

THE DOME · · · AUGUST 2021

TEMPLE BETH ISRAEL · 892 CHERRY STREET · MACON, GEORGIA · 31201



The famous Vietnamese monk, Thich Nhat Hanh, in his book, Peace is Every Step: The Path of Mindfulness in Everyday Life, offers many strategies to become mindful and increase mindfulness every day. According to the American Psychological Association, mindfulness reduces stress and rumination, boosts working memory and focus, as well as, allows for less emotional reactivity and more cognitive flexibility.¹ For some, that list is not compelling. As we enter the month of Elul, a month which requests us to engage in deep introspection prior to the High Holidays, the technique of mindfulness may help to accomplish this internal check list. The task uncomfortably asks us to contemplate our own sins, brokenness, and strained relationships. It requests that we sit in deep judgement of ourselves, just as God will judge us during the High Holidays.

I want to encourage us to engage in that introspective work with a feather, with gentleness and kindness this year. One of the best teachers of this type of introspection is Thich Nhat

Hanh. His belief system can be summarized as follows:

“Peace is every step.
The shining red sun is my heart.
Each flower smiles with me.
How green, how fresh all that grows.
How cool the wind blows.
Peace is every step.
It turns the endless path to joy.”²

What he asks in his book, Peace is Every Step, is for us to ask to love. He says we must understand the person if we want to love them. He is speaking of how to love someone else by emphasizing that in order to love them, we must truly be present with them. We must not think of ourselves, but rather sit down next to them and ask: “Darling, do I understand you enough? Or am I making you suffer? Please tell me so that I can learn to love you properly. I don’t want to make you suffer, and if I do so because of my ignorance, please tell me so that I can love you better so that you can be happy.”³

This is a powerful question. Yet the root of much of our own suffering, our own brokenness and our own strained relationships, is our own inner turmoil. When we ignore or fail to understand our own blind spots and possess a fearful response to various things, we will not engage with them. We can then hold on to our own pain; it can become a badge of our suffering.

I would like you this Elul to please sit in front of the mirror and ask yourself this question. Do not be surprised if tears come into your eyes as you sit and take the time to really breathe. What is the item that is causing the most disruption that erupted this past year? What is the thing you most need to address? Allow yourself the space to think about it. Then, allow yourself the ability to have compassion for yourself. Compassion does not mean the absence of suffering; it is to “suffer with.” You are not alone in your pain. Today, you can help ease it by sharing it with friends and family if you choose to be vulnerable and share it with them.

As we approach Elul this year, beginning on August 9th, I invite you to take time to develop a sense of compassion for yourself. Be present. Be kind. Be loving. May you find this time to be healing, soothing and exactly what you need to get ready for the High Holiday.

1 <https://www.apa.org/monitor/2012/07-08/ce-corner>

2 Thich Nhat Hanh. “*Peace Is Every Step: The Path of Mindfulness in Everyday Life*.” Apple Books. P. 17

3 Excerpt From: Thich Nhat Hanh. “*Peace Is Every Step: The Path of Mindfulness in Everyday Life*.” Apple Books. P.127

From Your President

I hope you all had a really nice summer. It feels so good not having to wear masks everywhere we go and seeing friends we had not seen for 15 months. In-person services at the Temple seem so special now. Kiddush Club has resumed meeting in person but is also available via Zoom.

Now with the return to school for the children and teachers, summer is over. This means we are also looking ahead to the High Holidays. Did you realize they come really early this year? With that in mind, we will need someone to sponsor the Yizkor Memorial Service Book. If you would like to sponsor it for a loved one, please contact Neala Morgan.

The Rabbi, the Sisterhood President, and I recently met to plan our calendar for the 2021-22 events. We hope you will enjoy what we have planned. Our Shabbat services continue to be theme-based, lending some variety to our weekly prayers.

We hope to have the audio-visual equipment installed by the High Holidays, but it is dependent upon the availability of the equipment. I am constantly surprised by the shortages we are encountering as a result of the pandemic.

We gained a new sponsor. Have you noticed the ads in the Dome? Those are businesses that pay \$200 annually to be listed in the Dome. If you know of a business that would be interested in being a sponsor, please contact them. Also, consider using those businesses when you shop.

I hope to see more of our members at in-person services soon. Hope you all start off the autumn season with a sense of renewal.

B'Shalom

Betty Taylor

**SEEKING MIRACLES
HIGH HOLY DAYS 5782**



**TEMPLE
BETH ISRAEL**
EST. 1859

Schedule and Information About the High Holy Days: <https://www.tbimacon.org/holidays>

Engage Explore Expand

Kiddush Club

On Preparing Our Soul for the High Holidays
with Hasidic Tales

August 6, 13 & 20 | 5:15 PM

JOIN US IN-PERSON OR VIA ZOOM MEETING AT:
[HTTPS://US02WEB.ZOOM.US/J/83522827840](https://us02web.zoom.us/j/83522827840)
MEETING ID: 835 2282 7840



Join us for

Kabbalat Shabbat

Join us In-Person or via Facebook or Zoom

TEMPLE BETH ISRAEL
FRIDAYS AT 6:30PM
JOIN ZOOM MEETING

[HTTPS://US02WEB.ZOOM.US/J/82589792291](https://us02web.zoom.us/j/82589792291)

MEETING ID: 825 8979 2291



Board Meeting

A meeting of the board will be held
Sunday, August 15, 2021
1:00 PM at Temple Beth Israel

SATURDAY, AUGUST 21
10:00 AM

Rosh Hashanah Dessert Class

Learn how to make paleo honey cakes
for Rosh Hashanah!



JOIN US VIA ZOOM:
[HTTPS://US02WEB.ZOOM.US/J/86516431143?](https://us02web.zoom.us/j/86516431143?pwd=VKtBT0JTLZB5CZNOZKPOYTC5AUM5QT09)
[PWD=VKtBT0JTLZB5CZNOZKPOYTC5AUM5QT09](https://us02web.zoom.us/j/86516431143?pwd=VKtBT0JTLZB5CZNOZKPOYTC5AUM5QT09)

Paleo Honey Cake

Serving 12

Ingredients:

2 1/2 cups blanched almond flour (not almond meal)
1/2 teaspoon celtic sea salt
1 teaspoon baking soda
1 tablespoon ground cinnamon
1/4 teaspoon ground cloves

1/2 cup honey
1/4 cup palm shortening
4 large eggs
1/2 cup raisins

Instructions:

In a large bowl, combine almond flour, salt, baking soda, cinnamon and cloves. In a separate bowl, combine honey, shortening and eggs. Mix wet ingredients into dry, then stir in raisins. Grease and flour an 8" spring form pan. Bake at 350 degrees F for 30 - 35 minutes. Remove from oven and cool for 1 hour.

<https://elanaspantry.com/paleo-honey-cake/>



Let's have a splashing good time!

YOUNG FAMILIES POOL PARTY



August 22, 2021

2:00 PM

The Rosen Residence

**RSVP TO ADMIN@TBIMACON.ORG
AND DETAILS WILL BE EMAILED TO
THOSE WHO RSVP**

*Thank you so much to all my friends who
donated the leaf to the Tree of Life in honor of
my birthday. **THANK YOU!***

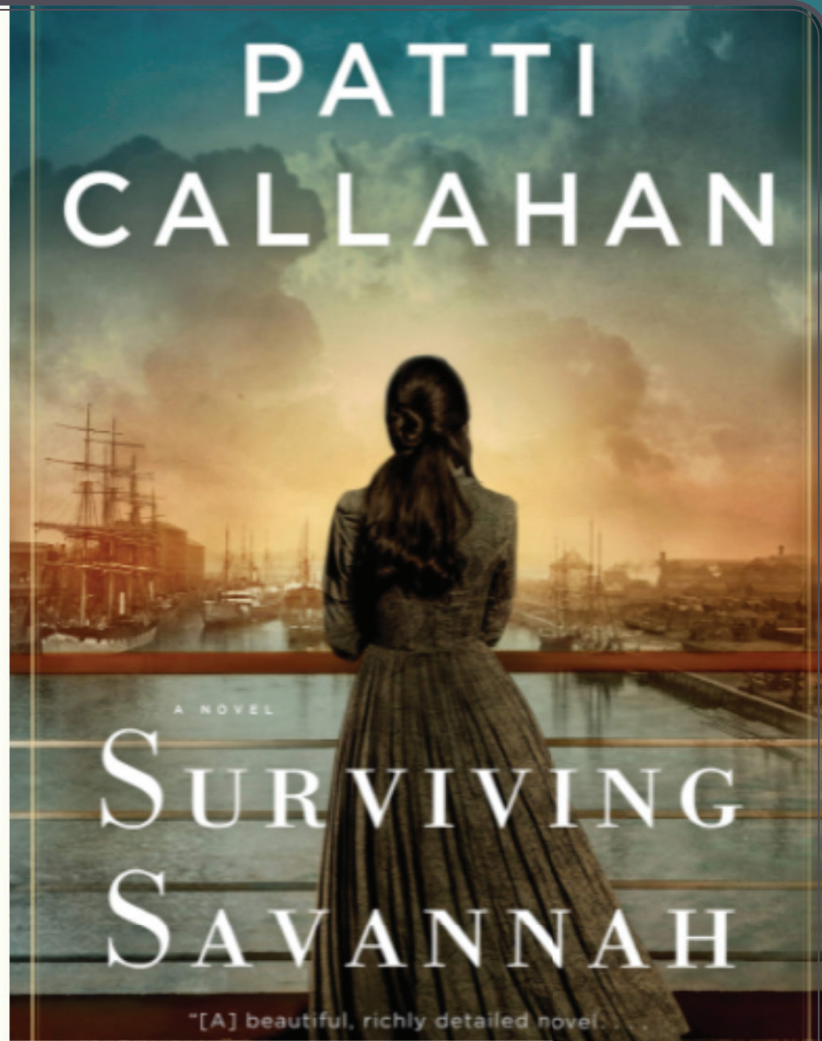
Susan Bialac



Temple "Mugs"



SURVIVING SAVANNAH BY: PATTI CALLAHAN



SISTERHOOD

**BOOK
CLUB**

**Sunday, August 29
1:00 PM**

**Join us in-person or
on Zoom!**

TBIMACON.ORG

August Birthdays

We congratulate the following for their birthdays this month

Alan Segal 1 st	Sigfried Dayan 22 nd
Katerena Becker 3 rd	Richard Bullington 23 rd
Katherine Kalish 6 th	Maxine Goldstein 25 th
Jody Purcel Dughi 9 th	Eliza Kaplan 25 th
Elaine Dreizin 12 th	Cody Salis 26 th
Walter Dannenberg 20 th	Sandy Butler 31 st
Brandon Kirshner 20 th	



August Anniversaries

We congratulate the following anniversaries this month

Lawrence & Bernae Mink	7 th
Mike & Nancy Kaplan	9 th
Bill & Pam Webster	17 th
Brandon & Ciara Kirshner	27 th
Rabbi Larry & Darrie Schlesinger	28 th

AUGUST 2021

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06 5:15 PM KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	07
08	09	10	11	12	13 5:15 PM KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	14
15 1 PM BOARD MEETING	16	17	18	19	20 5:15 PM KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	21 10 AM ROSH HASHANAH DESSERT CLASS
22 YOUNG FAMILIES POOL PARTY 2 PM	23	24	25	26	27 LIMUD ATLANTA 27TH-29TH 6:30 PM KABBALAT SHABBAT	28 LIMUD ATLANTA 27TH-29TH
29 LIMUD ATLANTA 27TH-29TH 1 PM SISTERHOOD BOOK CLUB	30	31				

We remember the following on Shabbat
August 6 Sabbath of Observance (July 30 - August 6)

Lee Happ
 07-30-1963

Anna Vogel
 07-30-2004

Mamie Lee Burney
 07-31-1986

Joseph Goldman
 07-31-1971

Ferd Bernd
 08-01-1956

Issac Flatau
 08-02-1938

Ruth Lippard
 08-02-2001

Revera (Vee) Tolochko Kahn Wayburn
 08-05-1990

Pearl Kaplan Lavine
 08-05-1990

Morris Moses
 08-06-1927

Donald I. Rosen
 08-06-2015

We remember the following on Shabbat
August 13 Sabbath of Observance (August 7 - 13)

Benjamin Bashinski, Jr. M.D.
 08-08-2012

Gladys B. Thorn
 08-08-2015

Johanna Waxelbaum
 08-08-1960

Miriam Baker Ullman
 08-09-2009

Minnie Witkowski
 08-12-1909

Fannie Zion
 08-12-1973

Frank M. Happ
 08-13-1987

Alice Voorsanger Schweitzer
 08-13-1943

Willard Webster
 08-13-2009

We remember the following on Shabbat
August 20 Sabbath of Observance (August 14 - 20)

Jane Werner Gerdeman
 08-14-1995

Isaac Herman
 08-14-1923

Marjorie Blanche Popper
 08-17-1973

Lena Schram
 08-17-2009

LaVelle Seltzer
 08-18-1989

Rosalind Bashuk
 08-19-1975

Joseph Oliner
 08-19-2009

We remember the following on Shabbat
August 27 Sabbath of Observance (August 21 - 27)

Merrie Kaplan
 08-22-2019

Stewart Grant Dawson
 08-23-2001

Josephine Jacobs Kaplan
 08-24-1998

Aimee Pollock Waxelbaum
 08-24-1968

Mitchell Fried
 08-25-2013

Herschel B. Kemper
 08-26-1976

Charles J. Bloch
 08-27-1974

Belle Harris Cohen
 08-27-1955

Rosanna Fried
 08-27-1920

We remember the following on Shabbat
September 3 Sabbath of Observance (August 28 - 31)

Arlene S. Bergeron
 08-28-1998

Jerry Seltzer
 08-28-1995

Charles Moses
 08-29-1929

Julius Kuhr
 08-30-1930

William Herman
 08-31-1971

Ella Kneller
 8-31

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Donations

Thank you to *Jody Purcel Dughi* for donating
to the *Rabbi Discretionary Fund*.

Thank you to *Rabbi Jeff* and *Mindy Glickman*
for their donation to the *Temple*.