



THE RABBI'S COLUMN: "JEWISH-ISH"

By Mark Sameth

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There's a new term floating around the internet: Jewish-ish.

UrbanDictionary.com defines Jewish-ish as: "Someone who is partially, but not completely Jewish... Kinda like a Jew, but not quite... A Jew that embraces anything but the full extent of Judaism... Having tendencies, similarities, or characteristics of people who are Jewish."

What a concept! I mean, who today embraces "the full extent of Judaism"? I'm not even sure I know what that means. Or rather, I know that it doesn't mean anything. There is no such "full" embrace. We're all just trying to work it out.

But I love the concept. "Jewish-ish" allows us to think about Judaism as a continuum of interests, affiliations, practices, and commitments.

Some of us at PCS are "Jewish-ish" because we grew up Orthodox, but found ourselves searching along the way for something more consonant with our most authentic beliefs. Some of us at PCS are "Jewish-ish" because we grew up as secular (or near-secular) Jews, without much Jewish knowledge, and decided that

we wanted as adults a richer spiritual experience. Some of us are "Jewish-ish" because we are not by any definition of the word Jews, and yet have found the Jewish community to be a welcoming place within which to raise our children, build community, struggle through the existential questions of life, and to ritualize, mourn, consider, and celebrate the passing seasons of our lives.

Beginning Sunday October 16 I will be teaching a class on the history, meaning, religious and cultural significance of Judaism. You're welcome to sit in on that first session and then decide if you might want to take the entire course, which runs through March. And if you do decide to take the course, there's no fee. Everyone is welcome. The class begins (promptly) at 11:30 am and runs until 1 pm. But you might want to come as early as 11:00 am when I lead a weekly prayer service (tefillah) with the kids.

Again, everyone is welcome: Hebrew School dropouts, Jewish "returnees," prospective Jews, folks who are married to Jews or otherwise helping or hoping to raise Jewish kids. You get the picture: everyone! I hope to see you there!

PRESIDENT'S MESSAGE

I am pleased to report that our new academic year—which began before Rosh HaShanah this year—is off to an auspicious and exciting start. The board, flush with its three new members, and for the first time in our history evenly divided between men and women, had its first meeting on a recent Sunday afternoon to get to learn more about each other and to begin planning for the rest of the year. As a result we will reactivate the spiritual life committee and appoint chairs for all of the other standing committees. For the congregation this means that there will be many events of general interest, as well as a focus on specific interests. I encourage everyone to keep an eye on our calendar and to pay attention to the email blasts that go out.

On another note, we celebrated a joyous return of Ed Sperling to our community for the first time since his crippling accident in Israel almost a year ago. We welcomed him on a family Shabbat occasion, where he leyned Torah and regaled us with his customary humor. Not only did many of our current membership turn out for this event, but many former congregants returned to pay homage to Ed. The sense of gratitude and joy was palpable throughout the service and for the Kiddush afterwards. People lingered to catch up on old times and to express their appreciation of all that he has given to the community. As many of you know, he will remain with us now, along with his daughter Galit, to teach future b'nei mitzvah students their torah

and haftorah portions. This has always been Ed's first love and it promises to keep our students as beautifully prepared as they have been in the past.

Finally I want to express my personal enthusiasm and passion for the coming year and to wish you all l'shana tovah.

- Peter Schaffer





ROSH CHODESH WOMEN'S GROUP

Sunday, Oct. 30 at 7:00 PM

Meet artist Susan Schrott

Sit back and get ready to be inspired as Susan Schrott takes you on a journey through her life as a textile artist. Through photographs, quilts, songs and stories, you'll meet the women who have nurtured her, taught her, befriended her, supported her and inspired her. Sometimes hilarious, sometimes heart-wrenching and always moving, this very special slide show is one you'll always remember.



Fiddler on the Couch

As a fiber artist, Susan Schrott synthesizes her life experiences into deeply personal, yet uplifting images. Strong, joyful women appear in the majority of the work. Her exquisite hand-dyed fabrics, intense threadwork, embellishments such as crystals and beads, add visual texture and depth. One collector noted that Susan's work celebrates "the fullness and richness of women."

Susan's artwork appears in permanent institutional installations and private collections around the world and has been selected for publication in notable art quilt books and magazines. We will gather at Eileen Jagoda's home to see Susan's work and hear how her Judaism may inspire us.

Refreshments will be served.

56 Rambling Brook Road, Chappaqua. Please contact Eileen for directions and to confirm your attendance: 914-238-8934 ejtiny@gmail.com

We look forward to seeing you! FAQ: Estelle Rosen-Kersh 914-449-6153



NOTE FROM THE PRINCIPAL

Shehecheyanu Moments

It is a time of new beginnings; new school year, new jobs, new careers, and of course the new year with Rosh Hashanah and Yom Kippur upon us. For me, I am very excited to have begun my term in my new position as Educational Director of PCS. As with all new endeavors, the prayer Shehecheyanu comes to mind.

We all know that we recite the Shehecheyanu when something good happens for the first time, or when a ritual is observed for the first time during a year, or when we experience something new. But have you ever stopped to think about the meaning and intention behind the blessing? The root of the word She-hechey-a-nu is "Chai" which means 'life' and the root of v-keyim-anu is "Kayam" which means 'sustain'. When we recite the Shehecheyanu, we are thanking God for sustaining our lives so that we could experience a moment of joy. It is the taking the time to pause, reflect and appreciate when something good happens. In this hectic, fast-paced world that we live in, we rarely stop to cherish the blessings that surround us. The Shehecheyanu reminds us that life is a gift from God, made up of moments and events that constantly provide us with new beginnings. Each new experience is an opportunity to celebrate a Shehecheyanu moment.

I welcome this new beginning, meeting and getting to know your children; working with my terrific staff; and I am truly grateful to all the wonderful families that have been so warm and supportive. I look forward to a year of Shehecheyanu moments here at PCS.

Shanah Tovah,
Ronni Metzger
Educational Director

L' Shanah Tovah
Have a sweet year!



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UNDER ONE ROOF



Rabbi Mark, Reverend Colleen Holby of Children's Village, Dr. Mahjabeen Hassan, Pastor Steve Phillips of Pleasantville's United Methodist Church

On 9/11, Under One Roof, the collaborative relief organization comprised of members of PCS and the Upper Westchester Muslim Society, met at the Thornwood mosque to commemorate the 10th anniversary of the attacks. Some local clergy were also invited.

To those fortunate enough to attend prayers and then participate in an honest and far-ranging discussion of 9/11 and its emotional aftermath, I need not speak of the deep connection that we experienced with our shared responses. People spoke with unvarnished and raw feeling in describing how we are all victims of the attack and continue to suffer its fallout. To those who missed it, I cannot even begin to describe the depth of pain that we all feel and hope to exorcise in our own way, both individually and collectively.

It takes a considerable level of trust to open ourselves to the disagreements within our communities in order to appreciate the great commonality that brings us together. Nothing good comes from the murder of three thousand Christians, Muslims, Jews, atheists, pagans or whatever other denomination of innocent lives who were ruthlessly and brutally taken. However, we are all blessed to have seen and heard how much we share in sadness and pain, as it is emblematic of what unites rather than divides us.

- Michael Gold





Rabbi Mark with Pastor Steve Philips



PCS Social Action Committee Chair, Michael Gold, with Dilkash Ashraf, a mosque member



Brother Goma, Mosque imam speaking

NOTES FROM OUR CHATTAN TORAHS



April Lasher Sanders and Laurie Hirsch Schulz

This year PCS will honor Laurie Hirsch Schultz and April Lasher Sanders on Simchat Torah as our Kallat ha'Torah and Kallat Bereishit (respectively). Laurie will have the honor of reading the very last lines of the Torah this year, and April will then have the honor of reading the very first lines of the Torah as we begin again! Our honorees are most deserving: our outgoing Membership Outreach Chair and incoming Officer of the Board (April), and our continuing Membership In-reach Committee Chair and Trustee of the Board (Laurie), were responsible for so many of the membership recruitment and engagement programs and activities last year, and have committed themselves each in their own way to another important year of service. Come celebrate with us on Friday morning, October 21 beginning at 8 am, with the Torah service and celebratory hakafaot (Torah parade and dancing) at around 9:00 am. Mazel tov to Laurie and April!

April Lasher Sanders:

Kallat Bereshit: Genesis 1:1-5

My great grandfather, Chaim Aryeh Chazan, was the principal of a Jewish day school in Vilna. He was part of the Russian Jewish intelligentsia and a Zionist. Chaim Chazan was one of the creators of the modern Hebrew dictionary and is credited with inventing the word for eye glasses – mishcaph eyin. He invented other words, which my grandmother, Mary Chasen Libert, told me and I no longer remember.

One of my grandmother's earliest memories was when Nahum Sokolow, a founding member of the Zionist movement came to visit their home in Vilna. He picked my grandmother up in the air and pinched her cheek. She shrieked in fear and was admonished for it. Children were seen and not heard in the 1890s. If he had not pinched her, I wonder if she would have remembered his visit! Her father had also been friends with Chaim Weizmann, the first president of Israel. When my grandmother went to Israel for the first and only time in the late 1960s, she visited Chaim Weizmann's daughter. I am proud of her connections with the early Zionist movement. My grandmother came to this country in 1910 at the age of 19. Only her youngest brother followed her here. The other three siblings and her father died in the Holocaust. Her mother had been spared by dying earlier.

April Lasher Sanders, cont.

It is my belief that my mother, Rosaline Libert Lasher, first became a Zionist when my grandmother's letters to her family were returned to her with a Nazi stamp and the words "addressee unknown".

It was my mother who taught me to say the Sh'ma, to light candles and celebrate Shabbat on Friday night. It was also my mother (with my father's consent) who suggested that I go to Camp Tel Yehudah, the Zionist teenage summer camp that is sponsored by Young Judaea and Hadassah. My experience at Tel Yehudah was joyous and strongly influenced my connection with Judaism and Israel. As a result of my involvement in Young Judaea's Zionist movement, I attended their summer in Israel program at the age of 16, and their year in Israel program (Year Course) at age 18. My closest and dearest friends were those I met through Young Judaea. My love of Judaism was strengthened through Young Judaea.

I first came to PCS when my daughter, Miriam, was going into the fourth grade (12 years ago)! I was a single mother at the time and in need of a community that would attend to my daughter's Jewish education, and be sensitive to my own personal economic difficulties. I wasn't able to pay full dues in the first few years I was a member, but I never felt unwelcome or unwanted for which I will be forever grateful. My daughter received her Bat Mitzvah in the PCS community, Rabbi Mark performed the marriage ceremony for my husband Peter Sanders and me, and I learned how to chant Torah from Rabbi Mark and Annie Mass. It is with great love, joy and honor that I now serve on the community's board of trustees.

Laurie Hirsch Schulz:

Kallat ha'Torah: Deuteronomy 34:10- 12

It was a surprise and an honor to be asked to serve as Kallat h'Torah together with April Lasher Sanders this year. I am looking forward to joining together with the PCS community to celebrate in this joyous ceremony which I love for its balance of endings together with new beginnings.

Rabbi Mark has asked me to provide a biography that tells the story of my "Jewish Journey." As I sit and brainstorm, it occurs to me that my Judaism is less of a journey from there to here and more of a building of a home from the foundation on up. And, like many construction projects, this is still a building in process.

Continued on next page

Laurie Hirsch Schulz, cont'd

My Jewish foundation began with rituals. These were not particularly religious rituals as I was raised in a Reform home, but rather family and culturally based rituals. Shabbat meals with my family at home every Friday night, Family Services, holiday celebrations with family and friends, Hebrew School (every Monday, Thursday, Saturday – yes, three times a week I tell my children AND I had to walk uphill both ways to get there) all served as consistent and comforting cornerstones. Initially, these rituals were packaged for me by my parents, but as I got older, I began framing these rituals in a way that was more meaningful for me. My foundation was building upward. For my Bat Mitzvah, I chose to chant my Haftorah portion – an unusual choice in my Reform synagogue. This was in part a reflection of my inclination to over-achieve but also an appreciation for the spiritual connection that ritual can provide. After my Bat Mitzvah, I joined the USY group at the Conservative synagogue in town – the traditional ceremonies and songs were more meaningful for me.

During a teen tour to Israel, my Jewish home grew another level building from our long heritage as a people. The deep connection linking the past with the present is powerful and solid. This Jewish home of mine is made of rock walls, stable and dependable. Even as a teen and young adult, the consistency of Judaism's rituals and heritage was comforting.

From ritual and heritage grew a desire to connect. I attended Brandeis as an undergraduate to experience a deeper Jewish lifestyle – more Jews, kosher food, every brand of Jewish theology, Hebrew language classes. I sought experiences that built connections with other people and my Jewish experience.

This all brings me to my life as an adult and ultimately to PCS. My desire to connect has led me to a strong belief in the power of community. My husband and I joined PCS 11 years ago because it felt like a home that we could both feel comfortable in. This is a place populated by a community of very diverse individuals that have come together to provide shelter from a very crazy and frequently uncomfortable world.

It is my strong belief that everyone needs a community and connections that provide the shelter that my symbolic Jewish home has provided me through the years. As a member of PCS's 2000 committee a number of years ago, to my current position on the PCS board today, I am seeking to continue the building of a community that can be a comforting, stable home for anyone that seeks it. By chanting Torah, celebrating the namings of both of my daughters under this roof and in 2013 the Bat Mitzvah of my oldest, meditation Shabbats and more, PCS provides ritual and heritage that provides spiritual connection as well. So, I ask that if PCS is not feeling like a home for you, rather if it is simply feeling like a "house of worship," please connect with me, Rabbi Mark, the person sitting next to you on the pew. Let's work together to build a metaphorical Jewish home for each of us no matter where or when we may be. It's important - everyone needs a solid foundation under their feet and a sheltering roof over their head – let's build it together.





B'NEI MITZVAH PROJECT

Hi. My name is Noah Spiegel and for my mitzvah project, I chose to work with kids from the Pleasantville Cottage School. The Cottage

School is a place where kids aged 6-21 go if their parents physically abused them or their parents were drug addicts or alcoholics and couldn't take care of them. These kids have gone through so much pain in their childhood; it's good that they have a place like the Pleasantville Cottage School to take care of them and treat them like a kid should be treated (with love and respect).

These kids could be 13 but with the mental capabilities of 8 year olds, which is very sad. My mitzvah project was working with them in the Edenwald Center every week where we would first work on their homework or anything they were having trouble with and want to talk about, and then we would play games. If it was nice out we'd play outside. Anthony came from a family of 8 - his mom was a drug addict and an alcoholic and his dad was always wandering, so Anthony and one of his siblings had to come to The Cottage School.

Anthony is about 5'1", skinny, and has low self esteem but when this program started he changed. At first Anthony was probably the shyest and saddest kid in the group, but with my help, along with the others in the group we made him enjoy life and believe in himself. He then became the happiest and most enthusiastic kid.

Some people think that the kids at the Pleasantville Cottage School can't change and that they will never have a happy life. To be honest, at the first day's meeting with the group, that's exactly what I thought. But by the end of the meeting time we became friends, and Anthony trusted me which is the greatest thing when you're working with these kids. It changed my life for sure and that's why I continue to work with them during the year. Anthony, thank you for letting me have this opportunity to get to know you. This program helped me mature and that's the point of a Bar Mitzvah.

Pleasantville Community Synagogue Mission Statement

Pleasantville Community Synagogue is a transdenominational, inclusive community, a spiritual home deeply rooted in Torah (study), Avodah (prayer), and Gemilut Chasadim (deeds of loving-kindness). We seek to facilitate lifelong spiritual growth by engaging each member wherever that member may be on life's journey, embracing all generations. We encourage Tikkun Middot (repair of the self) and Tikkun Olam (repair of the world) through Jewish education for all ages, social action, Ahavat Yisrael (love of Israel), and a commitment to the understanding and fulfillment of mitzvot. We are a highly participatory community which relies on the commitment of time and energy from all members and which aspires to become an integral part of each member's life and their family's lives.

WHAT DO JEWS BELIEVE?

The first in a series of excerpts from *The Spiritual Foundations of Judaism* by David S. Ariel

-by Phil Paris

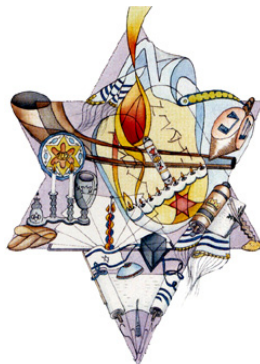
Judaism is not a religion of fixed dogmas. But there is a rubric of belief that unites Jews of every persuasion. We may call them "sacred myths." No matter how loosely or strictly we interpret them, these sacred myths form the framework for the Jewish person's search for personal meaning. They are not ideas that are subject to verification for truth or falsehood. And it does not follow that other people's myths are false. All people hold to sacred myths in some way, myths about creation of the world, of ancestors, of sacred history, of human purpose and the future.

To call cherished beliefs "myths" does not mean they are fairy tales. Every culture presents its understanding of the world in language of its own sacred myths which might not make sense to outsiders. Most interesting, the sacred myths of Judaism have developed and changed over time. For our sacred myths are continually tested in the real lives of ordinary people. In them we can begin to understand how Jews live their lives, how they relate to other people and how they create communities.

Too many of us have had negative experiences with our Jewish education, or possibly have had no chance at all for a Jewish education. Many learned about Judaism only as a child and may only have a child's understanding of its sacred myths. To them, the sacred myths really are fairy tales. The person who wants to develop their Jewish identity often does not know where to begin. We can start by understanding what Jews believe today is often different from what was believed in generations past. Until very recently, anything new in religion was regarded as undesirable. Today, change and innovation are considered as both necessary and beneficial. As an example, religion was once the provenance of men. Gender equality now makes women full partners in religion.

As each generation retells the sacred myths, each telling modifies and changes them. The sacred myth of the Exodus from Egypt became the basis of the Passover Seder. In each retelling, we find new significance and read new meaning into the narrative. One may believe that the sacred myth of the Exodus is about universal freedom and equality. Another might conclude it is about the special mission of the Jewish people. Another may see it as stressing the centrality of Torah and the Land of Israel. Still others might conclude that Jews must always defend themselves against the pharaohs in each generation.

We conclude that Judaism is an attempt to answer the perennial questions of human life. It is not a religion of dogma approved by powers with the authority to define belief. This does not mean that "anything goes." There are central themes and fundamental beliefs, but Judaism is sufficiently fluid and dynamic to encourage the continuous redefinition of its own sacred myths. Three of these themes will be examined in forthcoming excerpts from the Ariel book; they are God, Prayer and Torah.





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PCS COMMITTEE CHAIRS

All the Committees of The Pleasantville Community Synagogue are eager for your participation and suggestions. If you'd like to get more involved in the life of the PCS community, this is the way to begin! Below are the names of the committees, their chairs, and contact information.

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OCTOBER 2011 YAHR ZEITS

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Hilda Needleman, Mother of Karen La Porta	October 1
Bernard Salzman, Father of Susan Raab	October 1
Raoul Kloogman, Father of Helen Kloogman	October 2
Elaine Schwartz, Sister of Janice Sandbank	October 3
Donald LePatner, Father of Gilda Borenstein	October 5
Samuel Lipkin, Grandfather of Lisa Lipkin	October 5
Robert Greene, Father of George Teitel-Greene	October 6
Anne Silverman, Mother of Janet Silverman	October 7
Alan Rabinowitz, Father of Audrey Rabinowitz	October 9
Mildred Strauss, Mother of Fredric Strauss	October 10
Jerrold Silberger, Father of Monte Silberger	October 12
Melvin Lessner, Father of Jan Gordon	October 14
Morris Berenbaum, Uncle of Helen Harrison	October 17
David Silverberg, Father of Galia Silverberg	October 19
Dyna Gordon, Mother of Bernard Gordon	October 21
Sandy Karmen, Mother of Abbe Karmen	October 21
Nathan Bergenfeld, Father of Andrea Orlander	October 23
Hinda Berenbaum, Grandmother of Helen Harrison	October 29
Rhoda Scherer, Mother of Susan Scherer	October 31



To All PCS Members:

If you or another member suffer personal tragedy or loss or are otherwise in need of help, please immediately call Rabbi Mark at 769-2672, and Michael Gold at 238-9219.

NEWSLETTER ACCEPTS ADS!

The PCS Newsletter is published monthly, online, from September through June, and it is emailed to every member family as well as to prospective members and some Jewish organisations.

If you provide professional or business services in the area, the PCS newsletter might provide some extra, valuable visibility. To arrange for your ad to appear in the newsletter, here's what you need to know:

*** Deadlines:**

Ads should be submitted by the 15th of the month. They can be emailed to Judy Chinitz at judyhope@optonline.net or cristina@lightbodymusic.com.

*** Ad Specifications:**

Ads will be published in one size only: one-quarter page, which is approximately 3 1/2 x 4 3/4 inches. The artwork should be provided by the advertiser.

*** Advertising Rates:**

The cost per ad (for 10 issues - no bulletin published in July and August) is \$100 for 1/4 page. Note: Checks preferred. Can be mailed to Pleasantville Community Synagogue, PO Box 148, Pleasantville, NY 10570 with "newsletter ad" in the memo section. To pay by credit card, please call the synagogue office at 914-769-2672.

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We appreciate the thoughtfulness of those who support the Pleasantville Community Synagogue by remembering and honoring their friends and loved ones through their generous contributions.

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THE FEIGELSON-SOLNICK FAMILY IN HONOR OF
SYLVIA LEPATNER, GILDA BORENSTEIN'S MOTHER

ABOUT THE NEWSLETTER

The PCS Newsletter is published monthly, online, from September through June. Articles and photos should be submitted by the 15th of the month. They can be e-mailed to Judith Chinitz, Editor, at judyhope@optonline.net or dropped off at the newsletter box in the Synagogue office.

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Supports various individuals, organizations and/or programs at the discretion of the Rabbi.

Building Fund

To preserve the beauty and functionality of our physical plant, and to build reserves for future expansion.

Hebrew School Emergency Scholarship Fund

Provides scholarships to children who would like to attend our Hebrew School and may not currently have the financial resources to do so.

Kiddush Fund

Your donation provides lunch after services on Shabbat morning: salads, bagels and pastry.

SPECIAL FUND: ED SPERLING

Pleasantville Community Synagogue continues to collect funds for Ed. Please keep Ed in your prayers. His Hebrew name is Asher David ben Miriam.

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In honor/
memory of: _____

Fund: _____

Amount: _____

Please send me an acknowledgement of this gift.

Yes

No

PLEASE NOTE: To help our bookkeeper, please issue separate checks for dues or other special events. All donations should be made payable to Pleasantville Community Synagogue (please indicate which fund in the memo section of your check).

THIS NEW YEAR MAKE YOUR DREAM OF TRAVEL TO ISRAEL A REALITY



ISRAEL

SUN DRENCHED BEACHES, ANCIENT RUINS, WORLD CLASS RESTAURANTS, BIBLICAL LANDSCAPES, DIVERSE PEOPLE, JEWISH HERITAGE, MIDDLE EASTERN MARKETS, VIBRANT CULTURE

This Interactive workshop hosted by Pleasantville Community Synagogue will feature both guest presenters and an opportunity for more individualized planning and discussion. If you have been to Israel and have recommendations to share, if you have never been but have dreamed of going, if you would like to plan a family trip, this is the workshop for you.

Featuring:

- Aharon Steinberg, Tzell Travel Group, NY (independent agency)
- Nina Woldin, Jewish National Fund, Israel Advocacy and Education (re: volunteer opportunities, community service trips for college students, etc.)
- Hannah Schwartz, JNF Travel and Tours, National Missions Director (Bar/Bat Mitzvah trips, etc.)
- Rene Reinhard, JNF Executive Director

Tuesday, October 11, 2011 7:30 PM to 9:00 PM at Pleasantville Community Synagogue

Can't make the workshop but have recommendations to share? E-mail the highlights of your Israel trip to Ofri Felder, Israel Action Committee, at ofelder@optonline.net We will create an "Israel Recommendations" binder for the Library at PCS!

October 2011 - PCS Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Yoga Class at PCS, 7:15 pm	26 Parents' Support Group, 7 pm	27 ★ Erev Rosh Hashana	28 Rosh Hashana 5772 Day I NO HEBREW SCHOOL	29 Rosh Hashana Day II 6:23 pm - Candle lighting	30 ★ Erev Yom Kippur 6:10pm-6:28pm - Candle lighting	1 ★ Yom Kippur 7:39pm-7:40pm - Havdalah (72 min)
Kita Zayin class, 11am-1pm	3 Yoga Class at PCS, 7:15 pm	4	5	6	7	8
9 Sukkah-building at PCS NO HEBREW SCHOOL	10 Yoga Class at PCS, 7:15 pm	11 Israel Action Committee "Visit Israel" event, 7 pm	12 ★ Erev Sukkot 6:02pm-6:20pm - Candle lighting	13 Sukkot I NO HEBREW SCHOOL	14 Sukkot II 5:59pm-6:17pm - Candle lighting	15 Morning Meditation 9 am; Shabbat service 9:30 am Bar Mitzvah - Noah Spiegel Sukkot III
16 Sukkot IV Kita Zayin class, 11am-1pm Introduction to Judaism, 11:30am-1pm Pre- and Post-Adoptive Parent Group at PCS - ...	17 Yoga Class at PCS, 7:15 pm Sukkot V	18 Sukkot VI	19 Sukkot VII 5:52pm-6:10pm - Candle lighting	20 ★ Shimini Azeret NO HEBREW SCHOOL	21 ★ Simchat Torah 5:49pm-6:07pm - Candle lighting	22 Morning Meditation 9 am Family Education Shabbat 10 am Interfaith Dinner at Mosque 7:17pm-7:18pm - ...
23 Committee Breakfast meeting, 11 am Introduction to Judaism, 11:30 am - 1 pm Executive committee meeting, 1 pm	24 Yoga Class at PCS, 7:15 pm	25 Parents' Support Group, 7 pm	26	27 PCS Board meeting, 7:30 pm	28 Shabbat dinner with Israeli soldiers 5:39pm-5:57pm - Candle lighting	29 Morning Meditation 9 am; Shabbat service 9:30 am Bar Mitzvah - Alex Pfeffer New Member Wine and Cheese, Havdallah Rosh Chodesh Cheshvan 7:08pm-7:09pm - ...
30 Rosh Chodesh event at home of Eileen Jagoda, 7:30 pm Kita Zayin class, 11am-1pm Introduction to Judaism, 11:30am-1pm	31 Yoga Class at PCS, 7:15 pm	1	2	3	4 Children's service, 7:15 pm Global Hunger Shabbat 5:30pm-5:48pm - Candle lighting	5 Morning Meditation, 9 am; Shabbat Service, 9:30 am Parashat Lech-Lecha Bar Mitzvah - Matthew Perlmutter 6:59pm-7:00pm - ...

Note: Times and dates of events may change after the newsletter has come out. To get the latest information on any possible changes, please check the calendar on our website: www.ShalomPCS.com. Future months are also on the website.

WJCS JEWISH HEALING CENTER
(SELECTED PROGRAMS)

Spiritual Journeying Groups

Monthly Mussar Group - 4 Mondays, September 12, October 17, November 21, December 12, 6:30-8:15 PM

The Literature of Grief * – a monthly reading group of literature dealing with the themes of grief and bereavement - 4 Wednesdays, September 14, November 9, December 14, January 11, 6:00-7:30 PM

Writing Our Lives: A Spiritual Memoir Group – 5 Wednesdays, Sept. 14, Oct. 26, November 9, December 14, January 11, 7:45-9:15 PM

Spiritual Support Groups

Living the Legacy: Coping with Parental Loss – a support group for adult children grieving the death of a parent - 5 Wednesdays, October 26, November 2, 16, and 30, December 7, 6:30-8:00 PM

A Men's Divorce Support Group – 4 Mondays, November 7, 14, 21, and 28, 6:30-8:00 PM

Who/What Are You Angry At? A Spiritual Support Group for Family Caregivers * - 3 Wednesdays, Nov. 16 and 30, Dec. 7, 12:30-2:00 PM

Fractured Families – a workshop for those dealing with family estrangements – Monday, January 9, 2012, 6:00-9:00 PM

* Please note: The Literature of Grief, Writing Your Ethical Will, and Who/What are You Angry At? are programs co-sponsored with the WJCS Pathways to Care program.

For further information on these or our many other programs, or to register, please contact:

Rabbi Pamela Wax
Spiritual Care Coordinator
Westchester Jewish Community Services
845 North Broadway
North White Plains, NY 10603
914-761-0600 x149
fax 914-949-6778
www.wjcs.com

PAINTING FROM THE INSIDE OUT

Guided by Eve-Marie Elkin Schaffer, LCAT,
LMSW

Painting from the Inside Out uses paint as a catalyst for growth and exploration....encouraging adults and children to express spontaneously, without judgment or concern for outcome.

The paintbrush is a tool; whether it is a color a dot, an outline or an image, a gesture appears from within. Spontaneity is awakened for exploration and play.

No training is involved. No skills required; just the desire to experience a sense of freedom and joy.

More info: www.evemarieelkin.com
eevelkin@yahoo.com, 914 909 6292



REMINDER!!!!

ISRAEL DAY PARADE

JUNE 3, 2012

BE THERE!!!!



SAVE THE DATE:



Friday evening, October 7: Erev Yom Kippur (Kol Nidre) at the JCC, 6:30 pm

Saturday morning, October 8: Yom Kippur at the JCC, 9 am

Sunday, October 16: Introduction to Judaism class, 11:30 am – 1 pm

Saturday October 22: 9 am Meditation; 10 am Family Education Shabbat

Wednesday October 26: Rabbi Mark teaches Meditation (WAJE) at private home, 10 am

Friday October 28: IDF soldiers visit PCS through Tzahal Shalom, 7:15 pm

Friday, November 4: PCS hosts AJWS Global Hunger Shabbat, 7:15 pm