

SATURDAY NIGHT FILMS

SEE PAGE 3

Tevet - Shevat 5784 Vol. 30 Issue 1

New Member Introductions on Page 3

JANUARY EVENTS

Tu Bishvat Tree Drawing Workshops

Join us in celebrating Tu Bishvat, the New Year of Trees, by filling BEKI with drawings of trees. The Art Committee will hold Tree Drawing Workshops on Sunday, Jan. 7 from 10 am to noon. BINA students will participate within their classes. Adults and teens are invited to participate in open workshops, regardless of experience, guided by BEKI artists. If you are an experienced artist, please come and enjoy the communal experience with no instruc-

tion. RSVP to <u>art@beki.org</u> by Thursday, Jan. 4.

Two Speakers Jan. 13

Rev. Bonita Grubbs will return to BEKI to give the dvar Torah on Saturday morning, Jan. 13. After 35 years as executive director of the anti-poverty group Christian Community Action, Rev. Grubbs recently retired. Please join us in saluting her.

Dr. Ilan Harpaz-Rotem, Professor of Psychiatry and of Psychology at Yale, will speak at 12:45 on the topic "Intergeneration and Current Trauma: The complexity of trauma in the context of the ongoing conflict between Israel and Palestine." While trauma is his field of expertise, this talk will also be personal. Ilan grew up not far from Gaza, served in the Israeli Defense Forces, and most recently



Rev. Bonita Grubbs



Ilan Harpaz-Rotem

had a cousin and her 13-year-old daughter abducted by Hamas on Oct. 7 then released on Nov. 29. This personal connection to trauma will also be part of his presentation.

We Are All Climate Hypocrites Now

Writer Sami Grover approaches the climate crisis with urgency, moral righteousness, and practicality. Rabbi

Woodward cited Grover's recent book, *We Are All Climate Hypocrites Now,* from the bimah on Rosh Hashanah, underscoring the importance of not letting fears of personal hypocrisy stop us from taking action to address the challenge of climate change. Now, as we think individually and collectively about the imperative to protect our planet, BEKI will learn from Sami himself. Join us for this Zoom Schmooze on Tuesday, Jan. 16 at 7:30 pm.



Sami Grover

Tu Bishvat Seder

Celebrate the New Year of Trees at a Tu Bishvat Seder, a dessert Seder for adults at BEKI on Wednesday, Jan. 24 at 7 pm. RSVP to office@beki.org.

Shabbat Shirah Singing

Come learn and sing Jewish music with a variety of community members at 12:45 pm on Saturday, Jan. 27, which is Shabbat Shirah, when we read the Song of the Sea, which the Israelites sang after escaping from Pharaoh's army. Max DuBoff is arranging for people to each teach a song or two at this Singing Schmooze.



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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
- · Visit our web page: www.beki.org
- Follow us on social media:
- **f** [0
- 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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Associate Editors Donna Levine, Donna Kemper

David Spitzer

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If you have questions or concerns, please speak with a Board member.

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BEKI STAINED GLASS WINDOW DESIGN BY CYNTHIA BETH RUBIN

Introducing Our Newest Members

Now that BEKI has grown to 323 member units, we want to introduce you to the people who have joined recently. Here is the next installment of introductions, written by our members themselves.



Hala & Rich O'Keeffe and Nico

We are originally from New York City and have spent the past few years in Salem, Massachusetts. Hala and Rich both studied history of religion at Fordham University and at Yale Divinity School, and we returned to New Haven so that Hala could continue studying Syriac and Aramaic at Yale. We've had a marvelous time getting to know the BEKI community over the past year.



Laura Miller & Jesse Cohen and Zev

Laura, Jesse and Zev recently moved to Westville, where Laura grew up and her parents still live. We are looking forward to being a part of BEKI and building a New Haven Jewish community. Zev, who just turned two, likes Klezmer music and hopes to learn new dance moves from his friends at Hebrew school.

Light Movies for Dark Nights

On Saturdays at 7 pm in January, BEKI will show films on the huge cinema screen in the downstairs social hall.

All of the movies include some comedy, and all are free, with refreshments.

Jan. 6 at 7 pm. *Fiddler on the Roof* is a classic musical released in 1971. Set in Russia in the early 20th century, the film centers on Tevye, a poor milkman with 5 daughters, struggling to make ends meet amidst the growing tensions in his shtetl.

Jan. 13 at 7 pm. *A Serious Man* is a dark comedy, written, produced and directed by Joel and Ethan Coen. Set in 1967, the film is about a Minnesotan Jewish man whose life crumbles professionally and personally, leading him to question his faith.

Jan. 20 at 7 pm. *The Infidel* was released in 2010. It's a British comedy revolving around a British Muslim man

who goes through an identity crisis when he discovers that he was adopted as a baby and was in fact born to a Jewish family.

Jan. 27 at 7 pm. *You are So Not Invited to My Bat Mitz-vah* is a recent (2023) American coming of age comedy/drama.

It was produced by Adam Sandler who, along with his wife and daughters, performs in the movie. The film tells the story of two best friends whose bat mitzvah plans go awry as they fight for the attention of the same popular boy. 202457841



Order Shalach Manot

Purim is coming!

The form for Shalach Manot – Purim Bags is ready for you to place your <u>order</u>. You can pay by check or by <u>credit card</u>, but you'll need to reply by Wednesday, March 13. Every family may pick up a bag, but even if you don't pick one up, you'll receive your Purim card with your donor list.

This year, by popular demand, we will include more hamantaschen (baked in the BEKI kitchen) and more candy! Every item in the bag has proper hechsher, but we also will post those specifics on the BEKI website.

Bags can be picked up after the Megillah readings Saturday, March 23 and Sunday, March 24 or by arrangement with the office later that week.

Prize this month is a mug

Within an article in this bulletin, there's a 9 digit Prize Code. If you are one of the first five people to find it and email it to bulletin@beki.org, you will win a BEKI coffee mug. Our December winner was Amy Schwartz.



Rachel Greenberg

Can You Provide a Meal?

BEKI has a long tradition of providing meals to families who have welcomed a child. You can prepare and deliver the dinner or arrange delivery from a restaurant.

Anything you need to know about preferences or address is provided at the platform called Lotsa Helping Hands.

Just log in and choose your pass-

word. When the calendar is set up for meals, you'll receive an email with a link.

If you have questions, consult Rachel Greenberg at rachel.d.greenberg@gmail.com.

Please register and get ready since we are expecting several babies in the months ahead!

Welcome New Members

Laura Miller & Jesse Cohen and Zev

Tikkun Olam









Car Full of Winter Clothing for DESK

Thank you for the enormous collection of new winter socks plus gently used sweaters, hats, coats, and gloves that you donated for Downtown Evening Soup Kitchen [DESK] during our Hanukkah Clothing Drive.

DESK provides emergency clothing and basic needs gear primarily to adults who are living on the street.

JCARR Update on Family 9

The Jewish Community Alliance for Refugee Resettlement [JCARR]'s 9th family, who arrived Nov. 1, have moved quickly through the first stages of resettlement. They celebrated their first Thanksgiving in New Haven, and the children started school. Please go to this <u>site</u>, which is updated regularly, to see what additional needs have been posted.

If you are willing to drive the new family, or volunteer in other ways, please email BEKI's liaison to JCARR, Jennifer Mellon, at jnmellon@hotmail.com.

JCARR's Family 9 made their first Thanksgiving dinner, complete with apple/cranberry and pumpkin pies.



New Life for Our Prayerbooks

Another shipment of BEKI's old siddurim (prayer books) and chumashim (bibles) is on its way to a Jewish community in Nigeria.

In 2021, through the non-profit Kulanu, we arranged for visitors to deliver 150 pounds of our older books to a congregation in Kubwa, a village near the capital city, Abuja.

In November, we connected with the Jewish community in Port Harcourt, the capital of Rivers State in Nigeria. Rabbi Howard Gorin, who lives in Maryland, just shipped them a container with 200 pounds of our books as well as

Pesach supplies.

Rabbi
Gorin, who
was an interim
rabbi at BEKI
from 1979 to
1980, saw
BEKI President Rachel
Bashevkin's
post offering
the books on a
listserve. "Your
message could



Yeremyahu E'yong, Leader, KBA

not have come at a more opportune time," he wrote. Yeremyahu E'yong, the Rosh of Knesset B'nei Avra-



Victoria Ibanibo, Director of Welfare, KBA

in Port Harcourt, explained that his congregation was founded in 2015. "I hail from a village, called Ozuboko-Ama," he wrote. "I also double as general secre-

ham [KBA]

tary of Judaism Fellowship Initiative, an umbrella Jewish organization based here in Nigeria."

"Let me start,"
he continued, "by
thanking you for
your support, the
books which you
have packed already for my community. That would
go a long way in
advancing our course."



Yedidayah Sotonye, Gabai, KBA

This 2022 article in *The Guardian* provides more information about the synagogues of Nigeria and Rabbi Gorin's ongoing assistance to them. Most Nigerian Jews, the article explains, are Igbo, who consider themselves descendants of Gad—one of the sons of Jacob, and a leader of one of the ten lost tribes.

In December, we also donated 250 old mahzorim (High Holy Day prayer books) to Congregation Beth Ohr in Old Bridge, New Jersey and 20 old siddurim to B'nai Israel Synagogue of West Bloomfield, Michigan.

Books in our genizah store room that were torn or moldy—along with many boxes of old pamphlets and pa-

pers—were buried at the Warner Street Cemetery.

Thank you to Andy Weinstein for making those cemetery arrangements and to the volunteers who transported the boxes.



Machsiyah ben Yeremyahu, Hazan, KBA

Designing the Torah Ark

What will our new Torah ark look like?

Even the Sanctuary Redesign Committee doesn't know

yet. Judaica designer

Amy Reichert is working on possibilities, and
we are excited to see
what she comes up
with.

However, we do know the themes we have suggested, based on ideas from the redesign committee and the entire congregation.

We asked you the following question: "What Jewish image, text, or concept best expresses our relation-

A MAN OF A SECOND STATE OF A S

Amy Reichert has been hired to design the Torah ark area in the sanctuary.

The Hebrew text and "Artwork to Come" shown here are placeholders for her eventual design.

ship to Judaism, community, and the world?"

Your suggestions clustered around two major themes, which the Sanctuary Redesign Committee sees as interconnected.

One theme is Welcoming/Diversity. This theme expresses how BEKI members relate to each other, to the *kehillah*, and to themselves as part of this community. While some members stressed diversity and others stressed welcoming, the committee finds these qualities inseparable: embracing diversity means welcoming and valuing every person.

A few examples of what BEKI members said on this theme:

- In one word: inclusivity. BEKI is a congregation that opens its arms to all.
- A favorite prayer of mine is the request in the evening service for God to "spread over us Your shelter of peace." It's always a comforting prayer in times of trouble. And it's particularly relevant for BEKI since we recognize the need in our wider community for actual shelter.
- What makes BEKI so unique is the degree to which we welcome and embrace diversity in our membership.

The other common theme is Celebrating Creation. This theme expresses how we relate to the natural world, in all its fullness and beauty, and to our obligations as environmental stewards.

Rabbi Woodward draws a connection between these two themes. The created world draws strength, vibrance, and beauty precisely from the fullness of its diversity. M'lo kol ha-aretz *k'vodo*: the entire universe is filled with God's glory and God's presence.

This belief re-

flects scientific truth as well as a spiritual attitude. The entire world is an ecosystem. Each part depends on the interwoven whole, and the whole depends on each part.

The same is true of our BEKI *kehillah*. The interplay between these two themes beautifully expresses how we see ourselves as a congregation and as part of the web of creation.

A few excerpts from BEKI members on this theme:

- Since BEKI is a community that cares about the environment, the story of *B'reishit*, the Creation, is a powerful image for us. "And God saw that this was good": *Va-yar elohim ki tov.*
- I would personally like to see something that incorporates as much as possible the ideals of *adamah* and celebration of *ha-aretz* —as created and sacred nature, not just as "*eretz*" to settle on.
- *Ha-m'kadeish b'tuvo b'khol yom tamid ma'asei v'reishit:* "God, in God's goodness, renews Creation day after day." This phrase from the morning liturgy expresses appreciation of Creation and gratitude that every day brings renewal, a new chance.

Of course it is possible that the committee might embrace a different theme, if Amy Reichert suggests one that we feel is right.

We are excited to see what develops, and we hope you are, too.

Redesign Project Moving Forward

BY THE BEKI SANCTUARY FUNDRAISING COMMITTEE

Murray Akresh, Yaron Lew, Jessey Palumbo, John Wareck, John Weiser

With services moving to the downstairs social hall in the weeks ahead, allowing the closing off of the sanctuary to remove the pews, BEKI members will be able to see that the redesign of our sanctuary has begun. Demolition and construction work should begin in February and take about six months to complete. Our goal: a sanctuary for the future.

Meanwhile, we are continuing our efforts to reach our \$1,250,000 fundraising goal. We are asking every member—including our many members who joined BEKI after our initial round of fundraising—to give something.

The view from the bimah of our current sanctuary.

And we ask those who already made donations or pledges to consider giving more. We prefer that pledge payments be made this year; however, if it will allow you to increase the amount of your pledge, we are accepting payment over a period not to exceed four years.

If you are over age $70\frac{1}{2}$ or have appreciated securities, you may be able to take advantage of existing tax laws. We would be happy to provide additional information.

Please contact Peggy in the BEKI office to make your pledge and indicate your payment period. Email her at office@BEKI.org or call 203-389-2108 ext. 114.

If you want to talk to someone about the redesign or your pledge, please contact anyone on the Sanctuary Fundraising Committee. Thank you very much for your generosity!

המקום ינחם

HaMakom Yinachem
With sorrow we note the passing of

Susanne Spitzer, wife of David Spitzer

May the Almighty comfort those who mourn

Kids and Teens Celebrate Hanukkah

By Annie Norman-Schiff, Education Director

BEKI children and teenagers welcomed Hanukkah with creativity, great company, and a lot of joy.

Our teens got ready early with a party and game night on Dec. 2. This party was well attended: nineteen teenagers joined us for latkes, games, and fun. USY board members Hannah and Teya



Top: Hannah Klein-Berger leads BEKI teens in an online Hanukkah trivia game. Left: USY teens play Apples to Apples at their Hanukkah game night.

Klein-Berger designed an original online Hanukkah trivia game. The teens also played Apples to Apples, Pokemon cards, and a version of poker using Hanukkah gelt as the chips.

Kadima, BEKI's tween youth group for 4th-8th graders, celebrated Hanukkah in the spirit of DIY: Do It Yourself. They made their own gelt by melting fair trade chocolate chips and pouring them into coin-shaped molds. They had the chance to make their own dreidels, as well as candles made out of sheets of colored beeswax

BINA kindergarteners and first graders made candles by dipping wicks in melted wax. Second graders learned how "Mi Yimalel" is a song about Jewish heroes, and led the congregation in that song on BINA Shabbat. Third and fourth graders acted out the Hanukkah story with swords and shields, and fifth and sixth graders planned a special Hanukkah party for their classroom.

Finally, BINA students and other BEKI kids gathered for a giant Hanukkah party. They sang songs led by

Rachel Beaver, our music educator, on guitar. They made menorah-themed art, and played "menorah drill": a competition to arrange the candles correctly for a given night of Hanukkah as fast as possible. Mostly, they played many competitive games of dreidel with an enormous number of chocolate gelt

pieces. Special thanks to BEKI's fair trade chocolate gelt coordinator, Becky May!

Spotlight on a BINA Teacher: Helene Sapadin

BINA is incredibly lucky that longtime teacher Helene Sapadin (1st Grade) returned to teach this year. Previously,

she had taught for 15 years at BEKI's religious school. She is a retired public school teacher, and a gifted and creative educator of the early grades. Morah Helene's students love to start their day with Havdalah and Tefilah, and enjoy a classroom full of music, stories, and hands-on projects. Helene is also a mentor for younger educators, including the first grade class's madricha, 7th grader Sammi Barkon.



Helene Sapadin

Thanks to Our Kiddush Teams

We're grateful for every Thursday that a team prepares our Shabbat lunch. Apologies to anyone whose name we omitted.

Coordinators

Ellen Cohen Abby Fraade

Team 1

Jennifer Myer, leader
Ina Silverman, shopper
Naftali Caplan
Max DuBoff
Andy Hirshfield
Margie Hirshfield
Karel Koenig
Joanne Rudof
Lynn Saltz
Rebecca Weiner

Team 2

Lana Gad, leader
Joanne Rudof, shopper
Trezlen Drake
Miriam Feinstein
Ada Fenick
Diana Firestone
Tema Leviter
Jacob Botwick Ries
Helen Rosenberg
David Spitzer

Team 3

Margie Wiener, leader
Robert Lettick, shopper
Barbara Akresh
Holly Chepow
Diane Krevolin
Trish Loving
Carol Marcus
Jessey Palumbo
Jim Stacey
Linda Schultz
Michael Woodward
Lisa Woodward



Team 4

Helene Sapadin, leader Isaiah Cooper, leader Angela Oren, shopper Sharon Astor Susan Epstein Patsy Foisie Kelin Gersick Gary Hochman Sheri Hochman Alice Kosowsky Eva Shragis



Tu Bishvat Tree Drawings from Japan by Cynthia Beth Rubin

Rabbi's Tzedakah Fund

- In support of the Israeli hostages held in Gaza by Diana Firestone
- With thanks for officiating their wedding by Katie Grant & Jake Brownstein

Kiddush Fund

- · Jay & Lynn Brotman
- · Beth Wallace
- Leslie Brisman & Toni Davis
- Ellen Cohen & Steven Fraade

Chai/Synagogue Fund to support synagogue operations

To Katie Grant & Jake Brownstone in honor of their wedding by

· David Golden

To Jhena Vigrass & Bruce Spierer in honor of the birth of Shoshana Chaya by

- · Diane Krevolin
- · Ellen Cohen & Steven Fraade

To Debbie Margolis with sympathy on the passing of

Annette Gavens by:

- David & Wendy Chorney
- Joanne Foodim & Rob Forbes
- Ellen Cohen & Steven Fraade

Charles & Violet Ludwig Fund for Congregation Beth El-Keser Israel and in honor of Jay Sokolow

- Helen Rosenberg & Keith Richter
- In memory of her Bubbie Ida Kantrowitz by Sherry Kent

Yahrzeit Fund to support synagogue operations

In Memory of:

- Esther Bashevkin by Rachel Bashevkin
- Mikki, Harold & Arthur Ratner by J. David Miller
- Etta & Charles Miller by J. David Miller
- Susan L. Miller by J. David Miller
- Sydney Weinstein by Dan Goldberg
- Jacob Ripkin by Jeri Ripkin
- Their brother Joel Small by

- Rhoda & Bruce Small
- Evelyn Cohen by Donna & Cliff Cohen
- Samuel L. Snyder by Robert Snyder
- Robert Kisner by Annette Kisner
- Her grandfather Louis Brunswick by Barbara Cushen
- Harold Chernikoff by Janet Chernikoff
- Martin Buckman by Ken & Linda Buckman
- Deborah Mendelson by Myra & Andrew Harris
- Hyman & Mollie Fleischner by Sara-Ann & Hillel Auerbach
- Elsie Hodes by Joyce Popowski
- Sarah Hinde Alperowitz by the Alper family
- Fred Shure by the Betsy Shure Gross & Gary Gross family
- Carl Hoberman by Judith Hoberman & Dominic Kinsley
- Isaac Press by Lynn & Jeffrey Heisner
- Morris Feldman by Lois K.

Feldman

- Lester Feldman by Lois K. Feldman
- Ruth Roberts by Gary Roberts
- Lawrence Moscowitz by Mike Moscowitz
- Ida Barnett by Caroline Barnett
- · Al Barnett by Caroline Barnett
- Robert Goodwin by Stacey Goodwin-Podell
- Sarah Schnitman by Edward & Helene Schnitman Vanderhoef
- Shirley Cohen by Janes & Susan Cohen
- Gloria Goldberg by Arlene & David Thrope
- Helen Olenik Miller by Sandy & John Balayan
- Freda Virshup by Richard & Georgi Virshup
- Samuel Shelnitz by David Shelnitz
- Harold Rogovin by Ted Maltin
- Rose Cohen by Steven Spellman
- Her wonderful grandmother by Toby Ignal

Ritual

Prayer and Liturgy

On Wednesday, Jan. 17, explore prayer and liturgy

at 7:30 pm on BEKI Zoom with Rabbi Carl Astor. Hebrew proficiency is not required. This is not a class, but rather an open forum to learn together and share ideas.

Supporting Daily Services

To make sure we have a minyan consistently, please use Minyan Maker. Up top, you choose which weekday service you are planning to



Rabbi Carl Astor

attend (morning or evening). Then find your name below and choose "I'll be there." If your name does not appear on the list, just use "Guest Member."

Sign up for Torah Reading

If you are able to read an aliyah of Torah or a Haftorah, make your selection via our online spreadsheet.

Just scroll down to the proper date to see details about each aliyah.

Questions? Consult Rachel Adelstein at ritualcoordinator@beki.org.



Rachel Adelstein

Weekly Classes

Join Rabbi Woodward for a discussion of the week's Torah portion on Thursdays 9-9:45 am in the library, following 8:15 am Shacharit.

On select Sundays from 10 to 11 am (after 9 am Shacharit), Rabbi Woodward leads in-person study of Talmud, Chapter 2 Tractate Shabbat. Prior study of Jewish texts is not re-

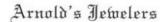
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Tree of Life Awaits Your Leaf

The Tree of Life at the entrance to BEKI is a collection of golden leaves that honor people and moments in our lives. For \$118 you can add a leaf. Contact Marjorie Wiener at 203.387.6278 or

marjoriewiener@yahoo.com

MICHAEL MARTONE MANAGER





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WATCH AND CLOCK REPAIRING NORTH HAVEN SHOPPING CENTER NORTH HAVEN, CONN. 06473 203-239-4291 It's not too late to make a pledge or donation to the Sanctuary Redesign, or to increase the amount that you have already given.

Contact Peggy in our office, or speak to a member of the Fundraising Committee:

John Weiser, Murray Akresh,

Jessey Palumbo, or John Wareck.



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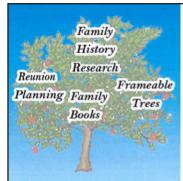
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What will your Jewish legacy be?

Eric Dunsker Created a Legacy for His Synagogue, Congregation Beth El-Keser Israel

"I've lived in a number of places and belonged to a number of synagogues. By far, BEKI has been the most welcoming, not only of my membership, but also of my active participation in its activities and operation. How could I not want to keep this going for those who come after me?" –Eric

Create Your Jewish Legacy Today by Scanning the QR Code or Visiting newhavenjewishfoundation.org/create-a-jewish-legacy



For more information, contact the Jewish Foundation of Greater New Haven
Lisa Stanger, Executive Director I (203) 387-2424, ext. 382 | Istanger@jewishnewhaven.org
Tamara Schechter, Create a Jewish Legacy Manager I (203) 387-2424, ext. 325 | tschechter@jewishnewhaven.org





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Scott Walstedter



RETHINKING THE NEW YEAR: WHERE IS OUR TESHUVAH?

ecause the attacks of Oct. 7 happened at the very end of the High Holy Day season, they served for many of us to erase our thoughts of teshuvah that we grew over the High Holy Day period.

This makes sense. When a fire starts at your house, you might not remember what it was you were doing before the fire started, even if it was very important. But now, I want us to return to those thoughts, and to our teshuvah projects. Starting a new secular year is as good a time as any for a reminder of our hopes.



Eric Woodward

On Rosh Hashanah, I spoke first about the importance of environment and climate change in our spiritual lives. I discussed Sami Grover's book, *We're All Climate Hypocrites Now* (Sami is coming for a BEKI Zoom Schmooze the evening of Jan. 16) and the way that some of our climate-related behaviors could be understood as prayers — and that's a good thing. I spoke about the need for us to work at a societal level for environmental justice, and for us to continue making incremental changes in our lives that, though largely symbolic, serve to remind us of the importance of

this work. I hope you'll join me for our Tu Bishvat Seder Jan. 24, where we will reflect on some of these themes.

Day two of Rosh Hashanah, I spoke about the midrash that Abraham, wandering in the desert, saw a palace aflame and called out, discovering God through his experience of empathy. "We come to know God through our exercise of empathy, of care, and of justice," I said. "The fact that we have standards of justice in the world and the fact that we have empathy and care; that is how we come to know God. Not through beauty and orderliness — but rather, through outcry and bearing witness." These words are still resonant.

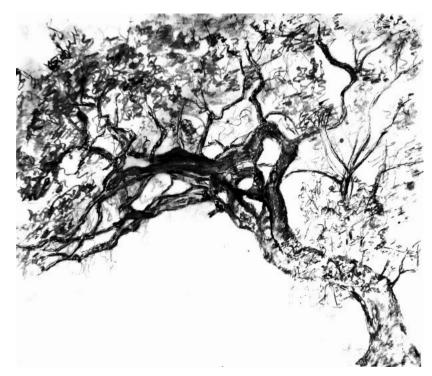
Yom Kippur evening — Kol Nidre — I spoke about Israel. I said that in the political chaos in Israel, we see a hint of entropy and chaos in our world. Our great task is to find meaning and connection despite an entropic and chaotic world, and in this world, to practice the virtue of "hishtavut," equanimity, by being a non-anxious presence.

We should do this in our relationship to the political world, by finding space for our own peace and health, and also in the world of our relationships, where we can work to avoid getting sucked into bad dynamics. Finding space to step back and breathe will be important for all of us in 2024.

In the morning on Yom Kippur, I spoke about the story of Jonah, and the practice of "work avoidance." Work avoidance is when a person decides to engage in a type of gesturing or shallow-practice about work that has to be done in order to avoid the truth of something being uncomfortable. We see this in our relationships when, instead of having a vulnerable emotional conversation with a person, we just harangue them. It feels like we are doing something, but we are actually avoiding the tough work of teshuvah.

Of course, these big sermonic topics are just to indicate some broader thoughts on the year. But every topic related to teshuvah, change, growth, apology, connection, prayer, tzedakah, is an important one for your reflection!

This new year, take a chance to take stock again of where you are. Pat yourself on the back for the teshuvah you have done (seriously — you deserve praise for doing teshuvah) and pump yourself up for what you have to do next.



Tu Bishvat Tree Drawing by Helen Rosenberg

January 2024 20 Tevet 5784 - 21 Shevat 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Canady	1	2	3	4	5	6
	Office Closed 9am In-person/Zoom Service 5:45pm In-person/Zoom Service	7am In-person/Zoom Service 5:45pm In-person/Zoom Service	7am In-person/Zoom Service 4pm BINA 5:45pm In-person/Zoom Service 6:30pm Teen Kesher	8:15am In-person/Zoom Service 9am Torah Study 5:45pm In-person/Zoom Service	7am In-person/Zoom Service 4:18pm Candle Lighting 6pm Kabbalat Shabbat	9:15am Shabbat Service (Downstairs, in-person) 11am Children's Havura K-2 Kehila, Jr. Congregation 7pm Movie Night "Fiddler on the Roof"
7 9am BINA 9am In-person/Zoom Service 10am Tree Drawing Workshops 5:45pm In-person/Zoom Service	20 Tevet 8 7am In-person/Zoom Service 5:45pm In-person/Zoom Service 7pm General Board Meeting (online)	21 Tevet 9 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	22 Tevet 10 7am In-person/Zoom Service 4pm BINA 5:45pm In-person/Zoom Service	23 Tevet 11 Rosh Hodesh 8:15am In-person/Zoom Service 9am Torah Service 5:45pm In-person/Zoom Service	24 Tevet 12 7am In-person/Zoom Service 4:25pm Candle Lighting 6pm Kabbalat Shabbat	25 Tevet 13 9:15am Shabbat Service (Downstairs, in-person) 11am Children's Havura K-2 Kehila, Jr. Congregation 12:45pm "Intergeneration & Current Trauma" w/llan Harpaz-Rotem 7pm Movie Night "A Serious Man"
26 Tevet	27 Tevet	28 Tevet	29 Tevet	1 Shevat	2 Shevat	3 Shevat
14 No BINA 9am In-person/Zoom Service 5:45pm In-person/Zoom Service	15 Office Closed 9am In-person/Zoom Service (Federal Holiday Service Time) 5:45pm In-person/Zoom Service	16 7am In-person/Zoom Service 5:45pm In-person/Zoom Service 7:30pm Zoom Scmooze "We Are All Climate Hypocrites Now" w/Sami Grover	17 7am In-person/Zoom Service 4pm BINA 5:45pm In-person/Zoom Service 6:30pm Teen Kesher 7:30pm Prayer & Liturgy w/Carl Astor (Zoom)	18 8:15am In-person/Zoom Service 9am Torah Study 5-5pm In-person/Zoom Service	19 7am In-person/Zoom Service 4:33pm Candle Lighting 6pm Kabbalat Shabbat	20 9:15am Shabbat Service (Downstairs, in-person) 11am Children's Havura K-2 Kehila, Jr. Congregation 7pm Movie Night "The Infidel"
4 Shevat	5 Shevat	6 Shevat	7 Shevat	8 Shevat	9 Shevat	10 Shevat
21 9am BINA 9am In-person/Zoom Service 10am Talmud Study 5:45pm In-person/Zoom Service	22 7am In-person/Zoom Service 5:45pm In-person/Zoom Service 7:30pm Executive Board Meeting (online)	23 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	24 7am In-person/Zoom Service 4pm BINA 5:45pm In-person/Zoom Service 7pm Tu Bishvat Seder (in-person, for adults)	25 Tu B'Shevat 8:15am In-person/Zoom Service 9am Torah Study 5:45pm In-person/Zoom Service	26 7am In-person/Zoom Service 4:42pm Candle Lighting 6pm Kabbalat Shabbat	9:15am Shabbat Service (Downstairs, in-person) 11am Children's Havura, K-2 Kehila, Jr. Congregation 12:45pm Shabbat Shira Singing 7pm Movie Night "You Are So Not Invited To My Bat Mitzvah"
11 Shevat	12 Shevat	13 Shevat	14 Shevat	15 Shevat	16 Shevat	17 Shevat
28 9am BINA 9am In-person/Zoom Service 5:45pm In-person/Zoom Service	29 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	30 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	31 7am In-person/Zoom Service 4pm BINA 5:45pm In-person/Zoom Service 6:30pm Teen Kesher	Mark Your Calendar February 9 BINA Shabbat February 24 Legacy Shabbat March 2 Silly Hat Shabbat March 23 Erev Purim April 22 First Seder		
18 Shevat	19 Shevat	20 Shevat	21 Shevat			

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





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Advertise in the Bulletin

Would you like your ad here in the coming year? Each month, the BEKI bulletin reaches over 700 households, most of them in the New Haven area. Check with Peggy in the BEKI office about our variety of ad rates.

Join BEKI on Facebook

Everyone is encouraged to join the BEKI Facebook group. You'll enjoy the humor, community information, and links to cultural opportunities. You'll want to choose the private group with the stained-glass window image. Just ask to join. (The BEKI page with the hamsa is the public-facing page, which has few postings).

E-Statements

Due to rising costs and BEKI's efforts to be more Earthfriendly, we have transitioned to e-statements and e-yahrzeits. If you prefer to receive them by paper, please contact the BEKI office at office@beki.org or 203-389-2108 x114. The BEKI Green Team supports BEKI's movement toward paperless communications and hopes the community will also.

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 to arrange pickup.

Services

All services are also available on Zoom except Friday night and Saturday morning.

Sunday 9 am	Wednesday 7 am		
Sunday 5:45 pm	Wednesday 5:45 pm		
Monday 7 am	Thursday 8:15 am		
Monday 5:45 pm	Thursday 5:45 pm		
Tuesday 7 am	Friday 7 am		
Tuesday 5:45 pm	Friday 6 pm		
- west was 5 - 10 p - 10	Saturday 9:15 am		

For the latest information on services, check Happenings or email bekitefilla@gmail.com