

beth shalom  
auckland new zealand  
בית שלום



**November 2019**

*Cheshvan~Kislev 5780*

## **Teruah**



**'Flight', 1959, by Gerda Cohen (Bronze)**

**Donated by Gerda and Lesley Cohen**

**who were resident on Waiheke Island.**

*A strong, vibrant community with a spiritual heart  
embracing Jewish life and its diversity.*

*(ISSN 1177-2352)*

# Our Board members

Affiliated with the Union for Progressive Judaism (UPJ)

Charities Commission Registration Number CC29542

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**Sue Berman 022 051 3589**

**Service times are Fridays at 6:30pm and Saturdays at 10am.**

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Opinions expressed in Teruah do not necessarily represent the views of Beth Shalom Board of Management.

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# Coming up in November ...

- **Friday 1 November** there will be a potluck dinner following the Erev Shabbat service. Please bring some vegetarian food or dessert to share.
- **Saturday 2 November**, Shabbat Kat for pre-school children will take place between 10-11am in the library while the morning service is taking place.
- **Monday 4 November** – there will be the inaugural meeting of the Children of Abraham interfaith group starting at 6.30pm with finger food in readiness for the panel discussion at 7pm. This event has been organised by Pearl of the Islands Foundation, Beth Shalom and the Holy Trinity Cathedral. The topic is Peaceful Communities: Faiths for Social Justice. Speakers are Jules Gaddie, Professor Douglas Pratt and Professor Ismail Albayrak. The venue is the Holy Trinity Cathedral in Parnell. The flyer in the hall, website and Facebook gives the RSVP address.
- **Saturday 16 November** there will be a shared finger food lunch following the Shabbat morning service.
- **Friday 22 November**, members of Beth Shalom are invited to join the Waikato Jewish Association for an Erev Shabbat service and celebration of their 25th anniversary. Includes a special presentation by Beth Shalom to the WJA, dinner, and reminiscences since the formation of the WJA. Chartwell Room, Hamilton Gardens, Hamilton. Please send RSVPs to [WaikatoJewishAssn@gmail.com](mailto:WaikatoJewishAssn@gmail.com). Some WJA members are able to offer overnight accommodation to those who may wish to spend the night in Hamilton, so please let them know if you are interested.
- **Saturday 7 December**, Bar Mitzvah, Daniel Miller.
- **Saturday 21 December**, Bat Mitzvah, Agam Aharon.
- **Saturday 28 December**, Bat Mitzvah, Goldie Moritz.



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# From the President ...

Dear Friends,

What a month it has been! It was wonderful to see so many of you across the High Holy Days and the holidays that followed. I hope you had a chance to meet Rabbi Miri Gold while she was with us. It never ceases to amaze me how we are able to draw such distinguished and spiritual rabbinic leadership to New Zealand each year. Rabbi Miri's husband David Leichman was also a blessing to have with us. Between his passions for baseball, ice cream and good food, he fit right in to my household! Both left an indelible mark on our community that we will value for years to come.

On another note, Paul Wilton and I had a meeting with members of the AHC recently. It was a very positive and productive meeting. We shared with them all of the points raised in our community meeting and they were very receptive to our concerns and requirements. We will be tapping many members of our community in the coming months to contribute to the process through interviews, feedback and joining the committee if needed. We are also working on planning a joint social event for both communities.

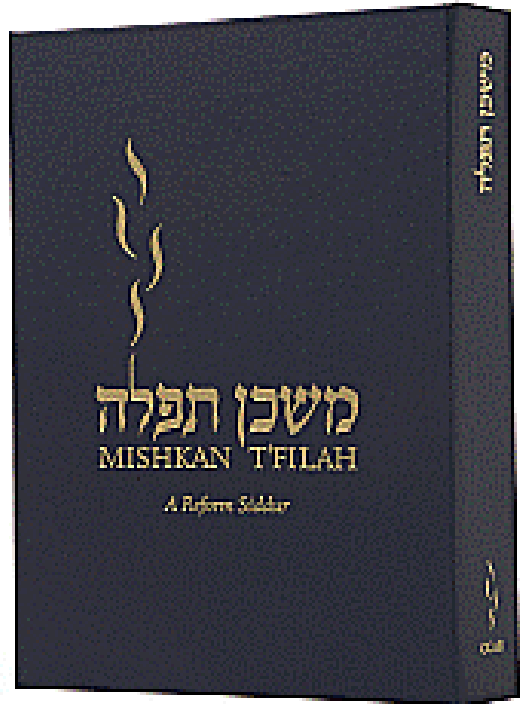
I am aware that some of you feel there needs to be more updating of the community on the investigation. I will do my best to provide more regular community messages addressing this. I am also aware that there are a lot of emails inundating people from the temple. We are going to try to minimise that as well. But please know that I am always available via email or phone if you have any questions or comments. I am always happy to provide any information that I have and I want each and every one of you to know that I am only a message away.

Finally, I wanted to wish a hearty Mazel Tov to the Waikato Jewish Association on their 25th Anniversary. I am looking forward to joining them on the 22nd of November to celebrate this milestone. The entire Beth Shalom community is invited, so keep an eye out for the invite in the next few days.

B'shalom,

Debbie

[Click for service roster here](#)



## Prayer for Healing Group

A group of Beth Shalom members has commenced, to think of and pray for individuals in our community, who are in need of healing.

The idea is that this group is not an organised group or minyan. Simply, caring people who, when made aware of the need, help healing with the power of prayer.

And that families in distress might receive comfort from the knowledge that this is taking place.

Caring for the unwell is part of being a community.

For those interested, I can supply articles: "The Jewish Way in Healing", and some scientific research on the positive power of prayer in healing.

If you wish to be part of this group

Or, if you know of someone who is unwell that would appreciate our prayer

Please contact Leon Goldwater or Christine O'Brien at shul office

Leon: [ldgoldwater@gmail.com](mailto:ldgoldwater@gmail.com) 020 403 88054

Christine: [office@bethshalom.org.nz](mailto:office@bethshalom.org.nz) 524 4139

# Erev Simchat Torah









# L'hitraot (see you again), not goodbye

*from Rabbi Miri Gold*

How does one sum up five weeks of intensive activity at Beth Shalom, over the Tishrei holidays? In a word: marvelous! David and I were warmly welcomed upon our arrival September 19<sup>th</sup>, and throughout the entire time we spent with members of Beth Shalom, we were embraced by many loving, caring and kind people. Beth Shalom understands the mitzvah of "hachnasat orchim"—hospitality—in the true sense of the term. We enjoyed getting to know many of you, and thank everyone who invited us, toured with us, fed us, and took good care of us.

I was particularly impressed by the dedication of the Board, the Cantorial Bench, the Ritual Committee, the educational staff. Before my arrival, I spent many hours on "WhatsApp" with the co-leaders of the High Holiday and Shabbat services. Naomi Johnson did an amazing job to prepare for our visit. She left no detail out, and scheduled additional meetings during the week before the beginning of the holidays. It was clearly of great importance to all involved to organize each service in the best possible way.

Having a new machzor provided an additional challenge for all involved, and it was exciting to explore the many readings and sections for study and contemplation. The groundwork was laid, and I am certain that next year the lessons learned and insights gained will provide a launching point for even more meaningful services.

It was certainly a pleasure to work with everyone involved, and I do hope that the congregation will continue to grow and find new ways to accommodate all sectors, young and old, new members as well as the veterans. Many congregations with rabbis struggle with the challenges of engaging volunteers. Beth Shalom has a solid network of involved people, and I hope for you that you will find a permanent rabbi to help lead you into the future.

A special thank you to Debbie and Mike Swiatek, who hosted us and cared for us during our stay, and to Ali and Sarah who gave us the use of a car. We are so appreciative of the warmth with which so many of you showered us.

The frosting on the cake was getting to know a little about New Zealand, and we understand why all adventurous people have a visit to New Zealand high on their travel list. It is humbling to learn so many new things, and we were truly enriched by the entire experience.

David and I extend an invitation to all who come to Israel, to visit us in our home at Kibbutz Gezer. It will be our pleasure to host you, so don't be shy. We look forward to staying in touch with all the wonderful people we met, and to being kept abreast of new developments in the community. For those who would like to write to me, my email is [mirig49@gmail.com](mailto:mirig49@gmail.com).

Again, thank you all for providing us with a wonderful experience. It was an honor to be with the congregation throughout the Tishrei holidays.



# EDUCATION

Sunday school Nov 3, 9.30am

Finally we are back at school this Sunday. I am hoping that parents will be rocking up to tefillot with your kids at 9.30 with some great rouch spirit.

I am looking forward to a great term which will be quite short just 6 weeks due to late High Holidays and early school schedule. That means we need to pack a lot of learning into a short period of time.

I am still looking for teachers for next year. I am pleased to say that Tami and Ted have decided to reinvigorate our Bnei Mishna program for next year. So I will need a Jewish studies teacher (the curriculum materials and the worksheets exist) Kita Bet and Gimmel.

I am keen to make yummy bread with you all during morning tea. I would also like to make refua shalema get well soon cards (during morning tea) for Becky Rose who has been back in the hospital for these past 3 weeks.

Celebrate! Bar/ Bat Mitzva

All Beth Shalom Hebrew School and their parents are encourage to come.

- **Daniel Dec 7<sup>th</sup>**
- **Agam Dec 21<sup>st</sup> and**
- **Goldie Dec 28<sup>th</sup>**

End of the year celebration of learning will be on December 8<sup>th</sup> at 9.30 Tefillot followed by a half hour planning session.

Classes will come together at 11 to do a celebration presentation of what they learned this year. Followed by presentations and shared morning tea (please bring a plate of food to share).

Debbie Miller, Education Co-ordinator at Beth Shalom

027 765 3677 or 09 579 7715 or 09-524-4139

# Bat Mitzvah: Agam Aharon and Bar Mitzvah: Daniel Miller

**Shalom. My name is Agam Aharon and I will be celebrating my Bat Mitzvah on Saturday 21<sup>st</sup> of December.**

My Torah portion is **Vayeshev** and is about Joseph's dreams and his relationship with his family.

For my Tzedakah project I have started a **Give a Little** page where I am collecting money for the blind foundation which changed its name to: The Blind and Low Vision NZ. Please see the link below:  
<https://givealittle.co.nz/fundraiser/blind-and-low-vision-nz>

I will also leave an orange bucket in the hall foyer of Beth Shalom for those who prefer to put their donations straight there. I chose the blind foundation because I have made a device called the

**Spectro Scanner** that scans colours and vocalises

them. The scanner is made for visually impaired or colour blind people to know colours. It can even detect the colour of bin's lids and vocalise them to help visually impaired or colour blind people manage their waste efficiently.

Me and my family would like to invite you all to join us on this special day.

**Dear Beth Shalom Community:**

**I would like to invite you all to my Bar Mitzvah on December 7th starting at 10am.**



It has been a long process over the past 2 years of preparing and I am really thankful to all my teachers and especially Chris who have worked with me over this period getting me ready for this day. I hope you will join me and my family in celebrating my Bar Mitzvah. You are invited to join us for a festive meal afterwards.

Please note that JD and myself as part of our social action project will be making meals for the homeless. We invite you to donate used, clean containers to put meals in as well as, food if you want to contribute. We are going to make pasta and rice dishes, so we will be using: tomato sauce/paste, pasta, rice, beans or lentils. There will be a box in the foyer and any leftover supplies will be donated to the Women's Refuge.

Thanks.

Daniel

# Psalms Offer Solace, Guidance and More

From My Jewish Learning

For centuries, Jews (and others) have turned to the biblical [Book of Psalms](#) for solace, guidance, catharsis, renewal, and much more. The 150 psalms that constitute this important component of the [Writings](#) (Ketuvim) section of the Jewish Bible reflect a wide range of experience and expression: anger and acceptance, complaint and comfort, despair and delight, fatigue and faith, and so on.

In approaching this body of ancient spiritual or sacred poetry, many have found words that “work” for them, or that help uncover their own words, hitherto obscure or inaccessible. Even though some of the language or images may seem alien, when one digs deep enough one may find wellsprings of great impact.

## **Psalms in Jewish Liturgy**

Psalms pervade the established Jewish liturgy of morning, afternoon, and evening prayer services, but our tradition made the psalms into a very “flexible” resource – encouraging us to turn to them when we need them, and be less bound by, for example, strictures that require certain prayers to be recited at certain times of the day. Thus, although certain psalms are, indeed, assigned to certain junctures (for example, from Sunday through Shabbat we travel through [Psalms 24, 48, 82, 94-5, 81, 93, and 92](#) as the “Psalm of the Day”), we may always turn to the psalms as “ad hoc” sources of support.

The [Levites](#) sang the Psalms in the ancient Temple, not unlike the way growing numbers of congregations welcome Shabbat on Friday night by chanting their way through six psalms (95-99, plus 29) praising the beauty of nature (corresponding to the six days of Creation) and culminating in the Psalm for Shabbat. Psalms may be heard at many moments in life: at the bedside of those who are ill, at the beginning of the blessing after meals, at funerals, when visiting a grave, and in many other settings. They are there to help express our great joy and devastating despair, our gratitude and our distress, life’s “ups” and, of course, its “downs.”

Over the centuries, certain psalms became associated with particular moments or transitions in life, for example:

For times of communal distress: [Psalms 20, 28, 85, 86, 102, 130, 142](#) For recovery from illness: 6, 30, 41, 88, 103 For thanksgiving: 9, 21, 57, 95, 116, 138

Reb [Nachman of Breslov](#), the Hasidic master of some 200 years ago, designated 10 psalms as having special power for healing: [Psalms 16, 32, 41, 42, 59, 77, 90, 105, 137, and 150](#); he saw these as embodying the “10 kinds of song” outlined by Rabbi Joshua ben Levi in the Talmud (Pesachim 177a.)

## **How to Use Psalms**

So what do you do with these psalms?

To answer that question, it would be helpful to identify seven “functions” that Psalms have developed in Jewish life:

### **Ritual**

As a source of regular expression, to mark certain moments and give a container for feelings, ideas, and values—either in an established, traditional, communal context, or in one’s own personal, innovative time and place. One recent example is a Jewish support group that began each meeting with a psalm of despair or complaint (such as [Psalms 13, 77, or 88](#)) and ended with a psalm of gratitude (such as [Psalms 18, 91, or 118](#)).

### **Prayer**

As with other forms of Jewish prayer, psalms may provide various opportunities: for giving words to hopes, fears, wishes, etc.; to both experience the pain and transcend it; to “name” one’s distress or gratitude; and/or to reconnect to tradition and community, or to a basic inner sense of wholeness.

### **Song**

So many lines of psalms have been put to music, and even calling on the melodies without the words can have great impact. Here are several examples of lines from psalms that have become known as “Jewish healing songs” because of their words and/or music: [Psalms 3:7-8](#); 27: 4, 14: 30: 9, 11; 51:12-13; 69:14; 94:18; 118:5, 19-20; 121 1-2, 4.

### **Study**

The Hebrew of the Psalms is often obscure or otherwise hard to “crack,” having gone through centuries of recopying. This means that there is a lot to explore – for example, to compare how different editions translate the same lines.

### **Meditation**

Once one finds a piece from the Book of Psalms that resonates, that has meaning for you, you might want to focus in on it for a set period of time. Words of psalms can be a valuable tool in refocusing, centering, and quieting oneself. Some people post a verse, phrase, or word on their office computer screen so they can freely turn to it in the course of a workday; others make their own audio recording to be able to play it back while sitting in a quiet, undisturbed setting.

### **Community**

One profound Jewish practice organizes members of a Jewish community into a Hevra Tehillim, a “Psalm Fellowship,” which gathers with some regularity to study or chant psalms together. In some places, when an individual is ill, the community has divided the 150 psalms among all its members, so that the entire Book of Psalms is read and dedicated daily to cure, healing, strength, solace and/or recovery. Community is an – maybe the – essential component of Jewish healing.

### **Conversation**



In time, as certain words or phrases from the Book of Psalms become especially meaningful to you, consider weaving them into your speech, so that the ancient words bolster your ability to heal and integrate.

Mention must be made of “the psalmist in you.” Readers may be familiar with the remarkable writings of Debbie Perlman, psalmist-in-residence of Beth Emet The Free Synagogue in Evanston, Illinois. Through her various challenges in life, Debbie has blessed us all by turning pen to paper and creating contemporary psalms that bridge the tradition with an intimate, first person, contemporary voice. Her most recent book is called [Flames to Heaven: New Psalms for Healing and Praise](#).

The strength of psalms lies substantially in you – in what the reader brings to the words and infuses in them. Psalms are a container for our fears and hopes, a catalyst for the freeing up, and offering up, of our profound and deep-set wishes, prayers, desires, and insights.

Reprinted by My Jewish Learning with permission of the [National Center for Jewish Healing](#), a program of the Jewish Board of Family and Children’s Services.

*my* JEWISH LEARNING

HADASSAH INTERNATIONAL NEW ZEALAND 2019 AGM

3rd November @ 5.30pm - Raye Freedman Library 788  
Remuera Road

Guest Speaker:

Tanaz Sigamporia B.Com, AFA, CFPCM

Tanaz is the Senior Client Manager at Perpetual Guardian and is involved in the management of the trusts of Sir Ernest and Lady Marion Davis and family. She has recently returned from travelling to Israel for the first time where she visited hospitals and care facilities that have benefitted from these remarkable philanthropic trusts. We are privileged that Tanaz has agreed to talk about her work, share her insights into Israel, the remarkable attitudes to medical care she witnessed there and to show some of her amazing photographs.



# The Ritual Committee would like to thank the many people who helped make our High Holy Days so memorable.

First we would like to thank Rabbi Miri Gold for her leadership and guidance over the High Holy Day period. In particular we thank her for her guidance with the implementation of our new machzor, Mishkan T'Shuvah. Every single service over Rosh Hashanah and Yom Kippur needed to be planned anew and she worked tirelessly with our service leaders to put together services that were meaningful and beautiful. We also thank her husband, David Leichman, for the sessions that he led and for his support over all.

We thank our service leaders: Pam Miller, Chris Shiller, Paul Wilton, Chris Milton, Terry Haffern, Terry Gelbart, and Sue Pezaro; the Torah readers Chris Shiller, Norma Delgarno, Shai Aharon and Debbie Miller; our dedicated shammashim; Paul for organising the singing group practices and the members of the singing group who practised week after week; Pam Miller, Sam Gurtman, Eddie Gelbart and Bill Merrill for changing the ark curtains to white (with the help of the singing group) and to Chris Shiller for changing them back, to Pam Miller and Melany Gurtman for setting up for selichot, Chris Milton and the Dry Bones Musicians (Jill Ferrabee, the French Horn player and Rebecca Grimwood, the Flautist), Elena Bloksberg, our viola player, and Chris Milton for singing Kol Nidrei; Terry Haffern and Leon Goldwater for putting up the decorations, Debbie Miller for all her support to the Ritual committee and for her children's activities; Lenny Bloksberg and Anton Bruell, our shofar blowers, and Phillip Gordon, our shofar caller; Eddie Gelbart for organising the honours and runsheets; Terry Gelbart for our posters, Bill Merrill for putting out the chairs; Melany and Pam for preparing the apples and honey and the break fast and to Eileen for the soup; Terry Gelbart for leading havdalah with Ashley Hingston-Daniels holding the candle as everyone remembered her father with great love, and Chris Shiller for making the spice sachets; Trudi Sawyer and Chris Shiller for cleaning the silverware; Scarecrow for the beautiful flowers organised by Pam, Ruth and Raoul Ketko for collecting the etrogim, Debbie Miller, and Eddie Gelbart who collected and schlepped greenery for the sukkah and Bill Merrill with Debbie Miller who put the sukkah up and took it down; Carmit and Shai Aharon for making the lulavim; and the B&B for leading the K'ver Avot service. We also thank the Israeli Dancing Team for once again dancing for us at Simchat Torah.

Thank you to Pam Miller for generously donating the silver tray for use for Havdalah which we really appreciate. We used it for the first time at the close of Yom Kippur.

We thank the Board for their support and Christine O'Brien for all her work in the background which ensures that things go smoothly and her proactive approach. We also thank anyone we may have missed in this long list. It is one big team effort and the Ritual Committee appreciates the willingness of so many people to help.

On a personal note I would very much like to thank the Ritual Committee - Chris Milton, Eddie Gelbart, Terry Gelbart, Melany Gurtman, Pam Miller, Carol McCracken, and Bill Merrill, who worked tirelessly with me planning the festivals, completing their action points and continuing on so well in my absence.

We are really pleased to have had really good feedback from members regarding the new Machzor.

# Auckland Jewish Burial & Benevolent Society

While Rabbi Miri was with us we took the opportunity to meet and discuss the work of the Burial and Benevolent Society - Chevra Kadisha. She commended our community in the work we do in this area despite not having a permanent Rabbi to support and guide us in the work. One of the things she suggested is that we include in our regular meeting times an opportunity to deepen our learning and understanding - to teach one another by drawing on books and other educational resources. This led me to Kavod v'Nichum and Gamliel Institute. <https://www.jewish-funerals.org/> "Kavod v'Nichum and Gamliel Institute provides resources, education, and training along the Jewish end-of-life continuum: from visiting the sick and pre-planning, to care for the body after death, to providing comfort to the mourners."

Within the site the following important message is conveyed.

"Judaism attempts to address issues relating to death by including specific death remembrances in every prayer service (Kaddish), four times each year (Yizkor), and on the anniversary of our loved ones' deaths (Yahrzeit). When the Jewish Life Cycle is taught, death is taught as a "normal" expected part of the cycle. Judaism teaches us to accept death as a part of life, not deny and ignore it while hoping it will go away. Instead, our traditions guide us to face our own mortality, thereby enriching our living and our humanity. By facing death we honor not only our teachers, ancestors and parents who have died; we also honor the traditions they have preserved for us. And by owning our own mortality, we live more consciously, richly, and respectfully, and through this we set examples for our children as to how to live and die with grace and dignity. By educating ourselves, our children, our neighbors, and our community about Jewish traditions, rituals, beliefs and benefits relating to death, we ensure that this awareness and appreciation of death continues, thus enriching our community, its members, and our lives.

The new Yizkor service followed these high holy days also inspired me to look more at meditation and new poetry relating to our rituals around death and remembering. I thought this one about Krieh was worth sharing.

## **Krieh - Tearing the Cloth by Harold M. Schulweis**

Why rend the clothes?

So strange to a tradition

that admonishes

not to break or to destroy

It is for the sake of anger  
against the unfairness of the world  
anger against him or her, God or self?  
Is tearing the cloth to give outer expression  
to the tattered soul within?

Or is it a parallelism  
the death of a person like the burning of a Sefer Torah  
for which tearing the clothes is performed?

The burial of a human like the burial of a Torah.  
A human being is like a Sefer Torah  
Studied, it has wisdom to impart  
Lived, it has goodness to convey.  
Rend the garments for the "Torah-mensch".

Each of us a letter in the Torah scroll  
Together our lives are intertwined

Our common fate and faith  
our common destiny  
find us like the stitches of the parchment  
when any of us is lost  
The holy text is torn.  
In memory we are mended.

# Shabbaton 2020 at Carey Park



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*Summer Soul  
Shabbaton*  
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Want to be involved or have a question?  
email: [educator@bethshalom.org.nz](mailto:educator@bethshalom.org.nz)





# Beth Shalom Community Care 2019

Hope you are all keeping well, and looking forward to the warmer weather. Just a reminder about who and what we are.

Our focus is to offer help and support to all congregants and their families in times of illness and/or difficulty. We do this in the form of visits at home or in hospital or rest homes and helping with whatever is needed. Where we cannot help you ourselves, we can give you assistance in accessing the community service who can, or by putting them in touch with you.

We can also help with transport for funerals or getting to Beth Shalom for other services or events. We urge you not to hesitate to contact us when we can either help you or share in your happy times. In this respect and all other aspects, we assure you, we are very mindful of your privacy.

Take care.

Lita and the Community Care Team





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**Proud to serve the Jewish community**



# LIMMUD IN SHALOM'S LOUNGE

## LIMMUD IN SHALOM'S LOUNGE WEDNESDAY, 20 NOVEMBER 2019 SHALOM COURT @ 7PM



Professor **Boaz Ganor** is the Founder and Executive Director of the International Institute for Counter-Terrorism (Israel).

He will be in Auckland briefly and will present a session entitled "The lone wolf terrorism phenomenon and the Christchurch attack - an Israeli perspective".

Come and meet Professor Ganor in an intimate setting. He has given briefings and testimonies to the United Nations Counter Terrorism Executive Directorate, the Australian Parliament, the United States Congress, the US Army, the US Department of Homeland Security and many other intelligence, security, and police services around the world.

**Please e-mail [info@limmud.org.nz](mailto:info@limmud.org.nz) with your name and contact details if you would like to attend.** There will be a limit of 50 people for this presentation, so your interest needs to be registered prior to the event. We ask that everyone who can gives a koha (donation) at the door of \$10 to cover expenses. Cake and coffee will be served.

We are able to give you this opportunity thanks to the generosity of Professor Ganor, AIJAC (Australia/Israel and Jewish Affairs Counsel), and Shalom Court.

