

### TEMPLE BETH ISBAEL

### Monthly Message From Rabbi Bahar Manifestations

"The highest form of wisdom is kindness." -Talmud

"When I was young, I used to admire intelligent people; as I grow older, I admire kind people."-Abraham Joshua Heschel

"Kindness is a language which deaf can hear and the blind can see." Mark Twain

"Be kind, for everyone you meet is fighting a hard battle." - Plato



These short pithy quotes abound in memes on social media. Since these quotes are so short – it must be easy to accomplish – kindness toward others and self. As a society, we increasingly expect instantaneous responses. We wonder what is going on if we post on social media and receive no comments; text and receive no reply; call and no one returns the call – does anyone see us or care. Or conversely, we might simply be walking in a building only to find someone respond so out of norms with so much anger that we don't even know what to do or how to respond.

Yet, as I ponder them this past year, I realized, coming out of the pandemic, that it is impossible to know what someone else is going through. Perhaps they are dealing with hidden grief, unresolved trauma, or a current experience which feels overwhelming.

They may not be ignoring you. It is impossible to know their life behind a computer screen, or even at a distance. Therefore we must attempt to give them the benefit of the doubt.

In truth, we rarely know what is occurring in the heads/hearts/minds of others. Their responses or unexpected response usually arise out of any experiences they have gone through. Recognizing that, it is all the more important to choose to be kind.

In Judaism, one of the largest values we hold dear is chesed – lovingkindess. We learn in Pirkei Avot that the world is build on three things – Torah (revelation), avodah (prayer) and gemilut chasadim (acts of loving kindness). 1 Without kindness the world would not stand. Without kindness, we would increase the suffering of others around us.

Frequently, we forget in our society that we are interconnected. That what impacts one, impacts others. A deep truth, we can and frequently do increase the suffering of others in the community by forgetting our interconnectivity.

As a mother, I am frequently reminded of the challenges to remember to be kind to others even when I am frustrated because my child dawdled in getting dressed that morning. Or not responding too rapidly to an email which irritates me, or snapping at news which raises my ire. The most challenging thing we can do is to remember to choose kindness even as we face frustrations, challenges and deep pain.

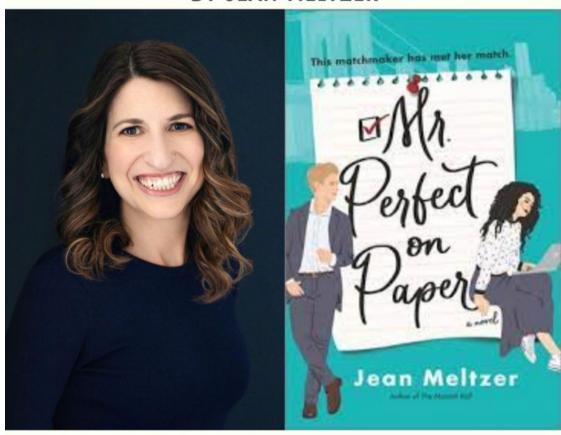
In truth, we all suffer, carry burdens unseen, possess wounds both recent and old in various states of healing; and we all yearn to be treated with kindness. Even when we are tired ourselves we can alleviate both the suffering of others and our own by choosing kindness.

As we enter Sukkot, a time a joyfulness and delight with others, I invite you to enter into new areas with kindness in your heart and giving those around you the benefit of the doubt.

Chag Sukkot Samach



### MR PERFECT ON PAPER BY JEAN MELTZER



### SISTERHOOD

# BOOK

MR PERFECT ON PAPER

Sunday | 1 PM October 30 Temple Beth Israel

Join us in person or on Zoom!

Author Jean Meltzer



TBI Photo Album Lunch with Rabbi Bahar, Mellow Mushroom Warner Robins











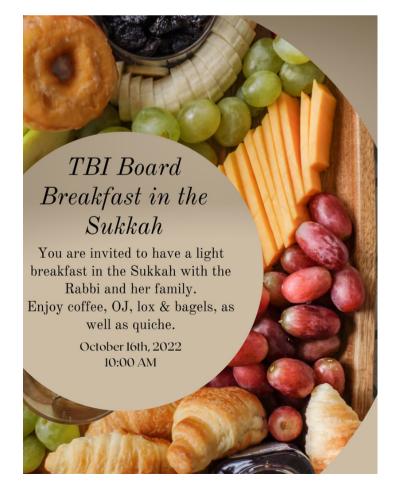


We will enjoy "Pizza in the Hut"
Bounce House
Decorating Contest with pretzels and icing
Shake the Lulav with music
stories and more

October 15 5:30 PM - 8:00 PM

At the Home of Rabbi Bahar



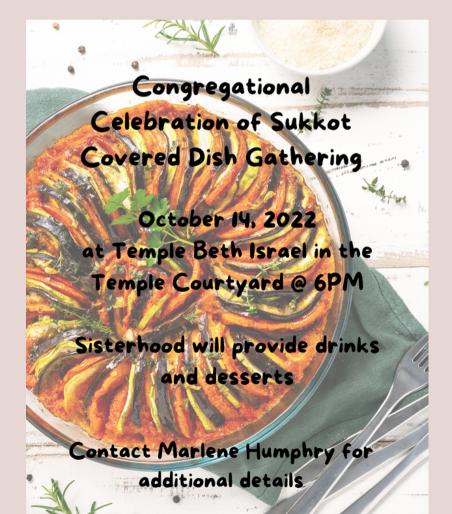


## YOUNG ADULTS IN MACON! JOIN US ON OCT 13, 2022, FROM 7PM-9PM

THERE WILL BE SIPS, S'MORES, WINE & CHEESE, AND MORE.

AND MAKE NEW FRIENDS!

AT THE HOME OF RABBI BAHAR
RSVP TO RABBIBAHAR@TBIMACON.ORG FOR
ADDRESS INFORMATION





October 2022





	MON	TUE	WED	THU	FRI	SAT	SUN
	26	27	28	29	30	01	02
							1 PM SISTERHOOD BOOK CLUB
_	03	04	05	06	5:15 PM 07 KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	08	09 6 PM RABBI BAHAR'S SUKKOT POTLUCK
B S	10 PM RABBI AHAR'S UKKOT OTLUCK	11 6 PM RABBI BAHAR'S SUKKOT POTLUCK	12	7 PM YOUNG ADULTS EVENT	14 CONGREGATIO NAL SUKKOT EVENT	5:30 PM 15 YOUNG FAMILIES SMORES AND MORE	16  10:00 AM  BOARD  BREAKFAST
	17	18	19	20	5:15 PM KIDDUSH 21 CLUB 6:30 PM KABBALAT SHABBAT	22	23
	24	25	26	27	5:15 PM 28 KIDDUSH CLUB 6:30 PM KABBALAT SHABBAT	29	30 1 PM SISTERHOOD BOOK CLUB
	31	01	02	03	04	05	06

### Macon Outreach Volunteers Needed 10:45-noon Third Thursday of Each Month

acon Outreach (located at Mulberry Methodist 267 First Street in downtown on) needs 5 volunteers to help serve its cafeteria-style lunch for those in need rsday, Aug. 18th, 10:45 a.m. - 12 noon. Free parking is available in front of the church on Mulberry Street.

TBI volunteers are invited to help on the third Thursday of each month: Aug. 18, Sept. 15, Oct. 20, Nov. 17, and Dec. 15th.

Dates for 2023 will be emailed in December.

ou'd like to sign up for any of the above dates or have any questions, please contact David Ilan, CSI Social Action Chair at ilanclan@gmail.com.





### HFI P!

DUE TO AN INCREASE IN THE COST OF FOOD, OUR PANTRY IS EXTREMELY LOW.

Please consider helping or sponsoring a Food Drive.

Fruit (canned,cups,fresh)
Sandwich crackers & cookies
Breakfast & Protein bars
Vienna sausages
Peanut butter



Jelly Cold Cereal Pop tarts Applesauce

Note: All canned items must have pop-tops.

MORE INFO

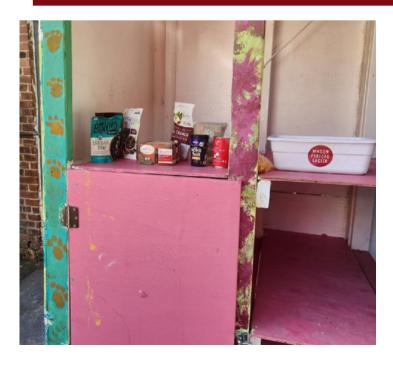
DAYBREAK@DEPAULUSA.ORG / 478-216-9119 ASK FOR MÖNICA

### MEMBER SPOTLIGHT

Jaizsha Ross packaged up the food from the Rosh Hashanah lunch into individual boxes and took it to those in need.

Thank you Jaizsha for being a Mensch!











Glenn & Christina Rosen - October 10th
Niles & Kathy Baker - October 11th
Simon & Lisa Becker - October 13th
Lauren Peacock Holt & Dakota Holt - October 31st



We Remember the Following on Shabbat October 7 (October 1 - 7) Samsun Pham - 10/01/1998 **Saretta Livitz** - 10/02/1995 **Rose L. Putzel** - 10/04/1977 **Bernardo Lleras** - 10/05/2010 **Becky Ann Lubel** - 10/06/1979

We Remember the Following on Shabbat

Michael Ford Lubel - 10/06/1979

Pearl Dayan Mizrahi - 10/06/2015

October 14 (October 8 - 14)

**A. M. Solomon - 10/08/1901** 

Stanley Friedman - 10/08/1997

**Maurice Wilner - 10/09/1986** 

**Shelly Bialac - 10/10/1994** 

Lilye S. Dannenberg - 10/11/1956

**Herbert Block - 10/11/1964** 

**Leonard P. Jacobs - 10/11/1985** 

Harry S. Popper, Sr. - 10/11/1968

**Etta Salis -** 10/11/2008

**Ruth Purcel - 10/12/1995** 

**Roslyn Dayan - 10/13/1979** 

Herbert Cohen, D.D.S. - 10/13/1983

Joseph J. Dannenberg - 10/14/1910

**Robert M. Gerdeman - 10/14/1992** 

We Remember the Following on Shabbat

**October 21 (October 15 - 21)** 

Sarah Mink - 10/15/1963

**Wilfred D. Bergeron - 10/15/1997** 

**Jacob Moser - 10/16/1901** Edith Kuhr - 10/16/1953 David Harold Becker - 10/18/2016 Hazel Block Citrone - 10/20/1962 Max Kemper - 10/21/1901

We Remember the Following on Shabbat

October 28 (October 22 - 28)

William Levitt, Sr. - 10/20/1983

**Stephen Popper, Jr. -** 10/23/1957

Sadie Shapiro Millner - 10/23/1985

**Alfred Mac - 10/24/1934** 

Paul Howard - 10/24/2001

**Edith Esner - 10/25/2005** 

William Levitt, Jr. - 10/25/2015

Edith Oberlander - 10/26/1978

**Saul Strachman - 10/26/2016** 

Bertha Gans McElfresh - 10/27/1966

**Leonard H. Ashbach - 10/27/1976** 

**Joyce Happ - 10/27/2002** 

**Zelda K. Mendelson - 10/27/2006** 

Ike Dreizin - 10/28/1999

We Remember the Following on Shabbat

November 4 (October 29 -November 4)

**Dorothy D. Greenwald - 10/29/1971** 

Freda Kaplan Nadler - 10/29/1991

**Harold Z. Lubel - 10/29/1995** 

Marjorie Kahn Popper - 10/30/1950

**Carrie Becker - 11/01/2003** 

**Katie Elkan - 11/02/1926** 



Sidney Esner - 11/02/2010 Celia Goldstein - 10/02/1974 Elberta Bernd Bloch - 11/04/1945 J. Robert Peck - 11/04/1946 Henry Baker - 11/04/1980 Saul H. Dayan - 11/04/1982

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### Thank you for your Donations

Donations in Memory of Bernae Mink Richard Bullington Betty Taylor

In honor of the birth of Eli Cohen Avery - Betty Taylor

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