

CONGREGATIONAL RECORD*Published by***Shaarey Tphiloh Synagogue**OFFICE: 76 NOYES STREET
PORTLAND, MAINE

Steven M. Dworken *Rabbi*
 Samuel Zimelman *Cantor*
 Saul Brenerman *President*
 Jay Ketover *President, Brotherhood*
 Mrs. Morrill Shapiro *President, Sisterhood*

Shaarey Tphiloh Synagogue is affiliated with the Union of Orthodox Jewish Congregations.

The Rabbi Speaks

Physicians tell us that the body needs regular exercise in order to stay healthy. Without such activity, the body and muscles become flabby, body tone is lowered, and all types of ailments can prematurely set in.

In any endeavor, be it sports, art, one's vocation or avocation, exercise and practice are absolutely essential. A great pianist once stated that when he didn't practice for a month, the audience knew it; when he didn't practice for a week, the critics knew it; and when he performed without practicing, even for a day, he knew it.

This is equally true in our spiritual life. We cannot really achieve spiritual heights with out regular practice and exercise. Some people who experience Judaism only once, twice, or even three times a year, wonder why their faith means little to them. Some who rarely come in contact with authentic Judaism, wonder why they don't get a spiritual lift. Superficial experiences lead to superficial feelings and actions. It is not enough, for example, to read about the loftiness of Jewish ideals, nor will it suffice to have somebody explain them. One must truly, honestly, and intently experience them. Without the exercise and practice of Judaism, our spiritual muscles become flabby, soft, and atrophied from disuse.

Every one of us must make a vow to experience with all our being all

(CONTINUED ON PAGE 3)

A MESSAGE FROM THE PRESIDENT

It is very difficult to believe that another Rosh Hashonah is about to arrive. I believe the past year flew by so quickly for we were involved in many constructive projects which involved all ages, all segments and all interest groups of the Synagogue.

I am truly optimistic once again for the year to come. Our Sisterhood, Brotherhood and Young Couple's Club, as well as our Shul's leadership, are all imbued with a burning fervor and desire to make this coming year a banner one. Our beloved Rabbi and dependable Cantor and office staff are truly ready, willing and able to meet and succeed in their appointed tasks.

If we all cooperate and act in unison, we can't help but succeed.

On behalf of the officers, Board, Hazel and my family, a Happy, Healthy and Prosperous New Year.

Sincerely,
Saul Brenerman, President

A MESSAGE FROM THE SISTERHOOD

The old year is ending and a new year will shortly be upon us.

Reflecting on the year that has gone by leads us to one unassailable conclusion. We cannot sit on our laurels but we must go forward, think big and work harder. Of course, we can take pride in the many accomplishments of Sisterhood in the past year.

But from this reflection we must find new vigor. We must rededicate ourselves to the preservation of traditional Judaism. We must set loftier sights for ourselves. We must find it within ourselves to do that something extra for the benefit of our synagogue and for all Israel.

My husband and children join me in wishing you a happy, healthy and prosperous New Year.

Sincerely,
Muriel Shapiro, President

SCHEDULE FOR**FRIDAY****Saturday, October****NOYES STREET**

Morning Service
Torah Reading
Rabbi's Sermon
Yizkor
Concluding Shofar

Candle Lighting Prayer
Baruch Ataw Ado-N
B'Mitzvosove V'tzivanu

If you are interested in
please contact Cantor

THE RABBI SPEAKS:

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that is Jewish in the New Jewish personalities must | We must REJEWvenate and faith guide us in all that

Sue, and our daughters, wishing you and yours HEALTHY, and SUCCESS YEAR.

—Rabbi Steven M

ANTIQUE SHOW PI

The Sisterhood will sponsor first for the synagogue.

This time it will be a Show and Sale to be held in Social Hall on Sunday, November 5. Esther Goldstein is chairwoman.

Watch our bulletins for details.

CONDOLENCES

The families of:

Joseph Cope
Nathan Mack
Rose Shulman

May the families be comforted the mourners of Zion and

SAGE FROM THE RESIDENT

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Saul Brenerman, President

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Inincerely,
riel Shapiro, President

SCHEDULE FOR HIGH HOLY DAYS (continued from page 1)

YOM KIPPUR

KOL NIDRE

FRIDAY EVENING, OCTOBER 5 — 5:55 P.M.

Saturday, October 6

NOYES STREET

Morning Service	8:00 A.M.
Torah Reading	10:00 A.M.
Rabbi's Sermon	10:40 A.M.
Yizkor	11:00 A.M.
Concluding Shofar	6:50 P.M.

Saturday, October 6

NEWBURY STREET

Morning Service	8:00 A.M.
Torah Reading	10:00 A.M.
Yizkor	11:00 A.M.
Concluding Shofar	6:50 P.M.

Candle Lighting Prayer to be recited Erev Yom Kippur, Friday, October 5

Baruch Ataw Ado-Noy Elo-Ha-Nu Me-Lech Ha-o-lom Asher Kiddshanu B'Mitzvosove V'tzivanu L'hadlik Ner Shel Shabbos v'shel Yome Hakippurim.

If you are interested in purchasing an Honor during the High Holy Days, please contact Cantor Zimelman, 772-2226, or the office, 773-0693.

THE RABBI SPEAKS:

(CONTINUED FROM PAGE 2)

that is Jewish in the New Year. Our Jewish personalities must be built up. We must reJEWvenate and have our faith guide us in all that we do.

Sue, and our daughters, join me in wishing you and yours a HAPPY, HEALTHY, and SUCCESSFUL NEW YEAR.

—Rabbi Steven M. Dworken

ANTIQUE SHOW PLANNED

The Sisterhood will sponsor another first for the synagogue.

This time it will be an Antique Show and Sale to be held in the Social Hall on Sunday, November 4.

Esther Goldstein is chairman of this novel event.

Watch our bulletins for more details.

CONDOLENCES TO:

The families of:

Joseph Cope

Nathan Mack

Rose Shulman

May the families be comforted among the mourners of Zion and Jerusalem.

CHOIR WILL PARTICIPATE IN SLICHOS SERVICE

This year, our choir will assist Cantor Zimelman during the Slichos Service which will start at 11:45 p.m. on Saturday, September 22.

In addition to the special treat, another is in store for those attending the service.

At 11:00 p.m., the Sisterhood will serve a delectable midnight snack, which, of course, will be more than a snack.

All members are urged to start the most holy period of the Jewish year by attending Slichos and, of course, joining in the repast.

Greetings from the Cantor

Cantor and Mrs. Samuel Zimelman extend to the synagogue congregants and all of their friends their wishes for a happy, healthy and prosperous New Year. May the year 5734 be the year in which peace will come to Israel and to the entire world.