



From the
Beit Midrash of
Rav Julius



The High Holy Days Begin: Giving Life to English Prayer

As I write this column, we have just recently concluded conversations with our High Holy Day Cantor for this year and just beginning our preparations for the prayer services in September.

And as we begin our approach to this annual event, one of the quiet challenges of synagogue life -- one that rarely receives sustained attention -- is how we relate to the English prayers in our prayer books. I know that I have addressed this as part of a review of our overall prayer experience but today let it be the focal basis of our High Holy Day focus that will come upon us soon after the summer is over.

We spend enormous energy teaching Hebrew literacy and cultivating the music of Hebrew prayer. Yet for many congregants, the English readings are where they actually understand what they are saying.

And paradoxically, those same English readings are often the least considered, least discussed, and least spiritually engaged parts of our service. They simply become a sound not heard from the clergy on the *bimah*.

Most of us have had the experience of encountering an English paragraph in the *machzor*, the prayer book we use on the High Holy Days, perhaps a meditation tucked beneath the Hebrew, or a translation of a familiar prayer -- and read it. We read it because it is printed on the page, not because it *speaks to us*. And once we finish, we may never return to it again. Most of the time, the words pass through us without leaving a trace.

This raises a fundamental question: How should we effectively use English prayers? How do we elevate them beyond "filler," beyond a perfunctory reading, and transform them into genuine vehicles of *kavanah*, of intentionality?

To answer this, we must first acknowledge a truth: English prayer is not merely a translation for those who cannot understand Hebrew. English prayer is a legitimate mode of spiritual expression in its own right. Our tradition has always embraced prayer in the vernacular: Aramaic in the Talmudic period, Arabic in the medieval world, Ladino, Yiddish, and countless others. The soul speaks in many 'languages of the heart.'

But English prayer requires a different kind of intentionality. Hebrew prayer carries centuries of accumulated usage. Even when we do not understand every word, the sound itself conveys sanctity.

English, by contrast, is familiar. It is the language of grocery lists, social media postings, emails, and traffic signs. To pray in English, we must consciously elevate the sanctity of the language, and ourselves, into a different register.

So how do we do that? Here are some of the considerations:

1. Choose English prayers with purpose

Not every English paragraph deserves attention. Some are literal translations; some are poetic creations; some are theological statements that may or may not reflect the spiritual needs of our community. When selecting English readings for communal worship, here are some of the questions we might want to ask:

- Does this reading illuminate the Hebrew prayer it accompanies?
- Does it express a spiritual truth that resonates with our community?
- Does it invite reflection or connection?

Is it written in language that feels alive rather than reflect a historical connection?

We should not hesitate to modify, adapt, or even replace English readings that no longer serve. The goal is not to preserve every printed word, but to select a set of English prayers that genuinely support *kavanah*, our 'intentionality.'

2. Treat English prayer as its own genre

English prayer is not simply a 'Hebrew prayer that has been translated.' It functions differently.

Hebrew prayer often compresses meaning into a few words, relying on centuries of commentary to unpack it. English prayer, by contrast, tends to be more expansive. It can name emotions directly. It can articulate spiritual states that Hebrew expresses metaphorically.

This means that when we read English prayer, we should approach it as spiritual prose, not as a technical translation. We

President's Box

June is finally over! The 2026 Fiscal Year of Beth Jacob has successfully ended.

This last half/quarter of the year has been full of suspense; alternating high points with periods of extraordinary challenges.

Synagogue operations were mostly routine, and finances were adequate. Adequate because contributors emerged to contribute/sponsor events, and we received two distributions from the Jainchill Trust, that were due to us according to the transfer process.

As I write this message the process has a final administrative step that has NOT yet concluded, but as you read this report, it has no doubt been finalized. Incidentally, Dues for the new Fiscal Year will remain unchanged.

Going forward, some Federation officers and influencers have talked about recasting our relationship more as a "partnership" than a landlord/tenant relationship. If that could be possible, Beth Jacob would be eager to cooperate.

Our Rav Julius appears to have finally turned the corner regarding the mending of his broken leg. Nevertheless, Summer Shabbat Services and Kaddishim had to be analyzed without the Rabbi's physical presence, specifically missing someone who could read the Torah. Our summer schedule is the result.

Our future is bright. The Rav and our active directors are dedicated, strong, and eager to engage this coming Fiscal Year with enthusiasm and new programs.

We have engaged a fine Hazzan, Ellen Miller Arad, to participate in our High Holiday Services, who will be with us with her husband. We hope to fill all the seats in the Sanctuary with congregants eager to listen to this fine Cantor.

Millie and I will soon be heading out for our 30th summer at the Chautauqua Institution in southwestern New York. It's a place we return to for learning, relaxation, and time with friends we've made over the years. We participate in Jewish programs through the Chabad of Chautauqua, and we enjoy reconnecting with couples we've known since our Harvard days as well as others who spend their summers on the grounds.

We're also part of a small group called ABC, which encourages a healthy range of viewpoints in Chautauqua's lectures and discussions. In recent seasons, the Institution has made a point of inviting follow-up speakers who offer different perspectives, helping attendees hear more than one side of an issue. Afternoon conversations in smaller venues give people a chance to reflect, exchange ideas, and learn from one another.

We will be away for some undetermined weeks, during which I have asked past president, Alan Ruditzy, to assume the baton of Acting President with regard to day-to-day decisions.

While I will be able to be reached, please cooperate with Alan, who I, informally, consider my Co-President.

This report could be extended on and on, but I've written of the main issues I wish to convey.

Please stay healthy, safe, and have a delightful summer. We will look forward to rejoining you in "not-so-many" weeks, sometime in August.

B'Shalom to all.

Marty (and Millie)



Beth Jacob Synagogue

Mourns the Loss

*And sends Condolences to the
Family of our Member*

Judy Brown



Mishebeirach

Berne Vasquez Kapili

Beth Camassar

Billy Maynard

Bonnie Curkin

Emma Fries

Shirley Christian

Seth Curkin

Rabbi Gary Atkins

Jenn Rockwell

Jeremy Federman

Marvin Levine

Michael Francis

Michelle Nash

Pamela Magliano Cannata

Patricia Tilley

Tiffany Gravel

Tim Menard

Ahoova Hana bat Gila

Chaim ben Libba

Michal ben Sarah

Moshe Ben Rochel

PRAYER SERVICES

Friday Evening at 6:00 pm. Kabbalat Shabbat.

Saturday Morning Shabbat Service at 10 am

Kiddush is served after service

should allow ourselves to linger on phrases, to notice the emotions embedded within to let the words speak to us in ways that Hebrew sometimes cannot.

3. Slow down

The greatest enemy of English prayer is speed. When we rush through English readings, they become informational rather than devotional.

Perhaps, we should read English prayers slowly -- perhaps even silently. Invite pauses that resonate. Suggest that we read the same paragraph twice, noticing what stands out the second time.

4. Use English prayer to deepen the Hebrew

English prayer can serve as a bridge into Hebrew prayer. A well-chosen English reading can illuminate the themes of a Hebrew blessing, helping congregants understand what they are about to say -- or what they have just said.

For example, before silently reciting the *Amidah*, an English meditation on gratitude or humility can prepare the heart. After the *Shema*, an English reflection on love or responsibility can help the Hebrew words settle more deeply.

English prayer should not compete with Hebrew. It should complement it.

5. Encourage personal engagement

One of the most powerful ways to elevate English prayer is to invite all of us to make it their own, so that each one of us is encouraged to:

- choose the English readings, and not leave the selection to the clergy

- emphasize words or phrases that speak to us, or compose our own English prayer.

Prayer becomes meaningful when it becomes personal.

6. Allow English prayer to be theological

Many English prayers articulate theological ideas more directly than their Hebrew counterparts, especially to us. They speak of God's presence, compassion, justice, or mystery in ways that feel immediate.

We should not shy away from this. English prayer can help congregants explore their own theology -- what they believe, what they doubt, for what they hope. It can open doors that Hebrew prayer sometimes keeps closed.

7. Revisit English prayers regularly

If we want English prayer to matter, we must return to it. Let them become familiar. Let them become part of the congregation's spiritual vocabulary that same way we do with other parts of the service: *Shema Yisrael, Oseh Shalom, or V'Ne-emar, v'hayah Adonai, l'Melech al kol ha'aretz.*

As the clergy move ahead with the liturgical preparations for the day, I would also like to convene a group of Beth Jacob members who would like to work with me in making selections for our service, that best expresses who we are. I will invite some of you, but if this is something you would like to do, please let me know.

A prayer that is read once may be forgotten. A prayer that is read regularly in any language, becomes a companion.

B'Shalom,
Rav Julius



Donations

We gratefully acknowledge the following contributions to Beth Jacob Synagogue's Special Funds.

Building Fund

In Memory of Nathaniel Gere

Michael Gere

In Memory of Harvey Polinsky's Sister

Irene Schienberg

Michael Gere

In Memory of Celia Mindel

The Saul & Clara Mindel Family

In Memory of Martha Gorin, Jodie Stewart & Samuel Gorin

Lester Gorin

In Memory of Judy Brown

Irene Schienberg

In Honor of Roz Etra

who does so much to all

Irene Schienberg

July Birthdays

July 2	Eugene Winakor
July 5	Jeremy Federman
July 8	Michael Gere
July 10	Rosa Goldblatt
July 16	Irene Schienberg
July 20	Stacy Gould
July 21	Terri Slater
July 26	Lauren Doherty
July 28	Mindy Pedersen
July 31	Clayton Church

July Anniversaries

July 10	Harvey & Judith Polinsky
July 11	Michael & Joan Gordon
	Jerald & Gail Navick
July 12	Jerry & Deborah Schwell

August Birthdays

August 2	Vicki Seroussi
August 4	Marc Bokoff
August 10	Linda Holzschlag
August 13	Scott Camassar
August 17	Faye Ringel
August 20	Harvey Polinsky
August 25	Jerald Navick

August Anniversaries

August 11	Brian & Harriet Burchman
August 12	Michael & Rosa Goldblatt
August 17	Norman & Jane Katzoff
August 30	Joseph & Lorrain Biber

The High Holy Days 5784 will be here before you know it. We are now in the process of updating the Annual Memorial Booklet, which provides a wonderful opportunity to honor the memory of your departed loved ones. The contribution to Beth Jacob is a mitzvah that will help us add vitality to our many programs and services and perpetuate a Jewish place of worship that has touched your family at some point.

If you would like to include a listing in the Memorial book, please fill out, and return, the enclosed 2026 Memorial Booklet Form together with your check, payable to Beth Jacob Synagogue by Monday August 24, 2026. Payment must be included in order to print the listing.

The Memorial Booklet also contains the full Yizkor Services to be used throughout the year. It is a special tradition at Beth Jacob. Please join us in treasuring those of blessed memory.

Beth Jacob Synagogue 2026 Memorial Booklet Form

Please circle request: NEW MAKE CHANGE SAME AS LAST YEAR

INSIDE FRONT COVER

<input type="checkbox"/> Inside Back Cover.....\$750	<input type="checkbox"/> One quarter page.....\$225
<input type="checkbox"/> Full Page.....\$550	<input type="checkbox"/> Individual Memorial Name Listing.....\$30
<input type="checkbox"/> One-Half Page.....\$350	<input type="checkbox"/> Additional Memorial Name Listing (ea).\$18

Please inscribe the following names: (Print CLEARLY new names or changes to be made)

1.	\$30	6.	\$120
2.	\$48	7.	\$138
3.	\$66	8.	\$156
4.	\$84	9.	\$174
5.	\$102	10.	\$192

Memorial offered by:

Enclosed: \$

Deadline for placing a Memorial listing is: Monday, August 24, 2026

ALL are WELCOME

BETH JACOB SUPER SHABBAT



Daven at Beth Jacob



Sing aloud at Beth Jacob



Hang out with Friends at Beth Jacob



**Number
ONE
Kiddush
Luncheon
On the
Planet**

**It's
NOSH
TIME**

Kashruth observed

Shabbat Services: 10 AM 'til Noon
NOSH Time: Noon until you're stuffed
COME ANY TIME— LEAVE ANY TIME

Beth Jacob Synagogue
 400 New London Turnpike
 Norwich, CT

A conservative Jewish
 congregation
 Julius Rabinowitz, Rabbi



JULY 2026 YAHRZEITS



July 2 **17 Tammuz**

Gloria Mandel
Viola Rosen

July 3 **18 Tammuz**

Belle Bruckner

July 4 **19 Tammuz**

Matilde E Beit
Sarah Smotrich
Lucille Malchman
Barnet Fishbone

July 5 **20 Tammuz**

Max Wolfman

July 6 **21 Tammuz**

Sylvia Fischburg Eisenberg —
Mother of Kenn Fischburg
Ruth Berke —
Mother of Helen Berke

July 7 **22 Tammuz**

Shima Kessler
Lena Selkowitz
Ethel Davis
Minnie Clark
Louisa Reisler

Dora Kenig
Jacob Gotthofer

July 8 **23 Tammuz**

Thelma Weisman —
*Aunt of Jerald and
Murray Navick; Kaye Winakor*
Samuel Eisenstein

Henry Levine

July 9 **24 Tammuz**

Justin Dressler
Morton Rosen

July 11 **26 Tammuz**

Arthur Goldblatt —
*Uncle of Michael Goldblatt
and Ellen DeLeon*

Morris Foster

July 12 **27 Tammuz**

Harold Friedland
Martin Kaplan —
Brother of Arlene Dressler

John Meyer

Sadie Steinman

Louis Coit

Herman Smotrich

Lillian Bloch —
Mother of Joan Gordon

Joseph Botwick

July 13 **28 Tammuz**

John Edward Levin

Samuel Raucher

July 14 **29 Tammuz**

Benjamin Ringel —
Grandfather of Faye Ringel

Hal Kaplan —

Father of Jane Katzoff

Morris Sussman

Eva Ann Gotthoffer

July 15 **1 Av**

Nathan Millstein

Rosalyn Alexander

Samuel Hecht

Bessie Snitkin

July 16 **2 Av**

Herman Budnick

July 18 **4 Av**

Abraham Curland
Beatrice Bumgarner
Augusta Shereshevsky

July 19 **5 Av**

Sander Blinderman
Leon F. Seserman
Miriam Beit

Kate Goldstein

July 20 **6 Av**

Leonard Pogel
Shirlee Meyers

July 21 **7 Av**

Jodie Ellen Stewart —
Daughter of Lester Gorin

July 22 **8 Av**

Charles Seder
Abraham Werman
John Landman

Esther Shereshevsky

Lillian Feldman

July 23 **9 Av**

Celia Mindel

July 14 **10 Av**

Rose Hankin

Esther Shedroff

Jacqueline Orenstein

Michael Israelite

July 29 **15 Av**

Suzanne Berkman

July 30 **16 Av**

Martha Gorin —

Mother of Lester Gorin

Candle Light Times

July 2026

July 3 8:10pm

July 10 8:08pm

July 17 8:04pm

July 24 7:58pm

July 31 7:51pm

Candle Light Times

August 2026

August 7 7:43pm

August 14 7:33pm

August 21 7:23pm

August 28 7:12pm

Ba-rukh atah A-do-nai, e-lo-hay-nu-me-lekh ha-
olam, a-sher kid-sha-nu-bemitz-vo-tav ve-tzi-
vanu Le-had-lik ner shel Shabbat.

Blessed are you, Lord our God, Sovereign of the
Universe, who has sanctified us by Your com-
mandments and has commanded us to kindle
the Shabbat lights.

Ba-rukh atah A-do-nai, e-lo-hay-nu-me-lekh ha-
olam, a-sher kid-sha-nu-bemitz-vo-tav ve-tzi-
vanu Le-had-lik ner shel Shabbat.

Blessed are you, Lord our God, Sovereign of the
Universe, who has sanctified us by Your com-
mandments and has commanded us to kindle
the Shabbat lights.

Bern
Beth
Bill
Bon
Emm
Shir
Seth
Rab
Jenn
Jere
Mar
Mic



AUGUST 2026 YAHRZEITS



August 1 **18 Av**
 Minnie Eisenberg
 John Blum
 Seymour Beit

August 2 **19 Av**
 Anna K. Golub
 Phyllis Soloff
 Rose Botwick
 Harry Gootman
 Ralph Botwick

August 4 **21 Av**
 Samuel Clark
 Max Barber

August 5 **22 Av**
 Ruth Berkman
 Max Barsky —
Grandfather of Faye Ringel

August 6 **23 Av**
 Isadore Berkman
 Sarah Berkman

August 7 **24 Av**
 Sara Goldstein
 Nathan Wolfman
 Abraham Cohn

August 8 **25 Av**
 Eli L. Cramer
 Jennie Crumb

August 9 **26 Av**
 Abraham Later —
Father of Nancy Gordon
 Yetta Brody
 Celia Chasen
 Abner Schwartz
 Irvall Labb —
Wife of Robert Labb

August 10 **27 Av**
 Katie Navick —
*Mother of Jerald
 and Murray Navick*
 Albert Brauman —
Grandfather of Stacy Gould
 Morris Epstein

August 11 **28 Av**
 Harry Bokoff —
Father of Marc Bokoff

August 12 **29 Av**
 Rose Sykes
 Richard Wolf —
Father of Marc Wolf
 Lillian Seder

August 13 **30 Av**
 Dorothy Friedman —
Mother-in-Law of Michael Gere
 Aaron Kanter

August 14 **1 Elul**
 Irving Gold
 Phyllis Stern —
Mother of Gabe Stern
 Lena Bruckner
 Benjamin Shapiro —
Father of Martin Shapiro
 Ethel Luchansky

August 15 **2 Elul**
 Faye Schwartz
 William Trubowitz
 Anna Shapiro —
Mother of Millie Shapiro

August 17 **4 Elul**
 Lena Rabinovitch

August 18 **5 Elul**
 Margaret Klein
 Max Epstein
 Dora Lemberg

August 19 **6 Elul**
 Anna Rabinovitch

August 20 **7 Elul**
 Mildred Heiman
 Asher Libo
 Louis Trachtenberg
 Israel Rabinovitch

August 21 **8 Elul**
 Ethel Kalnitsky
 Dr. Markoff Kopeland
 Lena Schoenberg
 Frank Spandorf

August 22 **9 Elul**
 Lena Eisenstein
 Rose Barber
 Raphael Korff

August 23 **10 Elul**
 Ann Berk
 Dr. Borris Sohn
 Anna Labensky
 Mary McFadden Dean —
Mother of Kathleen McFadden

August 24 **11 Elul**
 Abraham Burchman
 Henry Livingston

August 25 **12 Elul**
 Jacob Navick —
*Uncle of Jerry Navick, Murray
 Navick and Kay Winakor*
 Augusta Seimon

August 26 **13 Elul**
 Albert Oelbaum
 George Korman —
Grandfather of Paul Deutsch
 Diana F. Fischburg —
Sister of Kenn Fischburg

August 27 **14 Elul**
 Bessie Barsky —
Grandmother of Faye Ringel
 Bessie Charm

August 28 **15 Elul**
 Milton Orenstein
 Jeanne Soloff Golder

August 29 **16 Elul**
 David Berke —
Brother of Helen Berke
 Sarah Asher

August 30 **17 Elul**
 Saul Mindel
 Bertha Resnik

August 31 **18 Elul**
 David Millman
 William Hyman
 Jacob Bronrote
 Alice Rothenberg



Second Act Hot Lunch



The Jewish Federation
OF EASTERN CONNECTICUT

CHECK DATES FOR LOCATION 12:00PM

JUNE 22

Menu: Cheese and/or Veggie Pizza, Side Salad, and Fresh Fruit (From Illianos)
Temple Emanu-el

JUNE 29

Menu: Tuna Salad Grinders with Lettuce, Tomato, and Cheese, French Fries, and Side Salad (From Asylum St Pizza)
Jainchill Clubhouse at JFEC

JULY 6

Menu: Herb Roasted Chicken, Saffron Yellow Rice, Green Beans, and a Whole Wheat Roll
Jainchill Clubhouse at JFEC

JULY 13

Menu: Sushi & Sashimi, Cucumber Salad, Edamame, and Asparagus (From Mahzu)
Jainchill Clubhouse at JFEC

JULY 20

Menu: Hot Dogs & Hamburgers, Potato Salad, Corn on the Cob, and Baked Beans (BBQ & Beach Party!)
Temple Emanu-EI

JULY 27

Menu: TBD
Jainchill Clubhouse at JFEC

AUGUST 3

Menu: Deli Sandwiches, Coleslaw, and Potato Chips (From Crown Market)
Temple Emanu-EI

AUGUST 10

Menu: TBD
Jainchill Clubhouse at JFEC

AUGUST 17

Menu: Falafel, Hummus, Baba Ganoush, and Eggplant (From Taza in Niantic)
Temple Emanu-EI

AUGUST 24

Menu: BBQ Chicken, Garden Salad, Corn on the cob, Roasted Red Potatoes, & Fresh Fruit (Farewell Summer!)
Temple Emanu-EI

**TO RESERVE YOUR SPOT AT ANY OF THESE LUNCHES,
PLEASE RSVP TO ADREISHKA AT (860) 300-4457
NO LATER THAN THE FRIDAY BEFORE EACH DATE!**

