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The Whole Megillah
Published bi-monthly by Congregation Beth Shalom Rodfe Zedek
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Fax: 860-526-8918
www.cbsrz.org

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Gates of Repentance—that slim, maroon High Holy Day machzor (prayerbook)—sits on my shelf, waiting patiently for another New Year season. The pages are soft from use, and they are plastered with yellow post-its, telling me what to read, what the choir will sing, which pages we are skipping, when to call someone up for an honor.

This machzor was published three years after I was born. It is the only one I’ve ever known. I remember sitting in the blue and gold sanctuary of my childhood, counting how many pages were left until the long service would finally be over. I am still stirred as I read those opening lines of the Erev Rosh Hashana service, “In the twilight of the vanishing year, we lift up our hearts in thanksgiving.”

But over the last several years, the English readings, the theology of a harsh, judgmental God, and the lack of transliteration have grated on me. This beloved book is now glaringly dated. And this is why, although I will feel a sense of loss when I don’t pick up that Gates of Repentance next year, I am thrilled that our congregation is making the transition to the new Reform Movement machzor, Mishkan Hanefesh.

Mishkan Hanefesh translates to “Sanctuary of the Soul,” and I believe it speaks to the soul and the spirit of American Jews today, and particularly to the spirit of our congregation. This new machzor allows us to continue to create services that mix traditional with contemporary forms. The traditional Hebrew prayers remain, and we can continue to incorporate the music that we love. At the same time, it makes High Holy day prayer more accessible and more relevant to our diverse congregation.

Every Hebrew prayer is transliterated, so that non-Hebrew readers can join in those prayers. Every page has a range of choices in English readings and poetry as well as commentary, which provides background on the liturgy. The language used to talk about God is gender-neutral, but in a much more natural way than the previous book. And God’s attributes of compassion and forgiveness are emphasized over the attributes of judgment and punishment.

Last year, we held two pilot services with the new machzor, testing out a Rosh Hashana service and the Kol Nidre service. The response was clearly positive, from our lay people to our service leaders, and in January the Board of Directors approved our purchase of these new volumes on recommendation from myself and our Religious Affairs committee. I feel great pride and gratitude for this congregation’s openness to and embrace of change. I believe that this new machzor will only add to the beauty and spirit of our High Holy Days at CBSRZ, and I can’t wait to crack the new binding and start putting post-its all over its crisp pages!

From the Rosh Hashana morning service:
“. . . Unetaneh Tokef is an artistic wrestling with impermanence and death, with deeds and their consequences, with power and powerlessness, with fear and reassurance, with mistakes and second chances. Perhaps the ultimate paradox is that life hurts but is still worth living.”
—Margaret Moers Wenig

From the shofar service on Rosh Hashana:
“Today the world is born anew. This day, the whole of creation stands before You to be judged. As we are Your children, love us in the way of mothers and fathers. As we are Yours in service, guide us by the light of Your justice, grace, and holiness.

Taste the sweetness our lips sing to You, God Most High. You are knowing and attentive, watchful and aware when we call out: ‘T’kiah!’ Lovingly, favorably receive our Service of Malchuyot!”

A creative translation of the Sh’ma and V’ahavta, from the Kol Nidre service:
“Listen, all you who wrestle with your fate: the intimate and the infinite are one. Trust that unity with your whole heart, doubt and all; with your whole soul, and with all the powers at your command. Remember it; repeat it everywhere, working or resting, sitting or walking, night and morning, alone and to all you love, See it written on your hand, on your brow, in every common place and in every face.”

Please support the synagogue’s adoption of the new machzor with your donation or by ordering copies. An order form will be found on page 9.
**March Worship Services**

- **Wednesday, March 4, 8:00 AM**, Morning Minyan
- **Friday, March 6, 5:45 PM**, Tot Shabbat: 6:15 PM, Dairv Potluck Dinner; 7:00 PM, First Friday Shabbat Service
- **Saturday, March 7, 10:30 AM**, Shabbat Service and Bat Mitzvah of Katie Burzin
- **Wednesday, March 11, 8:00 AM**, Morning Minyan
- **Friday, March 13, 6:00 pm**, Shabbat Across America
- **Saturday, March 14, No Second Saturday Shabbat Service
- **Wednesday, March 18, 8:00 AM**, Morning Minyan
- **Friday, March 20, 7:30 PM**, Erev Shabbat Service
- **Saturday, March 21, 10:30 AM**, Shabbat Service and Bat Mitzvah of Sarah Conley
- **Wednesday March 25, 8:00 AM**, Morning Minyan
- **Friday, March 27, 5:45 PM**, Erev Shabbat Service with Piano and Jewish War Veterans’ 10th Anniversary
- **Saturday, March 28, 10:30 AM**, Shabbat Service and Bar Mitzvah of Benjamin Craig

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**April Worship Services**

- **Wednesday, April 1, 8:00 AM**, Morning Minyan
- **Friday, April 3, First Night of Passover, No Erev Shabbat Service**
- **Wednesday, April 8, 8:00 AM**, Morning Minyan;
- **Friday, April 10, 7:30 PM**, Erev Shabbat Service to Conclude Passover with Yizkor, Followed by Chatam Oneg
- **Saturday, April 11 No Second Saturday Service**
- **Wednesday, April 15, 8:00 AM**, Morning Minyan; 7:00 PM, Erev Yom HaShoah Service at Temple Beth Tikvah
- **Friday, April 17, 7:30 PM**, Erev Shabbat Service
- **Saturday, April 18, 10:30 Shabbat Morning Service and B’nai Mitzvah of the Minyannaires
- **Wednesday April 22, 8:00 AM**, Morning Minyan
- **Friday, April 24, 7:30 PM**, Erev Shabbat Service Honoring George Amarant
- **Wednesday April 29, 8:00 AM**, Morning Minyan

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**MARCH EVENTS**

- **Sunday, March 1, 8:30–10:30 AM**, Adult Hebrew; 10:00 AM, Purim Spiel and Carnival
- **Tuesday, March 3, 5:30 PM**, Facilities Committee; 6:30–7:30 PM, Choir
- **Wednesday, March 4, 8:45 AM**, Religious Affairs Committee; 6:00 PM, Purim Spiel with Pizza dinner
- **Thursday, March 5, Purim; 7:00–8:00 PM**, Meditation
- **Sunday, March 8, 8:30–10:30 AM**, Adult Hebrew; 4:00 PM, Women’s Seder
- **Tuesday, March 10, 9:00 AM, Yoga; 3:00 PM**, Shoreline Soup Kitchen and Pantry Board Meeting; 6:30–7:30 PM, Choir
- **Wednesday, March 11, 9:00 AM, Choir Yoga; 7:00 PM, Conversion Class; 7:00 PM, Program Committee
- **Thursday, March 12, 12:00–1:30 PM, Lunch & Learn; 7:00 PM, Board of Directors
- **Sunday, March 15, 8:30–10:30 AM, Adult Hebrew; 12:30–1:30 PM, Shofar Blowing Class
- **Tuesday March 17, 9:00 AM, Yoga; 6:30–7:30 PM, Choir
- **Wednesday, March 18, 9:00 AM, Choir Yoga
- **Thursday, March 19, 7:00 PM, Adult Education Committee
- **Sunday, March 22, New York Residents Gathering Time (BDB) 8:30–10:30 AM, Adult Hebrew; 10:30 AM, Sunday Morning Torah Study; 1:00–5:00 PM, Coming to America: An Exploration of Immigration Then and Now
- **Tuesday, March 24, 9:00 AM, Yoga; 6:30–7:30 PM, Choir
- **Wednesday, March 25, 9:00 AM, Choir Yoga
- **Thursday, March 26, 7:00 PM, Executive Committee
- **Sunday, March 29, 8:30–10:30 AM, Adult Hebrew; 11:00 AM, Living Haggadah Program; 3:00 Women’s Health Talk
- **Tuesday, March 31, 9:00 AM, Yoga; 6:30–7:30 PM, Choir

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**APRIL EVENTS**

- **Wednesday, April 1, 8:45 AM**, Religious Affairs; 9:00 AM, Chair Yoga; 7:00 PM, Program Committee
- **Thursday, April 2, 7:00 PM, Board of Directors**
- **Friday, April 3, First Night of Passover**
- **Saturday, April 4, 6:00 PM, Congregational Seder**
- **Sunday, April 5, 8:30–10:30 AM, Adult Hebrew**
- **Tuesday, April 7, 9:00 AM, Yoga; 5:30 PM Facilities Committee; 6:30–7:30 PM, Choir
- **Wednesday, April 8, 9:00 AM, Chair Yoga**
- **Thursday, April 9, 12:00 PM, Lunch & Learn; 7:00 PM, Meditation**
- **Saturday, April 11, 10:30 AM, Prayer Lab**
- **Sunday, April 12, 8:30–10:30 AM, Adult Hebrew**
- **Tuesday, April 14, 9:00 AM, Yoga; 3:00 PM, SSKP Board Meeting; 6:30–7:30 PM, Choir
- **Wednesday, April 15, 9:00 AM Chair Yoga**
- **Thursday, April 16, Yom HaShoah; 7:00 pm, Adult Education Committee; 7:00 PM, Meditation
- **Sunday, April 19, 8:30–10:30 AM, Adult Hebrew; 10:45 AM, Sunday Morning Torah Study; 5:00 PM, Music & More with Ivory & Gold
- **Tuesday, April 21, 9:00 AM, Yoga; 6:30–7:30 PM, Choir
- **Wednesday, April 22, 9:00 AM, Choir Yoga**
- **Thursday, April 23, 7:00 PM, Executive Committee; 7:00 PM, Meditation**
- **Saturday, April 25, 9:00 AM – 12:00 PM, Looking Both Ways**
- **Sunday, April 26, 8:30–10:30 AM, Adult Hebrew; 11:00 AM, Education Committee; 1:00–4:00 PM, Stuff a Truck**
- **Tuesday, April 28, 9:00 AM, Yoga; 6:30–7:30 PM, Choir; 7:00 PM, Membership Committee**
- **Wednesday, April 29, 9:00 AM, Choir Yoga; 7:00 PM, Conversion Class**
- **Thursday, April 30, 7:00 PM, Meditation**

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**UPCOMING EVENTS**

- **May 1–3, Scholar-In Residence Weekend (see page 10 for complete program schedule)**
- **Friday, May 8, 5:45 PM, Erev Shabbat Service Followed by Dinners in Congregants’ Homes**
- **Saturday, May 23, Erev Shavuot with Yizkor and Tikkun Study**

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**Holy Scrollers Torah Study**

Every Shabbat 9:00 –10:30 AM

Don’t Be Afraid of CBSRZ’s Social Media: Facebook, Blogs, and Twitter

Just the words alone can cause tremors for some but, like it or not, they are here to stay. CBSRZ is using one or more of these sites and invites members to come along, it’s really not hard, and explore the joys of cyberspace.

Begin by clicking on www.cbsrz.org to bring up the Synagogue’s site and then click away at any of the colorful sites that you want to access. Click on the Facebook icon at the bottom of the page and you will be directed to the CBSRZ Facebook page and a treasure trove of information beginning with Ellen Nodelman’s blog about what it is like to be an adult Bat Mitzvah. Click on the Like icon so you can be counted as a Friend of CBSRZ and thus receive postings as quickly as they are sent.

Charles Savitt has launched a Twitter site. Be sure to follow us on Twitter @CBSRZ. Follow Rabbi Goldenberg on Twitter @rabbirg.
Washington’s mall, on January 20, 2009, was bone-chillingly cold, and being sandwiched in among the 1.5 million citizens crowded there for Barack Obama’s inauguration didn’t seem to make it any less so. Clo’s and my then-13-year-old son Gabriel and I had taken an overnight bus from New Haven to witness the first African American become the nation’s 44th president. Colossal jumbotrons dotted the mall, showing live video close-ups of ceremonies taking place on the West Front of the Capitol. Helpfully, captions appeared along the bottom of each screen so that distant watchers like us could follow the sounds and speeches.

No one would have characterized this throng as bipartisan. These were full-blooded Obamians, flooded in to Washington from across America, jubilant over the transition unfolding before them. That’s why it was hardly surprising that when a marine helicopter lifted the then-former President George W. Bush into the sky over the mall, executing a final farewell turn, a deafening roar of boos rose in a wave from the Capitol lawn to as far back as the Lincoln Memorial. But what caught my eye was the way the jumbotron captions interpreted the moment. They read: “Applause”.

That kind of disconnect is something I come across regularly in my professional life. When I go to conferences for pension and mutual fund officials, it is clear that the world they see as right and proper is one in which investors have oversight of CEO pay and corporate social responsibility. Go to a conference with chief executives, though, and the reverse is true: CEOs will depict shareholders as toxic influences who should be kept at bay. The worlds the two communities inhabit couldn’t be more different.

Synagogues such as ours are hardly immune from stark differences of perspective. Some of us grew up in Conservative or Orthodox households and find our most profound experience of God through traditional ritual. Others came of age rejecting Hebrew school and religious authority and gather in our sanctuary because we pursue alternative forms of spirituality. Still others can’t be bothered with worship at all; we seek, instead, the belonging of community and fulfillment in helping others. Can CBSRZ be a satisfying haven to all of these perspectives?

If you believe theologian Rachel Adler, being anything less than a haven for all could be considered, well, idolatry. How’s that? Adler’s view is that the Torah’s many names for God—including the unpronounceable YHVH—amount to a kind of spiritual code warning us of the impossibility of capturing the meaning of God through a single lens. She would contend, for instance, that framing God in familiar masculine terms cannot hope to contain the enormity of what God is. In fact, treating any single vision of God as the only legitimate one amounts to stuffing God into a box—which becomes equivalent to worshipping an idol.

Adler’s solution is not necessarily to strip out the word “He” when referring to God. Instead, multiple expressions of the divine are fitting, even ones as unconventional as yoga or dance or latkes or music or meditation. We should each find the gateway that best suits our struggle to understand meaning and purpose. At the same time, though, we should remember that even if we shouted all the names of those paths out together, the cacophony could only hint at the infinity of God.

How can a synagogue hope to cope with such a vast challenge? Shirat Hayam, a Conservative shul located just north of Boston in Swampscott, has invented a one-word answer: “Synaplex”. About a year ago Clo, Lary Bloom, Suzanne Levine and I drove up to experience it. Rabbi Baruch HaLevi has led an overhaul of offerings to congregants. Where once on Shabbat mornings there was only a traditional service, now congregants face “multiple gateways to Jewish life, learning and prayer, social justice (tikun olam), celebration, culture and the arts.” A typical Saturday morning “Synaplex” schedule includes—in addition to the traditional service—a “mystic minyan,” “healing havurah,” “Torah yoga,” “Ruach rally,” and a Shabbat café lunch for all. You can see much of this for yourself through archived livestreams at www.shirathayam.org.

“Synaplex” isn’t what we call what is unfolding at CBSRZ. But we are on to something profound in the way we are enriching and diversifying the paths we offer. Some of the gateways are being opened by clergy. Our Rabbi and Cantor have begun a series of innovative “prayer labs” designed to pioneer alternative ways we can wrestle with meaning and spirituality. The two will shepherd us to a new mahzor during high holy days later this year. The Rabbi is convening meditation sessions while Alan Morinis, our upcoming scholar in residence, will lay groundwork for a Mussar program of spiritual renewal. And in close collaboration with Choir Director Meg Gister and her magnificant team, the Rabbi and Cantor are introducing new music. My personal favorite is “Kaddish,” a haunting version of the mourning prayer put into song by Shirat Hayam’s Cantor Elana Rozenfeld. When Lary, Sue, Clo and I first heard it in Swampscott last year we saw how it moved some congregants in ways the traditional text might not. Belinda embraced the challenge of trying it out alongside the normal Kaddish in Chester; now everyone can see her transporting version, thanks to John Hausman’s livestream editing. Find it on CBSRZ’s YouTube channel labeled “Kaddish-Erev Shabbat Service January 16th, 2015”, or at www.youtube.com/watch?v=YfjigzE-Zk.

Other gateways are the handiwork of congregants. They include digital learning for our youth, video interviews of congregants, a pilot film on the construction of our building, thought-
provoking art exhibits on Main Street, robust adult education programs, inspiring centennial activities and, of course, our vital Chesed and Social Action initiatives. The spectrum of activities is remarkable for a congregation of our size. In fact, the *Jewish Ledger* recently described us as one of Connecticut’s most robust cultural centers.

Considered in Rachel Adler’s terms, all this innovation is about probing, in our way, infinite facets of the divine. What constantly astounds me, though, is the patience for change in the CBSRZ community; after all, gateways may open under our roof that we may not identify with, even as others do. So it is worth celebrating that, even if we disagree on paths, we are forging a vital culture of spiritual tolerance. A little like at the National Mall six years ago, the equivalent of boos and applause co-exist here along with every sound in between. The dissonance may at first seem jarring. It certainly is in the worlds of politics and business. But in our collective searching, in this sanctuary, it is our greatest strength.

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**Religious Affairs At CBSRZ**

**Shofar Blowing Class — For Kids And Adults!**

Have you ever wanted to get your hands on one of our beautiful shofars and blow your heart out? Now is the time to try! Rita Christopher is offering a beginners class on Sunday, March 15 at 12:30. CBSRZ has two shofars that can be shared (we’ll have alcohol wipes). If you have your own shofar, please bring it! The class should last for approximately one hour, depending on how many participants we have. Please RSVP to the office if you are interested in participating. Plan to bring a lunch if you will be going straight from Sunday School.

**Erev Purim — Wednesday March 4, Purim Fun Continues...Rated PG....so bring the whole family!**

Beginning at 6:00 pm, on Wednesday March 4, we will get together for silly scenes based on the Megillah, with food and music and audience participation! We will begin the evening with a pizza and salad party at 6 pm. Wine and beer is BYOB. We will supply non-alcoholic beverages. At around 6:30, we will settle in for our Purim Spiel, which will be rated PG, so children are welcome to attend. Last year’s Spiel was so much fun, we’re doing it again, and we have again invited members of Adath Israel to join in the fun. Several groups of volunteers will present their wacky interpretations of a specific section of the Megillah. Our theatre improv expert Shelley Sprague will also be calling on audience members to participate in some spontaneous improvisations of a couple of scenes. So, come with your silly creative juices flowing, as we’re going to need your help! In addition to our actors, we will all be singing old Purim favorites with Meg Gister on the piano. Following the spiel, we can mingle over coffee and traditional hamantaschen and other desserts. For our bakers out there....please bring desserts to share. Homemade are always better than store bought!
CONGREGATION BETH SHALOM RODEZEDEK

CONGREGATIONAL SEDER

Second Night of Passover – Saturday, April 4, 2015 – 6:00 pm

CATERED BY OUR VERY OWN.....BOB AND LINDA ZEMMEL

AND ALFORNO

**MENU**

Hard Boiled Egg and Salt Water
Chicken soup with Linda’s Matzoh Balls
Gefilte Fish with Two Horseradishes: Hot and Homemade Hotter
(mild also available)
Traditional Seder Plates

**Wine**BYOB
Ceremonial wine and juice will be provided. Please bring your own for dinner.

Braised Brisket Served With Its Pan Juices and Roasted Brussel Sprouts
Breast of Empire Chicken Stuffed with Wild Mushrooms
Fried Chicken Fingers a la Matzo Meal (FOR THE CHILDREN)
Roasted Seasonal Vegetables
Farfel Kugel
Arugula and Mesclun Salad with Roasted Beets
Grilled Asparagus and Grape Tomato Salad

Dessert
Linda’s Almond Macaroons
Assorted Coffees and Teas

Please join us as we come together to celebrate Passover — it’s always a delicious and spiritual experience. To add a personal touch to the celebration, we ask you to bring your family Seder plate (we’ll provide the ingredients). Rabbi Goldenberg will begin the service promptly at 6:00 pm.

Please send your reservation and payment to Wendy at the synagogue office by Friday March 13. (PO Box 438, Chester CT 06412). You may also call her (860-526-8920) or fax (860-526-8918) or email (bethshalom@snet.net) your reservation with payment to follow. You must have a reservation in order to attend. We will do our best to seat large groups together but you must make your reservation by the deadline of March 13. If you wish to sit with another family, we suggest you arrive no later than 5:30 to get seats together.

Name(s) ___________________________________________ Phone Number ____________________

Member Adults __ x $36 = ________ Non-Member Adults ________ x $45 = ________
Member Kids (7 - 12) ___ x $17 = ________ Non-Member Kids (7 - 12) ___ x $25 = ________
Member Kids (under 7) ___ x $6 = ________ Non-Member Kids (under 7) ___ x $10 = ________

We would like to donate $________ towards the purchase of a meal for someone who cannot afford to come to our Seder.
Let’s Celebrate Eating Chametz Again!

Passover comes to a close on Friday, April 10. Join us for Shabbat Services, which will include Yizkor (Memorial) service, at 7:30 pm. We will then share a delicious oneg, full of cakes and cookies and other chametz, all of those yummy foods we didn’t eat for 7 days! Our oneg will be pot luck. Knowing that many of us won’t bake cookies on the 7th day, we will purchase a tray from The Wheat Market. Feel free to bring other desserts (fruit, store-bought bakery treats, etc).

Yom HaShoah

Wednesday, April 15, 7:00 pm, at Temple Beth Tikvah, Madison, CT.

“Yom HaShoah,” also known as Holocaust Remembrance Day, occurs on the 27th of Nisan. Shoah, which means catastrophe or utter destruction in Hebrew, refers to the atrocities that were committed against the Jewish people during World War II. This is a memorial day for those who died in the Shoah, also known as the Holocaust, which comes from a Greek word meaning “sacrifice by fire.”

Our friends and neighbors at Temple Beth Tikvah in Madison are hosting this year’s service. It will be held on Wednesday, April 15 at 7:00 pm. With the combined leadership and music of the two synagogues, it is guaranteed to be a beautiful and moving service.
New High Holiday Prayer Book

The CBSRZ Board of Directors, at the recommendation of Rabbi Goldenberg and Religious Affairs, has authorized the purchase of the new Reform movement High Holiday Prayer Book, or “machzor”. The new machzor will make the services more accessible to all participants, with transliteration of all Hebrew prayers. It offers updated language and offers our service leaders more choices in English readings while allowing us to retain the melodies, traditional Hebrew prayers and spirituality that make CBSRZ High Holy Days so special. The machzor comes in a set...one book for Rosh Hashana and one for Yom Kippur. Please refer to Rabbi Goldenberg’s article for more information on this new endeavor.

For a donation of $36, you can have a dedication put on a book plate for the new machzor. These dedications can be in memory of, or in honor of, a loved one, or simply a donation by you and your family. Please complete the form below and submit, with your payment, to the CBSRZ office.

1. How many sets of book plates would you like? ___________
2. If you would like to donate toward the purchase of the new machzor, but don’t want a bookplate, please indicate the amount of your donation. ___________
3. For book plates to be IN HONOR OF, please indicate how many #_____ and carefully print the names below.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. For book plates to be IN MEMORY OF, please indicate how many #_____ carefully print the names below.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

5. For books to be DONATED BY, please indicate how many #_____ and carefully print the name(s) below.

________________________________________________________________________

6. If you would like to purchase the machzor for your home use, please indicate the number of sets #__________

7. Please provide your name and contact information (phone or email) in case we have any questions. ________________________________________________________________.
Today I Am A Soul
By Bruce Josephy

“He’s a giant.” Rabbi Rick Jacobs was describing Alan Morinis to me. But I never heard of Alan Morinis. And his field of interest, Mussar, I knew the word, nothing else. That was then.

It was December 2013 at the URJ Biennial in San Diego. I was a new member of the URJ North American Board. Rabbi Jacobs asked if I was going to Alan’s presentation on Mussar the next day. I was not planning to. Knowing of my interests, he suggested I go. The President of the URJ said go. I went.

It was a life-changing experience. The central thesis was a reframing of “I have a soul” to “I am a soul”, a soul with traits, middot. Mussar is a discipline of transformative practices for soul traits, tikkun middot. As one’s soul traits are refined, one’s relationships with self, others, and G-d have the opportunity to be positively affected.

I am grateful to have spent four hours learning with Alan at the Biennial, and it served as a catalyst for further Mussar study. What should I read? Like any good author, Alan said, “Start with my books.” I did, and have read many others. With Mussar, it is important to read the books, but the key is doing, practicing Mussar.

I’m often asked what I’m reading. For a number of years my answer has been Hasidic texts from the 18th century to the present. Since meeting Alan, I add, Mussar texts, some dating back to the 11th century. This knowledge is just as relevant today as it was a thousand years ago.

At our core we are spiritual beings on a material journey, not material beings on a spiritual journey. As physical exercise strengthens one’s body, Mussar practice strengthens one’s soul.

Mussar has not only reframed my understanding of who I am, a soul, but has also added a deeper understanding of how I am and why I am.

I am grateful to Alan Morinis for the gift of Mussar, and to Rabbi Jacobs for introducing me to Alan. I am also grateful to Rabbi Goldenberg and Belinda Brennan who enthusiastically embraced the idea of Alan Morinis being a scholar-in-residence with us this May 1–3.

Living a Soulful Life: Lessons from the Jewish tradition of Mussar

May 1-3, 2015 Schedule for the Weekend

Alan Morinis, Sheldon Kutnick Scholar in Residence

Bruce Josephy and Alan Morinis

Friday, May 1

6:00pm Dairy/Vegetarian Shabbat Potluck dinner

7:00pm Shabbat Evening Service, with an introductory sermon by our scholar “What is Mussar and Why Should I Care?”

Saturday, May 2

10:00am Shabbat Morning Service with Dvar Torah by our scholar entitled: “Torah Through a Mussar Lens,”

This talk will focus on the lessons in the Torah portion that give us models for thought and behavior that have application in our own lives.

12pm Dairy Potluck Kiddush Luncheon

1pm “Why You Are How You Are And What’s Your Potential? —a Jewish Perspective,”

In this text study, Alan Morinis will explore the substance of Mussar and what it can offer us.

Sunday, May 3rd

9:30am Mussar workshop with our teens

10:30am Experiential workshop with parents and any interested adults

These workshops will focus on Mussar practice, its tradition and its methods. Here we encounter the effective mechanisms that bring about change and growth that the Mussar teachers developed over the centuries.
Music & More’s

SWEET HONEY IN THE ROCK®
Smashing Success!

Music & More’s program of SWEET HONEY IN THE ROCK® was by every account a smashing success. We reproduce here a letter received by Miriam Gardner-Frum from Susan von Reichenbach, a soprano specializing in lieder, who graced the Music & More program some time ago.

“The concert was just wonderful, Miriam! Sweet Honey is a great group of souls and songs. I’ve long wanted to hear them live. These performers have a spiritual purpose that is instantly palpable—to raise the frequency of consciousness on our troubled planet—and that deserves our support and appreciation. These priestesses of Song are waking folks up, not only to social injustices but to spiritual truths and to God through “music and more”! The reaction was very heartening. Everyone around me was singing and clapping and into it. A real community unity—so rare. I hope you feel completely satisfied and happy today. Thank you to the committee and to all the community at the Temple for bringing this lofty choir to our area. It was an afternoon well spent.

I would loved to have talked to these divine ladies after the concert, but had to move along. I loved each of them and their diversity—in voice & style—but want to mention that I was fascinated by the energy and unflagging enthusiasm of the Sign language interpreter—she was such a presence of Joy and Love! The expressiveness of her face and presentation were something unique and infectious to behold. I wish I could have communicated that to her.

Thanks again for arranging the ticket—to Clo, too, I gather. I really appreciate it.”
Rachel Angle’s speech on sex education was delivered at the L’takein Seminar, a weekend in DC with other teens learning about social justice issues from a Jewish perspective. On the last day, the teens meet with the staff of their Senators and Representatives on Capitol Hill and advocate for an issue. Rachel chose to speak about comprehensive sex education.

**L’takein—Sexuality Education**  
Rachel Angle

Hello, my name is Rachel Angle, and I’m from Congregation Beth Shalom Rodfe Zedek in Connecticut. Thank you very much for taking the time to meet with me today. I am in Washington with hundreds of other teens from the Reform Jewish Movement to participate in the L’Taken Seminar, an intensive four-day program, focused on Jewish values and social justice, sponsored by the Religious Action Center, which is the legislative office of the Union for Reform Judaism whose 900 congregations across North America encompass 1.5 million Reform Jews, and the Central Conference of American Rabbis, whose membership includes over 200 Reform rabbis. I would like to discuss a comprehensive sexuality education program with you today.

It is safe to say that a large majority of teens are participating in sexual activity. Though there are programs in use today that educate these teens on the consequences of this activity, these programs are not fully comprehensive. Furthermore, these programs are not present in all states. Many school curriculums are limited to abstinence only programs, which ignore important factors such as safe sex and maintaining a healthy relationship. Instead of accepting the inevitable, that students are participating in sexual activity, schools attempt to scare kids into abstinence through exaggerated statistics and contracts. Meanwhile, teens are exposed to various media outlets, which send them different messages. In the popular movie Mean Girls, the sexuality education teacher relays the message: “If you have sex, you’ll get pregnant and die.” This message is drastically different from the highly sexual content that the average high school student is routinely bombarded with. Abstinence only education is significantly less effective than comprehensive sex education, which is supported by a large majority of the population. Over 80% of Americans favor comprehensive curriculums. These programs outline abstinence as a viable option while also teaching about contraception and disease prevention. Their effectiveness can be seen in the numbers: Teens who receive comprehensive sex education were 50% less likely to experience pregnancy than those who experienced abstinence-only education. In addition to being effective, comprehensive sex education programs are also cost effective. Despite declining by more than one-third since 1980, the U. S. continues to have the highest teen birth rate in the developed world: nearly 40 births per 1,000 girls ages 15–19. Among teens that gave birth, 50% were not using birth control, 31% of whom believed they could not become pregnant. These pregnancies cost U.S. taxpayers between $9.4 and $28 billion a year through public assistance payments, lost tax revenue, and greater expenditures for public health care, foster care and criminal justice services. Unplanned pregnancies and sexually transmitted diseases in teens are unavoidable; they will happen no matter the circumstances. However, if comprehensive sexuality education programs are implemented throughout the nation, the number of unplanned pregnancies and the spread of sexually transmitted infections can be greatly decreased.

The Jewish Reform movement supports the concept that sexuality education should teach young adults how to meet their reproductive health needs and reduce the health risks of sexual activity among young adults. This comes from the guiding principle of sexuality in the Jewish tradition: “You shall be holy.” Like anything coming from a religious text, this phrase can be interpreted many ways. Staying holy does not translate to abstinence. By providing young adults with accurate and comprehensive sexuality education, we are in turn teaching them to respect themselves and their bodies. When people are aware of their self worth they maintain a level of holiness that simply preaching abstinence cannot achieve. Beyond this, preventing women from accessing comprehensive sexuality education opposes the saying in the Talmud: “One who saves one life, it is accounted as if a world is saved.” By limiting young adults’ access to programs that keep them healthy and save lives is contrary to the Jewish commandment to save lives. As a whole, the struggle for maintaining comprehensive sexuality education in schools is an extremely important issue to the Jewish community.

As a Jewish young adult I believe that the issue of sexuality education is one that needs to be brought to the forefront. One problem with improving the sexuality education standards is the incongruence of the sexuality education curriculums around the country. There are many great programs across the nation and others that are severely lacking. I come from a district where sexuality education is taught in the eleventh grade as part of the gym class education, and if it does not fit in a student’s schedule they have the choice to opt out and complete a project instead. The student experiences neither comprehensive nor abstinence sexuality education. In the competitive nature of the college process the class “Health” or “Sexuality Education” carries hardly any weight causing, it to be the lowest of the low on the list of a student’s priorities, if
they take the class at all. Because of the generally simple curriculum students look
at health class as an afterthought, a study
hall, a place to slack off before the real
classes begin. Are these students wrong?
So many students are indoctrinated to
believe that high school should be about
how a college admissions officer will look
at their school records, and these admis-
sions officers see sexuality education as
an afterthought, a place where an A+ is
easy. They don’t look at sexuality educa-
tion as a real class, so why should stu-
dents? I believe that students and teach-
ers and the United States as a nation
should take sexuality education seriously
because high school students are having
sex and they need to be educated about
it. Teens don’t turn 16 and gain the right
to drive. They need to earn a drivers’
license first. I see pregnant teens walk
through the hallways and hear rumors
about STDs. I see teens struggle with
these issues here and now and hope
people realize the importance before
they look at comprehensive sexuality
education as optional as opposed to
absolutely necessary.

What does becoming a Bar
Mitzvah mean to you?
Becoming a Bar Mitzvah means that I
am maturing and have finally become a
young adult in our Jewish community.

Interview with
Benjamin Crair

Tell the congregation a little about yourself.
I attend Elisabeth C. Adams Middle
School. I play soccer, and I also like to
run and ski. My favorite subjects are
science, math, and band (I play the
saxophone). I live in Guilford with my
parents and my younger brother, David.

What excites you the most
about your Bar Mitzvah?
I am excited to have all my family
together from the West Coast and to
lead a service.

Have you thought at all
about your Torah portion?
Any thoughts on what you
will be discussing?
My portion, Tzav, is from Leviticus. It is
about instructions Moses gives to the
Israelites while in the Sinai wilderness.
Later, the portion talks about a cer-
emony that dedicates the sanctuary and
ordains the priests. I will probably be
discussing the ordination ceremony.

Have you done a mitzvah
project? (If not, what are you
thinking about doing?)
I am raising awareness about endan-
gered animals. I am also raising money
for this cause and am hoping to visit my
former elementary school to discuss
the problem of endangered species with
the students.

Any advice for kids who
haven’t begun preparing?
Make sure you pay attention in the
years before because it definitely
helps. Although preparing might seem
overwhelming, if you break your Torah
portion into chunks, you’ll do fine.
Interview with Katie Burzin

Tell the congregation a little about yourself.

My name is Katie Burzin. I live in Ivoryton and I am in the seventh grade at The Williams School in New London.

What excites you most about your Bat Mitzvah?

I’ve been working hard for my Bat Mitzvah and I’m excited to see how it will turn out. My sisters became Bat Mitzvot and now it is my turn. I am also very excited to be able to wear my Talit.

What does becoming a Bat Mitzvah mean to you?

To me becoming a Bat Mitzvah means becoming a Jewish adult. I think it’s cool that something I’ve been preparing for since Kindergarten is finally going to happen.

Have you thought at all about your Torah portion?

My Torah portion is about Moses’ reaction when he comes down from Mt. Sinai and sees everyone worshipping the golden calf.

Any thoughts on what you will be discussing?

I haven’t written my D’Var Torah yet. I am really not sure what I will say.

Have you done a mitzvah project yet?

I ran a used book drive. I asked my friends at school to give me their used books. I read some of the children’s book aloud and recorded them onto a CD. These books will be donated to “New Haven Reads” a non-profit agency that tutors kids to read better. I will also hold a bake sale at our synagogue. The money raised in the sale will be donated along with the used books.

Any advice for kids who haven’t begun preparing?

In the beginning the tutoring sessions are much easier. As you approach your date the material becomes harder to learn. Take the time to pace yourself when studying. Some weeks will be more involved than others.

Food: We were fed warm meals kindly prepared by the camp’s kitchen staff.

Team Building: The students were challenged to climb a rope tower as well as to create skyscrapers out of plastic crates while being suspended from the ceiling and attached to a pulley. During these vertical activities, Rabbi G. reminded the class that Olim literally means “moving up” as it is the year of their Bar/Bat Mitzvah. The group earned their name this weekend.

Prayer & Torah Study: Rabbi G. led the students in a meaningful discussion of the week’s Torah portion relating to Moses, humility, and self-doubt.

Tubing: The group and Rabbi G could not wait to make their way down the long but cold hill in a rubber donut.

Animals: The horses, wild turkeys, chickens, and 22-pound rabbit who reside on the campgrounds were usurped by a pink and white 7-year-old pig named Stanley. At 700 pounds, this animal is about 200 pounds underweight for his breed. He eats all leftovers from the campers (except, of course, the pork).

Strength: This weekend included ways for each individual to grow spiritually, intellectually, physically, and mentally. Although the temperature was clearly below freezing, relationships were strengthened with warm memories.
Ivory & Gold
(and Maybe the Frogs of Israel)
By Lary Bloom

Music & More: Sunday, April 18, at 5 p.m.

Playing the Popcorn Room at the Griswold Inn is thousands of miles away in geography and meaning from performing before 2,500 people at an outdoor concert in Israel. But that’s the musical leap that Jeff and Anne Barnhart have made over the years in their concerts of jazz, blues and the American songbook.

The Tel Aviv show stands out as one of the greatest moments in the storied career of Ivory & Gold®, as the duo is known, during which they’ve played in dozens of states and many countries, and produced several recordings — Jeff on piano and vocal, and Anne on flute.

Jeff recalls, “I don’t know how you can beat that Tel Aviv concert. There were all those Israelis sitting in lawn chairs and looking out over the Mediterranean waters. There was a moat near the stage, and when Anne and I started playing Gershwin’s ‘Summertime,’ the frogs started croaking along with us.”

And now you, too, can croak along with Ivory & Gold® as Jeff and Anne return to their home base (they live in Mystic but are on the road 40 weeks a year), and perform in a Music & More concert on Sunday, April 19, at 5 p.m.

All this croaking, by the way, doesn’t have to be done by adults. Jeff and Anne delight in introducing the American Songbook to kids, and have many stories about how music previously unknown to them has resonated.

Not long ago, at a concert in New London, a boy in the first row listened as Jeff demonstrated how to scat, a technique used so beautifully by Ella Fitzgerald among others, and the boy, a first grader, volunteered to try it out. He wowed the crowd.

Indeed, Jeff and Anne always have fun with kids and they encourage our synagogue community to bring children even if they’ve never heard the name Cole Porter or Irving Berlin.

The kids will be humming along and stomping their feet, and agreeing with the many music critics who consider this duo to be at the top of their game. No less than Max Morath, a legendary ragtime player, calls them “musically flawless,” and Stuart Dryden, a music writer in the UK, says, “Enjoy the warmth and talent of this unique duo — you won’t regret it.”

Tickets for congregation members are $20 (a $5 discount from the regular admission price), and children under 16 are free. To arrange tickets, which will also be available at the door, please call Wendy, 860.526.8920.
Andrew Cohen spoke at Shabbat service January 16th on his book *Two Days in June*. To his left, his wife Mary Gooderham.

Demonstration from the Bushy Hill Nature Program (we were walking our backyard).

Gabriel Davis with the IDF

Fine dining at the Tu B’Shevat Seder.
"Seeing the World through Reporters’ Eyes," personal reflections of two powerhouses in the field of televised news, arranged by the Adult Education Committee. Seated, congregant Philip Sheffler, longtime editor and producer of CBS’ 60 Minutes; standing, Rabbi Goldenberg, James Jacoby, producer at PBS Frontline, and Past President, Bruce Josephy.

The Muses behind Project 100: (left to right): Linda Rigono, Polly Kipp, Pam Crair, Deb Rutty, Ellen Nodelman, Johanna Schaef er, Sandy Herzog

Cellist David Bruno, Meg Gister and the choir at Erev Shabbat Services
The Many Hands of Chesed

Chesed, commonly understood to mean “loving kindness”, is a primary virtue in Judaism. It is also the name of a committee at CBSRZ that provides care and support to our congregants. Chesed members comfort those who are bereaved and help in organizing and attending Shivas. We call, we send cards, and we visit congregants in hospitals, nursing homes, and their own homes. We deliver meals, Shabbat bags, and Purim boxes. We have begun to develop the Hinenei Corps, a program to provide support to older members of our community and encourage long-term caring relationships. We remind folks that no one in our community is alone, that we are here for one another. This becomes even more important in an aging congregation whose members are spread out over dozens of different cities in a large geographic territory. There are many challenges. For example, we offer many wonderful programs, with new ones being added every day, but not everyone can get to the programs. One of the things we’ve started to do recently is try to help provide access to resources and/or transportation for congregants. It is truly an act of loving kindness to make sure everyone is included and welcome.

It takes a lot of folks to make this happen. There are over three dozen volunteers on the Chesed committee; they play many different roles and work tirelessly. We’ve also recently filled a part-time position (created by a grant from the Jewish Federation of New Haven) for a “Caring Community Coordinator” (see attached interview with Iris Freeman). Iris is helping us create a network of support for each other and to proactively address the pastoral needs of our members, especially as they age. She will also be helping to train Chesed members, spearhead our transportation initiative (Holy Rollers) and to build up daytime programming.

The work that Rabbi Goldenberg, Chesed and each of us do on behalf of all those who call CBSRZ their spiritual home is an affirmation of a beautiful passage from Gates of Prayer: “Pray as if everything depends on God, but act as if everything depends on you.”

Linda Sherman Chesed Committee chair. To help in the committee’s good work, please contact Linda at kbsberman@gmail.com

Spotlight on a Volunteer

One of our amazing volunteers, Beth Brewer has been an integral part of Chesed for many years. You have likely seen her at many Shivas, as she has organized and spearheaded Chesed’s support of grieving families for a long time. Beth is also an active member of the program committee and a long term Deep River Soup Kitchen volunteer. When she isn’t at the temple, or visiting her first grandchild in California, Beth sells real estate in Essex. In addition to everyday transactions, she also does something extraordinary. Beth is involved with a non-profit organization called “Sarah Tuxis.” In particular, Beth assists them in finding properties for rental or purchase as group homes for individuals with Intellectual and Developmental Disabilities and their families. According to Beth, it is a complicated and challenging process, but one with significant rewards when she finds the perfect place for folks to begin a new life.
Perhaps it was inevitable that Iris Freeman would become the first Community Care Coordinator for any synagogue in Connecticut. This kind of work, certainly, has been a calling since well before she earned her Master of Science degree in Rehabilitation Counseling or afterwards took positions that put her squarely into the most intimate and difficult of lifecycle challenges.

Iris was but 19 when her only sibling, her younger sister Michele, was diagnosed with terminal leukemia. The doctor sought her out, rather than her parents, to discuss the details of Michele’s case.

“My natural role of course was getting involved as the older sister,” she recalls. “But the doctor told me, ‘I don’t know what I’m going to do with your mother – she’s not getting the picture.’ She should have understood my sister was not going to survive.”

The denial, a common thread in family situations in terminal cases, put young Iris in a difficult situation but ultimately solidified her feelings about the importance of meaningful and sensitive communication at such times, and that she was drawn to such work.

It’s what helped drive her much later as vocational counselor for the State of Connecticut then for many years rehabilitation manager for Cigna, and similar work for the State of Ohio Bureau of Workers Compensation. She also in other positions in which deep understanding of the human condition was critical, for example for three years as director of the Strohltz Holocaust Resource Center, and then senior care coordinator for the Jewish Federation of Eastern Connecticut.

When she saw an online ad for Community Care Coordinator at CBSRZ she couldn’t believe she was reading the information correctly. “I was so impressed that a congregation would be motivated to create a position like this one – that a temple would be willing to invest in a position like this was too good to be true.”

In fact, the investment was out of necessity, the natural result of a study conducted two years ago, overseen by Stephen Davis. Commissioned by our board of directors, the study focused on the special nature of our community, spread out as it is over more than three dozen towns in Connecticut and containing many vulnerable members who, because of distance and other factors, can’t participate in shul events, or otherwise feel too distant from the heart of our community.

Moreover ours is one of the few synagogues in Connecticut not close to urban community services that routinely cater to those most in need. Our Chesed Committee, led by Linda Sherman, has distinguished itself over many years as it has tended to congregants at risk – a dramatic example being the 46 members of the congregation who volunteered to read to John DeNicola during the period that he lay unconscious in a New Britain hospital. (He has improved dramatically since.) But all of this just added to the evidence that a part-time professional staff position was also necessary.

Now as CBSRZ’s board president, Stephen, says, “CBSRZ’s Caring Coordinator program is all about bringing our community together even when barriers such as health and mobility stand in the way. We want no one left behind. Iris’s mission is to build infrastructure—that is, innovative programs and transport solutions—that allow congregants to contribute to and gain from our synagogue. We are the only congregation with such a position, so we are learning as we go. But underlying the project is a single theme: Hineni—we are here for each other.”

Rabbi Goldenberg, who is Iris’ supervisor, says, “Iris comes to us with a wealth of experience in the areas of counseling and senior adult support and programming. Already, she has helped to make sure that our homebound and more isolated congregants are not falling through the cracks.

“As the rabbi, I devote a good portion of my time to providing pastoral care and counseling to congregants who are ill, in crisis or bereaved. The Chesed committee follows up with friendly visits, food deliveries, and other forms of TLC. Iris’s role is critical in filling the gaps, especially keeping a line of connection between the synagogue and our long-term ill and homebound congregants. She also is working with our senior adults to create more opportunities for learning and connection to community during weekday, daytime hours.”

One of Iris’s projects is making sure everyone has a chance to take advantage of the region’s cultural opportunities, arranging for a block of tickets for the Long Wharf production of “Bad Jews” on March 18. You can call Iris, who is usually in the office on Thursdays (860.526.8920), or leave a message on other days.

As she says, she invites your call on any matter on your mind. “The rabbi and I want to be sure no one feels neglected.”
Bereavement Group

We are fortunate to be able to offer a Bereavement Group led by Neil Becker, Licensed Clinical Social Worker. We have flexibility in how we plan this. Neil is available to begin now and will lead the group over a period of several weeks. Depending on the desire of the interested participants, we can schedule this for day or evening hours.

Introducing The Holy Rollers

At Congregation Beth Shalom Rodfe Zedek, everyone knows about the Holy Scrollers. I would now like to introduce you to our newest endeavor, the Holy Rollers.

The need for transportation is a growing concern in our congregation. As an integral component to our commitment to being a caring community, we are seeking to develop a network of members who are willing to provide rides to fellow congregant. This could be on an occasional or more frequent basis, depending on your availability. Rides may be needed for attendance at services or related temple activities. We also have individuals who may need assistance getting to a medical appointment or even to the store to pick up some groceries. In some cases, the request may be from someone who is not comfortable driving at night or in inclement weather, or someone with a temporary medical issue that is preventing them from driving themselves. We can provide resource information on existing transportation services in the community, but there are times when that is not appropriate or does not exist. Because the needs are varied and our congregants cover a large geographical area, we would like to create a data base with names and possible availability so that we can match need to driver. We would love to include you even if you have limited times that you can help. The more people in our data base, the better chance we can meet the needs. I hope you will take this opportunity display your commitment to being part of a caring community.

Daytime Lunch and Learn is Expanding

If Lunch and Learn once a month is good, then Lunch and Learn twice a month is even better! Rabbi Goldenberg will continue to lead her provocative Lunch and Learn brown bag program on the second Thursday of each month.

On the fourth Thursday, we will add another daytime program, which will include provision of lunch and a variety of speakers and activities. Watch for monthly details and save the date of March 26 for our next Thursday lunch get-together. RSVP to Iris Freeman is appreciated. Also, contact Iris if you need transportation.

We are also actively seeking people who would like to be involved in our Daytime Activity Steering Committee. Your level of involvement can be limited to expressing your interests of what activities you would like the programming to include, or assistance with active planning and implementation. All are welcome on the Steering Committee.

Looking Both Ways: Decisions of a Lifetime

On Saturday, April 25, from 9 a.m. to Noon at the Essex Town Hall, several faith communities in the Lower Connecticut River Valley, including Congregation Beth Sholom Rodfe Zedek, will host a free morning long event designed to educate, encourage and explore with participants, a variety of issues confronting each of us as we (or those we love) approach the end of our lives.

This event is appropriate for adults of all ages, as we begin to explore or crystalize critical decisions in life-care planning. In addition, it can be an opportunity to learn how to begin these often difficult conversations with our loved ones and those for whom we may be caregivers.

“Looking Both Ways,” asks us to take time to assess what has passed in our lives and how we want to shape and direct our concluding days consistent with our values and wishes.

The issues addressed will be medical, legal, spiritual, relational, and memorial. Members of the clergy, medical, legal, funeral home and hospice care professionals will make presentations and allow time for questions. Participants will receive a workbook with information about each of these topics, to use as a reminder and guide for individual contemplation and planning on these personal decisions.

Join us and invite others to join us as we look both ways and consider the decisions of a lifetime.

For additional information, on any of these programs contact Iris Freeman, Community Caring Coordinator, at the temple office (ex. 111) or email irisafreeman@gmail.com.
The CBSRZ Centennial history (his-story, her-story, our-story) project is moving along and assuming all sorts of new dimensions as it does so. We have in the works:

- Video Interviews with Rodfe Zedek and Congregation Beth Shalom/JCC veterans
- Video interviews done by our teenagers of those members of our congregation who are sharing their ‘Jewish Memories’
- Planning of a bus tour of ‘historic’ Moodus/Deep River/ Chester sites — you didn’t know we had any, did you?
- Gathering all the facts, fun and otherwise, about our shul, its origins, its denizens, its ups and downs and everything else we can find out about it
- Planning for the first annual Rodfe Zedek/Beth Shalom Pursuers of Justice and Peace Award
- Gathering information about the Jewish farmers that were the pioneers in our area in the late 19th/early 20th century
- Learning about the Connecticut Catskills — those resorts that developed out of some of those earlier Jewish farms in Moodus (think David Klar’s Klarcrest; and Banner Lodge where Zero Mostel performed after his family’s farm failed)
- Gathering items — anything and everything — that we can put on display to illustrate ‘Ourstory’
- Planning events that will celebrate and enlighten us about all of the above, not the least of which is the Gala which will mark the Official Beginning of the Centennial Celebration and which will bring together CBSRZ-ers past and present to celebrate CBSRZ past and present.

BUT WE NEED YOUR HELP FOR ALL OF THIS.

- We’ve sent out questionnaires for the Jewish Memory Project, which is surely a vital part of the congregation’s history, and hope to garner as many of the memories as we can get from our adults who either were part of the Yiddish world or the more distinctly Jewish-American world in their childhood OR who have distinct memories of stories their own parents, bubbe’s and zayde’s had to tell of that long-gone world. If you haven’t already responded, please email ellen nodelman@gmail.com or wendy@cbsrz.net and let us know that you want to be part of this project. We need your stories, your photos, your postcards, your recipes…even your old records and anything else you can think of. We’d love to include you in this. We’re busy setting up a schedule for our kids to interview everyone this winter and spring (and then, probably into the future as well).
- If you were part of Rodfe Zedek or Beth Shalom/JCC in its earlier days, we’d love to talk to you. Please contact Ellen Nodelman (again, ellen nodelman@gmail.com) and we’ll set up a time to talk in person, if possible.
- We Need Physical Artifacts — photos, posters, postcards, recipes, books, anything you might have hanging around that can summon up those days. Do you have old family photos? Bar Mitzvah photos? Klarcrest picnic photos? Religious School photos? Awards? Citations? We’ll look at everything!
- And stories, stories, stories — about any of this. Your childhood, your Hebrew School (at CBSRZ or elsewhere), your memories of the rabbis, your involvement with memorable events at the shul, whether it’s a fiery discussion among the Holy Scrollers or one of the great public events from Books & Bagels or Music & More or…well, the list is virtually endless.

SO SEND US YOUR STORIES, so we can tell OURSTORY.

by Ellen Nodelman
Volunteering at the Blood Bank

Beth Gottlieb

Let me tell you about volunteering to help host a Blood Bank at CBSRZ. Of course the Social Action Committee brings food! There is a budget for sandwiches — usually we bring rolls and tuna and egg salad; we bring cookies and fruit, as well. The Red Cross supplies water, juice, and snacks such as pretzels.

Think of a comfy, grandma’s kitchen atmosphere with sandwiches, drink, and snacks. Add animated conversation around one of CBSRZ’s large tables, and you have recreated what volunteers provide for blood donors at the Blood Bank.

The Red Cross was short-staffed in December — one of our volunteers was asked to check people in. So we can always use additional volunteers, if you can help out.

But the most important people are the blood donors. Usually people who arrive are expected. Some come to every Blood Bank we host, and some of them donate somewhere every month. But there are drop-ins as well. And we — and the Red Cross — can always use more of those.

One young woman, a mother of two really small children, came to “grandma’s kitchen” and sat down with us. She seemed exhilarated, and of course she needed hydrating and food. Now! Then she wanted to tell us why she had decided to give blood this particular day. This was mid-December, as I recall.

She had gone to the department store where she had put some toys on layaway for her two children. She knew she didn’t have enough money to pay for everything, and was preparing to choose which items to take home. When she gave her name, the clerk brought everything to her. She said she couldn’t pay for all of it. The clerk told her that someone had already paid, anonymously, and it was all hers. We shared a few tears at that point. When she had gained control, she said that that was why she wanted to give blood today. It was her way of paying forward.

It was just then that the Red Cross person in charge joined us at the table. He said she had told him how she was there to pay it forward. He looked at her, and asked, “Are you ready for Blood 101?”

Then he gave us all a lesson in what happens to that pint of blood once it is donated.

Several test tubes are collected, in addition to that pint. Some of them are sent to a lab in Maryland, where they are tested for infectious diseases.

Meantime, the pint of blood will have been sent to a central place where is it separated into its usable parts. There the plasma, platelets, and red cells are stored for future use. Some for burns, some for accident victims, some for surgery. The Red Cross ships blood to hospitals 24 hours a day, 7 days a week. Within two days, the blood donated, while I provided sustenance and friendly ear, could save a life.

To help host the Blood Bank when it comes to CBSRZ in June (we host it twice each year), please contact Linda Rigano at 860-345-3839. You will be asked to plan on being there for a two-hour shift. Chances are, you’ll be glad you did.

STUFF A TRUCK

Youth wanted. We need students and adult volunteers on Sunday April 26 to help fill a truck with donations for the Shoreline Soup Kitchens and Pantries. Join us for pizza (at noon) at CBSRZ after Religious School before we head to the Old Saybrook Stop & Shop. The students will ask shoppers to buy and donate from a list of most needed foods provided by the Shoreline Soup Kitchens and Pantries. The students, supervised by adult volunteers, will take the food from the shoppers, then sort and load the food in the truck. We’ll be there from 1 pm to 4 pm. Come for any or all of the time. Not only will you have fun, you’ll be fulfilling the Mitzvah to feed the hungry. Please call Debby Trautmann at (860) 434-3623 with any questions or to volunteer.

CBSRZ Prepares for Legislative Advocacy

In between completing her courses and preparing for a new baby, Emily Merriam has been hard at work to help CBSRZ make the most out of its geographic spread across the state. Last year, Emily served as an intern at the Capitol in Hartford, working with two State Representatives. Since, she has been enthusiastically involved in the Social Action Committee efforts to organize for effective legislative advocacy, which has already included legislative training with the help of National Alliance on Mental Illness – Connecticut (NAMI-CT) and a CBSRZ lobby day in Hartford at which CBSRZ constituents met with state Senators and Representatives to speak about a variety of issues related to core SAC issues, including children’s rights, mental illness and hunger.

Now SAC is preparing for a more comprehensive approach. “As we expected, CBSRZ has extraordinarily broad reach, as Emily found that we actually have members who are constituents of 12 out of 36 Senators state-wide, and 25 members of the General Assembly out of 151 throughout the State,” said Andy Schatz, chair of SAC. “And that doesn’t even tell the whole story, as we know that many of our congregants have relationships with those legislators, which provides potential access on issues that are important to us as a community.”

SAC intends to follow up with congregants to identify where all those relationships lie and what issues are most important to congregants.

In the meantime, SAC may be focusing on several bills in the legislature this year, including several that are critical to children and youth. Martha Stone, SAC member, is executive director of the Center for Children’s Advocacy, which has had legislative success in the last few years of securing passage of important bills for children. Some important bills Stone said face legislative scrutiny this year include, preventing undue use of shackles of children in the courtroom, measures to prevent child fatalities, and policies to prevent the suspensions of children in preschool and kindergarten.

SAC is planning a lobby day in March or April to help pass some of those bills.
and hopes for student help. “We would like to train some of our congregants, including some of our high-school students, to approach legislators with us this year to highlight some of these issues which are so important to youth throughout the state,” Schatz noted. The date has not been chosen, but Emily Merriam plans to be there, and she hopes you join her.

Religious School Class Serves Community

Kitah Vav helped at the Soup Kitchen in the United Church of Chester on December 21. First, we made corn chowder and home-made chocolate chip cookies during Religious School. We met at the Church that evening and made a salad out of the ingredients that we had brought. When we were done in the kitchen, we set the tables. We brought out the food and served the people what they wanted. After we ate dinner and cleared everyone’s plates, we served our desserts. The local bakery supplied bread and some of the delicious pastries that everyone enjoyed. We then gave the people leftovers, which were much appreciated. Finally, we cleaned up. We felt proud of ourselves because we did a heartwarming Mitzvah.

Coming to America—Immigration Now and Then—A Program at CBSRZ, March 22 at 1-4pm

The hope of freedom, a good life and determination is the driving force for immigrants entering the United States. This motivation has not changed in over a century, but the face of the immigrant has. In the early 20th century, millions of eastern European immigrants came through Ellis Island.

Today there is an influx of immigrants from Mexico and Central America. Their challenges are diverse but not dissimilar to those struggles faced by our ancestors. They want to find work, get an education, become American citizens and make meaningful contributions to their communities and the United States.

On March 22nd you will hear stories directly from some of these new immigrants, about their struggles and the reasons why they came to America. This will also be an opportunity to share your family’s immigration stories. And then we will have a discussion about immigration and reform.

If you are interested in sharing your family story, please contact Linda Rigono at lrigono@sbcglobal.net.

Refreshments will be served.
CBSRZ Congregational Meeting
2/8/15 9:30 AM

Welcome by Stephen Davis, President. “This will be an informal meeting, envisaged by bylaw framers as an opportunity for sharing information. The voting meeting will be in June. Each presenter today will do a briefing, then we will have an open discussion on the Kashrut policy. The ‘State of the Congregation’ is strong. We are trying to follow the Strategic Plan set out 2 years ago. We are aiming to innovate in rituals, programs, and in the school so that congregants can find their most comfortable way in.

1. Main Street Gallery exhibit - Linda Pinn. Next Sunday at 2pm will be the opening of the “Song of Songs” exhibit by Alan Falk and Leah Caroline. There will a discussion by the artists.

2. Financial Update - Sandy Seidman. “Financially we are doing fine”. “We did have a third party audit of the books, and we came out fine.” Kevin Fox: Endowment as of Dec. 31, was down about 1.5%, but has grown tremendously in the last few years. Our legacy program, which is designed to increase our endowment, did very well in the first year raising approximately $438,000; we are now in the 2nd year and will try to raise at least the same amount. Kevin be contacting congregants soon, and in the next few months will announce a new program. Development will also be involved with Project 100 activities.

3. Committee Activities - Brad Jubelirer. The board now uses a “Dashboard” revised monthly to track committee activities. Five years ago when we restructured the Board from committee chairs to an at-large board, every member was assigned to be a liaison to a committee, and report monthly via the Dashboard on committee activities. B’yachad, the Committee of Committee chairs, meets to coordinate all activities at the Temple. There is a new committee, Adult Education, which is very involved in Project 100. The Cemetery committee is very active right now with improvements at one of the cemeteries. David Tilles chairs the Library Committee, and has been very active. (David Tilles added at this point a description about the libraries (Adult and Children’s) and how to sign out books). Membership Committee, chaired by Ali Rosenblum, is very active, as well. There has been a renewed exploration on dues structure. Nomination & Governance is working on a new slate of officers for the coming year. Outreach, led by Ed Pinn, has been expanding its activities. The Personnel Committee has made some minor enhancements of the Employee Handbook. The Program Committee led by Tracey Kleinberg has been bringing new and innovative programs, as well as continuing Books and Bagels, to the congregation. Social Action continues to work on many activities with Andy Schatz at the helm. Music and More, chaired by Miriam Gardner-Frum is now a separate committee and had a tremendous success with the “Sweet Honey in the Rock’ concert.

4. Centennial events Project 100 - Lary Bloom. “The Adult Education committee has been the core of this project. Stephen Davis started this entire project when he noticed that 2015 was the 100th year of Rodfe Zedek. The Adult Ed Committee has found many surprising things in their research of this centennial.” Ellen Nodelman is spearheading research and coordinating the writing of a book about the centennial. She asked if anyone knows of people, places, things, etc. to be contributed to this effort. The Madrachim are making a video, “The Jewish Memory” project, and she asked if anyone knows people who were there at the “Chicken Farm” days of Rodfe Zedek. There will be a centennial gala on October 4. Sean Konecky suggested that if the book is really going to be ready for the anniversary all the material should be ready by June 1. Also, a
7. Building Security and Facilities
update - Harvey Payton. “As a result of the vandalism this past summer, over the last two weeks we completed the overhaul of the security system—including a monitoring company. Cameras are installed, motion-sensitive lights are next. Live streaming of services has become a reality, with thanks to John Hausman and funders. Windows and major roof repairs have been accomplished. There will be some major projects in the next few years which have to be done as the building ages.

8. ARZA - Henry Resnikoff. “Every four years there is a conference of the World Zionist Organization. The goal is get 33% of the attendees for the Reform movement. Please vote for Slate 6. There is a link on the synagogue website and weekly email to the voting page.”

9. Kashrut policy forum - Rabbi Goldenberg and Laura Roman. Stephen Davis started “This is not up for a vote today. The RAC will take into account the discussion today, consider changes to the policy, and bring a final proposal back to the Board for a vote.”

Discussion notes: (comments are included here, but not by name) The Rabbi began by stating that conversations like this, making communal changes to policy, are very important to the Reform Judaism movement. She reviewed the present Kashrut policy. We are already “Kosher style”, but require that any meat that enters the kitchen be certified kosher according to Orthodox protocols. The RAC proposal, which the Rabbi supports, would maintain the bar against mixing milk and meat, and would continue to prohibit shellfish and pork products. But it would permit meat that is not designated as kosher. Our kitchen has never been kosher. Today, as soon as kosher meat is handled in our kitchen, it is no longer kosher. Laura Roman added that food is very important to our congregation. As it is very difficult to find kosher meat around here, Shabbat dinners, or any other pot lucks at the Temple have to be dairy. The proposition is to keep kosher style at the synagogue, but allow non-kosher meat.

There were a few emails received prior to this meeting; the majority supported the proposed new policy. One felt we should go further and eliminate the milk and meat separation, while another felt we should apply kosher rules. During the floor discussion there was a comment that perhaps the “OU” stamp on packaged food should be observed because it provides assurance of a separation of milk and meat. A substantial majority of comments from the floor supported the RAC proposal as appropriate and providing clarity to an issue that has been confused for some time. Said one: “We really haven’t had a kosher kitchen up to this point, anyway.” There was one comment that “kosher slaughtered” meat is a more humane way to slaughter animals, and perhaps as a synagogue we should support a humane way to treat and slaughter animals. One suggested that we recommend certain products such as Hebrew National hot dogs, to be sure of contents. One noted that if we have a policy of kosher meat in the building, and we invite the community to an outside picnic event but are forced inside due to weather; it is unrealistic for us to police everything as being kosher. Another congregant raised concern that if we decide to go with non-kosher meat we may be starting down a slippery slope. One urged that we better inform the congregation what the policy is. This is a good teaching moment was a repeated comment. There appeared substantial support for the idea of exploring whether CBSRZ could consider an “Ethical Kosher” policy, and for putting together a working group to look into this.

10. Adjourn
REFORM JEWS 4 ISRAEL.ORG
ELECTION OF DELEGATES TO THE WORLD ZIONIST ORGANIZATION CONFERENCE

October 20-22, 2015 in Jerusalem

Every four years there is a worldwide convention of the World Zionist Organization (ZWO), which is an umbrella group that includes such organizations as Hadassah, the Jewish Agency, the Jewish National Fund and many other groups from the entire spectrum of Jewish life. The Association of Reform Zionists of America (ARZA), an affiliate of the URJ, sponsors a slate called The Reform Jews 4 Israel. Background is attached.

Why is voting important to us?

• Political: To influence policies that affect Jews in all parts of the world including Israel.

• Monetary: The WZO allocates millions of dollars to each group including the Reform Movement. The more delegates there are elected from the Reform Movement, the more money gets allocated to the Reform movement’s institutions in Israel. As the Reform movement is not recognized by the official Israeli rabbinate, Reform institutions in Israel do not benefit from public funds that are a staple for other religious groups. Thus money that WZO gives out is critical in supporting Israeli Reform Jewish life.

• The Board of CBSRZ has voted and endorsed asking our Congregants to vote for the ARZA slate.

How does the election work?

Voting takes place between January 15, 2015 and April 30, 2015, using an online portal: www.reformjews4israel.org/vote

To be eligible to vote:

• Self-identify as being Jewish

• Be 18 years old or older

• Be a citizen or permanent resident of the United States

There is a $10 charge for those over 30 and a $5 charge for 18 to 29. These funds are for the administrative costs of the election program.

IT ONLY TAKES A FEW MINUTES TO FILL OUT THE REGISTRATION FORM AND TO VOTE.

We have included Is a reading list with suggested readings to provide a current view of the politics in Israel, the history of Zionism and other historical information to help you understand the significance of this important vote.

MANY OF THE BOOKS ARE AVAILABLE IN THE CBSRZ LIBRARY.

Please vote for SLATE # 6 which is labeled AZRA

Questions? Feel free to email henryresnikoff@aol.com who is CBSRZ’s ARZA liaison. As of January 14, 201

Reading List Compiled by Jeremey Zwelling, past head of Jewish American Studies at Wesleyan University. Reviewed by and approved by Rabbi Goldenberg

My Promised Land: The Triumph and Tragedy of Israel by Ari Shavit

A History of Israel: From the Rise of Zionism to Our Time by Howard M. Sachar

The Zionist Idea: A Historical Analysis and Reader by Arthur Hertzberg
ARZA develops support for and strengthens the Reform movement in Israel and promotes advocacy for a Jewish, pluralistic, just and democratic society in the State of Israel.

ARZA links the people and institutions of the Reform Movements in Israel and the United States, informed by a love of Israel and a belief in K’lal Yisrael-Jewish peoplehood.

ARZA works in partnership with the Union for Reform Judaism (URJ) and the Israel Movement for Progressive Judaism (IMPJ), and their affiliates. ARZA represents United States Reform Jews in national and international Zionist organizations.

The World Zionist Organization: A Brief History

The Jewish striving to return to Zion, the Land of Israel, took concrete form in 1897 when the World Zionist Organization was founded at the First Zionist Congress, convened by Theodor Herzl at Basel. The purpose of the organization was "to obtain for the Jewish people a publicly recognized, legally secured home in Palestine."

The Zionist movement proposed to transform both the Jewish People and the Land of Israel. The struggle for a publicly recognized Jewish State achieved its first success with the issuing of the Balfour Declaration in 1917, proclaiming Great Britain’s support for “the establishment in Palestine of a national home for the Jewish People.” Five years later, in 1922, the League of Nations Mandate for Palestine gave international sanction to the declaration and charged Great Britain with carrying it out.

But the World Zionist Organization did not wait for official recognition before it began to take practical steps. As early as 1905 it established the Jewish National Fund to acquire land upon which the growing number of pioneers could settle. In 1909 the first all Jewish city, Tel Aviv, was founded, as was the first Kibbutz, Degania, the pioneer of Israel’s collective settlement movement.

The Mandate for Palestine recognized the World Zionist Organization as “an appropriate Jewish Agency” to advise and work with the government of Palestine in all matters concerned with the establishment of the Jewish National Home. Immediately after the British capture of the country in 1917, a Zionist commission arrived in Palestine to act as the liaison between the British and the Jewish community. Headed by Dr. Chaim Weizmann, later President of the World Zionist Organization, the commission soon became the Palestine Office of the WZO.

The centuries old struggle of the Jewish people to reclaim independence came to a climax on May 14, 1948 with the partition of the State of Israel. Dr. Chaim Weizmann, President of the World Zionist Organization, was elected the first President of Israel; David Ben Gurion, Chairman of the Jewish Agency, became the country’s first Prime Minister; other leaders took up leading positions in the new government.

The World Zionist Organization continues its traditional search for peace with Israel’s neighbors. As early as 1919 Dr. Weizmann signed an agreement with Emir Feisal for cooperation between the Arab National Movement and the Zionist Movement. The need for a just and honorable peace between Jew and Arab is as vital as ever for both peoples in order to enable them to realize their legitimate national aspirations.
A Letter from Parkville Community School

Dear Friends at CBSRZ:

Thank you so much for the donation of clothing. We are thrilled to say that with your generous donation we were able to meet many of our students needs this winter season. We believe the students’ words express our gratitude best.

“Thank you for the hat you gave me. It keeps me warm. Thank you for it.”
—Kindergarten student

“I really like my mittens. I hope that you make more mittens because they make my hands really cozy when it is cold.”
—1st grade student

“Thank you for the socks and sweater. You are so sweet. I love you.”
—1st grade student

“Thank you for the mittens, scarves and jackets. You are really satisfying. I am pleased to have my jacket, mittens and scarf. I was glum when I didn’t have this stuff.”
—2nd grade student

“Thank you for the very comfy, very warm, very nice, very good coat. This is the best coat that I ever had in my life. I love this coat because it is so cozy.”
—2nd grade student

On behalf of the students of Parkville Community School, we would like to extend our sincere thanks for your generosity.

Sincerely,
Dirk Olmstead, Principal
Marcie Morroco—Assistant Principal

CBSRZ NEWS

Shabbat Across America

Friday, March 13, synagogue members, unaffiliated friends and neighbors in cities and towns across America and Canada will take part in an event to celebrate what unifies all Jews — Shabbat.

Be a part of it!
The CBSRZ membership, outreach and religious affairs committees invite you to join with congregants and unaffiliated Jews for dinner, a Shabbat celebration, and fellowship here in our social hall. Help fill the 200+ seats set for this event.

A wine and cheese reception, including Bruce Josephy’s unforgettable Shabbatinies, will begin at 6 PM. Our Shabbat Across America celebration and dinner will follow at 6:30 PM.

CBSRZ will provide the dinner entrees, and guests are asked to bring a vegetarian side dish or dessert. Bring your own candlesticks and “light up” with fellow congregants and friends.

RSVP to the CBSRZ office: bethshalom@snet.net or 860-526-8920.

New Women's Health Series

On Sunday March 29 at 3PM, CBSRZ is having the inaugural event of its new Women’s Health Series, titled “Menopause: Hot Flashes or Power Surges.” The talk will be given by one of our own Congregants, Dr. Maxine Klein, MD. Not only is she a practicing local Gynecologist, but she is one of only 13 providers in the State with the NCMP (North American Menopause Society certified menopause practitioner) accreditation. Some of the topics to be covered include, hot flashes, sex after menopause, mood swings/depression, bone health, skin changes, memory issues, as well as many others. Other topics to be included in this series will be Breast Health including Breast cancer, Vaginal Health including STDs and HPV, and the new LARCs (Long Acting Reproductive Contraceptives). Please come for this most informative session. Wine and chocolate will be served!

MAVENS CELEBRATE SEPHARDIC PASSOVER

Our MAVENS’ Passover event this year will be held on March 8 at 4pm at CBSRZ, celebrating the holiday with Sephardic traditions and recipes. Passover truly illustrates l’者or v’dor, generation to generation, and with that in mind, we are asking all participants to make a contribution to our table by bringing a representation of the generations within their own families to share with all of us throughout the evening. Suggestions are a family story or recipe that could be part of the evening’s menus, a photograph of loved ones or a place of personal significance, Judaica, or an inherited piece of jewelry. We do not plan a traditional seder format but the celebration will include elements from both the Sephardim and Ashkenazi. Please contact Clo Davis, clo.davis@gmail, or Susan Peck, susanpeck@sbcglobal.net, with questions, offers to help cook and lead parts of the evening. More information to follow in weekly email blasts; open to all female congregants for free, non-congregant guests pay $25.
R E M E M B R A N C E

Memorial Plaques
Adar 10, 5775 – Nissan 11, 5775
Rosa Amarant—mother of George Amarant
Frank Baker—father of Shu Baker
Josiah Baker—uncle of Su Baker
Alfred Bernstein—father of Jeff Bernstein
Mendel Bloch—grandfather of Michael Crair
Irwin Braverman—father of Barbara Infeld
Morris Breslow—father of Charles Breslow
Howard Bruno—father of David Bruno
Beatrice Case—wife of Lewis Case
Anthony Collins—husband of Alva Greenberg
Rose Crair—grandmother of Michael Crair
Sam Davis—uncle of Stephen Davis
Ira Wolmer
Ira Wolmer
Sylvia Davis
Dora Elkin
Louis Feingold
Irene Fielding
Harry Frank
Edward Freedman
Doris Davidsohn Goldberg
Benjamin Goldstein
Florence Goldstein
Samuel Kleinberg
Sheldon Kutchnik
Fred Lake
Pessie Lipnick
Dorothy Luchnick
Anna Mager
Max Mager
Celia Milavsky
Ursula Schurman Miller
Joseph Notkowitz
Isaac Oppenheimer
Samuel Palmer
Bessie Pear
Esther Peckroff
Anna Pivnick
Samuel Polstein
Leah Price
Samuel Resnek
Yetta Rothenstein
Minna Samuels
Marilyn Savitt
Yetta Schreiber
Morris Schuman
Evelyn Schwolsky
Helen Sockut
Annette M. Sollins
Eric Stockton
Bertha Torres
Rose Weinstein
Ira Wolmer

Memorial Plaques
Nissan 12, 5775 – Iyar 11, 5775
Abraham Abramowitz
Estelle Salowizt Alcon
Anna Axelrod
Gertrude Baron
Harold Baron
Max Baron
Helen Bloom
Louis Chorches
Anna Cooperstock
Bertha Diamond
Ruth Elgart
Eva Fast
Ghers Fischer
Nathan Franklin
Lillian Fuchsman
Sara Hilda Glazer
Millie Goldfarb
Samuel Goldstein

Yahrzeits
Adar 10, 5775 – Nissan 11, 5775
Estelle Salowitz Alcon—mother of Hyla Cohen
Caroline Baskin—mother of Linda Pinn
Helen Bloom—mother of Larry Bloom
Louis Chorches—father of Samuel Chorches
Gary Coblens—cousin of Barbara Edelson
Irving Cohen—loved one of Sol Tilles
Susan Cohen Glassberg—sister of Hila Rosen
Jennie Dietch—mother of Susan Peck
Betty Durlich—cousin of Johanna Schaefer
Lois Eichengreen—mother of Roy Eichengreen
David Ernstoff—mother of Jon Ernstoff
Lillian Fuchsman—mother-in-law of Maxine Leichtman
Goldie Ginsberg—mother of Marine Scharr
Goldie Glassman—mother of George Glassman
Beatrice Goldberg—grandmother of Rachel Goldberg
Shirley Goller—mother of Ethan Goller
Anna Gottfried—grandmother of Ellen Gottfried; loved one of
Mae Michman
Jennie Gugenheim—grandmother of Gail Feld
Shirley Bob Hesslein—mother of Laura Hesslein
Harvey Lander—father of Marjorie Lander
Sol LeWitt—husband of Carol LeWitt; father of Eva and Sofia LeWitt
Franklyn B. Mellon—father of Eileen Liberman
Abraham Melter—grandfather of Laura Roman
Samuel Pear—brother of Joseph Pear
Howard Peterson—father of Pamela Crair
Hermine Samburg—Jon Samburg’s mother
Vera Schwarz—mother of John Schwarz
Philip Shaftef—father of Maxine Leichtman
Joyce Simon—mother of Ken Simon
Mandel Slater—brother of Bernie Slater
Mary Stein-Echter—aunt of Barbara Beckerman
William Stotts, Sr.—father of Bill Stotts
Rita Sumner—sister of Steve Nadler
Flo Taubman—mother of Si Taubman
Si Taubman—husband of Sharon Taubman
Cindy Tilles—daughter of Sol Tilles
Benjamin Weber—father-in-law of Corinne Weber
Dora Weiner—mother of Eva Davis
Nathan Weiner—brother of Eva Davis
Samuel Wilkes—father of Daniel Wilkes
Daniel Wolff—husband of Jacqueline Wolff

Yahrzeits
Nissan 12, 5775 – Iyar 11, 5775
George Palmer, on the recent loss of his wife,
Dorothy “Sis” Palmer
Peg Palmer, on the recent loss of her mother,
Dorothy “Sis” Palmer
Andrea Seidman, on the recent loss of her
cousin, Clay Klass

Our Sincere Condolences to
Trina Shilling, on the recent loss of her mother,
Kim Turner
John DeNicola, on the recent loss of his mother,
Stella DeNicola
Howard Baran, on the recent loss of his brother,
Stephen Baran

Alice Raucher-Morrag, on the recent loss of her
mother, Florence Soffer Raucher

Please remember to inform Linda Sherman, chair of the Chesed Committee, if you or someone you know is ill, in need of help, or has experienced a death in the family. Our Chesed Committee is here to help.
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**Notes:**
- 9:30 am Torah Study
- 10:30 am Shabbat Service and Bat Mitzvah of Katie Buzin
- No 2nd Saturday Shabbat Service
- 9:00 am Torah Study
- 10:30 am Shabbat Service and Bar Mitzvah of Sarah Conley
- 9:00 am Torah Study
- 10:30 am Shabbat Service and Bar Mitzvah of Ben Crair
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<td>8:00 am Morning Minyan</td>
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<td>Morning Minyan</td>
<td>Passover</td>
</tr>
<tr>
<td>9:45 am Religious Affairs</td>
<td>4:15 pm Religious School</td>
<td>MEGILLAH DEADLINE</td>
<td>9:00 am Morning Minyan</td>
<td>8:00 am Chair Yoga</td>
<td>9:00 am Chair Yoga</td>
<td>Passover</td>
</tr>
<tr>
<td>9:00 am Chair Yoga</td>
<td>7:00 pm Program Committee</td>
<td></td>
<td>8:00 am Morning Minyan</td>
<td>4:15 pm Religious School</td>
<td>7:00 pm Meditation</td>
<td>Passover</td>
</tr>
</tbody>
</table>

**SUNDAY**
- No Religious School
- 8:30 am - 10:30 am Adult Hebrew

**MONDAY**
- 8:00 am Yoga
- 5:30 pm Facilities
- 6:00 pm - 7:30 pm Choir

**TUESDAY**
- 9:00 am Morning Minyan
- 9:00 am Chair Yoga

**WEDNESDAY**
- No Religious School
- 8:00 am Morning Minyan
- 9:00 am Chair Yoga
- 4:15 pm Religious School
- 7:00 pm Meditation
- 7:00 pm Executive Committee
- 7:00 pm Board of Directors

**THURSDAY**
- 12:00 pm Lunch and Learn
- 7:00 pm Meditation
- 7:00 pm Program Committee
- 7:00 pm Erev Yom Hashoah with Choir at TBT

**FRIDAY**
- Office Closed
- 7:30 pm Erev Shabbat Service to conclude Passover with Yizkor; Chametz oneg to follow

**SATURDAY**
- No Religious School
- 8:30 am - 10:30 am Adult Hebrew

**HOLIDAYS**
- Passover
- Yom Hashoah

**MEGILLAH DEADLINE**
- 7:00 pm Adult Education Committee
- 7:00 pm Meditation
- 7:00 pm Board of Directors
The Whole Megillah may be viewed in color on the web at www.cbsrz.org

Mama Loshen

Kosher (slang)
Right, perfect, proper

(To) Kibbitz
To offer unsolicited advice as a spectator

Ongeblozen
Peevish, sulky, pouting

A lek un a shmek
What a worker who does a job insufficiently gives you

A leben ahf dein kop!
(literally, a long life upon your head)
Well done! Well said

A Yiddish Proverb:
Better one friend with a dish of food than a hundred with a sigh
—Fred Kogos, A Dictionary of Yiddish Slang and Idioms