

SONS OF JACOB BULLETIN



Upcoming Services with Rabbi Kushner

Friday, July 22nd
Saturday, July 23rd

Friday, August 26th
Saturday, August 27th

Friday, September 9th
Saturday, September 10th

Please join us after regular Shabbat Services on Fridays for oneg and social time and Saturday for luncheons. All are welcome, even if you are unable to attend services.

The SOJ office will be closed on Monday, July 4th

5783 High Holiday Services with Rabbi Ora Simon-Schnitzer

will take place on
Monday, September 26th
Tuesday, October 4th
Wednesday, October 5th

Please watch for more information and detailed schedule in future bulletins





Membership Directory

Work on the annual Membership Directory is beginning. Please see the separate attachment if you would like to place a greeting in the directory.

Attention Members:

Please contact Stephanie if you have any changes to your personal information. Otherwise, the same information as last year will be published. Thank you!

Notice from Judy Finkelstein **Now available from "The Market"**

The Market is located at: 5307 Caraway Lane, Cedar Falls, IA

Phone: 319-859-9344 -- Open from 10-5 M-F

Produced by: Lilly's Baking Company Brooklyn NY

- Handcrafted Macaroons Chocolate Dipped (6) \$6.29
(Kosher) (Parve) (Lactose Free)
- Vegan Rugelach (Chocolate) (16 pieces) \$6.99
No Artificial colors, flavors or preservatives (Parve)(Kosher) (Dairy Free)
- Assorted Hamantashen (10+) (Parve) (Kosher) \$6.75
(Lactose Free) (Poppy Seed, Prune, Apricot, Raspberry)
- Chocolate Crinkle Cookies (Parve) \$7.99
- Linzer Tart Cookies (Raspberry) (Parve) \$6.69



If you are interested in purchasing some of these, call Judy Finkelstein at 319-266-5393. Judy can bring them to the Synagogue for you to pick up. Samples will be available at the Oneg after services and lunch July 22, July 23.

WELCOME

Erin Miller

Erin is a recent graduate from the University of Northern Iowa, where she received her B.A. in The Study of Religion, and minored in Recreation, Tourism, and Nonprofit Leadership. She is originally from Osage, Iowa, and currently resides in Cedar Falls. Erin enjoys working with her local community and helping others. She also works at SingleSpeed Brewing Company in Waterloo where she manages, bartends, and serves. She is excited to be a part of the SOJ community, and get to know everyone!



Yahrzeits

The yahrzeits of these beloved, departed relatives listed below should be observed on the Friday and Saturday of the week listed.

Jun 26 - Jul 2:

Osna Goldstein
Philip Rosenbaum
Michael Weinger
Nathan Kronberg
Ida Walner
Isaac Klein
Sarah Rosenthal

July 3 -9:

Nathan Rosenthal
Carl Unger
Irving Margolis
Joyce B. Rosenbaum
Ernest Wolfe
Goldie Cohn
Melvin Siegel
Seymour Krantz
Barbara Lederman
Harold Slavin
Irene Sommer

July 10 -16:

Pinchus Kramer
Harry Gradinger
Joseph Walner
David Lewis
Elsie Baum
Harry Abrahams
Mandel Kramer
Frank Blindman
Samuel Shapero
Sylvia Goldner
Arthur Westerman
Sarah Wolf

July 17- 23:

Isador Finkelstein
"Jo" Krensky
Bertha Tabach
Natalee Jacobs
Julius Meyers
Elizabeth Epstein Cohn
Rose Krupkin
Sophie Myers
Rose Edelstein
Harry Hankin

July 24 - 30:

Esther Fish
Jay Levi
Theodore Cohen
David Nadler
Ida Kramer
Max Reinstein
Mary Rosenthal
Frank Greenberg

Jul 31 - Aug 6:

Maurice Ritter
David Guralnik
Charles Tenenbaum
Beatrice Cooper
Louis Cooper
Alan Israel
Lena Lachman
Anne Wolfe
Sophia Cohn
Sarah Fish
Jack Meadow
Myer Toor



We gratefully acknowledge the following contributions:

EDELMAN, Lisa & Jesse - In memory of grandmother, Pauline Vidis

GOLDNER, Doris - In memory of mother, Sylvia Goldner; sister, Natalie Jacobs; and aunt, Osna Goldstein

GOLDNER, Norman - In memory of mother, Sylvia Goldner and sister, Natalie Jacobs

GREENFIELD, Michael - In memory of father, Sidney Greenfield

LEDERMAN, David & Family - In memory of mother, Barbara Lederman

LINICK, Rochelle - In memory of father, Morris Cohn

*Todah
Rabah*



When Was the Last Time?

There's something considered vulnerable about crying, especially in public. It is often interpreted as a sign of weakness; especially for men, who are supposed to be brave and stalwart. Many of them were told as youngsters that "big boys don't cry." I recently learned that we (strangely enough) often feel ourselves actually more resilient when we have allowed ourselves to be emotionally opened by shedding tears. This idea was intriguing, so I read up on it:

In the 1970s, Dr. William Frey, a professor of pharmaceuticals at the University of Minnesota, analyzed the chemical makeup of "reflexive tears" (the kind you cry when you cut up an onion) versus "emotional tears" (the kind you cry while watching a sad movie). What he found was fascinating. While "reflexive" tears generally serve to protect the eyes by flushing and lubricating them, Frey postulated that the main function of "emotional" tears is to help the body recover from a stressful event by excreting excess hormones and other proteins. That is a voice of science. Beyond that, what does our scripture say?

In our Bible, we read of the estranged brothers Esau and Jacob embracing and weeping at their first meeting after many years. Perhaps these tears were the catalyst that aided their tenuous reconciliation. When David, the future king of Israel, and Jonathan, son of King Saul, parted ways, both friends wept in sorrow – although our text does mention that David wept more. He seems to be very familiar with weeping; in one of his Psalms, we listen to his anguish as a prisoner of the Philistines: "You keep count of my wanderings, put my tears into Your flask, into Your record." What does this poetic language mean? I don't imagine that God really has a bottle for tears, or an actual book where the events of our lives are recorded. The idea behind keeping tears in a bottle (the Romans also put little bottles of tears in graves as a sign of mourning) is remembrance. David is expressing a deep trust in God; God will remember his sorrow and his tears and will not forget about him. Tears are thus often absolutely appropriate, whether in parting or in reconciliation, whether in profound sadness or in heartfelt joy.

Sometimes they are the only language that really expresses what we need to say. They are a holy overflowing, and we should allow ourselves to open to them more often. If even God (according to King David) weeps, why shouldn't we? And for all of us Hebrew mavens, the word for "tears" in Hebrew is very similar to the word for "blood." Thus the ancients considered tears "blood of the eyes." While shedding blood usually indicates an injury of the body, shedding tears depicts injury (and potential beneficial effects!) regarding the soul.

Remember how you felt the last time you allowed yourself a good cry? Let the healing begin!

B'vrachot, with blessings,
Rabbi Rebecca