WEEKLY SHABBAT SERVICES

Friday, January 6, 2017 – Service 8:00 PM
Saturday, January 7 – Torah Study & Service 9:30 AM
Havdallah Service – 6:15 PM

**VAYIGASH**
Torah Portion: Genesis 44:18-47:27
Haftarah: Ezekiel 37:15-28

Friday, January 13 – Service 8:00 PM
Saturday, January 14 – Torah Study & Service 9:30 AM

**VAYECHI**
Torah Portion: Genesis 47:28-50:26
Haftarah: I Kings 2:1-12

Friday, January 20 – Service 8:00 PM
Saturday, January 21 – Torah Study & Service 9:30 AM

**SHEMOT**
Torah Portion: Exodus 1:1-6:1

Friday, January 27 – Service 8:00 PM
Saturday, January 28 – Torah Study 9:30 AM

**VAERA**
Torah Portion: Exodus 6:2-9:35
Haftarah: Isaiah 66:1-24
A WORD TO THE WISE
Rabbi Jay H. Rosenbaum

“ADVICE FOR THE NEW YEAR”

At the beginning of the New Year we often take personal stock of our emotional assets and liabilities. We want to do better, we want to feel better. Therefore, in this the first bulletin of the New Year let me suggest a few steps one can take toward better emotional health in the coming months.

But before I do let me say that you are important, special and held in the high esteem by me and Amy, Michelle, Jordan, Dylan, Ryan, Liam and I wish you, your family and loved ones a happy, healthy and fulfilling New Year of Peace.

SEVEN STEPS TO GREATER SELF ESTEEM

I. Comparing yourself unfavorably to others. There will always be people who appear to be prettier, more handsome, richer, luckier and better educated. So what’s the point? We are all created equal in the eyes of God, and we are all created different to serve God in special ways. In fact, there are, Jewish mystics who believe, that the reason the Messiah is delayed is because at least one of us is not trying hard enough to serve the Almighty in his own way.

II. Feeling you won’t amount to much unless:
- SOMEONE FALLS FOR YOU
- MARRIES YOU
- NEEDS YOU
- YOU EARN A GREAT DEAL OF MONEY
- PEOPLE APPEAR IMPRESSED WITH YOUR ACHIEVEMENTS

III. Thinking you must please everyone. You must first please yourself, and thereafter only those people you care about. People who try to please everyone end-up pleasing no one.

IV. You set unreasonable goals for yourself. Lower your standards to improve your performance. You can always advance beyond today and tomorrow if you want to.

V. You are looking for the meaning of life. Life is not a meaning, it is an opportunity. You can only find the meaning of life at the end of it. Life is made up of meaningful experiences, mainly of short duration, but repeatable.

VI. You are bored. If you are bored, you are boring to be with. If you are ever bored, don’t tell anyone. It is especially unattractive to bemoan how you don’t like yourself or that you have nothing to do, and for people will say to you, if you have nothing to do, “please” don’t do it here.
VII. You decide your fate is determined by forces outside of yourself. Mainly and in truth, you are in control of your own life. Now the question is, how can we feel good about ourselves? Well here are a few suggestions. People who feel good about themselves, are attractive to others because they don’t exploit others, and are not available for exploitation. They also share some of the following characteristics:

They are:
1). ENTHUSIASTIC
2). HAVE A SENSE OF HUMOR
3). HAVE INTERESTS
4). LIKE BEING HELPFUL
5). ARE UNSELFISH
6). DON’T MAKE FUN OF OTHERS
7). HAVE A SENSE OF THEIR OWN SPECIAL MISSION
8). CAN BEGIN AGAIN
9). TURN THEIR MISTAKES INTO LESSONS
10). OPTIMISTIC & ENERGETIC
11). WILLING TO TAKE RISKS
12). KNOW HOW TO LISTEN
13). EXUDE SELF-CONFIDENCE

Our final note to the parents among us, raise your children to like themselves. That’s the most important thing. Don’t criticize them for things that they cannot change. Don’t force them to excel in areas where they have no interest or talent. Praise their uniqueness in small ways every day. Children who like themselves grow into adults who like themselves.

Please join us on Wednesday, January 25, 2017 7:00 PM at which time Temple Israel of Lawrence, the Consulate General of the Republic of Cyprus and the Consulate General of Israel in New York will present:

Jewish Refugees in Cyprus En Route to Israel
Join us for a very special photo exhibit mounted by the Consulate General of Cyprus in New York. This unique exhibit depicts the struggle of refugees after the Shoah to make aliyah to Palestine.

Speakers:

H.E. Ambassador Vasilios Philippou
Consul General of Cyprus in New York

Amir Sagie
Deputy Consul General of Israel in New York

Rabbi Rosenbaum with students of our High School Program together with Jeffrey Price, Upper School Educator, conducted a Chanukah Service at the Bristal Assisted Living Facility in North Woodmere on Monday, December 12, 2016.
As we end 2016 and look forward to 2017, we remember all the remarkable Temple Events of this past year. The highlight for me was the inspiring High Holiday services. It gave us all a chance to reflect on ourselves and the progress we have made together at our Temple. We are the last and always the very best Reform Congregation in the Five Towns. We are proud of the many years we have led in all aspects of our Temple and community life. Our children and grandchildren have all held a place in our Temple as had past generations. Our Religious School grows and thrives and this is our future.

2017 will bring many rewards and challenges. Early in the New Year we are scheduled to close the contract for the sale of our building to the JCC. This step will insure our future for the next 20 years and hopefully beyond. We have had a very close cooperative working relationship with them and we are sure this will continue in our new partnership. In the February Bulletin, I will elaborate more about this topic.

We are planning many interesting and enjoyable events for 2017. Our purely social "Wine and Dine" monthly dinners will continue. The attendance keeps growing. The date for our next one is Wednesday, January 18th. The restaurant and more information will follow shortly. Please phone the Temple Office for your reservations. The Rabbi’s monthly lunch and lecture series has received rave reviews. The Temple provides a complimentary lunch and the dialogue stimulates the mind. Our Executive Director has started a very interesting lecture series as well. Please watch for announcements. During the month of May we will have our famous dinner dance. It is being planned now and anyone who wishes to join the committee please phone the Temple Office. In addition there will be Cantorial Concerts, Guest Speakers, and many religious school activities, headed by our director of education, our Cantor Galina.

I have made my New Year's resolutions, and I hope you have included Temple Israel in your resolutions, by promising to participate as often as possible in our Temple events. We are a Temple Family always there for each and every member, don't just come for the holidays, enjoy all the many programs we offer.

As a reminder, anytime is a good time to make a contribution to your Temple to sustain us and help move us forward for the New Year. Please do what you can to continue to help our Temple Family. Your generosity is greatly appreciated.

For our Family, we are looking forward to some great Mitzvahs in 2017, especially the birth of a new granddaughter and the marriage of our oldest son.

From my family to yours and the Officers and Trustees, we wish you all the very best for 2017.
TEMPLE ISRAEL
INVITES YOU TO JOIN US
FOR A “LADIES PAINT NIGHT”

THURSDAY, FEBRUARY 9, 2017
7:30 PM – 10:00 PM

Please join us for our first “Ladies Paint Night” at Temple Israel. A local artist promotes a fun, casual atmosphere as we spend two hours creating our own Masterpiece. All necessary supplies are provided so guests can focus on a night of fun and creativity. Light refreshments will be served. Bring your own Wine (Optional).

COST: $35.00 PER PERSON – Payment must be made at time of reservation.

Temple Israel
“LADIES PAINT NIGHT”

There will be ___________ members in my party.

Enclosed is my check for $ _________________ or charge my credit card

(Name of card) ____________________ # ____________________ , expiration __________

Name ______________________________

Address ______________________________

Telephone Number ______________________________

ALL RESERVATIONS AND PAYMENT MUST BE RECEIVED
NO LATER THAN—MONDAY, FEBRUARY 6, 2017

Call the Temple Office (516)239-1140
Make check payable to Temple Israel and mail to:
140 Central Avenue Lawrence, New York 11559
Dear Congregants:

As we approach the New Year, there is no better time to talk about our future plans. One of the projects we plan is presenting a new singing program by our own Congregational Choir in June. In addition to leading the Shabbat service, our singers will present the songs of the contemporary Jewish composer and artist Barry Manilow. We are all excited about this project and will work very hard to entertain the audience. We hope this presentation will uplift everyone’s spirit. We are looking forward to having a good time by singing for you and making your Shabbat experience more beautiful and meaningful. We encourage anyone who would like to sing with us to contact me at CantorGalina@gmail.com.

Teaching our Bar/Bat Mitzvah students is one of the important Cantorial duties which I love and cherish. While introducing the Torah and Haftarah chants to my students, I feel a great pride and happiness when I see their interest and joy for learning our traditional melodies. Their enthusiasm ensures me in continuation of our musical legacy for future generations. I am always looking forward to the meetings with my students since they bring new opportunities of exposing the beauty of musical heritage to our youth.

Moving into 2017, I am looking forward to sharing many happy celebrations with you and your families. May this year bring us wonderful opportunities and new experiences, and may it be happy, healthy, prosperous and peaceful.

Yours in Song,

Cantor Galina Makaveyev

Religious School Students enjoying the festivities at our Annual Latke Bake
December 11, 2016
Dear Families,

It felt like December was the busiest month of the year. Our students enjoyed the Latke Bake, Chanukah Party, participated in Mitzvah trips and Chanukah Shabbat Service. The parents’ involvement and response in these programs was great and I am thankful to all of you for your generous contributions and continued support. We started the holiday season with a Hebrew High School trip to the Bristal Assisted Living and Religious School trip to the Atria Senior Living Center. Our students visited and entertained the residents of both facilities. We lit the Chanukah Menorah and gave dreidels to the elders. We explained to them the meaning of the Holiday and entertained them with Chanukah Blessings and songs in celebration. Together we played a Chanukah Jewpardy game and at the end of each trip our students had a special dinner and treats. Being together lifted everyone’s spirits and enhanced the meaning of the Holiday. Everyone enjoyed doing this mitzvah!

As we move toward 2017, I would like to advise you about three new programs that we will be having this year: Tu B’S’vat Painting, Torah Sofer Presentation and Israeli Dance, all activities sponsored by Linda Sklar’s family. These three programs are geared to enhance our students feeling of pride and connection to our Jewish heritage. We are positive that our students will learn a lot and benefit from each program.

My sincerest wishes for a very healthy, safe and happy New Year!

B’Shalom,  Cantor Galina Makaveyev
**January Anniversaries**
Barbara and Alan Hartstein  
Robyn and Stanley Kopilow  
Gail and Emanuel Levy  
Tina and Eliot Millman  
Rachel and Shawn Morgenroth  
Jill and Sean Pomper  
Alice and Larry Reichenberg  
Lori and Dr. Andrew Rubin  
Barbara and Robert Yaspan

**January Birthdays**
Dr. Leonard Baron  
Stuart Bodner  
Morton Certilman  
Erica Clarke  
Jennifer Cohen  
Alan Hoffman  
Betty Kahn  
Elliot Kass  
Michael Kerr  
David Land  
Elaine Levine

Dr. Craig Levitz  
Howard Lieb  
Lois Mann  
Gary Marcus  
Diane Oppenheimer  
Maryanna Price  
Sallie Prisyon  
Natalie Reyman  
Norman Rosner  
Lena Stolls  
Michael Weiss

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A special “Thank You” goes out to all of the fathers and congregants who got up early to help out and make latkes for the Latke Bake on Sunday morning, December 11, 2016:

Amir Gal, Damian Giorlando, Garrett Gray, Alan Hartstein, Marc Isseks,  
Dr. Mark Joseph, Elliot Kass, Alan Krim, Wayne Price, Dr. Fred Rudin,  
Ronald Schacht, Norman Schuster, Kenny Shapiro, Lewis Stark, &  
Ross Whitehead
DONATIONS AND CONTRIBUTIONS

CANTOR’S DISCRETIONARY FUND

In loving memory of:
- Mike Rosenbaum, beloved father
- Robin Isseks
- Rita & Zhorz Goldsheyd, beloved sister & nephew
- Elvira Kolchinskaya

GENERAL FUND

In loving memory of:
- Frances Rosenberg, sister of Rita Rothkopf
- Paula & Stephen Gottlieb
- Janice Kleinfeld, sister of Barry Wachsberger
- Arlene Stevens
- Joseph Barrow
- Michael Barrow
- Harvey Yonteff, father of Jeffrey Yonteff
- Martha & Allan Sexter
- Irving Blumberg, beloved husband
- Naomi Blumberg

IRA HIMMELSTEIN MEMORIAL FUND

In honor of:
- Elizabeth Laster, best wishes for the future
- Bea Franklin

HIGH HOLIDAY PRAYER BOOK FUND

In loving memory of:
- Harold Rubin, beloved father
- Lori & Andrew Rubin

LASTER PULPIT SPEAKER FUND

In honor of:
- Elizabeth Laster, best wishes for the future
- Barbara Goldstein

In loving memory of:
- Suzi Nussbaum, beloved sister
- William Henry

MAY MUSEUM FUND

In loving memory of:
- Simon Schiller, beloved father
- Gail Blaustein

RABBI’S DISCRETIONARY FUND

In honor of:
- Rabbi Jay Rosenbaum in appreciation for his prayers and concern during Elliot’s surgery and recovery
- Betsy & Elliot Kass

In loving memory of:
- Gilbert Mack, beloved father
- Judith Saffer
- Jules Mazor, beloved father & grandfather
- Dr. Bruce Mazor
- Ruth & Hy Bednoff, beloved parents
- Dr. Stuart Bednoff

TREE FUND

In loving memory of:
- Sheldon Sabeson, brother of Marty Sabeson
- Ellen & David Ziskind

SPECIAL ONEGS HOSTED BY:

Temple Israel Officers, Board of Trustees, Rabbi Jay Rosenbaum & Cantor Galina Makaveyev

On December 2, 2016 in honor of Elizabeth Laster as she begins her new life in California.

Dr. Robin Himmelstein donated funds for the children of the congregation to attend the Pre-Chanukah Dinner, free of charge, on December 16th in memory of her beloved husband, Ira Himmelstein.
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Temple Israel gratefully acknowledges our weekly Bimah Flowers donated by:

Robert Holland  
robert@dsfloral.com  
(516) 569-2100  
(516) 371-0600

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Shomer Shabbat

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Serving the finest in Quality Bakery Products
TEMPLE ISRAEL OF LAWRENCE

“WINE AND DINE”

Join us for our next night out on the town
with good friends and good food.

Date: Wednesday evening, January 18, 2017
Time: 7:30 PM
Venue: To be determined shortly
Cost: To be determined

RSVP the Temple office by Wednesday, January 11th
(516) 239-1140—Payment to be made at time of reservation.