



THE WHOLE MEGILLAH

Visit our website at www.shalomaleichem.org

A MESSAGE FROM OUR PRESIDENT

Do you want to feel more connected with the Shalom Aleichem community? There are as many ways to feel connected as there are days of the year.

FEEL CONNECTED: *Come share in good food and good company!* We encourage all members to attend our POT LUCK DINNERS and SERVICES on the first Friday of each month. The dinner starts at 6:30 PM and the service starts at 7:30. We realize it can be a LONG night for those families with young children. We suggest you come to the dinner and stay for a brief part of the service. You can leave discretely when your child becomes restless.

All services are at the Owen Brown Interfaith Center on the first and third Friday of each month. The first Fridays include pot luck dinners before the service. The third Friday includes an Oneg after the service.

FEEL CONNECTED: *Join us for a Back to School family picnic!* On Sunday, September 11th, immediately following Sunday school dismissal, we'll have a picnic at Hammond Park. It is Pot Luck, so please bring a dish to share! Contact Cindy Kelly 410-926-6181 or Heather Sutton at 410-203-0322 for more information.

FEEL CONNECTED: *HELP OUT!* One of the reasons that our congregation is able to keep membership dues lower than larger synagogues is because we do not own a building and do not employ staff to assist with the many tasks necessary to run daily operations. We depend upon our congregants to volunteer their time

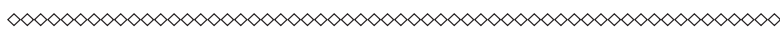
and energy. When you volunteer, even for just one task or event, you will meet other members with similar interests and feel more connected with our community. We have a variety of long and short term tasks that could use your special touch. Please contact Celeste at celestevsegal@gmail.com if you would like to be on our "call me if you need me" list.

FEEL CONNECTED: New this Year - *Help With B'nei Mitzvahs!* This year, families with children in grades 6-8 will be asked to assist B'nei Mitzvah families with setting up the Bima and putting away materials on the day of the B'nei Mitzvah service. There are several benefits to this assignment. It allows the B'nei Mitzvah family to enjoy the event without the stress of setting up and cleaning up the room. It gives the volunteer families the



opportunity to become familiar with the prayers and rituals necessary for their child's B'nei Mitzvah. It gives the volunteer family the opportunity to become familiar with the expectations and planning for their child's upcoming event. It gives families the opportunity to work together and to get to know fellow members. And it gives us all the opportunity to support each other and make us feel more connected!

FEEL CONNECTED: *Visit Our Board meetings!* All members are invited to attend all board meetings. This is where we discuss and plan events, holiday celebrations, and procedures. This is where the decisions are made. Your input is necessary and welcome. All members have a voice and a vote! Please feel free to attend. Meetings are typically on the third Monday of each month. Contact Celeste at celestevsegal@gmail.com for specific dates, time and location.



In This Issue

- Page 1: A Message from our President
- Page 2: From the Rabbi's Study
- Page 4: Cantor's Corner
- Page 4: Bar/Bat Mitzvah Procedures
- Page 5: Welcome Garrett Peach
- Page 6: Sunday School Calendar, The Enormous Garden

- Page 7: Calling All "Bima Fairies"
- Page 7: Message for Families Struggling with Addiction Issues
- Page 8: High Holiday Services Guest Fees, Schedule for Services



FROM THE RABBI'S STUDY



I'm writing this missive while our kids are still at camp and the sun is shining. But for Rabbis and Cantors, the High Holy Days have already been on our minds for some time, and by the time you read this, you'll probably be thinking about the New Year, too.

There are several themes to the holidays of Rosh Hashanah, Yom Kippur, and Sukkot. These include the renewal of the year, new beginnings, the sovereignty of God, desire for a spiritual life, the days of Judgment and Atonement, the desire for prosperity, health and other good things in the coming year, celebration and gratitude, and, of course, forgiveness. But the thread that runs through all of these days is the desire to turn our lives and hearts toward the things that matter most. In Hebrew, this is called "Teshuvah."

The word Teshuvah, as you have probably heard before, has many nuances of meaning: to turn, to turn toward God, to return, to repent, to turn one's life around, to respond, to answer. There is no English equivalent that I can think of that has so much spiritual and practical richness. Seeing Teshuvah as an effort to improve oneself offers many different possibilities. If there is a sin or a habit that we want to overcome, Teshuvah is repentance. If our souls are restless or discontent, Teshuvah can be the desire to refocus our lives on the matters that are truly important to us, such as family, friends, spirituality, or a deep need to accomplish something in our lives. It could be turning around our work, a career change, or another kind of redirection.

This is the brilliance of the Jewish tradition -- that each year, we are pushed to self-assess, to do the introspection to see whether we are on the right path in our lives, or whether it is time for a course correction of some kind.

Human beings, like most other animals, will change or move if they get uncomfortable enough. The Days of Awe come to teach us to change -- not just when our backs are against the wall, but when it is to our benefit to turn our lives toward something better.

May the New Year bring change only for the good to all of us.

L'shanaTova,
Yocheved



Cantor's Corner

To Sing is to Pray Twice



Greetings everyone!

I have lots of musical news to share with you as the summer winds down and we head back to school and work. But wait---it's still summer, isn't it? The pools are still open, the temperature is well over 80 most days, and the ice cream man still comes around the neighborhood. But for Jewish cantors, summer is when we start working on the music for your High Holy Day services.

The Tapestry of Jewish Music

So what's so special about the music for the Days of Awe? To answer this question, we have to look at sacred Jewish music in general. I like to think of Jewish liturgical music as an amazing, magical tapestry woven over hundreds, if not thousands, of years.

The traditional musical prayer melodies, or nusach, are the basic threads that form the background and foundation. You can tell what time of day it is, the time of year, and what holiday it is just by listening to the different melodies of the nusach.

For example, the nusach we sing for the Barechu (call to prayer) at our Friday night Shabbat service is very different from the Barechu that we sing to usher in Rosh Hashanah and Yom Kippur. The High Holy Day evening Barechu is majestic and grand--- it reminds me a little of "G-d Save the Queen." This makes sense when we remember that one of the main themes for the High Holy Days is to experience G-d as our Sovereign.

The foundation of sacred Jewish music also includes two other strands of weaving: the tropes, which are special chants used for singing texts from the Torah, Prophets, and the books of the Hebrew Bible. Many of the trope melodies that we use today have their origins in the late Middle Ages in Eastern Europe. The Torah trope for the High Holy Days is fancy, mysterious, and has many musical ornaments. After all, this is for the Days of Awe!

In addition to the tropes, there are MiSinai motifs for

certain texts, which include the haunting chant for "Kol Nidre." "MiSinai" literally means "from Sinai." Our tradition teaches that the MiSinai melodies were handed down by G-d to Moses at Mount Sinai, from Moses to Joshua, and so on, from generation to generation -- to all of us, here in the present day. Of course, no one knows what really happened up on Mt. Sinai...but it does not matter. What is important is that our ancestors saw the melodies themselves as holy, and this understanding can enrich our own experience of singing together in prayer.



As we move forward in time, our magical tapestry is "embroidered" with layers of beautiful traditional folk songs by anonymous composers from Hasidic, Ladino, and other communities. Many of the familiar melodies we use for the High Holy Day, such as "Avinu Malkeynu" and "Zochreynu Lechayyim," fall into this category.

Finally, our tapestry is adorned with the "jewels" of classical Cantorial arias. One of my favorites is Max Helfman's Shema Koleynu (Hear Our Voice), which I sometimes sing on Yom Kippur. Alongside these arias are the folk-inspired songs by contemporary composers such as Debbie Friedman, z"l, Doug Cotler and myself that seek to enhance congregational singing.

But wait---the magical tapestry of Jewish sacred music is never complete... it is forever an exquisite work in progress, waiting for us to add our voice, our song, and our inspiration to the prayers of our people.



Cantor's Corner, Continued

Join CSA's Choir "Kol Shalom"

Our prayers need all of our voices – mine, yours, and our children's. As a special liturgical treat, we have formed Shalom Aleichem's choir, Kol Shalom, for enhancing our services. We already have some enthusiastic members from last year and are seeking to expand our ranks. We are a friendly, multi-generational group of folks who love to sing. If you are interested in joining Kol Shalom, please let contact me at lindabaersings@msn.com.



Let's get started after the High Holy Days!

Do You Play an Instrument?

I invite anyone with musical ability to contact me about playing during our Shabbat services. Singers are also welcome (see above). The music you perform at services should have a Jewish theme or relate in some way to the weekly Torah portion. Please contact me at lindabaersings@msn.com if you are interested in adding your music to our services.



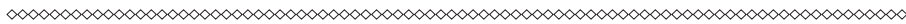
Small Guitar for CSA Kids

I have purchased a small guitar for Shalom Aleichem's kids to borrow for learning how to play. The neck of this guitar is the same size as an adult model, but the body is smaller to make playing easier for kids. If you would like to borrow this guitar, please contact me at lindabaersings@msn.com to sign up.



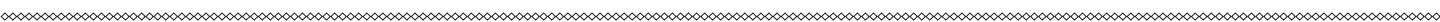
Before I sign off, I'd like to thank the rabbi and all of you who helped to enrich our worship experiences this past year with your voices, your insights, and your talents. I look forward to worshipping with you all again soon!

Cantor Linda



Important Note About Bar/Bat Mitzvah Procedures

Our board members and clergy appreciate the feedback we have received regarding the B'Nei Mitzvah process. We want to help make your child's special day as smooth, positive, and memorable as possible! In an effort to improve communication and organization, we have asked Rachael Demb to be the point of contact for all upcoming B'Nei Mitzvahs. Please do NOT go directly to Rabbi Heiligman or Cantor Linda Baer with initial questions about your child's B'Nei Mitzvah. ALL B'Nei Mitzvah families MUST FIRST contact Rachael at RachaelDemb@Yahoo.com to set up the initial meeting. Thanks so much for your cooperation!!



Welcome Garret Peach and Family!

Garrett Peach, 11, made a visit to Congregation Shalom Aleichem's Sunday School one day during the 2010-2011 school year to check it out.

"He really liked that the Rabbi spent a long time talking to them," says his Mom, Randi Singer-Peach. "He said she asked them really cool questions."

That visit sealed the deal, and as a result, Garrett will be attending the 6th grade Sunday School class this fall.

Garrett is a vivacious, athletic boy who loves "hanging out with his friends and riding his ripstick," Randi says. In the summer, he treasures spending time on his family's boat in Solomons Island, and he enjoys swimming and long fishing trips with his Dad, Ed Peach. In the winter, he's crazy about skiing and snowboarding. He has also participated in many team sports including soccer, football, lacrosse, baseball, and basketball.

Garrett is excited about transitioning from Rockburn Elementary School to Elkridge Landing Middle School this year. One high-

light of his experience at Rockburn was a Simulated Congressional Hearing that he participated in. "It was fabulous - they worked on it for months," says Randi.



"They were divided up into groups and had to defend different parts of the Constitution" in front of real judges, members of Congress, federal employees, attorneys, and other notables, she explains.

He also loved participating in the "Golden Shoe" race, a one-mile road race that he ranked highly in.

Over the summer, Garrett earned community service credits by volunteering at a Cub Scout camp. He also enjoyed hanging out with his older brother, 26-year-old Eric.

Garrett's favorite subject is science, and his Mom and Dad are trying to interest him in a career in dentistry. "But I'm sure he has other opinions," jokes Randi.

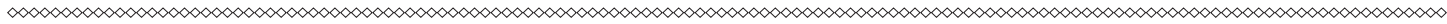
We welcome the Peach family and wish Garrett success at Shalom Aleichem!



Sunday School Calendar!

Here's a list of Sunday School Dates for the 2011/2012 calendar:

- September 11, 18 (Don't forget picnic following Sunday School Sept. 11)
- October 2, 16
- November 6, 20
- December 4, 18
- January 8, 15
- February 12, 19
- March 4, 18
- April 15, 22
- May 6, 20
- June 3 (Make Up Date)



The Enormous Garden

By Celeste Segal

(Adapted from the Fairy Tale, The Enormous Turnip)

Once upon a time, approximately 14 years ago, Shalom Aleichem's founding members wanted to grow a community garden. So they sprinkled some seeds and said "Grow seeds, grow! Grow many crops so we can have a community garden of spiritual growth, worship, and friendship." Over the next few years, the community garden grew bigger and bigger. When it was time to harvest the garden, the members worked and worked and pulled and pulled. The crops were plentiful and members could not do it all. So they called the clergy and said "Please Rabbi, Please Cantor, please help us cultivate and harvest our community garden. There is much to do and we cannot do it all by ourselves." The clergy and the founding members worked and worked and pulled and pulled but still they could not do it all. So they called the Sunday school teachers. "Please help us cultivate and harvest our community garden," said the members and clergy. "We have plenty to share and plenty to give, but we need more help." The founding members and the clergy and the teachers worked and worked and pulled and pulled. More and more families came to the garden. There were many mouths to feed and much work to be done. "Children, children, of all ages, please help us cultivate and harvest our community garden," said the parents. "We have plenty to share and plenty to give, but we need your help." And so the members of the community worked together. They worked and worked and pulled and pulled and at last they gathered enough food for a wonderful feast.



The fruits of our labor taste ripe and delicious when we all work together. Please help us cultivate and harvest our community garden so we can continue our spiritual growth, worship, and friendship. We have plenty to share and plenty to give, but we need your help.



The BIMA FAIRY

A Must-Read for Every Family

Once upon a time there was a congregation of Jewish people that met on Friday nights to welcome the Sabbath bride. This is a special occasion; she only comes once every seven days. The room where they meet must look special. Well how does this happen? Who decorates the room? SOME PEOPLE THINK IT IS THE BIMA FAIRY! Who is this Fairy, and what does she do?

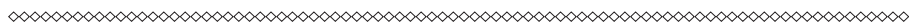
The Bima Fairy comes early on Friday nights and other Jewish holidays, including B'MITZVAHS, and goes into the magical storage closet. There she will find all the lovely things she needs, such as special table cloths, Shabbat candle sticks and candles, a Kiddush cup, and most importantly, the prayer books. The Bima Fairy gets a cart from the kitchen and loads all the treasures on to the cart so as not to injure her back, and proceeds to set up the room for the service.

On very special occasions, the Ark is brought out to hold the sacred Torah. When this happens, the Fairy asks for help from the custodian to transport the sacred ARK to the meeting room.

Once a month, the congregation has a pot luck meal. So the Fairy brings out table cloths, plates, cups, napkins, and utensils from the magic storage closet and proceeds to set up the room. You would think that the Fairy's job would be done at this point. But WAIT -- who is going to put all the treasures away and clean up after the service? A Fairy's job is never done!!!



The Fairy is looking for a few recruits to help out on Fridays and for B'Mitzvahs and the High Holidays. If you can lend the Fairy a hand, please contact Shalomaleichemmd@gmail.com. The Fairy would be most appreciative!



Message for Families Struggling with Addiction Issues

By Rabbi Yocheved

For several years I have been working with Jews and their families who are affected by addiction, alcoholism, compulsive gambling, debt, etc. JACS-Jewish Alcoholics, Addicts, and Significant Others, meets for retreats a couple of times a year, and some areas have local groups that meet more regularly. The membership spans the Jewish community from Orthodox and Hasidic to Reform to unaffiliated. It is a community where what people have in common outweighs such differences. I have been approached by some local members who would like to start a group in the Columbia area. If you know any Jews in 12-MStep "Anonymous" programs who might be interested in this information, please have them contact me at rabbiheilgman@verizon.net. All responses will be kept confidential.

High Holiday Services Guest Fees

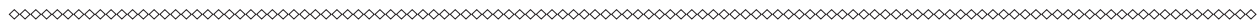
This year, as always, paid membership in our congregation includes all high holiday services and the pot luck break the fast. But in our effort to maintain a **BALANCED BUDGET**, this year we are charging for guests to attend High Holiday Services.



Unlike other Temples that charge per day, we felt that one price per person, whether you attend one service or all of the scheduled services and events, including break the fast, was more equitable. The Board decided that friends and family of members should pay less than non-member guests. **BUT** we will credit any guest their ticket price towards their membership if they join our congregation this year.

The fees are as follows:

<u>NON-MEMBER GUEST FEES</u>	
Adult Non-Member guest 21 and over not in college	\$180
College student Non-Member guest	\$54
All children Non-Member under 21 and 4 and over	\$54
<u>Family and Friends of Members</u>	
Adult member guest 21 and over and not a college student	\$90
College Student member guest	\$36
All Children Member guests under 21 and 4 and over	\$36
Children under 4 free (no child care available for this group)	



Schedule for Services*

7:30 pm Evening Service start time 9/28 & 10/7
 10:00 am Morning Service 9/29,9/30& 10/8
 Children's service on 9/29 & 10/8 morning ONLY
 5 pm Afternoon Service 10/8
 7:15 pm Break the fast pot luck meal 10/8

***All services are at Owen Brown Interfaith Center**