Shofar Surerior

TEMPLE BETH-EL

Nissan - Iyyar 5781 • March/April 2021

Rabbi's Message

Pesach: A Paradigm for Liberation from the Pandemic

It is tempting to think of the Exodus from Egypt as a giant leap from slavery to freedom. The final plagues unfold, breaking Pharaoh's will to resist. He relents and lets the Israelites depart. Our people pack their bags, grab the dough that hasn't risen, and leave. We cross the sea, dance

with Miriam, bake our matzah and — voila! — we are free. The thing is, it didn't happen that way.

The Exodus was actually an arduous process that unfolded in stages. As Michael Walzer reminds us in his book *Exodus and Revolution*, it may have begun with a miraculous redemption, but it was no cake walk from there. First, Pharaoh changed his mind and sent his army to pursue us. Then we

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Passover

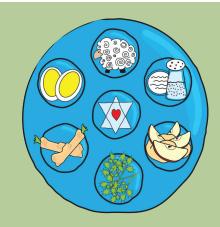
March 27 to April 3

Community Second Seder

Sunday, March 28, 6:00 p.m. (See page 3)

Shabbat, Yom Tov Pesach, and Yizkor Services

April 3, 10:00 a.m.



Yom HaAtzma'ut Across America Live Virtual Concert with Hadar and Sheldon, Josh Nelson and Chava Mirel

Sunday, April 11, 2:00 p.m. (see page 17)

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Worship Schedule

All worship services are being conducted online during the COVID crisis.

Please join us. For more information about Zoom and how to use it, visit https://www.ourbethel.org/connect-with-zoom/

Standard Zoom Links for all Friday Evening Services

Friday Night Services

Via Zoom: https://tinyurl.com/TBEErevShabbat

Passcode: Sh@bbat

Or by phone: 929-436-2866; Meeting ID: 983 6550 9442; Passcode 0119497

Saturday Morning Services

Via Zoom: https://tinyurl.com/TBEShabbatMorning

Passcode: Shalom

Or by phone: 929-436-2866; Meeting ID: 693 812 954; Passcode: 049452

MARCH

Friday, March 5

5:45 p.m. Family Kabbalat Shabbat Service 6:30 p.m. Erev Shabbat Service; Refugee Shabbat

Saturday, March 6

Parashat Ki Tisa; Exodus 30:11-34:35

10:00 a.m. Shabbat Morning Service with Torah Study and the Bar Mitzvah of Eli Zaborenko

Friday, March 12

6:30 p.m. Erev Shabbat Service

Saturday, March 13

Parashat VayaKheil - P'kudei; Exodus 35:1–40:38 10:00 a.m. Shabbat Minyan Service 7:00 p.m. Havdalah: Marking a Year of COVID Friday, March 19

6:30 p.m. Erev Shabbat Service

Saturday, March 20

Parashat Vayikra; Leviticus 1:1–5:26

10:00 a.m. Shabbat Morning Service with Torah Study and the B'nai Mitzvah of Benjamin

and Rebecca Bauman

Friday, March 26

6:30 p.m. Erev Shabbat Service

Saturday, March 27

Parashat Tzav; Leviticus 6:1–8:36 10:00 a.m. Shabbat Minyan Service First Night Pesach — First Seder Sunday, March 28

Yom Tov Pesach

6:00 p.m. Congregational Second Seder

Monday, March 29

Chol Ha'Moed Pesach

Tuesday, March 30

Chol Ha'Moed Pesach

Wednesday, March 31

Chol Ha'Moed Pesach

APRIL

Thursday, April 1

Chol Ha'Moed Pesach

Friday, April 2

Chol Ha'Moed Pesach

6:30 p.m. Erev Shabbat Service

Saturday, April 3

Yom Sh'vi-i shel Pesach;

Holiday reading Exodus 14:30–15:21

10:00 a.m. Shabbat, Seventh Day Pesach and Yizkor

Services

Thursday, April 8

Yom HaShoah – Holocaust Remembrance Day

Friday, April 9

5:45 p.m. Family Kabbalat Shabbat Service

6:30 p.m. Erev Shabbat Service

Saturday, April 10

Parashat Sh'mini; Leviticus 9:1-11:47

10:00 a.m. Shabbat Morning Service with Torah Study and the Bat Mitzvah of Amanda Yarkoni

Wednesday, April 14 to Friday, April 16

Yom HaZikaron and Yom HaAtzma'ut Israeli Memorial Day and Independence Day

Thursday, April 15

Yom HaAtzma'ut

Friday, April 16

6:30 p.m. Erev Shabbat Service

Saturday, April 17

Parashat Tazria - M'tzora, Leviticus 12:1-15:33

10:00 a.m. Shabbat Morning Service with Torah Study and the Bar Mitzvah of Dylan Falzone

Friday, April 23

6:30 p.m. Erev Shabbat Service

Saturday, April 24

Parashat Acharei Mot - K'doshim; Leviticus 16:1-20:27 10:00 a.m. Shabbat Morning Service with Torah Study

and with Bat Mitzvah of Delilah Bergman

Friday, April 30

6:30 p.m. Erev Shabbat Service

Saturday, May 1

Parashat Emor; Leviticus 21:1–24:23

10:00 a.m. Shabbat Morning Service with Torah Study and the Bat Mitzvah of Emily Stuart

Shofar Submissions and Deadline

The next issue of the Shofar will be May-June 2021. PLEASE NOTE: The deadline for submissions is April 15. Submit articles via email to: ShofarEditor@templebethelnj.org.

In the subject line, please use the following naming convention: Shofar Month/Shofar/Committee Name or Professional Staff Name.

Temple Calendar Webpage

https://www.ourbethel.org/about/calendar/

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Torah Portions

You can read a Weekly Torah Commentary by visiting the Union of Reform Judaism's web page: www.reformjudaism.org/learning/ torah-study

Rabbi's Message, continued from page 1

found ourselves trapped between his forces and the sea. Miraculously, we make it through, only to find ourselves in the harsh environment of the wilderness, with no magic carpet to whisk us to the Promised Land.

"Liberation..." writes Walzer, "is the hard and continuous work of men and women...the way to the [promised] land is through the wilderness. [And] there is no way to get from here to there except by joining together and marching."

Eventually, we made it. We reached the Promised Land. But it was a 40-year slog through the desert. And even when we arrived, we faced new challenges and struggles. To be sure, there were times of triumph and exultation along the way, and, ultimately, we achieved our goal and more. But it wasn't easy, and it didn't happen overnight.

We are marking the anniversary of our enslavement to COVID-19. For all of us, in differing ways, it feels as if we have been through a plague. For some it may feel like we've lived through all 10 of the Plagues of Egypt, and with good reason. Our nerves are frayed from all the worry, our spirits are battered from the myriad losses of life and livelihood. Who knows just how deep are the wounds from which we will have to heal? Only time will tell.

No wonder, then, that so many feel an almost overwhelming impulse to break free — to throw off our masks and all the other constraints and return to normal. It is so tempting to run to the light that we see at the end of the tunnel. It is so alluring that for some it is irresistible. It is also dangerous, and threatens to delay the day that we can truly be free from this pandemic.

The arrival of multiple vaccines that are safe and effective is truly a moment of triumph. It is nothing

short of miraculous to have made such great scientific breakthroughs in so short a time, and we should rejoice in this achievement. Their delivery is the beginning of our deliverance. It is the beginning, but not the end.

Within just a few months of leaving Egypt our people arrived at Mount Sinai to receive the Torah. Looking back, that was a turning point in our history. But it was not at the time. At the time, it was a moment that was missed. As Moses was receiving the Commandments, the people allowed their trauma and anxiety to get the better of them, building and worshipping a golden calf. It didn't need to happen. Not then, and not now.

For us today, the passage from COVID-19 can be a Sinai moment. So much has been revealed by this experience. If we are mindful and open to change, the future can be brighter for what we have learned. We can seize the opportunity to right historic wrongs and injustices that have been laid bare by the pandemic. If we do, we can find some gain from the horrific losses we have incurred.

As we begin our countdown to Pesach and anticipate the arrival of our festival of freedom, we can also begin to count the days until our liberation from COVID-19. Let us use this time to prepare patiently. Let us not rush and allow our anxieties to cloud our judgment. Let us make sure that when we cross the sea, we leave no one behind, so that the song we sing when we arrive on the other side can be one of unbridled joy.

L'shalom,

Rabbi Arnold S. Gluck

Rabbi Gluck and Cantor Wallach will lead us in a

Community Zoom Seder — Second Night of Passover

Sunday, March 28 at 6:00 p.m.

This is a wonderful opportunity for our temple family to connect for a joyous holiday celebration!

Zoom Link:

https://tinyurl.com/TBESecondSeder5871

Meeting ID: 839 5147 6183 Passcode: 4Cups

Or connect by phone 929-436-2866 Meeting ID: 839 5147 6183 Phone Passcode: 527554



More information, resources and tips are available at: www.ourbethel.org/events/community-second-seder-5781/

A Note From Our Cantor

Chanting the Bible

Temple Beth–El recently hosted a film about and presentation by Rabbi Kevin Hale, a sofer, or Torah scribe. The film is called "Commandment 613," because the six hundred thirteenth commandment is understood to obligate each Jewish person to write a sefer Torah, or Torah scroll. Rabbi Hale's presentation was given for the religious school and later in the week, for the whole congregation. As those of us who attended it discovered, gaining insight into the mechanics of how a Torah scroll is made is such an enriching experience, and makes one all the more curious about what motivates a Torah scribe. We wonder how they learn their craft, what kind of kavannah, or intention, is required of them when they write a sacred Hebrew text, and what traditions inform how they live their lives.

Similarly, chanting the texts of the Hebrew bible is a profound, complex and multisensory experience. For one thing, there are the trope symbols, this ancient code that serves as punctuation, grammatical emphasis and a memorization device. Then there are the many systems of those melodies, which vary across geographical Jewish communities from Yemen to the United Kingdom – Sephardi, Ashkenazi and Mizrahi, and the six different Biblical categories of chant. We have Torah trope, Haftarah trope, Eicha (Lamentations), Esther trope, megillot (Ruth, Kohelet or Ecclesiastes, Song of Songs), and High Holy Day trope. The symbols are always the same, but the melodies are different, and reflect the mood of each occasion.

Rabbi Jeffrey Summit, a sociologist as well as a rabbi, wrote a study of Biblical chant in contemporary Judaism called "Singing God's Words." He writes:

Torah reading enables the individual to position him- or herself at the epicenter of the worship service, proximate to the most venerated religious symbols in the Jewish tradition. The material culture of this ritual has a mysterious, abiding power, one that moves and surprises many contemporary Jews. As much as these men and women are enamored with sophisticated

technology, the parchment handwritten scroll of Torah has an inverse power. Its sacred nature is enhanced by the painstaking human connection of the scribe with the parchment, the use of organic material for the scroll, the meticulous nature and ancient process of production. It is a fitting medium for an ancient narrative.

I always get a thrill out of calling people to the Torah. By accepting this honor and chanting the blessing, they play as important a role in the service as the service leader (usually the cantor) and the darshan, the person giving the sermon (usually the rabbi). Simply by being a member of Am Israel, the Jewish people, they build on and perpetuate an ancient and highly symbolic tradition.

The Torah service itself is an elaborate ritual that is meant to re-enact the giving of the Torah at Mount Sinai. Coming up to the Torah is an honor given for special occasions, such as the day before one's wedding, the naming of a baby, the observance of a yahrzeit, and recitation of birkat gomel (a blessing for surviving danger or illness), and of course, bar or bat mitzvah.

For me, the chanting of Biblical text is a lifelong discipline that never ceases to bring me joy and the fulfilment of discovery. If you read Hebrew, know how to chant Torah and would like to do so on Shabbat, this is an invitation. We have begun to include Torah and Haftarah chant in our Shabbat morning services on Zoom when we don't celebrate a bar or bat mitzvah. If you would like to be called for an aliyah, you may contact me to be scheduled for an upcoming Shabbat. Or, you may join the service and experience the chanting of Biblical text along with an engaging Torah discussion. I hope to see you there.

L'shalom.

Cantor Risa Wallach

Soul Preparation for Pesach: A Contemplative Session with Cantor Wallach

March 21, 2021, 7:00 p.m.

Join Cantor Wallach for meditation, chanting and reflection on the kinds of liberation we can find in the teachings of Pesach and the experience of the Pesach Seder. No meditation experience required.

Zoom Link: www.tinyurl.com/TBEPesachMeditation5781

From Our President

A Time for Reflection

This last year has been challenging for all of us, with great difficulties for many, and tragedy for some. In recent weeks, I have started to feel sentiment beginning to turn toward optimism, as the trends in infection rates and deaths fall and we contemplate when the vaccines can begin to deliver us from our communal restrictions. As we begin to look forward, it is my sincere hope that each of us will have learned something different about ourselves during these challenging times and that we will continue to explore or even treasure some newly discovered aspects of our lives.

I generally wouldn't describe myself as either a "glass half full" or a "glass half empty" kind of guy. Rather, I often see my role as interpreting exactly how much water is actually in the glass — and this role has defined how I spend much of my time — whether at work, in my prior role as treasurer, my current role as temple president and sometimes (but not always), even at home.

In recent weeks I have tried to take stock of what I will take away from these long months of the pandemic and wanted to share some of these with you:

- I have turned into a homebody yes, because I had to, but also because I find I'm enjoying it. After a dozen years of hopping around the world for work, and more than 30 years of commuting to New York City, I will admit that I have loved working from home and that spending my day in front of a webcam isn't all that bad. I do not miss the 5:00 a.m. alarms to start my commute to the city. Nor do I miss the travels to different time zones that wreaked havoc with spirit and body, often leaving me to wonder how I was going to be able to stay awake for my next meeting or dinner with colleagues.
- Having been an empty nester for the past few years, I have treasured our time with the kids while they were home. It was wonderful to be a family all together again for more than a weekend or a vacation. The months we spent together last spring, during the summer and again during this most recent winter break were memorable times that I will treasure always.
- The neighbors we spent time with 20 years ago, watching our children play together in the cul-de-sac of our block, had all gone their separate ways as our kids grew older and activities and work pulled us in many directions. We've now all reconnected, this time with our COVID puppies, and have rediscovered how nice it is to chit-chat on each other's lawns while the dogs frolic.
- Little or simple things can be looked forward to and can make a difference in how I feel each day. I've learned I need to spend time outside every day, and if I don't, the blues arrive pretty quickly. So, regardless of the weather, I will take the dog for an hour-long walk, go for a hike, snowshoe or crampon on the mountain-biking trails near our home, sit in our backyard around

our fire pit and patio heater with friends, head to the beach for a racewalk on the boardwalk with Shari to the ice cream shop, or go to the golf course, by myself,

to walk and carry my clubs. Each of these activities is cathartic in its own way, and I have learned how essential they are to my well-being.

 And speaking of golf, without business travel or vacations to pull me away, I found the time to play more golf in 2020 than ever before. While that may seem a wonderful luxury, I have concluded the more golf I play, the worse I get — and that I really don't care either way. Golf is simply the excuse to be outside, get some exercise and just be.

I recently reread the article that I wrote nearly one year ago for our March/April 2020 edition of the Shofar, just weeks into the pandemic. The quote that struck me most read as follows:

"While I suspect there will be more difficult days ahead of us than there have been behind us, one of the few certainties we can count on is our temple clergy, professional staff, temple leadership and temple community to be there for all of us."

I suppose the first part of that quote was a wild understatement, but the second part could not have been more prescient. Certainly, this past year has validated everything I could have hoped the institution of Temple Beth-El could mean at a time like this.

I am so thankful to our clergy and professional staff for their dedication, energy and passion. I'm tremendously grateful to the members of our lay-leadership, boards and committees who have all helped us navigate some of the most challenging times since the founding of our beloved temple. Perhaps most of all, a big thank you goes out to each member of our community for adapting, contributing and staying positive.

My hope for our community is that we have truly turned the corner, that there are now more difficult days behind us than ahead — and that there will be positive learnings that each of us will be able to take away from having survived this crisis. Most of all, I look forward to being together again — worshipping, celebrating and socializing with all of you.

I suppose that the real hugs (and squeezes) will have to wait a bit. But for now, we'll have to settle for a big virtual hug, and perhaps one day soon, we'll be able to transition to an actual elbow bump!

May each of us go from strength to strength.

Leigh Miller

President@templebethelnj.org

Lifecycle

Our Condolences to

Arthur Roswell on the passing of his beloved wife, Betty Roswell
Steve Barrow on the passing of his beloved wife, Alice Barrow
Joseph Amodeo on the passing of his beloved mother, Carmela Amodeo
Isa Beck on the passing of her beloved husband, Michael Beck
Alan Kimmelman on the passing of his beloved mother, Norma Kimmelman

Mazel Tov to

Ronnie and Lewin Weyl on the birth of their grandson, Elliot Seth Weyl
Steve and Elayne Weitz on the birth of their granddaughter, Romy Madelyn Weitz
John and Jackie Carraher on the arrival of their grandson, Beau Weil
Brian Wood and Susan Willett on the birth of their first grandchild Parker Reed Willett Mosher
Dave and Liz Cohen on the marriage of their son, Ethan Cohen to Shira LeVine on March 1
Kara Wilson and Jamie Sobin on the arrival of their son, Jonah Shade Sobin, who joins big sister Celia.

Our B'nei Mitzvah Students:

Eli Zaborenko, son of Susanne and Ben Zaborenko, on March 9 Rebecca Bauman and Benjamin Bauman, daughter and son of Nina and Joseph Bauman, on March 20 Amanda Yarkoni, daughter of Tamar and Yaniv Yarkoni, on April 10 Dylan Falzone, son of Scott and Felicia Falzone, on April 17

Our Caring Community

Kesher Network: For those who are unable to attend our worship and simcha events and some adult education classes, our video streaming service is the next best thing to being there. Navigate to new-livestream.com/OurBethEl from a personal computer or mobile device (apps are available for apple, android, roku device, or Fire sticks) for a list of upcoming and recent livestream events from Temple Beth-El.

Shiva Minyans: For a leader or participants, contact Amy Rubin.

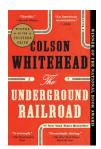
Mitzvah Committee: To offer or request help, please contact Amy Rubin.

Ladles of Love: To offer to help deliver care packages or to suggest someone who might need a little extra love, contact Andrea Bradley, <u>ladlesoflove@templebethelnj.org</u>.

In the event of a loss during the evening or on the weekend, call Rabbi Gluck at 908-722-0674, ext. 311, or 908-229-1618, or Cantor Wallach at 908-722-0674, ext. 315 or 415-290-0743.

To share your family's news in the Shofar, call Dina Fisher in the temple office (908-722-0674 or dinafisher@templebethel.org). Please contact Dina with information about significant occasions, hospitalizations, or the loss of a loved one.

Prayer for Healing Cards: Cards are available in the temple lobby to let those in need of healing know that their names were included in our Mishebeirach prayer. The cards can be mailed as postcards by writing the address over the Temple Beth-El watermark or directly inserted into get well cards.



TBE Reads "The Underground Railroad"

by Colson Whitehead

In this #1 New York Times bestseller, Cora is a young slave on a cotton plantation in Georgia. An outcast

even among her fellow Africans, she is on the cusp of womanhood—where greater pain awaits. And so when Caesar, a slave who has recently arrived from Virginia, urges her to join him on the Underground Railroad, she seizes the opportunity and escapes with him.

In Colson Whitehead's Pulitzer Prize-winning, ingenious conception, the Underground Railroad is no mere metaphor: engineers and conductors operate a secret network of actual tracks and tunnels beneath the Southern soil. Cora embarks on a harrowing flight from one state to

the next, encountering strange yet familiar iterations of her own world at each stop. As Whitehead brilliantly recreates the terrors of the antebellum era, he weaves in the saga of our nation, from the brutal abduction of Africans to the unfulfilled promises of the present day. "The Underground Railroad" is both the gripping tale of one woman's will to escape the horrors of bondage—and a powerful meditation on the history we all share. Our discussion will be led by Ronnie Weyl.

April 6, 7:15 p.m.

RSVP to Debbie Herman at TBEReads@templebethelnj.org Zoom Link: https://uso2web.zoom.us/j/81368626696







Beau Weil

Beau Weil was welcomed by parents Rachel and Mike and grandparents Jackie and John Carraher on February 13. He's already the apple of everyone's eyes.



Elliot Seth Weyl

Elliot Seth Weyl (Eliyahu Shalom) was welcomed by parents Ben and Debbie Weyl and big sister Zoe on February 1. His grandparents, Ronnie and Lewin Weyl, are still orbiting the moon with joy.



Romy Madelyn Weitz

Romy Madelyn Weitz joined big brother Mason and parents Dan and Danielle Weitz on February 9. She's a bundle of joy, weighing in at 9 lbs, 8 oz! Her grandparents, Steve and Elayne Weitz, are thrilled.



on February 17, quite a bit ahead of schedule, surprising parents Corinne Willett and Luke Mosher and first-time grandparents Susan Willett and Brian Wood. He's a wee tyke, but already capturing the hearts of his family.







Jonah Shade Sobin

Jonah Shade Sobin arrived on March 3 into the warm embrace of his parents, Kara Wilson and Jamie Sobin, and big sister Celia. We look forward to meeting our newest member.

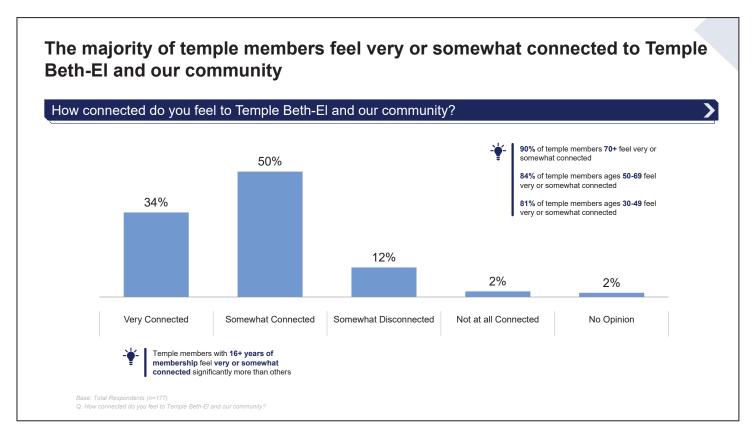
What You had to Say: Results of the Congregational Survey

We are pleased to have received more than 175 responses to the congregational survey taken in November and December 2020, which confirmed the connection many of us have to TBE.

The survey results presented below confirm much of what was expected: many of us feel connected to TBE even in these COVID-19 remote times; many of us miss being in our building for worship; many of us were not comfortable in November/December returning to in-person worship; and many of us are eager to find COVID-19 smart ways to connect in person with events such as our Challah Chibbukim or the Chanukiah lighting in the TBE parking lot.

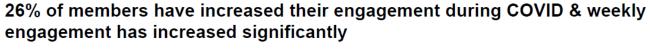
As health and science data evolves, and more people are vaccinated, we are beginning to consider what it might look like when TBE can gather in person for worship, learning and other community-building activities. Your participation in the survey will help us with these plans.

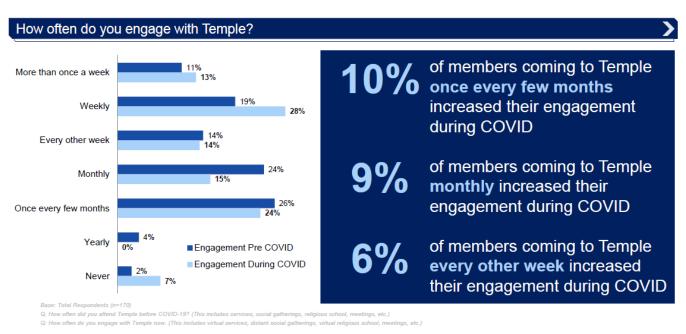
Thank you for sharing with us your thoughts, and stay tuned for more details. A special thank you to Jessica Levenberg Keim for her leadership in preparing the survey and analyzing the results. We also are grateful to TBE's Helping Hands volunteers for their support of the survey during their pre-Chanukah calls, which resulted in many of you completing the survey.

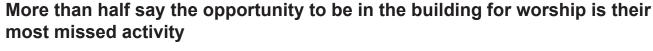


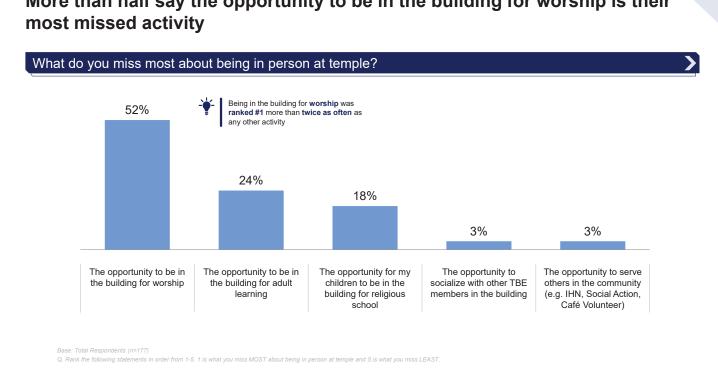
Editor's note: Many thanks to Jessica Keim for her work on constructing the survey, analyzing the data and preparing these graphics. Thanks also to Marci Taylor and Andrea Bradley for their leadership.

Congregational Survey Results, continued



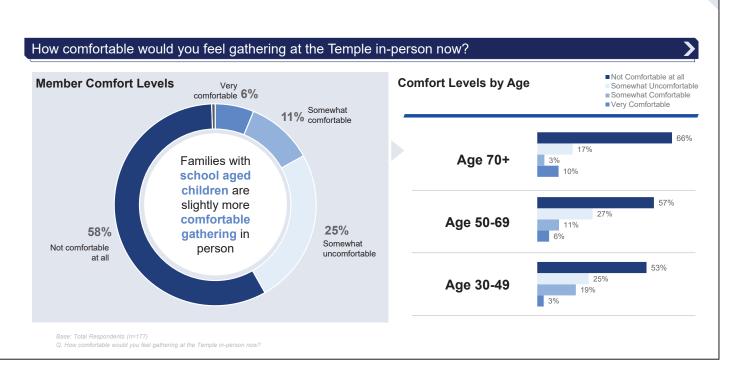






Congregational Survey Results, continued

83% of Temple members felt discomfort about gathering at Temple in person



Over half of respondents would be glad that a portion of people were able to gather in person

How would you feel if some members attended a gathering in person while you were there virtually?

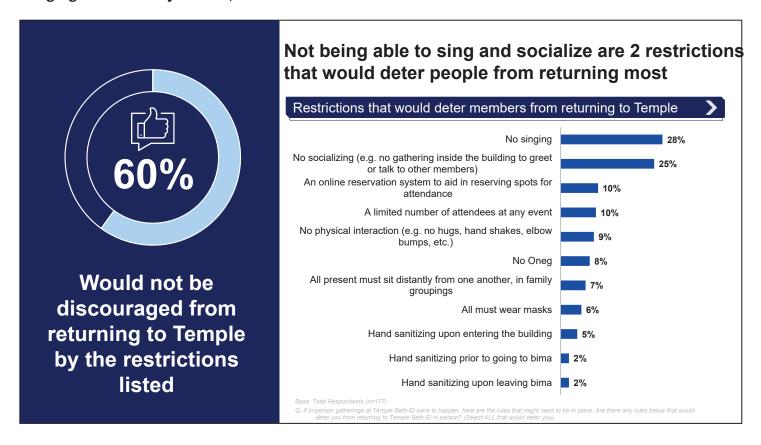


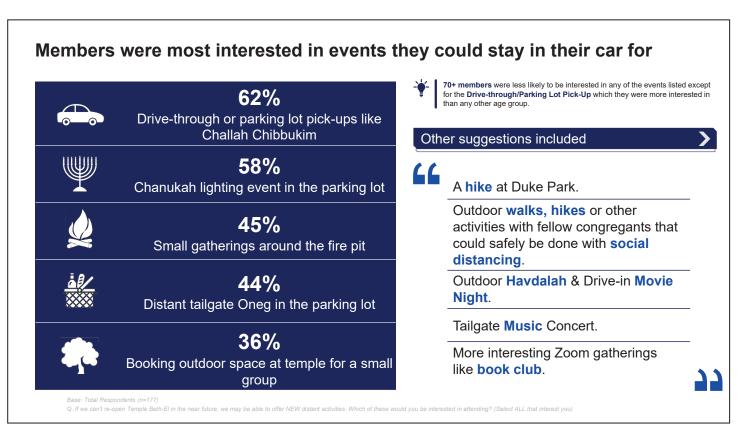
At this point in time the public guidance is to AVOID gatherings; so I would not support it and believe it adds risk to community spread (and possibly legal risk?). Once we get through the current spike and more are vaccinated I would be OK ... That said, I WOULD be OK if Temple opened for warmth/safety for those in need, as well as to open as a community vaccination site.

Base: Total Respondents (n=177

Q. How would you feel if some members attended a gathering in person while you were there virtually?

Congregational Survey Results, continued





Let's Hear It for "Teenwork"!

The teen community at Temple Beth-El continues to be a great source of pride for our congregation. From forging informal connections, to *madrichim* serving as role models, to a grand Purim pivot in the form of a CARnival, to their profound insights shared in meaningful discussions, our teens continue to impress us at every turn. This has been a year like no other, and our pride in these young people is as strong as ever.

Our youth re-envisioned the traditional Purim carnival into one that could be fun, interactive, and safe, coming up with a drive-through experience for families. Everyone had a blast dressing up, playing games from their cars, and laughing together.

We creatively redesigned our high school programs for the online space to maximize connections, while continuing to explore real-world issues through a Jewish lens. We have been mindful of our teens' technological, social, and emotional needs during this time of physical separation.

In Post-Confirmation Academy (high school juniors and seniors), we have explored topics chosen by the teens and participated in several sessions offered by the Religious Action Center (RAC). We have discussed and put a Jewish lens on issues that our oldest students will continue to grapple with beyond high school, such as civic engagement, racial equity, and the events of the inauguration. We also had a lot of fun with a secret Chanukah gift swap!

In Confirmation Academy our eighth, ninth, and 10th graders enjoy some social time led by our teachers and madrichim before each class. We have played trivia games

and charades and have had some intense rock/paper/scissors tournaments (you'd be surprised how fun these are!). Our 10th graders still have the good fortune of learning with Rabbi Arnie, and the magic of Zoom allows them to work in chevruta (partners), just as they would if we were together in the building. For our eighth and ninth graders, we have built a dynamic series of "units" in which students have the chance to dive deeply into issues that matter to them. Each two- to three-week unit begins with an expert speaker and is then followed by age-appropriate and engaging sessions led by our wonderful faculty. Topics have included climate change, mental health, and the Holocaust so far this year.

Our madrichim (teen classroom assistants) continue to show up and be incredible role models for our younger students in our online spaces. They support our faculty by offering creative games and meaningful ways to help the children connect, bringing a great deal of positive energy, and consistently modeling a "can do" attitude, for which we are so grateful.

Despite this challenging time of separation, our teens take pride in their positive Jewish identities and demonstrate their ongoing commitment to our temple community. Of course, we also can't wait for the time when we can all be back in our precious building eating pizza together!

Lisa Friedman
Education Director

Hannah Lafargue
Director of Youth Engagement

New Security Systems

The temple has been buzzing lately with work crews installing three new security systems, funded by a grant from the New Jersey Office of Homeland Security and Preparedness. The \$100,000 grant has a three-year window and will be used for projects to strengthen the temple's security.

After an extensive evaluation of several possible vendors and a competitive quote process, Temple Beth-El selected Cooper Technology Systems. Cooper Technology has 30 years of experience providing security solutions for a wide range of businesses. Drawing on their experience working with other synagogues, churches and small businesses, Cooper Technology designed a system to meet Temple Beth-El's needs.

Temple Beth-El now has an upgraded burglar alarm system with greater coverage and panic buttons; a camera system with interior and exterior cameras; and an access control system with key fobs instead of keys. Internet access and smartphone apps make the systems easy to manage.

If you have a key to the temple, you'll be contacted to trade it in for a new key fob and a security code.



A New Neighbor: The Beit Am Building Sale Complete

In late January, Temple Beth-El finally completed the sale of the Beit Am building, the adjacent property north of the temple, which we have owned for many years. We were able to bring this transaction to closure thanks to the incredible efforts of Jay Lavroff, temple leadership and our professional staff.

As has been discussed with the Board of Trustees, the net proceeds of the sale of the property will be placed in an endowment fund, with the intent of securing a reliable stream of distributions to replace the rental income that we historically received from renting the Beit-Am to outside tenants. It is our hope that this will "fill a gap" in our budget that has existed since our last tenant vacated the building in the summer of 2018.

The new owner of the property is a franchisee of K-9 Resorts Luxury Pet Hotel. It is our understanding that this facility will have pet daycare, boarding and veterinary services. There will be construction on the site to accommodate an "L-shaped" building, with the back of the "L" facing the temple. Timing of the construction is to

be determined, but we will work with our new neighbor to ensure it does not interfere with any temple activities.

Please note that the driveway between the Beit Am and the temple will remain a one-way, "entrance-only" driveway. The exit for both the temple and K-9 Resorts will continue to be around the back of our parking lot, through the driveway shared with Your Doctors Care. While

we do not expect a significant increase in traffic during the hours of temple activities, please be conscious of potential increased activity during the morning or evening hours, when customers will be dropping off/picking up pets.

We are very excited to welcome K-9 Resorts as our neighbor. We wish them great K9 RESORTS
LUXURY PET HOTEL

success with their business and have every reason to believe they will make a great neighbor.

Plant the seed for tomorrow.

The Jewish communal institutions of Somerset, Hunterdon & Warren Counties have proudly joined together to strengthen our roots through the launch of our Life & Legacy program. Our community-wide Life & Legacy program will create a unified approach to Legacy Giving across our organizations to ensure that our community will flourish for generations to come.

Join us as we plant the seeds for tomorrow. Visit www.ourbethel.org/give/legacy-giving/ to learn more about how you can secure our community's future.





Temple Beth-El Legacy Circle

Contact Lillian Swickle and Amy Rubin LegacyCircle@TempleBethElNJ.org

omple Both El

We honor our Legacy Circle:

Anonymous (4)
Rande and Janet Aaronson
Lou and Myrna Binder
Gari and Charles Bloom
Mike Bloomstein
Jody and Gary Cohen
Liz and Dave Cohen
Rabbi Arnold and Sarah Gluck
Julie and Greg Hirsch
Chrys Jochem
Barbara and Russ Johnston
Andy and Leslie Kass

Bob Krovetz

Jay Lavroff
Leigh Miller
Rick Miller
Robin and Larry Osman
Art and Betty Roswell
Amy Rubin
Lillian Swickle
Goldie Taub
Irwin Vogel
Steve and Elayne Weitz
Ann Weinstein
Bruce and Marlane Wolf

Partner Organizations: Chabad of Greater Somerset, Congregation B'nai Israel, Congregation Kehilat Shalom, Flemington Jewish Community Center, JCC Camp Ruach, Jewish Center of Northwest New Jersey, Jewish Family Service of Somerset, Hunterdon & Warren Counties, Jewish Federation of Somerset, Hunterdon & Warren Counties, Or Chadash, Shimon & Sara Birnbaum Jewish Community Center, Temple Beth-El, and Temple Sholom

With the guidance of the Jewish Community Foundation of Greater Mercer & Harold Grinspoon Foundation's Life & Legacy program.







Charoses by Osmosis: Recipes That Circle the Globe

Charoset is the star of the Seder plate. Amidst the parsley and lamb shanks, this sweet, sticky treat teases and tantalizes as we make our way through the storytelling, evoking the mortar used by the enslaved Israelites. Through the centuries, Jews have spread across the four corners of the earth and brought the story of the Exodus and the celebration of Passover to every land.

With time, the recipes for charoset reflected local ingredients, tastes and cultures. Whether you make one, two or all eight of the classic and modern recipes here, we doubt you'll be able to wait until the Seder to taste these outstanding variations!

Uganda: Tziporah Sizomu's Charoset Recipe

Tziporah Sizomu is a leader in the Abayudaya community in Uganda. Passover is an especially meaningful holiday for the Abayudaya. Her husband Gershom is the community rabbi and Tziporah is responsible for the holiday meals eaten together by the Abayudaya as a community. Apples are expensive, as they must be imported from South Africa, while peanuts, known as groundnuts, are local to Uganda. This charoset makes a fabulous spread for matzoh all week long! (If you do not eat peanuts during Passover, you can replace them with cashews or other nuts.)

Ingredients:

4 cups roasted peanuts 3 apples, chopped fine 2 bananas, chopped into small pieces ½ cup honey ½ cup sweet wine

Directions:

Grind the peanuts in a blender and place them in a medium-sized bowl. Mix with the chopped apples and bananas. Add the wine and stir. Add the honey and mix everything together. (If it isn't thick enough, add more peanuts or cashews.)

Guatemala: A Modern Twist

The members of Adat Shalom, Guatemala's only Reform community, have created a unique take on charoset. It was a big hit at last year's Seder in Guatemala City, and it will be at yours, too.

Ingredients:

4 apples, peeled, cored, and finely chopped 1/2 c. sweet red wine (such as Manischewitz) 1 1/2 tsp. ground cinnamon 3 T. maple syrup 5 oz. of plain refried red beans, with no seasonings 4 oz. of chopped almonds

Directions:

Chop the apples by hand as finely as possible and press them with a fork. Add the rest of the ingredients. mixing everything well. The beans should be added at the end, depending on how juicy the apple is, so that the charoset thickens. After plating, add a little of the almonds as decoration.

Seven-Fruit Charoset from Surinam

The Surinam Jewish community is the oldest in the Americas. Originally from Spain, these Jews resettled in Brazil for a time, and eventually established a community in Surinam. Coconut is the base of Surinam



charoset, and the ingredients reflect the tropical source of this recipe. Originally, Surinam cherries were simmered and added to the fresh fruits. Today, since most cherries available do not have the same taste, cherry jam is used instead. Some families replace one or two of the ingredients with peaches or pineapple. This recipe comes from Mrs. Irma Robles Lopes Cardozo z"I

Ingredients:

3 c. unsweetened coconut 2 c. walnuts or almonds, chopped 1/4 c. sugar

1 $\frac{1}{2}$ c. raisins

1 $\frac{1}{2}$ c. dried apples

1 ½ c. prunes or plums

1/2 c. cherry jam

1 c. sweet red wine

1 T. cinnamon

Directions:

In a large bowl, cover the dried fruit with water. Soak overnight in the refrigerator to soften. The next day, finely dice all the fruit.

In a large saucepan over low heat, add the ground coconut. Add the wine and bring to a simmer. Add the nuts and sugar. Keep stirring to prevent the coconut from sticking to the pan.

When the wine and coconut mixture is well combined (neither too wet nor too dry), add the fruits, continuing to stir until the ingredients have come together. Stir in the cherry jam.

Remove from heat. Add cinnamon and mix thoroughly. Keep refrigerated until ready to serve.

Source: jamiegeller.com, July 14, 2011.

Cuba: Mango and Pineapple Charoset Balls

For Jennifer "The Cuban Reuben" Stempel, blogging about food allows her to explore her twin Jewish and Cuban heritages. This Cuban charoset is her own invention, inspired by the island flavors that influence so much of her cooking. While most charoset is served as a paste, Stempel drew on the Sephardic tradition of making charoset into small balls for this unique take on a classic dish.

Ingredients:

5 oz. dried unsweetened mango, coarsely chopped 8 oz. dried unsweetened pineapple, coarsely chopped 1/2 c. almond slivers, toasted

2 c. shredded coconut, toasted and separated

Directions:

In a small bowl, soak the mango in hot water for half an hour. Drain well, and place in a food processor. Add pineapple, almonds, and 1 cup of the coconut to the mango in the food processor, and pulse only until the mixture starts to form a ball. There should still be some visible chunks.

Form the mixture into bite-sized balls, and set atop a pan lined with wax paper. In a small bowl, add the last cup of shredded coconut. Roll the balls in the coconut until they are lightly coated, and return them to the wax paper. Refrigerate the balls for 1 hour or until set.

Source: Jewish&, a blog by Be'chol Lashon, which gives voice to the racial, ethnic and cultural diversity of Jewish identity and experience.

Moroccan Charoset Balls

Moroccans roll charoset into balls and place individual servings on each plate. That's what I always remembered in my grandmother's home, and that's what I do today. This is my great grandmother's authentic charoset recipe, straight from Casablanca.

Ingredients:

1 c. walnuts (almonds can be substituted)1 green apple, peeled and cubed

1/2 c. pitted dates

1/2 c. raisins

1/2 c. pitted prunes

2 tsp. grape juice

1/2 tsp. cinnamon

1/2 tsp. sugar

Directions:

Place all the ingredients in a blender and blend to desired consistency. Some



prefer their Moroccan charoset more textured and nutty; others prefer to puree more and achieve a smoother consistency. Shape into balls and refrigerate until ready to serve.

Source: Lauren Dadoun, jamiegeller.com, July 14, 2011

Persian Charoset (Haleg)

Persian charoset or haleg is fabulous! See the notes below for some time-saving shortcuts.

Ingredients:

1 6-oz. package ground walnuts (1-1/2 c.)

1 6-oz. package ground almonds $(1-\frac{1}{2} c.)$

1/2 c. pistachio nut meats, ground

1 c. date paste or chopped dates

1/2 c. raisins, ground

1/2 c. grape juice

1 banana, peeled and ground

1 apple, peeled and ground

2 T. charoset spice

Directions:

Grind together — either by hand in a mortar and pestle or by using quick pulses in a food processor — all the ingredients that do not come already ground. Combine very well.



Notes: I buy already-ground walnuts and almonds to make my life easier. I also purchase date paste so I don't have to grind that either. These are easily available kosher-for-Passover at many kosher groceries. The rest of the ingredients I process together into a wet paste similar in texture to hummus. Charoset spice is made by Sadaf and is available online; or simply mix equal parts of cardamom, ginger, and cinnamon. Keep the haleg refrigerated, and if it gets too thick, thin it with grape juice or even sweet wine to give it a grown-up twist!

Source: Reyna Simnegar, jamiegeller.com, March 14, 2012

Greece: Traditional Greek Charoset Recipe

Sarah Aroeste's familial roots in Greece trace all the way back to the expulsion of Jews from Spain. A vocal artist, she has dedicated her career to modernizing Ladino classics and creating new music that captures the vibrancy of the Jewish experience. For Passover, she draws on traditional Greek customs and makes this fruity recipe that gets its punch from a variety of spices.

Ingredients:

1 c. black currants, finely chopped

1 c. raisins, finely chopped

1 c. dates, finely chopped and then mashed (if they are very dry, soak them in boiling water for 10 minutes) Pinch of grated orange rind Cinnamon, allspice, cloves, nutmeg to taste

Sweet red wine

Directions:

Chop all the ingredients as finely as possible. Mash them into a paste with a mortar and pestle, or briefly process in a food processor. Moisten as necessary with the red wine. Makes 3 cups.

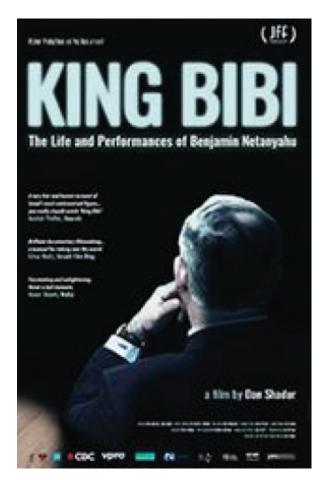
Source: Jewish&, a blog by Be'chol Lashon, which gives voice to the racial, ethnic and cultural diversity of Jewish identity and experience.



Vaccine Assistance Available

If you are eligible and need help getting a vaccine, contact Robin Osman.

HelpingHands@templebethelnj.org



Jewish Film Series Discussion of "King Bibi"

March 20, 2021, 8:00 pm

The next film in our Jewish Film Series is "King Bibi."

"King Bibi" explores Netanyahu's rise to power, relying solely on archival footage of his media performances over the years: from his days as a popular guest expert on American TV, through his public confession of adultery, and his mastery of the art of social media. From one studio to another, "Bibi" evolved from Israel's great political hope, to a controversial figure whom some perceive as Israel's savior, and others – as a cynical politician who will stop at nothing to retain his power.

Bob Krovetz will lead the discussion over Zoom.

Join Zoom Meeting: https://tinyurl.com/TBEFilmKingBibi

Meeting ID: 896 7462 7022

Passcode: NcnHm4

Temple Beth-El is a proud sponsor of the Yom HaAtzma'ut Across America concert.

All TBE congregants are invited to participate at no charge.

Links to participate will be sent in the weekly email the week of April 4.



Acts of Tzedakah

General Donation

Contributions to this account are used where they are needed most, and often make special programs possible.

In memory of Rose Mintz *Goldie Taub and Murray Levine* In honor of Rabbi Gluck and Cantor Wallach *Robin and Larry Osman*

In honor of Steve and Irene Lieberman

Marilyn Muzikar and Michael Gottfried

In memory of Betty Roswell

Rabbi Richard and Diane Steinbrink

Brenda and Avraham Zlatkin's Tikkun Olam Fund at the Jewish Community Foundation

Irwin and Dorothy Vogel

Nanci R. Fox

Harriet and George W. Blank Alan and Marcy Rosenfeld

Harriet Thaler

Edward and Anita Tolman

Gail Meyers Ari Weinstein Gail Wohl

Jay and Pam Lavroff Susan and Richard Walters

Daniel Hirschhorn

In memory of Farra Tebbi-Lewis Farajollah and Mahin Tebbi

In honor of the birth of Asher

Allan and Sheenagh Hirsch In memory of Roz Ringel

Jeff and Melissa Ringel

In memory of Alice Barrow

Steve Barrow Lillian Swickle

In memory of Joshua Skowronek

Stuart J. Steiger

Alfred and Janet Budnick Howard and Fern Drescher

George Beck
Jay and Pam Lavroff
Amy and Ken Rubin

In memory of loved ones our congregations recently lost

Lillian Świckle In memory of Sharon Weinstein Jay and Pam Lavroff Rabbi Hirshel and Roselle Jaffe

Rabbi Hirshel and Roselle Jaj Amy and Ken Rubin In memory of Ruth Spector Amy and Ken Rubin

In memory of Louis Sandler Amy and Ken Rubin

Memorial Fund

Contributions to this fund support the ritual life of the congregation.

In memory of Ralph B. Jackson *Robert and June Greenbaum*

In memory of Edward M. Fink and Harry Cohen

Rita Fink In memory

In memory of Farra Tebbi-Lewis Farajollah and Mahin Tebbi In memory of Betty Roswell

Keith and Michele Holler

Jewish Federation

Gari and Charles Bloom

Robin and Larry Osman Susan and Steve Albert

Stan and Joan Weinstein

Goldie Taub and Rabbi Murray Levine

In memory of Rebecca Taub

Goldie Ťaub and Rabbi Murray Levine

In memory of Thelma Paulanski

Linda Paulanski

In memory of Gail Bashein Shinske Caryn Shinske

In memory of Dr. Maurice Goldberg Gari and Charles Bloom

In memory of Mr. Lewis Bloom

Gari and Charles Bloom

In memory of Dr. Raymond Taub Goldie Taub and Rabbi Murray Levine

In memory of Dora Kirsch Stanley Mendelson
In memory of Doris Orgel

Phyllis and David Feinblum In memory of Lena Holzer

Phyllis and David Feinblum In memory of Vicki Feinblum

Phyllis and David Feinblum
In memory of Stella Birnbaum

Linda Paulanski

In memory of Marshall David Paulanski

Linda Paulanski

In memory of Sol Goldberg

Michael and Judith Goldberg

In memory of Michael Zerring

Michael and Judith Goldberg

In memory of George Rugg
Edith and Stuart Rugg

In memory of Harold Arens Robert and Margo Siroty

Rabbi Gluck's Discretionary Fund

Contributions to this fund enable Rabbi Gluck to assist congregants in need and support important causes.

In memory of Rabbi Matthew Derby

Frank Derby

In memory of Alice Barrow Richard Wachsman

In memory of Betty Roswell

Jeannie Blaustein

Ronald Cohen

In memory of Joshua Skowronek Brian and Lynnette Skowronek

Edward and Renee Rosenthal
In memory of Walter Greenbaum
Robert and June Greenbaum

In appreciation of Temple Beth-El

Judy Levine

In memory of Ruth Spector Michael and Susan Plan

In memory of Sharon Mansfield Weinstein Pamela Sherman In appreciation of Rabbi Gluck

Pamela Sherman

In appreciation of Bobbi and Jeff Weinstein Pamela Sherman

Cantor's Discretionary Fund

Donations to this fund enable Cantor Wallach to assist congregants who are in need and to support our community's music programs.

In memory of Betty Roswell Nancy Kramer In memory of Harold Zatz Alan and Iris Naroden

Jules Swickle Chesed Fund

Gifts to this fund, created in honor of one of our founding members, will enable acts of loving kindness for those in need.

In honor of Lillian Swickle's birthday Ellen Baxter

Robert Baxter

In memory of Betty Roswell Liz and David Cohen

Rich and Zahava Schaefer

In memory of Marilyn Miller Tamara and Edward Faggen

In memory of Naomi Swickle

Jay and Patricia Laroff Amy and Kenneth Rubin

In honor of Jay Lavroff and Amy Rubin Robin and Larry Osman

Chazon Restoration Fund

Gifts to this campaign will help restore our congregation's fiscal health.

In memory of Harold Zatz *Alan and Iris Naroden* In memory of Zorina Walitsky *Paul Walitsky*

In honor of their 65th wedding anniversary

Mort and Zizi Reinhart In appreciation of Rabbi Gluck Beth and Robert Moran In memory of Betty Roswell

TBE Brotherhood Ann Weinstein

Rick Miller Lillian Swickle

In honor of Michelle Engler

Alissa Platz

In memory of Estelle Julian and Leona Berkowitz Steve and Jody Berkowitz

Library Fund

Contributions to this fund will enable the acquisition of new books and media, and support the upkeep of the library collections.

In memory of Betty Roswell

Howard and Sharon Solomon

Nissan-lyyar 5781

Membership

Temple Beth-El's Membership Committee remains busy with efforts to warmly welcome new members and integrate them into the temple community.

The committee is accomplishing its goals through outreach and its New Members Buddy Program, which pairs committee members with new temple members.

Two such events were held in December, and others are scheduled later this year.

On Dec. 4, 2020, the Membership Committee hosted a special Shabbat via Zoom in which new members were invited to gather for a virtual pre-neg before services. Goodie bags containing challah, candles and grape juice were delivered to the new members prior to Shabbat, to enjoy during the services.

Later in December, the Membership Committee reached out to all buddies with Happy Chanukah greetings and information about TBE Chanukah events. A similar outreach is planned this month (March) for Passover.

In May, the Membership Committee is planning a taste of TBE Shavuot event, in which baskets of baked treats will be delivered to all new members. An in-person event for new members will be held once TBE reopens.

To join the Membership Committee or become a buddy for a new TBE member or family, email committee cochairs Judy Goldberg at <u>jzgoldberg@comcast.net</u> or Felicia Oberti at fobertilcsw@optonline.net.

Hello Beautiful Person reading this note. My name is Justine and I hope to bring you just a little bit of joy! Today's world is absolutely crazy and the little things in life are what can bring us the most serenity and happiness Like today, when I'm writing thes, there was a beautiful sunrise with Pink clouds and in the afternoon it snowed! Or the simple things like a sweet strawberry or a cup of ice cream for dessert. Life is beautiful. I didn't say this before, but I'm a senior in high school end attend Temple Beth El. Again, in the chass of this year, I hope you can And peace and light from the Blessing of Hannukah. The little bit of oil was the greatest blessing in Judism and every little thing in everyday is a blessing within itself. Finding gratitude in the small things makes the world seem much smaller. I love making others smile, which makes me smile. I also love paking for my family and eatting pasta. I mish I could have visited and brought some yummy cookies, but I hope this letter can also give you a bunch of positivity and maybe a smile. With positivity and grace, you can male To all things positive happy in it through anything the New Year! Justine

Editor's Note:

Justine Smith, daughter of Brian and Jodi Smith, recently sent this note addressed to the entire TBE community. It is a lovely message of hope. Thank you, Justine, for lifting our spirits.

Renaissance Happenings

Esther Wallach, Renaissance Group

The Scoop

In January, members enjoyed Zooming with Rabbi Arnie, who led our discussion on blessings in the time of COVID. The rabbi began this topic by acknowledging the importance of being thankful, and indeed there were no blessings that our group felt were too small to share. We were encouraged by the rabbi to think about our blessings on a daily basis and to keep ourselves ever mindful of the positives in our lives. He remarked that the opportunity that Zoom affords us is unique. It gives us the ability to create dialogue as a group and to hear and see each other. We are grateful for the rabbi's generous time with us.

Savory Passover Kugel With Spaghetti Squash

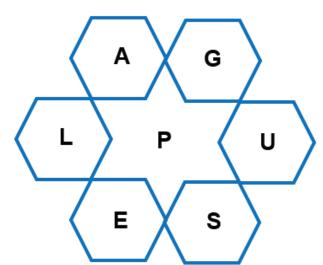
Source: Diabetesdaily.com

This delicate, light recipe replaces traditional potato with spaghetti squash, and tastes like a potato knish!



Plagues

Here is a Passover game using letters in the word plagues. To play, include the key letter "p" to find other words of four to nine letters. You can repeat any of the letters more than once — i.e., apples. Have some fun! Can you find the star of David?



Ingredients:

1 T. olive oil
1/2 cup onion, diced
3 eggs, beaten
1/4 c. flax meal
2 tsp. baking powder
1 medium spaghetti squash, split, seeded and pierced, to yield
4 c. roasted
1/4 c. almond flour
1 tsp. paprika
2 T. unsalted butter, melted
Salt and pepper to taste
Vegetable oil spray

Directions:

Preheat oven to 425°. Rub the spaghetti squash halves with the olive oil and place on sheet pan with the cut side down. Roast for about 45 minutes to 1 hour, or until tender. Remove from oven, cool and scrape out the strands with a fork, using a raking motion. Set aside the 4 cups of roasted squash.

Reduce oven temperature to 400°. Saute the onions in a small pan coated with vegetable spray until translucent and cool slightly. In a large bowl, blend the squash, onions, beaten eggs, flax meal and baking powder. Season to taste with the salt and pepper if desired. Lightly coat a casserole dish and evenly distribute the mixture. In a small bowl, blend the almond flour, paprika and melted butter with a fork. Sprinkle across the top of the kugel. Bake for 30–45 minutes, until golden brown. Serves 8. Enjoy!

The Renaissance Group is a 50+ social group that gets together to share interests, experiences, and activities. New membership is welcomed! Should you wish additional information about the group, or want to contribute to the Renaissance Happenings column, we welcome your submissions on a learned experience or human interest story. Please contact Harriet Thaler at 908-788-0269 or thalerz@embaramail.com.

Sisterhood

Sisterhood is very pleased to announce that despite the many challenges presented by the ongoing COVID-19 pandemic, we had a very successful Purim Mishloach Manot fundraiser.

The continued generosity of our TBE family once again ensured that every temple member received a Purim bag, and this year's fundraiser also saw our largest ever Golden

Grogger participation level – 60 generous TBE members.

Under the guidance of TBE leader-ship, and following safety protocols, we were able to prepare 400 Purim bags, of which more than 350 were safely delivered to temple families, religious school teachers and TBE staff. A number of temple members also took advantage of the option to safely pick up their bag at TBE.

We owe much appreciation to Sisterhood's Cynthia Scott and Laura

Miller for again spearheading this annual effort, in addition to the incredible and tireless assistance of Amy Rubin and her staff of helpers. Thanks also go to the team of 50 TBE Purim bag couriers who provided safe and contactless deliveries.

On Feb. 1 Sisterhood members logged onto Zoom to "visit" the Illinois Holocaust Museum, where a private docent treated us to a special program: "RBG, the Amazing Life & Times of Ruth Bader Ginsburg."

We also learned there was a celebrity in our Sisterhood audience: Gayle Myers, a second cousin to Justice Ginsburg. We enjoyed hearing her many stories about their childhood.

On March 4, we had a discussion with Victoria Abraira, Ph.D., about the importance of physical touch, presented in the context of isolation during the ongoing COVID-19 pandemic.

Dr. Abraira, an assistant professor of cell biology and neuroscience at Rutgers University, was named a 2019 Pew Scholar in Biomedical Sciences. She is only the fourth Pew Scholar from Rutgers in the program's 71-year history, and the first female faculty member from Rutgers to receive the honor.

The Women of Reform Judaism will hold its 2021 Fried Women's Conference from March 12-14 over Zoom.

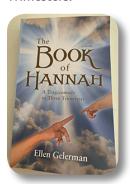
The Fried Women's Conference provides a wonderful opportunity to share and learn with other Sisterhood organizations on a variety of topics, including leadership.

One of this year's conference highlights is a fundraiser event with acclaimed artist Gary Rosenthal, who will demonstrate how to make a mezuzah.

The conference fee is \$54. Conference attendance is not required to participate in the mezuzah workshop, which has a separate fee and registration sign-up at https://wrj.org/fwc-2021-fundraising-event.

To register for the Fried conference, visit <u>wrjregistrar@</u> <u>wrj.org</u>. The conference and mezuzah workshop are open to the public.

Heading into spring, we will hold a Zoom book discussion at 7 p.m. Tuesday, April 13 with author Ellen Gelerman on her novel "The Book of Hannah: A Tragicomedy in Three Trimesters."



The "Book of Hannah" tells the story of an infertile woman who becomes pregnant at age 55. Her pregnancy sets in motion upheavals in her marriage, family, friendships and sense of self.

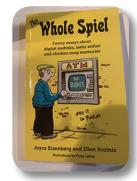
To learn more about Gelerman, sister of TBE board member Carol Gardner, visit "Mitten Mornings" at www.youtube.com/ watch?v=XIHVizlcJkk&t=7sn_

"The Book of Hannah: A Tragicomedy in Three Trimesters" is

available as a book or audiobook on Amazon.com.

A lively discussion is planned during a "Bagels and Nosh" session at 11:00 a.m. Sunday, May 2 with Joyce Eisenberg and Ellen Scolnic, authors of the best-selling "Dictionary of Jewish Words" and the award-winning blog "Schmoozing With the Word Mavens."

The Philadelphia-based authors also write humorous essays and feature stories for a variety of national publications. Learn more about them at www.thewordmavens.com.



This event is for Sisterhood members only.

Sisterhood is making plans to develop an online Judaica shop and is looking for a volunteer with computer skills to help with the project.

Interested volunteers may email Sisterhood co-president Donna Tischfield at dtischfield18@gmail.com

Finally, Sisterhood is 70 members strong. We have partnered with the TBE Buddies Program to help women meet others in Sisterhood. To learn more, email Donna Tischfield at dtischfield18@gmail.com. You may provide just your name, or more information about yourself, such as age, career, family, etc. Sisterhood will then match you with a buddy.

Repairing the World...One Mitzvah at a Time!

Racial and Economic Justice

The TBE community had the great blessing of observing Martin Luther King Day with great discussion leaders and with members of Pastor Lukata Mjumbe's congregation from Witherspoon Presbyterian Church in Princeton.

The discussion, held in January, may be viewed at https://livestream.com/ourbethel/5781-racism-in-america/videos/21619151.

We furthered our connections in discussing the film "13th" together the following week, which greatly deepened our insights and experience of the 2016 documentary, which offers an in-depth look at America's prison system, the history of slavery in the United States, the impacts of systemic racism, and the resulting civil rights movement.

We look forward to future collaborations and shared worship with Rev. Mjumbe's congregation. This relationship-building is key to making a real and meaningful difference in pursuing racial justice in our communities.

RAC NJ (NJ Religious Action Center of Reform Judaism), which partnered in the MLK discussion, is researching and choosing our spring issue campaign. TBE's own Carol Levison has been part of this research process, meeting with many advocacy groups working on various racial justice issues in our state.

Please watch for details of RAC NJ Issue Selection Town Halls on March 30 or 31 (day and evening options), to learn about the top two or three issues for us to work on together, and vote for the issue you want RAC NJ to pursue.

Note that the national RAC is also launching a nationwide racial justice campaign, with a similar process. You may also vote on this campaign, either the evening of March 22 or daytime March 23.

These sessions will offer opportunities to work at local, state and national levels. To join our congregational team, please email Liz Cohen at liz@decarchitect.com.

Reproductive Freedom Act

During Repro Shabbat in February, a national effort headed by the National Council of Jewish Women, Cantor Wallach offered stirring words about Jewish values and reproductive choice. We have an opportunity to act on our values as the New Jersey Legislature is reviewing the Reproductive Freedom Act, introduced in both the state Assembly (bill A4848) and Senate (bill S3030), in October 2020. The legislation would help protect and expand New Jerseyans' access to reproductive health care. RAC NJ has signed on to Thrive New Jersey, a statewide coalition of organizations working to promote reproductive rights and justice.

We at TBE can reach out to our state legislators to urge their support of A4848 and S3030. Watch for action alerts.

Environmental Justice

Vicki Schwartz presented a program on urban trees and environmental justice as part of the Temple's Tu BiShvat celebration. Developed in collaboration with Dave Cohen, this program illumined the important role trees can play in combating urban air pollution, enhancing stormwater management, and mitigating heat island effects, all of which disproportionately impact the health and well-being of disadvantaged populations in New Jersey. Planting street trees, encouraging green roofs, repurposing vacant lots as mini-parks, and implementing "green streets" can all play a role in addressing this important social justice challenge.

Civic Engagement

Building on the wonderful outreach efforts of our TBE civic engagement team last fall, we will again work to make TBE a 100 percent voting congregation in the coming year. To do this, we will work with RAC NJ and community partners to support legislation to improve voter registration access and processes, ensuring that all eligible voters can vote this year.

Working together to make our communities more just and compassionate is a wonderful way to stay connected with your fellow congregants. Please join our TBE social justice team today.

L'Shalom,

Dave Cohen
TBE Social Action Chair

Liz Cohen

TBE Social Action Committee and RAC NJ Leadership Team

Repairing the World...One Mitzvah at a Time!

HOME of Somerset County

Leigh Freeman, Coordinator — HOME / Temple Beth-El

Our next hosting date is April 18-25

With the building remaining largely closed due to Covid, TBE is still unable to host HOME (formerly IHN) clients. HOME clients have been staying at a local hotel. Meals are still needed. Please sign up to help feed the HOME families.

Upcoming HOME Dates:

April 18-25

August 1-8

HOME of Somerset County (formerly IHN) is a not-forprofit organization that provides many layers of services for homeless families with children. HOME provides a valuable service, as most other programs for homeless families do not provide the range of services to families with children.

Temple Beth-El hosts clients of HOME six times a year, approximately February, March or April, June, August, October or November and December. The families call Temple Beth-El "home" for a week and our volunteers give their time to assure that the families have a warm and welcoming stay with good food, compassion, play, and lots of good conversation.

Getting involved requires only a few hours from one to six times a year...you choose your level of involvement. Every volunteer is an important mentor to our HOME families. Please visit www.tinyurl.com/TBEHOMEApr21 or call the appropriate coordinator listed below to schedule a volunteer shift. Always check the HOME Coordinators Contact List in each issue of the Shofar, as it's possible that there have been changes. Each volunteer is expected to honor their commitment to the HOME hosting week. If a volunteer is unable to fulfill their commitment, they should contact another volunteer and swap dates.

HOME Coordinat	ors Contact List			
Function	Name	Main Phone	Other Phone	Email Address
Coordinator	Leigh Freeman	908-359-2724	908-391-1397 (c)	dancer.leighfreeman@att.net
Dinner Shift Volunteers	YOUR NAME HERE			
Evening Shift Volunteers	Julie Hirsch	732-580-8246		jbghirsch@gmail.com
Overnight Shift Volunteers	Sharon Sietz		908-256-6483	sharon.sietz@gmail.com
Meals	YOUR NAME HERE			
Food/Supplies	Mara White	908-231-1518	301-704-6066 (c)	mara@alumni.brown.edu
Linen Pick-Up	Pauline Schneider			
Set-Up/Breakdown	David Cohen	609-683-5766		david@decarchitect.com
HOME/Day Center	Karen Donohue	908-704-1920	908-217-0217 (c)	karen@homescnj.org



We extend our deepest sympathy to those of you who will be marking a loved one's Yahrzeit in the coming month. Below are the dates for the Yahrzeits we will be reciting during Shabbat services.

To be read on March 5 and 6

David Stern, father of Jason Stern Louis Zibulsky, grandfather of Robyn Becker Martha Lottman, mother of Liz Cohen Morris Schenkman, father of Eugene Schenkman Ellen Fischer, mother of David Fischer Charles Insler, father of Elayne Weitz Morris Goldstein, father of Marcia Shubitz Anne Finkelstein, mother of Beth Lavranchuk Walter Klimczak, father of Ioan Weiss Max Chanoch, father of Keith Chanoch Jacob Seckler, father of Ellen Bailin Robert Bradley, father of Robert Bradley Anne Feurman, mother of Ileen Bradley Paul Glaser, father of Shelley Drozd Karen Zweig, mother of Lauren Iannucci Anne Swickle, founding member of Temple Beth-El Sarah Wang, mother of Andrea Auerbach Rose Mintz, mother of Goldie Taub Judith Jaffe, mother of Hirshel Jaffe Estelle Freeman, mother of Richard Freeman

To be read on March 12 and 13

William Orgel, father of Phyllis Feinblum
Mary Rugg, mother of Stuart Rugg
Marion Seinfeld, grandmother of David Sandler
Herbert Ringel, father of Jeff Ringel
Bernice Jacobs Sarnoff, mother of Nancy Burke
George Okun, father of Charles Okun
Alice Seid, grandmother of Kenneth Rubin
Rose Faer, mother of Beverly Bober
William Irving Klinghoffer, father of Doris Moshinsky
Bathsheva Malberg, mother of Marc Malberg and
Edward Malberg

Charles Feurman, father of Ileen Bradley Frederick Dallow, father of Brian Dallow Charles Fetaya, father of Pat Fetaya Daniel Wachtel, loved one of Ann Weinstein Esther Samson, mother of Shari Miller Fay Berger, grandmother of Dana Colon Richard I. Spivack, father of Michelle Grafer James Mitchell, father of Donna Tischfield Joseph Enzer, husband of Lillian Swickle Dorothy Nerenberg, mother of Henry Nerenberg Mildred Schoenfeld, mother of Eugene Schenkman Raymond Redlich, father of Sam Redlich David Sloane, father of Leslie Marcus Sylvia Opper, grandmother of Tamar Yarkoni Haley Wolin-Swift, niece of Martin Wolin Dennis Greenstein, husband of Yosefa Greenstein, father of Shiri Shapiro

To be read March 19 and 20

Alan Wallin, father of Terry Wallin Harvey Freed, brother of Diane Morrison Stuart Tuckman, father of Robert Tuckman Phyllis Phillips, sister of Jeanette Tuckman Phyllis Rosenfeld, sister of Alan Rosenfeld Lillian Cohen, mother-in-law of Steve Sloan Arthur Lavin, grandfather of Liz Cohen Ben Spinner, father of Max Spinner Sheila Broder, sister of Debbie Friedman Tillie Vogel, mother of Irwin Vogel Robin Callaghan, cousin of Brian Small Lotte Weyl, mother of Lewin Weyl Robert Gardner, father of Carol Gardner Joan Bateman, mother of Caren Bateman Otto Heidelberg, grandfather of Erica Erb Albert Swickle, father-in-law of Lillian Swickle Hannah Walitsky, mother of Paul Walitsky Gerda Heidelberg, grandmother of Erica Erb Ida Goldstein, mother of Marcia Shubitz Erich Erb, grandfather of Erica Erb Judith Erb, grandmother of Erica Erb Victor Vigdergaus, father of Simona Rivkin Eileen Lemansky, mother of Ellen Edwards George Roberts, father of Sharon Hambro Alfonso Rucci, father of Victoria Freiman Bernard Kimmelman, father of Alan Kimmelman Melvin Wolfson, father of Laura Kasauskas Richard R. Freeman, father of Richard Freeman

To be read on March 26 and 27

Leonard Miller, father-in-law of Laura Miller Jules Swickle, husband of Lillian Swickle David Zelnick, father of Zelda Reinhart Rose Seckler, mother of Ellen Bailin Beatrice Schneider, mother of Arthur Schneider Abraham Levenson, father of Edith Rugg Eva Spivack, grandmother of Michelle Grafer Beatrice Holzer, aunt of Phyllis Feinblum Anne Gomolka, mother of Albert Gomolka Charles Steinman, father of Judith Steinman Charles Bronston, father of Ian Gorban Yael Gorban, mother of Arieh Gorban Herbert Schall, friend of Stanley Mendelson Benjamin Brown, father of Marvin Brown Sol Ferling, father of Rhona Ferling Dahlia Johnston, mother of Russ Johnston Tiby Sharlin, sister of Goldie Taub

To be read on April 2 and 3:

Jean Small, grandmother of Brian Small
Ottilie Wasserman, grandmother of Tamar Yarkoni
Joseph Fisch, father of Adam Fisch
Irwin N. Levison, father of Carol Levison
Felice Platt, sister of Rena Fruchter
Agnes Boschen, mother of Karen Kaplan
Benjamin Horowitz, father of Sidney Horowitz
Jeffrey Mayer, brother of Cheryl Nelson
Hyman E. Cohen, father-in-law of Barbara Cohen
Hyman E. Cohen, grandfather of Deborah Cohen
Jeanne Bancroft, cousin of Lynn Small
Debbie Hinesly, sister of Steve Katz



We extend our deepest sympathy to those of you who will be marking a loved one's Yahrzeit in the coming month. Below are the dates for the Yahrzeits we will be reciting during Shabbat services.

Lloyd Goldberg, father of David Goldberg
Victoria Seren Tuckman, wife of Robert Tuckman
Martha Brody, mother of Bruce Brody
Lillian Richman, great-aunt of Lynn Small
Mollie Schenkman, mother of Eugene Schenkman
Cheryl Bloomstein, wife of Michael Bloomstein
Joseph Kelson, father of Ellen Brown
Robert Rubin, father of Kenneth Rubin
Jack Unrot, grandfather of David Sandler
Irving Leventhal, father of Alan Leventhal
Ruth Ferling, mother of Rhona Ferling
Arnold Friedman, father of Donna Stein

To be read on April 9 and 10:

Joan Hope Carter, mother of Pamela Attner Harold Siegelaub, father of David Siegelaub Ada Sage, mother of Eileen Ruderman Hadassa Gradowski, mother of Helen Gradowski Jennie Ward, mother-in-law of David Sandler William Weitz, father of Steven Weitz Antoinette Bouchonville, mother of Maria Landau Fred Schrier, father of Sheryl Miller Robert Donohue, father of Karen Donohue David Schnee, stepfather of Jay Tischfield Gregory Grinberg, father of Michelle Gerner Bernard Cudzynowski, father of Joseph Cudzynowski Margaret Heller, mother of Mark Heller Sidney Reinhart, father of Morton Reinhart Manuel Erb, father of Erica Erb Abraham Bernstein, uncle of Ann Wallin Mel Greenberg, stepfather of Amanda Hannum Joseph Almeida, father of Joseph Almeida Frederick Chester, father of Simma Friedman

To be read April 16 and 17:

Fannie Friedman, grandmother of Doris Moshinsky Henri Samson, father of Shari Miller Milton Lottman, stepfather of Liz Cohen Gertrude Kaplan, mother of Ellen Davidson Kenneth Lieb, father of Wendy Spinner Selma Green, aunt of Iris Naroden Hy Fine, grandfather of Tamar Yarkoni Elaine Freiman, mother of Roy Freiman Patricia Klimczak, sister of Joan Weiss Edward Ditman, father of Robin Kimmelman Lewis Busch, father of Ronald Busch Esther Snow, aunt of Phyllis Feinblum Helen Weitz, grandmother of Steven Weitz Saul Barrow, father of Steve Barrow Robert Rosen, father of Steve Rosen Sanford Krongold, father of Ruth Krongold Kathleen McBride, mother of Mark McBride Stanley Witlieb, father of Beth Berger Lawrence Fischer, father of David Fischer Florre Fine, mother-in-law of Helene Fine Jean Chanoch, mother of Keith Chanoch

David Lyon Herzog, father of Michael Herzog Joseph Burke, husband of Nancy Burke Leo Mayer, father of Cheryl Nelson Armond Sherman, uncle of Jonathon Andell

To be read April 23 and 24:

Seymour Morrison, brother-in-law of Diane Morrison Rose E. Seckler, aunt of Ellen Bailin Fannie Fruchter, mother of Rena Fruchter Rose Roth, grandmother of Bobbie D'Angelo Richard Schenkman, brother of Eugene Schenkman Ray Shinske, father of Carvn Shinske Jack Stein, father of Mitchell Stein Harold Lane, father of Stephen Lane Herbert Greenberg, husband of Phyllis Greenberg Linda Goldblatt, mother of Lisa Friedman Herbert Laskey, father of James Laskey Stefanie Graham, wife of James Graham Stefanie Graham, mother of Jessica Graham, sister of Allison Petito Harris Zeldin, father of Alan Zeldin Bernard Malin, father of Marilyn Muzikar David N. Cohen, father of Deborah Cohen, husband of Barbara Cohen Philip Kaplan, father of Mitchell Kaplan Irving Fass, father of Alan Fass Beatrice Miller, mother-in-law of Laura Miller Caryn Katz, sister of Pauline Schneider Myrna Lapidus, mother of Jody Cohen Bonnie J. Lifchus, mother of Rebecca Ascher

To be read April 30 and May 1:

Solomon Spero, father of Roselle Jaffe John Yourman, father of Amy Berger Arthur Wolinsky, father of Shari Farmer Irene Gluck, mother of Julie Hirsch Joseph Landau, father of Steven Landau Henry Rosewater, grandfather of Jonathon Andell Judith Sloan, mother of Steve Sloan Sylvia Barrow, mother of Steve Barrow Paul Donal Paton, father of Kim Fromberg Carol deMackiewicz, mother of Carrie Feuer Florence Feuer, mother of Stephen Feuer Alan Wilson Cardoso, brother of Claudia Rodrigues Roz Hirsch, mother of Allan Hirsch Anne Bernstein, mother of Alan Bernstein Ethel Milstein, mother of Gail Meyers Dorothy Chester, mother of Simma Friedman Norman Weinstein, husband of Ann Weinstein Sylvia Goldstein, grandmother of Seth Goldstein Irving Schwartz, grandfather of Debbie Manrique Irv Schwartz, father of Sandy Schwartz Marianne Gunzler, mother of Nicole Oringer Arnold Bernstein, grandfather of Lisa Friedman Nettie Gross, mother of Carol Ahlert



Calendar of Events

Monday, March 1

7:00 p.m. Post-Confirmation 7:30 p.m. Ritual Committee Meeting

Tuesday, March 2

7:00 p.m. Jewish LIFE: Wisdom of Our Sages, Wisdom for the Ages

Wednesday, March 3

4:30 p.m. Hebrew School 7:00 p.m. Confirmation Academy 7:15 p.m. Women's Torah Talk

Thursday, March 4

7:00 p.m. Sisterhood Session "Wired for Touch"

Friday, March 5

5:45 p.m. Family Kabbalat Shabbat Service 6:30 p.m. Erev Shabbat Service

Saturday, March 6

10:00 a.m. Shabbat Morning Service with Bar Mitzvah of Eli Zaborenko

Sunday, March 7

8:30 a.m. Religious School - Alternative Hebrew Class 8:45 a.m. Religious School

Monday, March 8

7:30 p.m. Oversight Committee Meeting

Tuesday, March 9

7:00 p.m. Jewish LIFE: Wisdom of Our Sages, Wisdom for the Ages

Wednesday, March 10

4:30 p.m. Hebrew School 7:00 p.m. Confirmation Academy

Friday, March 12

6:30 p.m. Erev Shabbat Service

Saturday, March 13

10:00 a.m. Shabbat Minyan Service 7:00 p.m. Havdalah: Marking a Year of COVID

Sunday, March 14

8:30 a.m. Religious School - Alternative Hebrew Class 8:45 a.m. Religious School

Monday, March 15

7:00 p.m. Post-Confirmation

Tuesday, March 16

7:00 p.m. Jewish LIFE: Wisdom of Our Sages, Wisdom for the Ages

Wednesday, March 17

4:30 p.m. Hebrew School 7:00 p.m. Confirmation Academy

Friday, March 19

6:30 p.m. Erev Shabbat Service

Saturday, March 20

10:00 a.m. Shabbat Morning Service with B'nai Mitzvah of Benjamin and Rebecca Bauman 8:00 p.m. Jewish LIFE Film Series "King Bibi"

Sunday, March 21

8:45 a.m. Religious School 7:00 p.m. Soul Preparation for Pesach: A Contemplative Session with Cantor Wallach

8:30 a.m. Religious School - Alternative Hebrew Class

Monday, March 22

7:30 p.m. Board of Trustees

Tuesday, March 23

7:00 p.m. Jewish LIFE: Wisdom of Our Sages, Wisdom for the Ages 7:00 p.m. Religious School Committee meeting

Wednesday, March 24

4:30 p.m. Hebrew School 7:00 p.m. Confirmation Academy

Friday, March 26

6:30 p.m. Erev Shabbat Service

Saturday, March 27

Erev Pesach — First Seder 10:00 a.m. Shabbat Minyan Service

Sunday, March 28

Yom Tov Pesach, Day 1 No Religious School 6:00 p.m. Congregational Second Seder

Monday, March 29

Chol Ha Mo'ed Pesach

Tuesday, March 30

Chol Ha Mo'ed Pesach

Wednesday, March 31

Chol Ha Mo'ed Pesach No Confirmation Academy No Hebrew School

Visit our online calendar at wwww.ourbethel.org/about/calendar/ for more information, Zoom links and updated information.



Calendar of Events

Thursday, April 1

Chol Ha Mo'ed Pesach

Friday, April 2

Chol Ha Mo'ed Pesach 6:30 p.m. Erev Shabbat Service

Saturday, April 3

Yom Tov Pesach, Day 7 10:00 a.m. Shabbat, Seventh Day Pesach and Yizkor services

Monday, April 5

7:30 p.m. Ritual Committee Meeting

Tuesday, April 6

7:15 p.m. TBE Reads "The Underground Railroad"

Wednesday, April 7

4:30 p.m. Hebrew School 7:00 p.m. Confirmation Academy

Thursday, April 8

Yom HaShoah

Friday, April 9

5:45 p.m. Family Kabbalat Shabbat Service 6:30 p.m. Erev Shabbat Service

Saturday, April 10

10:00 a.m. Shabbat Morning Service with Bat Mitzvah of Amanda Yarkoni

Sunday, April 11

8:30 a.m. Religious School - Alternative Hebrew Class 8:45 a.m. Religious School

2:00 p.m. Yom HaAtzma'ut Across America Live Virtual Concert with Hadar and Sheldon and Special Guests

Monday, April 12

7:00 p.m. Post-Confirmation 7:30 p.m. Oversight Committee Meeting

Tuesday, April 13

7:00 p.m. Sisterhood Book Discussion: "The Book of Hannah: A Tragicomedy in Three Trimesters"

Wednesday, April 14

Yom HaZikaron 4:30 p.m. Hebrew School 7:00 p.m. Confirmation Academy

Thursday, April 15

Yom HaAtzma'ut

Friday, April 16

6:30 p.m. Erev Shabbat Service

Saturday, April 17

10:00 a.m. Shabbat Morning Service with Bar Mitzvah of Dylan Falzone

Sunday, April 18

HOME Meal Prep Week (formerly IHN) begins 8:30 a.m. Religious School - Alternative Hebrew Class 8:45 a.m. Religious School

Monday, April 19

HOME Meal Prep Week

Tuesday, April 20

HOME Meal Prep Week

7:00 p.m. Religious School Committee meeting

Wednesday, April 21

HOME Meal Prep Week 4:30 p.m. Hebrew School 7:00 p.m. Confirmation Academy

Thursday, April 22

HOME Meal Prep Week

Friday, April 23

HOME Meal Prep Week 6:30 p.m. Erev Shabbat Service

Saturday, April 24

HOME Meal Prep Week 10:00 a.m. Shabbat Morning Service with Bat Mitzvah of Delilah Bergman

Sunday, April 25

8:30 a.m. Religious School - Alternative Hebrew Class 8:45 a.m. Religious School

Monday, April 26

7:00 p.m. Post-Confirmation 7:30 p.m. Board Budget Review

Wednesday, April 28

4:30 p.m. Hebrew School 7:00 p.m. Confirmation Academy

Thursday, April 29

Erev Lag B'Omer

Friday, April 30

Lag B'Omer

6:30 p.m. Erev Shabbat Service

Contacting Temple Beth-El

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To Contact the Temple Beth-El Staff by email:

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Cantor Risa Wallach

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