



*July/August 2022
Tammuz/Av/Elul
5782*

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THE SCHRIER

THE JEWISH COMMUNITY CENTER OF WEST PASCO
Home of Congregation Beth Tefillah

BREAKING NEWS!

We've been conducting services, Shabbat and holidays, via both in-person and on-line since the early days of COVID.

To try and get more people back into the synagogue, we are limiting the Zoom invitation to those individuals who:

Live out of town

Are ill

Have transportation issues (e.g. no car, unable to drive at night)

Are uneasy attending group activities

We hope and pray that we will see more and more members and friends returning to the synagogue in person.

This change will take place effective November 1, 2022.

Please contact Barbara D.
to get your name and email address added to the
newly revised Zoom invitation list.

Thank you

JULY/AUGUST HIGHLIGHTS

- * **Monday, 7/4**
Independence Day
- * **Monday, 7/11 7pm**
JCC Board Meeting
- * **Sunday, 7/17 Fast of**
17th of Tammuz
- * **Friday, 7/29 Rosh**
Chodesh
- * **Sunday, 8/7 Tish'a**
B'Av
- * **Monday, 8/8 7 pm**
JCC Board Meeting
- * **Saturday-Sunday,**
8/27-8/28 Rosh
Chodesh

Shabbat Services
CONDUCTED BY RON BECKER and ELLIOT SHAPIRO
EVERY FRIDAY EVENING AT 7:30 PM
EVERY SATURDAY MORNING AT 9:30 AM
Alan Goldberg, Rabbi Emeritus

PRESIDENT'S MESSAGE - by Eileen Hochstadt

This is a piece from Chayi Hanfling, a writer who works for JAM, a campus outreach organization in Los Angeles, California.

Insights on How to Manage Stress: May 27, 2019

Jewish tools to help you keep sane.

According to mental health research, stress levels have been sky-rocketing in the United States and across the world. Whether triggered by a volatile political landscape, economic insecurity, or health issues, the American Psychological Association cited that 75% of adults report that they experienced moderate to high levels of stress in the past month. Stress is physically damaging, causing frequent aches and pains and compromising our immune systems, and is also destructive to our emotional well-being.

Jewish wisdom provides us with some tools and ideas to help manage stress and weather the storm.

1. You are enough.

Many people equate worth with productivity; we are what we do. This perspective creates an endless internal need to achieve in order to feel that we are worthy. Social researcher Brene Brown calls this "the hustle for worthiness" which creates a society governed by fear and shame. Judaism, in contrast, posits that we are all created in the image of G-d and have intrinsic worth that is not defined by what we produce. In fact, for 25 hours every Shabbat we are forbidden from creative work.

I have found that individuals who equate their inner value with their productivity find Shabbat to be especially challenging. If I can't achieve or produce on Shabbat then what and who am I? Judaism reminds us: you are worthy. You can *make* mistakes but you will never *be* a mistake. The endless burden of things to do can never threaten who you are.

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Please visit the JCC's web page at:

iccwestpasco.com

(our easy-to-remember site!)

Find us on Facebook, too
(and don't forget to 'like us').

Visit Our
Website



Information about tickets for the High Holy Day services will be available in the next issue of *The Schrier*.

The 2022-2023 Membership Dues Statements are on their way.

Please send in your dues as soon as possible.

If you have any questions, comments or concerns, please contact:

Eileen Hochstadt

Thank you for your prompt response to your dues statement.

A Message From Ron Becker

Dear friends, as we embark on another summer season, it is time to look back on another year gone by and to look ahead to summer activities and the upcoming High Holy Days. Despite the pandemic, we are cautiously but steadily increasing our in-person gatherings and have enjoyed social hours, visitations, and volunteer work together as a synagogue team at Metropolitan Ministries. We participated in the West Pasco Martin Luther King Day activities and at the New Port Richey Yom HaShoah recognition proclamation presentation. Thankfully, we have been privileged to have a minyan at close to 100% of our religious services and have been able to provide all of those prayer services virtually on Zoom for those who are unable, or not yet ready to attend in person. Thus, we have had participants from near and far and on a typical Shabbat, have five people participating from New York. Thanks to all who have made this possible, but special thanks to Eileen Hochstadt for all she does to make everything happen, to Barbara D. Johnson who not only operates our Zooming, but maintains our attractive and informative website, to Ana Calderon who drives me to the synagogue each and every Friday night as I am no longer able to operate a vehicle at night, and to Aileen who not only edits the monthly *Schrier* that you are now reading, but provides tasty treats for our Selichot, Simchat Torah, and Purim social hours! Special thanks to Art and Georgia Simon, Laura Bernas, and Chris Becker for devoting time and energy to distributing food and clothing at Metropolitan Ministries. And thanks to Elliot Shapiro for leading services throughout the year, to Danielle Merkle for chanting Kol Nidre on erev Yom Kippur, and to Sarah Sekeres for her expert Shofar blowing on Yom Kippur. And of course, thanks to Jerry Landsberg and Jeff Hochstadt for maintaining our physical plant.

We begin the summer with several of our regulars traveling, so please consider attending a Shabbat service during this time to ensure a minyan especially for those who have Yahrzeit and need to recite the Kaddish prayer. This summer, we begin to relax some of our COVID related restrictions and will often have sponsored Oneg Shabbats and Kiddush luncheons after services. We begin on the evening of July 1st, as our board member Danielle Merkle celebrates a special birthday and on the very next day, we celebrate our first Aufruf in several years! Rebecca Price and Alex Baxter will be called to the Torah on Shabbat morning, July 2nd just before their wedding at which I will have the honor of officiating. All are welcome to share their simcha on the 2nd which will include a dairy luncheon after the service. In order to survive and grow, we need to host more of these events and increase our membership, especially with young families. We need more weddings and baby namings! I have two summer homework assignments for all of our congregants. Please spread the word about what a warm, welcoming community we have here in West Pasco.

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DATES TO REMEMBER

7/1	Religious Services 7:30 pm	7/30	Religious Services 9:30 am
7/2	Religious Services 9:30 am		Bingo 5 pm
	Bingo 5 pm	8/1	Bingo 11 am
7/4	Independence Day	8/5	Religious Services 7:30 pm
7/4	Bingo 11 am	8/6	Religious Services 9:30 am
7/8	Religious Services 7:30 pm		Bingo 5 pm
7/9	Religious Services 9:30 am	8/7	Tish'a B'Av
	Bingo 5 pm	8/8	JCC Board Meeting 7 pm
7/11	JCC Board Meeting 7 pm	8/8	Bingo 11 am
7/11	Bingo 11 am	8/12	Religious Services 7:30 pm
7/15	Religious Services 7:30 pm	8/13	Religious Services 9:30 am
7/16	Religious Services 9:30 am		Bingo 5 pm
	Bingo 5 pm	8/15	Bingo 11 am
7/17	Fast of the 17th of Tammuz	8/19	Religious Services 7:30 pm
7/18	Bingo 11 am	8/20	Religious Services 9:30 am
7/22	Religious Services 7:30 pm		Bingo 5 pm
7/23	Religious Services 9:30 am	8/22	Bingo 11 am
	Bingo 5 pm	8/26	Religious Services 7:30 pm
7/25	Bingo 11 am	8/27	Religious Services 9:30 am
7/29	Religious Services 7:30 pm		Bingo 5 pm
	Rosh Chodesh		Rosh Chodesh
		8/28	Rosh Chodesh
		8/29	Bingo 11 am

2. Value and honor your effort.

Judaism makes clear that it is our effort that counts, irrespective of whatever results may or may not be achieved. Although the outside world seems to function based on achievement and not effort, the reality is that we are only in control of the effort we invest and not in the fruit that it yields.

We are responsible to put in a reasonable effort; G-d then does the rest. What happens may not be what we wanted, but the results are out of our hands. The irony of course is that we are so often focused on worrying about what is outside of our control that we “forget” to do our part.

Each day instead of getting overwhelmed with what you need to accomplish, focus on what is within your control. Ask yourself: what is your reasonable effort for today and then invest your energy into your efforts and not into worrying over the outcome.

3. You are not a dog about to be eaten.

Life can sometimes feel like a giant competition. It seems that there is a limited number of scholarships, job offers and promotions. According to the Jewish perspective, G-d is limitless and that no one can take away what we are meant to have. A wise sage once said that he was not worried that at the end of his life he would not measure up to great individuals in Jewish history; his only concern was that he would not measure up to the greatest version of himself.

So much stress results from comparing ourselves to others who seem to have more, do more, achieve more and succeed more. But comparisons are illusory. G-d doesn't compare us to anyone else and neither should we. Look inward and ask yourself: what else can I be doing to become the best version of myself?

4. Take a break, with love and connection.

Many of the college students tell me that they find the idea of Shabbat to be beautiful but they simply have too much to do to take that much time off. The truth is that whether you keep Shabbat or not, no one can be productive 24/7. We all need breaks and we'll find a way to get them. The only question is: will the breaks be taken mindfully and consciously and in a way that will truly refresh and invigorate us, or will they be taken unconsciously in front of a screen and we'll often feel more exhausted afterwards than before we started?

Taking a break from stress by spending time with others in loving and nurturing environments fills two needs: our need for rest and our need for human connection. So many people struggle with loneliness whether they are surrounded by others or not. Indeed, the loneliness that you can feel in a crowd is usually much more potent than what you feel when you are by yourself. Take care of yourself by taking a break with people who care about you in environments that facilitate love and connection.

Daily stressors may be a regular part of life but we don't need to feel powerless to face them. Incorporating Jewish values into our mindset can provide us with the emotional fortitude we need to live our lives with joy and face our stress with strategy.

Respectfully submitted,

Eileen

High Holy Days Services 2022 (5783)

Selichot	Saturday, September 17	Pizza dinner Service	6:30 PM 7:30 PM
Cemetery Visitation	Sunday, September 18	Trinity Memorial Grace Memorial Bushnell	10:30 AM 12:00 PM 2:00 PM
Rosh Hashanah Erev Rosh Hashanah	Sunday, September 25		5:00 PM
Rosh Hashanah Tashlich	Monday, September 26		9:30 AM
Mincha	Monday, September 26		3:00 PM *
Ma'Ariv	Monday, September 26		6:00 PM
Rosh Hashanah	Monday, September 26		6:30 PM
Rosh Hashanah	Tuesday, September 27		9:30 AM
Shabbat Shuva	Friday, September 30		7:30 PM
Shabbat Shuva	Saturday, October 1		9:30 AM
Yom Kippur Kol Nidre	Tuesday, October 4		6:30 PM
Ma'Ariv	Tuesday, October 4		7:00 PM
Yom Kippur	Wednesday, October 5		9:30 AM
Mincha	Wednesday, October 5		5:15 PM
Yizkor	Wednesday, October 5		6:00 PM
Neilah	Wednesday, October 5		6:45 PM
Sukkot Sukkah Decoration	Sunday, October 9		10:00 AM
Erev Sukkot	Sunday, October 9		6:30 PM
Sukkot	Monday, October 10		9:30 AM
Hoshanah Rabbah	Sunday, October 16		9:30 AM
Shemini Atzeret/Yizkor	Monday, October 17		9:30 AM
Simchat Torah	Monday, October 17	Ice Cream Social Services	5:30 PM 6:30 PM

♦ We will meet at the pavilion on the Cotee River across from Chris and Ron's home.



A Message From Ron Becker

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Can you imagine the state of our JCC if every member can recruit a new member in the coming year? The second assignment is to visit or call at least one member of our shul to make certain that they are ok and let them know that there are people in our community who care about them. Of course, you are more than welcome to call or visit more than one! And, you are all urged to join our synagogue team at Metropolitan Ministries where we spend two hours in the middle of the day working in various capacities in the food pantry, dining hall, and clothing distribution. Our next trip there will be on August 17th.

This will be a more active summer for the Becker household as well. Our resident grandsons (now 10 and 15) have completed the school year. Joshua is spending time with family in South Carolina while Nathan “hangs out” with friends. Chris will be spending most of the summer in New Jersey getting our house there ready for sale---something we planned to do nearly three years ago before being stymied by COVID. Then we will all meet at the shore in Middlesex Beach, Delaware for our 52nd annual reunion with college friends, our longest and most cherished tradition. I will be away for three Shabbatot in late July/early August, but am certain that you will continue to enjoy our services which will be led by Eileen Hochstadt and Elliot Shapiro. Elliot and his family have had some tough medical challenges this year, but he will almost certainly be back on the Bima before the end of the summer.

So, with our look backward and our summer plans, we will soon be preparing for the High Holy Days. Please record the dates for our various services and activities (Selichot, cemetery visitations, Tashlich, and Rosh Hashanah, Kol Nidre, and Yom Kippur services) found elsewhere in this month’s *Schrier* and save the dates! Much more detail to follow in the September edition of the *Schrier*. Meanwhile, have a wonderful summer!








Ron Becker, Spiritual Leader

Candle Lighting Times






July 1	8:14 pm
July 8	8:13 pm
July 15	8:12 pm
July 22	8:09 pm
July 29	8:05 pm
August 5	8:00 pm
August 12	7:54 pm
August 19	7:48 pm
August 26	7:40 pm

JULY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  8:14 pm Religious Services 7:30 pm	2 Religious Services 9:30 am <i>Korah</i> Bingo 5 pm
3	4 BINGO 11 am Independence Day 	5	6	7	8  8:13 pm Religious Services 7:30 pm	9 Religious Services 9:30 am <i>Hukkat</i> Bingo 5 pm
10	11 BINGO 11 am JCC Board Meeting 7 pm 	12	13	14	15  8:12 pm Religious Services 7:30 pm	16 Religious Services 9:30 am <i>Balak</i> Bingo 5 pm
17	18 BINGO 11 am	19	20	21	22  8:09 pm Religious Services 7:30 pm	23 Religious Services 9:30 am <i>Pinehas</i> Bingo 5 pm
Fast of the 17 of Tammuz						
24	25 BINGO 11 am	26	27	28	29  8:05 pm Religious Services 7:30 pm Rosh Chodesh	30 Religious Services 9:30 am <i>Mattot + Mas'ey</i> Bingo 5 pm
31						

AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 BINGO 11 am	2 	3 	4	5 88 Religious Services 7:30 pm	6 Religious Services 9:30 am <i>Devarim</i> Bingo 5 pm
7	8 BINGO 11 am JCC Board Meeting 7 pm	9	10 	11	12 88 Religious Services 7:30 pm	13 Religious Services 9:30 am <i>Va'et-hannan</i> Bingo 5 pm
14 Tish'a B'Av	15 BINGO 11 am	16	17	18	19 88 Religious Services 7:30 pm	20 Religious Services 9:30 am <i>Ekev</i> Bingo 5 pm
21	22 BINGO 11 am	23	24	25	26 88 Religious Services 7:30 pm	27 Religious Services 9:30 am <i>Re'eh</i> Rosh Chodesh Bingo 5 pm
28 Rosh Chodesh	29 BINGO 11 am	30	31			