



MOUNTAIN SYNAGOGUE

Mailing Address: PO Box 504, Franklin, NC 28744
Email: MountainSynagogue@gmail.com
Website: www.MountainSynagogueWNC.com
Phone: (828) 634-1312

JULY 2023



Our Tree of Life

Leaves are now available at \$54 each (three times Chai) and large stones (only 11 available) that will be mounted at the base are \$500 each, engraving included. Contact us for details:

ms.treasurer79@gmail.com

NEXT SHABBAT SERVICE

Saturday, July 15th at 10:00am

Services are held on the third Saturday of each month both in-person and on Zoom.

For those members who prefer to attend via Zoom, please use the following link: <https://us02web.zoom.us/j/87289809710>



Yosi Knight
Our Spiritual Leader

Please watch your email and our website for notices regarding dates and times of services, which will be conducted both in-person and live online via Zoom.

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
2. **Mi Shebeirach – (Prayers for the ill)**
David Lieberman
Ann Ferman
Wendy Newman
Jim Fierberg
Barbara Dardick
Richie Aaron
Edith Finegold
Alan Escovitz
Benjamin Newman, MD
3. **Yahrzeit Donations** (Received by the 15th of the previous month):
Norma Schulman for husband Hebert Schulman & mother, Beatrice Katz Epstein
Shari & John Rall for her father, Burton Goldfarb and her uncle Ben Shermett
Deborah Arnold for her mother, Peggy Kann Stroup
Louis Oaken for mother, Marilyn Oaken
Marcia Goldstein for sister, Harriet Greenhut Goldstein
Jeanne & Steve Fertig for his father, William Fertig
4. **General Donations**
Sandra Williams in memory of mother, Leah Miller
Gary & Donna Sinrich in memory of Phyllis Cardoza
Michael & Bobbi Serra in memory of their niece Elaina May Whittemore, Phyllis Cardoza and Leo Katz
5. **Member Celebrations This Month**
Birthdays:
Mike Arnold, Michele Pacher, Joel Edelson, Shari Rall and Lorna Beck
Anniversaries:
None
6. **Tree Of Life Leaf Purchases**
Leaves are \$54, and Stones are \$500 each.
[Our Tree of Life is for celebrations, family or personal events of note, not memorials].

None
7. **Memorial Plaques**
Memorial plaques which placed in our social hall are \$50 per name for an engraved, permanent remembrance.

None
8. **New Members This Month**

None

PRESIDENT'S MESSAGE

Joel Edelson
President

July 2023

This month's article isn't really about Judaism or our congregation. Well, mostly it isn't. As most of our congregation is close to retirement age, or are retired, or are thinking about it, I wanted to share some thoughts that have been on my mind recently.

During our Passover Seder this past spring, my wife learned about a book shared by fellow congregant Michele Pacher, titled "Younger Next Year", by Chris Crowley and Henry S Lodge, MD with Allan J. Hamilton about Living Strong, Fit, Sexy and Smart - until You're 80 and beyond. My wife read this book, twice, and then turned to me and said, "I want you to read this book." I agreed but listened to it on Audible.

She also informed me that she was going to join a gym, and that I, was welcome to join her, also. We had been talking about this for quite a while, so I agreed.

I am now on my third listening to this book, and listen to it each time we go to the gym, which is now 3 times a week, and growing. I believe the teachings of this book will make a profound impact on our lives. And I believe it can for yours, too.

There are 7 key areas of this book, as the overall premise is this: When you think of old people, what's the first picture that pops into your head? A grandpa with a walking stick, or perhaps a grandma who trips and falls over herself five times a day?

While this is the kind of aging, we normally imagine, it isn't "normal." Coauthor Dr Lodge says aging is "biologically programmed to be a slow process." However, because of our sedentary lifestyles, our bodies are decaying faster than they're naturally supposed to.

The Key ideas in "Younger Next Year" are as follows:

- Rule 1: Exercise six days a week.
- Rule 2: Do four days of aerobic exercise.
- Rule 3: Do two days of strength training with weights.
- Rule 4: Don't spend more than you earn.
- Rule 5: Eat healthy food.
- Rule 6: Care about your well-being - even in retirement.
- Rule 7: Build relationships and commit to passion projects.

Passion projects. This could be something you used to love, but stopped doing, maybe an old hobby you gave up on. Or a new one you've thought about. Maybe helping in your community, or dare I say it, your congregation! Doing something bigger than yourself gives you purpose and drive. Getting involved, helping to sustain or grow our Mountain Synagogue community could be one of these passion projects. If you haven't found yours yet, consider it.

Thanks, Michele, for recommending this book. It has already made an impact in our home.

B'shalom
Joel

Shabbat and High Holiday Prayer Books and for those who attend services with us online

As we continue to have services in-person and online via Zoom, having your own prayer books at home is important to follow along. **Our Mishkan t'Filah prayer books are available for \$40 each. Our new High Holiday Mahzor's are available for \$40 each.**

Shipping is \$15.00 for either one or two books. If interested, please send your name, address and which book(s) you want, together with payment to Mountain Synagogue, PO Box 504, Franklin, NC 28744. Contact Bobbi Serra at ms.treasurer79@gmail.com

HAVE A COMPUTER? DO YOU ENJOY WRITING? USE MICROSOFT WORD?

We are looking for a member who would like to assist with our monthly newsletter. Please contact Harvey Morse at harvey@probate.com for details.

**JULY SOCIAL EVENT!
GOTTA EAT!!**

Saturday July 8th at 5:00pm there will be a MS member's dinner at:

VALLEY CAFÉ & CATERING
7099 Hwy 441
Dillard, GA

RSVP BY JULY 7th to George Berman
(706)746-3321 or Email: jrbgib1994@frontier.net

ATTENTION MEMBERS FROM THE HIGHLANDS!

We are discussing a special Torah event to be held in your area. Please let us know if you would be interested in attending as we can only do this with turnout commensurate with the effort. Email Norma Schulman: normaschulman5@gmail.com

SAFETY TEAM MEMBERS NEEDED

We are continually seeking additional members to join our synagogue Safety Team. Approved members will receive appropriate training and will be covered by our insurance policy. If you are interested in serving, please contact our Safety Director at: harvey@probate.com

LAST MONTH'S SOCIAL

We had a whopping turnout of 13 people at our last social event! We hope to see you at the next one at Valley Café & Catering, but please remember to RSVP

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