



Nourishing our Bodies, Minds, and Souls in 2023



January is the month when we make resolutions about cutting calories and eating healthily. In his Hebrew language blog, comedian Joel Chasnoff points out that the modern word for

"nutrition" in Israel might have much to teach us as we adjust our consumption in the coming calendar year.

Like many people around the world, Israelis are paying close attention to their health, including what they choose to eat. Thus, the word for healthy eating – nutrition – is as common in Israel as it is here in the United States.

Of course, the Hebrew word for diet is not in the Bible. Who in Biblical times had the luxury of watching their calories? Yet the modern Hebrew word for nutrition, *t'zunah*, comes from a very ancient source.

T'zunah comes from the Hebrew three-letter root *zay-in, vav, and nun*, which refers to food or sustenance. Our youth who go to camp are familiar with the blessing they sing following a meal, *Birchat HaMaZON* -- the blessing after a meal. And some of us donate to the organization *MaZON: A Jewish Response to Hunger* which helps those suffering from food insecurity.

The Hebrew *t'zunah*, takes the root for food and, adds the letter *taf* (ט) to



the beginning and the letter *heh* (ה) to the end. As such, it creates a word that expresses the ultimate expression of the word. *T'zunah* isn't just food; it is that which best sustains and fuels our bodies and minds. It is nourishment in its highest form.

As we consider our own consumption for the coming year, we can extend the idea of *tz'unah* beyond caloric intake.

As we face a new secular year, we might consider a resolution about *t'zunah*; what might we feed our minds and spirits along with our bodies? Do we spend our days doom-scrolling on social media, consuming empty TikTok videos, or listening endlessly to vapid celebrity podcasts? Or we could fill our spare time with books, music, and art which nourish our minds and spark new interests and hobbies. Do we consume the same single news sources

which align with our opinion? Or do we open ourselves to varying perspectives to better understand the "other" side of the argument? Might we allow our media consumption to inform rather than only to affirm that which we stubbornly believe? Do the people in our lives drag us down and encourage our worst behaviors? Or can we make better choices to surround ourselves with those who share our goals and values, nourish our lives, feed our souls, and encourage us to be the best we can be?

We all know that Jewish law emphasizes dietary discipline. Perhaps if we employ the discipline of *t'zunah*, minding the ethics, health, and nourishment of all that we consume, we will have a happier and healthier 2023.

Shalom,
Rabbi Judy Chessin



THE LIGHT

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Our Lives

Do you have news or need prayers? Contact the Temple office at 937-435-3400 to share a birth, marriage or seek get-well wishes. Your congregation cares about you!

The congregation sends prayers of *Refuah Shlema* to:

Helene Adler, Madalyn Ammons, Deb Char, Arlene Graham, Benjy Klein, Stuart Merl, Wendy Rachlin, Carla Scherr, Lynda Troy, Laurie Verson, and Peter Wells.

All those touched by the flu-RSV-COVID viruses.

The Congregation extends its deepest sympathies to:

Bill and Stephanie Kirtland and family on the recent passing of Bill's father Richard Kirtland.

January Yahrzeit Remembrances

Temple Beth Or remembers our loved ones on the Sabbath nearest the anniversary of their passing or *yahrzeit*. The following names will be read during services this month.

January 6

B. Albert Friedman 1/4
John Farnbacher 1/5
Ray Merl 1/5
Thomas Rosenfield 1/5
Esther Friedman 1/6
James Pickard 1/6
Colonel James Skelley 1/6
Rudolf H. Steinharter, MD 1/6
Gilbert Elovitz 1/7
Milton Meyers 1/7
Eugene Rose 1/7
Mier Hakim 1/8
Wanda Hirsch 1/8
Myra Gloria Lindquist 1/8
Shirley Nathan 1/8
Camilla K. Meyer 1/9
Markus Garfunkel 1/10

January 13

Miriam Gerla 1/11
Harvey Lowen 1/11
Taube Besser 1/12
Charles Grant 1/12
Eleanor LeClaire 1/12
Janice Lowen 1/13
Mayme Low 1/14
Frances Rosenberg 1/14
Jewel Safferman 1/14
Isobel B Bernstein 1/15
Harley Ellman 1/15
Vera Fortner 1/15
John G. Moody 1/15
Robert T. Rosengarten 1/15
Helen Bernie 1/16
Edward LeClaire 1/16
Melvin Sheinker 1/16
Rose Berkstein 1/17
Loretta Cox 1/17
Karl Alling Lindquist, Jr. 1/17
Herman Paul 1/17
Florence Yates 1/17

January 20

Beverly Marx Goldberg 1/19
Carolyn Guise 1/20
Dora Sax Fenberg 1/21
Eleanor Krongold 1/21
Donald Rosset 1/21
Robert Arthur Buerki 1/22
Frieda Garfunkel 1/22
Stanley Karp 1/22
Robert Reich 1/22
Rhonna Troy 1/22
John A. Reger 1/23
Leon Albert 1/24
Morton Gerla 1/24
Isdore Steinberger 1/24

January 27

Gail Banks Buerki 1/25
Bertha Marks Holstine 1/25
Ron Gilbert 1/26
Ruth Layman 1/27
Michael Ammons 1/29
Muriel Brown 1/29
Abe Jacobson 1/29
Michael Novak 1/29
Karl Plotkin 1/29
Fanny Sigmond 1/29
Arthur Lotney 1/30
Sylvia Miller 1/31



We Couldn't Do It Without You!

Temple Beth Or could not accomplish anything without teamwork. Thanks to every contribution of prayer, time and funds, we can fulfill our mission of being a warm, welcoming place for ALL.

Financial Donations

General Fund

In Honor of:

Scot Denmark's Special Birthday

Brenda and Mark Feuer

Larry Glickler and Charles Quinn

In Memory of:

Lori Etta Ellman

Larry Glickler

Dr. Leo Finkelstein, Jr.

Phyllis Finkelstein

Molly Levenson

Jeanne Nathan

Ray Merl

Pamela and Stuart Merl

Carolyn Guise

Pamela and Stuart Merl

Joan Summers

Marsha and Stephen Goldberg

In Appreciation of:

Giving Tuesday

Adam Blimbaum

Rabbi's Discretionary Fund

By: Lorraine Fortner

In Honor of:

Rabbi Chessin's Special Birthday

Cynthia and Anya King

Happy Hanukkah

Bill and Judie Kell

Music Fund

In Memory of:

Vera Fortner

Lorraine Fortner

thank you

Temple's many funds provide a meaningful way to mark the life cycle events we all experience. From a birth to a graduation, from the recovery from an illness to a promotion or marriage, we all experience joy and sadness throughout our lives. To express your caring and concern, please send your tribute card and minimum \$10 donation to the Temple office. All donations are tax deductible.

Temple Beth Or Parlor Meetings

In follow-up to the survey we sent out earlier this year, we are hosting a series of Parlor meetings, designed to get more details. We will ask questions about services, music, temple staff, and more to be sure we capture your interest and priorities. This will be used as we put together strategic plans to prepare for our future together. Whether you filled out the survey or not, your input is valued. Please check Plan-it for our sign up link or call 937-435-3400.

Upcoming Parlor Meetings:

January 10th 6:00 p.m. - 7:30 p.m. (Zoom)

January 22nd 10:00 a.m. - 11:30 a.m. (In Person)

Temple Watch needs your help

Greetings from Temple Watch! We are the "action arm" of the Temple Beth Or Security Committee and need your help. Temple Watchers assist our professional security team by providing additional eyes, ears and physical presence to help safeguard our congregants and especially our *Makor* students. Time commitment for large services, such as High Holy Days or special events such as the Hanukkah party or Purim Festival is usually between 2-4 hours. For additional information about joining this important organization, please contact Donna at 937-435-3400 or donna@templebethor.com.

Thank you to our Donors!

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Laurie & David Verson

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Scot & Linda Denmark

Mark Dlott & Dale Goldberg

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Matthew & Karen Lindsay

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Marilyn Marx

Barbara Mendelson

Gail Moore

Joann Plotkin

Robert Safferman

Carla Scherr

Ira Segalewitz

Craig & Andrea Self

Lois Solganik

Dan Weiner

Gary & Mary Youra

Makor מִקּוֹר

FROM THE CLASSROOM

What a blast we have had this first half of the year, from unique High Holiday experiences to incredible learning in the classroom about Jewish values, history and texts to a fantastic Hanukkah party. It has been a terrific start to our year!



PREK & KINDERGARTEN

Our class has enjoyed learning about the Tower of Babel, building our towers out of Legos, creating "stain-glass cookies," and learning about Abraham and Sarah, our ancestors. We are learning amazing songs and look forward to sharing them with our community!

MLK DAY OF SERVICE

Sunday, Jan 15, 10:30 to Noon

Meet at:

Hannah's Treasure Chest
124 Westpark Rd.
Centerville, OH 45459
No Hebrew

No class:
1/8/22

Normal class:
1/22/23

On January 15th, we will meet at Hannah's Treasure Chest as a school to continue the work we started during our Eight Days of Giving and at our Hanukkah party. Please meet us there from 10:30 to noon. Parents, please stay with your students for our time on our field trip! See you there!

1ST & 2ND GRADE

Did you know that Abraham and Sarah had letters added to their names? We are just learning about that, along with great art projects, making our Hanukkah menorahs and getting to know some of the older students so we can see what future years will be like!



3RD & 4TH GRADE

While our class focuses on Gimilut Chassadim (acts of kindness), we have also learned what it means to keep kosher and how we can apply it to our lives today. We are starting to understand and get comfortable at prayers, the order of the service and getting better at Hebrew every week!



5TH & 6TH GRADE

We have been diving into the prophets and learning about them every week. From Joshua to Deborah to the Maccabees, we are getting to know all of the fantastic stories in our history and just what we can take from them, even in our modern world.

7TH GRADE

While sometimes it can be a bit sad, there is so much to learn about in our conversations about the Holocaust and its history. Seeing how others have commemorated in their projects like Paperclips, we are talking about how we can create our class project.

THE CHAI SCHOOL

Having discussed Israeli elections, NAKAM, the original text of Hanukkah, and even watching some movies, we have been having fun testing out different oils to use as candles and giving a go at our latke making in our Chai School. We look forward to next semester!

The Artisan Fair and Brisket Lunch Was a Huge Success!

The 2022 Artisan Fair and Brisket Lunch is now part of our history.

Thank you to everyone who made the 2022 Artisan Fair and Brisket Lunch a success! The event featured 30+ vendors, over 300 pounds of brisket and 59 tubs of chopped liver. All the food sold out! Our guests and vendors commented on how delicious the food was, how wonderful the vendor selection was, and how much they enjoy coming to our event. Many thanks to all the people who helped!

Set-Up and Tear-Down Crew: The set-up crew was responsible for setting up Levin Hall and Café Or, creating an attractive Temple Booth, and then returning everything to the former Judaica Shop space after the event. Thank you to Phil Dreety, Claudia Fried, Melissa Guadalupe, Wendy Rachlin, Evan Weiss, Gina Kahn, and Mark Gruenberg.

Temple Booth: The Temple Booth volunteers answered lots of questions and assisted with sales. Thank you to Claudia Fried, John Granby, Rachel Halasz, Teri Halasz, Marilyn Marx, Gail Moore, Wendy Rachlin, Caryl Weckstein and Don Weckstein.

Food Service: The food service staff took orders and ensured that everyone got their food as fast as possible. Thank you to Matt Lindsay, Elissa Dinsmore, Gina Kahn, Gail Moore, Jane Pearl, Joni, Watson, Shara Taylor, Eileen Wolf, Heath Gilbert, and the members of our high school class, Alli Becker, Bri Becker, Cate Becker, Delaney Dine, Avi Gilbert, Madie Perrey.

Brisketeers: The Brisketeers gathered on Saturday to work their magic, preparing 300 pounds of meat for distribution. Thanks to this year's Brisketeers, including Kevin Fields, Bill Fried, Steve Goldberg, Mark Gruenberg, Neil Kahn, Matt Lindsay, Dave London, Alex Pearl, and Scott Segalewitz. Special thanks to our honorary Brisketeer, Ellen Holroyd, who happened to be in the wrong place at the right time.

Chopped Liver Crew: Thank you to Ellen Holroyd, Deb Char, Ellen Lauber, and Helen Markman, who prepared the chopped liver. The Chopped Liver Crew is thankful for the behind-the-scenes assistance from Dena Briskin, Judy Chesen, Marni Flagel, Larry Glicker, Marsha Goldberg, Karen & John Granby, Hindy Gruber, Donna Kabakoff, Gina Kahn, Jane Pearl, Wendy Rachlin, and Shara Taylor.

More thank yous: Thank you to Jerry Halasz, our unofficial media partner, for shout-outs on Oldies 97.3, WSWO. Thank you to Paula Gessiness and the Volunteer Committee for contacting so many wonderful volunteers. Thanks are also due to Rabbi Ben Azriel for organizing a children's program. Thanks are always due to our staff -- Donna Brodnick, Gayle Jenkins, and of course Rabbi Judy Chessin.

And **thank YOU** for shopping, eating, schlepping and more!
Ellen Holroyd and Karen Lindsay, Co-chairs

Save the Date: The next Artisan Fair and Brisket Lunch will be held on Dec 3, 2023. We want to make the 2023 Fair even better and we're looking to expand our committee. Please email judaicashop@templebethor.com with your comments and suggestions



Adult Education

Chai Mitzvah January 12th 7:00 p.m. on Zoom (Designed to “grow your Judaism”)

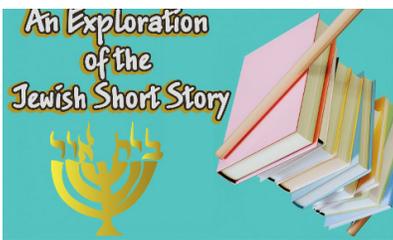


Due to generous financial underwriting from Rabbi Chessin, Adult Education at Temple Beth Or has been able to host *Chai Mitzvah* for a couple of years. Starting in October (or *Tishrei*, the first month of the religious year), and continuing for 12 months, Adult Education is pleased to offer a new *Chai Mitzvah* program that honors and celebrates each month of the year, as well as a woman of the Bible, whose life illustrates that month's focus. The heart of all *Chai Mitzvah* programming is respectful, honest discussion that values diverse viewpoints.

You are encouraged to register for as many monthly discussions as you can make time for. Let's talk together to grow our Judaism individually. To register, call 937-435-3400, or visit:

<https://templebethor.com/adult-education>

An Exploration of the Jewish Short Story January 18th



Please join the Zoom discussion, on January 18 from 7:00 p.m. to 8:30 p.m. Each month's discussion will center on one short story that has Jewish content or is written by a Jewish author. We intend to have fun and learn from each other's understanding of the stories. You are encouraged to register for one session or as many monthly discussions as you would like.

To register, call 937-435-3400 or visit:

<https://templebethor.com/adult-education>



January Chai-Lights

Friday, January 6, 6:30 p.m. In Person & Streaming
"Rock of Ages" *Shabbat*: Marc Rossio rocks the house as he and Rabbi Chessin lead a creative and musical *Shabbat* service.

Saturday, January 7, 10:00 a.m. In Person & Zoom
Apocryphal Study: Join Rabbi Chessin and our study group at Temple Beth Or. Bring a pot-luck breakfast item to share. We will begin the First book of Maccabees and explore the "real" Hanukkah story.

Thursday, January 12, 7:00 p.m. on Zoom
Chai Mitzvah: Please see page 6 for details.

Friday, December 13
No Service

Saturday, January 14, 10:00 a.m. In Person & Streaming
Torah Live!: Join Rabbi Azriel in the sanctuary for services and *Torah* study.

Wednesday, January 18, 7:00 p.m. On Zoom
An Exploration of the Jewish Short Story: Please see page 6 for details.

Friday, January 20, 6:30 p.m. In Person & Streaming
Musical Shabbat: Join Rabbi Chessin and the choir under the direction of Mahira Rogers for a musical *Shabbat*.

Saturday, January 21, 10:00 a.m. On Zoom
Join Rabbi Chessin and our study group as we continue to explore the Book of I Maccabees

Friends & Family CPR/First Aid and Stop the Bleed Courses

Temple Beth Or's Adult Education Committee is offering the Friends and Family CPR/First Aid and Stop the Bleed Courses on Sunday, February 19, 2023 from 10 am – 1 pm in Café Or. The courses will be taught by Scott Henry, Washington Township's Fire Department Public Information Officer and CPR/First Aid/Stop the Bleed Instructor. There is NO CHARGE to participants for these courses. You may register for one or both courses.

Course 1 – Friends and Family CPR/First Aid: 10 am – 12 noon

The American Heart Association's Family & Friends CPR Course teaches the lifesaving skills of Adult Hands-Only CPR, Adult CPR with breaths, Child CPR, Adult and Child AED use, Infant CPR and choking relief for Adults, Children, and Infants. This course is for people who want to learn CPR & First Aid, but who DO NOT need a Certification card for their jobs. This course is ideal for teachers and students, parents, grandparents, babysitters and others, who are interested in learning how to save a life. At the course completion, participants will receive a Certificate of Attendance. The course lasts approximately two hours.

Register Online:

<https://templebethor.com/adult-education>

Friday, January 27, 6:30 p.m. Streaming Online
Zoomagogue: Celebrate *Shabbat* in the comfort of your own home.

Saturday, January 28, 6:30 p.m. Streaming Online
Musical Shabbat: Join Mary 'Mahira' Rogers and Renee Perry online for a musical walk through a *Shabbat* Morning Service.

Tuesday, January 31, 6:30 p.m. In Person & On Zoom
Montgomery County's Reentry Program: The Montgomery County Office of Reentry works with a variety of community stakeholders to provide programming and services to the men and women who are returning to Montgomery County from incarceration. Please see back cover for details.

The Office will be closed January 2



Course 2 – Stop the Bleed: 12 -1 pm

Stop the Bleed encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. No matter how fast professional emergency responders arrive, bystanders will always be first on the scene. Participants will learn multiple ways to control bleeding in an emergency, including applying direct pressure, packing the wound with bleeding control gauze, and applying a tourniquet. This course lasts approximately one hour.

Each course is limited to 15 participants. The next 2023 course will be offered in August (date TBD). Light refreshments will be available at each course. Contact Karen Granby, Adult Education member for questions @ craceby@aol.com or (937) 286-6902.



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Montgomery County's Reentry Program

Please join us for a presentation about Montgomery County's Reentry program.



**What are the barriers faced by Returning Citizens?
Why does a successful reentry program create a safer
community?**

How do our values inform reentry work?

Speakers include:

- The Honorable Walter H. Rice, Federal District Court Judge
- A representative of County Commissioner Debbie Leiberman's office
- A representative of the Montgomery County Office of Reentry
- A Returning Citizen
- Bonnie Beaman Rice, Reentry Public Education Subcommittee Co-chair

Event Details:

Date and Time: January 31, 2023 from 6:30 – 8:00
Location: In person at Temple Beth Or and Zoom
Register: <https://templebethor.com/adult-education>
Questions: 937-435-3400

About the Montgomery County Office of Reentry:
The Montgomery County Office of Reentry works with a variety of community stakeholders to provide programming and services to the men and women who are returning to Montgomery County from incarceration.
Our Mission: Serving the citizens of Montgomery County with programs and services that minimize barriers to effective reentry and promote reduction in recidivism.
Our Motto: Action, Alliance, Accountability