

# THE KEHILLA

VOLUME 4

ISSUE 9

SEPTEMBER 2008

ELUL 5768



Contributors to the Mt. Sinai Sisterhood High Holyday Journal will be receiving their copy soon. This is our second largest fund raiser behind the See's candy sale. Greetings are sold for \$10, in honors or in memories are \$7 for the first name or event, and \$2 for each additional item. If you missed the opportunity to place a greeting and would like a copy of the journal they are available for \$5.

Round challahs for Rosh Hashanah are available from the Sisterhood for \$6.00 per loaf.

Rabbi Moon will be in Cheyenne from Sunday, September 28th through Wednesday, October 1

## Rosh Hashanah

|                                     |                       |
|-------------------------------------|-----------------------|
| <b>Erev Rosh Hashanah</b> . . . . . | Monday, September 29  |
| Candle Lighting                     | 6:26 p.m.             |
| Evening Service (Maariv)            | 7:00 p.m.             |
| <b>First Day</b> . . . . .          | Tuesday, September 30 |
| Morning Service (Shacharit)         | 9:00 a.m.             |
| Tashlich                            | 6:30 p.m.             |
| Evening Service (Maariv)            | 7:00 p.m.             |
| <b>Second Day</b> . . . . .         | Wednesday, October 1  |
| Morning Service (Shacharit)         | 9:00 a.m.             |



## Shabbat Shuvah

|                             |           |
|-----------------------------|-----------|
| <b>Friday</b> . . . . .     | October 3 |
| Candle Lighting             | 6:19 p.m. |
| Services                    | 7:00 p.m. |
| <b>Saturday</b> . . . . .   | October 4 |
| Morning Service (Shacharit) | 9:00 a.m. |

## Yom Kippur

**Erev Yom Kippur** . . . . . Wednesday, October 8

Cemetery visits will be at 3:00

Candle Lighting 6:11 p.m.

Kol Nidre 7:00 p.m.

**Yom Kippur Day** . . . . . Thursday, October 9

Morning Service (Shacharit) 9:00 a.m.

Yizkor 11:30 a.m.

Mincha 4:00 p.m.

Ne-ilah 5:45 p.m.

Sisterhood "Break-the-fast" immediately follows service

## Succoth

**Erev Succoth** . . . . . Monday, October 13

Candle Lighting 6:03 p.m.

Evening Service 7:00 p.m.

**First Day** . . . . . Tuesday, October 14

Morning Service 9:00 a.m.

Candle Lighting 6:02 p.m.

Evening Service 7:00 p.m.

**Second Day** . . . . . Wednesday, October 15

Morning Service 9:00 a.m.

**Hoshana Rabba** . . . . . Monday, October 20

Candle Lighting 5:53 p.m.

**Shemini Atzereth** . . . . . Tuesday, October 21

Morning Service 9:00 a.m.

Yizkor 10:45 a.m.

**Erev Simchat Torah** . . . . . Tuesday, October 21

Candle Lighting 5:54 p.m.

Evening Service 7:00 p.m.

(Hakafot - Procession of Torah Scrolls)

**Simchat Torah** . . . . . Wednesday, October 22

Morning Service 9:00 a.m.

**BEA MONTROSS'S DANCE CLASS  
SUNDAY AT 1:30 P.M.**



### Arinna's Arena

Dear Congregants,

It's hard to believe that the High Holy Days are around the corner. After all, we just finished Frontier Days and the Botanic Gardens are in full bloom. Yet, at the end of this month we begin the Ten Days of Awe and the start of a new year. It is a time to look back on what we have accomplished, acknowledge what we weren't able to complete, and rededicate ourselves to the task of *teshuvah*. It is also an opportunity to look forward and imagine what we want our lives to look like in the coming year. In short, this is our chance to take stock of our lives, our personal goals, and perhaps most importantly, the quality of our relationships.

Hopefully, many of us will take the opportunity to scrutinize the way in which we relate to the people around us and acknowledge that some of those relationships are difficult. As much as we like to think that it is all the other person's fault, the truth is that it takes two to make or break a relationship. If we are really honest about it, we may regret the words we spoke harshly, the fight we picked, the comeback we didn't hold in check. Anger is often a cover for the deeper feelings of hurt or embarrassment that are underneath. Admitting to those feelings can be a humbling experience.

As much as words can hurt however, they can also heal. Seeking forgiveness when we have done something wrong and granting forgiveness when it is requested of us can repair a relationship that is broken. God does not grant us atonement for wrongs we committed to another person. We must take the responsibility to correct the matter ourselves. People naturally respond to kindness. While our pride may offer up resistance, in truth it is far easier to be at peace with someone than to expend the energy it takes to keep that person at arm's length.

It is doubtful that we will get along equally well with everyone we meet. The goal is not to be a perfect person. The real work is the process not the goal. What does count though is our *kavannah*, our intentions. When the focus is on opening up our hearts, then we make it possible to truly connect in a meaningful way. And when that happens we create a spark of holiness.

May this year bring us showers of beautiful sparks as we work together to strengthen our community.

*L'shanah tovah u'metukah.* May you have a good and sweet year.

Rabbi Arinna Moon

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This 'n That

By Roz Kaufman

Sorry to hear about Harriet Gardner's accident. Mend, friend.

Joe Gardner is back in the hospital again this time with pneumonia. Get well soon.

Agnes and Lester Weinstein are off to Marine Corps reunion in Oklahoma City.

We welcome a new member to the congregation: Lt. Michael Sherman as a liaison at Warren Air Force Base We enjoy his presence at Sabbath services.

Stuart Levin in Cheyenne visiting his mother, Rose Levin.

Roz Kaufman's granddaughter Geordin Perlman spent last Wednesday with grandma. She was on her way to Buffalo NY on business

Off for a few days in Las Vegas and some shows Roz Baker and friend

Here for Rosh Hashonah are Howard and Lila's son and daughter-in-law Neal and Alison from Westminster, CO

Zolie and Helen off to Portland for the holiday to spend time with Berry and family and to meet Helen's great-granddaughter, Noelle Rose

The new adult education class "Introduction to Judaism is scheduled for Sunday, Sept. 28 at 3:00 at the synagogue. The Rabbi will discuss "The calendar and the Sabbath". Class is open to all. This is one of the 20 topics for the coming season.

The Irwin Pasternacks, working in conjunction with their Phoenix rabbi and the Watkins Glass Co. of Denver are in the process of finalizing the art work for four stained glass windows in the "Women of the Bible" series in the social hall. Installation is expected in the spring.

It is customary to visit the cemetery during the holiday season and to contribute for the upkeep of the grave sites. Label your check "cemetery fund" and mail it to box 1012.



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I would like to make the following donation to Mt. Sinai Congregation:

My name \_\_\_\_\_

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

anniversary • birth • graduation • appreciation • birthday • marriage • bar or bat mitzvah

The contribution amount \_\_\_\_\_

Make checks payable to Mt. Sinai Congregation and mail to P.O. Box 1012, Cheyenne, WY 82003

The following is a list of funds to which contributions can be made. Please circle your choice.

B'nai B'rith • Gift Shop • Library • Yiddish Food Festival • Rabbi Fund • Rabbi's Discretionary Fund

Endowment Fund • Trust Fund • Building Fund • Cemetery Fund • Uri Neil Window Fund

Other \_\_\_\_\_

Please send acknowledgment to \_\_\_\_\_

To donate to Sisterhood, Hadassah, or Jewish Women International contact Lila Gallensky.



## Recent Donors

*Thank You*

*Thank You*

*Thank You*

*Thank You*

*Thank You*

*Thank You*

*Thank You*

*Thank You*

*Thank You*

*Thank You*

*Thank You*

*Thank You*

Dan & Sue Dyer in memory of Libby Weinstein  
David Friedberg tzadakah  
Howard Gallensky in memory of Liza Bassow  
Don & Helen Gerstein travelers aid fund  
Marv & Millie Goldhammer dues  
Rose Levin in memory of Sara Goldstein & Joe Goldstein  
Elka Jaross in memory of mother, Sylvia Menkin  
Roz Kaufman in memory of mother, Minnie Wolf  
Babs Klein in honor of her mother, Irene  
Babs Klein in memory of loved ones  
Rose Levin cemetery donation  
Dr. Harlan Ribnik  
Patrick Vann in honor of a great crop  
Patrick & Chris Vann in honor of daughter, Bonnie Vann getting a great job  
Patrick & Chris Vann in honor of daughter, Bonnie Vann's graduation from college  
Patrick Vann in honor of wife, Chris Vann being cancer free  
John & Margaret Veta cemetery donation  
John & Margaret Veta in memory of Louis Veta  
John & Margaret Veta in memory of Leo Veta  
John & Margaret Veta in memory of Miles Kline  
John & Margaret Veta in memory of Isaac Goldberg  
Jeff & Mary Weinstein in memory of sister, Libby  
Steve & Esther Weinstein in memory of sister, Libby Weinstein  
Marv & Dorothy Wolf in memory of her mother, Esther Cohen  
Marv & Dorothy Wolf  
Helen Zigmond in memory of Elizabeth Zigmond

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When sending out your holiday cards don't forget to send one to:

Uri Neil  
12710 Lost Canyon Trail  
Parker, CO 80134

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## October Birthdays

Kelly McLoud  
Dorothy Feldman  
Helen Zigmond  
Jeff Weinstein

## October Yahrzeits

|                         |                          |             |
|-------------------------|--------------------------|-------------|
| Friday, October 3 ~     | Georgette Silverblatt    | ~ 4 Tishri  |
| Sunday, October 5 ~     | Anna Shuman              | ~ 6 Tishri  |
| Monday, October 6 ~     | Irwin Ginsberg           | ~ 7 Tishri  |
| Tuesday, October 7 ~    | Lee Seid                 | ~ 8 Tishri  |
| Tuesday, October ~      | Gertrude Shapiro         | ~ 8 Tishri  |
| Wednesday, October 8 ~  | Dudy Weinstein           | ~ 9 Tishri  |
| Wednesday, October 8 ~  | Ida Kline Siegal         | ~ 9 Tishri  |
| Thursday, October 9 ~   | Mordecai Smith           | ~ 10 Tishri |
| Thursday, October 9 ~   | Sarah Smith              | ~ 10 Tishri |
| Thursday, October 9 ~   | Joseph Lindenfeld        | ~ 10 Tishri |
| Thursday, October 9 ~   | Joseph Feder             | ~ 10 Tishri |
| Thursday, October 9 ~   | Rachel Feder             | ~ 10 Tishri |
| Thursday, October 9 ~   | Etta Kline               | ~ 10 Tishri |
| Fridayday, October 10 ~ | Harry P. Smith           | ~ 11 Tishri |
| Fridayday, October 10 ~ | Norman Udewitz           | ~ 11 Tishri |
| Sunday, October 12 ~    | Tabor Ratner             | ~ 13 Tishri |
| Monday, October 13 ~    | David M. Kantor          | ~ 14 Tishri |
| Monday, October 13 ~    | Henry Samuel Ross        | ~ 14 Tishri |
| Monday, October 13 ~    | Dorothy Schwartz         | ~ 14 Tishri |
| Tuesday, October 14 ~   | Esther Green             | ~ 15 Tishri |
| Wednesday, October 15 ~ | Abraham Rice             | ~ 16 Tishri |
| Thursday, October 16 ~  | Charles Itzkovitch       | ~ 17 Tishri |
| Fridayday, October 17 ~ | Harold Ghelber           | ~ 18 Tishri |
| Fridayday, October 17 ~ | Jennie Bronstein         | ~ 18 Tishri |
| Fridayday, October 17 ~ | Hyman R. Cohen           | ~ 18 Tishri |
| Saturday, October 18 ~  | Esther Davidson          | ~ 19 Tishri |
| Saturday, October 18 ~  | Louis Shapiro            | ~ 19 Tishri |
| Sunday, October 19 ~    | Sarah L. Wolinsky        | ~ 20 Tishri |
| Monday, October 20 ~    | Shirley Quiat            | ~ 21 Tishri |
| Monday, October 20 ~    | Jane Rothman             | ~ 21 Tishri |
| Tuesday, October 21 ~   | William Veta             | ~ 22 Tishri |
| Wednesday, October 22 ~ | Louis Pasternack         | ~ 23 Tishri |
| Wednesday, October 22 ~ | Edith Udevitz            | ~ 23 Tishri |
| Fridayday, October 24 ~ | Samuel Cohen             | ~ 25 Tishri |
| Saturday, October 25 ~  | Ida Pasternack           | ~ 26 Tishri |
| Saturday, October 25 ~  | Millie Levitt            | ~ 26 Tishri |
| Saturday, October 25 ~  | Joseph T. Rice           | ~ 26 Tishri |
| Sunday, October 26 ~    | Max Wolf                 | ~ 27 Tishri |
| Sunday, October 26 ~    | Zola Corinne Anderson    | ~ 27 Tishri |
| Tuesday, October 28 ~   | Morris Kramish           | ~ 29 Tishri |
| Wednesday, October 29 ~ | Leah Shupe               | ~ 30 Tishri |
| Wednesday, October 29 ~ | Anna Zinn Goldberg       | ~ 30 Tishri |
| Thursday, October 30 ~  | Reba Vissenberg          | ~ 1 Heshvan |
| Thursday, October 30 ~  | Richard Everette Mudrow  | ~ 1 Heshvan |
| Fridayday, October 31 ~ | Sylvia Weinstein Winston | ~ 2 Heshvan |

