TEMPLE BETH SHALOM

News | Activities | Events

Inside this Issue

From the Bimah: Our Rabbi's Message

The President's Message

TBS Sunday School Announcements and Schedule

Sisterhood Corner and Brotherhood

Life Cycle Events

Temple Beth Shalom Event Calendar

Harriet Sederholm Scholarship Foundation

Special Events and Announcements

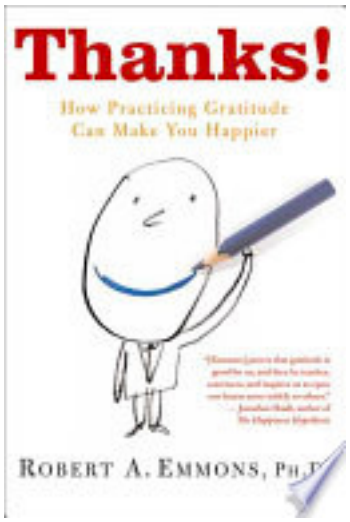
Temple Board of Directors

Temple Member Business Directory

Temple Beth Shalom
P.O Box 9142
Hickory, North Carolina 28603
www.hickoryjewishcenter.com

From the Bimah: Our Rabbi's Message

Rabbi Dennis Jones



Fringe Benefits of Thanksgiving???

(From: ***Thanks! How Practicing Gratitude Can Make You Happier***
By Robert A. Emmons, Ph.D.)

I have said many times that Thanksgiving has always been my favorite among the American national holidays. There is just something powerful in a whole nation coming together across religious, political, racial, or any other lines that are drawn to divide us, to give thanks to the Creator and Source of our blessings. I think it is safe to say that gratitude is a quality that has been universally praised. In the first century BCE, the Roman philosopher Cicero said, "Gratitude is not only the greatest of virtues, but the parent of all the others." In fact, one of my many favorite things about the Jewish tradition is its *emphasis on thankfulness*. That, as we know, is

deeply rooted in the Hebrew Bible. The tradition of saying a minimum of one hundred blessings a day goes back to the Talmudic period. The sages considered the verse, "Now, Israel, what does God, your God, ask of you? To walk in God's ways and to serve God" (Deut. 10:12). The Rabbis of the Talmud pointed out that the Hebrew word used for "what" in that verse, *mah*, could also be read as *meah*, "one hundred." Thus, they opined, the verse could be read as saying, "Now, Israel one hundred things (blessings) does God ask of you…" (*Menachot* 43b).

I speak often of how keeping Adonai's laws brings positive benefits to one's life. You can imagine my joy when I read a book review in *Time Magazine* about a book by a professor of psychology offering scientific research to support the positive benefits of being thankful—not only on psychological and emotional health, but on physical health as well. That book is - Thanks! How Practicing Gratitude Can Make You Happier, by Robert A. Emmons, Ph.D. Emmons, who is one of the leading scholars in the positive psychology movement, is a professor at the University of California at Davis. Professor Emmons also serves as the editor in chief of the *Journal of Positive Psychology*. He began his research on gratitude in the late 1990's.

Now, one would expect that going through life with a grateful attitude would have a positive effect on psychological and emotional factors such as happiness, optimism, and positive relationships. But, more surprising is the connection that Professor Emmons was able to make with physical benefits. Thanks! details the many experiments that Dr. Emmons and his colleagues have done over the years as a part of their research. Subjects were encouraged into a state of either gratitude or ingratitude through the use of journaling. Emmon's basic experimental structure was to divide subjects into three groups. One he called the "gratitude condition." A second group was termed the "hassles condition." And a third group, a type of control group, was called the "events condition." The details of each experiment vary slightly, but in general the variables are similar. Individuals in the gratitude condition were encouraged to keep a journal highlighting a minimum of five things per week that they saw as positive and for which they were grateful. The hassles group, as one might expect, were asked to keep a similar journal, with the exception that these individuals were instructed to record a minimum of five problems or hassles that they had dealt with in the previous week. The control group, or events condition, were merely instructed to keep a journal detailing five events of each week with no instruction as to positive or negative. Prior to the journaling, during the journaling, immediately after the journaling, and six months after the end of the journaling, participants were rated on a host of indices, both psychological and physical (Thanks!, pp. 27-30).

As might be expected, participants in the gratitude condition did show statistically significant increases on scales of optimism about the future, positive feelings about life in general, and overall happiness. The researchers also reported that as the gratitude group practiced focusing on positive blessings, they became even more keenly aware of the positive things occurring all around them. Similarly, the hassles condition individuals became more focused on negative circumstances. What was less expected by the researchers were the physical benefits that accrued to the gratitude group.

It was found that individuals in the gratitude condition reported getting more hours of sleep each night, spending less time awake before falling asleep, and feeling more refreshed upon awakening in the morning (Thanks!, p. 33). Now, given an attitude of gratitude and its beneficial effect on sleep, it would only make sense that it would also have a positive effect on overall health. It is well-known that people who have sleep disruptions show higher levels of stress hormones which often lead to compromised immune functioning. Dr. Emmons documents that heart rhythms associated with a state of gratitude are also markedly different from the rhythms observed during conditions of anger or even relaxation. Harmonious heart rhythms have been found to be indicators of cardiovascular efficiency, nervous system balance, enhanced immunity, and hormonal balance. Contrast this with the effects of negative emotions which are known to create a chain reaction in the body leading to blood vessel constriction, increase in blood pressure, and a weaker immune system. Professor Emmons cites one study conducted by the Institute of HeartMath in Boulder Creek, California where participants were monitored physically after engaging in fifteen minutes daily of focusing on appreciation. The study found "a significant increase in levels of immunoglobulin A, the predominant antibody found in the nose and mouth that serves as the body's first line of defense against viruses." The same study also documented a 23% average reduction in the stress hormone cortisol as well as 100% increase the positive hormone DHEA, which seems to predominate in a positive psychological state of warmth or relaxation (Thanks, p. 73).

And, perhaps most interesting of all, is Dr. Emmons contention that an attitude of gratitude can lead to the reduction of physical pain. To support this claim he points to a meta-analysis of twelve studies that Carnegie-Mellon health psychologist, Sheldon Cohen, performed. Cohen found out that through stimulating the release of "endogenous opioids," positive emotions have the ability to reduce sensitivity to pain and increase pain tolerance (*Thanks,* p. 76). Endogenous opioids are, of course, the brain's own morphine like substances which are secreted in response to pain or discomfort. And, if pain reduction alone is not enough of the motivation, how about an increase in clearer thinking and decision-making ability?! In a study conducted on physicians and medical students it was found that positive emotions, such as gratitude, "lead to more efficient organization and integration of information." This results in improved decision-making and creative problem-solving (*Thanks,* pp. 84-85).

Many of the claims made by Emmon's book amazed me, but perhaps none more than this claim which *may render a scientific explanation for psychic communication*. I quote this paragraph in full so that you can get the full force of his argument:

> Recall that researchers have shown that gratitude and the related positive emotions of love and appreciation are associated with a smooth, ordered, coherent pattern in the heart's rhythmic activity. What was left unsaid earlier was that the heart itself generates an electromagnetic field. In fact, the heart is the most powerful generator of electromagnetic energy in the human body, producing the largest rhythmic

> electromagnetic field of any of the body's organs. The heart's electrical field is about sixty times greater in amplitude than the electrical activity generated by the brain. Furthermore, the magnetic field produced by the heart is more than five thousand times greater in strength than the field generated by the brain and can be detected a number of feet away from the body, in all directions, using a device known as a magnetometer. Prompted by findings that a person's cardiac field is modulated by his or her different emotional states, several studies have now documented that *the electromagnetic field generated by the heart may actually transmit information that can be received by others* (Italics mine, Thanks!, p. 88).

For those who desire to reap the psychological or physical benefits of living a life focused on gratitude, Dr. Emmons discusses ten evidence-based prescriptions for becoming a more grateful individual. Chief among these is the gratitude journaling that he used in so many of his experiments, but the other nine have many merits as well. Among those methods are prayers of gratitude, meditation to become more mindful of benefits and blessings, the use of visual cues/reminders, the use of positive self-talk, and the use of peers support. As I mentioned earlier, living a life of gratitude is deeply grounded in the Jewish tradition. Gratitude is revered and encouraged by most religions and philosophies. So, if you would like to open yourself up to the possibilities of what being more grateful can bring to you, I would urge you to read this book. Believe me, you will not be disappointed!!

The President's Message

Barbara Laufer, President

According to Rabbi Benjamin Bleck, in addition to the awareness of God, Jews gave to the world the concept of gratitude. Jews are the descendants of Judah, from the Hebrew *Hodah,* which is to give thanks. About four hundred years ago, pilgrims recalled the torah holiday of sukkot, and celebrated their first beautiful harvest as Thanksgiving. Everyday provides the opportunity for acts of mindfulness and thanksgiving that can honor *tikkum olam* and repair the world.

I am grateful that the membership of the temple continues to grow with the recent addition of six family's. I am grateful for a congregation that continues to support the temple. I am grateful for a well-oiled board of trustees who faithfully meet to tend to the business of the temple. I am grateful for those that volunteer to host the oneg. I am grateful for the sisterhood that continues to host events for us such as the Sabbath on the boat. I am grateful that the temple is able to honor tikkum olam this month by donating to the Hickory Museum of Art in the name of the congregation.

Please join us for services on Friday, November 22, and Saturday, November 23. There will be a community thanksgiving service at Corinth UCC on November 28 that the temple has been part of for more than 30 years and everyone is invited. Check out sisterhood news for the date and time of the Hanukkah fair with special items from Charlotte.

Happy Thanksgiving to everyone!

Hosts for the Rest of the Year

Listed below are board members who have volunteered to host at temple services, but we also need additional member volunteers. Hosts' responsibilities are identified below and if you are willing to volunteer, please email Mary Lee Tosky at marylee.tosky@gmail.com and put TBS Hosting in the subject line. Thank you.

November 22-23	Karen Ferguson	hosts needed
December 20-21 (Hanukah party)	Sunday School	Sunday School
January 17-18	Barbara & Larry Laufer	hosts needed
February 14-15	TBD	hosts needed
March 9 (Purim Party)	Kathy Jones	hosts needed
March 20-21	Aaron & Mary Lee Tosky	hosts needed
April 9 (Seder)	Sisterhood	Sisterhood
April 17-18	TBD	hosts needed
May 15-16	Lin Gentry	Tiffany Hull
May 29 (Erev Shavuot)	TBD	hosts needed
June 19-20	TBD	hosts needed
July 17-18	TBD	hosts needed

Shabbat & Holiday Hosts' Responsibilities

(revised July 2018)

Please consider pairing with board member(s) to host a weekend at Temple Beth Shalom. It is hoped

that by members contributing to the life of our synagogue in this way, we will all feel a part of our Jewish community and an active participant in assuring its well-being. This list will hopefully take away the guess work and please remember that all members present will be helping you in any way possible. Your volunteerism is greatly appreciated.

Prior to the Rabbi/Holiday Weekend:

The host(s) should communicate with each other regarding who will do which responsibilities. The host board member should make sure that someone has a key for opening the Temple to make preparations.

Friday Evening Oneg:

1. Three tables are set up with table cloths. One side table should be for coffee, challah, and wine/juice for a congregational Kiddush. Two tables should be set up with plates, napkins, silverware, and desserts.
2. Hosts should supply desserts. Challah, coffee, cream, sugar, wine, juice, sodas, and ice should already be stocked in the kitchen, but hosts should check for them ahead of time and let the Board know if supplies are not there.
3. Female hosts should set up the Shabbat candles, and perform the lighting of candles when the Rabbi directs. Hosts should also make sure that the yahrtzeit and ner tamid lights are lit prior to services.
4. Near the middle of the Friday evening service, hosts should brew coffee, pour Kiddush cups, and make sure the challah and desserts are set out (desserts and challah can be put out and kiddush cups filled before the service).
5. After the service, the hosts should assist with distributing wine/juice to the congregation.
6. At the end of the evening, hosts should complete host inventory; store all left-overs; clean the kitchen; sweep floor; and take out the trash. Recyclables should be separated into the recycling bin.
7. The host board member should ensure that the Temple is locked up for the evening and a security check done when you get there and when you leave.

Shabbat Morning:

Sabbath morning activities are minimal. Paid kitchen personnel will prepare the food and set-up and clean-up. At the end of the luncheon, they will also gather tablecloths for laundering and take garbage/recycle to the street.

Host couples only need to help with setting up tables and chairs and putting on tablecloths and distributing wine/juice for Kiddush.

TBS Sisterhood

Lin Gentry, Sisterhood President

There were 30 of us who went out on Lake Hickory on Friday, November 1st, for a lovely tour of the lake and an equally lovely Shabbat service. Chad, the captain, and Jim, his first mate, gave us a smooth and comfortable tour on his boat, Exodus—we appreciate them so much. We'd love to do it again. Thank you

to everyone who helped bring it all together. Larry, Kathy, Dennis, Barb, Aline, Tiffany, Marion, Eve, and all who attended.

Our next meeting will be Wednesday, December 4th, at 6:30pm, at Bob Evans restaurant. (2330 15th Ave SE, Hickory, by Barnes and Noble). We'll be planning the details of our Hanukkah Fair, which is set for Sunday, December 8th, from 10am to 1pm. We'll also plan other activities and projects for the year.

Please join us at both the meeting and the Hanukkah Fair. The ladies from Temple Beth El in Charlotte make a huge effort to bring us beautiful items, so let's help them out with great participation. Invite your friends! Bring your kids and neighbors! Shop for Hanukkah and all year 'round!

Some possible activities to think about: a "kugel cook-off" competition; movie and game nights; studying Torah portions and/or our prayer books; donating to local schools or women's services; visiting mature congregants who aren't able to come to services...these are just some things to think about. Please bring your ideas.

TBS Sunday School Program

Kathy Jones, Sunday School Principal

The TBS Sunday School has been very busy this month. Our Bnei Mitzvot classroom has been crowded lately with students and parents as well, working hard at learning Hebrew. Many attended the High Holy Days services, and then on October 13th all of the students and their families built and decorated a Sukkah at the Temple. Even though it was pouring rain, every one had fun making decorations, eating together, and learning to bless and shake the etrog and lulav.

The Sunday School annual tzedakah project, making hygiene bags for the homeless, is well under way. The students will finish them up at our next meeting on November 24th. The bags will then be distributed to several local organizations who work with the homeless. We have also begun planning for the Hanukkah luncheon and party on December 21st. Everyone is invited to celebrate with us! We will have our favorite holiday foods, and Bingo with plenty of prizes! Please plan to attend.

Harriet Sederholm Scholarship Fund

The Harriet Sederholm Scholarship Fund was established by a long-standing Temple member, Burt Sederholm, to honor his wife Harriet, who died shortly after her retirement after 25 years with the Catawba County Department of Social Services. Mr. Sederholm's efforts provided the initial funding from generous family members and friends and it has been added to over the years. The scholarship is available to students. Temple members are looked upon favorably, but one does not need to be a temple member nor Jewish to apply. The scholarship fund dividends are used to provide scholarship awards. Candidates may submit an essay to any one of the committee members. The essay will explain who the candidate is, what they are doing currently, what their plans are for the future, how the scholarship funds will be used and, if applicable, what the connection may be to Jewish life.

Interested students should submit their essay by April 30th. The scholarship season runs from May 1-April 30. All applicants will be notified in writing if their application has been approved or declined by May 15th. Awards should be mailed to recipients by May 31st.

The essay should be emailed to any of the committee members: Lin Gentry, Karen Ferguson, or Sandy Guttler. Naturally, the committee encourages everyone to make a tax-deductible donation to the Scholarship Fund at any time

Temple Board

Our next board meeting is scheduled for Wednesday, December 18th, at 7pm. Board meetings are open to all temple members. Please join us and become a part of our TBS family.

TBS Board members are:

Officers:
Barbara Laufer, President
Susan Goldstein, Vice-President
Susan Rieder, Treasurer
Tiffany Hull, Secretary

Members at Large:
Liz Correll
Marion DuBow
Lin Gentry
Amy Hedrick
Linda Greenfield
Mary Lee Tosky
Karen Ferguson
Kathy Jones

Donations

Rabbi Dennis and Kathy Jones have donated new women's lace head coverings to TBS in honor of Barb and Larry Laufer for all that they do for our Temple.

Susan Goldstein in honor of Richard Goldstein

Larry and Barbara Freiman in honor of Rabbi Jones' ordination and in honor of Bailey McGowan's High School graduation 2020

Richard Rose for High Holidays

Roberta Atkins for High Holidays

Bud and Connie Tosky - general donation

Gretchen Oetting - general donation

Samuel F and Barbara B Jones - general donation

Do you have a favorite charity you would like us to donate to? Let us know.

A donation of $100.00 was made to the Hickory Soup Kitchen for the month of October, and a $100 donation will be made to the Hickory Museum of Art for November

Please consider these funds for your next donation:
Building and Grounds
Security
Sunday School
Community Relations

Welcome to new members

Arleen and David Gold

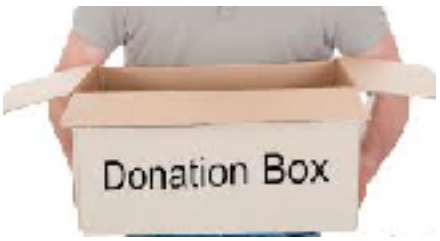
Aline and Derek Cooperberg

Jodi Lavin-Tompkins and Rhett Tompkins

Jack and Hannah Levy

Looking for a way to give tzedakah?

Sunday School is collecting winter hats, gloves, scarves, personal/hotel size hygiene supplies, backpacks, and manual can openers for the local homeless population. Please help by bringing these items to temple and placing them in the tote box in the foyer.



TBS Member Business Directory

Let us know if you would like to list your business here in the Bulletin. It is a free benefit of TBS membership

Dr. Ronald DuBow
Internist, Geriatric Specialist (elderly care) Pediatrician
2651 Morganton Blvd SW
Lenoir, NC 28645
828-757-8950

Dr. Laura Faruque
A Woman's View
915 Tate Blvd SE
Suite170
Hickory, NC 28602
828-345-0800

Dr. Mark Faruque
Bethlehem Family Practice
174 Bolick Lane Suite 202
Taylorsville, NC 28681
828-495-8226

Temple Beth Shalom Life Cycle October & November Events

Birthdays

Craig Axler 10/3
Samuel Peltzer 10/6
Daniel Tosky 10/7
Steven Gold 10/11
Susan Rieder 10/21
Peter Cantore 10/22
Rich Engelmann 10/31

Rachel Faruque 11/4
Rachel Engelmann 11/7
Jon Levinson 11/8
Susan Huitt 11/9
Alec Davidson 11/10
Mary Lee Tosky 11/13
Jenna Gold 11/15
Laura Levinson 11/15
Sarah Levinson 11/16
Sue Cole 11/28

Anniversaries

Madeleine Guy 10/29
Joy and Petr Kastan 11/16
Liz and Jim Correll 11/22

Yahrzeits

Sid Freedman 10/30
Stanley Atkins 10/27
Samuel Lippe 11/7
Doris Davidson 11/8
Clara Gitlin 11/9
Werner Cohn 11/9
Bert Yelin 11/9
Murray Asch 11/10

TBS Message Board

Our thoughts and prayers are with Jane Mandle and her family at the passing of her husband, Alan Mandle.

If you wish to post a message to acknowledge a special event or achievement, condolence, or send a get well message, give or send your message and a $5 donation to Marion DuBow at 2752 Brittany Dr., Lenoir, NC 28645. A greeting card will be sent acknowledging your donation and your message will appear here in the next issue of the TBS Bulletin.

Member Business Directory

Marsue Davidson, RN DCS
Epic Health Services
805 W 25th Street
Newton, NC 28269
828-464-0244
www.marsue.davidson@epichealthservice.com

Scott and Julie Owens
Taste Full Beans Coffeehouse
29 2nd St NW
Hickory, NC 28601
828-325-0108
www.tastefullbeans.com

Dr David Peltzer
Newton Family Physicians
767 West First Street
Newton, NC 28658
828 465-3928
www.newtonfamilyphysicians.com

Local and Regional Events

Temple Beth Shalom has an active membership in the Catawba Valley Interfaith Council, where Rabbi Dennis serves as president. You can find out more about this organization and its activities at: https://www.facebook.com/CVICNC/.

CVIC
Interfaith Council

Annual Hanukah Fair at TBS

Sunday, December 8

10am-1pm

Schedule for Rabbi Services and Sunday School 2019-2020

Date		Event	Bulletin Deadline
November	1	**Friday Night Service on the Lake!!** (7:00 PM)	November 9
	10	**Sunday School 10:00am**	
	22-24	**Services/**(Fri. 7:30pm/Sat. 10:00am)/**Sunday School 10:00am**	
	28	**Thanksgiving Community Service** (10:00 AM at Corinth UCC)	
December	8	**Sunday School 10:00am**	
	20-21	**Services/**(Fri. 7:30pm/Sat. 10:00am)/**Hanukah Party/Luncheon**	December 7
January	5	**Sunday School 10:00am**	
	17-19	**Services** (Fri. 7:30pm/Sat. 10:00am)/**Sunday School** 10:00am	January 4
February	2	**Sunday School** 10:00am	
	14-16	**Services/**(Fri. 7:30pm/Sat. 10:00am)/**Sunday School** 10:00am	February 1
March	9	**Purim Megilah Reading** 7:30 PM (Monday)	
	20-22	**Services** (Fri. 7:30pm/Sat. 10:00am)/**Sunday School** 10:00am	March 7
April	5	**Sunday School** 10:00am	
	9	**Passover Community Seder** 6:00 PM (Thursday)	April 4
	17-19	**Services** (Fri. 7:30pm/Sat. 10:00am)/**Sunday School** 10:00am	
May	3	**Sunday School** 10:00am	
	15-17	**Services** (Fri. 7:30pm/Sat. 10:00am)/**Sunday School** 10:00am	May 2
	29	**Erev Shavuot/Friday Night Service** 7:30pm	
	31	**TBS Annual Membership Meeting** 10:00am	
June	7	**Sunday School Final Session** 10:00am	
	19-20	**Services** (Fri. 7:30pm/Sat. 10:00am)	June 6
July	17-18	**Services** (Fri. 7:30pm/Sat. 10:00am)	N/A

Want to contribute to the TBS Bulletin? Send entries to Karen Ferguson at karen.sederholm@gmail.com. All entries are reviewed by the TBS Board before publication.