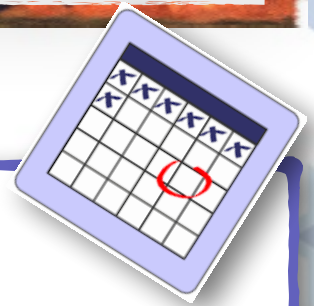


# BEIT CHAVERIM

## Jewish Community of Greater Zion

November 2023



### SAVE THE DATE

**Monday, Nov. 6, 10:00 am** – Breakfast With The Rabbi. George's Corner.  
RSVP [arneen@infowest.com](mailto:arneen@infowest.com)

**Friday, Nov. 10, 7:00 pm** – In person Shabbat service & oneg. Good Shepherd Presbyterian Church, Educational Bldg., rear

**Saturday, Nov. 18 10:00 am** – Crop Walk for Hunger. Larkspur Park, Bloomington Hills. Registration 9:30 am, \$20 registration fee.

**Thursday, Nov. 23** – **HAPPY THANKSGIVING!**

**Friday, Dec. 8** – Chanukah Shabbat service and party (see article for details) RSVP by Nov. 30 to [arneen@infowest.com](mailto:arneen@infowest.com)

**Monday, Dec. 11** – Breakfast With The Rabbi. George's Corner.  
RSVP [arneen@infowest.com](mailto:arneen@infowest.com)

### CODE OF ETHICS

Beit Chaverim Board of Directors wishes to announce the adoption of our Code of Ethics. The Code of Ethics directs and reflects our function as a Jewish congregation. This was developed by Marv Marcus, one of our Board members and then unanimously approved by the Board of Directors. The Code of Ethics will soon be available for you to access on the Beit Chaverim website.

## Welcome All!

IN PERSON  
SHABBAT  
SERVICE 2ND

FRIDAY

OF EACH MONTH  
AT 7:00PM

GOOD SHEPHERD  
PRESBYTERIAN  
CHURCH

611 N 2450 E.  
ST. GEORGE.

(EDUCATIONAL BLDG. IN  
REAR)

ZOOM SHABBAT  
SERVICES ALL OTHER  
FRIDAYS @7:00PM.  
LINK WILL BE SENT A  
FEW DAYS BEFORE  
EACH SERVICE.



# BEIT CHAVERIM

## Jewish Community of Greater Zion

October 2023!

SPOTLIGHT



After the devastating attack by Hamas on innocent Israelis on Shabbat 10/7/23, I felt it only appropriate that the situation in Israel should occupy our “Spotlight” this month. In 1948, after the atrocities of the Holocaust, Israel “officially” became the Jewish homeland. The one place in the world that would always welcome Jews. While the mantra after the Holocaust has always been “never again”, Israel stands as our refuge whenever it may be needed. No matter your politics, we as Jews need to stand together, for each other, and for all Jews in our country, the USA, as well as others all over the globe.

We may feel far removed from what is happening in Israel and Gaza, but even here in St. George I am receiving many emails, texts and hugs from my non-Jewish neighbors and friends as we see and read of the devastation that is happening daily in Israel and Gaza. I, personally, feel for the innocent people of Gaza who are caught in the aftermath created by Hamas, their ruling government. In addition to keeping current on the situation there, we can help by supporting our Jewish organizations, both here and abroad; especially those that will provide much needed aid to the Israeli people.

Four days after the surprise attack on Israel by Hamas, Chabad Jewish Community Center of Southern Utah organized a peaceful rally for solidarity and support for the Jewish community here and in Israel. There were local and state elected officials as well as representatives from various faiths who spoke and called for prayer and unity for Israel and the Jews of Utah. Over 200 people gathered at Town Square for the rally. We sang songs together and said prayers together, Jews and non-Jews alike. There were quite a few Beit Chaverim congregants together with Rabbi Helene in attendance. At our Shabbat service, the following Friday, we had more than 30 of our congregants attending in person and on Zoom. The increased numbers indicate our need to be together, as Jews, in times such as these. Rabbi Helene spoke emotionally about the situation in Israel. Our Shabbat service ended with us all singing Hatikvah, the Israeli National Anthem, together. Below are a few pictures of the recent rally at the St. George Town Square.



# BEIT CHAVERIM

Jewish Community of Greater Zion

## Solidarity for Israel



# BEIT CHAVERIM

## Jewish Community of Greater Zion



## CHANUKAH, OH CHANUKAH COME LIGHT THE MENORAH

I know, I know! We just finished all the fall holidays and here we are, looking at Chanukah just around the corner. We all know the story of Chanukah; Judah Maccabee and his successful rebellion against the Syrian rulers. The lighting of the candles, one each night of the eight days of Chanukah celebrates the miracle of the oil used in the reconsecration of the defiled Temple in Jerusalem. While there was only enough oil to last for one night, it lasted for eight. To celebrate Chanukah as a congregation, each year Beit Chaverim invites our members to bring their hanukkiah (menorah) so that we may light the candles together and celebrate.

This year we will hold our Friday, December 8<sup>th</sup>, the second candle lighting and celebration will Please bring your menorahs, candles Chanukah candles you can purchase fundraiser for the Temple. Email Ellen Nathan, [arneen@infowest.com](mailto:arneen@infowest.com) to order your box.



congregational Chanukah celebration on night of Chanukah. The Shabbat service, be held at The Escape at Brio at 7:00 pm. and matches. Beit Chaverim has for \$5/box. This serves as a small

### Chanukah Cookie Baking Contest

Directly following the candle lighting we will all enjoy some latkes and desserts. We have some wonderful latke makers here, as evidenced by last year's latke contest. We hope those of you that make latkes will bring some to share. Beit Chaverim will provide applesauce, sour cream and beverages. While the traditional Chanukah dessert is sufganiyot, Israeli donuts, traditionally jelly filled, most of us grew up with Chanukah cookies. Feel free to enter either. There will again be judging and prizes for the winners.

RSVP your attendance for Chanukah by Nov. 30<sup>th</sup> to Ellen Nathan [arneen@infowest.com](mailto:arneen@infowest.com). Include number attending (children?) and if you plan bringing Chanukah cookies or donuts to enter in the contest or if you will bring latkes.

We look forward to seeing many of you for what is always a happy holiday!



# BEIT CHAVERIM

## Jewish Community of Greater Zion

### SAFETY FIRST AND FOREMOST

Beit Chaverim Jewish Community of Greater Zion wants to make you all aware that we are concerned with the safety of our congregants; and to that end we would like to share with you the steps that we are taking to ensure your safety. While we reside in peaceful Southern Utah, we must remain vigilant to even the smallest possibility of any threat to our congregation. With the rise of antisemitic incidents over recent years, Rabbi Ainbinder and the Board of Directors felt the need to take action.

To better understand the current environment in which we, as Jews, now live, Rabbi Helene Ainbinder and Ellen Nathan, Board Secretary, attended an Emergency Briefing for the Jewish Community that was held in SLC a few months ago (prior to the current situation in Israel). Speaking at this meeting was the Director of Jewish Outreach for the ADL (Anti-Defamation League), VP of Security for the ADL together with a FBI special agent supervisor from the Boston Domestic Terrorism Unit. The following is a summation of the information they received at the briefing.

#### Rise of Antisemitism

In 2013 there were 751 antisemitic incidents in the U.S., which rose to 3,697 in 2022. The incidents in 2022 were tracked; they involved harassment, vandalism and assaults that specifically targeted Jewish people and communities. This is the third time in five years that the tally has been the highest number ever recorded since the ADL first began collecting data in 1979. In addition, the number of bomb threats towards Jewish institutions spiked from eight to 91. This is the highest number of bomb threats since 2017. There has been an upward trendline of hate and vitriol directed against the American Jewish community over the last five years. There were increases in each category from 2021: harassment rose 29%, vandalism 51%, and physical assaults jumped 26%. There was also a doubling in activity by organized white supremacist groups, who were also responsible for 852 antisemitic propaganda distribution incidents last year (up from 422 the year prior). Some St. George residents were recipients of printed antisemitic propaganda just last year.

#### Our Response

In response to this elevated concern, the Beit Chaverim Board voted to hire armed, off duty police to provide security for our major holiday events. You may have noticed their presence during Seder and our recent High Holy Days. This is advised by our national Jewish leadership as well as the FBI. This comes at a substantial additional cost to our congregation which cannot be covered by our current dues. Many synagogues have found the need to institute a “security surcharge” to help defray this added cost. The Board has taken this under consideration.

As the current situation in Israel unfolds, we receive updates and notifications of any threats or concerns from the SLC FBI office and United Jewish Federation of Utah as well as the local SG FBI agents; we respond accordingly. We take your security seriously!

Shalom

# BEIT CHAVERIM

## Jewish Community of Greater Zion

### From the Desk of Rabbi Helene



All three of the Pilgrimage Festivals, Sukkot, Pesach and Shavuot, are joyous occasions in our Jewish calendar. Why is there only one reference to Sukkot? Does the Torah “command” us to rejoice (Deuteronomy 16:13-15)?

Is boredom the malaise of our generation? Most of us view life as ordinary rather than extraordinary. The new technologies and discoveries do not sustain our enthusiasm. After a brief moment of exhilaration, we tend to sink back into the lap of lassitude, looking for something else to excite us. Most of us are so busy running around that we miss the beauty that surrounds us each day. We often overlook the priceless treasures that can be found closer to home or by visiting with our families.

Sukkot and Simchat Torah are the antidote to complacency. Both holidays are a time and a moment to reflect on the simplest things that could become most satisfying. Building a sukkah, dwelling or eating in one, inviting friends and family are all valuable experiences. They bring us closer to nature and draw us nearer to each other. We may find humanity without barriers that could divide us, and it may also make us cognizant of the blessings we have taken for granted.

Simchat Torah underscores the love relationship that existed between G-d and the Jewish people for more than three millennia. The Torah is the diadem in our crown. It is the precious gift that identifies us as a chosen and a choosing people.

For all the blessings, and the many things that pass unnoticed in the seemingly uneventful course of our daily existence, we are enjoined to say a prayer of thanksgiving and rejoice in who we are.

...Enter into His gates with thanksgiving

And into His courts with praise.

Give thanks unto Him and bless His name. (Psalm 100:2-4)

While November shares the Jewish month of Chesvan, there are no Jewish holidays in it. Jewish tradition is to read Jewish literature during this time. The secular holiday is Thanksgiving, and as Jews we have much for which to be thankful. “Thanksgiving Day is the one day that is purely American.” The picture of the first Thanksgiving at Plymouth is one of the icons of American history. The myriad of patterns celebrating the fall and the harvest in the Torah is Sukkot.

They celebrated:

Life: having survived a most difficult year and sometimes in a hostile land;

Friendship: having accepted and been accepted by the residence and new home;

Hope: having produced foodstuffs which could sustain them.

# BEIT CHAVERIM

Jewish Community of Greater Zion

## Sukkot at Rabbi Helene's



# BEIT CHAVERIM

## Jewish Community of Greater Zion



**Andy Margles**

### MR. FOODIE GOES "BOWLING"

#### AUBERGINE KITCHEN

As the saying goes, "There are those who eat to live and those who live to eat". You can all guess in which camp Mr. Foodie resides. Therefore, **Aubergine Kitchen**, which promotes itself as "healthy eating", didn't really arouse my interest. However, as I kept hearing good things from friends, I thought I'd give it a try. **Aubergine**, 613 S Mall Dr. is open M-Sat, 11-9. Service is fast casual. The word "aubergine" translates to "eggplant", in Italian. Their signs indicate the food is organic with no additives.

When I first walked into the restaurant, I felt like the one fat guy who accidentally wandered onto Muscle Beach! Fit, trim folks, from kids to geezers (like me), were everywhere. I hoped that even if I didn't like the food, maybe eating it would make me look more like the rest of the patrons. "Fat chance", LOL. Like many places these days, **Aubergine** has lots of bowls on their menu. Their popularity makes sense, both from a restaurant and patron point of view, as bowls are easy to prepare. Since there is little cooking involved, a high-priced chef is not needed. From the customer's perspective, the bowls are reasonably priced at around \$15, low calorie, healthful and usually served quickly.

**Aubergine** has 18 bowls to choose from! The proteins include chicken, wild salmon, tri-tip beef, tofu and falafel. Accompanying sauces were far from ordinary and included curry, tahini, peppercorn-madeira, cilantro jalapeno and more! I ordered a tri-tip beef bowl, which included mushrooms, Brussels sprouts, sweet potatoes and turmeric rice, along with a peppercorn-madeira sauce. Mrs. Foodie got one with chicken, chickpeas, cauliflower and more in a coconut-curry sauce.

In addition, there are nine different salads, some of which have similar ingredients to the bowls. The salad dressings sound imaginative and include sweet & spicy mango, spicy cashew and many more. Add to that, a few pitas and wraps along with some healthy appetizers, smoothies, fruited lemonades, herbal teas and a couple of desserts and you have the entire menu. They now have started serving breakfast, as well.

**VERDICT:** These are definitely not your Grandparents' bowls! (Sincere apologies to all foodie grandparents). The ones we had were zesty and flavorful, while being healthful, low calorie, reasonably priced and actually filling. Service was prompt. We both enjoyed our meals and even if **Aubergine** won't be the first place I think of when dining out, we will certainly return. If nothing else, it will enable me to have my cherished, nightly ice cream guilt free.

Agree? Disagree? Reach me at: [andymargles@gmail.com](mailto:andymargles@gmail.com)

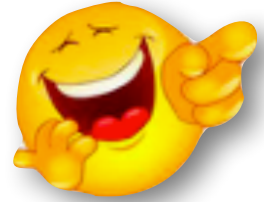


# BEIT CHAVERIM

## Jewish Community of Greater Zion



### JEWISH SCHTICKS



LEE MILLER IS BACK THIS MONTH WITH A COUPLE GOOD ONES TO BRING US SOME SMILES!

Rabbi Shore is opening his mail one morning. Taking a single sheet of paper from an envelope, he finds written on it only one word: “Shmuck.”

At the next Shabbat service, the rabbi announces, “I have known many people who have written letters and forgotten to sign their names, but this week I received a letter from someone who signed his name—but forgot to write the letter.”

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On the first day, G-d created the dog and said: “Sit all day by the door of your house and bark at anyone who comes in or walks past. For this I will give you a life span of twenty years.”

The dog said, “That’s a long time to be barking. How about only ten years and I’ll give you back the other ten?” And G-d said that it was good.

On the second day, G-d created the monkey and said, “Entertain people, do tricks and make them laugh. For this, I’ll give you a twenty-year life span.”

The monkey said, “Monkey tricks for twenty years? That’s a pretty long time to perform. How about I give you back ten like the dog did?” And G-d said that it was good.

On the third day, G-d created the cow and said, “You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer’s family. For this, I will give you a life span of sixty years.”

The cow said “That’s kind of hard to want me to live for sixty years. How about twenty and I’ll give back the other forty?” And G-d again said that it was good.

On the fourth day, G-d created humans and said, “Eat, sleep, play, marry and enjoy your life. For this, I’ll give you twenty years.”

But the human said, “Only twenty years? Could you possibly give me twenty plus, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?”

“Okay,” said G-d, “You asked for it.”

# BEIT CHAVERIM

Jewish Community of

HELLO!

*New Members!*

## Temple Bulletin Board

### Welcome New Members!

Joel Behr/Jennifer Hamm  
Judie Weiss  
Marilyn Adler  
Ed/Sylvia Seltzer  
Judith Block



### Birthdays

Pam Dale  
Ellen Margles  
Ellen Nathan  
Marilee Perkal  
Bob Trott  
Ashley Trott



### Donations

#### **Book Fund:**

Linda & Barry Reinherz in memory of Michael Davis

#### **General Fund:**

Russ & Leslie Robinson  
Evan Sanders  
Christina & Herb Schwarz  
Marva Motley  
Liza Ness

#### **Rabbi's Discretionary Fund**

Jeffrey & Wendy Harnish in appreciation of baby naming  
Betty O'Harren in memory of Richard Boera

#### **Building Fund:**

John Richards in honor of Norman Miller  
Andrea Hiza

