



# MOUNTAIN SYNAGOGUE

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**MARCH 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:

[mountainsynagogue@gmail.com](mailto:mountainsynagogue@gmail.com)

### **NEXT SHABBAT SERVICE**

**Saturday, March 18th at 10:00am**

Services are now held on our winter schedule of one Saturday each month, in-person and on Zoom.

**For those members who prefer to attend via Zoom, please watch your email for the link!**



**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](mailto:harvey@probate.com) (828) 631-0000

### **2. Mi Shebeirach – (Prayers for the ill)**

Phyllis Cardoza  
David Lieberman  
Ann Ferman  
Wendy Newman  
Jim Fierberg  
Tom Geirhart  
Barbara Dardick  
Richie Aaron  
Richard Wilson

### **3. Yahrzeit Donations** (Received by the 15<sup>th</sup> of the previous month):

Deb Arnold for Grandmother Jenny Slaykin  
Karen Sami for Husband Samuel Benson Sami  
Gary + Donna Sinrich for Donna's Father, Myles Webb, for Gary's Mother Elsie Sinrich and Brother-in-Law, George Goldman

### **4. General Donations**

Dr. Sherman + Phyllis Sherman  
Shayna Sinrich  
Karen Katz

### **5. Member Celebrations This Month**

#### **Birthdays:**

Ray Jeroslow, Stuart Weston, Doris Dingott  
Elsie Haber and Michael Serra

#### **Anniversaries:**

Gary + Donna Sinrich

### **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 will be placed in our social hall are \$50 per name for an engraved, permanent remembrance.

### **New Members**

None

### **8. Volunteers**

If you are interested in volunteering to assist our Board and synagogue, please contact President, Joel Edelson at [joeledelson@yanoo.com](mailto:joeledelson@yanoo.com), or Vice President Harvey Morse at [harvey@probate.com](mailto:harvey@probate.com)

## **PRESIDENT'S MESSAGE**

Joel Edelson  
President

### **Psychological Kin**

When a friend dies the impact can be as traumatic as losing a family member. Recently, Mountain Synagogue has lost several good friends. Rhoda Haber and Leslie Hughes, both board members and longtime members of our congregation, have recently passed away, and we mourn their passing. People can understand the grieving process when it's your family, but sometimes, when a friend dies, the impact can be as traumatic as losing a family member.

The death of a friend is a loss that most people face at some point in their lives – often many times. But it is a grief that may not be taken as seriously by employers, doctors or others. The so-called hierarchy of grief, a scale used to determine who is considered a more legitimate mourner than others, puts family members at the top. For this reason, the death of a close friend can feel shunted to the periphery and has been described as a disenfranchised grief.

The article I read about this struck me, published May 13, 2019, from [theconversation.com](http://theconversation.com), as death seems to be on most people's minds these days. The devastating earthquake catastrophe in Turkey and Syria numbs us with astounding numbers, even as we rejoice when a survivor is pulled from the rubble.

Yet, there has not been much research on the impact the death of a friend has on a person, so in the article, they set out to address this with a recent study. They discovered that, far from being a trivial loss, the health and well-being of people who lose a close friend has a heavy toll in the four years after that loss.

In that study, published in PLOS ONE, they analyzed responses from an Australian household survey of more than 26,000 people. Of the people who completed the survey, over 9,500 had experienced the death of a close friend. The analysis showed that life satisfaction of the bereaved fell sharply compared with a matched non-bereaved group. There is a large and sharp drop in this life satisfaction from month 3-9, and then another smaller yet still sizable drop at months 19-21.

Social functioning and mental health are also worse after the death of a friend, not surprisingly. These findings suggest we need to take the death of a close friend more seriously and to change the way we support people who are suffering from such a bereavement.

Friends are psychological kin, that is, you may even have a stronger bond with friends than people you are related to by birth or marriage. So, when a friend dies, the psychological and emotional stress can be as bad as the death of kin. The psychological help bereaved people receive is not the same across the board, and we should strive to help and change this as we begin to accept the idea that close friends can be considered psychological kin.

B'shalom, Joel

### **Shabbat and High Holiday Prayer Books**

As we continue to have services in-person and on 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.** These are very important to have, if you attend services online.

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. Contact Bobbi Serra at [ms.treasurer79@gmail.com](mailto:ms.treasurer79@gmail.com)

### **NEWSLETTER EDITOR ASSISTANT**

We are looking for a member who would like to assist with our monthly newsletter preparation. Please contact Harvey Morse at [harvey@probate.com](mailto:harvey@probate.com) for details.

### **PASSOVER SEDER**

We will be having a Passover Seder on April 6<sup>th</sup> at our sanctuary. It will start at 5:00pm and is free to all members, \$10 for non-members. RSVP's are required to Norma Schulman [normaschulman5@gmail.com](mailto:normaschulman5@gmail.com) by the deadline of March 17<sup>th</sup>

### **OUR SYNAGOGUE WEBSITE**

[www.MountainSynagogueWNC.com](http://www.MountainSynagogueWNC.com)

### **SAFETY TEAM MEMBERS NEEDED**

We are seeking additional members to join our synagogue safety team. Approved members will be trained in AED, CPR, Stop the Bleed, Usher/Greeters procedures, the use of pepperspray, portable radio's, our procedures, and optionally, concealed carry with a valid permit. Those who are approved will be covered under our synagogue's insurance policy. If you are interested in serving, please contact Harvey Morse, our Safety Director at: [harvey@probate.com](mailto:harvey@probate.com) or (828) 631-0000

### **AED/CPR/Stop The Bleed Class**

This class will be offered at cost to synagogue members who would like to learn life saving techniques. It is highly recommended that everyone have this training to save a life, not only for an emergency at the synagogue, but in case of an incident anyplace. This class is only given once or twice a year, as the instructors must bring their equipment which requires a lot of effort.

Class will be held in Maggie Valley on April 23<sup>rd</sup>, from 2:00pm – 5:00pm and seating will be limited.

If you are interested, please contact Harvey Morse for details. [harvey@probate.com](mailto:harvey@probate.com) or (828) 631-0000

### **SOCIAL COMMITTEE EVENT**

March 12<sup>th</sup> at 3:00pm, the Smoky Mountain Center for Performing Arts The USAF Heritage Band will perform. Tickets are free by calling (828) 524-1598. Dinner afterwards is planned for members to meet at the Pizza Hut across the street from the event at 5:00pm.

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