



## CONGREGATION AHAVATH ACHIM MINI NEWSLETTER

**September 30-October 7, 2016 Elul 27 -Tishri 5**

**For the Schedule of Services- See High Holiday Schedule**

### **Pre Mincha Shiur**

Please join us for Rabbi Moldovan's Shabbat shiur, followed by Mincha. The topic of this week's pre-mincha class will be "The Most Complicated Note of the Shofar – the Shevarim." Come early and join in the interesting discussion.

### **Daily Selichot**

Starting Monday, September 26 until Yom Kippur, we will be starting Shacharis services on Sunday through Friday fifteen (15) minutes earlier than usual to allow time for Selichot. Please try to join us as often as possible.

### **Tzedaka for Yomim Noraim and Sukkot**

The Rabbi will be collecting money to distribute for Rosh Hashonah and Sukkot. Please contact the Rabbi if you wish to participate in this Mitzvah.

### **Rabbi Moldovan's Message on Teshuva**

We should always try to do Teshuvah (repentance), but the month of Elul, Rosh Hashonah, and Yom Kippur are days specifically designated for this. In order to do Teshuvah, we must first know what it entails. Teshuvah has three necessary elements:

- 1) Verbal confession - one must first verbally confess any aveiros he has done. This can be a general confession and does not have to be every specific action done.
- 2) Regret - one must regret the negative actions in their heart.
- 3) Resolve not to repeat the error - this must be an honest resolution not to repeat the sin. If someone knows that he is not ready to go "cold turkey" on the issue but needs time to be weened off, a practical resolution to take the necessary steps to change is sufficient. Specific actions to start this plan must be accepted now (a mental acceptance "to change over time" is not enough). This is the most viable route for most of us. With the knowledge of the steps of Teshuvah, we should merit a good year.

### **High Holiday Seats and Honors Are Still Available**

Please contact the office to purchase seats. Please speak directly to either Stu Serkin or Dr. Peter Tuckel to arrange for Honors. We look forward to sharing the coming Yom Tov with everyone here at Congregation Ahavath Achim. Please remember that, as we begin the New Year, all past financial obligations need to be fully paid or a schedule for payments has been arranged. Strict confidentiality in all financial arrangements is guaranteed. No one is denied participation in our shul due to finances.

### **Next Rosh Chodesh Women's Learning Program**

The next Women's Learning Program is in the planning stage for Sunday, October 9<sup>th</sup> at 10:15 AM. A volunteer is needed to host this session in her home. The last session was very helpful in preparing for the holidays. Please email or call the office so that we can continue this program and rotate hosting in different residences.

### **Men's Sunday Breakfast 'n Learn**

On Sunday, October 9<sup>th</sup>, we will be holding a light breakfast following 8:30 AM Shacharit services, with a discussion led by Rabbi Moldovan. The topic will be, "Waving a Chicken Over my Head for the Sake of Repentance Really Seems Like Witchcraft."

**Refuah Shelemah to:** *Kenneth Epstein, Rabbi Moshe Epstein, David Gordon, Yitzy Hain, Deborah Lozanov, Daniel Mizrahi, Fred Schwartz, Diane Shinbaum and Avi Schwarzmer (Avraham ben Toibe Gittle)* May G-d grant each a speedy and complete recovery.

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**Yahrtzeits** begin at Ma'ariv the evening before. Please make an extra effort to ensure a minyan for those saying Kaddish. **Be there for others, and they'll be there for you.**

If you would like an Aliyah on the Shabbat before the Yahrtzeit, please make sure you are in Shul before Torah Reading. If you arrive late, we cannot guarantee you an honor.

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**A HAPPY AND HEALTHY NEW YEAR TO EVERYONE – SHANA TOVAH UMETUKAH**

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**Please remember that Golden Book greeting cards are a great way to honor someone or remember a loved one.**