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# Temple Talk

## Weeping Together in the Night

By: Rabbi Tracy Nathan

*She weeps, weeps in the night*

*And her tear is on her cheeks*

*She has none to comfort her among all  
her lovers...*

(Eicha/Lamentations 1:2)

We are in the saddest time of year in the Jewish calendar, the three weeks between the fasts of the 17<sup>th</sup> of Tammuz and the 9<sup>th</sup> of Av (Tisha B'Av). On Monday night, August 8<sup>th</sup>, we begin a 25-hour fast in which we observe rituals for fast days and follow customs for mourning. As on Yom Kippur, traditionally we do not eat, drink, wash, anoint ourselves with oil, wear leather shoes, or engage in sexual relations. We do not wear our Tallit or Tefillin at Shaharit, the Morning Prayer, but we do so at Mincha, the Afternoon Prayer. Since studying Torah is considered joyful, we limit our Torah study to texts that generate sorrow.

When we gather together at night to read *Eicha*, the Book of Lamentations, we act as if we are in mourning and do not greet one another. We sit on the ground as if we are sitting shiva, and we chant the painful poetry of *Eicha*, with its heartbreaking images of hungry and thirsty children. Of mothers bereft of

their children with no one to comfort them. Of prayers that are scorned and bodies and souls in anguish. We hear the voices and bear witness to the tears of those who experienced the destruction and exile.

In the above verse from *Eicha*, Jerusalem is likened to a woman weeping in the night with no one to comfort her. The verb for weeping is doubled, and the midrash explores this doubling and its relationship to the night (in *Eicha Rabbah* 1:24 and the Babylonian Talmud Sanhedrin 104b). Rabbi Aibu says the night itself draws forth lamentation. Another taught that when one weeps at night, when another hears, he or she weeps as well (hence the two "weepings").

The midrash brings these teachings alive with a story about Rabban Gamliel and an unnamed woman who lived in his neighborhood. Her son died, and she used to weep for him at night. Rabban Gamliel would hear her voice and would remember the destruction of the Temple and would cry with her until his eyelashes fell out. When his disciples noticed this, they removed the woman

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#### Office Hours

Monday - Friday

9:30am - 12:30pm

### Upcoming Events

Tisha B'Av Service - Monday August 8th at 8:00pm,

Tuesday August 9th at 7:00am

Shabbat Service Honoring Cantor Ellen Band - Saturday, August 13

Friday Night Kabbalat Shabbat Services and Dinner - August 19

Sisterhood Breakfast with Mel Simons - August 28

## Marks Remarks: Ten Years with Cantor Ellen Band

By Mark Frydenberg

Cantor Ellen Band interviewed with us on April 22, 2001. It was there that she first sang her rendition of B'Rosh Hashanah. Her choice of melody transported us to a place of awareness, and provided the assurance that despite the daunting language of the prayer (who shall live, who shall die), there's still a small voice that we can hear reading the divine decree. We were captivated with "u mi, u mi, u mi", as members of the interview committee started singing along with her. Each year we look forward to that "signature" melody, and listen for its comforting message.

At the time Cantor Band was a student of Hazzan Scott Sokol, and was looking for a High Holy Day position. We would be her first congregation. She completed the Cantorial Arts program at Hebrew College shortly afterward, and has been with us ever since. By the end of her second High Holy Days with us, we invited her to participate on several Shabbat mornings during the year.

On these occasions, in addition to leading the service and sometimes chanting Torah and Haftarah, Cantor Band has shown herself as an engaging teacher of Torah. She speaks about the Torah portion as it relates to current events, experiences she has had, and yes, even her keen interest in basketball. One Shabbat morning, in her teaching about Parshat Tzav, one of the many Torah portions that detail the laws of sacrifices, she craftily related her observations while watching a basketball game on television with themes of prayer and gratitude. I admit, now several years later, I remember little else about that sermon, other than the fact that Ellen Band likes basketball. Who knew? She clearly has a curiosity that wants to learn and a gifted ability to teach, and she enjoys telling a good story to make her point.

She loves music of all sorts, from cantorial to contemporary. Her worlds collide whenever she brings friends together from her different personal and professional communities to hear her perform electronic music, and she remains comfortable in a role in which her congregants don't often see her.

In Bavli Ta'anit 16a, the rabbis discuss the qualifications of a prayer leader. Rabbi Yehudah says "One ... who is humble, and is acceptable to the people, and has a tune, and whose voice is pleasant, and who is an expert in reading the Torah, the Prophets, and the Writings, and in studying Midrash, laws, and stories, and who is expert in all the blessings."

Cantor Ellen Band has shown herself to be humble, acceptable, pleasant, and an expert at what she does. She is a friend and a member of our community. Please join us for Shabbat morning services on Saturday, August 13, as we honor her for ten years of service to Temple Beth Israel.

### Tisha B'Av Services

On **Monday August 8th at 8:00pm**, Cantor Ellen Band will introduce our Tisha B'Av service and Eicha (Book of Lamentations) reading with a short presentation on the musical modes of Tisha B'Av.

Tisha B'Av morning services will be held on **Tuesday August 9th at 7:00am**.

On Monday night please bring a flashlight for the reading of Eicha that evening.



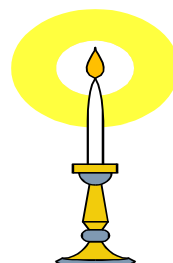


## August Yahrzeits

Plaque Loc.	Name	Yahrzeit Date
5-1	Bella Larks	29-Jul Tammuz 27
	Richard Goldberg's Father	29-Jul Tammuz 27
4-1	Abraham Caplan	31-Jul Tammuz 29
6-3	Andrew Wolf Decker	31-Jul Tammuz 29
2-1	Esther Canter	31-Jul Tammuz 29
5-3	Gladys Milesky	1-Aug Av 01
3-2	Fannie Weiner	2-Aug Av 02
6-3	Sylvia Levin	2-Aug Av 02
3-3	Maurice Tushin	3-Aug Av 03
4-3	Mary Simon	4-Aug Av 04
3-4	Benjamin Sheer	4-Aug Av 04
6-4	Sylvia Seidman	4-Aug Av 04
5-2	Samuel Elkins	4-Aug Av 04
2-1	Joseph Bloomthal	5-Aug Av 05
3-1	Sarah Pearl Becker	5-Aug Av 05
3-3	Abraham Isaac Pedell	6-Aug Av 06
	Roberta Lederman	6-Aug Av 06
1-4	Aaron Sheer	7-Aug Av 07
2-3	Etta Meyerovitz	8-Aug Av 08
4-2	Joseph Kaplan	8-Aug Av 08
4-3	Benjamin L. Lerman	8-Aug Av 08
3-4	Chaya Zacharewich	9-Aug Av 09
6-1	Paul Lewis Ginsburg	9-Aug Av 09
3-3	Rachel Leah Ingber	9-Aug Av 09
2-1	Bernard Bloomenthal	11-Aug Av 11
2-3	Paul Onigman	11-Aug Av 11
	Evelyn Forbes	12-Aug Av 12
6-3	Howard P. Mermelstein	12-Aug Av 12
4-3	Coleman Wexler	14-Aug Av 14
4-3	Ellen Leavy	15-Aug Av 15
1-1	Dina Ella Backer	17-Aug Av 17
2-4	Fannie Zelinetsky	17-Aug Av 17
2-4	Samuel Tatelman	18-Aug Av 18
5-3	Nathan Ullian	18-Aug Av 18
3-1	Sadye Canter	19-Aug Av 19
1-4	Hannah Mollie Sheer	19-Aug Av 19

Plaque Loc.	Name	Yahrzeit Date
5-3	Harold Bloom	19-Aug Av 19
3-3	Molly Sheer	19-Aug Av 19
	Hyman Kulin	20-Aug Av 20
	Adele Ullian	20-Aug Av 20
1-1	Samuel Blackstone	21-Aug Av 21
1-3	Israel Pill	22-Aug Av 22
5-3	Anna Esther Katz	22-Aug Av 22
	Henrietta Ross	22-Aug Av 22
2-3	Moses Nochemsohn	22-Aug Av 22
2-2	Walter Kaplan	25-Aug Av 25
3-3	William Michaelson	26-Aug Av 26
6-3	Harris Greene	26-Aug Av 26
6-1	Corinne Freeman	27-Aug Av 27
	Katherine Sidell	27-Aug Av 27
5-1	Jacob Solomon Merowitz	27-Aug Av 27
4-2	Blanche Levison	27-Aug Av 27
2-3	Aaron Mendelsohn	28-Aug Av 28
3-2	Ethel Griff	29-Aug Av 29
	Oscar Davidson	30-Aug Av 30
4-4	Morris Potash	31-Aug Elul 01
3-3	Sumner Mason Tirk	31-Aug Elul 01
6-4	Anna Araten	31-Aug Elul 01
3-2	Ella Weiner	1-Sep Elul 02
1-1	Louis Alpert	1-Sep Elul 02
	Aaron Blauer	4-Sep Elul 05
4-3	Rose Ritter	4-Sep Elul 05

If you would like to make a donation in memory of a loved one listed above please send it along with a brief note of who you would like remembered to the Temple Office.



### Candle Lighting Times

Aug 5	7:42pm
Aug 12	7:33pm
Aug 19	7:23pm
Aug 26	7:12pm

## Weeping Together in the Night

(continued from page 1)

from his neighborhood.

When I read this brief story, the image of two people crying over their losses is quite moving. But they are each weeping in their own homes and solitude, hidden behind walls. That alienation is made even more explicit when the students remove the woman and her voice of sorrow from the neighborhood. What could have been an opportunity for connection became instead an even deeper experience of alienation, cruelty, and loss.

On Tisha B'Av, we are called to place ourselves ritually in a state in which we may connect with the experience of profound national tragedy throughout Jewish history, when the Divine seemed to block out our prayers and there was no one to comfort us. And in mourning these many tragedies, we begin to mourn in general for the experience of feeling abandoned by the Divine, and for the suffering that human beings inflict on one another out of hatred, cruelty, and callousness.

On Tisha B'Av, we mourn our losses as a people but perhaps we also need to listen — like Rabban Gamliel — to the weeping of others. Might we strive to hear those amongst the nations who cry out because they cannot feed their starving children, whose lives our ravaged by rape and war - for the images from Eicha have not departed from our earth.

Michael Kagan in a Tisha B'Av teaching includes an inspiring image: “Can you imagine if the entire world would, for one day, sit on the floor weeping, grieving, and fasting for the suffering that we have inflicted upon each other and the planet? One day when we recognize the humanity of others – that they suffer as we suffer....Just grieving the pain and our collective loss of heart. Can you imagine? Surely that would be the birth of the messiah.” (Michael Kagan, *Book of Kavvanot*).

Dr. Kagan is referring to the tradition that the Messiah will be born on the afternoon of Tisha B'Av (Jerusalem Talmud Berachot 2:4). This hopeful tradition and the repetition of the penultimate verse of Eicha, which looks forward to *teshuva* – spiritual return - and renewal, helps restore our faith that suffering is not without meaning and has the possibility of being redemptive. The path to that redemption may be through our shared acknowledgement of suffering, our acknowledgment of the human causes of that suffering, and our desire to reach beyond the boundaries of our walls to those on the other side.

-Rabbi Tracy Nathan

### Are you a senior or homebound person looking for a source for Kosher meals delivered to your home?

I have benefited from receiving daily delivery of delicious Kosher meals from Springwell in Watertown, 617-926-4100.

Meals arrive hot daily. They are inexpensive. They have Kosher diet meals as well as specialized diets restricted for health purposes: low lactose, restricted protein, etc.

I also have a list of other Kosher food delivery services as well. I will be happy to chat with any shul members about this.

Diana Korzenik  
(617) 965-9338

### From the Membership Committee

The Membership Committee is eager to help members get to weekday and Shabbat services.

Please - if you would like a ride to shul-Contact the Temple office and let Andrea know the date you would like a ride.

The Membership committee will try to match drivers to those who need a ride.

Thank you.

Diana Korzenik  
Membership Secretary

### Friday Night Services

There will be Friday night services and dinner on Aug. 19th  
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### We Need Minyanaires

Services are held at 7:00am on weekdays (except Tuesday) and at 9:00am on weekends & 8:00am on holidays.

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### Kaddish

We are not able to guarantee a minyan at each morning service, so if you need a minyan on a particular day to recite Kaddish, please let the Temple know at least 2 days prior.

# August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 ⌘ 7:42	6 Sponsored by Sue & Larry Goodman
7	8 Tisha B'Av Services 8:00pm	9 Tisha B'Av Services 7:00am	10	11	12 ⌘ 7:33	13 In Honor of Cantor Ellen Band
14	15	16	17	18	19 ⌘ 7:23 Kabbalat Shabbat- Services / Dinner 6:30pm	20 Sponsored by Rabbis Scott Slarsky & Tracy Nathan
21	22	23	24	25	26 ⌘ 7:12	27 Sponsored by Anita Israel
28 Sisterhood Breakfast with Mel Simons 10am	29	30	31			

If not specified, Minyan—Monday, Wednesday, Thursday and Friday is at 7:00am and on Saturday and Sunday at 9:00am.

## Hebrew Seminar & Discussion Group

Reading and translating passages from the weekly parshah.

Meets Thursday evenings at 7, in the Temple library.

This group is led by Genevieve Fosa

## Rabbi's Discretionary Fund

Louis Goldman, in memory of Louise Goldman

Fred and Annette Manasse

## Refuah Shlema



Deena Moeller and her Mother Shirley

Susan Holbert

Marilyn Racette

## Mazel Tov

To Rabbi Scott Slarskey on his appointment as Principal of the upper school at Solomon Schechter in Newton.

## Donations

Hella Hakerem

Babak Shirazi

Herb and Nessie Baron in memory of Barbara Levine.

## Saturday Kiddush Sponsors

August 6 - sponsored by Sue and Larry Goodman

August 13 - in honor of Cantor Ellen Band

August 20 - sponsored by Rabbis Scott Slarskey and Tracy Nathan

August 27 - sponsored by Anita Israel

## Hollender Music Fund

Fred and Annette Manasse

## High Holidays Seating Policy for 2011/5712

**Changes:** Our seating policy for the High Holidays is changing and will be much more flexible this year. In the past, we have automatically reserved seats for all members. This year, we will still have reserved seating, but you will need to notify the Temple office by **September 1** if you want reserved seats.

**What if I don't reserve a seat?** You can sit anywhere that is not marked as "Reserved."

**How can I reserve a seat?** Call or write to the Temple office by September 1. Tell us how many seats you need, and where you want them. We will try to be as accommodating as possible.

**Summary:** This policy should be much more flexible to accommodate everyone's needs. If you want a reserved seat, notify the office. If you don't care about having a specific seat, and would rather have the flexibility of sitting in any non-reserved seat, you do not need to do anything.

**Dues:** Regardless of what type of seating you choose, please remember that your membership dues must be paid by September 1. (Single \$300 and Family \$600).

**Seat reservations will not be accepted after September 1st.**

## Sisterhood Breakfast



Our next breakfast meeting will be held on Sunday, August 28th at 10:00am.

Our guest speaker will be Mel Simons. He is sure to enchant, entertain and amuse us with his unique brand of music and comedy.

This promises to be a very entertaining breakfast. Please make every effort to attend.

Non-members of the Sisterhood are welcome for a small fee of \$7.00 per person. Make checks payable to: Temple Beth Israel Sisterhood and mail, before August 22nd to Temple Beth Israel, PO Box 540182, Waltham, MA 02454-0182. **No money will be accepted at the door.**

In order to properly prepare, everyone must make a reservation before August 22nd. **No one will be admitted without a reservation.**

We look forward to seeing you.

Please RSVP by August 22nd to Andrea Baron in the Temple Office (781)894-5146 or Nessie Baron at (781) 899-3866.

Join us for Shabbat.



**Friday Nights,  
August 19**

## Welcome Shabbat with Services and Community Dinner at Temple Beth Israel

**Services: 6:30 pm  
Dinner: 7:30 pm**

\$10 per adult, \$25 per family

Welcome Shabbat with a spirited Kabbalat Shabbat Service at 6:30 pm, led by **Rabbi Tracy Nathan**, followed by a Temple-cooked dinner at 7:30 pm, singing, and good conversation. **Reserve now!** Payment must be received by Thursday morning, the day before the dinner you are attending. We cannot accept payment at the door, and will not send bills afterward.

Names of Adults and Children Attending:	Date		Number		Amount
	August 19	Adults		\$10 per adult or \$25 per family	
	Children				
Contact Phone:		Adults		\$10 per adult or \$25 per family	
		Children			
Email:				Payment Enclosed:	

What is the number of vegetarian meals required at each dinner for this reservation? \_\_\_\_\_

Here's how I/we can help: (check all that apply)

- shopping     
  setting tables     
  cooking     
  serving     
  cleaning up     
  making phone calls  
 offering a ride to someone who otherwise couldn't come

Send your check to Temple Beth Israel, P.O. Box 540182, Waltham, MA 02454-0182. For more information, see [www.tbiwaltham.org](http://www.tbiwaltham.org), email: [office@tbiwaltham.org](mailto:office@tbiwaltham.org) or call the Temple Office at (781) 894-5146.

Temple Beth Israel

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Phone: 781-894-5146

E-mail: [office@tbiwaltham.org](mailto:office@tbiwaltham.org)  
Website: [www.tbiwaltham.org](http://www.tbiwaltham.org)

*stamp*

Donate on the web  
at  
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- Beautification
- General Fund
- Guest Speakers
- Library
- Rabbi's Discretionary Fund
- Adult Programs
- Morris Hollender Music Appreciation Fund
- Carl Goldstein Memorial Fund
- Other, please specify: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Temple Beth Israel Donation Form

For your convenience, please use this form to make your donations and send to:

Temple Beth Israel, P O Box 540182, Waltham, MA 02454-0182

I have chosen the fund indicated at the right:

(Please use a separate form for each fund. Minimum donation: \$10)

Attached is my check in the amount of: \$ \_\_\_\_\_

The donation is being made

In Honor Of \_\_\_\_\_

In Memory Of \_\_\_\_\_

Other \_\_\_\_\_

This donation is made by:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Please send acknowledgement to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_