

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 Con-
 gregations.

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-
 B'Mitzvosove V'tzivanu

If you are interested in
 please contact Cant

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 We must reJEWvenate an
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 wishing you and yours
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 YEAR.

—Rabbi Steven I

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This time it will be :
 Show and Sale to be h
 Social Hall on Sunday, N

Esther Goldstein is chair
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Watch our bulletins for
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CONDOLENCES

The families of:

Joseph Cope
 Nathan Mack
 Rose Shulman

May the families be comforted
 the mourners of Zion and

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Muriel 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

Saturday, October 6

NOYES STREET

NEWBURY STREET

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

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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

ANTIQUÉ 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 de-
tails.

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, an-
other 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 Zimel-
man extend to the synagogue con-
gregants 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.