



MOUNTAIN SYNAGOGUE

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SEPTEMBER 2021

MONTHLY NEWSLETTER

HIGH HOLIDAY SCHEDULE



Yosi Knight
Our High Holiday Spiritual Leader

**Monday, September 6th, Erev Rosh Hashanah
7:00pm**

**Tuesday, September 7th, Rosh Hashanah
10:00am**

**Wednesday, September 15th, Erev Yom Kippur
7:00pm**

**Thursday, September 16th, Yom Kippur
10:00am – Yizkor will be at 5:00pm
Break-fast takeaway or eat outside, will be at 6:45pm**

Members and guests attending in-person, may be seated 15 minutes before services commence.

Members attending virtually must log in 10 minutes before services start and no later than 10 minutes after the start to be admitted.

JEWISH LEADERSHIP COLLABORATIVE

JLC has a website regarding all Jewish activities and more, here in beautiful Western North Carolina, including a monthly calendar of events and services. Mountain Synagogue is a proud member.

You can visit their website at: <http://jewnc.org>

Please watch your email for notices regarding services, which will be conducted both in-person and via Zoom, due to the Covid outbreak.

NOTICES AND ANNOUNCEMENTS

1. Have some news to share with our members? We want it all! Contact our newsletter editor, Harvey Morse at: harvey@probate.com or call: (828) 631-0000

2. All Friday evening services will begin at 7:00pm and all Saturday morning services will start at 10:00am.

3. **Mishaberah – (Prayers for those who are ill)**

Jim Fierburg
David Bryant
Rhoda Haber
Hal Lunsik
Libby Katzenson
Phyllis Cardoza
Richie Aaron
Mike Arnold
George Berman

4. **Yahrzeit Information**

We are updating our list of member's family Yahrzeits. Please send the names, your relationship to the deceased and the dates of death to Vickie Sanders. Her email is: walknature186@yahoo.com

5. **Yahrzeit Donations**

Harvey Morse for his Grandmother, Anna Altshuler
Gary & Donna Sinrich for Leah Miller

6. **September Birthdays**

Barbara Singer
Barbara Meltzer
Joan Berman
Dan Strohl
Dylan Lunsik
Laura Eisenbraun

7. **September Anniversaries**

Charles + Lorna Beck

8. **Memorial Plaques**

There is no better way to honor the memory of a deceased loved one than purchasing a memorial plaque which will be placed in our social hall. The cost is only \$50 per name for an engraved, permanent remembrance.

Public Relations Person Needed

We are seeking a volunteer to represent Mountain Synagogue, who will visit or contact newspapers, hospitals, nursing facilities, Realtors, Chambers of Commerce and so forth, to make them aware of our existence and possibly hand out literature for them to distribute. If you are interested or would like to put a committee together to handle this task, please contact our corresponding secretary, Norma Schulman at n.schulman@frontier.com

PRESIDENT'S MESSAGE

Shalom, and can you believe September is already here? While 2020 seemed like it took forever, 2021 seems to me to be flying by! Is it because we have all these pent up feelings and emotions stored up from staying home in 2020, or is it that we are trying to pack so much into living now that we don't seem to have time to get everything done?

With our High Holy Days upon us, we should all take this time to reflect, think about what we truly have to be thankful for in our lives, but also, reflect on what we feel we could have done better so far this year, things we should have done, or shouldn't have done. Things we need to repair. Looking back on our lives and interactions with those we share this planet with and have come into contact with, and realizing we may have something to apologize for, maybe something we did, or something we didn't do, but should have done?

I saw this and thought it was appropriate to share, and to the point.

As we enter into the Days of Awe, start with "I'm sorry." We hate to be the ones to tell you, but there are no shortcuts. It doesn't work if you only ask God for forgiveness. Like, "Hey God, please make sure (Josh, Linda, Maryanne, you get the idea,) forgives me for not responding to that email about..." Only you can take care of that. So, stop wasting time, and follow these steps: **Feel it:** You need to actually feel sorry for forgiveness to happen. (Trust us, we've tried it the other way.) **Call, visit or write a letter:** Don't use a text to clean up your mess. (OK, fine, text if you must. But there are better ways...) **Say this:** "I know we're still fighting about..." or "I'm sorry I haven't been there for you during..." or, "I'm sorry I lied about..." Most importantly, say: "I am truly sorry, and I hope you forgive me." And then give the person a chance to do that. Don't expect immediate gratification because it doesn't always work that way. **What about the people in your life who you aren't arguing with?** The ones you see all the time — and you're pretty sure you're cool with? Don't take any chances. Double-check. Say something like, "If I hurt you in this year and I didn't realize it, I apologize." It is a very sweet gesture and strengthens relationships. **And remember, according to the wise Rabbis of Old:** If you apologize to someone three times from your heart, and they still don't forgive you, you've fulfilled your obligation. You might also want to remind said wronged person that forgiving is important too. Actually, don't. That's just going to irritate them even more. :)

L'Shanah Tovah

Joel Edelson
President

JEWISH FAMILY SERVICES

PRAYER BOOKS

Our Mishkan t'Filah prayer books are available for \$40 each. Our new High Holiday Mahzor's are available for \$40 each.

Shipping is \$5.00 for one or two books. If interested, please send your name, address and which books you want together with payment to Mountain Synagogue, PO Box 504, Franklin, NC 28744. (Books may be picked up in person during services to avoid the shipping costs).

NEW ORLEANS

Visiting New Orleans? The MUSEUM OF THE SOUTHERN JEWISH EXPERIENCE has opened! It explores the many ways that Jews of the American South influenced and were influenced by the distinct cultural heritage of their communities, through exhibits, collections and programs. It's website is: www.msje.org

818 Howard Ave, New Orleans, LA 70113

WEBSITE UPDATE

Our website has now been updated with a link to copies of all 2021 previous newsletters by Harvey Morse, with the assistance of his nephew Ari Morse. www.MountainSynagogueWNC.com

Healing Solutions Counseling at Jewish Family Services has expanded our reach! We are now permanently offering telehealth counseling appointments with our licensed clinicians, who specialize in treating depression, anxiety, parenting challenges, grief, trauma, adjustment disorders, relationship problems, stress management, healthy aging, and LGBTQ+ support. Our therapy sessions are safe, private, and confidential. We will always meet you where you are. JFS accepts most Medicare, BCBS, United Healthcare, Cigna, Humana, and Aetna. Please inquire about other insurance. Sliding scale fees are available based on income to those who are uninsured.

Call 828-253-2900 or email info@jfswnc.org for more information. You can also get started by downloading client paperwork [here](#).

CORRECTION TO NAME OF THE TRUST

The very generous \$500 donation in honor of Vickie Sanders was made by the ROTHKOPF GREENBERG FAMILY FOUNDATION TRUST by Helene Prokesch, Trustee. We are so appreciative and grateful!

Thank you Vickie, for all you have done to receive this honor!

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