

# MACON CONNEXIONS

BRINGING SHALOMIES TOGETHER

## Focus on Fall Feasts!

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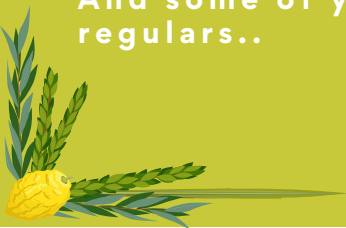
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# MEET THE TEAM

## INTRODUCING YOUR SHALOM CONNEXIONS TEAM



### Editor - Dawn Brachey



Dawn is married to Doug, and they have three grown children and five grandchildren ranging in age from 17-8. They retired from the Nashville area (where they grew up) and moved about an hour east to rural Baxter, Tennessee. Dawn taught business education before transitioning to middle school English. She has also taught piano as well as smocking and heirloom sewing. She is currently teaching Biblical Hebrew. An avid writer, she has published one book and several magazine articles. Fun fact: Dawn and Doug started beekeeping after their retirement and have led a Torah Club for several years.

### Designer - Joanna Kinch

Joanna is married to Ralph. They first met at the University of Plymouth. They live in Gwersyllt on the outskirts of Wrexham, Wales, with four dogs, a house rabbit, and seven guinea pigs. Joanna has had a varied career in entrepreneurship, corporate business, and more recently, as a portfolio landlord and budding homesteader (smallholder in the UK). She hopes to venture further into this side whilst running her property portfolio. She used to have her own design and print business, but for the last 11 years, she has focused on her commercial and residential property letting business. Fun fact: Joanna used to design and print newsletters for several Baptist churches. She had led Torah Clubs for several years in person and online.



### Designer - Amanda Christian



Amanda is a work-from-home mother of two young children. She is married to her high school sweetheart Timothy who served in the US Navy for 15 years in Florida, Virginia, and Japan. After his military service, they relocated back home to Indiana where they are currently aspiring homesteaders and members of a local Torah Club. Amanda has had a varied career in the beauty and e-commerce fields, and is currently an entrepreneur with a small holistic nutrition and herbalism business. Her passion truly is helping people learn how to use the plants and food that HaShem gives us to live a healthy lifestyle. In addition to her work with the Macon ConneXions newsletter, she also volunteers as part of the Shalom Macon communications staff. Fun fact: Amanda previously played roller derby for the #7 team in the world!

# ASK THE RABBI



## TASHLICH: EMBRACING RENEWAL ON ROSH HASHANAH

BY RABBI DAMIAN EISNER

As we approach the High Holy Days, our thoughts turn to introspection, *teshuvah* (“repentance” in Hebrew), and spiritual renewal. The apostle Paul’s words in Romans 13:11 resonate deeply: “*Besides this, you know the time—that it is already the hour for you to awaken from sleep; for now our salvation is nearer than when we first came to trust.*”

In the lead-up to *Yom Kippur*, *Tashlich* emerges as a meaningful and vivid tradition. Traditionally observed on *Rosh Hashanah*, this practice involves gathering at a body of water to cast away crumbs or pebbles. This symbolic act serves as a poignant reminder of our desire for spiritual renewal and God’s promise of forgiveness.

*Tashlich*, which means “casting” in Hebrew, is a tradition of later development in Judaism. It is rich in symbolism and draws from various sources, including the metaphor of casting away sins mentioned in the Bible. The scripture basis for *Tashlich* is drawn from the book Micah, specifically Chapter 7:18-19: “*Who is a God like You, pardoning iniquity and passing over the transgression of the remnant of His heritage? He does not retain His anger forever, because He delights in mercy.*”

*He will again have compassion on us and will subdue our iniquities. You will cast all our sins into the depths of the sea.”*

This passage is seen as a prophetic expression of God’s mercy and forgiveness, where He metaphorically casts our sins into the depths of the sea, symbolizing their complete removal and the impossibility of them being retrieved. This imagery powerfully resonates during the *Tashlich* ceremony when individuals cast their symbolic sins into a body of water, reflecting the divine act of God “casting” away their iniquities. These “sins”, symbolically represented as breadcrumbs or stones, are cast into a flowing body of water, such as a river or stream.

The choice of *Rosh Hashanah* for this experience is obviously significant. As the Jewish New Year begins, *Tashlich* marks a moment of reflection and a more intense preparation for the Day of Atonement. It is a time to release the burdens of the past year and enter the new year with a renewed sense of purpose and purity. The flowing water serves as a metaphor for the divine forgiveness that washes over us, removing our sins and allowing us to start anew.

Personally, I find the use of stones particularly meaningful. Unlike breadcrumbs, which may float for a time, stones sink quickly to the bottom, symbolizing how God’s forgiveness reached deep into the core of our being, removing our sins completely. This simple yet profound act serves as a powerful reminder of God’s boundless mercy and the opportunity for renewal.

My favorite part of *Tashlich* is the opportunity for intimate personal reflection. We celebrate the High Holidays as a body. Many of the prayers are voiced to represent the community and its corporate confession. The sound of the shofar is heard by all who are gathered in the synagogue, and many other components of the holidays are experienced collectively. *Tashlich* invites us to examine our lives and consider what we need to release into the water in a moment of quiet, personal reflection with our Father in Heaven. It is not just about acknowledging our mistakes but genuinely letting them go. As we cast our stones or crumbs into the water, we embrace the promise of God’s forgiveness and prepare ourselves for the new year with a clear and renewed heart.



Shalom Macon will always try to livestream our time by the river, including the traditional readings that accompany the *Tashlich* ceremony. Please feel invited to join us as we consider you all part of this family. But even if you cannot join us, I want to encourage you to take the time to incorporate *Tashlich* into your holiday experience. Here are some suggested readings:

- Micah 7:18-20
- Psalms 118:5-9
- Psalms 33: 20-22
- Isaiah 11:9

But above all, let it be a deeply personal moment of renewal. This is a time to release your burdens and embrace the grace that God offers. This is a time for personal reflection for individual pleas of *teshuvah*, the time to realize that as God forgives, we must forgive ourselves. Though much examination and introspection continues in the days beyond *Tashlich*, this moment symbolizes one of the most important parts of the process—LETTING GO!

And maybe, just maybe, there is something nagging at you, something you cannot let go of.

Here is your opportunity to finally cast it off, to let it sink to the bottom, and to feel the freedom of release that God makes available to us in this season.

May this opportunity for connection guide us toward a fresh start and a meaningful new year filled with peace and spiritual growth!



Preparing to cast those stones away! Credit: Joanna Kinch, Llangollen, Wales, UK

# THE FALL HOLY DAYS: A DIVINE ROMANCE

BY DEREK LIMBAUGH

I was invited to contribute a piece this quarter. I have a degree in philosophy and religion, and I'm a history teacher by profession. I love to study the deep aspects of the Torah and wanted to share some food for thought from the Jewish mystical perspective that might spark our minds to see a new side of the Fall Holy Days. Even though this material may be a bit deep and more esoteric, I hope you can connect with the themes presented here in a meaningful way.

What comes to mind when thinking about the High Holy Days? *Shofars*? Autumn? Fasting? Building the *sukkah*? *Lulavs*? Over the course of the 22 days from *Rosh Hashanah* to *Shemini Atzeret* (23 days in the diaspora), there are many things taking place in the spiritual realm that correspond to what is taking place in the physical realm. While there is some intense introspection and repentance during the first 10 days (*Rosh HaShanah* through *Yom Kippur*), and joyous ecstasy within the last 8 days (*Sukkot* and *Shemini Atzeret*), this just scratches the surface of what is really going on during this time of the year. To the Jewish mind, the mind of the sages, and the Mind of Messiah, the holy days are spiritual portals into the mystical body of Messiah Himself. As we know, time is not linear, and not even cyclical, but rather spiral, much like the shape of a Yemenite *shofar* that punctuates the holiday season. We go through these same holidays, year in and year out, in a cyclical manner, but rather than staying static, we go further and further into the Divine, to deepen our relationship with *HaShem*. With that said, let's look at the underlying story of the Fall Holy Days, a story of a metamorphosing romance between King Messiah and His people.

## The Creation of Adam and Chavah: Back-to-Back

"And God created humankind in the divine image, creating it in the image of God—creating them male and female." (Genesis 1:27). The Jewish mystics describe that on a spiritual level, the Image of God contained both male and female. That this human, or Adam, contained his female counterpart within him.

However, she was not his rib (a mistranslation of the Hebrew (*tzaila*), but rather his side or edge. The sages have explained that Adam and Chavah (Eve) were created back-to-back, facing away from one another (Bereshit Rabbah, 8.1). *HaShem* then sawed the two in half (what we might call a very intense divine surgery) as Adam was put in a very deep slumber, almost to the point of death (Zohar, Vaykira 19a). After the *nesirah*, or divine sawing, God built Chavah, attribute by attribute, in the Divine Image, beautifying her for Adam. She was then brought to him to be face-to-face, enhancing their relationship with the new ability to fulfill the command, "be fruitful and multiply."

## Rosh HaShanah: Death and Resurrection

While this story took only a few moments to play out in the higher dimensional reality that the Torah describes as the Garden of Eden, due to the Fall, this story takes place each year over a period of 22 days. We as humanity traverse this same spiritual cycle as we get closer to its ultimate fulfillment at the Time of the Redemption. In the *Rosh HaShanah* liturgy it states that *Rosh HaShanah* is known as the birthday of the world, which is also the birthday of Adam (and Chavah). *Rosh*, meaning Head, and *Shanah*, meaning Year, we could say that this is literally the Head of the year. Time is not just a spiral, but also follows the structure of Adam (or man).

This should be no surprise as the final generation is called the "heels of the Messiah," because we are literally at the Heels of the body of Time. *Rosh HaShanah* is the Crown of Time, and being the birthday of humanity, it births a new potential in our relationship with *HaShem* for the upcoming year. Therefore, we see a fractal pattern each year on the birthday of humanity, where Adam goes into his *tardeima*, or deep sleep, and the entire spiritual worlds revert back to their primordial state, as the entire creation hangs in the balance. Adam has fallen into a deep slumber on the night of *Rosh HaShanah* and with him all the spiritual forces of Creation.

It is during this time that the *nesirah*, or the Divine Sawing occurs. Adam is wounded in order for Chavah to be removed and built up to completion and perfection over the next ten days. The next morning the cry of the *Shofar* is sounded and awakens Adam from his almost death-like state in order to prepare him to meet his Bride face-to-face.

In the same way, Yeshua is the Second Adam (1 Corinthians 15), and we constitute the body of the Bride of Messiah. Originally, in our primordial state, we had a back-to-back relationship with Messiah and likewise with *HaShem*. Through the piercing of Yeshua's *tzaila*, or side (John 20:34), at the crucifixion, the Bride of Messiah was sawed off from Him as He entered into His *tardeima*, or deep sleep (i.e. death). The morning of *Rosh HaShanah*, the *shofar* is sounded which wakes Adam back from his slumber. This is when the process of the building of Chavah begins. While we know Yeshua died and was resurrected during the Festival of Passover, we still can draw parallels between the two.

Adam falls asleep on the night of Rosh HaShanah and is “resurrected” by the call of the shofar (a symbol of resurrection throughout Judaism) the following morning, beginning Chavah’s construction.

Likewise, when Yeshua, the Second Adam, resurrects, this triggers the building up of the body of His Bride, attribute by attribute, composed of both Jews and Gentiles. (Ephesians 2:19-22)

### **Yom Kippur: Constructing the Bride**

From *Rosh HaShanah* to *Yom Kippur* is known as the ten days of awe, and we typically are doing *teshuvah* (repentance) as we leave the first *Yom HaDin* (Day of Judgment, i.e. *Rosh HaShanah*) moving towards *Yom Kippur*, the day on which the Judgment is sealed. It is during this time that Chavah was being built and constructed as a mirror of Adam, reflecting the Divine Image. The Book of Job states, “From my flesh I will behold G-d,” (19:26). The Jewish mystics take this to mean that our physical and spiritual attributes are mirrors directly reflecting *HaShem’s* attributes. The sages laid out ten attributes in which we relate to God. These attributes correspond to the ten days of awe. During these days, we are to focus on and do *teshuvah* for that attribute in us. Just as Chavah had each attribute built up for her, so we, as the bride of Messiah need to build up each attribute through repentance.

Here are the attributes and their corresponding days:

- Tishrei 1/Rosh *HaShanah* 1: **Keter (Crown)**

This is the attribute of Faith and relates to a crown, kippah, or hair that sits on top of the head because it supersedes our intellect.

- Tishrei 2/Rosh *HaShanah* 2: **Chochmah (Wisdom)**

This attribute relates to our brain’s right hemisphere and our intuition and consciousness.

- Tishrei 3: **Binah (Understanding)**

This attribute relates to our brain’s left hemisphere and ability to analyze and reason.

- Tishrei 4: **Chesed (Lovingkindness)**

This attribute relates to our right arm/hand and the ability to show mercy and loving kindness towards others.

- Tishrei 5: **Gevurah (Judgment)**

This attribute relates to our left arm/hand and the ability to show proper restraint and righteous judgment.

- Tishrei 6: **Tiferet (Beauty)**

This attribute relates to our torso, sternum, and heart and the ability to reconcile opposing forces of loving kindness and judgment creating compassion and harmony.

- Tishrei 7: **Netzach (Endurance)**

This attribute relates to our right leg and the ability to show endurance and overcome obstacles.

- Tishrei 8: **Hod (Splendor)**

This attribute relates to our left leg and the ability to show a deep sense of humility toward one another and *HaShem*.

- Tishrei 9: **Yesod (Foundation)**

This attribute relates to the reproductive organs and the ability to bring connection through peace with one another.

- Tishrei 10/Yom Kippur: **Malchut (Kingship)**

This attribute relates to the feet and the ability of the soul to express itself to the world through speech and deed.

*Yom Kippur* is when the final attribute of *Malchut* (or Kingship) is completed, culminating in the *Ne’ilah* service, also known as the “closing of the gates.” This is also the moment the Judgments are sealed in the Book of Life, but even more importantly, this is when Chavah’s flesh was sealed back together. It is through our preparation and *Teshuvah* during *Elul* and the ten days of awe that we can sweeten what will be sealed in our (book of) life for this upcoming year. It is this day, *Yom Kippur*, that we have longed for as we have prepared and made ourselves ready for our Husband, and stand ready to meet Him face-to-face. May we be a bride who has made herself ready.

### **Sukkot: The Divine Kiss & Embrace**

It is after *Yom Kippur* that Chavah (or us as the bride of Messiah) has been sealed, that we now turn face-to-face with our beloved. This occurs during the four days between *Yom Kippur* and *Sukkot* as we prepare for the festival and build the *Sukkah*. Then begins *Sukkot*: “His left hand under my head and his right hand embracing me,” (Song of Songs 8:3), and “Let him kiss me with the kisses of his mouth,” (Song of Songs 1:2). Amidst the joy of *Sukkot* we are embraced by the Clouds of Glory surrounding us and the Kisses of Torah that we learn in the *Sukkah* (this is also why we be extra careful not to speak *lashon hara*, or evil speech, in the *Sukkah* as it defiles our lips). We also are able to “embrace” our Bridegroom with the *hakafot* (encircling) around the *Bimah* and bestow ‘kisses’ with the *mitzvah* of waving the lulav in addition to the prayers of our lips and words of Torah we speak. This culminates on the last day of *Sukkot*, *Hoshanna Rabbah*, the Great Salvation. On this day we encircle the *Bimah* seven times while wearing white, just as a bride encircles the bridegroom on their wedding day. We then perform an unusual custom of striking willow branches on the ground. Why willows and lengthy supplications? Because the leaves are shaped like lips, and our heartfelt prayers coming from the lips of our mouth represent the kisses and purity of our lips for the Messiah.

### **Shemini Atzeret: The Divine Union**

*Sukkot* then culminates in the Eighth Day of Assembly, where the only unique *mitzvah* that is done is we now pray for rain. This is the day of Divine Union between Adam and Chavah. They have gone from being back-to-back, to being sawed in two, with Chavah built up and sealed, to turning face-to-face, moving towards embracing and kissing, and ultimately marital union. This is what happens on *Shemini Atzeret* (and *Simchat Torah*), as we pray for rain.

On one level this seems to be just agricultural, but on a deeper level, this rain represents *Torah* (*Devarim* 32:2). This is a new level and depth of the *Torah* that is made available to us each year through our Bridegroom. This *Torah* is unique because not only does it reveal the mysteries of God, but it also penetrates our hearts and consciousness while healing our wounds, pain, insecurities, and bad characteristics. This rain, or *Torah*, inspires us to reach our full potential and become the people we are meant to be. It gives us a renewed heart, consciousness, and spirit to bring forth into the new year.

May we take the necessary steps of repenting, embracing, and kissing our Beloved in order to receive and actualize *Hashem's Torah* in our lives this year. May this understanding inspire us to the same love for HaShem, one another, and Messiah Yeshua as the Psalmist proclaims, “My heart is stirred with a noble theme; I say, “My composition is for the King (Messiah); my tongue is the pen of a skillful scribe.” (Psalm 45:2)

May our compositions, meaning our lives, that we sing this year bring delight and pleasure to *HaShem* and Messiah Yeshua.

Shanah Tovah!

*Derek is a husband to Caroline and father to David and Samuel. His family recently moved to Atlanta, Georgia, from eastern North Carolina in the fall of 2023. He is a teacher and has a degree in philosophy and religion. He has been in the Messianic movement since 2012 and has been intensely studying Judaism since 2018. He loves studying and teaching Torah, spending quality time with his family, and attending synagogue. He and his family first started attending Shalom Macon in May of this year and are avid attendees.*

# MACON THE MOVE



## Your Questions Answered

Have you been thinking of Macon the Move? What would it be like to live in Macon? Shalomies have many questions when considering a move to Macon. Kelli Eisner shared some questions many people want to know as they begin the process. Of course, the best thing about Macon is Shalom Macon, the main reason Shalomies dream of living in close proximity to the synagogue. But what about the rest of the week?

Macon, Georgia, gets a BestPlaces Cost of Living score of 76.3, which means the total cost of housing, food, childcare, transportation, healthcare, taxes, and other necessities is 23.7% lower than the U.S. average.

A major concern is housing. According to Realtor.com, a typical home costs around \$200,000 or about \$115/square foot. Renting a two-bedroom unit in Macon costs approximately \$1100 per month which is close to the median rent for all property types. When you're ready to start your home search, Cody Lekberg, a fellow Shalomie and licensed real estate agent in Middle Georgia, is here to help you navigate the process of finding your new home in Macon! (His family made the move from Atlanta to Macon a couple of years ago.)

Macon enjoys a pleasant, humid subtropical climate with year-round greenery and no dry season. Winters are mild, with highs reaching 55-60°F in January and lows around 37°F, while summers bring warmth with highs ranging from 89-95°F and comfortably cool evenings at 73°F. The area rarely sees snowfall, making it easy to enjoy the outdoors even in the colder months.

Springtime in Macon is especially vibrant, as the abundant trees and blooming plants paint the landscape with color, though you may want to be prepared for the fresh burst of pollen! The mild climate also supports a variety of wildlife, adding to the charm of Macon's natural environment.

The major regional employer is Robins Air Force Base located a short 15-minute drive. Industrial parks are scattered throughout the area. The state and local government as well as the school district usually have job openings. Agriculture and agriculture-related businesses are quite diverse in the area. For entrepreneurs, the proximity to Atlanta can be a plus.



Macon is almost exactly in the center of Georgia; thus its nickname The Heart of Georgia. With Atlanta only an hour away and Savannah beaches just under 3 hours, it is easy to enjoy a change of pace.

Macon's traffic is generally manageable, and congestion is not typically a major issue. The city has a well-maintained road network, and most people find it easy to navigate, with only occasional delays during peak times.

Public transportation is available through the Macon Transit Authority (MTA), offering bus routes that cover key areas of the city, but many residents still prefer driving as the primary mode of transport. Overall, getting around Macon is relatively smooth, and you can usually reach your destination without significant delays.

Like any city its size, Macon has areas where crime occurs, but it's important to note that it's not widespread throughout the city. By familiarizing yourself with the different neighborhoods, you can easily find safe and welcoming areas to call home. Macon has many vibrant and close-knit communities where residents feel secure and connected.

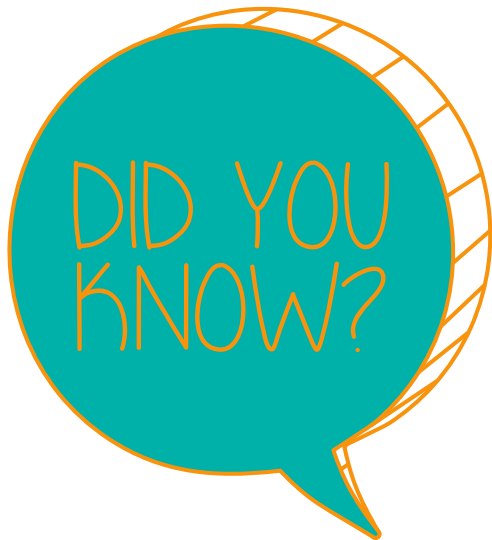
Kelli is available to discuss your personal situation. She has current and accurate information about cost of living, the housing and job markets, schools and education, healthcare, safety, weather, transportation, local amenities, community and lifestyle.

Once a family gathers this general information and feels that Macon is a good fit, both Rabbi Damian and Kelli will meet with you to share what life is like at Shalom Macon on a week-to-week basis. They'll discuss opportunities for participation, serving in the community, and the joys and challenges of everyday community life. While events and holidays can bring excitement, it's important to offer a balanced perspective, ensuring families understand the reality of ongoing involvement beyond just the highlights

If you're considering making Macon your new home, there's a lot to appreciate. With its affordable cost of living, central location, and vibrant Shalom Macon community, many have found it to be the perfect fit. Rabbi Damian, Kelli, and the Shalom Macon family are here to guide you through the realities of life in Macon, offering support as you explore what it means to live here day to day. Whether it's the synagogue community or the city's charm, Macon could be the ideal place for your next chapter!



**Whether you are thinking of relocating or just visiting for special events and holidays, Macon has a lot to offer. Enjoy some interesting facts about Macon!**



GEORGIA  
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GEORGIA

- Rand McNally published a list of the six best small towns in America in which Macon was second to Kewanee, Illinois.
- Lake Tobesofkee is a year round playground offering beaches, boating, and campgrounds.
- The Mulberry Street Farmers' Market is held on Wednesdays year round featuring local produce, organic meat, and eggs.
- Macon is the cherry blossom capital of the world! For a couple of weeks each March, The Cherry Blossom Festival is celebrated in Macon where pink is seen not only on the trees, but throughout the city in wreaths, flowers, and ribbons adorning homes as well as cars. The festival includes concerts, charity events, and a fair at Central City Park.
- The Allman Brothers Band's home base was Macon from 1970-1973. Their former house is now an interactive museum called the Big House Museum.
- Music continues to be a part of Macon today. The Big Bird Bash arrives in late Summer with a musical bar crawl allowing ticket holders to see bands at venues across the city.
- The Hay House, a national historic landmark, was completed in 1859. Today it is open for tours and special events and weddings.
- Macon includes fourteen historic districts with over 6000 homes and buildings on the National Register of Historic Places.
- Macon is home to the Ocmulgee Indian Mounds which are a national monument commemorating the Muscogee Indians who built the Great Temple Mound during their occupation of Macon in 950-1100 AD.
- Fort Benjamin Hawkins is also on the National Register of Historic Places. It was built between 1806-1810 in the Creek Nation under President Thomas Jefferson and used until 1824. It was a trading site, and the trade it generated birthed the city of Macon. It is well-preserved and open for tours.
- Macon is recognized as a college town. Wesleyan College, the first chartered women's college in the world, is located in historic buildings in north Macon. Mercer, a private Baptist institution, and Macon State University as well as Central Georgia Technical College are also found in Macon.
- Seven public high schools, eight private high schools, and five specialized schools including Georgia Academy for the Blind round out educational opportunities in Macon.
- The Center of Collaborative Journalism at Mercer has been named by the New York Times as "a groundbreaking initiative with the potential to revolutionize the news industry."



# EXPERIENCE ISRAEL

## REMEMBERING THE LAND

By Dawn Brachey

Pray for the peace of Jerusalem —“May those who love you be at peace! May there be shalom within your walls—quietness within your palaces.” Psalms 122: 6-7 (TLV)

Jerusalem, “If I forget you, O Jerusalem, let my right hand wither. May my tongue cling to the roof of my mouth if I cease to remember you, if I do not set Jerusalem above my chief joy.” Psalms 137: 6 (TLV)

The Experience Israel tour of April, 2023, spent several days in Jerusalem, a city with a blend of ancient and modern. A city with a blend of Jews, Christians, and Muslim. A city with a blend of reverent worship and joyous living.

Our visit included many attractions in Jerusalem: Mount of Olives, Garden of Gethsemane, Last Supper Room, Mt. Zion, Herodian Shepherds’ Fields, Yad Vashem, Herzl Museum, Western Wall and its Tunnels, Southern Steps, City of David, Warner’s Shaft, the Garden Tomb, and a Memorial Day ceremony. Each site was meaningful and sober.

The dearest experience of the tour for me was Jerusalem. When I think of Jerusalem, I hear our Master’s words, “O Jerusalem, Jerusalem who kills the prophets and stones those sent to her! How often I longed to gather your children together, as a hen gathers her chicks under her wings, but you were not willing.” Luke 13:34 (TLV) Yeshua loved Jerusalem. It is the city in which He will reign! What a privilege to walk its streets, watch its people, and breathe its air!

“  
Jerusalem, “If I  
forget you, O  
Jerusalem, let my  
right hand wither.  
May my tongue  
cling to the  
roof of my mouth if  
I cease to remember  
you, if I do not set  
Jerusalem above my  
chief joy.”

— PSALMS 137:6 (TLV)

I love Jerusalem. I love its ancient walls, busy markets, modern shopping malls, architecture, and its bustling people filling the streets. Music is heard as one walks the streets. Plants and flowers are abundant. Pride is evident in the numerous flags displayed on homes, businesses, and throughout the city. Sidewalks are wide with many tables shaded by umbrellas for a quick bite or a leisurely conversation.



Since October 7, we have watched the horrors of war in the land. We know we are linked with Jerusalem, and will one day worship the King on her soil. We watch the brave young men and women fight for their land and cry out to HaShem for His protection and return.

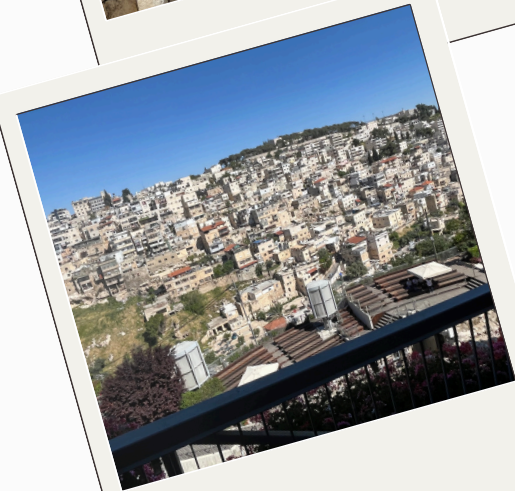
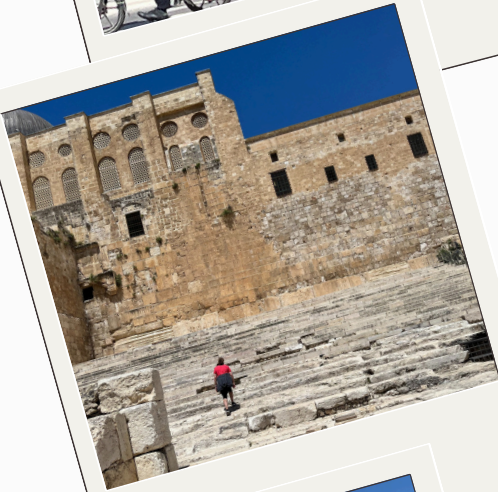
The next Experience Israel Tour is planned for March, 2025. Be assured the situation is being monitored for safety. I encourage you to go if at all possible. There is something in the air! Israel is a holy land that is beloved of our Father. It is our privilege to enjoy its beauty!





“  
Pray for the peace  
of Jerusalem—”May  
those who love you  
be at peace! May  
there be shalom  
within your walls—  
quietness within  
your palaces.”

— PSALMS 122:6-7  
(TLV)



**BOOK NOW** >>

## Experience Israel Tour

hosted by Rabbi Damian and Kelli.

View brochure and register at:  
[registernow.ittworld.com](http://registernow.ittworld.com)  
Tour code: **Eisner25**  
Email [kelli@shalomacon.org](mailto:kelli@shalomacon.org) with questions

**March 2-12, 2025**

# HIGH HOLY DAYS

THE KING IS IN THE FIELD

## Rosh Hashanah

### Wednesday, October 2

- 6:45 pm Erev Rosh Hashanah Service

### Thursday, October 3

- 9:00 am Shacharit
- 10:00 am Torah & Shofar Service
- 12:30 pm Picnic Lunch / Tashlich (Amerson River Park)

### Friday, October 4

- 9:00 am Shacharit

## Yom Kippur

### Friday, October 11

- 6:30 pm Kol Nidre

### Saturday, October 12

- 9:00 am Shacharit / Torah / Yizkor
- 11:00 am Avinu Malkeinu & Musaf
- 1:30 pm Seder Avodah / Review of Yom Kippur Temple Service
- 5:00 pm Mincha
- 7:15 pm Neilah (Closing Service)
- 8:00 pm Break the Fast

## Sukkot

### October, 16-20

Sukkot with Shalom Conference  
Register by September 23

At Shalom Macon, we're shaking things up this year by shifting our annual big gathering from Shavuot to Sukkot, allowing us to fully immerse in Zman Simchateinu, the season of our rejoicing. Join us for fellowship, worship, and celebration!

# SUKKOT CONFERENCE

At Shalom Macon, we're shaking things up this year by shifting our annual big gathering from Shavuot to Sukkot, allowing us to fully immerse in Zman Simchateinu, the season of our rejoicing. This isn't just any conference – it's an extraordinary opportunity to connect with God and community in a truly meaningful way.

Come ready to rejoice, connect, and create unforgettable memories with the Shalom Macon family. We can't wait to celebrate Sukkot with you and experience shalom like no other at Shalom Macon!

Sure, we call it a "conference" but don't expect a slew of classes and meetings. Our priority is family and fellowship. We're all about building relationships, worship, and celebration. Think less "conference room" and more "family reunion with a divine purpose."

We're thrilled to extend our Southern hospitality to guests from across the country – and possibly the world! Thanks to an incredibly generous offer, free hotel stays are available from October 16-20. Just let us know your needs on the registration form, and we'll get you covered.

For the adventurous we are bringing the Sukkot spirit to life with camping sites right on our synagogue property. And to make it even better, we are adding a shower/bathroom trailer for your comfort. Campsites close to the synagogue are limited and first-come, first-served, so if you plan to camp, make sure to register early. Whether you are an individual, a couple, or a family, we have a spot sized for you. We have a lot of land so even if the sites close to the synagogue are all booked, you can walk a bit further into the woods, and you'll certainly find a spot to pitch your tent.

Hungry? Most meals are included in your incredibly affordable registration fee. Enjoy delectable dishes from Chef Dave Hazen and the Shalom Macon culinary team, some catered meals, and don't miss our annual Sukkot Chili Cook-Off- bring your best recipe and your competitive spirit!

We've got activities lined up for every age group, from Shalom Kids to College and Career, ensuring everyone finds their place in our vibrant community.



Think less  
"conference room"  
and more "family  
reunion with a  
divine purpose."

— RABBI DAMIAN  
EISNER

We've worked hard to keep this event affordable, including lodging options, so as many of you as possible can join us.

You'll reconnect with old friends, make new ones, and celebrate Sukkot with a community that feels like family. You'll leave feeling spiritually recharged and deeply connected to HaShem and each other.

For those coming from a distance, we know making the trip requires some sacrifice, but believe us, it's worth it. Come ready to rejoice, connect, and create unforgettable memories with the Shalom Macon family. We can't wait to celebrate Sukkot with you and experience shalom like no other at Shalom Macon!

If you are unable to make the trip, our livestream makes it possible for you to attend from around the world! Invite others to experience the holidays with Shalom Macon!

Please reach out to the synagogue administrator, Linda Plowden, with questions at [linda@shalomacon.org](mailto:linda@shalomacon.org), and look out for a welcome packet after you complete your registration!

*Sukkot with Shalom*  
**OCTOBER 16 - 20**  
Register by **SEPT 23rd**

**REGISTER NOW**

**ADULTS — \$125**  
**5-12 YRS — \$50**  
**FAMILY MAX — \$350**

# SUKKOT EVENT SCHEDULE

ALL EVENTS WILL BE LIVESTREAMED

Please note the SM sukkah is always open and available, as it has been every year.

## Wednesday, October 16

- 5:00 pm Registration/Check-in opens
- 6:15 pm Wine & Welcome Reception
- 6:45 pm Dinner provided by SM

## Thursday, October 17

- 10:00 am Shacharit
- 12:30 pm Lunch provided by SM
- 2:00 pm Breakout Session
- 4:00 pm Rest & Relax
- 7:15 pm Chili Cook-off Judging (Participants arrive early. Please see Karen Wortham or Sabrina Huckey for details.)
- 7:30 pm Dinner

## Friday, October 18

- 10:00 am Shacharit
- 12:30 pm Lunch provided by SM
- 1:00 pm "Ask the Rabbi"
- 2:00 pm Rest & Relax
- 6:00 pm Kabbalat Shabbat
- 6:45 pm Dinner provided by SM

## Saturday, October 19

- 9:00 am Shacharit
- 11:00 am Worship & Teaching
- 12:45 pm BYO picnic lunch Open afternoon – Yard Games
- 6:30 pm Dinner provided by SM
- 7:33 pm Havdalah & Concert

## Sunday, October 20

- 9:00 am [SM 5k](#) (Volunteers / Runners please arrive by 8:45.)
- 11:30 am Grab & Go Lunch provided by SM
- 11:00 - 12:30 pm Maker's Market
- Rest & Relax
- 4.00 pm Cornhole & Conversation ( Yard Games)
- 6:30 pm Bonfire & Dinner provided by SM

## Remainder of Holiday Events

**Monday, October 21** - Enjoy the evening off with family and friends in your sukkah at home, or come join the camping folks in the Shalom Macon sukkah.

**Tuesday, October 22** - 6:00 pm Join us at SM for a chill night around the bonfire with smores & hot chocolate with a classic holiday movie playing.

**Wednesday, October 23** -9:00 am Hoshanah Rabbah Shacharit (Bring a picnic to enjoy in the sukkah for after service.)

**Thursday, October 24** - 9:00 am Shemini Atzeret Shacharit (Bring a picnic to enjoy in the sukkah for after service.)  
7:15 pm Simcha Torah Celebration



  
**SHALOMACON**

**FUNRUN**  
**5K**

**OCTOBER 20**

Shalom Macon’s inaugural Fun Run/Walk 5K will be held **October 20, 2024 between 9 - 11 am!** Registration is open Mon, Aug. 5, with a deadline to register Mon, Sept. 23. Participants may register as individuals or in family groups of up to 4 people. Each participant will receive a t-shirt, with additional t-shirts available for purchase upon registration. Medals will be awarded for each category of participants!

[Register](#) 

תֵּי קוֹבִי  
מִנְדֵּל  
**THE KOBY MANDELL**  
FOUNDATION

Event Sponsorships are also available! Sponsors will have the option to put their name or business name/logo on the t-shirt. All proceeds go to the **Koby Mandell Foundation** for Israeli terror victims and their families. Please choose a level from the drop-down menu if you wish to join us as an event Sponsor.

[\*\*Sponsor\*\* >](#)

# MACON A CHANGE - BOOK REVIEW

## WONDER DRUG:

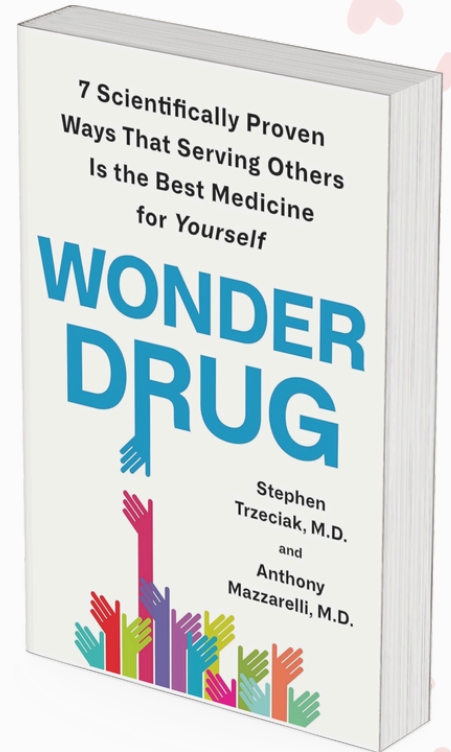
### 7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself

#### Why This Book?

We now literally have unbiased scientific evidence to support what we practice in addition to having a concrete answer to the “why” we do some of the things we do besides, “Hashem told me to” which is good enough for me, but maybe not enough for those who don’t know Him yet. This book is available as an audiobook and the narrator does a great job in bringing out the humor and quippy personalities of the authors.

#### You Should Read This Book If:

- ✓ *You want to discover the delicate balance of giving too much and not giving at all*
- ✓ *You tend to be a giver, almost to your own detriment*



#### What this book covers:

**Part 1: The Diagnosis: An Epidemic of Self-Serving** – This section challenges the “put yourself first” culture that we have evolved into. They discuss that although centering yourself is important, it isn’t the ONLY thing that should be considered when making decisions. I was so excited to read this as I felt validated for the recent blog post I wrote [Selfishness is Not Self-Care](#). Contrary to what some may think, sometimes putting others first is actually the best medicine for you. How in the WORLD is that possible? As difficult as it may be to wrap the brain around it, the data doesn’t lie.

#### Section Titles Include:

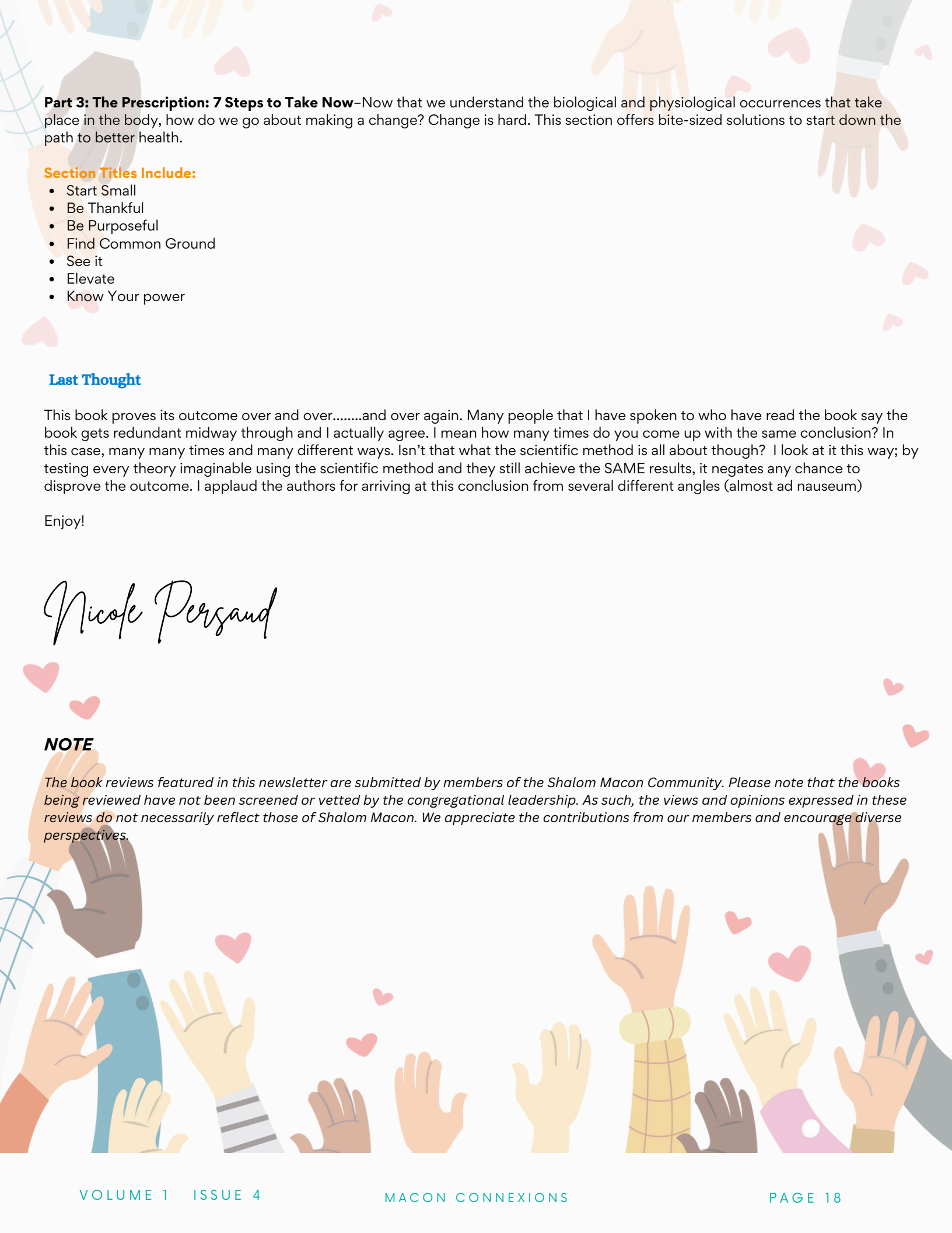
- It’s Not You, It’s Me Culture
- Survival of the Kindest?
- The Giving Paradoxes
- How Self- Serving Are you?

**Part 2: The Cure: Serving Others** - This section digs in to the scientific data and what literally happens to the body when we serve and/or do good for others.

#### Section Titles Include:

- The Brain and Body When Serving Others
- Physical Health Through Serving Others
- Mental Health Through Serving Others
- Happiness Through Serving Others
- Motives Matter



The page features a decorative background of various hands in different colors and styles reaching upwards, interspersed with small pink hearts. The hands are rendered in a simple, illustrative style with visible fingers and some wearing sleeves or cuffs. The hearts are scattered throughout the page, adding a warm and supportive feel.

**Part 3: The Prescription: 7 Steps to Take Now**—Now that we understand the biological and physiological occurrences that take place in the body, how do we go about making a change? Change is hard. This section offers bite-sized solutions to start down the path to better health.

**Section Titles Include:**

- Start Small
- Be Thankful
- Be Purposeful
- Find Common Ground
- See it
- Elevate
- Know Your power

**Last Thought**

This book proves its outcome over and over.....and over again. Many people that I have spoken to who have read the book say the book gets redundant midway through and I actually agree. I mean how many times do you come up with the same conclusion? In this case, many many times and many different ways. Isn't that what the scientific method is all about though? I look at it this way; by testing every theory imaginable using the scientific method and they still achieve the SAME results, it negates any chance to disprove the outcome. I applaud the authors for arriving at this conclusion from several different angles (almost ad nauseum)

Enjoy!

Nicole Persaud

**NOTE**

*The book reviews featured in this newsletter are submitted by members of the Shalom Macon Community. Please note that the books being reviewed have not been screened or vetted by the congregational leadership. As such, the views and opinions expressed in these reviews do not necessarily reflect those of Shalom Macon. We appreciate the contributions from our members and encourage diverse perspectives.*



# SUKKOT WORDSEARCH

Find and circle the words below

Name: \_\_\_\_\_

W	I	L	L	O	W	A	E	H	B	W
A	M	U	X	O	S	U	K	K	A	H
T	E	L	H	E	B	T	S	D	N	I
G	N	A	U	R	C	F	G	W	I	J
T	S	V	E	T	R	O	G	Q	Z	G
Q	I	X	R	J	K	H	D	X	I	D
O	P	S	M	G	X	P	R	E	P	U
P	Z	Q	H	L	T	O	R	A	H	E
A	D	R	A	R	E	A	M	L	S	L
L	F	J	W	D	E	L	F	D	U	I
M	Y	R	T	L	E	I	N	A	V	W



sukkah  
lulav  
etrog  
tishrei

torah  
myrtle  
willow  
palm  
ushpizin

# WORDSEARCH ANSWER KEY

W	I	L	L	O	W					
		U			S	U	K	K	A	H
		L							N	
		A							I	
T		V	E	T	R	O	G		Z	
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P			H		T	O	R	A	H	
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L					E				U	
M	Y	R	T	L	E	I				