A few weeks ago I was talking to a friend who’s a psychologist. We were talking about how tired we were – how tired everyone is, and she told me something fascinating. Another friend of hers, a therapist who specializes in trauma and catastrophes, told her that usually a major societal rupture happens in a U shape – or a V shape, kind of the way stock markets sometimes respond to sudden downturns, like what we experienced last March. In the U, things are fine then suddenly something awful happens, like 9/11, things crash, the world is out of sorts for a time, and then we slowly recover. In the V, everything is fine – something even more sudden, like Newtown or Parkland happen – we go into massive crisis mode, and then, all too soon, the world returns to the way it was.

Right now, this therapist said, we are living in an L. And in an L, there is no visible way back up, no end in sight. The trauma, the rupture, the quarantine, just keeps going – on and on and on. And as it does, the pressure, and the exhaustion, builds on itself. As human beings we are neither psychologically nor physiologically equipped to live in an L. We are evolutionarily built for fight or flight, for trauma then recovery, for things to be very bad and then to slowly recover. Human beings – she explained, don’t know how to live in an L.

Pondering this, I realized, the friend was wrong. As Jews we know how to live in an L, a world where an end is not in sight, where the future is ambiguous, where there is no timeline. Think of the folks who survived the Holocaust – World War II was 6 long years of loss after loss. Think about the generation that spent 40 years trudging through the desert. Think about the Jews who were expelled from Spain and never allowed to go home or those who survived the destruction of the Temple with no road map to point the way. Heck, think about your own parents or grandparents or great grandparents, who fled the Nazis or Cossacks, who lost everything to make it to America and somehow managed to find what to be grateful for and live.

Our ancestors were masters of living in the L, and not only surviving but often, thriving. They were connoisseurs of hope, and resilience. And not only did they survive, but amidst the ambiguity, they managed to keep loving each other, to work to make the world a better place, and to claim their Judaism MORE, not less. They found ways to make their communities places of joy, solace and comfort. This is how we will survive the L. Learning from the example of generations of Jews that preceded us will help us to find our way through our exhaustion and our grief together, and eventually, when the L ends, we will be stronger and better for it.

From all of us here to all of you and your families, we wish you goodness this year, courage to keep going and humility to reach to another for assistance to help you journey through this L.

L’Shana Tovah
Rabbi Daniel Gropper
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td><strong>Wednesday, September 2</strong></td>
<td>12:00 pm Sparks Beneath the Surface</td>
</tr>
<tr>
<td><strong>Thursday, September 3</strong></td>
<td>8:00 pm Shofar Project</td>
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<tr>
<td><strong>Friday, September 4</strong></td>
<td>7:00 am First Friday <em>Torah</em> Study</td>
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<tr>
<td></td>
<td>12:00 pm Sparks Beneath the Surface</td>
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<td></td>
<td>6:00 pm Pre-Neg</td>
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<td></td>
<td>6:30 pm <em>Shabbat</em> Service</td>
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<tr>
<td><strong>Saturday, September 5</strong></td>
<td>9:00 am <em>Torah</em> Study service</td>
</tr>
<tr>
<td><strong>Monday, September 7</strong></td>
<td>ALL DAY Office Closed</td>
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<tr>
<td><strong>Wednesday, September 9</strong></td>
<td>12:00 pm Sparks Beneath the Surface</td>
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<tr>
<td></td>
<td>4:00 pm CJL Grades K-7, First Wednesday</td>
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<tr>
<td><strong>Thursday, September 10</strong></td>
<td>10:00 am <em>Pirke Avot</em> with Rabbi Gropper</td>
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<tr>
<td></td>
<td>11:30 am SAJE</td>
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<tr>
<td></td>
<td>8:00 pm Shofar Project</td>
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<tr>
<td><strong>Friday, September 11</strong></td>
<td>12:00 pm Sparks Beneath the Surface</td>
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<tr>
<td></td>
<td>6:00 pm Pre-Neg</td>
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<tr>
<td></td>
<td>6:30 pm <em>Shabbat</em> Service—<em>Selichot</em></td>
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<tr>
<td><strong>Saturday, September 12</strong></td>
<td>8:45 am CJL 1st Saturday Grades 3-6</td>
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<tr>
<td></td>
<td>9:00 am <em>Torah</em> Study service</td>
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<tr>
<td></td>
<td>11:15 am Henry Greenspan, <em>bar mitzvah</em></td>
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<tr>
<td><strong>Monday, September 13</strong></td>
<td>Memorial Service</td>
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<tr>
<td><strong>Monday, September 14</strong></td>
<td>ALL DAY ECC opens</td>
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<tr>
<td></td>
<td>11:30 am SAJE</td>
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<tr>
<td></td>
<td>12:00 pm Sparks Beneath the Surface</td>
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<tr>
<td></td>
<td>6:15 pm CSR Teens-Kick-Off Grades 7-12</td>
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<td></td>
<td>8:00 pm Board of Trustee meeting</td>
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<tr>
<td><strong>Wednesday, September 16</strong></td>
<td>4:00 pm CJL Grades K-7</td>
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<tr>
<td><strong>Thursday, September 17</strong></td>
<td>10:00 am <em>Pirke Avot</em> with Rabbi Gropper</td>
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<tr>
<td></td>
<td>11:30 am SAJE</td>
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<tr>
<td></td>
<td>8:00 pm Shofar Project</td>
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<tr>
<td><strong>Friday, September 18</strong></td>
<td>Office closes at 1 pm</td>
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<td></td>
<td>5:30 pm <em>Rosh Hashanah</em> Experience - for Very Young Worshippers</td>
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<td></td>
<td>6:00 pm Pre-Service Schmooze</td>
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<td></td>
<td>6:30 pm <em>Rosh Hashanah</em> Main Service</td>
</tr>
<tr>
<td><strong>Saturday, September 19</strong></td>
<td>ALL DAY Office Closed</td>
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<tr>
<td></td>
<td>9:30 am Pre-Service schmooze</td>
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<tr>
<td></td>
<td>10:00 am <em>Rosh Hashanah</em> Main Service</td>
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<tr>
<td></td>
<td>11:30 am <em>Rosh Hashanah</em> Family Service</td>
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<tr>
<td></td>
<td>2:00-4:00 pm HHD Hunger Project Food Drop Off</td>
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<tr>
<td></td>
<td>2:30 pm Drive-By Shofar Blast</td>
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<td></td>
<td>3:30 pm <em>Tashlich</em>, Oakland Beach, RSVP</td>
</tr>
<tr>
<td><strong>Sunday, September 20</strong></td>
<td>10:00 am &quot;A Different Kind of Service&quot; RSVP</td>
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<tr>
<td><strong>Monday, September 21</strong></td>
<td>11:30 am SAJE</td>
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<tr>
<td></td>
<td>6:15 pm CSR Teens, Grades 7-12</td>
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<td></td>
<td>8:00 pm Executive Commity Meeting</td>
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<tr>
<td><strong>Wednesday, September 23</strong></td>
<td>4:00 pm CJL K-7 Grades</td>
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<tr>
<td><strong>Thursday, September 24</strong></td>
<td>10:00 am <em>Pirke Avot</em> with Rabbi Gropper</td>
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<td>11:30 am SAJE</td>
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<tr>
<td><strong>Friday, September 25</strong></td>
<td>6:00 pm Pre-Neg</td>
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<tr>
<td></td>
<td>6:30 pm <em>Shabbat</em> Service</td>
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<tr>
<td><strong>Saturday, September 26</strong></td>
<td>8:45 am CJL Grades 3-6 <em>Torah</em> Study service</td>
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<td></td>
<td>11:00 am Yoga Class</td>
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<tr>
<td><strong>Sunday, September 27</strong></td>
<td>7:30 am Pre-Service schmooze</td>
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<tr>
<td></td>
<td>8:00 pm <em>Yom Kippur/Kol Nidrei</em> Main Service</td>
</tr>
<tr>
<td><strong>Monday, September 28</strong></td>
<td>ALL DAY Office CLOSED</td>
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<td></td>
<td>9:30 am Pre-Service schmooze</td>
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<tr>
<td></td>
<td>10:00 am <em>Yom Kippur</em> Main Service</td>
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<tr>
<td></td>
<td>11:00 am <em>Yom Kippur</em> Family Service</td>
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<tr>
<td></td>
<td>12:00 pm <em>Yom Kippur</em> Learning Opportunities</td>
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<td></td>
<td>4:00 pm Healing Service</td>
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<td></td>
<td>5:00 pm Yizkor - Memorial Service</td>
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<td></td>
<td>6:00 pm <em>Ne'ilah</em> - Concluding Service</td>
</tr>
<tr>
<td><strong>Wednesday, September 30</strong></td>
<td>4:00 pm CJL grades K-7</td>
</tr>
</tbody>
</table>
Soon we will join together as a community to celebrate the **High Holy Days**

September 18-20 for **Rosh Hashanah** and September 27-28 for **Yom Kippur**

**Machzorim (Prayer Books), Gift Bags & Food Drive Bags**
So that you may more fully participate in services, we will provide prayer books for you to borrow. While we are encouraging you to pick them up at CSR if you are able, for those who cannot, we will arrange for them to be delivered. Sign up on website [http://www.comsynrye.org](http://www.comsynrye.org)
For Prayer book [click here](http://www.comsynrye.org)
For HHD Hunger Project [click here](http://www.comsynrye.org)

**Services for Families with Young Children**
A dynamic service designed for children up to age 6, together with their family, will take place on **Rosh Hashanah** evening September 18 from 5:30-6:00 p.m.

**Family Worship**
We will again offer a Family Worship experience during **Rosh Hashanah** (September 19) and **Yom Kippur** (September 28) from 11:30 a.m.-12:30 p.m., designed for families with children in grades 3-6. This engaging and musical service will be led by Rabbinic Intern Lily Goldstein and Director of Youth Engagement, Leah Beck, with participation by Rabbi Daniel Gropper and Cantor Melanie Cooperman.

**Tashlich**
We will gather in-person (sign up in advance required for 1 of four time slots) to symbolically cast off the sins of the previous year by tossing bread crumbs into the ocean (please bring your own bread). This is great for all ages to talk about the changes we want to make for the coming year.

**Drive By Shofar Blast & Food Collection**
Come and hear the shofar blow and drop off your bag full of food donation

**Second Day Rosh Hashanah**
On Sunday 19, we will offer an outdoor “Different Kind of Service” from 10:00 am-11:30 a.m. (weather permitting). Meet at the parking lot of the Marshlands Conservancy in Rye, 220 Boston Post Rd, Rye, NY 10580. RSVP required. [Link to sign up in person](http://www.comsynrye.org)

**Yizkor Memory Book & Updated Memory Information**
A digital Memorial Book will be available prior to the **Yizkor Memorial Service** on **Yom Kippur** afternoon. Additional information pertaining to the memory book can be found on the website. If you have purchased a plaque, the name of the deceased will be automatically listed in the Memory Book. We will also offer a printed version upon request.
For Memory Book Page [click here](http://www.comsynrye.org)

For HHD schedule [link here](http://www.comsynrye.org)
(For more information [www.comsynrye.org](http://www.comsynrye.org))
## Schedule of 2020/5781 High Holy Day Services

Links for all of these services and gatherings will be sent in advance of the scheduled date and time.

<table>
<thead>
<tr>
<th>SELICHOT</th>
<th>MEMORIAL SERVICE **</th>
</tr>
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</table>
| Friday, September 11 at 6:30 pm  
As part of Shabbat Services to Change Torah Covers | Sunday, September 13 at 10:00 am  
Offered digitally via Zoom |

<table>
<thead>
<tr>
<th>EREV ROSH HASHANAH</th>
<th>KOL NIDREI / EREV YOM KIPPUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, September 18</td>
<td></td>
</tr>
</tbody>
</table>
| 5:30 pm - 6:00 pm  
Rosh Hashanah Experience  
for Very Young Worshippers  
(apples, honey, challah story and song) | Sunday, September 27 |
| 6:00 pm - 6:30 pm  
Pre-Service Schmooze  
Offered digitally via Zoom | 7:30 pm – 8:00 pm  
Pre-Service Schmooze  
Offered digitally via Zoom |
| 6:30 pm - 8:00 pm  
Main Service  
Offered digitally via Zoom | 8:00 pm – 9:30 pm  
Main Service  
Offered digitally via YouTube |

<table>
<thead>
<tr>
<th>ROSH HASHANAH – DAY ONE</th>
<th>YOM KIPPUR DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, September 19</td>
<td>Monday, September 28</td>
</tr>
</tbody>
</table>
| 9:30 am – 10:00 am  
Pre-Service Schmooze  
Offered digitally via Zoom | 9:30 am – 10:00 am  
Pre-Service Schmooze  
Offered digitally via Zoom |
| 10:00 am - 11:30 am  
Main Service  
Offered digitally via YouTube | 10:00 am - 11:30am  
Main Service  
Offered digitally via YouTube |
| 11:30 am - 12:30 pm  
Family Service  
(parents & children grades 3-6)  
Offered digitally via Zoom | 11:30 am - 12:30 pm  
Family Service  
(parents & children grades 3-6)  
Offered digitally via Zoom |
| 2:30 pm - 3:00 pm  
Drive By Shofar Blast **  
At Community Synagogue of Rye | 12:00 pm – 3:00 pm  
Learning Opportunities  
Offered digitally via Zoom |
| 3:30 pm - 5:30 pm  
Tashlich **  
At Oakland Beach | 4:00 pm - 4:45 pm  
Healing Service  
Offered digitally via Zoom |

<table>
<thead>
<tr>
<th>ROSH HASHANAH – DAY TWO</th>
<th></th>
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<tbody>
<tr>
<td>Sunday, September 20</td>
<td></td>
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</table>
| 10:00 am - 11:00 am  
“A Different Kind of Service”  
At the Marshlands Conservancy, Rye, NY | |

Please click here to RSVP to the Memorial Service, Tashlich and Rosh Hashanah – Day Two.
Welcome Lily Goldstein

Lily Goldstein – Rabbinic Intern

Lily Goldstein is a third-year rabbinical student at HUC-JIR, and she’s thrilled to be joining the Community Synagogue team this year as a rabbinic intern. Lily grew up in Mamaroneck (just a couple miles down Boston Post Road), and graduated from Northwestern University in 2016 with a degree in Journalism and American Studies. Jewish community has always been important to her—she spent 10 summers at camp and was heavily involved in her temple youth group and Hillel, and before starting at HUC, she was a youth and family educator at Central Synagogue in NYC. While at HUC, Lily has spent a summer at Crane Lake Camp, organized a family social action cohort, and taught religious school for all ages -- all of which has continued to inspire her love of Jewish life, in all its forms. Lily lives in Brooklyn with her partner Jacob, and outside of school, she relaxes by reading fun novels and walking in Prospect Park. She’s looking forward to learning and praying together this year, and is especially excited to get to know all of you.

Mazel Tov to Susie and Gil Wang on the wedding of their son Matthew to Danielle Aronson”

Mazel Tov to Judith Werbitt Fishkind and Barry Fishkind on the birth of their granddaughter Parker Lily Ward.

Mazel Tov to Devora and Teddy Chasanoff on the birth of their grandson Brandon Eli Chasanoff

Mazel Tov to Jill and Jim Feldesman on the birth of their granddaughter Emma Morgan Massarsky

SAJE Program Dates

Sept 3  No SAJE
Sept 7  Labor Day - No SAJE
Sept 10  Bruce Museum - SAJE will be the first to participate in the museum’s virtual visit featuring Floating Beauty: Women in the Art of Ukiyo-e made possible through the generosity of Arthur Stampleman
Sept 14  County Executive George Latimer will bring Updates on Westchester County
Sept 17  Barbara Stern. MS, MPS - Creative Aging Workshop: Partnership Innovation for Older Adults

Sept 21  Steve Meyers - Voting in 2020 - In Person or Mail-in?
Sept 24  Seth Saltiel, from the Lamont-Doherty Earth Observatory of Colombia University, will discuss current information on the constant flux of the earth, such as climate change, earthquakes, extreme weather, ocean circulation and melting ice sheets.
Sept 28  Yom Kippur - No SAJE
ADULT EDUCATION FUND (CECELE FRAENKEL MEMORAL) FUND
Ellen & Sammi DeSanctis in honor of Jeff Dreifus for his dedication and patience while teaching us Hebrew in honor of bat mitzvah of Lee Katz
  Susan & Gary Taplin
  Phillip Lefitin & William Walsh
  Julia Turner
  Susan & Paul Levinson
  Rhonda Barnat
  Iris & David Sampliner
  Elaine Galen & Edward Colker

CANTOR COOPERMAN’S DISCRETIONARY FUND
Felicia & Bruce DePaola in memory of Eileen P. Goldstein and Richard L. Goldstein
Joy & Bruce Reidenberg in memory of Marcus Reidenberg
Miriam Rothman
Julie, Seth, & Justin Schuster in memory of Glen Schuster
Charlene Waldman in memory of Robert Waldman
Devon & Michael Silverstein in honor of the Bat Mitzvah of Ema Silverstein
Lee Katz in appreciation for her Bat Mitzvah
Lisa & Jeffrey Newman in memory of Judith Levitz
Monica Brenner & Tom Cosenza in honor of the Bar Mitzvah of Charles Cosenza

CAMP SCHOLARSHIP FUND
Ellen & Sammi DeSanctis in honor of Jeff Dreifus for his dedication and patience while teaching us Hebrew

HESEDE
Joy & Bruce Reidenberg in memory of Marcus Reidenberg and Joel Reidenberg and in gratitude for the support of the Hesed Committee
Rhoda & Sherman Levine in memory of Esther Levine
Susan & Norman Cicselsky

KADIMA CAPITAL CAMPAIGN
Joan & Ron Cohen in honor of Sue Zeitlin as she completes her two plus years as President of Community Synagogue, and in honor of Lee Katz’s 90th birthday
Susan & Norman Cicselsky

RABBI GROPPER’S DISCRETIONARY FUND
Mr. & Mrs. Joseph Berkowitz in honor of the 10th wedding anniversary of Lee & Katelin Berkowitz and in honor of Andrew Berkowitz going into the pre-K program next fall
Patricia & Michael Kaplowitz
Ellen Freeland Hallahan in honor of the Bat Mitzvah of Lee Katz
Stuart B. Katz in honor of the Bat Mitzvah of Lee Katz
Nicole Hazard in memory of Judith Brook
Joy & Bruce Reidenberg in memory of Marcus Reidenberg
Nancy & Barry Slavin & Janice & Craig Jones in memory of Harold Rabin
Judith Werbitt Fishkind & Barry Fishkind in honor of their granddaughter Parker Lily Ward
Miriam Rothman
Susan Sayle in memory of Robert Sackheim
Terry Manko in appreciation
Sari & Jeffrey Horowitz in honor of the wedding of Jamie Horowitz to Michael Eden
Susan Sayle
Devon & Michael Silverstein in honor of the Bar Mitzvah of Ema Silverstein
Cheri & Dr. Richard Goldman in honor of Jacey, Daniel, Lily, & Zack Taub
Lee Katz in appreciation for her Bat Mitzvah
Lisa & Jeffrey Newman in memory of Judith Levitz
Tish Richard & Jodi Freed in appreciation for their mother’s unveiling

REFORM JEWISH COMMITMENT (RJC) FUND
Joan & Ron Cohen in memory of Esther Levine, mother of Sherman Levine

SENIOR ACTIVITIES IN A JEWISH ENVIRONMENT (SAJE) FUND
Lois Blume in honor of Hebrew language teacher, Jeffrey Dreifus
Rhoda & Steven Steinberg in memory of Moe Steinberg, father of Steven Steinberg
Susan & Gary Taplin in memory of Susan’s father, Morris Belkin
Miriam Rothman in memory of Esther Levine, mother of Dr. Sherman Levine
Leonard August in honor of Lee Katz
Caryl & Gil Weinstein in memory of Fay Weinstein, mother of Gil Weinstein

SOCIAL ACTION FUND
Miriam Rothman in honor of the ever gracious, ever present Glynis Conyer

SYNAGOGUE FUND
Susan & Gary Taplin in honor of Hebrew language teacher, Jeffrey Dreifus
Mary & Arnie Harkavy in honor of Joan Cohen’s birthday
Leslie & Phillip Kellman in memory of Eric Loeb
Elaine Lerner for the extraordinary work done during this critical time of the pandemic by the leadership of Community Synagogue
Robert Freeland in honor of Lee Katz’s bat mitzvah and in gratitude to Rabbi Gropper and Cantor Cooperman
Carol & William Meyers in memory of Henny and Charles Loeb
Carol Cohen in memory of Harry Siegel and Morris Cohen
Susan & Howard Hindin in memory of Jerry Cohen

VOLUNTARY CONTRIBUTIONS
Amanda & Matthew Witheier
Libby & Rob Alexander
Ellen & Steven DeSanctis
Marty Edelman
Frances & Francis Sweeney
Barbara & Robert Friedman
Diana Tapper & Jason Gorevic
Margy & David Lawrence
Alyson & Michael Levine
Rosey & Stuart Rudnick
Jean & Alan Shepard
Susie & Michael Siegel
Susan & Andrew Zeitlin

YAHRIZHEN FUND
Tamara & Rabbi Daniel Gropper in memory of Naomi Gropper Steiner
Miriam Rothman
Susan Singer in memory of Eugene Singer
Bonnie Hirsch in memory of Fay Gang
Carly Valk-Danish & Les Danish in memory of Betty Valk

We are grateful for all of those members who have stepped up with additional support this year and joined the Supporters, Sustainers, Presidents Circle and Rabbi’s Circle. We will acknowledge you by name in a future mailing.
High Holy Day Hunger Project – 5781/2020

Please join Community Synagogue’s efforts to collect non-perishable food items, sanitary products, diapers and formula to provide nutritional and helpful support for those less fortunate. Over the past nineteen years, CSR has collected 94,812 pounds (47 tons) of items thanks to your generosity. Feeding Westchester will collect our contributions and distribute them to more than 256 food pantries. This is a wonderful opportunity for families to perform Tzedakah (righteous acts).

Many thanks from the Tzedek Council and from all the people you will help.

Details for Contributions

- Please bring non-perishable food on Saturday, September 19 and Saturday, October 3 to Community Synagogue of Rye
- Baby formula, diapers and personal hygiene items are also needed.
- Collection on September 19 are from 2:00 pm to 4:00 pm.
- Collections on October 3 are from 9:00 am to 11:30 am.
- Please do not leave food outside when the synagogue is closed as animals will get to them.
- Do not bring glass containers or perishables.

Happy New Year - L’ShanaTovah

Marci and David Raab - Food Drive