

A New Haven Tradition since 1892

# BEKI bulletin

Congregation  
Beth El-Keser Israel

Av-Elul 5781

Vol. 27 Issue 8

Message from Rabbi Woodward: Page 17

## AUGUST PROGRAMS

### Elul Beit Midrash

Join BEKI members and friends for a lively and enlightening series of classes Wednesdays at 7:30 pm to prepare intellectually and spiritually for the High Holy Days. Rachel Adelstein offers a music presentation on Aug. 4. Rabbi Woodward presents "Jonah, Grudges, and Growth" on Aug. 11. Arielle Rubenstein teaches on Aug. 18. Robin Goldberg's meditation session is Aug. 25. Jay Sokolow leads the Sept. 1 class. All classes are both in person and at [tinyurl.com/BEKIschmooze](https://tinyurl.com/BEKIschmooze).



### Our Hopes and Fears

We're told that when we walk into a synagogue, we should say, "Mah Tovu" — how beautiful! But the reality is, returning to "a new normal" isn't so simple. The return to communal spaces brings a lot of mixed emotions. Join Rabbi Woodward at one of two "reopening emotional processing" groups. To be accessible for all, one group will meet in person, and one group will meet over Zoom. (The content of the meetings will be the same.) We'll process how we have changed over the pandem-

ic, where we are right now, emotionally and communally, and where we are going in the future.

This is an opportunity to get yourself ready for the physical opening of the building on the High Holy Days with some spiritual preparation. "I really hope you'll join us," Rabbi Woodward notes. "This is something we haven't had in our society, but people deeply need."

7:30 pm on Thursday, Aug. 19 in person at BEKI

7:30 pm on Monday Aug. 23 at [tinyurl.com/BEKIschmooze](https://tinyurl.com/BEKIschmooze)

### Back to Shul Day

Sunday, Aug. 29 is a work and fun day to prepare the shul for High Holy Days. Our goal is to prepare the synagogue, inside and out, while spending time with friends and getting to know new members. All events are kid-friendly (except for beer-tasting!).

- 9:00 am Minyan followed by coffee and schmooze  
Shop at the gift shop for all your holiday needs, including local honey!
- 9:45 am Make gefilte fish with Yaron Lew
- 11:00 am Change torah covers with Ina Silverman.  
Polish silver with Sarah Berry.  
Load mahzorim on cart for siddurim changeover.  
Pull weeds, trim plants, clean beds and plant flowers with Jennifer Myer
- 1:30 pm Shofar blowing class and practice
- 3:00 pm Honey snacks & schmooze. Compare local and commercial honey. Taste test apples & local beers.
- 3:30 pm Kids' program
- 4:00 pm Clean up



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## BEKI Bulletin

The newsletter is published monthly by Congregation Beth El-Keser Israel for the benefit of its members.

Congregation Beth El-Keser Israel is affiliated with the United Synagogue of Conservative Judaism.

To contribute articles or for inquiries regarding membership:

- Call the Synagogue office: 203.389.2108
- Write: 85 Harrison Street, New Haven, CT 06515-1724

• Email: [bulletin@beki.org](mailto:bulletin@beki.org)

• Visit our web page: [www.beki.org](http://www.beki.org)

• Follow us on social media: 

• For advertising information, call the synagogue office.

Deadline for submission of ads or articles is the first of the month preceding publication.

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*Donna Levine, Donna Kemper*

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*Bruce Oren*

### המקום ינחם

*HaMakom Yinahem*

With sorrow we note the passing of

**William (Bill) Lyford Bixby**, father of BEKI members Nate Bixby & Naomi Driesen

**Lillian Silverman**, mother of BEKI members Ina Silverman & Jay Sokolow

*May the Almighty comfort those who mourn*



# THIS YEAR'S BOARD OF DIRECTORS



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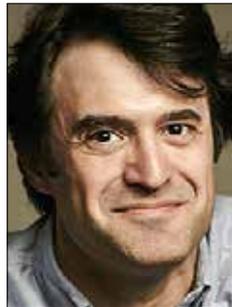
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**Evan Wyner**

With Rabbi Woodward starting, I will relinquish most synagogue-wide communication to him. I will, from time to time, still write to you to provide updates and share more kibbutz memories.

I'm very happy with the number of people coming back to BEKI for services and the return of our beloved kiddush. We will continue to expand programming and activities in the building.

I was away on a journey to bring my new boat to New Haven. It was a challenging sail, but very rewarding at the same time. As I was sailing down the Champlain Canal,

we were marking Liora's Yahrzeit. This boat has been our long-time dream and a gift for our 60<sup>th</sup> birthdays, which happened in March and April of this year. It is the start of something fresh, full of hope and recovery. This is similar to the feeling I get these days as we come out of the pandemic and as we welcome our new rabbi. Here too is an opening to a world of new opportunities, full of rejuvenation and hope. It is time to take a refreshing breath, my friends. We've made it through, and we are sailing together towards a brighter future.

## News

### Welcome New Member

Robert Feder

### Mazal Tov

To parents Linda & Ken Buckman on the June 20 wedding of Rochel Chana Buckman & Hillel Rosenzweig.

To parents Sherry & Steve Rothman on the June 26 wedding of Michael Rothman & Suzie St. Pierre.

To grandparents Paulette Lehrer Bobrow & Sam Bobrow and Amy & Alex Lehrer, great-grandmother Anna Lehrer, and parents Sasha & Jordan Slosower on the birth of Leora Ski Slosower.



**Rochel Chana Buckman & Hillel Rosenzweig**



**Michael Rothman & Suzie St. Pierre**

# SUPPORTING JEWS IN NIGERIA

As we are publishing this bulletin, part of BEKI is flying to Nigeria. Specifically, 186 pounds of our former siddurim, mahzorim, and humashim are being carried by volunteers to Jewish communities in Nigeria.

When BEKI adopted a new edition, such as changing from the Hertz to Eytz Hayim humash, the older volumes went into BEKI storage. Recently, Rachel Bashevkin sent an inventory of our storeroom to Kulanu, an organization based in New York that supports isolated, emerging, and returning Jewish communities around the globe, and Kulanu made the arrangements.

If you read the cover story in the July/August issue of *Hadassah Magazine*, you know the love story behind BEKI's book shipment. During the pandemic, a young woman in Philadelphia named Eliana Saks fell in love online with a young man in Nigeria named Moshe Hezekiah Nwafor. Formerly a staff member at Camp Ramah in the Berkshires and a student of Rabbi Gershom Sizomu's yeshiva in Uganda, Moshe is a leader of Tikvat Israel Synagogue, a congregation of approximately 50 members in Kubwa, a village near Nigeria's capital city of Abuja.

Late in 2020, Eliana traveled to Nigeria to meet Moshe in person, and he proposed. They reunited in Rwanda in the spring. Their hope is to marry in the U.S.

This month, Eliana is returning with her father, Rabbi Moshe Saks, and Rabbi Gerald Sussman, who are bringing a Conservative Movement beit din as well as the BEKI books to Nigeria. The rabbis are expecting to meet with about 50 people who have been studying for conversion.

Igbo Jews believe they descend from one of the lost tribes of Israel, but these men and women "feel that they must convert to become halachically Jewish," Eliana explains. "Their determination is understandable: I have heard from many in Moshe's community that while they primarily want to convert to self-affirm their Jewish identities, they also struggle to validate their Jewishness to the rest of the Jewish world." Her fiancé, who underwent conversion in Uganda, is one of only six Nigerians who have been able to do so.

Check back in the September bulletin for an update and photos.



**Moshe Hezekiah Nwafor, right foreground, officiates at a benei mitzvah in Asaba Delta State.**



Yael Kanarek *Exodus 2: Mosheh cradles Moshah*, 2019, Giclée print. 16” x 16”, Edition of 18.

**Two Selichot Services**

Our traditional Selichot Service will be Saturday, Aug. 28, at 9 pm in person and on Zoom.

Rabbi Woodward will also lead an Alternative Selichot Service: “Reflecting On Our Years” on Sunday, Sept. 5 at 8 pm (in person only). Join Rabbi Woodward for a service involving meditation, spiritual writing, and chant. We’ll process our journeys of the last year, and we will write our own personal Vidui prayers for use on the holy days.

**Minyan Expansion and Torah Reading**

We now have services twice a day and plenty of Torah to be read, and we need YOUR help! To make sure we have a minyan consistently, please, if you can, make a weekly commitment to one or more service times. Let Rachel Wiseman Gerber ([wisemangerber@gmail.com](mailto:wisemangerber@gmail.com)), Max DuBoff ([duboff.max@gmail.com](mailto:duboff.max@gmail.com)), or any of the minyan captains know about your availability.

We’re also looking to expand BEKI’s pool of Torah

readers, both for Shabbat and weekdays. Please let Eva Shragis ([ritualcoordinator@beki.org](mailto:ritualcoordinator@beki.org)) know if you want to read a segment of any length, including if you want to but don’t yet know how. Help is available!

Thanks to everyone who helps make BEKI services strong!

**Taped Shabbat Services Online**

For anyone not able to attend our in-person Shabbat morning services, a selection of Psukei d’Zimrah, Shacharit, Torah, and Musaf services—led by volunteers and filmed by Jennifer Myer in the BEKI sanctuary—is posted at [www.beki.org/shabbat-service-videos](http://www.beki.org/shabbat-service-videos).

- Psukei d’Zimrah led by Jennifer Botwick
- Psukei d’Zimrah led by Rabbi Carl Astor
- Shacharit led by Rabbi Carl Astor
- Shacharit led by Max DuBoff
- Torah Service led by Rachel Adelstein
- Musaf led by Isaiah Cooper

# KADIMA STAYS COOL THIS SUMMER

BY ANNIE NORMAN-SCHIFF, YOUTH AND FAMILY PROGRAMMING DIRECTOR

BEKI Kadima is keeping busy and staying cool this summer with events to help 4th-8th graders connect and have fun.

On June 30, Kadima held a lemonade stand in the BEKI parking lot to raise money for tzedakah. Our kids made lemonade from scratch, juicing the lemons themselves and sweetening the mixture just so. (Recipe below)

BEKI members of all ages stopped to buy lemonade, from regulars at the Wednesday mincha/maariv minyan, to young children who look up to the

Kadima big kids. The lemonade stand raised \$53. Our lemonade makers chose to donate the money to Lockett's Meadow Farm, an animal rescue sanctuary in Bethany. Aviva Robbins suggested this organization, where she is volunteering as she prepares to become bat mitzvah in the fall.

## Kadima Lemonade Recipe

- 1 cup sugar
- 1 cup water
- 4-6 lemons, to make 1 cup juice
- 2 to 3 cups cold water
- Ice

Place the sugar and water in a small saucepan and bring to a simmer. Stir

so that the sugar dissolves completely and remove from heat.

While the water is heating for the simple syrup, juice your lemons. Depending on the size of the lemons, 4 to 6 of them should be enough for one cup of juice.

Pour the juice and the simple syrup sugar water into a serving pitcher. Add 2 to 3 cups of cold water and taste. Add more water if it is too strong, more lemon juice if it is too sweet, or more sugar if it is too sour. Add ice and serve.

Multiply the recipe to serve a large crowd.



Aviva Robbins, Mick Leibowitz, and Itamar Leibowitz run the Kadima lemonade stand.

## Kadima Summer Book Club

- Sunday, Aug. 15, 4-5:30 pm

Meet in the BEKI courtyard to discuss the Jewish fantasy novel *The Way Back* by Gavriel Savit. Join us for games, activities, and themed snacks based on this story about fighting Jewish demons in a fantasy Eastern Europe. Contact [anormanschiff@beki.org](mailto:anormanschiff@beki.org) if your 4<sup>th</sup>-8<sup>th</sup> grader still needs a copy of the book.

## Reverse Tashlikh River Cleanup

- Sunday, Aug. 29, 1-3 pm

Get into the spirit of the month of Elul, as we prepare for the High Holy Days by cleaning up our local community. This is Kadima's second annual Reverse Tashlikh, where we take things out of a river rather than putting things in. Meet by the West Rock Playground. We will clean litter from in and around the West River, and enjoy an apples and honey snack when we are done.

## Synagogue School Scholarships

The Jewish Foundation of Greater New Haven provides need-based assistance for New Haven area synagogue schools. The deadline for applications is Thursday, Sept. 23. Apply at <https://scholarships.jewishnewhaven.org/form/religious>

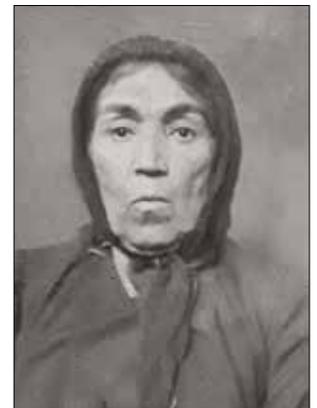
# ANCESTORS EXHIBITION

If you have arranged to deliver an image for the Ancestors exhibition, the drop-off dates for ready-to-hang photographs and paintings are Sunday, Aug. 15 (10 am to noon) and Wednesday, Aug. 18 (3 to 6 pm). If you have questions, email [beki.photos@gmail.com](mailto:beki.photos@gmail.com)

## Showing Now

The current gallery exhibition is “Spaces and Spirit of

Israel,” the lithographs of artist Raffi Kaiser. Born in Jerusalem in 1931, Kaiser continued his studies in Europe and settled in Paris in 1962. In 1981 he returned to Israel for a time of quiet contemplation in the Negev. Emerging from this time of respite, he embarked on explorations of his homeland through the eyes of an accomplished landscape artist. These images are from his 1982 folio “Espaces et Esprit d’Israel.”



Joy Kaufman's maternal great-grandfather.

Helen Rosenberg's grandfather poses with Helen's twin uncles circa 1940.

Roya Hakakian's grandmother.



Morton Silver is held by his brother Herbie in 1939.

A 1905 photo of Bruce Oren's great grandparents, Chaim and Regina Silverman, with their children. Bruce's grandmother Fanny (Feige) sits between her parents.

# THE SOUP IS TOO HOT

BY ADA M. FENICK, MD

A baby is born, let's call him Albert, who is doted on by his parents ... but he doesn't speak. One day at dinner, at the age of 4, he suddenly utters, "the soup is too hot." His parents are shocked. "Albert, why have you not spoken until now?" asks his mother. "Well," he replies, "up to now everything was great."

Our synagogue is great. Up to now, I've felt very much at home. I love the people, the ruach, the schmoozing. And so I haven't done much speaking up. But recently, we all got an email from the board saying "masks are optional for vaccinated people."

This was the message from the CDC as well ... and when I heard it on the news, I thought to myself, "*How* do we know who is vaccinated? There's no way to tell! We don't all have visible 'I'm vaccinated' marks on our faces. This means that people who are unvaccinated can go mask-free just as easily as those who have protected themselves, their families, and their communities."

Even though at this writing 60 percent of people in New Haven County are vaccinated, that leaves 40 percent not vaccinated. Even at BEKI, members may believe that vaccination is for others. That even the very limited risks of the vaccine outweigh both the benefit to themselves and to their fellow humans. They may figure they'll be OK even if they get the virus (even though side effects from the actual illness *far* outweigh any risk from the vaccine).

But for me, the soup is too hot. Many of you know that



Ada Fenick

I have multiple sclerosis. It's been exceptionally well-controlled since my diagnosis, and I'm grateful to be able to continue to walk, talk, sing, knit, type, hug, and remember. However, controlling MS means I take a drug that eliminates one type of white cell, the B-cell—my treatment takes counts of this cell down to zero. So, even though I've been vaccinated against COVID, I am in a group that doesn't respond well to the vaccine and has worse chances of fighting COVID off if I get infected. And I'm not alone. The estimate is that between 3 and 4 percent of Americans are immunocompromised.

Not to mention kids. While most cases in kids have been mild, 13 percent of people who have had COVID are children, and they are prone to an especially devastating reaction where organs can fail one after another. Shouldn't we be protecting kids?

To be sure, we are much better off than we were in the two big waves over the last year; some will say that the main danger is over. However, as I am writing this, I note that in Connecticut over the last week, about 70 people have been hospitalized for COVID, and on average someone has died every other day. The prime groups who make up these numbers are the unvaccinated and the immunocompromised. And the delta variant is even now on the rise.

Given that only 40 percent of people indoors in a restaurant or in a store who are not masked are vaccinated, I have avoided spending any time in these places and am grateful to my immunocompetent and immunized husband for doing our food shopping. But we have one more thing going for us at BEKI. The precept of *Pikuach Nefesh*. A Con-

Continued on **Page 10**



### Soup

Continued from **Page 9**

servative responsa<sup>1</sup> says, “it is clear that all those whose doctor recommends vaccination are obligated by halakhah to be vaccinated against COVID-19.” As a doctor, I can tell you there are very few people for whom vaccination is not recommended at this time—essentially people who have had a bona fide reaction to a component of these vaccines and, for now, children under 12.

As a congregation, we keep a high standard of Kashrut for the comfort of only some of our members. People generally don’t die from accidentally eating a little blood in an egg yolk or a bug on a leaf ... but they do die from COVID so we should be *more* than bending over to protect our co-members. How serious can we be about protecting each other now? I know that people are tired of the pandemic. I am too. But it *is* still with us and will be for some time, even if we have some wins here and there.

So what *should* we do as a congregation?

The responsa I quoted above actually adds, “Therefore, from the standpoint of Jewish law, it is appropriate to extend Rabbi Prouser’s ruling [for day schools] to any Jewish institution to require vaccination against COVID-19 for its participants, whether they be employees, students or congregants.” So should BEKI consider *requiring* vaccination for eligible congregants?

Less stridently, BEKI could *request* that greeters ask everyone not wearing a mask if they are vaccinated and

remind them to keep their masks on if they are not, and ask congregants to bring their vaccination cards with them.

Meanwhile, here is a bare minimum for how we can *each* act to protect our community:

- **If you are feeling sick:** don’t come to shul. Even minor symptoms may actually be COVID, and even a cold you spread may make someone else worry they have COVID.

- **If you are vaccinated and feel healthy:** Consider wearing a good mask anyway. It gives others peace of mind.

- **If you are not vaccinated and feel healthy:** Definitely wear a good mask. Better yet, get vaccinated!

President Biden wanted 70 percent of Americans to have had a first dose by July 4. We didn’t quite make it but we came so close. I have a new challenge. I bet we can have over 90 percent of BEKI with at least a first dose by the High Holy Days. Vaccinations are still available<sup>2</sup>, and I am happy to chat with you if you are unsure about getting vaccinated—or if you want to chat about how we can protect each other. Come blow on the hot soup.

### Discuss

Feel free to continue this conversation about vaccinations and masks on BEKI Facebook.

Is there a topic you’d like to write about for a Congregant Commentary? Email [bulletin@beki.org](mailto:bulletin@beki.org)

<sup>1</sup> Vaccination and Ethical Questions Posed by COVID-19 Vaccines, approved unanimously by the Committee on Jewish Law and Standards of the Rabbinical Assembly on 1/1/2021. Accessed 7/7/2021 at: <https://www.rabbinicalassembly.org/sites/default/files/2020-12/Vaccination%20and%20Ethical%20Questions%20Posed%20by%20COVID-19%20Vaccines%20-%20Final%20Jan%201%20%281%29.pdf>

<sup>2</sup> Connecticut COVID-19 Response, “Where Can I Schedule a COVID-19 Vaccination?” <https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Vaccine-Scheduling>



**Everyone 12 years and older is eligible to receive vaccine in Connecticut**

# Rosh HaShanah Items at the Gift Shop

Although Rosh HaShanah always begins on the first of Tishrei, this year it is early since that corresponds to Sept. 6. The BEKI gift shop can help you get ready.

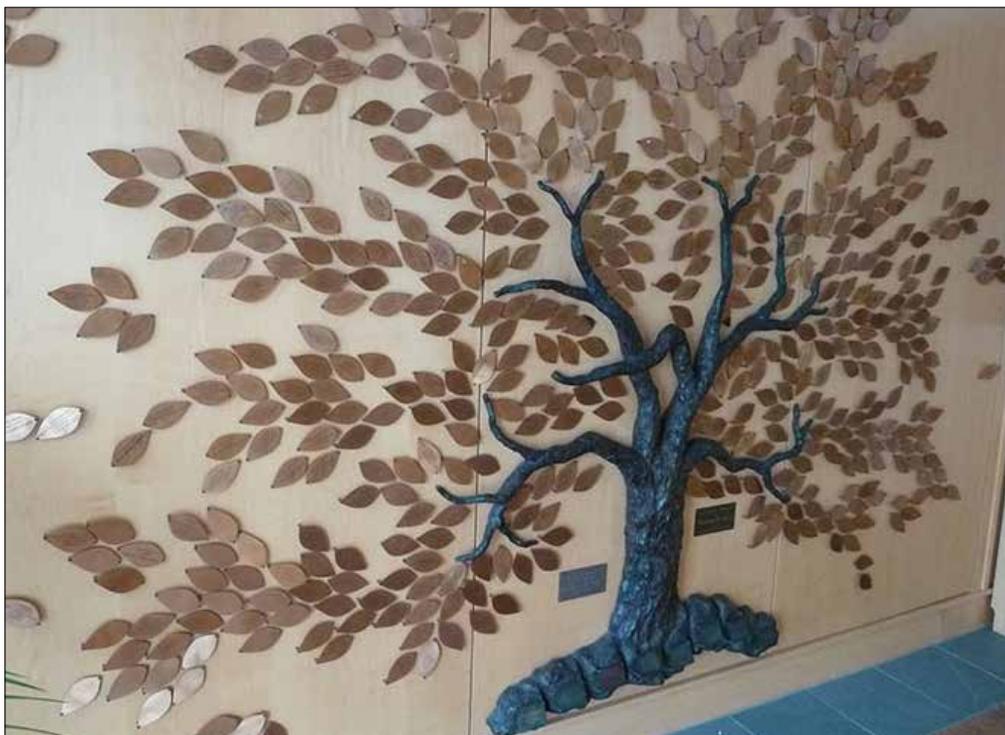
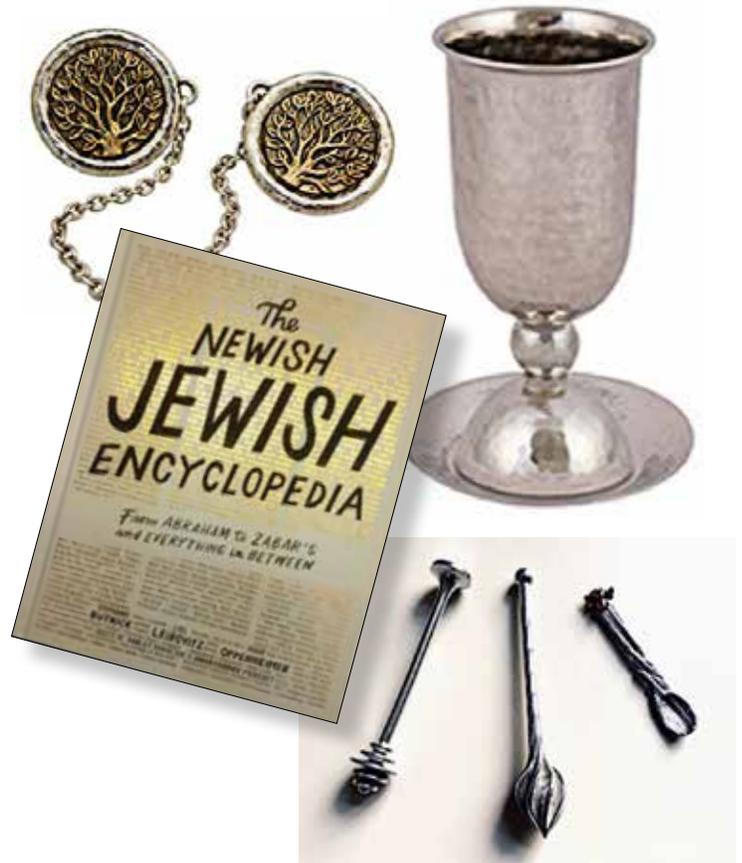
If you need a refresher on the holiday, check out *The Newish Jewish Encyclopedia* by Stephanie Butnick, Liel Leibovitz, and BEKI member Mark Oppenheimer (signed copies available).

We have shofrot for adults and children, a beautiful new collection of Kiddish cups, handmade honey spoons, and a children's torah that unscrolls.

Rabbi Woodward recently told us about his struggle to keep his tallit in place. We have a solution for that. Come and see our wonderful collection of tallit clips.

Buy yourself or someone you care about something new for the New Year! As always, we have a large selection of books for children and adults, as well as beautiful ritual objects.

We are in the store after services on Sunday and Thursday mornings, and Monday, Tuesday and Wednesday evenings, and always by appointment. Personalized shopping is always available. Call Karen 203.430.2182 or Harriet 203.675.8607, or email [giftshop@beki.org](mailto:giftshop@beki.org).



## Tree of Life Awaits Your Leaf

The Tree of Life at the entrance to BEKI is a collection of gold-colored leaves that honor people and moments in our lives. For \$118 you can add a leaf. Contact Marjorie Wiener at 203.387.6278 or [marjoriowiener@yahoo.com](mailto:marjoriowiener@yahoo.com)

## Operation Isaiah is Back

BEKI will be collecting non-perishable food items during the High Holy Days. The Food Pantry at Jewish Family Service is always so appreciative of our generous donations of food and/or financial contributions through BEKI. Check the July mid-month flyer for details about purchasing food or donating funds for grocery gift cards. Any questions? Please ask Lynn Brotman 203.623.0271.

## Refugee Resettlement Update

Some of JCARR's refugee children are participating in summer programs in New Haven and Hamden. JCARR is so pleased and proud

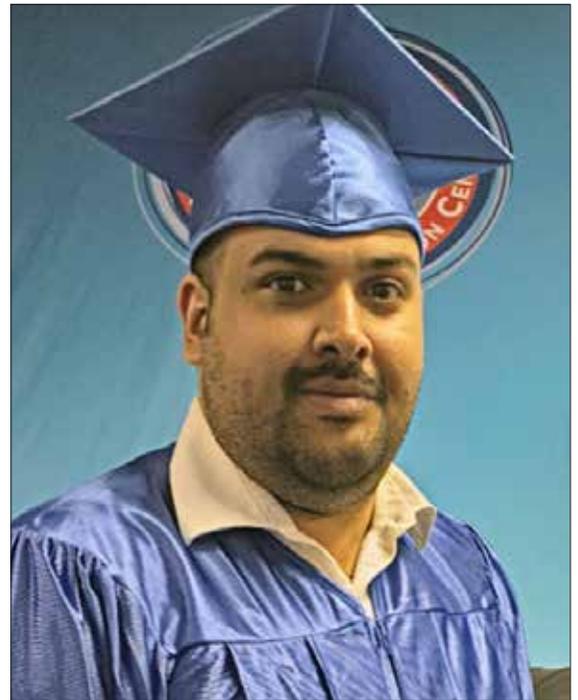


that one family member has passed her CNA (certified nursing assistant) exam—a huge accomplishment!

Since JCARR needs to raise money to continue the work of resettling refugee families, a classical music

fundraising concert is scheduled for Sunday, Nov. 21 at 3 pm. Please mark your calendar and plan to attend.

Please contact Madeleine at [madk117@gmail.com](mailto:madk117@gmail.com) for information about volunteer opportunities or providing financial support.



**Issa from JCARR Family 2 received his GED diploma from New Haven Adult Education and is focused now on attending college.**

### Facebook Digest Available

Everyone is encouraged to join the [BEKI Facebook group](#). You'll enjoy the humor, community information, and links to cultural opportunities.

For members who do not have a Facebook account but want to see the posts, just email [bulletin@beki.org](mailto:bulletin@beki.org) to request the weekly Facebook digest, sent as one email each Friday.

### Donate Online

Fast and easy at [www.beki.org/give](http://www.beki.org/give)

### Save a Tree and Save a Stamp

Contact the BEKI office if you would like to receive your monthly yahrzeit notices and/or monthly statements via email rather than snail mail; [office@beki.org](mailto:office@beki.org) or 203-389-2108 x114

### Easy Fundraiser

The Stop & Shop gift cards sold by the BEKI office are debit cards for groceries or gasoline. This is an ongoing fundraiser that costs you nothing. Contact Peggy [office@beki.org](mailto:office@beki.org) to arrange pickup.

### Amazon Smile

Sign up on Amazon to donate 0.5% percent of each of your Amazon orders to BEKI. It costs you nothing and happens automatically with each order

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### Rabbi's Tzedakah Fund

**To Paul & Cindy Goldenberg in memory of Peter Meyers by:**

- Louis J. Petrillo

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### Kiddush Sponsors:

- The following families honoring BEKI graduates: Harold & Stephanie Birn, Isaiah Cooper, Ellen Cohen & Steven Fraade, Andy Hirshfield & Monica Starr, Joy Kaufman & Stewart Frankel, Martin & Lana Gad
- Shoshana Zax & John Weiser
- Helen Rosenberg & Keith Richter

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### Chai/Synagogue Fund *to support synagogue operations*

**In honor of the birth of Paulette Lehrer Bobrow's granddaughter Leora Ski Shloshower by:**

- Paulette Lehrer Bobrow & Sam Bobrow
- Linda & Ken Buckman
- Steve & Rachel Wizner
- Ellen Cohen & Steven Fraade

**To Mimi Glenn in recognition of being honored by the Jewish Historical Society by:**

- Steve & Rachel Wizner
- Ellen Mackler

**To Harold Miller in recognition of being honored by the Jewish Historical Society by:**

- Steve & Rachel Wizner

**To Ellen Cohen, Steven Fraade & family in honor of the birth of their grandson by:**

- Donna Kemper & Ron Zlotoff

**To Darryl & David Kuperstock in gratitude and with best wishes by:**

- Donna Kemper & Ron Zlotoff

**To Nate Bixby & family with sympathy on the passing of William Lyford Bixby by:**

- Ellen Cohen & Steven Fraade

**To Marge Wiener & family with sympathy on the passing of her cousin by:**

- Ellen Cohen & Steven Fraade

**To Helene Sapadin & family in honor of the birth of her first grandchild by:**

- Donna Kemper & Ron Zlotoff
- Ellen Cohen & Steven Fraade

**In honor of Margie Wiener & Linda Schultz for cleaning the kitchen and Sisterhood closet by:**

- Trish Loving & Alan Lovins

**To Rabbi Carl Astor with gratitude for serving as our interim rabbi by:**

- Trish Loving & Alan Lovins
- Ari Nathan Levine Memorial Fund
- Ellen & Leonard Martin

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### Barbara A. Rader Memorial Library Fund

- Dennis Rader

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### Liora Lew Endowment for the Advancement of Youth Education and Youth Activities

- Ada Fenick & Yair Minsky
- Ellen Cohen & Steven Fraade

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### Yahrzeit Fund *to support synagogue operations*

**In Memory of:**

- His parents Etta & Charles Miller, his sister Mikki Ratner, his brother-in-law Harold Ratner and his nephew Arthur Ratner by Julian D. Miller
- Herman Braunstein by Irwin H. Braunstein
- Sheila Brown by Steven, Tina & Paula Brown
- Tuvya Gutman Alperowitz by the Alper Family
- Ruth Snyder by Robert Snyder
- Grace Cohen Geisinger by Carol J. Cohen
- Shirley Goldberg by Eileen Schuman
- Goldie Zeid by Shirley (Zeid) Shacknai Freedman
- David Zeid by Shirley (Zeid) Shacknai Freedman
- Louis Zeid by Shirley (Zeid) Shacknai Freedman
- Katherine Kayla Zeid by Shirley (Zeid) Shacknai Freedman
- Emanuel Zeid by Shirley (Zeid) Shacknai Freedman
- Sylvia Zeid by Shirley (Zeid) Shacknai Freedman
- Richard Weinstein by Suzanne Weinstein
- Dov-Bear Naiman by Polina Naiman
- Nathan Spear by Robert Spear
- Robert Zusman by Howard Zusman
- Sophie Granoff by Jeff Granoff
- Arnold Levine by Fania Levine
- Bertha Levine by Rabbi Murray Levine
- Marilyn Levine by Rabbi Murray Levine
- Alan Hodes by Jeff & Lynne Heisner and David & Joyce Popowski
- Louis Hodes by Jeff & Lynne Heisner and David & Joyce Popowski
- William Palmer by Marsha & John Reynolds
- Louis Rogoff by Jonathan Eagan
- Samuel Siegel by Jonathan Eagan
- Isadore Miller by Bobbie & Harold Miller

MICHAEL MARTONE  
MANAGER



## Arnold's Jewelers

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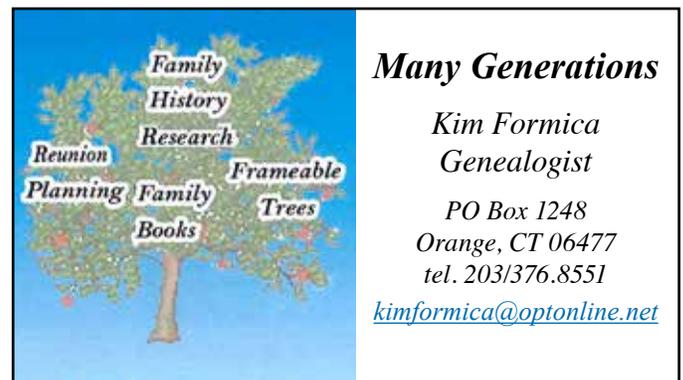
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# FILM, FISH, REFLECTION

In each Bulletin (for the near future) I'm trying to share a little about myself. I'll tell you about a book or movie that has meant something to me (explicitly Jewish books are excluded); to share a recipe with you; and to teach a little Torah.

## Film

First up, a movie! I love Star Wars—at least the original trilogy (I'm happy to have a conversation with anyone about ranking the films). As a child of the early 1980s, everything I had was Star Wars. I was absolutely crazy for it. I had—and still have—scores of Star Wars action figures, a big AT-AT walker, and all sorts of other Star Wars tchotchkes.

I love the original trilogy. Empire Strikes Back is obviously the “best,” but it's A New Hope that engages me most. I love the sense of excitement and wonder, the feeling of speed in the film, and the world-building. I did not enjoy the prequels when they came out, but over the years I've come to appreciate them; the sequel trilogy didn't work for me, but the Mandalorian is fantastic.

## Fish

Second, a recipe. With Rosh Hashanah approaching, I want to share my technique for making gefilte fish stuffed back into its skin. There's a tradition on the holiday of serving a whole fish, with its head on, pointing to it and saying, “May we be the head and not the tail!” I achieve this by putting a fish head and tail on the gefilte fish.



**Rabbi Woodward helps Ayelet make challah**

There are a lot of recipes for making homemade gefilte fish, and it's much easier than you think. Use your favorite, but mine is like this. You'll need:

Continued on **Page 18**

### Fish

Continued from **Page 17**

- 1 whole fish, gutted and scaled, with the filets cut off by the fishmonger, but the head and tail intact
- 1 small filet of a white fish (you'll want about 12 oz of fish altogether)
- 1 onion
- 2-3 tbsp of matzah meal
- 1 egg
- Generous amount of salt
- Pepper
- Optional: chopped dill, 1 tbsp of sugar

• The fish operation: You should have four parts of the fish: a head, a tail, and two filets. Carefully cut the skin away from the flesh. It's not easy, but it's okay to mess up the fish—it's going to be mashed into gefilte fish, anyway.

• Grate the onion into the food processor bowl with the grating attachment. Then, switch to the chopping attachment, and add all the fish flesh.

• Transfer to a bowl, and stir in an egg. Add 2-3 tbsp of matzah meal, a generous few pinches of kosher salt, and fresh ground pepper. Optionally add chopped dill or sugar.

• Lay out a large piece of parchment paper. Put one skin on the bottom, spoon the filling on top of it—it will be bigger than the skin, which is okay—form it into a tube shape, and then lay the other skin on top of that. Place

the head of the fish on one side and the tail on the other. Carefully wrap the fish in parchment paper, using kitchen twine to tie up the two ends. Bake at 350 for 40 minutes. Let cool and refrigerate until ready to eat.

### Reflection

Third, some Torah. As I write this, we're about to finish the book of Numbers—Sefer Bamidbar, which tells the story of the Israelites' wandering in the desert. What's on my mind right now is our own wanderings during the pandemic. For the past year-and-a-half, we've lived in a bizarre situation, away from gatherings and physical proximity. It's been hard. And for some of us, for all sorts of reasons, that situation persists.

Our society has not, on the whole, processed this experience. We have quickly jumped from "closures" to "reopening," but we have not paused to reflect on our experience.

I want to invite you to reflect on what you have learned about yourself during the pandemic. Where have you been? What has changed? I'll be asking these questions in more specific ways around the High Holy Days, but take some time to reflect now. What have you learned about yourself and the world since March 2020? What has changed for you? What changes do we need to make in our world?

Elsewhere in this Bulletin you can read about several programs to process these questions together, but you can begin doing so now, at the beginning of August. What are you seeing in the world?



## BEKI Service Schedule

### BEKI Services for August are all in-person!

All services are also available on Zoom except Saturday morning.

Sunday 9 am (outdoors \*)

Sunday 5:45 pm

Monday 7 am

Monday 5:45 pm

Tuesday 7 am

Tuesday 5:45 pm

Wednesday 7 am

Wednesday 5:45 pm

Thursday 8:15 am

Thursday 5:45 pm

Friday 7 am

Friday 6 pm (outdoors 2nd Shabbat in August\*)

Saturday 9:15 am

\* Weather permitting

When we are indoors, masks are optional for vaccinated people; unvaccinated people over age 2 should be masked. For the latest information on services, check Happenings or email [bekitefilla@gmail.com](mailto:bekitefilla@gmail.com)

# August 2021

## 23 Av 5781 - 23 Elul 5781

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p><b>1</b> 9:00am Courtyard &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">23 Av</p>	<p><b>2</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">24 Av</p>	<p><b>3</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">25 Av</p>	<p><b>4</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service 7:30pm Elul Beit Midrash w/Rachel Adelstein (in-person &amp; Zoom)</p> <p style="text-align: center;">26 Av</p>	<p><b>5</b> 8:15am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">27 Av</p>	<p><b>6</b> 7:00am Chapel &amp; Zoom Service 6:00pm Minha &amp; Kabbalat Shabbat Chapel &amp; Zoom 7:44pm Candle Lighting</p> <p style="text-align: center;">28 Av</p>	<p><b>7</b> 9:15am Shabbat Service-Sanctuary 10:45am Children's Havura, K-2 Kehila &amp; Jr. Congregation</p> <p style="text-align: center;">29 Av</p>		
<p><b>8</b> <b>Rosh Hodesh I</b> 9:00am Courtyard &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">30 Av</p>	<p><b>9</b> <b>Rosh Hodesh II</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">1 Elul</p>	<p><b>10</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">2 Elul</p>	<p><b>11</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service 7:30pm Elul Beit Midrash "Jonah, Grudges &amp; Growth" w/Rabbi Woodward (in-person &amp; Zoom)</p> <p style="text-align: center;">3 Elul</p>	<p><b>12</b> 8:15am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">4 Elul</p>	<p><b>13</b> 7:00am Chapel &amp; Zoom Service 12:00pm Deadline for Yizkor Memorial Book forms 6:00pm Minha &amp; Kabbalat Shabbat Courtyard &amp; Zoom 7:35pm Candle Lighting</p> <p style="text-align: center;">5 Elul</p>	<p><b>14</b> 9:15am Shabbat Service-Sanctuary 10:45am Children's Havura, K-2 Kehila, Jr. Congregation</p> <p style="text-align: center;">6 Elul</p>		
<p><b>15</b> 9:00am Courtyard &amp; Zoom Service 10:00am Ancestors Art Drop-Off Time 4:00pm Kadima Summer Book Club 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">7 Elul</p>	<p><b>16</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service 7:00pm Executive Board Meeting</p> <p style="text-align: center;">8 Elul</p>	<p><b>17</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">9 Elul</p>	<p><b>18</b> 7:00am Chapel &amp; Zoom Service 3:00pm Ancestors Arts Drop-Off Time 5:45pm Chapel &amp; Zoom Service 7:30pm Elul Beit Midrash w/Arielle Rubenstein (in-person &amp; Zoom)</p> <p style="text-align: center;">10 Elul</p>	<p><b>19</b> 8:15am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service 7:30pm "Processing our Return to the Building: Our Hopes &amp; Fears" w/Rabbi Woodward (in-person)</p> <p style="text-align: center;">11 Elul</p>	<p><b>20</b> 7:00am Chapel &amp; Zoom Service 6:00pm Minha &amp; Kabbalat Shabbat Chapel &amp; Zoom 7:25pm Candle Lighting</p> <p style="text-align: center;">12 Elul</p>	<p><b>21</b> 9:15am Shabbat Service-Sanctuary 10:45am Children's Havura, K-2 Kehila &amp; Jr. Congregation</p> <p style="text-align: center;">13 Elul</p>		
<p><b>22</b> 9:00am Courtyard &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">14 Elul</p>	<p><b>23</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service 7:30pm "Processing our Return to the Building: Our Hopes &amp; Fears" w/Rabbi Woodward (online)</p> <p style="text-align: center;">15 Elul</p>	<p><b>24</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">16 Elul</p>	<p><b>25</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service 7:30pm Elul Beit Midrash Meditation w/Robin Goldberg (in-person &amp; Zoom)</p> <p style="text-align: center;">17 Elul</p>	<p><b>26</b> 8:15am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">18 Elul</p>	<p><b>27</b> 7:00am Chapel &amp; Zoom Service 6:00pm Minha &amp; Kabbalat Shabbat Chapel &amp; Zoom 7:14pm Candle Lighting</p> <p style="text-align: center;">19 Elul</p>	<p><b>28</b> <b>Selichot</b> 9:15am Shabbat Service-Sanctuary 10:45am Children's Havura, K-2 Kehila, Jr. Congregation 9:00pm Traditional Selichot Service (in-person &amp; Zoom)</p> <p style="text-align: center;">20 Elul</p>		
<p><b>29</b> 9:00am Back to Shul Day beginning w/Courtyard &amp; Zoom Service 1:00pm Kadima Reverse Tashlikh River Cleanup 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">21 Elul</p>	<p><b>30</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service 7:00pm General Board Meeting</p> <p style="text-align: center;">22 Elul</p>	<p><b>31</b> 7:00am Chapel &amp; Zoom Service 5:45pm Chapel &amp; Zoom Service</p> <p style="text-align: center;">23 Elul</p>	<p><b>Mark Your Calendar</b></p> <ul style="list-style-type: none"> <li>• Sept 5 Alternative Selichot Service</li> <li>• Sept 6 Erev Rosh HaShanah</li> <li>• Sept 7-8 Rosh HaShanah</li> <li>• Sept 12 Kever Avot services</li> <li>• Sept 15 Kol Nidre</li> </ul>				<ul style="list-style-type: none"> <li>• Sept 16 Yom Kippur</li> <li>• Sept 20 Erev Sukkot</li> <li>• Sept 27 Hoshanah Rabbah</li> <li>• Sept 28 Shmini Atzeret</li> <li>• Sept 29 Simḥat Torah</li> <li>• Oct 8-9 Aviva Robbins Bat Mitzvah</li> </ul>	

### Service Times

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
9 am Shaharit 5:45 pm Maariv	7 am Shaharit 5:45 pm Maariv	7 am Shaharit 5:45 pm Maariv	7 am Shaharit 5:45 pm Maariv	8:15 am Shaharit 5:45 pm Maariv	7 am Shaharit 6 pm Kabbalat Shabbat	9:15 am Shaharit



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