

THE DOME · · · JANUARY 2022

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



As 2022 rolls around, we must begin to ask ourselves what kind of year it will be. Will it be a year when we think about who we are and what type of person we want to be? Or will we have a year in which we simply roll through it without thinking and allow it to transpire to us?

As we go through yet another stage of the pandemic, we as a society are facing difficulties never before experienced in our lifetime. A survey reported in the New York Times describes that many people report feelings of: “Anxious. Overwhelmed. Burned out. Stuck,” to their therapists.[1] Moreover, most therapists are not accepting new clients, but people must wait months to be able to schedule an appointment; this, after the Surgeon General issued a warning regarding youth and the growing national health crisis.[2] Before the pandemic began, 1 in 5 people faced mental, emotional, or behavioral disorders. Now, it is 1 in 3.

There is also an increase in alcohol consumption and drug use. Car accidents have gone up as people are becoming more and more reckless on the roads. As a society, we are facing a mental health pandemic on top of the one already caused by Covid.

We are exhausted from the pandemic. At times, we act out the frustration and exhaustion of how life has changed. Sometimes we even act out that frustration toward those we most love in an attempt to control our immediate surroundings. We crave a return to life before the pandemic, when getting together was easier. Unfortunately, acting out does not necessarily help make things easier -- it often has the opposite effect. It creates more negativity and feelings of resentment. I would like to suggest we combat this together. One tool that is effective at dealing with stressful situations is mindfulness and meditation. I would like to invite you to join me on zoom once a week to meditate.

The benefits of meditation are numerous.

- Gaining a new perspective on stressful situations.
- Building skills to manage your stress.
- Increasing self-awareness.
- Focusing on the present.
- Reducing negative emotions.
- Increasing imagination and creativity.
- Increasing patience and tolerance.[3]

This is intended for people with little or no meditation experience. It will be an opportunity for us as a community, to find healthy ways to cope with life. If you are curious about meditation or wondering how to do it, I will offer brief teachings and guides at the beginning to help you settle in. I invite you to please reach out if you have questions or concerns. Please use the following zoom link to join the meditation zoom session, which will be held weekly on Wednesdays at 12:30pm.

<https://us02web.zoom.us/j/82589792291>

Meeting ID: 825 8979 2291

[1] <https://www.nytimes.com/2021/12/16/well/mind/mental-health-therapists.html>

[2] <https://www.hhs.gov/about/news/2021/12/07/us-surgeon-general-issues-advisory-on-youth-mental-health-crisis-further-exposed-by-covid-19-pandemic.html>

[3] <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

Message from Our President

Happy New Year 2022! Even though we will continue to be challenged by COVID, we are looking forward to a year of activities and programs that will fulfill your soul, challenge your mind, and lift your spirits.

I know everyone has enjoyed the times we have been able to socialize at the Temple. The Hanukkah dinner was a fun event with lots of joyful conversations as we enjoyed our brisket and latkes. Thank you to the Sisterhood for organizing the dinner. Thank you to Beverly Schnee, Marlene Humphry, Jim Freedman, Sig and Lise Dayan, and Janet Brown. Onegs are scenes of lively discussion. Brief moments of life pre-COVID are cherished.

Tu B'Shevat begins sundown January 16. We will have a theme Shabbat to acknowledge it. I recently read some interesting background on this holiday. In the 16th century, Jewish mystics imagined God's beneficence flowing down from the heavens like an upside-down tree. With roots in heaven, the mystics draw down the divine energy, or sap, so that it "fructifies" on earth. They developed a seder with different kinds of fruit to facilitate the drawing down of these devine blessings.

Is making sure your temple dues are paid one of your resolutions for 2022? If so, remember that you can set up automatic payments. The link to do that is on our web page at www.tbimacon.org.

We are still looking for an office manager. In the meantime, we are paying someone to work remotely doing much of the computer work.

Thank you to the Sisterhood for supporting the events we have been able to do. Thank you to the donors for their generosity during this time. Thank you to David Dillard for making our worship services even more special through his musical and artistic talents. And thank you to all those who have faithfully participated in our virtual events and to those who have returned to services in the Temple.

Please continue to read the Dome and the twice weekly email announcements so you do not miss out on any of our events.

Once again, I wish you all a Happy, Healthy, and Peaceful 2022.

Shalom,

Betty Taylor

Board Meeting

A meeting of the board will be held
Sunday, January 16, 2022
1:00 PM at Temple Beth Israel



ENGAGE. EXPAND. EXPLORE.
**KIDDUSH
CLUB**

JOIN RABBI BAHAR IN THIS
WEEK'S TOPIC:
ANTISEMITISM

FRIDAYS IN JANUARY AT 5:15 PM
AT TEMPLE BETH ISRAEL



Join us for
Virtual Kabbalat Shabbat

Join us on 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



*Follow our new QR code
to view our TBI website!*



*Please join us for some
TuBishvat fun!*

**Celebrate the birthday of the trees as we play
games, learn about recycling, and taste
traditional fruits and nuts from Israel.**

Saturday, January 22nd, 10 AM - Noon

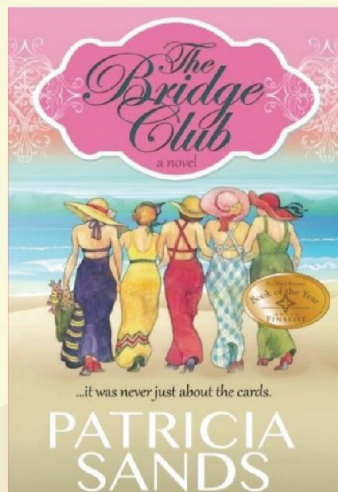


The poster features several decorative book icons: an open book in the top left, a closed book in the top right, a closed book in the bottom left, and an open book in the bottom right. Dashed lines connect the top-right and bottom-left books to the center of the poster.

SISTERHOOD BOOK CLUB

Join us as we discuss "The Bridge
Club" by Patricia Sands

Sunday, January 30th at 1 PM
Meeting at the Temple



Young Family Hanukkah Cookie Making



Fall Family Fun





PLEASE JOIN US AS
OUR SON

GRAHAM

IS CALLED TO THE TORAH
AS A BAR MITZVAH

SATURDAY,
JANUARY 29, 2022
AT 4:00 P.M.
TEMPLE BETH ISRAEL,
MACON, GA

RECEPTION AT
THE SOCIETY GARDEN
IMMEDIATELY FOLLOWING

rsvp
GrahamsBigBash@gmail.com
Shaw & Richard Bullington

January Birthdays

We congratulate the following for their birthdays this month



<p>Ann Dodson 1st</p> <p>Kathy Nadler 1st</p> <p>Marlene Humphry 2nd</p> <p>Archie Diamond 5th</p> <p>Brian Wolk 9th</p> <p>Rabbi Larry Schlesinger 14th</p> <p>Suzanne Wade 15th</p>	<p>Carla Cohn 17th</p> <p>Lisa Becker 25th</p> <p>Emily Piassick 25th</p> <p>Josh Ware 25th</p> <p>Peggy Mendelson 28th</p> <p>Larry Read 28th</p>
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January Anniversaries

We congratulate the following anniversaries this month



Morris & Julia Purcel 25th

JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 4:00PM HEBREW SCHOOL	5 9-11AM RABBI OFFICE HOURS	6	7 5:15 PM KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	8
9	10	11 4:00PM HEBREW SCHOOL	12 9-11AM RABBI OFFICE HOURS	13	14 5:15 PM KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	15
16  Tu Bishvat	17  MARTIN LUTHER KING DAY	18 4:00PM HEBREW SCHOOL	19 9-11AM RABBI OFFICE HOURS	20	21 5:15 PM KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	22 10:00 AM: YOUNG FAMILY TUBISHVAT EVENT
23	24	25 4:00PM HEBREW SCHOOL	26 9-11AM RABBI OFFICE HOURS	27	28 5:15 PM KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	29
30 1:00 PM: SISTERHOOD BOOK CLUB	31					

We remember the following on Shabbat
January 1 Sabbath of Observance (January 1-7)

Rabbi Ronald Goldstein
 01-01-2004

Sam Gertner
 01-01-1980

Stanley Elkan
 01-02-1994

Isadore Zion
 01-02-1966

Sara Humphry
 01-02-2011

Sylvia Cooperberg
 01-03-1987

Gus B. Kaufman
 01-04-2008

Nettie Fried
 01-05-1961

Irving Cohen
 01-05-2010

Clementine Moses
 01-06-1904

Kaye Rosen
 01-06-2005

Eva Harris
 01-07-1939

Steven Popper, Jr.
 01-07-1954

Caroline Waxelbaum
 01-07-1917

Frances "Dolly" Alper
 01-07-2007

We remember the following on Shabbat
January 8 Sabbath of Observance (January 8-14)

Sarah Myrtle Zeesman
 01-09-1993

Philip Dodson
 01-10-2011

Beckie Schield
 01-11-2011

Aaron Meyer
 01-11-1914

Jacob L. Goldstein
 01-11-2013

William Schram
 01-12-1989

Raymond M. Kuhr
 01-13-19--

Billy Butler
 01-14-2011

We remember the following on Shabbat
January 15 Sabbath of Observance (January 15-21)

Mike Witman
 01-15-1970

Jacob Lazarus
 01-16-1941

Harold Eugene Causey
 01-16-2005

Dr. R. E. Bechtel
 01-16-1970

Bessie Jaffe
 01-16-1960

Joseph Dannenberg
 01-18-1989

Sam Roobin
 01-20-1996

Robert Glantz
 01-21-1992

Larry Putzel
 01-21-2009

We remember the following on Shabbat
January 22 Sabbath of Observance (January 22-28)

Caroline Elkan
 01-23-1908

Dorothy Kuhr Small
 01-23-1982

William Voorsanger
 01-24-1966

Leon O'Neal Cave
 01-25-1985

Samuel M. Halprin
 01-25-1946

Lena Kemper
 01-26-1989

Linda Levy Fried
 01-26-2013

Robert Frank
 01-28-2009

We remember the following on Shabbat
January 29 Sabbath of Observance (Jan. 29 - Feb. 4)

Lewis S. Lavine
 02-02-1988

Cliff Wester
 02-02-2005

Herschel Rothenberg
 02-03-1964

Isaac Moses
 02-04-1891

Joe I. Goldman
 02-04-1999

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