



**ACHOT**  
UMJC SISTERHOOD

# W u ?

An Achot Newsletter

Issue No. 11

Tishrei 5772

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## Rosh Hashanah *by Linda Lieber*

Rosh Hashanah, beginning from its minimalist biblical origins as Yom Teruah, the day of blowing, has in Jewish thought become weighted with much additional meaning. It is, of course, natural to ask the question of why such a solemn commemoration, with its extra sacrifices and Shabbat overtones, would put such emphasis on a day for sounding the shofar. What is it that

HaShem would be so desirous of getting our attention about that He set aside an entire day



yearly to, in effect, gain that attention?

We know that the rabbis derived a number of reasons for the sounding of the shofar. But perhaps the proximity to Yom Kippur, the once yearly unique day of sacrifice, should be seen as the clearest event to which our sacred attention was to be drawn.

*(continued on page 2)*

## Retreat Host 2011 *by Marci Kotting*

The Sisterhood of Beth Messiah Congregation (Columbus, Ohio) is eagerly anticipating hosting the 2011 UMJC Achot Sisterhood Retreat October 28-30, 2011. It is going to be a wonderful time of fellowship, encouragement, and friendship. The theme, *The Last Holdout*, promises to be an interesting and challenging topic.

Just to provide a little background about your host, Beth Messiah's sisterhood has been in existence for nearly

30 years. We meet monthly, not only to conduct business but also for regular Bible study. We just finished working through Walk! Genesis, allowing for a much deeper time to reflect on the parashiot and will soon begin a study of the Book of Ephesians (in conjunction with studying that book as a congregation during our worship services).

*(continued on page 10)*

## Rosh Hashana *(continued from page 1)*

Yom Kippur, that most holy day, attended by various solemn liturgy and sacrifices in the Temple, could easily stand on its own. Nevertheless, it seems that it would not have been sufficient allow Yom Kippur to approach without several days of focused preparation.

The rabbis see Rosh Hashanah as also pointing to the enthronement of G-d in His role of King over all creation. The idea of king is helpful to understand the necessity of preparation of approach. It is quite difficult in today's world, particularly in democratic nations, to calculate the feelings that might have been engendered when in the presence of a



king. Ancient kings often had unlimited power and life or death was in their authority. We might do well to reflect on coming into the presence of a king unsure of our status or whether our behavior had met with his approval.



A prominent prayer at this season is the Avinu Malkenu. It begins with the statement that *"We have sinned before you."* So we begin by confessing that our behavior has not met His high standards. If we then ac-

knowledge that our great King can do whatever He likes, we are on precarious ground. The Avinu Malkenu continues on in a litany of ways in which we have sinned before the Holy One. We seem to be intentionally digging ourselves into a deeper hole.

The other side of this scenario flows from the biblical and covenantal revelation that the King of Israel and King of the Universe is a G-d of mercy, compassion and long suffering. So we too can approach with a strong hope of obtaining that mercy and

*"We might do well to reflect on coming into the presence of a king unsure of our status or whether our behavior had met with His*

once again being in the place of Hashem's pleasure. This ground of serious engagement is what serious seekers hope to effect; hopefully we can engage in such a process without touching the extremes of either flippancy or morbidity. As you seek Hashem's face in these coming days, may you once again find the pleasure of His face upon you. L'Shana Tovah and may you truly be inscribed in His Book of Life! ✍



Hosted by The Beth  
Messiah Sisterhood

# ACHOT

Presents "The Last Hold Out"

**October 28 - 30, 2011**  
**Columbus, Ohio**

at the Worthington Holiday Inn  
888-465-4329 toll free  
7007 N. High Street  
Worthington, Ohio 43085

Registration \$100 includes Erev Shabbot Dinner,  
Saturday Lunch, and Saturday night dinner

Room rate \$99 up to 4 in a room, Free Breakfast  
(Mention Achat Retreat when registering at the hotel)

Register at: <http://www.regonline.com/lastholdout>.

Featuring: Marni Esposito - Congregation Simchat Yisrael  
Lola Klein - Beth Messiah Congregation

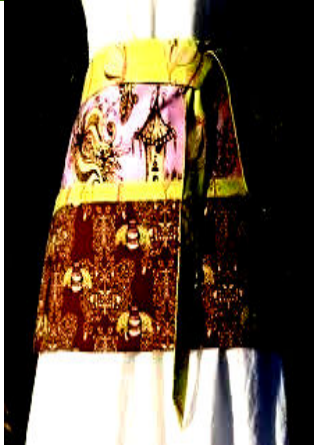


**Come  
join us for  
fellowship and  
friendship**

*Don't wait!*

*Register today and reserve your spot  
at the annual Achat Retreat.*

*We look forward to seeing you there!*



## RECIPE CORNER

### Round Challah

*excerpted from The Jerusalem Insider's Guide*

1 cup warm water  
3 tsp sugar  
1 envelope dry yeast

6 cups flour  
4 eggs  
2/3 cup canola oil  
4 Tbsp honey  
3 tsp salt

1 cup raisins  
1 egg  
1/4 tsp salt



*Traditional challah on Rosh Hashanah is round and spirals upward, symbolizing going through the seasons but ever rising spiritually. Also, the round challah symbolizes the crown of our King.*

Combine 1/2 cup warm water with 2 teaspoons of sugar. Sprinkle on yeast and let rest about 10 minutes, until foamy.

Place 5 1/2 cups flour in a large bowl. Make a well in the flour and add to it: 1/2 cup remaining water, remaining 1 teaspoon sugar, eggs, oil, honey and salt. Stir until well blended. Gradually add 1/2 cup flour or more.

Turn onto floured surface and knead until dough is smooth and no longer sticky, adding small amounts of flour if necessary.

Grease large bowl. Turn dough in bowl to grease all sides. Cover with plastic wrap and allow to rise in warm, draft-free place until doubled in volume (about 1 hour 15 minutes). Punch down dough, cover and rise again until doubled, about 1 hour.

Wash raisins and pat gently.

Line a baking sheet with parchment baking paper. Cut dough into desired number of loaves – 2 large, 4 medium or 6 small challot. Pat each ball of dough into a rectangle. Sprinkle raisins over the dough. Starting at one long side, roll the dough so you have one long strand of dough. Roll the strand back and forth with your hands to make the strand longer if necessary. Starting at one end, roll the strand into a spiral. Tuck one the outside end under the loaf. Place on baking sheet. Cover with damp towel and allow to rise 1 hour.

Pre-heat oven to 375 degrees Fahrenheit. Beat the egg with 1/4 teaspoon salt. Brush the loaves with glaze. Bake at 375 degrees Fahrenheit for 15 minutes, then lower heat to 350. Bake another 25 minutes for large loaves, 15-20 minutes for medium, and 10-15 minutes for small loaves, until the loaves sound hollow when tapped on the bottom. Cool on a rack. Have a sweet year!

*B'tayavon!*

## Cinnamon Honey Chicken

*(by Deborah Guthermann, excerpted from the New Kosher Cuisine for All Seasons Cookbook)*

Yield: 8 servings

### Marinade

1 1/2 cups dry sherry  
2 tbsp cinnamon  
1 cup honey  
1/3 cup lime juice  
Zest of one lime  
2 large cloves garlic, crushed  
Salt and freshly ground black pepper, to taste  
3 3-pound chickens, cut into eighths



To prepare the marinade, mix together sherry, cinnamon, honey, lime juice, lime zest, garlic, salt and pepper.

Arrange chicken pieces in a single layer in a shallow, non-aluminum, ovenproof pan. Pour marinade over the chicken, turning pieces to coat well. Refrigerate overnight, longer if desired, turning pieces occasionally.

Preheat oven to 350 degrees Fahrenheit. Drain marinade and reserve. Bake chicken uncovered for 40-50 minutes, depending on size of pieces, basting with marinade and turning once or twice. If you like crispy skin, bake a little less and then broil until done.

*B'tayavon!* ✍

*A meal that brings in all the flavors of the season! Top it off with some fruited rice and some minted carrots and you have a Sukkot meal that will be a meal to remember.*

## Join Us Today!

*As a sisterhood, we have the goal to connect with one another in becoming all that the L-rd G-d of Israel has for us.*

*We are here to help enhance our love of G-d, Torah and Israel. We are dedicated in the bond of the testimony of the love of G-d as witnessed in Messiah Yeshua, who when asked what the greatest*

*commandment was, answered, "Love the L-rd your G-d and your neighbor as yourself."*

*It is in this spirit that we will create stronger bonds with one another and reach out our hands in tzedakah to others. Please join us in this dynamic venture!*

*Visit:*  
[www.umjc.net/achot](http://www.umjc.net/achot).

*You can either become a member online by clicking on the menu item "Become a Member", or by filling out our form below on the back page of this newsletter and sending it into the UMJC office.* ✍





*Are you enjoying this month's newsletter? If so, forward this newsletter to 3 women you know. Get the word out about Achat !!*

# LAUGH A LITTLE!

## Moishe Plotnik

Walking through San Francisco's Chinatown, a tourist is fascinated with all the Chinese restaurants, shops, signs and banners. He turns a corner and sees a building with the sign, "Moishe Plotnik's Chinese Laundry."

"Moishe Plotnik?" he muses. "How the heck does that fit in here?" So he walks into the shop and sees an old Chinese gentleman behind the counter. The tourist asks, "How did this place get a name like "Moishe Plotnik's Chinese Laundry?"

The old man answers, "Is name of owner."

The tourist asks, "Well, who and where is the owner?"

"Me, is right here," replies the old man.

"You? How did you ever get a name like Moishe Plotnik?"

"Is simple," says the old man. "Many, many year ago when come to this country, was stand in line at Documentation Center. Man in front is Jewish gentleman from Poland. Lady look at him and go, 'What your name?' He say, 'Moishe Plotnik.' Then she look at me and go, 'What your name?' I say, 'Sem Ting.'"

## The Jewish Mother

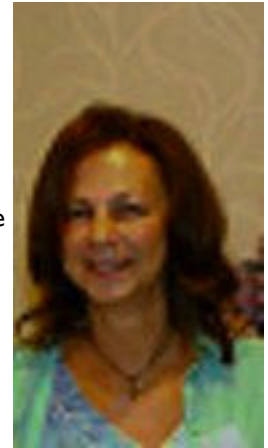
A Jewish mother sent her son off to his first day of school with the customary pride and precautionary advice: "So bubeleh, you'll be a good boy and listen to the teacher? And you won't make noise, bubeleh, and you'll be very polite and play nice with the other children. And when it's time to come home, you'll button up warm, so you won't catch cold, bubeleh. And you'll be careful crossing the street and come straight home..." etc. etc. Off the little boy went.

When he returned that afternoon, his mother hugged him and kissed him and exclaimed, "So did you like school, bubeleh? You made new friends? You learned something bubeleh?"

"Yeah." Said the boy. "I learned my name is Irving." *S*

# A WORD FROM THE CHAIR

by Linda Lieber



What a wonderful conference we had down in Frisco, Texas. Since the inception of Achot, one of the things that we requested was to have a seat on the steering committee of the Union and to have a voice for the women. As the acting chair of Achot, I have had the privilege to sit on the steering committee for eight years. I must tell you that this year was the most encouraging steering team meeting. It is good to see the hand of the L-rd moving in our midst and I am excited to see the direction of the Union. One thing that was decided was to set aside money for the worship and music committee (headed by one of our speakers for the Achot retreat in October, Marni Espisito).



Session with Susan Lerner

I believe that this will help our congregations to grow and prosper. Also, the K20 initiative is something that is so wonderful (go to [www.umjc.org](http://www.umjc.org) for more information) and I am hoping that many of the women will support this in prayer and monetarily. Kol haKavod to the executive board and steering committee of the Union.

The sisterhood also had many wonderful activities at the conference. On Thursday evening, we had a fabulous reception. This is always a time for the women to get together and meet and greet each other. It is always so nice to see and be with both old and new acquaintances, this year over brownies, coffee and a cold libation.

Friday, we had two wonderful sessions for the women (some of the men joined us as well). The first session was given by Susan Lerner. She gave an excellent presentation on personal growth, going along with the theme of this year's conference, "Break Through, Build Up." Thank you, Susan. The second session was lead by Ellen Goldsmith, who as always, gave us some

great insights into breaking through and building up. After Ellen spoke, we broke up into three groups and did a round-robin dealing with different *middot* (traits or characteristics).

The group leaders were Merryl Eaton, Dianne Cohen and Ellen Goldsmith.

Everyone enjoyed the sessions and thought that more time was needed.

Kudos to Susan, Ellen, Merryl, Dianne and all the women (and men).

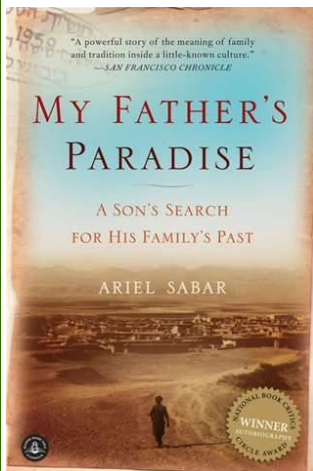
October 28-30, 2011 is a date to remember and anticipate. Achot will be having the national retreat in Columbus, Ohio. The sisterhood of Beth Messiah will be our hostess for



Session with Ellen Goldsmith and round-robin

the retreat. What a wonderful group of women — they are so excited to be our hostess and have such willing open hearts and hands. The theme for the retreat is *The Last Holdout*.

(continued on page 12)



*“Ariel Sabar recounts the history of Kurdish Iraq and the personal history of his father’s family.”*

## Good Reads - by Marie Singer

### A Book Review of Ariel Sabar’s *My Father’s Paradise: A Son’s Search for His Jewish Past in Kurdish Iraq*

This book by Ariel Sabar is a journey through time and place to a past that is all but unknown and forgotten. It's the story of a Jewish family that journeys from the medieval, isolated village of Zakho, Kurdistan, in northern Iraq, to the newly formed state of Israel and 20<sup>th</sup> century Jerusalem. They were part of a mass exodus of 120,000 Iraqi Jews airlifted suddenly to Israel in the early 1950's, after growing anti-semitism in Iraq makes it dangerous to stay there. The family's Jewish ancestors have lived in Zakho for 2700 years. All this time Jews, Muslims, and Christians have been living together in relative harmony. The isolated people of Kurdistan know little of the political events happening in the middle east; but these events profoundly change their personal lives.

This book is also the story of the author's reconciliation with his father. Ariel Sabar grew up in southern CA in the 1980's. He was distant and rebellious to his father. He saw him as a



man with strange immigrant ways who didn't fit in with the 80's "cool dads" of his Los Angeles friends. When Ariel has a son of his own, he develops a desire to get to know his father and his father's culture and to

reconcile with him.

Ariel Sabar recounts the history of Kurdish Iraq and the personal history of his father's family. His father and he travel back to Zakho after many years. The author interviews relatives. Ariel's father is Yona Sabar, who as a boy in the late 1940's, can leap from roof to roof throughout the village of Zakho, and for whom Zakho is a paradise. Yona's father is Rahamim Sabagha, a successful merchant of textiles. Yona's grandfather is Ephraim Sabagha, the town's mystic and holy man. Ephraim prays every night, all night, and is said to speak with angels. The family speaks Neo-Aramaic, the language of Yeshua. Later, in America, Yona becomes a recognized scholar of Neo-Aramaic and a preserver of the culture of these Kurdish Jews.

These Sephardic Jews, isolated for 2700 years in small villages of Northern Iraq, illiterate for the most part, speaking neo-Aramaic, the language of Yeshua, superstitious, and uninformed of the recent political developments in the Middle East, find the new Ashkinazic, western, urban, fast paced state of Israel to be frightening and unwelcoming. It is very hard for Ariel's grandfather and parents to adjust and understand. But, Ariel's father Yona and Yona's siblings, because they are children when they arrive in Israel, adjust and become part of the society. Yona's father, Rahamim becomes embittered with his business failures in the promised land and takes out his humiliation on his wife, Yona's mother. Yona's mother, who never recovers from

## Good Reads *(continued from page 8)*



her 1<sup>st</sup> lost child and the deaths of other children, does not adjust to a real understanding of her new home. However, some immigrants do adjust. They accept the here and now, and decide to put their past culture behind them.

I found the various reactions of individuals to being ripped out of their culture and being plunged into an alien culture to be fascinating. The question then arises-- What things does one decide to leave behind and what things does one then embrace? Also, how culture affects the relations between husband and wife, and between parents and children is interesting to see in this family history. So I recommend this book for the historical and political background and for the story of personal relationships so deeply affected by events beyond anyone's control.

*\* Ariel Sabar is an award-winning former staff writer for the Baltimore Sun and the Providence (RI) Journal. His work has also appeared in the NY Times, the Christian Science Monitor, the Washington Monthly, Mother Jones magazine, and other publications. A*

*\*\* Marie Singer is a member of Congregation Zera Avraham in Ann Arbor, MI. She is an accomplished artist and calligrapher and has created many lovely ketubot for Jewish couples. Marie is also an avid reader and she belongs to a local Jewish women's book group. Marie is a regular contributor to the Achat newsletter.*

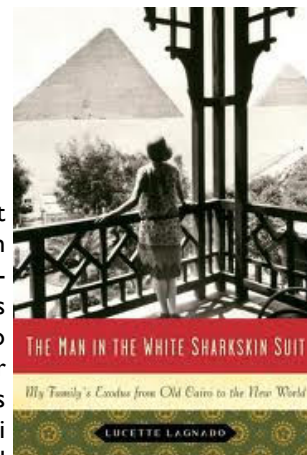
# read

"The strength of this memoir is in the writer's prose, at once graceful and powerful. Reporting on her father with the awe of a child and the wisdom of a grown-up, she manages to make the reader understand his charm and foibles and her love for him, and to feel his loss deeply. She also captures her extended family and the complexities of their lives and longings with depth and compassion. She joins memoirists Andre Aciman ("Out of Egypt") and Gini Alhadeff ("The Sun at Midday") in writing lyrical, personal books that are important documents of communities that have been extinguished."

—Sandee Brawarksy, The Jewish Week

"Lagnado, a reporter for The Wall Street Journal, wrote eloquently about her family's exodus from Cairo to New York, exposing an untold story of almost a million Jewish refugees forced to leave their homes and striking a chord with readers across the world."

—Connie Ogle, Miami Herald A



**Do you have a great read you would like to share with us? A review of a book you have read? We would love to hear from you!**

## *R*etreat Host 2011 *by Marci Kotting (continued from page 1)*

*“We are excited to see what HaShem has planned for our time together as women of the UMJC.”*

We have had annual weekend retreats for over 20 years, usually over the last weekend of October. Although the location has varied from state parks, retreat centers, campgrounds and hotels, our members have always enjoyed the time set apart for growth as a community of women, the teaching, prayer and fellowship. It will be our pleasure to share those aspects with women throughout the Union this year.

In addition to our annual retreat, our sisterhood operates our congregation's gift shop, using proceeds from sales to provide for special onegs, parties and gifts on the occasion of weddings and baby showers, bar and bat mitzvahs, and other special events. We have provided financial assistance for our young people going to Israel and for those in need due to medical issues. We have provided snacks and also meals for students attending classes at the Messianic Studies Institute, our congregation's adult education program, and have sought to find new ways to use our resources to bless our congregation as well as our community. Proceeds from gift shop sales, as well as an ice cream social fundraiser that we held in August will help to provide funds to allow as many women from Beth Messiah as possible to attend the retreat.

This year we have had several significant events in addition to our

monthly meetings. In July, just prior to the UMJC conference, we had a Ladies' Garden Party Tea at which Joyce Klayman and Betty Smith, two of our longstanding members, gave a wonderful presentation on the topic of friendship. Joyce and Betty have been friends since



1977 and shared both Biblical truths and personal anecdotes which helped to teach the importance of building relationships. They focused on the primary need that we all have for deep relationships of immense faith and love; that our lives as believers are meant to be lived in community with those whom we support and who can support us; and that our friendships are a reflection of our relationship with and to G-d.

We are excited to see what HaShem has planned for our time together as women of the UMJC. We at Beth Messiah hope many of you will plan on coming to Columbus, to build and strengthen friendships as we spend a special weekend set apart for His service. *S*

Imagine the possibilities... *ACHOT, UMJC Sisterhood*

## ADVERTISE

Do you wish to advertise in *Nu?* All advertisements are \$7 each.

Submissions must not be longer than 50 words and one graphic (.jpg). Send your submissions to : [tikvatlinda@aol.com](mailto:tikvatlinda@aol.com) today in order to have them in the next newsletter. Please direct your payment to the UMJC office at:

UMJC Office,  
529 Jefferson St. N.E.,  
Albuquerque, NM 87108

We're on the web:  
[www.umjc.net/achot](http://www.umjc.net/achot)

Current *Achot*  
Board Members  
are:

Linda Lieber,  
Merryl Eaton,  
Sherry Moore,  
and Susan  
Lerner. *S*



Membership is open to any individual who is part of any congregation and those who seek to support Achot.  
(check one below)

Chai : \$ 18 per year \_\_\_\_\_

Double Chai : \$36 per year \_\_\_\_\_

Triple Chai : \$54 per year \_\_\_\_\_

Sisterhood: \$54 per year \_\_\_\_\_

Either go online and become a member at [www.umjc.net/achot](http://www.umjc.net/achot), or detach and send this form along with check payable to the Union of Messianic Jewish Congregations with a notation for Achot. *This will help us make sure it goes to Achot.*

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## *A* WORD FROM THE CHAIR *(continued from page 6)*

*“... perhaps  
the  
L-rd is  
speaking to  
you about  
helping the  
UMJC  
Sisterhood,  
Achat, move  
forward.”*

Our speakers will be Marni Esposito and Lola Klein. We look forward to seeing you at the retreat and experiencing a great time together (information on cost and registration is located on page 3 of this newsletter).

Malkah Forbes and Abby Korotney are two wonderful women who have served on the board of Achat and sadly have resigned from the board. They both have been such an inspiration and help in steering Achat. They will be missed greatly. Malkah is starting a new business endeavor and we pray great success and blessings. Abby has resigned needing to have the freedom to help with her family. We love you both and pray the L-rd be with you. Thank you both for all your valuable time and input.



*Line Dancing Excursion before Conference began*



*Achat Raffle*

Now that you know we need to replace these great women, perhaps the L-rd is speaking to you about helping the UMJC Sisterhood Achat move forward. **Malkah and Abby both had a great role in putting the newsletters together and we need someone who is able to take over the duties the newsletter entails.** If you have talent in that area, please don't hesitate to contact me at [tikvatlinda@aol.com](mailto:tikvatlinda@aol.com). It is exciting to see who the L-rd will have step up and help. *✍*

**שנה טובה ומתוקה !**  
*A good and sweet New Year!*