

Shalom,

All summer long, as we enjoyed all the outdoor activities and fun that the warm weather makes possible, you probably were not thinking about Rosh HaShanah and Yom Kippur and the other Fall holidays. But, you can be sure that I was So, too, Rabbi Gruber and Cantor Kohlbrenner, as well as the team that coordinates our lay led service on the Second Day of Rosh HaShanah. As we continue to make the incremental changes that are strengthening our community, we are mindful of the strong traditions that have developed over the years for Central Synagogue and Beth Emeth. Although officially there is a hyphen in our new-old name, Central Synagogue-Beth 'meth, there is no disconnect and no distance between us. We are now **one community** and the differences that may have been noticeable in the past are quickly fading away. Together we are creating new traditions that future generations of CSBE'ers will receive and enjoy. As always in Jewish life we face challenges that are formidable, but not insurmountable. Together we will continue to grow stronger and we will build a better future for our community!

Soon we will gather together for Rosh Hashanah, Yam Kippur, Sukkot and Simchat Torah. When we enter the synagogue at the beginning of Rosh Hashanah we will want to experience spirituality and a feeling of community. Many will succeed, but some will be disappointed that it didn't happen. Why won't some of us feel that deep spiritual fulfillment? believe it is because we're out of shape, spiritually speaking. Just as we wouldn't dream of running a marathon without training or playing a sport without practice, why would we come to the synagogue without any preparation? From one Rosh Hashana to the next we have many opportunities to get ready for the marathon by attending Shabbat services, preparing us for that spiritual experience we long for. Even the busiest people need to stop to breathe once in a while...when you need to take a breath, Shabbat gives you that chance. Don't deny yourself the pleasure of Shabbat with friends in your Jewish home, Central Synagogue - Beth Emeth, even between the New Years!

L' shana Tovahl

Rabbi Elliot Skiddell