

*Emanuel Synagogue*



*Bulletin*



## SERVICE TIMES

Join us on Zoom, using the same link as all services: <https://zoom.us/j/6574911810>.

Please remember that we still have Evening Minyan Sundays through Thursdays at 8:00 pm, and Morning Minyan every Thursday at 8:30 am.



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## THIS MONTH'S EVENTS

Elul starts on the 9th

Rosh HaShanah starts the first week of Sept!



## *Rabbi's Rostrum*



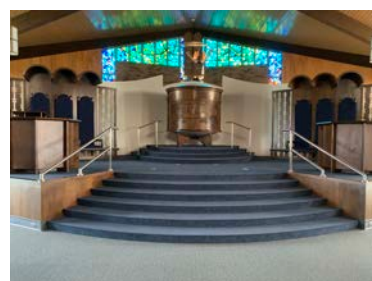
### Routine is an Important Next Step

Last month, we looked at Rebbe Nachman of Breslov and his ideas for raising himself out of depression, illness, and sad times in his life. His first step was always prayer. In Judaism, there are many words that can be translated as “prayer.” So, which kind of prayer, then, did Rebbe Nachman prescribe?

For the most part, our tradition assumes that we are always able to pray spontaneous prayers - individual, personal prayers uttered from the heart at times of great distress or at times of great elation. Rebbe Nachman writes about his own spontaneous prayers and times speaking to God directly from the heart. However, in this instance, Rebbe Nachman refers to two kinds of prayers while healing from physical or emotional distress: Psalms, and the routine daily prayers of Shema and Amidah. We looked at Psalms last month as a good way to express something that is

hard to put into words - using the beautiful poetry of King David to ask God for what we have been trying to request. Last month, I encouraged people to add Psalm 16 to their daily routine. This month, I encourage you to add Psalm 32 - the second step in Rebbe Nachman’s recommended series of restorative Psalms.

From our desire to ask for help and guidance comes a time when we can begin to help ourselves. This is the place of routine - of Shema and Amidah. Starting and ending each day with a few minutes of prayer can help us feel more like we are back to our old selves. This kind of routine is not easy for many people - it can be the hardest thing about the Jewish tradition for some people. Science has weighed in on the



benefits of establishing and sticking to a routine - calm, reduced stress, a better outlook, and in some cases, better overall health. Maybe this is why Rebbe Nachman encouraged people to reestablish a routine of prayer as soon as they are able after going through something difficult.

I would like to recommend that anyone who wants to feel a little more centered, a little calmer, and a little more “on track” should try saying Shema twice a day - after waking up, and before going to bed. Whether you choose to say the single verse of Shema, to include the first paragraph (Ve’Ahavta), or all three paragraphs of Shema - and regardless of what language you choose for reciting Shema, these few moments of contact with God and with Jewish tradition to start and end each day will help you feel a little more like things are running right. Maybe you’ll choose to add in Psalm 32, as well.

## A Serious Note

I hope that you have gained some benefit from these two bulletin articles about our slow progress back to what people insist on calling the “New Normal.” Whatever life will look like after we can finally call Covid-19 a distant memory, we are one step closer to that life every single day.

However, please do not let your guard down with regards to Covid-19 and the serious threat that it poses to your health, the health of your family, and the health of your community. Please keep washing your hands regularly, please wear a mask when it is necessary, and if you are able to do so safely, please get vaccinated.

כל ישראל.

ערבין זה בזה

All Jewish people are responsible for one another. We are all in this together.



**EMANUEL  
SYNAGOGUE  
BLOOM FAMILY  
SCHOOL  
2021-2022 (5782)  
SCHOOL YEAR**

# Principal's Podium



	Wednesday	August 11	Teacher In Meeting
1	Wednesday	August 18	FIRST DAY OF CLASS
2	Sunday	August 22	Hebrew School- First Sunday
3	Wednesday	August 25	Hebrew School
4	Sunday	August 29	Hebrew School
5	Wednesday	September 1	Hebrew School
	Sunday	September 5	NO SCHOOL- LABOR DAY WEEKEND
	Tue/Wed	September 7-8	ROSH HASHANA SERVICES
6	Sunday	September 12	Hebrew School
	Wed/Thurs	September 15-16	YOM KIPPUR SERVICES
7	Sunday	September 19	Hebrew School
	Wednesday	September 22	Sukkot (NO HEBREW SCHOOL)
8	Sunday	September 26	Hebrew School
	Wednesday	September 29	Simchat Torah (NO HEBREW SCHOOL)
9	Sunday	October 3	Hebrew School
10	Wednesday	October 6	Hebrew School
11	Sunday	October 10	Hebrew School
	Wednesday	October 13	FALL BREAK (NO HEBREW SCHOOL)
	Sunday	October 17	FALL BREAK (NO HEBREW SCHOOL)
12	Wednesday	October 20	Hebrew School
13	Sunday	October 24	Hebrew School
14	Wednesday	October 27	Hebrew School
15	Sunday	October 31	Hebrew School
16	Wednesday	November 3	Hebrew School
17	Sunday	November 7	Hebrew School
18	Wednesday	November 10	Hebrew School
19	Sunday	November 14	Hebrew School
20	Wednesday	November 17	Hebrew School
21	Sunday	November 21	Hebrew School
	Wednesday	November 24	THANKSGIVING BREAK (NO HEBREW S)
	Sunday	November 28	THANKSGIVING BREAK (NO HEBREW S)
22	Wednesday	December 1	Hebrew School and Hanukkah Party
	Saturday	December 4	HEBREW SCHOOL SHABBAT
23	Sunday	December 5	Hebrew School
24	Wednesday	December 8	Hebrew School
25	Sunday	December 12	Hebrew School
26	Wednesday	December 15	Hebrew School
	Sunday	December 19	WINTER BREAK (NO HEBREW SCHOOL)
	Wednesday	December 22	WINTER BREAK (NO HEBREW SCHOOL)
	Sunday	December 26	WINTER BREAK (NO HEBREW SCHOOL)
	Wednesday	December 29	WINTER BREAK (NO HEBREW SCHOOL)

	Sunday	January 2	Teacher In Meeting
27	Wednesday	January 5	Hebrew School
28	Sunday	January 9	Hebrew School
29	Wednesday	January 12	Hebrew School
30	Sunday	January 16	Hebrew School
31	Wednesday	January 19	Hebrew School
32	Sunday	January 23	Hebrew School
33	Wednesday	January 26	Hebrew School
34	Sunday	January 30	Hebrew School
35	Wednesday	February 2	Hebrew School
36	Sunday	February 6	Hebrew School
37	Wednesday	February 9	Hebrew School
38	Sunday	February 13	Hebrew School
39	Wednesday	February 16	Hebrew School
40	Sunday	February 20	Hebrew School
41	Wednesday	February 23	Hebrew School
	Saturday	February 26	HEBREW SCHOOL SHABBAT
42	Sunday	February 27	Hebrew School
43	Wednesday	March 2	Hebrew School
44	Sunday	March 6	Hebrew School
45	Wednesday	March 9	Hebrew School
46	Sunday	March 13	Hebrew School
	Wednesday	March 16	Purim Eve Services
	Sunday	March 20	SPRING BREAK (NO HEBREW SCHOOL)
47	Wednesday	March 23	Hebrew School
48	Sunday	March 27	Hebrew School
49	Wednesday	March 30	Hebrew School
50	Sunday	April 3	Hebrew School
51	Wednesday	April 6	Hebrew School
52	Sunday	April 10	Hebrew School
53	Wednesday	April 13	Hebrew School
	Sunday	April 17	PASSOVER (NO HEBREW SCHOOL)
	Wednesday	April 20	PASSOVER BREAK (NO HEBREW SCHOOL)
54	Sunday	April 24	Hebrew School
55	Wednesday	April 27	Hebrew School
56	Sunday	May 1	Hebrew School
57	Wednesday	May 4	Hebrew School
	Sunday	May 8	MOTHER'S DAY (NO HEBREW SCHOOL)
58	Wednesday	May 11	Hebrew School
59	Sunday	May 15	Hebrew School
60	Wednesday	May 18	Last Day of Hebrew School and Lag BaOmer Party
	Saturday	May 21	HEBREW SCHOOL SHABBAT



Dear Emanuel Family,

I am heading north on Colorado SH - 67. Three miles past a small trout fishing encampment, Deckers, is a sign reading Flying J Ranch with an arrow pointing towards a dirt path on the left known as the "Shelf Road." It is carved into the side of a mountain that leads to Ramah in the Rockies. As my car rattles and my bike shakes on the rack, I make my way up the "Shelf Road" to camp ready to work and excited to see two of our youth, Rowan and Leora Slater.

I pull into Ramockies, the camp's affectionate nickname, before the campers arrive for session 2A, and the staff is running around settling last minute details with an incredible frenetic energy. Rabbi Eliav and Avram Pachter grab me, test me for Covid, and put me to work in the kitchen. I am immediately part of the staff.

Within the hour the buses full of campers begin to arrive just outside the dining hall. The counselors form a human tunnel, cheering each camper as they jump off the bus (I can only assume there are big smiles hiding under each mask). The happy eyes suddenly change as the medical staff announces the Covid testing

protocols, but soon kids start bouncing out of the infirmary with negative tests. The cheers, laughing, screaming, and joy returns when it is official that all new entries to the camp have tested negative. Let the fun begin.

Shabbos at any Jewish camp is a special time. The community the campers and staff create is unique to each session and each summer. On our campers first Shabbos in the Rockies, I give Rowan and Leora a package of Oreos to share with their tent buddies and spend a little time checking in on their week.

As Sunday approaches, the many campers are getting ready for their hiking, camping, biking, or other excursion out of the main camp area. Due to Covid safety protocols, the overnights are on the grounds of the camp or in very remote areas nearby.

On Monday morning the camp is full of anticipation as the groups begin to depart on their adventures. Although the youngest campers and much of the staff remain, it is quiet at the base camp. By Tuesday, the group left behind cannot wait for the different groups to return to tell stories and create the next Shabbos. I am enjoying the slowdown in the kitchen, knowing I will not be nearly as exhausted at night.

The second Havdalah is bittersweet. It marks the end of a beautiful Shabbos, the end of my time this year at Ramockies, and a return home (I am ready). I now know how my kids feel when they say, "I am on an eleven month Masa (trip) away from Ramockies."

See you around the Shul  
Jeff Goss  
Youth Director



## ***YOU CAN NOW ORDER SHABBAT CHALLAHS!***

**ORDER CHALLAHS FOR AN  
ENTIRE MONTH OF SHABBATS  
FOR YOUR FAMILY.**

Orders will be limited to 4 per  
family and are \$ 5 per Challah  
Totalling \$20 per month.

### **Sisterhood Gift Shop**

Buy your Bar & Bat Mitzvah, Wedding, and Baby Gifts. Plus, Yahrzeit and Shabbos candles, Jewelry, pottery and so much more.





We would like to say  
“Thank you” for  
your donations to  
our wonderful  
Memorial Book and  
to the men’s club  
membership.

Ari Klein  
Men’s Club  
President

**Men's Club**  
Emanuel Synagogue



The Mens Club is raising money for a new Sukkah. We are looking for donations to build a new sukkah. Please donate at the bellow address;

[www.emanuelokc.org/sukkah-gazebo.html](http://www.emanuelokc.org/sukkah-gazebo.html)



### AUGUST ANNIVERSARIES

- 2 Barry & Pam Thurman
- 8 Drs. David J. Katz & Glynnis B. Ingall  
Rabbis Abby Jacobson & Juan Mejia
- 10 Fred & Arlette Poplin
- 13 Louis & Marcy Price
- 15 Marc Levine & Ronnie Grinberg
- 17 Dr. Robert & Carol Epstein
- 18 Tom & Debra Carlson
- 27 Larry & Ronna Davis  
Lawrence & Tina Rothblum
- 31 Scott & Stephanie Nachatilo



### AUGUST BIRTHDAYS

- 2 Dr. Roberta Sloan
- 5 Donna Graham  
Bill Marwil  
Lois Pendergraft
- 8 Dorothy Cohen  
Bryson Green
- 14 Don Smith
- 18 Valerie Beasley
- 20 Robyn LeFever  
Mark Lunsford  
Diane Rubin
- 22 Zinnia Marrs Steele
- 23 Irene Silberg
- 24 Ariel Lavendar-Smith  
Kyle Logsdon
- 25 Tabitha Cooke
- 27 Larry Davis  
Dr. Glynnis B. Ingall
- 30 Ari Klein
- 31 Lloyd Magner



## *In Memory Of Our Loved Ones*

**ROBERT BLOCK**

Dr. Naomi Esmon

**PHILIP BLUM**

Phil & Janelle Kopp

**HELEN COTTEN**

Verne & Margaret Cotten

**ELEANOR COHEN**

Murray & Sharon Cohen

**MATILDA COHEN**

Dr. Martin & Laura Levine

**JOAN RUTH EPSTEIN**

Dr. Robert H. & Carol  
Epstein

Dr. S. Wachtenheim

**PHYLLIS JOAN  
EPSTEIN**

Dr. Robert H. & Carol  
Epstein

Ronald & Heane Epstein  
Jean Kirk & Gail Winter  
Gail Meltzner

Eleanor Miller

Dr. Michael & Diane  
Robinson

Dr. Mark & Debra Wolraich

**LISA ANNE FOGLE**

Karin Kruger

**MARVIN GERSON**

Gail Meltzner

**LARRY GRAHAM**

Don Goldstein

Dr. Martin & Laura Levine

Elaine Weise

**DAVID HAMRIC**

Pamela Thurman

**BRETT SHALOM  
KANTER**

Fred & Arlette Poplin

**SYDNEY KOWALOFF**

Dr. Mark & Debra Wolraich

**RACHMIL KURLENDER**

Anita Barlow

**IAN LEVINE**

Dr. Martin & Laura Levine

**JERRY MCDANIEL**

Richard & Louise Fritz

**HERMON MERSON**

Harry & Hedra Merson

**ROSE MILLER**

Eleanor Miller

**MARTIN RICH**

Dr. Michael & Diana  
Robinson

**IRENE SIEGAL**

Don Goldstein

**DR. PAUL SILVERSTEIN**

Dr. Michael & Diana  
Robinson

**DR. LEONARD SLATER**

Dr. Robert B. & Phyllis  
Epstein & family

Eleanor Miller

Loren & Julie Plotkin

Dr. Mark & Debra Wolraich

**FREDRIQUE STORY**

Karin Kruger

**ROBERT J. STORY**

Karin Kruger

**SIGNE LYNN  
THOMPSON**

Karin Kruger

**OMAR TRINIDAD**

Levi Aroch & Ana Reyes

**PAUL WEISE**

Elaine Weise

**MICHAEL JOEL WEISS**

Drs. Stephen & Roberta  
Sloan

**REBECCA YOURMAN**

Mark & Janet Price



## *With Affection We Recall...*



**Sunday, August 1,  
23 Av**

Ollie Friedman  
Rivkah Groman

**Monday, August 2,  
24 Av**

Harry Hirsh  
Darrel Poplin  
Herman Joseph Roodman

**Tuesday, August 3,  
25 Av**

Grace Sparks  
Mary Lee Waintroob

**Wednesday, August 4,  
26 Av**

Ethel Goldstein

**Friday, August 6,  
28 Av**

Charles Kopp

**Sunday, August 8,  
30 Av**

Anna Colodesch

**Monday, August 9,  
1 Elul**

Ida Rozin

**Tuesday, August 10,  
2 Elul**

Charles Hooper

**Thursday, August 12,  
4 Elul**

Louis Chuver  
Blake Cowden  
Leo Polen  
Jerome Shless  
Leona Trachtenberg

**Friday, August 13,  
5 Elul**

Dr. Sidney M. Gardner  
Devorah Kurlender  
Yocheved Weisbaum

**Sunday, August 15,  
7 Elul**

Millie Levin

**Monday, August 16,  
8 Elul**

Anne Belson  
Hyman Stolove

**Tuesday, August 17,  
9 Elul**

Rabbi Abram Granison

**Wednesday, August 18,  
10 Elul**

Charles Fagin  
Rita Moskowitz

**Friday, August 20,  
12 Elul**

Richard Epstein  
Billy Smith

**Saturday, August 21,  
13 Elul**

Yoel Dov Kurlender

**Sunday, August 22,  
14 Elul**

Morris Krasnow

**Monday, August 23,  
15 Elul**

Deanna LaCerra  
Diana Muss

**Tuesday, August 24,  
16 Elul**

Lena Bendorf  
Aaron Slutzky

**Thursday, August 26,  
18 Elul**

Abe Cohen

**Friday, August 27,  
19 Elul**

Frumeh Sarah Emmer  
Mary Stavinsky

**Saturday, August 28,  
20 Elul**

Bessie Slutzky

**Sunday, August 29,  
21 Elul**

Abraham Redlich

**Monday, August 30,  
22 Elul**

Lucy Schneider

**Tuesday, August 31,  
23 Elul**

Sam Wasserman



תודה

רבה

**TODA RABAH**

## *Donation to*

***We would like to thank everyone for  
all your wonderful donations to the  
Mikveh remodel project.***

### ***Donation to Rabbi's Discretionary Fund***

Dr. Robert B. Epstein

Elaine Weise

### ***Donation to Cemetery Fund***

Bernard Backer

Eleanor Miller

### ***Mazel Tov to Davis & Jennifer Dennis on birth of triplets***

Dr. Michael & Diana Robinson

### ***In Honor of Rabbi Abby***

**Jacobson good works**

Dr. Robert B. Epstein & Family

### ***General Donation***

Bernard Backer

Martha Rubio

## ***CONGREGANTS ASSISTANCE FUND***

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Elaine Weise

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Dr. Mark & Debra Wolraich

