Shana Tova from our clergy, school directors, and administrative staff!

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Life is a journey. As we wake each morning, we are blessed to be able to move into a new day, take another step on our journey, and live the best that we can.

As summer draws to a close and fall creeps closer, pool time comes to an end, the long days of summer are shortening, and the sense of freedom that comes with the carefree summer ebbs away. We move forward into a new year of school, another year in our careers, and brace for all that is in front of us. We should be excited with all the newness and possibility, and yet there is also a sense of sadness as we say goodbye to what has been. And a sense of fear, of what may lie ahead. This is the journey of our lives.

Also, in this season we have a spiritual journey lying just in front of us. The Holy Days beckoning us to plug in, check into our souls, and set a course for new destination, new ways of encountering our world, and new approaches to faith.

As I write this article, I take into account what a blessing it is to be alive to return to this season again this year, and what a blessing it is that you too are alive able to refresh and renew for the journey of this new year. I recognize the past year has not always been easy, has not always seen us acting the best we can. The lack of civil discourse in everyday conversation, the chaos in the news cycle, the incidents of violence, anti-Semitism, and racism has anxiety levels peaked and sadness palpable every day. I hear all of these kinds of worries as I interact with members of our community, and I do know these raw feelings to be so very real. For this I am sorry. I want to say, we hear you. We know. It is hard.

I also recognize that life is a journey, a sacred pilgrimage, so along with the tough that we interact with, the pain, we too must recognize the good, the areas that bring us hope. As we march into this season of reflection, I remain hopeful that we will remember from this past year the moments of joy that we felt, the times of laughter, the times we felt love. And let these moments, lift our souls and help us direct our course for the year ahead. This year I do pray that we may recognize our difficulties, adjust our sails, to do better, and set our new course on this journey of life with hope as our navigation tool.

This year at TBH you will find our staff’s signature lines to read מסעי טובים maasaim tovim. This is a blessing for good journeys. Our theme for the year is to note that we are all on journeys.

Journeys to challenge ourselves in new areas of learning, journeys for striving forward in building character strengths, journeys to recognize that not all things come easily and much takes hard work. We will look at journeys towards being a better friend, creating a better world-one we wish to inhabit, and living our life in a way that matches our values.

Judaism has always recognized that life is journey. We know of Abraham's spiritual journey, Jonah's journey to the pit deep down in the depths of the ocean before he could move forward. We know of our core narrative as a people; of our journey from slavery to freedom. We know of our time in Golden Spain and then expulsion which pushed us further on our journey. And yet we persist as a people. We are here and constantly on a journey. As a people and as individuals, we learn from our past and set a new course each and every year.

We hope you will join us on good journeys in this year ahead. Taking time to engage in the High Holy Days and nurturing your spiritual self. Taking time on this journey to learn with us, hike with us, take a course in mussar – a chance to dive deeper into personal character strengths or learning with one of our guest scholars. Journey with us towards repairing our world by serving others through our food pantry or with PATH, by advocating for our values with our Social Justice Shabbaton and Caring Across Generations, or by volunteering with our Moses Program.

Just as we invest time in planning for a big trip, I encourage each of us to invest in ourselves. Life is a journey, and while we have this precious gift let us invest in it.

Wishing us all maasaim tovim – blessings on our journeys!
SHABBAT & HOLIDAY OBSERVANCES

September

Saturday, Sept. 1
10:00am
Bat Mitzvah of Audrey Engman

S'LICHT
See full High Holy Days schedule on page 4.

SHABBAT, SEPT. 7-8
Torah Portion:
Nitzavim, Deuteronomy 29:9-30:20

Friday, Sept. 7
7:00pm
Erev Shabbat Service
Join us in the Kaufman Beit Midrash for services led by Rabbi Steinman and Cantor Fox. We’ll be sounding the shofar in preparation for High Holy Days. Oneg to follow.

Saturday, Sept. 8
9:00am
Shabbat Hike & Meditation
See full High Holy Days schedule on page 4.

ROSH HASHANAH
SEPT. 9-10
See full High Holy Days schedule on page 4.

SHABBAT, SEPT. 14-15
Torah Portion:
Vayelech, Deuteronomy 31:1-31:30

Friday, Sept. 14
7:00pm
Erev Shabbat Service
Join us in the Kaufman Beit Midrash for services led by Rabbi Hronsky and Visiting Cantor Linsky. Birthday blessings will be shared. Oneg to follow.

TASHLICH & HAVDALAH
SEPT. 15
See full High Holy Days schedule on page 4.

YOM KIPPUR
SEPT. 18-19
See full High Holy Days schedule on page 4.

Thursday, Sept. 20
6:00pm
Sukkah-Putta-Uppa
See full High Holy Days schedule on page 4.

SHABBAT, SEPT. 21-22
Torah Portion:
Ha'azinu, Deuteronomy 32:1-32:52

Friday, Sept. 21
7:00pm
Erev Shabbat Service
Join us in the Bauman Sanctuary for services led by Rabbi Hronsky and Cantor Fox. Oneg to follow.

Saturday, Sept. 22
4:00pm
Moses Program
A special outreach to Jews with disabilities.

5:00 p.m.
Bar Mitzvah of Alyssa Schlaifer

SUUKOT
SEPT. 23-30
See full High Holy Days schedule on page 4.

SHABBAT, SEPT. 28-29
Friday, Sept. 28
5:45pm
Shabbat Nosh

6:00pm
Kabbalat Shabbat Service
Join us for this musical service led by Rabbi Hronsky with Song Leader Strauss. Followed by a potluck lunch in the Lower Lobby.

Saturday, Sept. 29
10:00am
Bat Mitzvah of Maya Sullivan

SIMCHAT TORAH
SEPT. 30
See full High Holy Days schedule on page 4.

October

Monday, Oct. 1
9:00 a.m.
Sukkot Yizkor Service
Service held in the Bauman Sanctuary.

SHABBAT, OCT. 5-6
Torah Portion:
B’reishit, Genesis 1:1-6:8

Friday, Oct. 5
6:00pm
Tot Shabbat
Join us for services led by Rabbi Steinman and Cantor Fox. Oneg to follow.

7:00pm
Erev Shabbat Service
Join us in the Bauman Sanctuary for services led by Rabbi Steinman and Cantor Fox. Oneg to follow.

Saturday, Oct. 6
10:00am
Bar Mitzvah of Matthew Chasek

SHABBAT, OCT. 12-13
Torah Portion:
Noach, Genesis 6:9-11:32

Friday, Oct. 12
7:00pm
Erev Shabbat Services
Join us in the Bauman Sanctuary for services led by Rabbi Hronsky and Song Leader Strauss. Followed by a potluck lunch in the Lower Lobby.

Saturday, Oct. 13
5:00pm
Bar Mitzvah of Gabriel Rubin

SHABBAT, OCT. 19-20
Torah Portion:
Lech-Lecha, Genesis 12:1-17:27

Friday, Oct. 19
7:00pm
Erev Shabbat Services
Join us in the Kaufman Beit Midrash for services led by Rabbi Hronsky and Song Leader Alpert. Oneg to follow.

Saturday, Oct. 20
10:00am
Shabbat Morning Minyan
Join us in the Kaufman Beit Midrash led by Rabbi Steinman with Music Leader Strauss. Followed by a potluck lunch in the Lower Lobby.

4:00pm
Moses Program
A special outreach to Jews with disabilities.

5:00pm
Bar Mitzvah of Andrew Gamm

SHABBAT, OCT. 26-27
Torah Portion:
Vayera, Genesis 18:1-22:24

Friday, Oct. 26
6:00pm
Kabbalat Shabbat Services
Join us in the Bauman Sanctuary for services led by Rabbi Hronsky and Song Leader Stein.

7:00pm
Shabbat Dinner
Join us in the Sands-Mallet Social Hall for dinner. RSVP at bethhillel.info.

8:00pm
Program: #whatrabbisdo
Rabbis serve the community in a variety of capacities. Come and hear from some of the amazing rabbinic leadership in the city of Los Angeles including: Rabbi Karen Fox and Rabbi Karen Bender.

Congrats to our September/October B’nei Mitzvah!

September 1
Audrey Engman, daughter of David and Luz Engman

September 22
Alyssa Faith Schlaifer, daughter of Lori Schlaifer and Alan Schlaifer

September 29
Maya Sullivan, daughter of Gene and Dana Sullivan

October 6
Matthew Chasek, son of Dan and Andrea Chasek

October 13
Gabriel Rubin, son of Joe and Rebecca Rubin

October 20
Andrew Gamm, son of Larry and Sarwi Gamm
High Holy Days Observances

Our Temple Beth Hillel Adult Choir will sing at all Adult Services.

All services will be held in the Rabbi Morton A. Bauman Sanctuary & Sands-Mallet Social Hall unless otherwise noted.

1. The Shofar is sounded on Four Friday Nights
   August 17, August 24, August 31 & September 7—It is customary to sound the shofar during the 30-day period prior to Rosh Hashanah to remind us to prepare for the Holy Days. We shall hear the shofar melodies.

2. Slichot Service
   Saturday, September 1
   Service of Prayer and Preparation for the Holy Days
   7:00pm—Study with TBH clergy in preparation of High Holy Days in the Kaufman Beit Midrash.
   8:30pm—Dessert Reception on the Upper Patio.
   9:00pm—Slichot Service led by Rabbi Hronsky, Rabbi Steinman, Cantorial Soloist Steinman, and Adult Choir in the Bauman Sanctuary.

3. Shabbat Reflection Hike
   Saturday, September 8
   9:00am—A walking journey inward to check in with ourselves before the holy days. Meet at the carousel at Griffith Park. Enjoy a trail hike with slight incline with a short guided meditation led by Rabbi Hronsny.

4. Rosh Hashanah Eve
   Sunday, September 9
   7:30pm—Worship will be led by Rabbi Hronsny, Rabbi Steinman, Cantorial Soloist Steinman, and the Adult Choir, and festive band. Oneg to follow sponsored by the TBH Board of Trustees.

5. Rosh Hashanah Day
   Monday, September 10
   Tot Service
   8:30-9:00am—Tot Services (Kinder & Younger)
   In the Bauman Sanctuary, led by Rabbi Hronsny and Rabbi Steinman.
   Morning Service
   9:30am—Service led by Rabbi Hronsny, Rabbi Steinman, Cantorial Soloist Steinman, and the High Holy Day Choir.

   Youth & Family Service (1st-4th grades)
   1:00-2:30pm—A High Holy Day experience for our youth and their families, led by Rabbi Hronsny, Rabbi Steinman, and Cantorial Soloist Steinman.

6. Tashlich & Havdalah at the Beach
   Saturday, September 15
   4:00pm—Gathering starts, feel free to bring a picnic and enjoy community. To be held at Will Rogers State Beach – Tower 8.
   6:00pm—Tashlich & Havdalah service with Temple Beth Hillel and Congregation Kol Ami, led by Rabbi Hronsky, Rabbi Steinman, Rabbi Eger, and Cantorial Soloist Steinman.

7. Yom Kippur Eve—Kol Nidre
   Tuesday, September 18
   7:30pm—Service led by Rabbi Hronsky, Rabbi Steinman, Cantorial Soloist Steinman, and the High Holy Day Choir.

8. Yom Kippur Day
   Wednesday, September 19
   Tot Service
   8:30–9:00am—Tot Services (Kinder & younger)
   In the Bauman Sanctuary, led by Rabbi Hronsny and Rabbi Steinman.
   Morning Service
   9:30am—Service led by Rabbi Hronsny, Rabbi Steinman, Cantorial Soloist Steinman, and the High Holy Day Choir.
   Youth & Family Service (1st-4th grades)
   1:00–2:30pm—A High Holy Day prayer experience for our youth and their families, led by Rabbi Hronsny, Rabbi Steinman, Cantorial Soloist Steinman, and HRTY teens.
   2:00–2:45pm—High Holy Days Discussion with Chaplain Barbara Singer in the Fybel Learning Lab/Room 26.

2:00–3:30pm—12-Step Service: “Choose Life” in the Feldman-Horn Mercaz.
2:45–3:45pm—Guided Jewish Meditation with Howard Blumenfeld, in the Kaufman Beit Midrash.

Yizkor Memorial Service—Afternoon and Neilah Concluding Services
   4:00–7:00pm—with Rabbi Hronsny, Rabbi Steinman, Rabbi Emeritus Kaufman, Cantorial Soloist Steinman, and the High Holy Day Choir.
   7:15pm—Break Fast: challah, juice, apples, and honey sponsored by TBH Brotherhood on the Upper Patio.

9. Sukkot and Simchat Observances
   Thursday, September 20
   6:00pm—Sukkah-Putta-Uppa—TBH Brotherhood invites all members and their children for pizza and “Sukkah-Putta-Uppa” on the Upper Yard.
   Sunday, September 23
   Sukkah Festivities
   4:00–5:30pm—Family Drum Circle and Sukkah Blessings on the Upper Yard.
   7:00pm—Sushi & Sapporo in the Sukkah—An adult evening of socializing, text study, and blessings in the sukkah with our clergy.

Simchat Torah and Consecration Service
   Sunday, September 30
   4:00–5:00pm—Family Education Activities learning for all ages and open to all hosted by TBH Religious School.
   5:00–6:30pm—Food trucks and bring your own picnic on the Upper Yard.
   6:30pm—Consecration and Simchat Torah celebration in the Bauman Sanctuary with Rabbi Hronsny, Rabbi Steinman, Song Leader Stein, and festive band.

Sukkot Yizkor Service
   Monday, October 1
   9:00am—Service held in the Bauman Sanctuary.

Service Notes
Tickets for Rosh Hashanah and Yom Kippur services are available through the Temple office. Call (818)763–9148 to get in touch with our office.

*Youth Programming is offered for indicated services. Reservations are required—please see the “Youth Programming Request Form” and the "HHD Name Badge Request Form."
As a part of High Holy Day observances, we require everyone (adults and children) to bring their personalized “name-badge” tickets with them to all services.

Adults are also required to bring a valid photo ID.

If you have any questions please contact us: (818) 763-9148 or info@thbla.org
As we approach these Days of Awe, I think about how my Jewish life has evolved. My parents affiliated with a synagogue for as long as it took for my sisters and me to become Confirmands. I have a distinct memory of my dear father, sitting in Rosh Hashanah services, with a transistor radio in his ear probably listening to a World Series, and someone speaking to him in a loud voice, thinking he had a problem with his hearing. Once my parents unaffiliated, I would go to High Holy Day services with my grandmother at Temple Israel of Hollywood. As I reflect back, I'm not sure I ever really enjoyed those services, but I know I felt terribly guilty if I didn't go.

What changed my relationship with services in general, and especially with High Holy Days, was the music. I knew some of the familiar melodies but didn't know anything about what I was singing. When I joined TBH, I would bring my first-grade son to Religious School and stay with him through tefillah where Rabbi Jim would sit with the kids, play his guitar, and sing the prayers. That was how I learned. A year later, I walked up to Cantor Alan and asked if I could audition for the choir (I had sung in choir years before). He asked me, "Can you read music?" I said, "I can." He said, "You're in!"

I was so intimidated when I started singing with the choir, especially as they began the rigorous task of rehearsing for High Holy Days. We would be here twice a week for many weeks with just our TBH choir and then the professional singers, the eight hired specifically to enrich our sound for the holidays, would join us. It took me a couple of years to get comfortable with the music and the Hebrew transliteration but after 20 years, I still love it. I love sitting in the choir "loft" and looking out at the congregation and smiling at familiar faces while so many sing along or just enjoy the beautiful four-part harmonies we sing. It truly fills my heart and many times brings tears to my eyes. For me, it makes these Days of Awe awe-inspiring. I hope you will join me and our beautiful holiday choir as we raise our joyful voices in prayer. Shana Tova!

Shana Tova - what do those words mean to the adult me or the young child me? As a young child and through my teens, my family belonged to your typical Long Island Conservative congregation. Yom Kippur meant taking the "extra" challah and hiding it in the car parked around the corner from temple to eat on the way home once the shofar sounded after a long day of services.

Fast forward to present day. Now I attend services starting with Slichot (my favorite service of the year), followed with Rosh Hashanah and Yom Kippur and finish up with Brotherhood's Break-the-Fast. In case you don't know, during my last nine years here at TBH (my second home) I have made sure that our facilities are welcoming and ready for all of you. As the leader of our Ozrim (usher) team, I have the pleasure of meeting and greeting while I usher everyone in and out. I try not to ruffle too many feathers (sometimes not an easy task) as I ask folks to move into or leave from a room. My job is very gratifying, because I get to see so many congregants.

I truly enjoy getting to see children grow, new grandchildren arrive and spend just a few minutes with members who seem to enjoy that extra hug and say I'm glad to see you.

I hope this year as you enter the sanctuary, especially if you're a new member, that you will take a moment to introduce yourself. I would love to spend that extra minute getting to greet and know each of the wonderful families at TBH.

Please shop the Women of TBH Gift Shop for all of your High Holiday needs.
Wishing you a Happy New Year!
We are Open: Tuesday-Friday, and Sunday!
Go to tbhla.org for store hours.

"Ein kemach, ein Torah; ein Torah, ein kemach" ~ Talmud (Pirke Avot 3.16). “If there is no bread, there is no Torah; if there is no Torah, there is no bread”.

This important passage reminds us that if we cannot meet our basic needs, then study of the Torah cannot occur. It is with these words in mind that we are reaching out to all Temple Beth Hillel members to ask for your participation in making this year’s Annual Appeal during High Holy Days a great success!

Please call TBH at 818-763-9148 or visit tbhla.org/donate
On August 7, Rabbi Sarah Hronsky, Zoe Hronsky, Julia Wackenheim and I joined 146 people from 36 Reform congregations and 60 campers from two Reform camps to participate in RAC (Religious Action Center) Lobby Day in Sacramento. Congregations across the state joined in solidarity to uphold Jewish values and lobby for bills that affect all of us and to protect our most vulnerable populations.

We were all given a brief training on how to lobby. We then met with Speaker Anthony Rendon as a large group. Two campers and one of the people who trained us spoke on behalf of the group in favor of us lobbying for SB-10 - Money Bail Reform Act. This was chosen as the most critical bill by the RAC research team. Since we have more power and strength in numbers, we all lobbied for this one bill and then picked a second bill to lobby for from RAC’s six issue areas.

The SB-10 we lobbied for aimed to ensure that people are not held in pretrial just because they cannot afford to pay the bail. If one has money and can pay the bail they can then be released. If one does not have the money to pay bail, one may be held until their trial date. This may take quite awhile. The idea is make the rules fair for everyone no matter how much money one has. Sadly, the bill we advocated for was not the one that was passed.

After our group meeting with Speaker Rendon, we divided up by congregations to lobby with our own representatives from the districts where our congregations resided. Temple Beth Hillel and a representative from Congregation Kol Ami met with Assembly Member Adrin Nazarian. We again lobbied for SB-10 and also for the Clean Energy Act of 2017. Assembly Member Nazarian was very receptive. Part of our group continued to Senator Hertzberg’s office.

It was very important to be part of RAC-CA Lobby Day to make ourselves heard on issues that affect all of us as Reform Jews in California. Please contact any of us if you are interested in participating in next year’s RAC-CA Lobby Day.
Learning Experiences for Everyone
Rabbi Eleanor Steinman, Rabbi Educator

Temple Beth Hillel is a community where everyone is constantly learning because Talmud Torah, the study of Torah (and all of Jewish tradition), is a lifelong pursuit.

We provide a variety of opportunities led by rabbis, community experts, and congregants throughout the year. Weekly Torah Tuesday, monthly book club, learning sessions on Sundays while students are in Religious School, special Friday night Shabbat speakers, a month-long study in February you can add to your calendar now, there is no excuse not to try something this year.

I hope you will consider learning on Yom Kippur afternoon at our special sessions to reflect and learn in the spirit of the day. Erev Sukkot, September 23, we will also be studying in our congregation's Sukkah along with some sushi and Sapporo. From age 2 to 102 we have learning experiences for everyone.

I cannot wait to learn with you!

For more information or to RSVP for a special event, visit bethhillel.info.

Upcoming Adult Ed Programming:

Sushi & Sapporo in the Sukkah
September 23, 7:00pm

Torah Tuesday
Starts October 2, 12:30pm

TBH Book Club
Starts October 17, 7:00pm

Special Shabbat Program
Friday, October 26
6:00pm - Kabbalat Shabbat
7:00pm - Shabbat Dinner
8:00pm - Program: #whatrabbisdo

Come and hear from some of the amazing rabbinic leadership in the city of Los Angeles including: Rabbi Karen Bender, Rabbi Karen Fox.

Eight Simple Reasons
Ellie Laycook, Youth and Family Programs Coordinator

Why send your child to Youth Group events?

1. Support: Young people need to be surrounded by adults, who love, care about them, appreciate, accept, and include them.

2. Empowerment: Young people need to be valued by their community and have opportunities to contribute to others. For this to occur, they must feel safe. From mixers to the variety of programming, we program to provide a place that feels safe and where students are appreciated.

3. Boundaries and Expectations: Young people need the positive influence of adults who encourage them to be and to do their best as well as to know that what adults expect of them is reasonable, clear, and consistent, and that adults believe that our youth can meet higher expectations. Temple Youth Group Advisors help them understand the programming expectations, and encourage and guide them in how best to lead.

4. Constructive Use of Time: Young people need enriching opportunities for growth through creative activities, youth programs, congregational involvement, and time at home. Youth Group events offer numerous opportunities for creativity and involvement with Jewish community.

5. Commitment to Learning: Young people need to develop a lifelong commitment to education and learning. A desire for success can also mean believing in their abilities. Programming that are developed are often educationally and Jewishly based.

6. Positive Values: Young people need to develop strong values that guide their choices. These include caring, honesty, integrity, justice, and others. Social action and Jewish ethics are integral pieces of our programming and events.

7. Social Competencies: Young people need skills and competencies that equip them to make positive choices, to build healthy relationships, and to succeed in life. Using mixers, small and large group interactions, and leadership development experiences, our youth are guided in their social skills and in making sacred choices.

8. Positive Identity: Young people need a strong sense of their own power, purpose, and promise. They need to believe in their own self-worth, in their ability to make good things happen.

Feel free to contact me for more information at elaycook@tbhla.org.
Nurturing the Next Generation of Jewish Leaders

Interfaith Solidarity Network of San Fernando Valley presents

Valley Solidarity March
Sunday, October 28
2:00-5:00pm
1.3 miles in Woodland Hills. Starts at St. Bernardine Catholic Church - 24410 Calvert St. to Temple Aliyah - 6025 Valley Circle Blvd. and ends at Ezzi Masjid Mosque - 5701 Platt Ave (for dinner).

To join the TBH team, contact Julia Wackenheim, Social Action Chair, by email at juliaville@gmail.com.

Early Childhood

Elementary

Religious School

Tot Shabbat

Join us Fridays at 6:00pm:
October 5
November 2
January 4
February 1
March 1
April 5
May 3

Families with young children, birth to 6 years old, are an important part of our community. These special worship experiences are fueled by children’s natural curiosity, energy, and joy.

Tot Shabbat, held the first Friday evening of the month, is a time for parents, grandparents, and children to share in the joy of being Jewish.

This brief service is filled with song, a story, and sometimes a special theme.

Temple Beth Hillel • 12326 Riverside Drive, Valley Village, CA 91607 • 818-761-6983 • tbhla.org
**September**

- **Monday, September 3**
  NO SCHOOL - Labor Day

- **Tuesday, September 4**
  ECE Parent Committee Meeting

- **Thursday, September 6**
  Elementary PA Meeting

  Elementary School
  Back to School Night at 6:30pm

- **Mon. & Tues., September 10 & 11**
  NO SCHOOL - Rosh Hashanah

- **Saturday, September 15**
  Tashlich at Will Rogers State Beach

- **Sunday, September 16**
  First Sunday of Religious School

- **Tuesday, September 18**
  Noon dismissal - Kol Nidre
  No child care

- **Wednesday, September 19**
  NO SCHOOL - Yom Kippur

- **September 21-23**
  NFTY Fall Kallah

- **Sunday, September 23**
  Family Sukkot Festivities

- **Monday, September 24**
  NO SCHOOL - Sukkot

- **Tuesday, September 25**
  First Tuesday of Religious School

- **Wednesday, September 26**
  ECE Back to School Night at 6:30pm
  Elementary Admissions Tour

- **Friday, September 28**
  Sukkot/Simchat Torah Celebration

- **Sunday, September 30**
  Simchat Torah & Consecration

**October**

- **Monday, October 1**
  NO SCHOOL - Shmeini Atzeret/Yizkor

- **Tuesday, October 2**
  ECE Community Assembly

- **Wednesday, October 3**
  Elementary Picture Day

- **Thursday, October 4**
  Elementary PA Meeting

- **Friday, October 5**
  Tot Shabbat

- **Sunday, October 7**
  First Day of Next Dor (teen program)

- **Wednesday, October 17**
  ECE Picture Day

- **Tuesday, October 23**
  Elementary Admissions Tour

- **Wednesday, October 24**
  NO SCHOOL


Please be advised that the main office and school offices will be closed on:

- Mon., Sept. 3 - Labor Day
- Wed./Tues., Sept. 10/11 - Rosh Hashanah
- Wed., Sept. 18 at noon - Kol Nidre
- Wed., Sept. 19 - Yom Kippur
- Mon., Sept. 24 - Sukkot
- Mon., Oct. 1 - Sukkot Yizkor/Erev Simchat Torah

**Thursday, September 20**

6:00pm

**Sukkah-Putta-Uppa**

Brotherhood members and their children are invited for pizza and raising the Sukkah on the Upper Yard. For info, contact brotherhood@tbhla.org.

**Tues., October 2, 9, 16, 23, 30**

12:30pm

**Adult Ed: Torah Tuesday**

Join us in the Kaufman Beit Midrash for adult Torah study led by clergy.

**Sunday, October 7**

5:00pm

**WTBH and Brotherhood Family Game Night**

Free to Brotherhood/WTBH members and their family. Pizza, salads, desserts, and drinks. Have some fun. Win prizes. For new members, joining is $18 for the year for each Brotherhood and WTBH. RSVP with your family member count and children’s ages to brotherhood@tbhla.org or to sisterhood@tbhla.org.

**Wednesday, October 17**

7:00pm

**Adult Ed Book Club**

Join us in the Kaufman Beit Midrash for Letters to My Palestinian Neighbor by Yossi Klein Halevi led by Rabbi Steinman.

**Sunday, October 21**

12:30- 2:30pm

**Caring Across Generations**

Hospice: All The Details led by Skirball Hospice at Valley Outreach Synagogue, Calabasas. RSVP to FredWeiss@outlook.com.

**Sunday, October 28**

2:00- 6:00pm

**San Fernando Valley Interfaith Solidarity March**

Save the date...Spread the word...Sign up to serve! Contact Julia Wackenheim, TBH Social Action Chair, at juliaville@gmail.com.
**TBH Brotherhood**

**Introducing Our Officers and Board**

by Michael Heiss & Mark Singer
TBH Brotherhood Co-Presidents

While autumn, and the High Holy Days, are fast approaching, things are still hot for TBH Brotherhood! We’ve been using some summer downtime to plan a wide range of events for the Temple Community in the New Year, and we invite you to participate in them.

We’ve already had the pleasure of meeting many of you at the annual Shabbat-Que and Welcome Back Shabbat, and the Brotherhood served up stacks of ‘cakes at the traditional Pancake Breakfast on the first day of Religious School. However, that’s just the start of many exciting things to come!

The High Holy Days are special for all, and Brotherhood is sponsoring a Break Fast at the conclusion of Neilah. On Thursday, September 20, join us for the “Sukkah-Putta-Uppa”. This is a fun event where the “big kids” build the sukkah and there will be art projects for the children to make their own decorations to hang up for all to enjoy. Join us and meet your fellow Brotherhood members. No construction skills required!

Mark October 7 on your calendars for Game Night, our paid-up members dinner with both Brotherhood and Women of TBH. Look for more news in the e-blasts; this will be a fun-filled evening for the whole family.

Looking ahead to the fall, Brotherhood’s annual Feast of Caring on Thanksgiving morning, with food preparation on November 18 to 20. This is one of the ways Brotherhood and TBH support our community and anyone who has participated will tell you that it is an uplifting event for all. Please contact brotherhood@tbhla.org or contact any of our Board members if you are interested in participating. There will also be a design contest for a new version of our famous “volunteer orange” t-shirt for this event, so look for more details coming soon!

We’re proud that the Feast of Caring has received national recognition, along with our Men’s Seder, from Men of Reform Judaism. Co-President Mark Singer accepted the awards as our representative at the recent MRJ National Conference. Kudos to all who helped make these events so successful!

There’s much more on the drawing board, so watch the e-blasts and the Omer for news on future events. We always welcome your help and participation.

In closing, Brotherhood extends our best wishes to the entire Temple Community for a very Happy and Healthy Shana Tovah for 5779.

**Women of TBH**

**Give Us One Hour a Year to Support Our Temple**

by Leslie Nathan & Evelyn Lever
Women of TBH Co-Presidents

All we want is your membership and a little time. Can you deliver apples and honey to a classroom? Or about giving all of our children Hanukkah candles? Can you bake a cake or cookies to donate to a Shabbat?

Taking a little time out of your busy schedules to help once a year is doable! Women of Temple Beth Hillel have so much to offer. There are programs and activities that may interest you. Getting out when coping with family and a hectic schedule can be hard. But there are some easy ways that you can become involved. Even just by becoming a member of our sisterhood chapter and paying your dues is important. WTBH donates much of its time and resources to making our Temple community better.

We also work outside of our Temple to help our immediate community. We support so many charities and community efforts; for example, we are always in need of volunteers for shopping/wrapping holiday gifts for our Adopt-a-Family Program through LA Housing, or donating back-to-school supplies. And our dues support national Women of Reform Judaism (WRJ). Did you know that books ordered for your children for free come from the PJ Library that our dues support? Did you know WRJ has a seat at the United Nations? Our voices and concerns are heard around the world. We support the WRJ YES Fund—Youth, Education and Special projects.

This supports NFTY, reform Jewish camps and Israel programs. It provides scholarships for future leaders of Reform Judaism around the world. Our dues also help promote Progressive Jewish values and social justice for all, the fight for religious pluralism in Israel, and more. How about continuing to cultivate women’s leadership? Yup, we do that too.

Come for a daytime activity or an evening event. Call Evelyn and Leslie to chat. We want to meet you and discuss what YOU want us to do. We’re ready to remain active, engaged and involved. Help us a little and have a lot of fun! You can reach us at sisterhood@tbhla.org.

Meanwhile have a wonderful, spiritual, and meaningful High Holy season.

Shana Tova.
A little help. A big difference.

The assisted living services at The Village at Sherman Oaks Senior Living Community are about the whole family and the whole YOU. Of course, we can help you with your daily needs. But did you know you will also have options for fitness, socializing, healthy fine dining, and more? And services are tailored to you, so you’ll get just the right amount of help you need, when you request it.

But the best part? No matter if you need a little help or a lot, the difference you’ll feel will be amazing.

Please call The Village at Sherman Oaks to schedule your complimentary lunch and tour.
Counseling Corner

Chronic Pain and How to Manage it Safely
by Gussie Sitkin, MFT
Clinical Director of TBH Community Counseling Center

I hear a lot from people who suffer from chronic pain and how they struggle to manage it, especially when opioids are involved. Research shows that poor coping skills may be the key to unlocking ways to help. In searching for ways to relieve chronic pain, people may find themselves unable to wade through the many remedies that are advocated. Perhaps this article will be helpful in that regard.

A bit about the extent of this problem: Over 1,000 people a day are being treated for prescription opioid overdose incidents. As many as 91 people a day die from overdose events. Between 1999 and 2015 there were over 183,000 deaths directly related to prescription opiates. And, in 2014 over 2 million Americans experienced prescription medication misuse, abuse, and addiction.

So what to do when chronic pain occurs? It is known that the regular use of psychoactive medication, plus a genetic or environmental susceptibility, can lead to increased tolerance. That is, with the constant use of pain medication, the medication no longer helps with the physical pain symptoms or the emotional stress it causes. Doctors may then prescribe opiate medication which may turn out to be addictive. As tolerance for the medication increases, the pain may be amplified and thus increased. People then take more medication and then become addicted and are more likely to have more pain as a result.

Possible solutions are indicated here:

1. A specialist/practitioner, in helping to lay out a pain management plan, is needed to help with the chronic pain. This person will make sure that the medication is adjusted in quantity and frequency. This person must be able to be trusted to do the job of pain management.

2. A therapist who uses a Cognitive Behavioral Therapy approach is important to address the problems of irrational thinking, uncomfortable emotions, and self-defeating behaviors that may ensue.

3. Implementing holistic pain management modalities can be helpful.

You can see that what is needed to effectively manage pain, is a cooperative approach using many different modalities such as physical and mental methods to alleviate the pain.

For more information on the subject you may call the Community Counseling Center at 818-762-4817.

Shana Tova!
Mark a birthday, bar or bat mitzvah, anniversary, yahrzeit or special occasion with a donation to Temple Beth Hillel.

Make your choice from the funds, which are listed below, then send your tribute and payment to:

Temple Beth Hillel, 12326 Riverside Drive, Valley Village, CA 91607

Please include the name and address of the person you are honoring, so that we can send a special acknowledgment card in your name. You can also make your donation online at tbhla.org/donate.

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- Rabbi Sarah Hronsky Fund
- Rabbi Eleanor Steinman Fund
- Cantorial and Music Fund
- Emeritus Rabbi Jim Kaufman Fund

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- Beth Hillel Day School
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- George Friedman Shofar Fund
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- Scholarship
- Campership

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- Community Counseling Center Fund
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- Tree of Life Fund
- Endowment Fund

A complete list of Temple funds is available online at tbhla.org/donate.

Remember—all donations are tax-deductible!

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In gratitude, we acknowledge the contributions of our friends to the mission of Temple Beth Hillel.

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*In Loving Memory of*

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Freddie Goldberg and Margie Meadow, by Janis Horn and Roger Ehrlich
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L’Shana Tova

2018–5779
Social Justice Shabbaton

Open to all. A day to learn & engage.
Saturday, November 17
8:30am - 1:45pm

The Shabbaton experience will include:
• Continental Breakfast and Registration
• Shabbat Service and Guest Speakers
• Sessions on the following topics:
  Immigration/Refugees
  Homelessness
  Human Trafficking
  Suicide/Mental Illness
  Gun Violence Prevention

Contact TBH at 818-763-9148 or visit bethhillel.info to RSVP.