

CONGREGATION SONS OF ZION

Volume 7 | Issue 2 | October 2021 | Tishrei/Cheshvan 5782

Congregation Sons of Zion

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About the Month of Cheshvan

This month is the anticlimax of the previous month of Tishrei. With so many holidays and spiritual experiences, it was a feast for the soul—a vacation of sorts. Now, as we enter the month of Cheshvan, real life begins, back to the daily “mundane” grind. This is the time to take the inspiration and all that we gained in the month of Tishrei and integrate it into our lives, learning how to balance the spiritual and the physical elements of our life in unison and harmony.

**Tishrei/
Cheshvan 5782**

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 20 Tishrei	27 21 Tishrei Minyan Cancelled	28 22 Tishrei	29 23 Tishrei Mincha Minyan Schmooze, 5pm Service, 5:15pm (Zoom)	30 24 Tishrei	1 25 Tishrei	2 26 Tishrei Shabbat Service, 10am (Zoom) Bereshit
3 27 Tishrei	4 28 Tishrei Minyan Cancelled	5 29 Tishrei	6 30 Tishrei Mincha Minyan Schmooze, 5pm Service, 5:15pm (Zoom)	7 1 Cheshvan <i>Rosh Hodesh Cheshvan</i>	8 2 Cheshvan	9 3 Cheshvan Shabbat Service, 10am (Zoom) No-Ach
10 4 Cheshvan	11 5 Cheshvan Minyan Cancelled <i>Columbus Day Indigenous Peoples' Day</i>	12 6 Cheshvan Fall SOZ Lecture Series with Dr. Simon Sibelman, 7pm (Zoom)	13 7 Cheshvan Mincha Minyan Schmooze, 5pm Service, 5:15pm (Zoom) SOZ Board Meeting, 6:30pm (Zoom or In- person TBD)	14 8 Cheshvan	15 9 Cheshvan	16 10 Cheshvan Shabbat Service, 10am (Zoom) Lech Lecha
17 11 Cheshvan	18 12 Cheshvan Minyan Cancelled	19 13 Cheshvan	20 14 Cheshvan Mincha Minyan Schmooze, 5pm Service, 5:15pm (Zoom)	21 15 Cheshvan	22 16 Cheshvan	23 17 Cheshvan Shabbat Service, 10am (Zoom) Va-Yera
24 18 Cheshvan	25 19 Cheshvan Minyan Cancelled	26 20 Cheshvan	27 21 Cheshvan Mincha Minyan Schmooze, 5pm Service, 5:15pm (Zoom)	28 22 Cheshvan	29 23 Cheshvan	30 24 Cheshvan Shabbat Service, 10am (Zoom) Chayei Sarah
31 25 Cheshvan SOZ Book Club Meeting, 10:30am (Zoom) <i>Halloween</i>						

*(Zoom) and cancelled Monday minyanim assume that COVID-19 restrictions continue.

DATES TO REMEMBER

Saturday, October 2, 2021

Shabbat Service, 10am (Zoom)

Wednesday, October 6, 2021

Mincha Minyan (Zoom): 5pm schmooze, 5:15pm service

Thursday, October 7, 2021

Rosh Hodesh Cheshvan

Saturday, October 9, 2021

Shabbat Service, 10am (Zoom)

Monday, October 11, 2021

Columbus Day, Indigenous Peoples' Day

Tuesday, October 12, 2021

Fall SOZ Lecture Series with Dr. Sibelman, 7pm (Zoom)

Wednesday, October 13, 2021

Mincha Minyan (Zoom): 5pm schmooze, 5:15pm service

SOZ Board Meeting, 6:30pm (Zoom or In-person TBD)

Saturday, October 16, 2021

Shabbat Service, 10am (Zoom)

Wednesday, October 20, 2021

Mincha Minyan (Zoom): 5pm schmooze, 5:15pm service

Saturday, October 23, 2021

Shabbat Service, 10am (Zoom)

Wednesday, October 27, 2021

Mincha Minyan (Zoom): 5pm schmooze, 5:15pm service

Saturday, October 30, 2021

Shabbat Service, 10am (Zoom)

Sunday, October 31, 2021

Halloween

SOZ Book Club, 10:30am (Zoom)

Help Restore the SOZ Garden

SOZ used to have a thriving garden of flowers and vegetables in the yard. It is time to bring that back!



A small group of dedicated volunteers has started clearing the vines and tangles from along the perimeters of the SOZ yard. The plan is to continue the work and to hire professionals with the right equipment to complete the job.

We need help raising the funds to make this vision a reality.

Please help by contributing whatever you are able to the SOZ Garden Fund.

Contributions can be mailed to SOZ: 378 Maple Street
Holyoke, MA 01040

You can also donate by clicking the button below or by using PayPal on our website. Please add a note stating that the donation is marked to Restore the SOZ Garden.

Donate Now

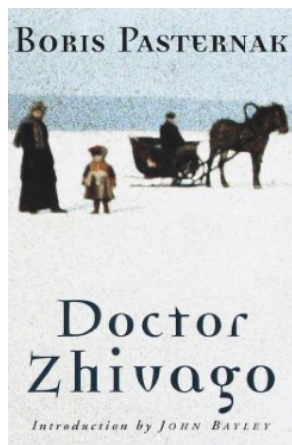
For the convenience of being able to make donations on our website, PayPal takes 2.9% plus 30¢ of your donation as part of their fee. There is an option to help offset the cost of processing. Please consider using this option so that SOZ will receive all of your thoughtful donation.



Congregation Sons of Zion
378 Maple Street
Holyoke, MA 01040

SOZ BOOK CLUB MEETING

Sunday, October 31st at 10:30am



This epic tale about the effects of the Russian Revolution and its aftermath on a bourgeois family was not published in the Soviet Union until 1987. One of the results of its publication in the West was Pasternak's complete rejection by Soviet authorities; when he was awarded the Nobel Prize for Literature in 1958 he was compelled to decline it. The book quickly became an international best-seller.

Dr. Yury Zhivago, Pasternak's alter ego, is a poet, philosopher, and physician whose life is disrupted by the war and by his love for Lara, the wife of a revolutionary. His artistic nature makes him vulnerable to the brutality and harshness of the Bolsheviks. The poems he writes constitute some of the most beautiful writing featured in the novel.

How to Watch SOZ's Past Shabbat Services on YouTube:

(Zoom services are not recorded)

Turn on your computer and speakers.

1. Run an internet browser (Internet Explorer or Chrome, for example)
2. Type [youtube.com](https://www.youtube.com) in the navigation bar and press enter.
3. In YouTube, type [Congregation Sons of Zion](#) (not just "Sons of Zion") in the box that says Search and then click on the magnifying glass or press enter.
4. Click on the video that has a red "Live" button on the bottom right corner. It may take up to 45 seconds for the video to load.

Services start at 10:00am. Shabbat Shalom!

FALL 2021 LECTURES AT SOZ



OCTOBER 12, 2021

and

NOVEMBER 9, 2021

at 7pm via Zoom

Please join us on October 12, 2021 and November 9, 2021, at 7pm via Zoom as Dr. Simon Sibelman leads us on two Jewish geographic journeys to France, the Czech Republic, and Poland. You will visit sights of Jewish interest and learn about the rich Jewish history and heritages in those countries. Have your passports ready and be prepared to join in our travels.

Please register at
www.sonsofzionholyoke.org/events



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Letter from the Cemetery Chairman:

With the recent death of James Eisenstock, the Cemetery Committee is down to just 2 members, myself and Nitza Seaver. I am hoping to get some members to volunteer to be on this very important committee. The duties are very light-just knowing the rules and regulations of the cemetery, and helping in the event that I cannot be available for some reason (travel or illness). I am normally always available by phone, email or text, even when traveling but may not be able to be physically present. A knowledge of Excel would be helpful since the cemetery records are kept computerized. We also do have paper records but they are not always easily updated.

Joanne Saltman

Cemetery Rules

1. Synagogue member in good standing for at least 5 years prior to death are entitled to a free plot
2. Plot fee for non-members is \$4,500. Plot for a spouse on a double lot is \$2,250.
3. Opening and closing of grave is \$800
4. Perpetual care is \$1,500.
5. Cremated remains are permitted. Digging of hole for urn or ashes is \$100 in addition to the plot fee (instead of a grave fee).

Non-Jewish spouses or family members will be buried in a separate plot (no non-Jewish religious symbols are allowed).

No concrete vaults are allowed. Simple, unfinished wood caskets only.

Taharah-ritual Jewish washing and shroud are required, but a shomer or watch person is optional.

A particular plot may be reserved for \$100. There are several plots in the new section that were previously reserved and are now unused. Please call for more details.

**Contact Joanne Saltman with any questions at:
(413)575-0526 or js24saltman@gmail.com**

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Twelfth series Jubilee Bond rates (minimum investment \$25,000) valid through September 14, 2021. Invest online at israelbonds.com or via the Israel Bonds app.

Contact Joan and Michael Rosner:

Joan: joanrosner@comcast.net

Michael: jmrosner@comcast.net

(413) 536-5669

Todah Rabbah, Thank You to Dr. Max Chorowski for providing a copy of his High Holiday D'var Torah.

Yasher Koach to Max!!!

THE POWER OF APOLOGY

by Dr Max Chorowski

In the past few weeks my thoughts have been about the art and power of an apology. Then Governor Cuomo's apology brought this to mind when he claimed that he was a "hugger" and that is what could have been misinterpreted by the eleven women he is accused of acting inappropriately toward. It made me think that an apology done wrong could often be worse than no apology at all.

Why discuss this on Yom Kippur? Maimonides teaches us that, on Yom Kippur, we can ask God for forgiveness only for sins between us and God. For our pain or distress to others, we must ask that person for forgiveness. Fundamentally, this involves an apology.

An example of an apology done poorly is attributed to Ellen DeGeneris who came under fire for presiding over what some employees called a toxic workplace. Ellen responded, "I'm a kind person. I am a person who likes to make people happy. I'm also a people pleaser. This is who I am. And so, when I started hearing, reading ridiculous things, it made me think that someone's trying to really hurt me. A toxic work environment? I mean, I had no idea." As you might now realize, in some ways our positive self-concept can become a barrier to apologizing. Ellen was not just justifying her behavior to us, but she was also justifying her behavior to herself.

Fortunately, there have been apologies done correctly with which to contrast, to wit: Actress Felicity Huffman was arrested in March 2019 in a nationwide college entrance exam cheating scandal. In May of that year, she pleaded guilty to federal charges for paying \$15,000 to have a proctor correct her daughter's answers on the SAT. She was sentenced to 14 days in prison, a \$30,000 fine, 250

hours of community service, and one year supervised release for her part in the scandal.

Perhaps the reason Huffman was treated with a lesser sentence than others involved in the scandal was her clear admission of guilt from the start. "I am in full acceptance of my guilt, and with deep regret and shame over what I have done. I want to apologize to the students who work hard every day to get into college, and to their parents who make tremendous sacrifices to support their children and do so honestly. I have betrayed my daughter in my misguided and profoundly wrong way. This transgression toward her and the public I will carry for the rest of my life."

Huffman avoided minimalization, dodging, or hedging. She does not say the often heard "I'm sorry if you felt bad about this even though I don't think anything wrong was done."

We should think of apologies and forgiveness as gifts. Gifts we give one another without the expectation of reciprocation. We apologize because it is the right thing to do.

Everett Worthington, a psychologist who studies forgiveness, writes about what makes a good and effective apology. He has a handy acronym, CONFESS, to help people remember all the steps in the process of requesting forgiveness.

C: Confess without excuse.

Be specific about what you are sorry for. Why is it important not to offer any kind of excuse? Offering an excuse makes *you* feel better. We want to think of ourselves as essentially good people, but all it does is take the sincerity out of the apology; it makes the recipient question if they are really getting an apology or if you are trying to hang onto your own pride. Do not let the word "but" come out of your mouth, or "I'm sorry you feel this way," or "I didn't do it on purpose. I had a hard day and did not realize what I

was doing. I am sorry that you are so sensitive about this.” These do not indicate genuine remorse and therefore do not truly heal.

O: Offer an apology.

Offer an apology that puts across the idea that you are sorry and you would not do it again. Be sincere and articulate. Maimonides says to state clearly what you did wrong and show remorse. You cannot simply state “I’m sorry.” Apologizing is effective if it speaks to what the other person feels. State what you did. It is much more taxing to stipulate what was said, but it is important. “I am sorry I did (or said) X, Y, and Z.” This shows the other person that you understand what you did. As we mentioned previously, taking responsibility also means not presenting extenuating circumstances.

N: Note the other person’s pain.

Acknowledge that your actions or words were hurtful. You need to understand the impact of what you did. An apology is an opportunity to validate what the other is feeling. Does validation mean that you are 100% in agreement? No. What it does mean is that you put yourself in the other person’s shoes and really understand where the other person is coming from. Don’t just say “I hear you” or “I feel your pain.” Such statements might feel apathetic or patronizing.

F: Forever value.

Explain that you value your relationship and you want to restore it more than you want to hang on to your pride.

E: Equalize.

Offer restitution. Ask how you can make it up to them. Making amends can be as simple as asking to pay for the dry cleaning. Or could be as complicated as admitting your ignorance about something. You can say that you are sorry you spoke up without all the information at your disposal.

S: Say “never again.”

Promise that you won’t do it again and mean it. Maimonides would agree that this is a crucial component in an apology.

S: Seek forgiveness.

Ask the injured party directly. “Can you ever forgive me?” Maimonides goes one step further. Repairing a hurt you have done also involves acting differently if the same or a similar situation comes up again.

Worthington suggests thinking through all the steps of CONFESS before you approach the other person to deliver your apology. In that way, when you are speaking to the person or persons, you have planned what you are going to say, and you won’t be stammering and searching for words. Bear in mind that your apology might not be accepted immediately. Also, do not assume that everything will be reconciled immediately. Reconciliation is not granted; it is earned. You will need to prove that your apology is sincere.

According to Maimonides and to the Shulchan Aruch, when someone asks another for forgiveness, the hurt party is allowed to turn them down. If this happens, you should try again a second and even a third time. If the hurt party refuses to forgive you after three sincere tries, you are considered to have atoned even if you have not been granted forgiveness.

Tonight, try to think of someone you may have wronged. Even if you think the other party is partly to blame, give them a call. “Who is mighty?” asks the midrash. The reply: “one who converts an enemy into a friend.” Since you never know when either one of you will run out of time, make the call tonight.

A Special Thank You to Our Sustaining Members

Andrew Barowsky
Ned and Cindy Barowsky
Richard and Ellen Freyman
Bonnie and Maggie Gruszecki
Norman and Marion Halpern
Alfred and Lee Hutt
Stephen and Lois Levin
Buddy and Margie Resnic
Michael and Joan Rosner
William and Joanne Saltman

*Please consider joining our generous Sustaining
Members...at any time!*

Congregation Sons of Zion Legacy Society

★ Congregation Sons of Zion Legacy Society ★

The following congregants have made arrangements in their wills to leave a bequest to Congregation Sons of Zion and/or have named Congregation Sons of Zion as a beneficiary in their life insurance policy and/or have established a tax-deductible fund for the synagogue, retaining a lifetime income from the fund.

Anonymous (4)	Aaron & Gail Lansky
Elaine Baskin	Stephen & Lois Levin
Irene Bernstein*	Stephen & Joan Levine
Joseph Boucher	Sidney* & Elizabeth* Paul
David & Nancy Carmen	Burton & Marjorie Resnic
Louise Citron	Michael & Joan Rosner
James Eisenstock*	William Robbins* & Mollie Blatt*
Andrea Fox	Ellen Saltman*
Richard & Ellen Freyman	Paul Saltman
Albert Goldberg*	William & Joanne Saltman
Herbert* & Barbara* Goldberg	Elihu & Joan Schepps
Debra Goldberg and Seth Waxman	Nitza Seaver
Rose Gorin*	Charles Weinstein
Janet & Richard Greenfield	Frances Welton & Thomas Osborn*
Rachel Henderson	Sherwin & Rhoda Wernick
Alfred & Lee Hutt	Thomas & Eleanor Wilson
Ira Laby	*Deceased

Congregation Sons of Zion Legacy Society has participated in Create a Jewish Legacy of Western Massachusetts, which is jointly funded by the Jewish Endowment Foundation and the Harold Grinspoon Foundation. The Federations of Western Massachusetts and the Berkshires are program partners.

For further information about supporting Congregation Sons of Zion through a legacy or planned gift, please contact Michael Rosner at office@sonsofzionholyoake.com or (413)534-3369. Thank you very much.





Donations: Thank you!



Cemetery Fund

- ✦ Edith and Diane Eskenasy: In memory of beloved mother and grandmother, Adeline Barowsky
- ✦ Sanford N. Katz: In memory of his sister, Beverly Katz Weiss
- ✦ Ellen (Palmer) and Aaron Kischel: In memory of Ellen's parents, aunts, uncle, grandparents, brother-in-law, and cousins who rest at the Congregation Sons of Zion cemetery
- ✦ Andrea Zellan: In loving memory of her grandfather, Abraham Zellan
- ✦ Andrea Zellan: In loving memory of her father, Robert Zellan

Garden Fund

- ✦ Ira Laby: High Holiday donation in memory of Patricia Stewart Wells
- ✦ Cindy and Ken Vieu: In memory of Cindy's grandfather, Abraham Os
- ✦ Cindy and Ken Vieu: In memory of Jim Eisenstock
- ✦ Cindy and Ken Vieu: In memory of Robert Katz
- ✦ Cindy and Ken Vieu: In memory of Marc Levine
- ✦ Cindy and Ken Vieu: Wishing continued recovery of Michael Rosner

General Fund

- ✦ George and Gail Baquis: Yom Kippur Donation
- ✦ Barbara C. Bernard: In memory of Marc Levine
- ✦ Barbara and Norman Block: In memory of Robert Katz
- ✦ Louise and Chuck Chatlynne: In memory of Robert Katz
- ✦ Elaine and Fred Clein: In memory of Esther Kaplinsky
- ✦ Andrea Fox: In memory of Robert Katz - "His smile was surely a reflection of what was in his heart"
- ✦ Andrea Fox: In memory of Harold Resnic
- ✦ Andrea Fox: In memory of Marc Levine
- ✦ Andrea Fox: In memory of Justice Ruth Bader Ginsburg on one year anniversary of her death - she has passed the baton, it's now our turn to get up and fight.
- ✦ Andrea Fox: With prayers for a kidney donor to my AFD Sister F/F Paramedic, Sarah Roe (are you a match? <https://nkr.org/AGC699>)
- ✦ Rich and Ellen Freyman: In memory of Robert Katz
- ✦ Rich and Ellen Freyman: In memory of Harold Resnic
- ✦ Rich and Ellen Freyman: In memory of Marc Levine
- ✦ Rich and Ellen Freyman: In honor of Alfred and Lee Hutt's big anniversary
- ✦ Atty. Richard M. Gaberman and Ms. Betsy Heit Gaberman: High Holiday Donation
- ✦ Bonnie and Maggie Gruszecki: In loving gratitude for such a wonderful community
- ✦ Bonnie and Maggie Gruszecki: In memory of Robert Katz
- ✦ Erin Higgins and Douglas Rosner: High Holiday Donation
- ✦ Ellen and Steve Kappel: In memory of Esther Kaplinsky
- ✦ Ira Laby: 3 Lulav and Etrog sets for SOZ
- ✦ Joan and Steve Levine: In memory of Harold Resnic
- ✦ Joan and Steve Levine: In memory of Joan's father, David B. Kagan
- ✦ Joan and Steve Levine: In memory of Steve's brother, Marc Levine
- ✦ Joan and Steve Levine: Condolences to Judy Katz on the loss of her husband, Robert Katz
- ✦ Helene Marks: In memory of her dear friend, Harold Resnic

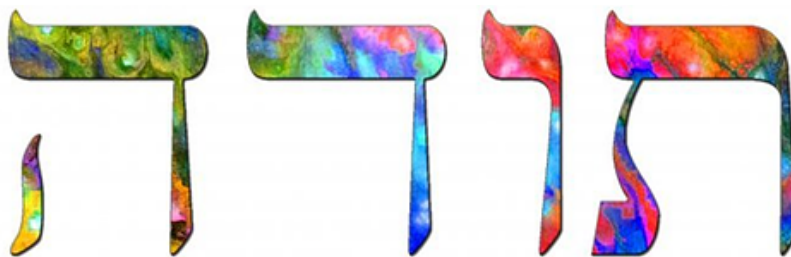
Donations (continued): Thank you!

General Fund

- ✦ Edward L. And Charlene H.D. Mazer: In memory of Marc Levine
- ✦ Buddy and Margie Resnic: For the clean-up of the SOZ grounds
- ✦ Joan and Michael Rosner: To Rabbi Perlmutter and Max Chorowski - Todah rabbah for moving, inspiring and creative Holiday Services
- ✦ Joan and Michael Rosner: To the Katz Family, in fond memory of Robert Katz
- ✦ Joan and Michael Rosner: Happy special anniversary to Lee and Alfred Hutt
- ✦ Joan and Michael Rosner: Thank you to Richard Freyman for all of your enthusiasm producing the High Holiday Services
- ✦ Joan and Michael Rosner: Thank you to Anonymous
- ✦ Joan and Michael Rosner: To Dr. Newton Bowdan, in memory of Elizabeth Bowdan, his beloved wife.
- ✦ William Rucki: In memory of Marc Levine
- ✦ Joan and Elihu Schepps: High Holiday donation
- ✦ Barbara Schoenfeld: In memory of Robert Katz
- ✦ Pinky Stein: In memory of Harold Resnic
- ✦ Betsy Tarr: In memory of her mother, Muriel Barowsky
- ✦ Barry Wieder: In memory of his parents, Edith and Harry Wieder
- ✦ Rich Wilson: For the High Holidays - in honor of his grandparents, Nathan and Gussie Wilson
- ✦ Judith Yellin: In memory of Robert Katz

Rabbi's Discretionary Fund

- ✦ Bonnie and Maggie Gruszecki: With deepest gratitude to Rabbi Perlmutter and Max Chorowski for deeply moving, inspiring High Holiday services



"Todah" Thank You

sdari's

October 2021 Yahrzeits

September 26 – October 2: Buddy Resnic

September 26	*Lillian C. Stone
September 27	*Abraham Goodstein
September 29	Bernie Soltz
September 30	*Adeline Barowsky
	*Robert Firestone

October 3 – 9: Margie Resnic

October 3	*David Levin
October 4	Ida Plesset
	Robert Zellan
October 6	*A. William Epstein
	Bertha Fox
October 8	*Dorothy Bassel

October 10 – 16: Joan Rosner

October 11	*Abraham Greenspan
	Fanny Gruszecki
October 12	*Samuel Orlen
October 13	*Ida E. Bernstein
	Dorothy Bussel
	*Jacob Katz
October 15	Max Speiser

October 17 – 23: Michael Rosner

October 18	*Hyman R. Bernstein
	*Myer Goldenberg
October 19	*Jacob L. Barowsky
	*Selma Weiss
October 20	*Lillian Halpern
October 21	*Armand Paperno
October 22	Katie Becker
	*Joseph Saltman

October 24 – 30: Joanne Saltman

October 25	Kate Paul
	*Clara Weinstein
October 28	Ethel Carlinsky
October 30	Samuel Cohen

October 31 – November 6: Mady Schorsch

October 31	*Bess Kaplinsky
	*Nathan Wilson
November 2	*Fannie Saex
	Robert Saex
	*Max Stein
November 3	Sylvia Bloom
November 4	*Constance K. Barowsky
	Beatrice Rose
	*Isaac Eskenasy
	*Beatrice Palmer
November 5	Ruth Breslow-Young



Pictures

Provided by Shoshana Zonderman



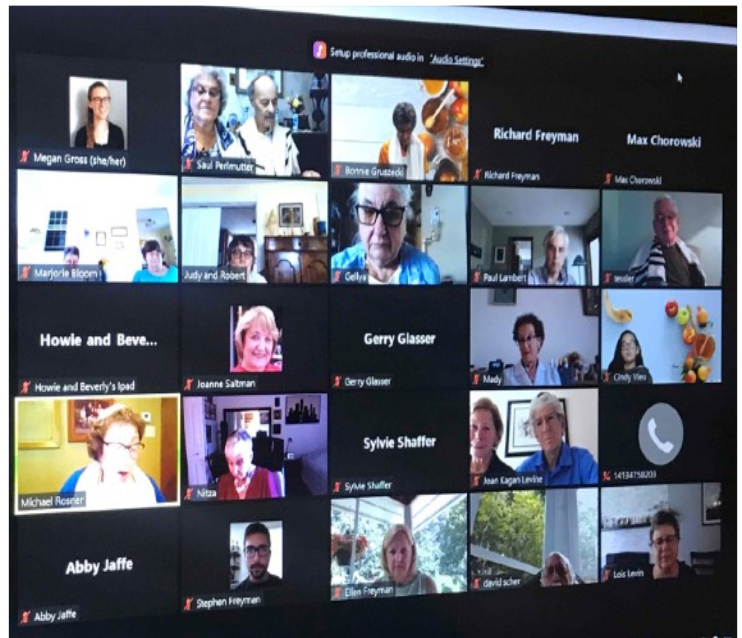
Saul and Bonnie reading the play during S'lichot Services (August 28, 2021)



Shoshana and Saul leading the text study on second day Rosh Hashanah (September 8, 2021)



Saul and Ariela blowing the shofar on Rosh Hashanah (September 7, 2021)



Rosh Hashanah Zoom Services (September 7, 2021)

Pictures

Provided by Joan Rosner

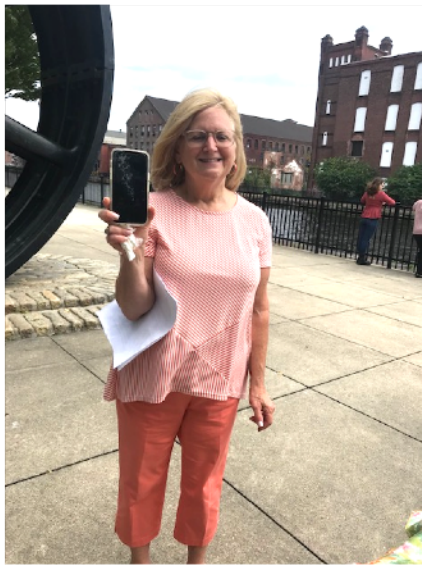


Play during S'lichot service
Rich Freyman, Old Jewish Lady
Andrea Fox, Rabbi
Bonnie Gruszecki, Narrator



With S'lichot High Holidays begin...

Tashlich at Heritage Park



Ellen Freyman recording
the service



Gail and George Baquis



Rich Freyman and Ira Laby

Pictures

Provided by Joan Rosner

Tashlich at Heritage Park



Rabbi Perlmutter, Judy Katz,
George and Gail Baquis



David Scher, Mady Schorsch
and Bentley

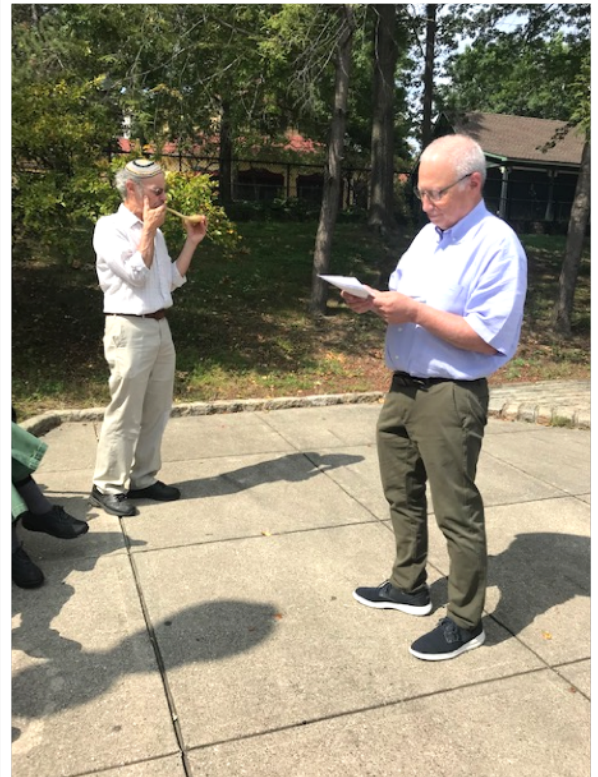


Michael Rosner and Lois Levin

Pictures

Provided by Joan Rosner

Tashlich at Heritage Park



Rabbi Perlmutter blowing the shofar

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