



THE SHPIEL

SEPTEMBER 2023 | ELUL 5783 | TISHREI/CHESHVAN 5784



All meetings are held in the Chapel Center unless otherwise noted.

SLJC SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 LABOR DAY	5	6	7	8	9
10 9:30 am: JWV Post 619 Meeting (Oakwood Poolside) 10 am: Men's Club Annual Bagel Breakfast (Chompie's)	11	12 9 am: Sisterhood Board Meeting	13 1:30 pm: Devorah Literacy Ladies (Zoom)	14 4 pm: SLJC Board Meeting	15 EREV ROSH HASHANAH 7 pm: Rosh Hashanah Service	16 ROSH HASHANAH 10 am: Rosh Hashanah Service
17 10 am: Kever Avot Service (Valley of The Sun Cemetery)	18	19	20	21	22	23
24 EREV YOM KIPPUR 7 pm: Kol Nidre Service	25 YOM KIPPUR 10 am: Yom Kippur Service 5 pm: Break-the-Fast (Cottonwood Country Club)	26	27	28	29 EREV SUKKOT SUKKOT	30 SUKKOT

HIGHLIGHTS

- 3 From the Clergy
- 5 President's Message
- 8 Yahrzeits
- 8 Celebrations
- 10 Contributions
- 11 Donation Form

- President, Shelly Henden (480) 612-4413
- Membership, Susie Shapiro (480) 883-7117
- Rabbi Irwin Wiener, D.D. (623) 640-5913
- Cantor, Ronda Polesky (480) 247-8408
- Music Director, Lana Oyer (602) 524-5936
- Graphics, Mike Milgroom (480) 802-7990

To submit to *The Shpiel* or for more information, contact Geri Gould at (480) 305-0123, or gerijim@hotmail.com.

RABBI IRWIN WIENER, D.D.



Shanah Tovah

It was approximately 2,500 years ago that a prophet of Israel roamed the countryside preaching about the goodness of humanity and how it could be found in each of us. In fact, he emphasized that the most enduring force known to man was the power of our ability to conquer the wrongdoing we witness every day.

There are many ways we can accomplish what was suggested so long ago. For example, we can support institutions that give others the ability to survive and even carry themselves with dignity. Every day we witness the poverty and misery of those less fortunate. And there are those among us who were more independent but somehow woke one day to the progress of time.

It is not enough to acknowledge the problems. We are obligated, as partners with God, to ensure that the tear in our society is repaired to the best of our ability. Each tear in the fabric of our existence should bring us closer to understanding our place in the journey we are embarked upon. Age should not be a deterrent to reaching out to lend a helping hand. Rather it should encourage us to do more because we have been there and have seen the results of indifference. We are nothing without purpose, and only when we lift a person who has fallen can we, with pride, declare who we are and truly comprehend the connection of Heaven and Earth.

This time of the year enables us to recollect as well as plan for tomorrow. There is the custom of New Year's resolutions — a wish list of things yet to be accomplished and with good

intentions attached. But it shouldn't end there. The act of making a wish should be connected to the action necessary to see them completed. Some will falter and some will see their dreams come true. There is no shame in failing but rather in not making an honest attempt. That is the beauty of trying and is our responsibility as God's children.

Sometimes there are voids in our lives that require us to search for new meanings. There are disappointments, tragedies, illnesses, or not being able to communicate with a loved one because of something that really is insignificant.

God does not expect us to succeed in everything we undertake but is disappointed when we do not attempt to improve our lives. The special ingredient in any attempt at connection with God and receiving the salvation we all so desperately need is a thing called forgiveness. Forgiveness gives us the ability to heal from wounds that have been inflicted. More importantly, forgiveness is a sign of positive self-esteem.

All these things are why a special time is set aside and designated for new beginnings. We forgive, but never forget. For it is through forgiving that we remain a blessing and it is remembering that should help us refrain from repeating our mistakes.

As we gather this Rosh Hashanah and Yom Kippur in our House that is a Home For All People, perhaps we should make an extra effort to listen to the music, delve into the meaning of the prayers, greet each other with extra kindness and understanding, and then welcome a new beginning that will find us in tune with one another. And there we will find God.

Shanah Tovah — Sandi and I wish everyone a blessed New Year.



LONE SOLDIER PROJECT

HAPPY HANUKKAH TO LONE SOLDIERS

By Michael Cohen

Hanukkah 2023 seems far in the future, but it will be here before we know it. Our campaign is expanding to over 40 sites around the entire state. Last year we sent about 1150 cards and letters to Lone Soldiers. Many of these letters came from Sun Lakes. I would like to see us set a new high number this year.

Why is it so important? Service in the IDF is exhausting, both physically and mentally. Current security threats have escalated both physical and mental tolerance, making the challenge more intense. Your letters or cards acknowledge that these young people from 80 different countries are doing something much larger than themselves. They become aware that they are protecting the Jewish Homeland for all of us in the diaspora. WOW! This notion energizes them to meet the daily demand of the IDF and brings a smile to their faces.

Happy Hanukkah stationery will be available at High Holiday services and can be returned at subsequent services. The deadline is November 19 in order to get messages to Israel in time for Hanukkah. Remember, every Lone Soldier is someone's grandchild and deserves our attention. Questions? Call Michael Cohen at (480) 895-4660.



FRIENDS OF ISRAEL

RECENT NEWS FROM ISRAEL HAS BEEN AGONIZING

Since the election of the current coalition and the introductions of Judicial Reforms, the Israeli news has evoked a full range of emotions among American Jews who care about the Jewish Homeland. The intense divisiveness within the Israeli society is the greatest it has been since Israel's birth 75 years ago.

Unfortunately, much of the media reporting of these events is biased by the news outlets' perception and interpretation of Israel-Palestinians relations. Yes, there are serious problems, which is reflected in all their Israel reporting.

Did You Know:

- 150,000 Palestinians work in Israel regularly (*Haaretz*, May 2023).
- 362,000 Palestinians who are primary residents of East Jerusalem can live, work and travel freely as well as have access to free health care and social services.
- Only citizens can vote. (Council on Foreign Relations, March 2023)

As events evolve, I URGE you to connect with at least one Israeli news source. All of these (and others) have free daily newsletters. News and opinions are separated.

- *United with Israel*
- *The Times of Israel Daily*
- *Israel Hayom*

To check the truth of what you have heard or read, go to: Honest Reporting; CAMERA (Committee for Accuracy in Middle East Reporting and Analysis); *The Jerusalem Post*; *JNS Daily*; *Israel National News*.



PRESIDENT'S MESSAGE

SHELLY HENDEN



It's a New Year!

To those of you that have returned from your summer travels, welcome back. We were away for this horrible record-breaking hot summer, and our hearts go out to those of you that had and are still enduring the heat!

We have several things planned for this year. We are planning four Adult Education programs, two plays at the Hale Theatre (*Fiddler on the Roof* on November 4 and *My Fair Lady* on March 9 — see below for details), our combined Passover seder with the Chavurah from

the Trilogy community in Gilbert, and of course our fundraising dining-out gatherings. There are a few other things that are in the works, so please read the Shpiel for all the announcements. And let's be sure to support our Men's Club, Sisterhood, JWV, Hadassah organizations, and Singles Havarah Chai, all of whose leadership works tirelessly for the good of the congregation.

We look forward to seeing you all at the High Holiday Services, at which time we will be introducing our new accompanist, Josh Pielemeier.

A healthy and happy New Year to you all. 🍷

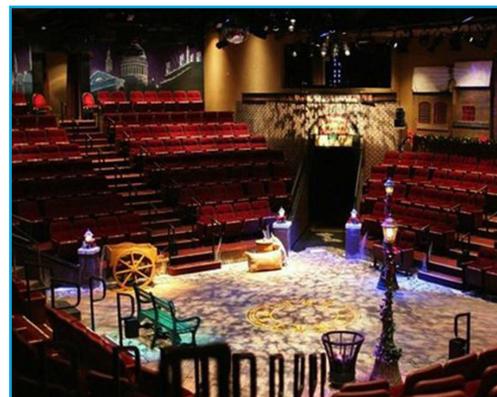
SLJC FUNDRAISER

JOIN US AT THE HALE THEATRE!

Our congregation purchased a block of tickets for shows this fall at the Hale Theatre, a theater-in-the-round located at 50 W. Page Ave. in Gilbert. These performances will provide a chance to get together, see a show, maybe have a nosh in Downtown Gilbert, and raise some much-needed funds for our Congregation. All shows will be matinees at 3 pm.

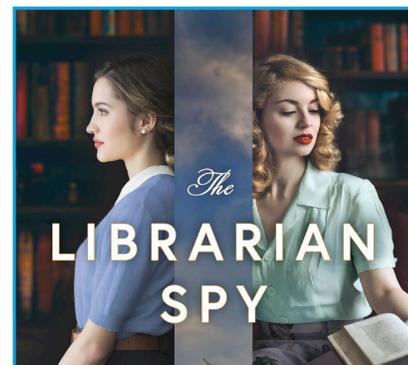
Coming up are *Fiddler on the Roof* on Saturday, November 4 at 3 pm, and *My Fair Lady* on Saturday, March 9 at 3 pm. We hope you can join the fun!

Ticket price is \$45. To make your reservation, please call Marcia Weiner at (480) 802-9455 or Shelly Schwartz at (480) 802-3608.



DEVORAH HADASSAH

We hope you are managing to keep cool during this hot weather. Due to High Holidays, the only Devorah Hadassah activity for September is our Literary Ladies, meeting on Wednesday, September 13 at 1:30 pm via Zoom. The book is *The Librarian Spy*, by Madeline Martin. To register, please contact Ruth Kovac at ruth.devorah.had@gmail.com.





SLJC Break-The-Fast

September 25, 2023

Bagels, Nova Lox, Egg Salad, Creamed Herring, Crème Cheese Spreads, Fruit Platters, Sliced Tomatoes, Cucumbers, Red Onions, Coffee Cakes, Cheesecake

Coffee and Ice Tea

Cost: \$30.00/person

At the Cottonwood Country Club

Doors Open at 5:00 P.M.

For Reservations-Please make checks payable to SLJC and mail to

**Wendy Goldstein, 24031 S Lakeway Circle NW, Sun Lakes, AZ 85248
For further information please contact Wendy Goldstein 480 584 5909 Please
include this form with your check.**

and Name of Attendees:

Of Children Under 3 (no charge):

Names of People You Wish to Sit With:

Your Contact Telephone Number:

Reservation Deadline is September 18, 2023

KEVER AVOT SERVICE

THE RESTING PLACE OF OUR ANCESTORS

By Rabbi Irwin Wiener, D.D.

We will hold our annual Kever Avot service, a tradition in many societies during the High Holiday season and open to all members of the Jewish community. Kever Avot is performed at the cemetery, usually the Sunday prior to Yom Kippur. It is designed to give us an opportunity to remember our families and friends who are no more with us and to recall the happiness that was shared when they walked among us.

We will whisper their names, we will cherish their memories, and we will connect to the past as we endeavor to prepare for our future in the year ahead. It is a beautiful ceremony recalling the flight of time as well as encouraging us to gain strength from the lives of loved ones. Some losses are recent and some more distant, but all involve the recollection of achievements and defeats that make up our journey of life.

Join with me on Sunday, September 17 at 10 am for light refreshments followed by the service at 10:30 am at Valley of The Sun Cemetery. Even though many of our loved ones are not interred there, we use this venue as a reminder of all the places of our bereavement. Also at this sacred time, in this sacred place, we will recall the men and women of our Armed Forces who lost their lives on distant shores and all who perished in the nightmare known as the Holocaust.

I encourage everyone to participate as we recall the past with an eye toward tomorrow. Remembering our loved ones is a sacred obligation. Please join us as we proclaim our continuing remembrance of those we held dear.



SEPTEMBER CELEBRATIONS

ANNIVERSARIES — *kol hakavod* — to a great year ahead together!

4 Bruce & Barbara Kochman 11 Martin & Marsha Levine 22 Mark & Diane Mendelsohn
5 Arnie & Shelly Henden 13 Mark & Alice Salita

BIRTHDAYS — *mazel tov* — another year older and another year wiser!

1 Jan Cohen 12 Barbara Sommers 16 Marilyn Fein 28 Martin Levine
5 Shirley Gersten 13 Linda Mundis 16 Roberta Levitan 28 Marilyn Levine
5 Jeffery Rotter 13 Rosalyn Sutker 20 Carole Victor 29 Donald Levine
8 Wendy Feldman Kerr 15 Melvyn (Mel) Bram 20 Mike Gratz 30 Judy Elias
10 Judy Walp 15 Robert Brooks 21 Eric Kerr
11 Stan Zimmerman 15 Tzvi Caplan 22 Karen S. Perna
12 Stephen Horowitz 15 Mireille Kaplan 23 Ruth Muenzer

SEPTEMBER YAHRZEITS

Zichronam livrachah — may their memories be a blessing.

Albert Abrams Bea Jacobs Goldie Sontag
Frank Andrade Alexander Kaplan Morton Ginsberg
Selma Behr Bruce Klein Evelyn Rotter
Howard Cannon Marty Klemes Evelyn Stein
Stanley Dolin Joe Koss Nellie Strahl
Ida Fein Edward Lazarus Irene Strauss
Leo Feldman Harvey Levenson Evelyn Sussman
Clement Hendricks Louis Levy Herbert J. Tamber
Menachem Herman Maurice Machbitz Celia Wagner
Bernice (Bunny) Gabel Pesach Miller Loretta Weber
Raisel Gerber Regina Pasternack Samuel Weinberg
Charlotte Gindick Ruth Plafker Lenore Wolin
Salo Goldschmidt Beatrice Pollock
Erni Goldschmidt Max Posniack
Rose Goldstein Ralph Rosenthal
Trudy Goldstein Myer Schwartz
Bernice Grau Benjamin Shalett
Fay Hauptman Irma Shapiro

SLJC SISTERHOOD

Next Event: Thursday, October 19, 1 pm, Chapel Center

The Sun Lake Jewish Congregation Sisterhood has an exciting year planned. **The first meeting will take place on Thursday, October 19, at 1 pm at the Chapel Center.** The guest speaker is Martin Rittman, owner of Rango Honey in Tempe. This company sells kosher honey and its mission is to help young people and adults on the autism spectrum. The Scottsdale and Tempe school districts bring their students on the spectrum to help with bottling and labeling at the company's Tempe facility. The adults live in a home called Neshama with full time care. Martin will tell the story of the Rango Honey, the bees, and the mission.



Save the date of March 4, 2024 for the Card Party. This annual fundraiser will return to the Oakwood Country Club with games such as Mahjongg, Bridge, Canasta, Scrabble, and Rummi-Cube. There will be extraordinary gift baskets, cash raffles, restaurant gift cards, and a bake sale. Mark your calendar and gather a group of friends to join us for a fun-filled afternoon.

This year, our **Paid-up Membership Luncheon will be held on November 16**, so be sure that you have sent in your dues before then. For more information, please contact Marsha at marsha52@gmail.com.

Sisterhood Membership Dues Form (July 1, 2023 – June 30, 2024)

NOTE: We do not share information with anyone. For Sisterhood use only.

Name: _____

Address: _____

E-mail: _____

Phone: _____

Birthday (month/day only): _____

Please send **this form and a check for \$30**, payable to SLJC Sisterhood, to:
Wendy Goldstein, 24031 S Lakeway Circle NW, Sun Lakes AZ 85248

SLJC MEN'S CLUB

Upcoming Meeting: Sunday, September 10, 10 am, Chompie's

The Men's Club will be holding its Annual Bagel Breakfast on **Sunday, September 10 at 10 am at Chompie's restaurant** near the Chandler Fashion Mall located at 3481 W Frye Road in Chandler. This event is for paid-up members; annual dues are \$30. If you haven't already, you may pay the \$30 membership dues for the new year (July 1, 2023-June 30, 2024) at the event. For more information and to make a reservation, please contact Martin Levine at (480) 802-8911 or Martlee39@gmail.com.



CONTRIBUTIONS



Sun Lakes Jewish Congregation gratefully acknowledges the following contributions made in honor or memory of a special person or event. If you would like to make a contribution, please use the donation form on the opposite page.

CHAPEL FUND

In honor of the Milgroom's
Son's Marriage
by Susan & Michael Cohen
In memory of Mark Gurievsky
by Evey Freed
In memory of Sandy Goldberg
by Barbara & Elliott Reiss
In honor of our Aliyah
by Stephen & Susan Kubrin
In memory of Karen Taylor
Levine
by Barbara & Elliott Reiss
In memory of David Wagner
by Barbara & Elliott Reiss

FAMILY FUND

In honor of Marilyn and Alan
Behr's granddaughter's
Bat Mitzvah
by Marilyn and Harvey Fein
In honor of Evey and Michael
Freed's granddaughter's
Bat Mitzvah
by Marilyn and Harvey Fein

GENERAL FUND

In honor of Irwin Plafker's
85th Birthday
*by Bob Stone & Betsey
Silverman*
Miscellaneous donation
by Ronnie & Carole Gilbert
In honor of Gary's Birthday
by Karen & Gary Hasenfus
In memory of Marshall Gurian
by Shelly & Arnie Henden
In memory of David Wagner
by Eve Wagner
In memory of Marshall Gurian
by Stephen & Susan Kubrin
Miscellaneous donation
by Owen Fabert
In memory of Dave Wagner
by Nancy Stutman
Miscellaneous donation
by Norma & Darrell Owens

MUSIC FUND

In honor of Irwin Plafker's
85th Birthday
by Shelly & Arnie Henden
In honor of our
Granddaughter's graduation
from law school
by Karen & Gary Hasenfus
In memory of Jeff Berke
by Shelly & Arnie Henden

SILVERMAN FUND

In memory of Mark Gurievsky
by Irwin & Judy Plafker
In memory of Martin
Silverman
by Diane Silverman
In memory of Sy Evans
by SLJC Men's Club
Memorial donation
by Michael Freed M.D.

Yahrzeit Fund

In memory of Helmut Strauss
by Marc & Suzanne Machbitz
In memory of Carmen Miller
by Arthur "Barry" Miller
In memory of Michael &
Golda Kaye
by Geoffrey John Kaye
In memory of Jack Machbitz
by Marc & Suzanne Machbitz
In memory of Lea Lichtig
by Ruth Muenzer
In memory of Solomon M.
Roth
by Faith Roth
In memory of Arthur Tauber
by Susan & Richard Tauber
In memory of Helen Goldner
by Susan & Richard Tauber
In memory of Marsha Shapiro
by Larry Shapiro
In memory of Leonard
Sussman
by Harvey Fein
In memory of Phillip Fein
by Harvey Fein

In memory of Rose Lazarus
by Susan Kubrin
In memory of Sydney Ross
by Lee (Sheilah) Ross
In memory of Hyman Katcher
by Marcia Weiner
In memory of Lillian Sussman
by Barry & Joan Berger
In memory of Wayne Berger
by Barry & Joan Berger
In memory of Milton
Friedman
by Marjorie & David Levinson
In memory of Meyer Lubisch
by Sandor Lubisch
In memory of Lee Levin
Steinberg
by Sharon Becker
In memory of Helen Dunn
by Marc & Suzanne Machbitz
In memory of Mildred
Sakulsky
by Shelly & Arnie Henden
In memory of Beverly Kantor
by Eunice Goldberg
In memory of Ida Bush
by Judy Elias
In memory of Rose Kort
by Gail Cantor
In memory of Sylvia Krone
by Julie Mooney
In memory of Jonathon Evans
by Edith Evans
In memory of Geraldine
Miller
by Arthur "Barry" Miller
In memory of Leo Baumrind
by Ann Baumrind
In memory of Fred Sachs
by Bobby Sachs
In memory of Jesse Gersten
by Shirley R. Gersten
In memory of Cele Gersten
by Shirley R. Gersten
In memory of Sarah Bella
Blumenfeld
by Sandi Wiener

In memory of Hyman Frindell
by Sander Frindell
In memory of Herbert J.
Tamber
by Neil Tamber
In memory of Ida Fein
by Marilyn & Harvey Fein
In memory of Evelyn Sussman
by Marilyn & Harvey Fein
In memory of Ralph
Rosenthal
by Suzanne Rosenthal
In memory of Louis Levy
by Rita L. Tanen
In memory of Daniel Becker
by Sharon Becker
In memory of Louis
Blumenfeld
by Rabbi & Sandi Wiener
In memory of Judy Gladstein
by Rabbi & Sandi Wiener
In memory of Faye Algranati
by Marsha Levine
In memory of Rose Temkin
by Gloria & Robert Howard
In memory of Michael Mangel
by Lori Mangel
In memory of Mel Bush
by Judy Elias
In memory of Rosalyn Rossen
by Judy Elias
In memory of Ernest Earhart
by Judy Elias
In memory of Rita Stone
by Bob Stone
In memory of George Stone
by Bob Stone
In memory of Stanley Cohen
by Sheryl Rockwell
In memory of Thelma B.
Goldman
by Susan Tamber
In memory of Cecelia S.
Jacobs
by Gina & Tzvi Caplan
In memory of Alexander
Kaplan
by Robert & Karen Kaplan

In memory of Raisel Gerberg
by Robert & Karen Kaplan
In memory of Menachem
Herman
by Robert & Karen Kaplan
In memory of Gilda
Codkind
by Ronald Codkind
In memory Leo G. Grau
by Arthur "Barry" Miller
In memory of Arthur
Behr
by Alan & Marilyn Behr
In memory of Roberta
Ofte
by Marilyn Koss
In memory of Sally
Bennett
by Roxanne Banta
In memory of Ada
Fishman
by Ruth Friedman
In memory of Bess Bloom
by Leah & Alan Bloom
In memory of Ida
Zelinger
by Diane S. Zelinger

In memory of Jack
Zelinger
by Diane S. Zelinger
In memory of Sy Blonder
by Karen Blonder
In memory of Stan
Delman
by Myra Delman
In memory of Isaac & Elsie
Gould
by Geri & Jim Gould
In memory of Annie
Shienfield
by Geri & Jim Gould
In memory of Max
Rothstein
by Shirley R. Gersten
In memory of Pesach
Miller
by Rabbi & Sandi Wiener
In memory of Myer
Schwartz
by Shelly & Harvey
Schwartz
In memory of Irma
Shapiro
by Larry Shapiro

In memory of Bernice
"Bunny" Gabel
by Bruce & Carol Gabel
In memory of Regina
Pasternack
by Linda & Bob Brooks
In memory of Herbert
Tamber
by Neil Tamber
In memory of Stanley A.
Dolin
by Ruth A. Dolin
In memory of Joe Koss
by Marilyn Koss
In memory of Harvey
Lenenson
by Owen Fabert
In memory of Bea Jacobs
by Bobby Sachs
In memory of Selma Behr
by Alan & Marilyn Behr
In memory of Beatrice
Pollock
by Alan & Marilyn Behr
In memory of Edward Lazarus
by Susan & Stephen Kubrin

In memory of Nellie Strahl
by Sandor Lubisch
In memory of Goldie Sontag
by Gary & Karen Hasenfus
In memory of Maurice
Machbitz
by Marc & Suzanne Machbitz
In memory of Sally Abrams
by Michael Abrams
In memory of Albert Abrams
by Michael Abrams
In memory of Loretta Weber
by Irwin & Judy Plafker
In memory of Samuel
Weinberg
by Irwin & Judy Plafker
In memory of Ruth Plafker
by Irwin & Judy Plafker
In memory of Selma Behr
by Alan & Marilyn Behr

SLJC Donation Form (please print clearly)

Please accept this contribution to the following fund, in honor/memory of:

Fund: Chapel Family Fund Music Oneg Silverman General

Yahrzeit Honoree: _____ Month _____

Please send card to:

Name: _____

Address: _____

Donor: _____ Amt. of Check \$ _____

Address _____

Remit to: Marjorie Levinson, 9533 E Sundune Drive, Sun Lakes, AZ 85248

Please make checks payable to SLJC.

*Minimum donation of \$10 per person being remembered/honored.

COMMUNITY BULLETIN BOARD

SLJC has lost so many members of our congregation this summer, and we extend condolences to all the families of Jeanne Capeloto, Joy Dolin, Dave Wagner, Marshall Gurian, Jeff Berke and Sharon Siegel. May their memories be for a blessing.

Congratulations to Janey Burnce, the winner of the Membership Raffle. Janey will receive a complimentary membership to SLJC for this 2023-2024 year.

The Board of Directors wishes all SLJC members and their families a very happy and healthy New Year.

Save-the-Date for the Annual Meeting:
Tuesday, October 24
at 7 pm

SLJC welcomes the following new members:

Julie Bauman
Jerry & Marlene Bernstein
Bruce & Carol Gabel
Sandy Golomb
Estavan & Yolanda Morales
Bruce Nussbaum
Jeffery Rotter
Sheri Sinykin
Arthur Uram
Stan Zimmerman

Please submit Bulletin Board posting requests to Geri Gould at gerijim@hotmail.com.

SOMETHING YOU MIGHT NOT KNOW

SOME FIRST CENTURY ROMANS *By Murray Siegel*

Tiberius Julius Alexander, Julia Berenice, and Marcus Julius Agrippa were all wealthy citizens of the Roman empire during the latter part of the first century. Is there something about these three people that you might not know? Actually, there are two unusual facts about Julius, Julia and Marcus that you might not expect. All three of these Roman citizens were Jewish and all were friends and admirers of Vespasian, the Roman emperor at the end of the first century.

Why was it unusual for Jews to be friends with Vespasian? Prior to being emperor, he was the army general responsible for quelling the Jewish rebellion in Judea. His troops sacked the Holy Temple and he was responsible for enslaving thousands of Jews. Many of the affluent Jews did not favor the rebels, knowing that the Roman army was strong enough to win the war. They were concerned about how the rebellion would affect Jews throughout the empire.

It should be noted that in the first and second centuries, most Romans had respect for the Jewish faith, but they



considered Jews as atheists since they did not believe in the “true” gods (such as Jupiter and Venus). That changed early in the fourth century when Emperor Constantine converted to Christianity, made Rome a Christian empire, and elevated that religion at the expense of all others, including Judaism.

JEWISH WAR VETERANS COPPER STATE POST 619

RANCHO MILAGRO FOUNDER AND EXECUTIVE DIRECTOR VANESSA KOHNEN WILL SPEAK ABOUT EQUINE THERAPY

Sunday, September 10, 9:30 am, Poolside Building, Oakwood Country Club, 24218 S. Oakwood Blvd., Sun Lakes

Rancho Milagro Founder and Executive Director Vanessa Kohnen will speak about equine therapy at the Jewish War Veterans Copper State Post 619 breakfast, Sunday, September 10. The meeting takes place in the Poolside building at Oakwood Country Club, 24218 S. Oakwood Blvd., in Sun Lakes. A “Meet & Greet,” with FREE lox and bagels, coffee and doughnuts starts at 9:30 am, followed by the speaker at 10 am. All are welcome.

Rancho Milagro, a non-profit organization, was founded by Vanessa and her husband, Robert, in 2014, for people who have experienced trauma. Equine therapy is used to help treat people in need, including veterans with PTSD, anxiety, and depression.

“Rancho Milagro started from my own personal childhood trauma,” confessed Vanessa. “As a child of abuse, I found my only refuge was with my animals. By giving me a purpose, horses saved my life, for which I am thankful and am now ready to help others start a journey to their own personal recovery,” she concluded.

The animals at Rancho Milagro can understand and relay the emotions for individual patients. “Can you imagine a 1,000-pound animal mimicking what you’re experiencing?” asks Kohnen. “We always say we want somebody else to understand what we’re going through. Well, guess what: the horses do, and we are able to watch these beautiful animals mirror the same emotions,” Kohnen said, adding “This is why equine therapy works so well.”

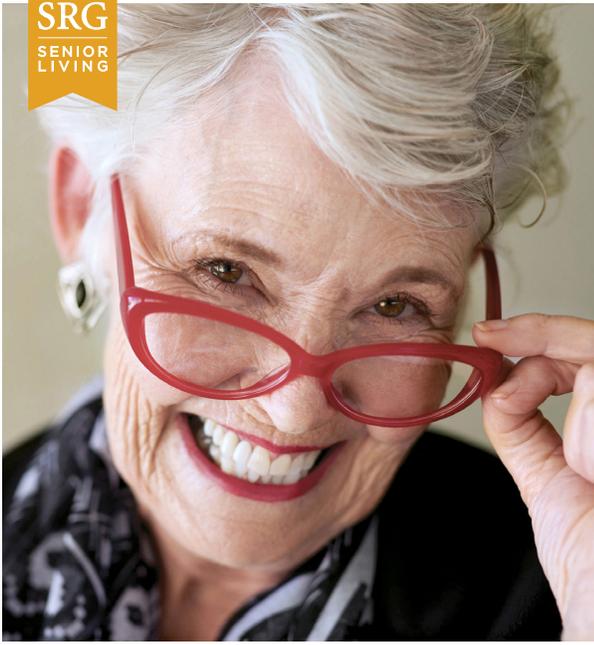
Research shows that equine-assisted therapy is effective for treating survivors experiencing depression, anxiety, and/or trauma-related symptoms, as well as ADHD, autism, dissociative disorders, and other mental health diagnoses. In one representative study, survivors showed increased confidence, self-esteem, assertiveness, emotional regulation, and resourcefulness because of this form of therapy. In some cases, just a few sessions of equine therapy can produce improvement.

Supporters of Rancho Milagro’s program include ASU Pat Tillman Veterans Center, 14th Hour Foundation, Travis Manion Foundation, and Southwest Veterans Chamber of Commerce.



JWV Post 619, which meets monthly from September-May, boasts members who represent a wide range of religious affiliations and participates in philanthropic activities to help veterans of all faiths. To learn more about JWV activities and membership, contact Elliott Reiss at ElliottBarb@q.com, (480) 802-3281.

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Coming up at the East Valley JCC



Israeli Film Series

'Generation 1.5'

Sign up to receive the link and watch from home on Sept. 10.

evjcc.org/film

Tuesdays at the J
10-11:30 a.m.

Sept. 5: 'Starting the High Holidays on a High' with Rabbi Laibel Blotner, Chabad of Mesa

Sept. 19: An open conversation about the current state of Israel with Rabbi Michael Beyo, East Valley JCC CEO

No sessions on Sept. 12 or 26.
908 N. Alma School Road, Chandler
evjcc.org/tuesdays

Sign up to receive our newsletter: evjcc.org/newsletter



Sun Lakes Jewish Congregation
P.O. Box 11479
Chandler, AZ 85248

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Memorial Prayers

By Rabbi Irwin Wiener, D.D.

There are times established for us to remember loved ones. They are times to remind ourselves of the sum-total of their journey with us. Our remembrances will also ensure immortality for all whom we love and miss. The time I refer to is designated as *yahrzeits*.

We light a candle, think about what was, and hope that the flame that burns will remain with us for all time, even as it eventually extinguishes itself until we light it again. However, the flame of their existence will burn within us forever.

We light candles as well during the four times we recite the ancient Memorial Prayers – the *yizkor*. We join in expressing our feelings and the tender moments shared.

Each person remembered came to us through the generosity of a loving God. All our memories contain the legacies we inherited. Each life was precious, filled with dreams and frustrations, hopes and despair.

Death helps us understand creation. We are born, we live, we learn, we endure, and then we are no more. But we are reborn again in a thought, a happening, and for sure, in the reward waiting for all of us — the gift from God — life everlasting.

We have the capacity to rekindle the flame of pleasant remembrances, of laughter and joyous occasions so that the memories of our loved ones will remain a blessing.

The Memorial Boards that are situated in the lobby of the Chapel, and the Memorial Tablets situated on them, are our reminders that our loved ones are never forgotten.

How fortunate we are to be able to enter the Chapel each time we have religious services or celebrations and gaze upon the names of those we cherish. How fortunate we are to be able to affix the names of the memories we hold in a place that will ensure their perpetuity.

Perhaps, as you receive a *yahrzeit* reminder from the congregation, you would consider this act of goodness that will immortalize our families and friends. Additionally, it is a most blessed way of supporting our congregation as well.

