Join us for:

Forest Bathing

Join the 10.27 Healing Partnership and the Pittsburgh Parks Conservancy for our 4-week healing, consciousness-building forest bathing series at the Frick Park Environmental Center.

We will take 90 minute gentle walks throughout Frick Park while nurturing our connection to the natural world through reflective practices.



The term “forest bathing” was coined in the 1980s in Japan, when Japan was grappling with the effects of stress and disconnect caused by the technology boom. Researchers identified that taking time away from technology and our busy modern lives and immersing ourselves deeply in nature had positive effects on mental, emotional, and physical health. If you feel disconnected from nature, yourself, or others, consider joining our community and participating in this forest bathing series. We hope you will leave feeling more refreshed, calmer, and more spiritually centered.

September 15, 22, 29, and October 6th
9am-10:30am

Registration required:



1027healingpartnership.org/forest-bathing/
1027healingpartnership.org
412-697-3534



New Light Calendar September 2022

5 Elul 5782 - 5 Tishrei 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5 ELUL	2 7:30 Services, 7:00 PM 6 ELUL	3 Shofar Services, 9:45 AM 7 ELUL
4 8 ELUL	5 9 ELUL Labor Day	6 10 ELUL Board Meeting, 7:00 PM	7 11 ELUL	8 12 ELUL	9 13 ELUL 7:19 Services, 7:00 PM	10 14 ELUL Ki Seitzei Services, 9:45 AM
11 15 ELUL	12 16 ELUL	13 17 ELUL	14 18 ELUL	15 19 ELUL	16 20 ELUL 7:07 Services, 7:00 PM	17 21 ELUL Ki Savo Services, 9:45 AM Community Selichot, 7:10 PM
18 22 ELUL Selichos Begin Cemetery Visitation, 10-12:30	19 23 ELUL	20 24 ELUL	21 25 ELUL	22 26 ELUL	23 27 ELUL 6:55 Services, 7:00 PM	24 28 ELUL Nitzavim Services, 9:45 AM
25 29 ELUL Erev Rosh Hashanah 6:52	26 1 TISHREI Rosh Hashanah - Day 1 Services, 8:45 AM Tashlich, 5:00 PM	27 2 TISHREI Rosh Hashanah - Day 2 Services, 8:45 AM	28 3 TISHREI Fast of Gedalyah	29 4 TISHREI	30 5 TISHREI 6:44 Services, 7:00 PM	