



The Voice

Founded 1906

Congregation Ahavath Israel
A Liberal Conservative Synagogue
Affiliated with the United Synagogue of Conservative Judaism

July 2009

On the web at <http://ahavathisraelkingston.org>

Tammuz-Av 5769

Message from the President

Last year at the Israel Bond reception honoring Elliott Spiegel I told the audience that Elliott was Chairman of the Cemetery Committee, which was ideal, because most of the people he dealt with were no longer in a position to complain. While the line got a lot of laughs, it said a lot about how we look at life and interact with others. In this month's Compact of Conservative Judaism, Rabbi Rachel Brown wrote, "Complaining about life seems to have its own momentum. One complaint will lead to a second and pretty soon a whole series of complaints will fill my mind, or my conversation. This string of negative attitudes can often alter or disrupt my emotions or disposition and put me into a genuine funk for the rest of the day. I have had many a conversation that has devolved into complaining about our lives, whose contents have gone on to consume me for the rest of the day. The truth is, I am not sure that I am all that unique in this respect."

Most of us find it easier to complain about a situation than to try and resolve it. In my two years as president, I have fielded more complaints than you can imagine. These complaints range from the serious to the frivolous. Unfortunately, I have to (at least outwardly) treat each one the same, so as not to offend the complainer.

Continued on page 4

Message from the Rabbi

Dear Ahavath Israel,

Thank you so much for the warm welcome you gave me on June 7th. It was quite the whirlwind tour of our community. I enjoyed davening, eating, and schmoozing with you. It was also a pleasure to get to meet the USY'ers and to see them end one year and get ready for the next. Currently, I am working at Camp Ramah in New England but I eagerly await our chance to be together in August.



Rabbi Jason Fruithandler

Continued on page 5

Congregation Ahavath Israel

On the web at
<http://ahavathisraelkingston.org>

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The Voice

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Sponsor a Shabbat Luncheon

Have a birthday, anniversary or other special occasion? Why not sponsor a Shabbat luncheon? We hope to have a monthly Shabbat luncheon. If you have a birthday, anniversary or other special occasion, please consider becoming a sponsor. Call the office at 845-338-4490 or Arlene Cohen at 845-339-8413 or 845-389-2342 (cell) or gcohen@hvc.rr.com for information.

Sign up for Goodsearch. Go to:
<http://www.goodsearch.com> ; Sign up for the charity Congregation Ahavath Israel and every time you use Goodsearch as your search engine you help make money for the synagogue.

The Voice is currently accepting advertisements. Please contact Susan Rafkind at srafk@gmail.com for rates and details.

Schedule of Weekly Services

Shabbat Services

Friday 7:30 pm
Saturday 9:30 am
Sunday Minyan 9:00 am



Office Hours

Tuesday - Friday
10:00-3:00

Cell Phones and Services

When attending synagogue on Shabbat or festivals, please remember we are Shomer Shabbat and therefore the use of cell phones is prohibited. Please make sure they are turned off or on silent during services. Also be aware that calls should not be made to the Synagogue from sundown on Friday to sundown on Saturday night on Shabbat and including sundown to sundown on certain festivals. Check the calendar in each issue of The Voice and on our website for candle-lighting and end times.

Even though your own observance may not be the same as the synagogue, please make sure that no synagogue business is conducted on Shabbat (ie: shopping for synagogue functions, phone calls or emails to synagogue members regarding synagogue business, etc.).

If you have specific questions please, please see any Ritual Committee Member.

Thank you for your understanding and cooperation.



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New Committee Chairs

The following are the committee chairs for 2009-2010

Marsha Weiss – Ritual
Susan Rafkind – Fundraising
Leon Steiner - Membership
Bernie King-Smith – Budget & Finance
Matt Goldowitz – House
Pat Sokolski – Education

The committees are already hard at work planning for the coming year. If you would like to volunteer to help on any of the committees, please contact Jerry or the individual chairpeople.

USY News

USY had their annual end of the year elections and BBQ on Sunday June 7th. They are looking forward to a more productive and active year. The new slate of officers includes Ben King-Smith who was elected as President and Natalie Sanchez as Vice President. Everyone is very excited to welcome the new bar/bat mitzvah students into the chapter and look forward to their enthusiasm. Everyone brainstormed ideas that would include both religious and social activities. The students got to know Rabbi Jason away from the synagogue during a wonderful session of icebreaking games. And last but not least, Joanna Weiss will be helping Jeremy as an advisor in training and, at the same time, learning what she needs to know to take on a chapter of her own after graduating from college. Joanna had been Kingston's USY president for over 3 years and did an amazing job. We welcome her enthusiasm and her help in this new capacity.

Rabbi Kolko's Visits

Rabbi Kolko will be visiting us again to officiate at the following Bar Mitzvah and services:

July 10-11 for Services and the Bar Mitzvah of David Fasano

July 30-August 1 - Shabbat services and Lunch and Learn

Should you have any questions for Rabbi Kolko, he is available via e-mail and phone. His e-mail is skolko@msn.com or phone 585-730-7097.

Rabbi Sponsorships

We are very excited to welcome our new student Rabbi Jason Fruithandler who will begin serving our congregation as of August 28 - 30, 2009. We would like to invite all Congregation members to sponsor a weekend with Rabbi Fruithandler. We would like to thank the following for their sponsorships:

Elliott Spiegel
Rebecca Balzac and Timothy Cox
Howard and Sunny Messer
Gerry Keyes and Michael Safran
Harvey and Arlene Kronick

For more information on sponsoring a weekend, please contact Susan Rafkind at sfrafk@gmail.com.

*Best Wishes to lifelong
Members
Carl and Roz Lipton
who have relocated to
Cape Cod, Massachusetts
They will be missed!*

KOSHER MEAT

Kosher meat is available for purchase and also for delivery once again. Canal Street Butcher (Formerly Bob from Kessler's) is here to service your needs. From chopped meat to beautiful roasts, take advantage of his expertise and his wide selection. His prices are in line with Price Chopper and he will deliver to Congregation Ahavath Israel. He has a full range of kosher cold cuts and he makes many of them fresh himself.

Don't want to cook dinner? He has chickens and side dishes also to go. Call him or take a ride down and enjoy a nice lunch in his restaurant next door. To reach Bob the Butcher, call 845-210-1212.

Jewish Senior Group

Young at Heart Jewish Kingston Senior group has begun with a lunch and fitness program. Meetings will be held at Temple Emanuel, the third Thursday of each month. This is a free event but RSVP is necessary to Eileen at 339-3845 or Marsha at 658- 3756. This is a new social group for our community.

Eileen Lubart

President's message continued

Rabbi Brown pointed out that the Rabbis of our tradition had a solution for those of us for whom complaining is a way of life. She said, "Perhaps the Rabbis realized this human capacity for complaint and for finding fault when they said that we have an obligation to say one hundred blessings a day. Perhaps they knew that if we weren't told to live in a state of looking for things to bless, we would tend toward complaining more than anything else." Rather than complain, we should pause for a moment and think of something to be grateful for. Rabbi Brown offered a challenge to all of us. I would like to pass it on to you: "I would like to give us all a challenge. Each day, write a list of, not one hundred, but ten things that you are grateful for. Also, find two people whom you are grateful to have in your life and call them and tell them. I would also challenge you to get into the practice of saying a blessing of gratitude when you open your eyes in the morning. You can say the *modeh ani* prayer (place a copy of the prayer from our prayer book next to your bed) or make up a prayer of gratitude that you are comfortable saying everyday."

Perhaps if we all took the Rabbi's advice, we would feel better about ourselves and those around us.

Have a great summer.
Jerry

Meditation: Inhale to the count of five, exhale to the count of five.....

Morning recitation of the MODEH ANI prayer:

HEBREW: *Kol z'man shehanshamah b'kirbee -
Modeh aneey l'fanecha Adoshem elokenu
valohay avotanyu ribohn kol hama-a-seem adon*

kol ha-n'shamot. Baruch ata Adoshem hamchazir n'shamot lifgariym mayteem.

ENGLISH: So long as the breath of life is within me, I thank You, Lord my G-d and G- of my ancestors, Ruler of all creatures, Lord of all souls. Praised are You, O Lord, who has restored me to a new day of life.

Rabbi's message continued

I would like to also share a couple of words about parsha Korach. In that parsha we have an attack on Moses' leadership. Korach and a band of disgruntled tribal leaders rise up and lodge a formal protest with Moses' leadership. At the moment I would like to focus on Moses' reaction to this threat to his authority. Moses responds by immediately "falling on his face." In other words he takes a complaint and responds by saying, "maybe you are right." Moses wants to check with God; perhaps he *should* step down and allow other leadership. It is often extraordinarily difficult for us to hear criticism directed at us and I think Moses here teaches us an important lesson about how to respond. Regardless of the mode in which criticism is delivered we all must be self-reflective enough to consider the validity of someone else's comments.

Shabbat shalom,
Rabbi Jason Fruithandler

*Mazel Tov to
Joe and Margo Colen
on their 60th Wedding
Anniversary*

**Congregation Ahavath Israel Burial
Benefits**

Are you aware that synagogue membership allows you to purchase burial rights in Congregation Ahavath Israel's section of Montrepose Cemetery in Kingston? The burial benefit plan includes the cemetery plot plus payment toward some of the internment costs. Plan fee is based on age at the time of enrollment. If you would like more detailed information on the burial benefit, call the synagogue office for a Plan description.

Sisterhood is looking for someone who loves to shop and has some free time to revitalize the Gift Shop. Call Chris Kowalenko at 338-8612.

JULY YAHRZEITS

“The L-d will guard your going out
and your coming home, now and forever”

יהוה ישמר צאתך
ובואך מעתה ועד-עולם - Psalm 121

9 Tammuz July 1	Morris Barnovitz	21 Tammuz July 13	William Chervin Max Eckdish Ella Parnett Frieda Shorr Max Schulman
10 Tammuz July 2	David Schaffer Allen Pasco		
11 Tammuz July 3	David Pasco Ida Siller Milton Friedman	22 Tammuz July 14	Lina Hartman Mary Heller Sophie Shorr Max Schulman
12 Tammuz July 4	Albert Barson Eleanor Farber	23 Tammuz July 15	Goldie Werbalowsky Alvin Joseph Brett
13 Tammuz July 5	Louis Reichin Joel Harold Greenstein Joe Len Morris Lesser Hyman Reuben Julius Rost	24 Tammuz July 16	Gussie Abrams Samuel Wendrow
15 Tammuz July 7	Hinda Wilpan Gordon Bertha Lober	25 Tammuz July 17	Esther Lang Sarah Kramer
16 Tammuz July 8	Marcy Head Joseph Pauker	26 Tammuz July 18	Pauline Lampack Clara Leeds Jack Lehner William Singer Samuel Weinstein
17 Tammuz July 9	Mary Tepper	27 Tammuz July 19	Rose Brines Jean F. Millens Sarah Dean
18 Tammuz July 10	Manning Cohen Ruth Head	28 Tammuz July 20	Louis Halperin Herman Sanders
19 Tammuz July 11	Ida Paige Irving Scher	29 Tammuz July 21	Samuel Greenstein Minna K. Rafalowsky Arthur Melamed
20 Tammuz July 12	Harry Schwartz Celia W. Milani		

1 Av July 22	Pansy Propp Rachel Leah Kaufman	7 Av July 28	Rebecca Farber
2 Av July 23	Arthur Davis Sarah Goldberg	8 Av July 29	Sidney Treinkman Rae Ellen Livingston Isaac Salzman Rev. Samuel Friedman Samuel Shapiro Samuel Kirschner
3 Av July 24	Gertrude Dubin Joseph Melamed Rae Millens Herman		
4 Av July 25	Jack Shorr	9 Av July 30	Max M. Schwartz Meyer Alcon Hanna Schwalbe Pauline B. Lakretz
5 Av July 26	Florence Propp Klein Leah Miriam Waxman Weber	10 Av July 31	Rose Himmelstein Jen Wu Hana Lustig Meyer Isadore Gordon Abraham Zvi Schnur
6 Av July 27	Murray Shapiro Arthur I. Heller Bella Schwartz Betty Tepper		

July Donations

Ahavath Israel Fund

In memory of:

Betty Leichter

From: Rosette Teitel

Joel Stanger

From: Nancy Tierstein

Anitz Miller

Jack Sender

From: Gloria Sender

In honor of:

Bar Mitzvah of Isaac Goldowitz & Alec Cohen

From: Susan & Steve Hirsch

Ellen Leifer

From: Staci Weiss

Thank-you - To Jerry Weiss, Bernie King-Smith, Ellen Leifer and Congregation Ahavath Israel

For making this day so special for Jake Weiss and our family

From: Chuck & Helene Fliegler

Staci Weiss

Building Fund

In memory of:

Freda Lifshin

From: Jack Lifshin

Dr. Mitchell Winston Fund

In memory of:

David Fuchs, Father/Grandfather

From: Pamela, Alan, Samson & Chad Kellman

Rabbi's Discretionary Fund

In memory of:

Ernst Melamed, 25 years

From: Trudi Melamed-Turck

Shabbat Services
 Friday 7:30 pm
 7:15 pm if dinner
 Saturday 9:30 am

Congregation Ahavath Israel

July 2009

9th Tammuz - 10th Av

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 11 Kiddush Sponsored by Margo & Joe Colen in honor of their 60th wedding anniversary			1 9 Tammuz	2 10 Tammuz	3 11 Tammuz 8:17 candles	4 12 Tammuz 9:20 Havdalah
5 13 Tammuz	6 14 Tammuz	7 15 Tammuz	8 16 Tammuz	9 17 Tammuz	10 18 Tammuz Services w/ Rabbi Kolko 8:15 candles	11 19 Tammuz 9:17 Havdalah Bar Mitzvah David Fasano
12 20 Tammuz	13 21 Tammuz	14 22 Tammuz	15 23 Tammuz	16 24 Tammuz	17 25 Tammuz 8:11 candles	18 26 Tammuz 9:13 Havdalah
19 27 Tammuz	20 28 Tammuz	21 29 Tammuz	22 1 Av Rosh Chodesh Av	23 2 Av	24 3 Av 8:05 candles	25 4 Av 9:08 Havdalah
26 5 Av	27 6 Av	28 7 Av	29 8 Av	30 9 Av Tisha B'Av	31 10 Av 7:59 candles	

COMMUNITY YARD SALE

**RENT A SPACE
REAP THE PROFITS
RAIN OR SHINE**

When: Sunday, August 2nd, 10 am to 4 pm

(set up time: 8:30 on)

**Where: Congregation Ahavath Israel
100 Lucas Ave., Kingston**

**Cost: Space with table rental: \$25
Without table rental: \$20**

Food for sale throughout the day

**For information or to reserve a space, contact:
845-656-7424 by JULY 21st**