

# SHALOM ON THE EMERALD COAST

A TEMPLE BETH SHALOM PUBLICATION



November 2024 | Cheshvan 5785

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**Sukkot Simcha  
& Mishpacha**

**L'Chaim**

**Themes of Cheshvan:  
Integration**

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# Temple Beth Shalom



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# From the Rabbi

With the exception of Shabbat, there are no Jewish holidays in the month of Cheshvan, which begins at sundown on Friday, November 1. How different Cheshvan is from Tishrei, the month that is coming to an end. Together our members celebrated Rosh Hashanah, Yom Kippur, Sukkot, and Simchat Torah. It was great to be at Temple Beth Shalom in Fort Walton beach all month.

I extend my deepest thanks to everyone who participated in our holidays. From those who read parts, to those who baked and cooked, to Michael Walker for his beautiful music, and to those who shared their musical talents, from Les Matheson for his incredible shofar blowing, to Chuck London for all his skills as gabbai, to KaylaMae Smith for all that she does for our congregation. Please my sincere apologies for those that I have forgotten to name.

How blessed we were to worship in a refurbished sanctuary. Susan told me how comfortable the pews were. The beauty of the new floors, painted walls, and refreshed kitchen, and so many new furnishings helped us usher in 5785 in style. Many thanks to Tisha Fleet and her committee for working so hard and continuing to work so hard to complete this undertaking.

I was delighted that we were able to gather for Selichot, and to celebrate Sukkot in our sukkah throughout the week of the holiday. I am already musing over some other ideas for Sukkot 5786, like soup in the sukkah, cigars in the sukkah, songs in the sukkah, sushi in the sukkah, and spaghetti in the sukkah. If the mitzvah of the holiday is to spend time in the sukkah we should think creatively about how to get people inside. I welcome all ideas.

Thinking about ways for us to gather, my mind is on study. I am initiating a five-week introduction to Mussar class, from 12-1, on Wednesdays in November and December. Mussar is an opportunity to focus on our inner selves, to reflect on ethical living and to become more self-aware.

Developed in the 19th Century, Mussar is an invitation for personal transformation by embracing middot, virtues that allow to grow from the inside out. We will be using the text entitled, "Everyday Holiness," written by Alan Morinis. It is readily available on Amazon. If these five weeks are a success, and there is continued interest, I would love to continue this gathering into 2025.

And one more thing I am thinking about as we enter Cheshvan, and that is the month of Kislev, the month that follows Cheshvan. Hanukkah falls in Kislev. The first night of Hanukkah is Christmas night. I am wondering if people would be interested in gathering at Temple, to light candles, and also make an event of the afternoon. Share your opinion about gathering during the day for games like UNO or Rummy or Poker, and then having latkes and soups and salads for dinner, followed by Hanukkah songs, and maybe even a dreidel competition. I would be happy to coordinate the event if I knew there was interest. Our daughter Shira will be with us from Pittsburgh, and we would very much like to spend the first night of the holiday with others.

I am also wondering if we might have a movie night at the Temple, on Saturday December 21. The latest Hallmark Hanukkah movie, Hanukkah on the Rocks, premieres on December 13, but I thought it might be fun for us to watch it together. I am told we have a large screen to show movies on. We could have some popcorn and snacks. Please let me know if there is any interest, and might someone be willing to coordinate this event? Don't be shy.

I have rambled enough. I hope to see you at Temple very soon.

All my best,

*Rabbi Schadick*



# Announcements

Email [shalom@tbsfwb.com](mailto:shalom@tbsfwb.com) for details  
Follow our Facebook page for updates.



**COUNSELING SUPPORT**  
TEMPLE BETH SHALOM

**Pastoral Counseling for members and those in need of a listening ear**

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Email [rabschad@aol.com](mailto:rabschad@aol.com) to schedule.

**G-D WILL NOT LET YOUR FOOT GIVE WAY;  
YOUR GUARDIAN WILL NOT SLUMBER.  
PSALMS 121:3, JPS 2023**

## *A Taste of Mussar*

Lunch and Learn with Rabbi Schadick 

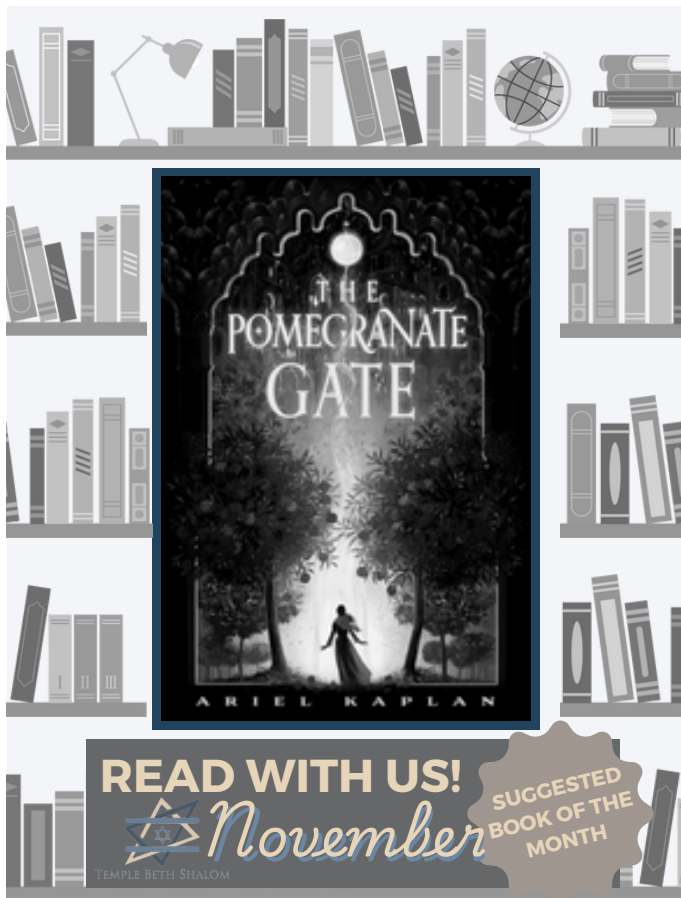
Join the Rabbi for an introduction to the practice of Mussar.

Mussar is a way to develop greater holiness by growing our inner virtues, called middot. Mussar provides a springboard for focused self-reflection through study and action.

The text being used is entitled, "Everyday Holiness: The Jewish Spiritual Path of Mussar" by Alan Morinis.



Find More Details  
[tbsfwb.com/event-list](https://tbsfwb.com/event-list)



**THE POMEGRANATE GATE**  
ARIEL KAPLAN

**READ WITH US!**  
*November* **SUGGESTED BOOK OF THE MONTH**

TEMPLE BETH SHALOM

## ROSH CHODESH CHESHVAN

PLEASE JOIN US FOR THIS MONTH'S AT THE WELL CIRCLE  
NOV 2ND, 6:30 PM AT TBS

MONTHLY WOMEN'S MEETING

MEDITATION •  
COLLECTIVE RITUAL  
JOURNALING  
GROUNDING  
CONNECTION

# Announcements

Email [shalom@tbsfwb.com](mailto:shalom@tbsfwb.com) for details  
Follow our Facebook page for updates.

## Women's Meeting

Bring your own dinner

Enjoy community

Salt air and sand

The Boardwalk on Okaloosa Island  
November 13th, 6:30 PM

## SHABBAT SCHEDULE



### November

**FRIDAY, NOV 1**  
**6:30 PM**

*Kabbalat Shabbat Service*

**SATURDAY, NOV 9**  
**10:00 AM**

*No service on 11/08  
Shabbat Morning Service*

**FRIDAY, NOV 15**  
**6:00 PM**

*Earlier Shabbat Service  
Followed by Potluck Dinner,  
6:45 PM*

**FRIDAY, NOV 22**  
**6:30 PM**

*Kabbalat Shabbat Service*

**FRIDAY, NOV 29**  
**6:30 PM**

*Shabbat Service led by  
Michael Walker*



[tbsfwb.com/events-list](http://tbsfwb.com/events-list)



Puttin Around with the Rabbi  
November 17th at 5:30pm  
FWB Goofy Golf  
401 Eglin Pkwy NE, FWB



Breathe, Stretch,  
& Connect  
**YOGA**

At the Synagogue  
with  
Charles Wise, RYT-200  
**NOV 19TH, 5:30PM**

227 Beal Pkwy NW  
FWB, FL

RSVP TODAY  
[tbsfwb.com/events-list](http://tbsfwb.com/events-list)



# November 2024 | Cheshvan 5785

SUN 27	MON 28	TUE 29	WED 30	THU 31	FRI 1	SAT 2
● 10am Introduction		● 5:30pm Yoga at th			● 6:30pm Shabbat	● 10am Torah Study ● 6:30pm Rosh Choc
3 ● 10am TBS Religiou	4	5	6	7	8	9 ● 10am Shabbat Mor
10 ● 10am Introduction	11	12	13 ● 12pm Lunch and M ● 6:30pm Women's I	14	15 ● 6pm Shabbat ● 6:45pm Shabbat P	16 ● 10am Torah Study
17 ● 10am TBS Religiou ● 5:30pm Teens Even	18	19 ● 5:30pm Yoga at th	20 ● 12pm Lunch and M	21	22 ● 6:30pm Shabbat	23 ● 10am Torah Study
24 ● 10am Introduction	25	26	27 ● 12pm Lunch and M	28	29 ● 6:30pm Shabbat le	30 ● 10am Torah Study

For more details on events, email [shalom@tbsfwb.com](mailto:shalom@tbsfwb.com) or go to [www.tbsfwb.com/calendar](http://www.tbsfwb.com/calendar)  
 Clicking on the specific event will provide more details.  
 Subscribe to our calendar, <https://shorturl.at/LRL36>

# Intro to Judaism

with Rabbi Michael Schadick

September 15-What Is Judaism?

September 29-Rosh Hashanah and Yom Kippur

October 13-Sukkot and Simchat Torah

October 27-The Torah-Our Tree of Life

November 10-Sacred Jewish Literature

November 24-Jewish Worship

December 15-Hanukkah and the Jewish Home



Email [shalom@tbsfwb.com](mailto:shalom@tbsfwb.com) for more details.

Sundays, 10 -11 AM





# Religious School

at Temple Beth Shalom  
227 Beal Pkwy NW FWB, FL

Students of all ages come for games, activities, refreshments, and lots of learning and fun.

Open House - September 8

September 22, October 6, October 20, November 3,

November 17, December 8, December 22

10 - 11:30 a.m.

LITTLE MITZVAHS  
FUN & LEARNING



We shared simcha, joy  
in the Sukkah with the  
kids this month.

We made edible sukkahs and  
enjoyed lessons about the  
mitzvot of the season!





happy  
SUKKOT



# RUACH Rising

TBS TEENS



**TBS Teens met in the sukkah for a pizza and hot dogs with Rabbi Schadick!**

Ruach Rising Teens Group plans to meet at Goofy Golf in FWB, Nov 17th at 5:30pm!



Puttin Around with the Rabbi  
November 17th at 5:30pm  
FWB Goofy Golf  
401 Eglin Pkwy NE, FWB



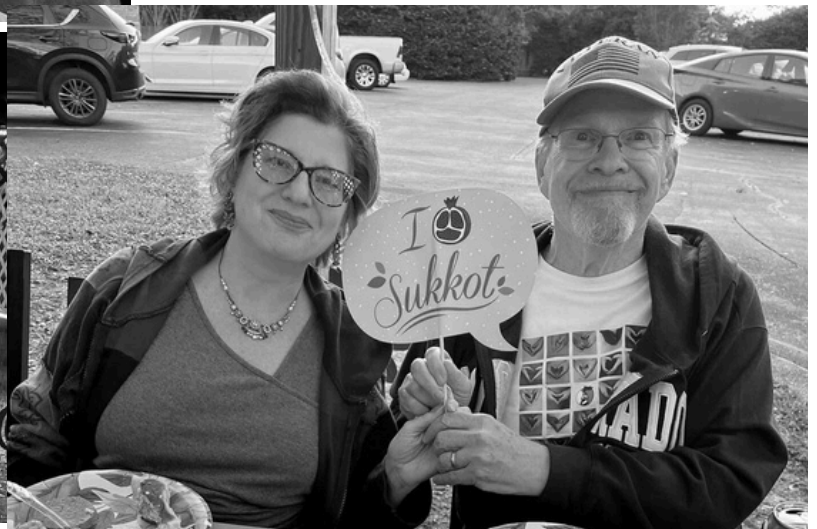
Shalom on the Emerald Coast

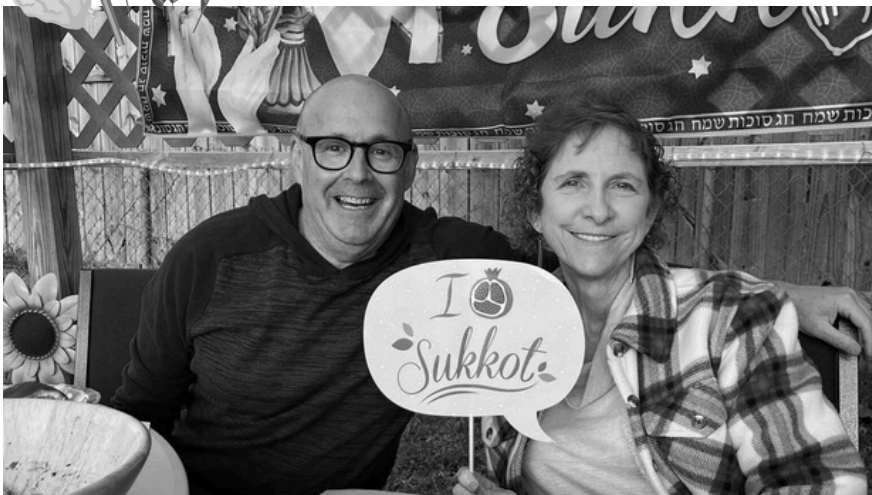
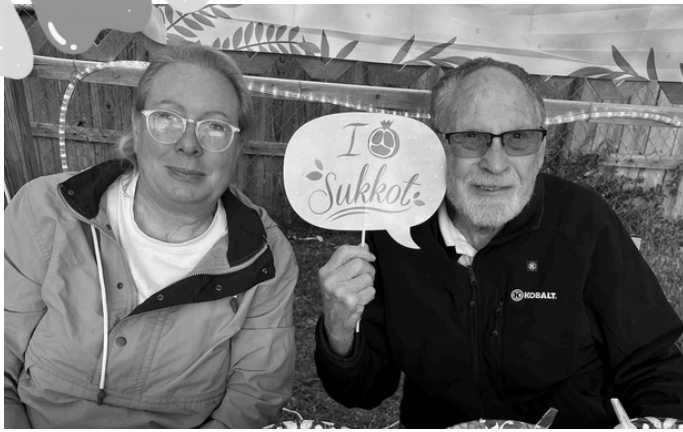
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**We met a few times in the sukkah last month.**

We had Salami in the Sukkah and Havdalah in the Sukkah.





# Events



Our Rosh Chodesh Well Circle made loops for the Sukkah!

Our first Yoga at the Synagogue was a success!  
Thank you Charles Wise for teaching for us!



[tbsfwb.com/event-list](https://tbsfwb.com/event-list)

# Welcome

## NEW MEMBERS

Meridith Tucker  
KaylaMae Smith

Karen Gladstone 11/09  
Benjamin Shatken 11/21  
Nathan Sandler 11/25  
Sophia Feldman 11/28

# HAPPY Birthday

# Happy Anniversary

Ryan & Nathaniel Johns 11/01  
Jo & Judge Erwin Fleet 11/26

*May Their Memories Be a Blessing*  
ZEKHER TZADIK LIVRAKHAH

Pauline Singer 11/01  
Janet Kessler 11/05  
Dorothy Blitz 11/07  
Abraham Dobin 11/08  
Nerina Galard 11/08  
Mary Sirotta 11/08  
John Bales 11/09  
Mary Lindsay 11/10  
Walter Rubenstein 11/10  
William Saiff 11/11

Michael Crane 11/11  
Casey Silk 11/11  
Ralph Howes 11/12  
George Weinstock 11/12  
George Kessler 11/12  
Stella Lester 11/15  
Joseph Goldberg 11/16  
Jeannetta Cohen 11/17  
Ruth Splaver 11/18

Paul Gladstone 11/19  
Carolyn Cohen 11/20  
Gertrude Schwarzbrunn 11/20  
David Levine 11/21  
Mollie Kaplan 11/23  
Minnie Salutsky 11/24  
Emanuel Gross 11/27  
Emanuel Gross 11/27  
Ted Lajeunesse 11/27  
Helen L. Weinerman 11/27



If you would like to make a donation in memory of your loved one, as is traditional, you may do so by sending a check to Temple Beth Shalom, P.O. Box 111, Fort Walton Beach, FL 32549-0111. Please write in the memo line that it is a "Yahrzeit donation in memory of \_\_\_\_\_".



# Military Moment



October was a busy month with Rosh Hashana, Yom Kippur, Sukkot, and Shim Torah. Because of all this activity, I was unable to make it out to any of the bases to meet with the chaplains or Jewish military personnel. I did make it a point to send out email messages to everyone. KaylaMae also sent out messages giving the chaplains a full schedule of all out High Holiday Events. They distributed the schedule to their Jewish military members.

November will be a different story. I intend to visit each base and set up a meet and greet for gathering information on what our military members need for Hanukkah. I will reach out to a couple of organizations that support our military and see what they can do.

Also, November 10th is the Marine Corps Birthday. For the November 8th service, I plan to bring a cake and honor all active-duty military, their families, and our veterans of all services. Please come, celebrate, and honor our men and women who serve and served our country.

**Mark Zeid, Military Committee Chair**

# Themes of Cheshvan

## Spiritual Energy of the Month: Integration

Cheshvan is a time to exhale. It is a time to let go of the energetic build-up of Elul... to release after the spiritual work on Tishrei.

Cheshvan is also called Mar-Cheshvan. Mar can have different meanings, but some write that Cheshvan is given the title mar (“bitter”) because it is the only month in the Hebrew calendar that does not contain any holidays.

I personally find such sweetness in the absence of celebration... in the quiet moments that offer space for reflection and internalization. I remember the first time I planted garlic. [My teacher] taught us that we plant in the fall - that garlic prefers to spend the winter months dormant beneath the ground. Garlic is a plant that honours the need to go inward; that celebrates cycles of dormancy to balance phases of growth and abundance.

In the same ways, Cheshvan celebrates stillness and quiet. It is a month to be small. A month to be silent. A month to internalize, to integrate, to centre. Cheshvan is a time to exhale. It is a necessary balancing to the fullness of the breath.

Adamah Guide to Jewish Time  
Risa Alyson Cooper  
[sefaria.org/sheets/586703.1](http://sefaria.org/sheets/586703.1)



# Tzedakah Moment

This month, we invite you to fulfill a mitzvah by volunteering at The Opportunity Place in Fort Walton Beach, FL.

This organization provides vital support to those in need, reflecting our Jewish values of compassion and community. By dedicating our time and talents, we can make a meaningful impact and help repair the world. Tikkun Olam Mensches!!

[opifwb.org/volunteer](http://opifwb.org/volunteer)



Original artwork contributed by Mandi Kelly

When contributing to TBS, please consider these established categories in addition to any causes that are dear to your heart, & we thank you.

- Building Fund
- High Holy Days
- Jewish National Fund (JNF)
- President's Discretionary Fund
- Resident Rabbi Salary Fund
- The Arthur & Linda Lester Scholarship Fund
- The Anne Kelz "Good Time" Fund
- Yahrzeit

*Thank you!*



Opportunity Place, Inc

## VOLUNTEERS NEEDED




### Facility Upkeep

- Trimming bushes
- Maintaining flower beds
- Pressure washing
- General facility upkeep

Opportunity Place is seeking a team to assist with our landscaping needs.

**JOIN OUR TEAM**

**Opportunity Place, Inc**  
Jean Day, Volunteer Coordinator  
[Jday@opifwb.org](mailto:Jday@opifwb.org)

 305 Lovejoy Road,  
Fort Walton Beach, FL

850-598-5592 

# Annual High Holidays Food Drive

*Thank  
you!*



Thank you to all our members and visitors who brought non perishable food and toiletries for Sharing & Caring for our Annual High Holiday Food Drive!

## We Love Our Children

We love having children attend services, regardless of their age. We know kids fidget and sometimes need to take a break from services. That's why we have that special room for them in the back of the sanctuary. For mothers who need to breast feed their babies, we have set up a rocking chair in the library to give you a bit more privacy. Also, we now have a great religious school program for children, as well as one for adults.

Also, some of you know that I volunteer with the Okaloosa Sheriff's Office Community Policing Program. Through this program, I was introduced to the Early Learning Coalition of the Emerald Coast, which is a free program for pre-school children. Please contact me directly and I will get you information about the program. They even gave me several free books for parents with small children. See me for a book.

Remember, even if we don't have kids, we do love children.

## Daddy's a Thief

By Mark Zeid

---

One day at a food court a family consisting of the father, the mother, and a four-year boy stopped in. This is the kind of place where they have burgers, sub sandwiches, pizza, coffee and sweets, etc. The family goes up the burger place and they each get a set meal of a hamburger, fries, and a soft drink. The mother grabs some napkins and goes to find a table for the family to sit. Meanwhile, the father and the little boy get the food and the cups of their drinks. They go to the drink station and fill their cups up with soft drink of their choice. The father also picks up some sugar and creamer for his coffee the next morning.

The little boy looks at his father and says, "Daddy, you can't take that. That's stealing."

The father responds, "No, it's not. This stuff is free. You're allowed to take whatever and as much as you want."

"No, Daddy," the little boy says, "You got a Coke. You didn't get coffee. You can't take that because you don't have coffee. That's stealing."

The father and the little boy leave the drink station and join the mother. "Daddy's a thief" the boy exclaims. "He stole sugar and creamer for coffee, but he didn't get coffee."

The father sighs and looks to the mother. "Honey, will you explain to our son that I didn't steal anything. That's it's okay to take this stuff, even if you didn't get coffee."

The mother looks at the little boy. "That's right. Your father is a thief. Now, be quiet and eat your French fries."

# Ads

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Hannukah sponsored  
 In Memory of Linda Lester

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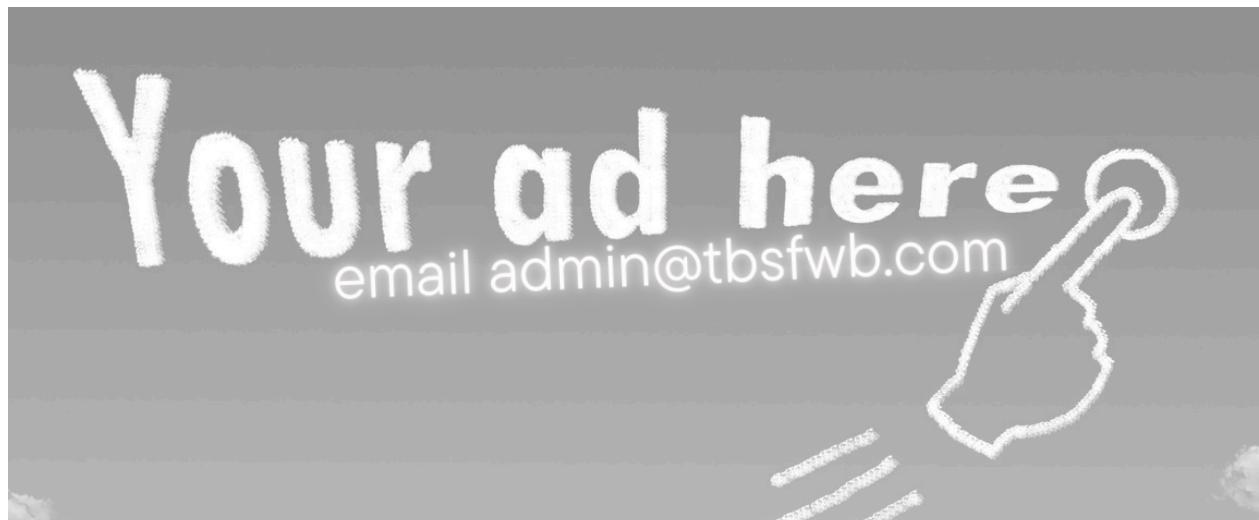
**New Book Release**

**THE AGE-OLD CRIME OF MURDER**  
 MARK ZEID

Meet the unorthodox crime fighting crew of Comfort Cottages Assisted Living Facility. Franklin suffers from dementia and uses a cane, Dot uses a wheelchair and loves puzzles, Joseph and Brenda are proof there is love after the age of eighty, and Melissa provides the logic to lead the group. Meanwhile, Jennifer, the manager of Comfort Cottages works to keep everyone safe and out of trouble, which is no easy task when they take on the case of finding the killer of a young woman. To make matters worse, the killer hires two others to stop the aged sleuths, including Franklin who witnessed the murder. Then a mysterious notebook turns up and brings the group into more danger. The question is can these aged mystery sleuths best the killers and bring them to justice or will they end up as the killers' next victims?

[zeidmysteries.com](http://zeidmysteries.com)

Ads



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