

THE SHO-

שופר

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RABBI PRAVER'S SHABBAT

June 3rd

June 24th

July 22nd

July 29th

August 12th

August 26th

MONDAY, June 12, 2023

BOARD MEETING

5:30PM

Temple Emanu-El of Bayonne

Volume 122/June2023

12 Sivan-11 Tammuz

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SHABBAT

Fri., June 2/13 Sivan

Candle Lighting 8:04

Sat., June 3/14 Sivan

NASSO

Fri., June 9/20 Sivan

Candle Lighting 8:09

Sat., June 10/21 Sivan

BEHALAOTECHA

Fri., June 16/27 Sivan

Candle Lighting 8:12

Sat., June 17/28 Sivan

SHELACH

BIRKAT HACHODESH

Fri, June 23/4 Tammuz

Candle Lighting 8:14

Sat., June 24/5 Tammuz

KORACH

Fri, June 30/11 Tammuz

Candle Lighting 8:14

Sat., July 1/12 Tammuz

CHUKAT/BALAK

PRESIDENTS' MESSAGE

The Surgeon General of the United States, Dr. Vivek Murthy states that an epidemic of loneliness is plaguing Americans, jeopardizing well-being, health and sense of belonging. The U.S. Surgeon General Vivek Murthy released an advisory detailing a framework toward a "National Strategy to Advance Social Connection." The advisory raises the alarm on the issue. Murthy recently wrote an op-ed talking about his own experiences with loneliness and previously published a book on social connection.

Even before the pandemic, which exacerbated the problem, half of U.S. adults reported feelings of loneliness, the advisory notes.

"Our epidemic of loneliness and isolation has been an underappreciated public health crisis that has harmed individual and societal health. Our relationships are a source of healing and well-being hiding in plain sight – one that can help us live healthier, more fulfilled, and more productive lives,"

Murthy said in the statement. "Given the significant health consequences of loneliness and isolation,

we must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders."

Social connection is vital to a person's health and well-being, and experts say the national recognition furthers an urgent

dialogue on the problem. "The evidence has been mounting for decades in terms of documenting the significant

consequences to our health and well-being," said lead scientific author on the Surgeon General's report, Julianne Holt-Lunstad, who has studied the effects of loneliness on health for years.

While the pandemic has exacerbated loneliness, research suggests rates of feeling isolated have been increasing for years.

"There's been a simultaneous evidence of trends that suggests that we are becoming less socially connected,"

Holt-Lunstad said. "Simply getting back to normal will not be enough. And that's why a national strategy is so important."

Loneliness is making people sick

Loneliness is linked to an increased risk for anxiety and depression, heart disease, dementia and other health issues, as well as early death. Lacking social connection has the same health consequences as smoking up to 15 cigarettes daily or drinking six

Alcoholic beverages a day, according research by Holt-Lunstad, a professor of psychology and neuroscience at Brigham Young

University. "Part of this is recognizing that there are real health consequences. This is medically relevant," said Holt-Lunstad,

founding scientific chair of the U.S. Coalition to End Social Isolation and Loneliness and the Foundation for

Social Connection. "This is far more than just affecting our emotional well-being, but truly affecting our health."

Young adults at higher risk

While older adults are a known population at risk of experiencing loneliness, young adults are also suffering. The Surgeon General's outline noted recent surveys show some of the highest rates of loneliness are among young adults, with rates increasing annually since 1976.

As members of Temple Emanu-El, we can offer people a space that will allow them to become part of a wonderful community and combat loneliness. Let's reach out to people and convince them to join our journey.

“A little child will Lead them”

RABBI'S MESSAGE

Isaiah 11:6

We start learning in Genesis how to properly relate to the earth. "The Lord G-d took the man and put him in the Garden of Eden to work it and take care of it." (2:5) This verse commands us to be guardians and protectors of the earth. Humanity was also given permission to make use of the earth's riches for our own benefit. "Be fruitful and multiply; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." (1:28) This command signals G-d's permission for humankind to utilize the earth's resources for its advancement and wellbeing. But, it does not grant us license for abusive exploitation of the earth without measure or regard for the earth's own ecological wellbeing and the wellbeing of future generations. As guardians of the earth, humanity is biblically mandated to strike a balance between utilizing the earth's resources for its own advancement and preserving the health of the planet. Prophet Isaiah holds us to this standard declaring that "the earth is the Lord's and all that is in it." (24-1) Isaiah reminds us that we have been given permission to subdue the earth for our own benefit, but this permission is contingent upon our fulfilling our responsibility as the earth's guardians. If we fail to uphold our responsibilities, God takes the earth back from us and removes our agency to subdue it any further. If an environmental calamity were to occur on a planetary scale, humanity would finally understand, but then it might be too late for us. But must we wait until it's too late? Fortunately Isaiah has confidence in humanity to eventually make the right decision before it's too late.

The earth is a blue luminous lively planet pulsating with an electromagnetic shield surrounded by a protective Ozone layer that shields all life from harsh ultraviolet light rays. In stark contrast, nearby planets including Mars appear to be either scorched or disorganized clusters of swirling gases.

Recently William Shatner, "Captain Kirk" from Star Trek returned from an actual voyage outside the earth's atmosphere and gravitational field. One might have expected him to wax poetic about how deeply he was moved by the majestic beauty of the universe. But surprisingly, he returned shaken to the core with tears streaming down his face. "I saw a cold, dark, black emptiness. It was unlike any blackness you can see or feel on Earth. It was deep, enveloping, all-encompassing. I turned back toward the light of home. I could see the curvature of Earth, the beige of the desert, the white of the clouds and the blue of the sky. It was life. Nurturing, sustaining, life. Mother Earth. Gaia. And I was leaving her," he lamented.

His reaction as a man seemed quite opposite from his character Captain Kirk and the star fleet enterprise whose constant motto was. "to seek out new life and new civilizations, to boldly go where no man has gone before." Shatner was fixated on the expanding darkness and vacuum of life that sits between us and these new civilizations. The only planet that is absolutely certain at the moment for us is planet earth. But we have been failing our responsibility to be guardians of the earth. Pollution, global warming, deforestation, and rapid extinctions of species of animals, fish and flora is pervasive.

Among the prophets that came after Moses, Isaiah makes perhaps the strongest case for the earth as a living ecosystem with rights. He forecasts the consequences of failing our responsibilities. "The earth dries up and withers, the world languishes and withers; the heavens languish together with the earth. The earth lies polluted under its inhabitants; for they have transgressed laws, violated the statutes, broken the everlasting covenant" (24:4-5). Fortunately however, Isaiah is not saying this state of destruction is inevitable or predetermined. He illustrates and inspires us with a vision of how beautiful the planet could be. "I will open rivers on the bare heights, and fountains in the midst of the valleys; I will make the wilderness a pool of water, and the dry land springs of water" (41:18). "For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands" (55:12). "The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them." (11:6). Such a magnificent image of a restored vivacious earth and humanities return to innocence. These verses demonstrate the blessings if we care for the earth and the pain and suffering we will endure if we don't.

I believe the earth recently taught us something very important. At the beginning of the COVID-19 pandemic, when countries around the world went into lockdown, a remarkable thing occurred in the Adriatic Sea. The waters that flowed into Italy and Venice were restored to their luminous blue color, and an abundance of marine life quickly returned. Schools of fish, dolphins, and other sea creatures could be seen swimming in the lush blue waters, undisturbed by human activity. It occurred in many points around the globe. This sudden return of life to the sea was a striking demonstration of the resilience of the planet to restore balance when given even the slimmest opportunity. The take away is this: The ecologic state of the planet is in danger, but it is not hopeless. So long as we internalize some of these core lessons and put them into practice, we can turn it around. Isaiah assures us that "the earth will be filled with the knowledge of the Lord as the waters cover the sea" (11:9). We have the intelligence, technology and a strong incentive to cooperate with one another on a global scale. Each of us as guardians of the earth can heed Isaiah's message. We can help and join friends, communities, nations and the entire planet to help. The earth, sea and sky that once teamed with life can be restored. There are examples of countries such as Costa Rica and Israel who have protected and restored their natural habitats. It can be done. Isaiah's numerous expressions on behalf of the earth, make him a strong advocate of the earth and he awakens in us the desire to do it as a planet.

Ecology is a spiritual value that transcends politics. Earthquakes, hurricanes, tornados, floods and scorched deserts affect people of every kind and every place. We will either pull apart and destroy ourselves, or pull together and restore the pristine beauty that both Shatner and Isaiah admired. Isaiah advised us that it is easier than we think. Even a little child could lead us.

Shaul Marshall Praver
Rabbi-Cantor-Chaplain
D-Min., BCC

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TRIBUTES

Please send tributes and payments directly to the Temple or call 201.436.4499

THANK YOU...

TO: RENEE & ALBERT BOUSSO— DONATION AND KIDDUSH IN MEMORY OF ELWYN JAMES BLATTNER, RENEE'S FATHER.

FROM: THE CONGREGATION

MAZAL TOV...

TO: RABBI & MRS. SHAUL PRAVER— ON THE COLLEGE GRADUATION OF THEIR SON NOAH

FROM: THE BOARD OF DIRECTORS, IRENE

KRAVITZ, VARDA & ARNIE WENDROFF

TO: MURRAY AND RUTH BLACKSTONE— IN HONOR OF THEIR GRANDDAUGHTER AVERY'S BAT MITZVAH

FROM: SUZANNE SURPIN



DONATION ACKNOWLEDGEMENTS TO LOVED ONES...

Yahrzeit Donations...

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Rose Serkin

FOR:

May W. Fox
Florence Zuckerman
Charlotte Carlin
Sidney Serkin

BELOVED

Mother
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Husband



May 28-June 3/8-14 Sivan

Yahrzeit

Rachel Polevoy, Hannah Elbaum, Beatrice A. Kline, Max Herbert Leslie, Abraham Liebeskind, Rebecca Altschulker, Dora Adler, Charles S. Goldberg, Edward P. Wolfson, Viola Steinbaum, Marion Ripps Canter, Isaac Rogow, Isador I. Tilton, Sylvia Nestler, Mack M. Grenert, Robert T. Egenberg

June 4-1/15-21 Sivan

Samuel Levine, Fani Traurig, Sarah Blacher, Harry Hoffer, William Kochansky, Minnie D. Willner, Hinda Liebeskind, Dinah Brooks Tucker, Saul H. Buchbinder, Gustave Sachs, Ethel Cohen, Ann Tepper, Julius A. Rose, Eva Posner, Tillie Turteltaub, May Fox, Elliot D. Bronstein, Betty Goodman

June 11-17/22-28 Sivan

Masha Rubine, Max H. Doyne, Miriam Eicken, Pauline Perlberg, Raymond Willensky, Mildred Bronstein, Eleanor Finkelstein, William Levine, Ruth Locket, Betty Wexler, Pearl Kapiloff, Esther Brown, Ida Ray Sugerman, Joseph Preminger, Dorothy Vogel, Abraham H. Shopkin, Sara Raquel Perl

June 18-24/29 Sivan-5 Tammuz

Jack Gold, Dorothy Wolfson, Rose Sonkin Gurland, Sol A. Altschuler, J. Edward Bennett, William Doros, Harry Derechin, Dr. Herbert W. Weisman, David Louis Rogow, Sidney Greenberg, Sidney Whole, Fern Mildred Kohn, Mildred Grodberg Witkind, Jacob Golush, Lauren Michelle Wendroff, Yetta Schapiro, Dr. Steven L. Goldberg

June 25-July 1/6-12 Tammuz

Lena Penchansky, Dr. Charles Lipshutz, Jeffrey B. Epstein, Jerome Levy, Fanny H. Morganstein, Sophie Sachs, Lucy Seclow, Simon Dubowsky, Gertrude Lichtenfeld, Henry Schnitzer, Max E. Lourie, Dr. David S. Steinbaum, Louis Perwin, Dr. Ben Lipschutz, Annette Levine Lang, ? Lapidus, Miriam Ruth Poloway, Elaine Wexler

June 2023

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5	6	7	8	9	10
11	12 Board Meeting	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Temple Emanu-El

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