Friday evening June 3

Since it’s a First Friday, we’ll have a kid-friendly though not specifically kids’ service. Everyone is welcome. Come enjoy music from the BEKI children’s choir. First Friday services meet at 6 pm now, just like every other Friday.

Since Shabbat arrives so much later now, we do not include Maariv on Fridays.

Night of Study

Come join in the traditional learning to celebrate the first night of Shavuot, the festival of the receiving of the Torah and of the grain harvest. We have an excellent slate of teachers who will speak on all sorts of topics—no background knowledge required, just an interest in Jewish learning. Topics include our spiritual and communal interconnectedness, the prayers and music of Hallel, suffering and our place in the world, and so much more.

The program will run on Saturday, June 4 from 7 pm to 12:15 am; feel free to join for as much as you’d like. There will be (dairy and non-dairy) desserts too. Later on, all are welcome to meet in front of BEKI at 3 am for a hike up West Rock and davening at sunrise from the South Lookout. (Bring your own flashlight.) Contact Max at duboff.max@gmail.com with any questions.

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<tr>
<th>Time</th>
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<tr>
<td>7 pm</td>
<td>Opening niggun</td>
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<td>7:15 pm</td>
<td>Session 1, Annie Norman-Schiff, “What is Midrash Rabbah?”</td>
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<td>Shabbat minchah</td>
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<td>Session 2, Jennifer Botwick, “The Tree of Life”</td>
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<td>9:15 pm</td>
<td>Shavuot maariv</td>
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<td>Session 3, Marga Hirsch, “How to Hallel”</td>
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<td>10:30 pm</td>
<td>Session 4, Jennifer Klein, “Can a Lake Stand?: The Boundaries of Law and Autonomy”</td>
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<td>11:15 pm</td>
<td>Desserts</td>
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<td>11:30 pm</td>
<td>Session 5, Rabbi Woodward, “Being Watched: God in Ruth Rabbah”</td>
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<tr>
<td>3 am</td>
<td>West Rock sunrise hike, Max DuBoff</td>
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Shavuot Services

Services on Sunday and Monday, June 5 & 6, will be held at 9:15 am and 5:45 pm. Monday’s service will include Yizkor prayers.
Making a Minyan and Torah Reading

To make sure we have a minyan consistently, please, if you can, make a weekly commitment to one or more service times. Let Max DuBoff duboff.max@gmail.com, Rachel Wiseman Gerber wisemangerber@gmail.com, or one 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 Rachel Adelstein (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.

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).

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:
• For advertising information, call the synagogue office.

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

Annual subscription is $36

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Bruce Oren

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See You at the Annual Meeting

BEKI’s annual meeting will be in person on Monday, June 20 (not on Zoom or livestream). We encourage you to attend 5:45 pm minyan, followed by a light supper at 6:15 pm. The meeting will begin at 6:45 pm and end by 8 pm.

The next slate of officers and board members will be presented; the past year will be reviewed; endowment and membership figures will be shared.

We’ll pause in memoriam as we remember relatives whom we lost during the past year, as well as these members: Al Barnett, Dan Krevolin and Baruch Levine.

This is also our opportunity to thank President Yaron Lew and Principal Ina Silverman for their years of service. We hope to see you there.

Message from BRS Principal Ina Silverman

Thanks To You

Dear friends:

Last month I participated in my last BEKI Religious School (BRS) Graduation. In my two plus decades at BRS I accumulated a zillion reasons to say thank you.

To BEKI presidents and boards who allowed me to have the best job in the world and were always supremely supportive of the school, THANK YOU! To George Posener, who has gone to Olam HaBaah, who was and continues to be a generous benefactor of the school, THANK YOU!

To the parents who trusted me, and BRS, to help provide their children’s formal Jewish education, THANK YOU! Some of you may recall that when I became principal, the first day of school I had each parent sign a document that said, “I promise I will not tell my children how much I hated Hebrew School.”

To our students past and present who, I am pretty confident, had better experiences with us than perhaps their parents did in their Hebrew School days, THANK YOU! You made getting up early on Sunday mornings something I actually looked forward to!

To our esteemed faculty and BEKI staff over the years, THANK YOU! You made my tenure delightful and easy because you are so competent and such mensches.

To Rabbi Eric Woodward who joined us amidst a pandemic, and immediately became my neighbor, my teacher, and my friend, THANK YOU!

To Eric’s wife Katharine and children who came into a new community on a leap of faith that life would work out, THANK YOU!

Finally, to the entire BEKI community that helped Jay and me raise our kids with amazing role models for Jewish observance in daily life, that continues to welcome us into its warm embrace every week, and that always pushes us to be our best selves, THANK YOU!

Over the years we enjoyed hosting many BEKI extended family members for their family simchas. Our guests would ask what they could bring as a house gift, and we always answered we would prefer they make a donation to BEKI instead. I recently used that account to replace the lighting in the two downstairs classrooms. That was a needed school improvement representing a small token of my appreciation for all BEKI and BRS has done for my family.

I look forward to seeing you, speaking with you, arguing, and laughing with you for years to come. From the bottom of my heart, TODAH RABBAH!

With much love,
Morah Ina
When I interview a candidate for any job at my company, on top of their qualifications, I judge them by shaking their hand and looking into their eyes. When we sat down to interview Rabbi Eric, we had to do it on Zoom, which was a new experience for most of us. Naturally, I couldn’t shake his hand, but I could still look into his eyes. What I saw in his eyes were three things – compassion, wisdom and enthusiasm. Those were the exact attributes I was looking for in a new rabbi. And ever since he set foot in this building, honest to his core, he never stopped showering all of us with his compassion, his wisdom and his infectious enthusiasm.

Let me conclude with a verse from the Book of Samuel:

אלה הנער הזה התפללתי

Loosely translated, it means “This is the one I’ve been praying for.”

Guests from The Towers
In June, we hope to begin occasional Saturday visits by guests from The Towers, a senior living facility. Previously called Tower One / Tower East, The Towers offers affordable senior housing with a full-service kosher kitchen.

Our guests will arrive around 10:45 am for services and will stay with us for kiddush lunch before their shuttle bus takes them home. If you would like to help greet our guests or provide other assistance, please contact Ina Silverman.

Yizkor Book Notice via Email
This year, for the second time, communications regarding BEKI’s Yizkor Memorial Book will be sent via email—not snail mail—for members who have email addresses listed with BEKI. Using email greatly reduces the amount of paper required and reduces BEKI’s expenses for the project.

So around mid-August, even if you’re away on vacation, you can watch for your email from yizkor-book@beki.org and respond with your changes and payment. Now won’t that be easy?

If you have any questions, contact Shoshana Lash at CantorSL@yahoo.com.

The One I’ve Been Praying For

News

Yaron Lew

The Towers

Shoshana Lash

Vivian Abrams Lowell, mother of congregant Lauri Lowell
Alice Cohen, mother of congregant Julie Cohen
Anita Henowitz, widow of Maurice Henowitz z”l
Joshua Sokolow, father of congregant Jay Sokolow
Paul Weintraub, father of congregant Dan Weintraub
Stephen Alderman, BEKI past president

May the Almighty comfort those who mourn
Film and Discussion

The new movie “I’ll Find You” tells the story of a Catholic opera singer and Jewish violin virtuoso who dream of performing together at Manhattan’s Carnegie Hall. When they are separated by the German invasion of Poland in WWII, Robert vows to find Rachel, no matter what the war may bring. We’ll show the film in BEKI’s cinema space on Wednesday, June 1 at 7:30 pm. Our downstairs social hall has a 14-foot-wide motorized screen, enhanced sound equipment, and a projector suspended from the ceiling. Alternatively, you can rent or buy the film to watch at home on Amazon Prime.

Then the following Wednesday, June 8 at 7:30 pm, join us on Zoom for a conversation about the film with its director, Martha Coolidge. She is also the director of such movies and TV shows as “Valley Girl,” “Real Genius,” and “Rambling Rose.” Born in New Haven, she is the sister of BEKI member CJ May.

Arts & Ideas Concert

Join the BEKI gathering at the 8 pm free concert by Liraz Charhi on the Festival Stage Thursday, June 16. Liraz is an Israeli-Persian singer, songwriter, actress, and cultural activist. For her second album, Zan (“Women” in Farsi), the Israeli-Persian singer collaborated online with composers and musicians in Iran. Everything had to be secretive to avoid the gaze of Tehran’s mullahs and secret police. The result is music to make people dance and smile – and above all, think.

Bring a chair, look for the BEKI banner, and enjoy some catchy electro-pop music with us. If the weather is nice, come early with your picnic dinner. Some free parking will be available after 4:30 pm in Yale Lot 51 on Temple Street, south of Wall Street.

Pride Shabbat

In our Shabbat morning service June 11, we’ll honor the diversity of gender identity and sexual orientation of our community while we acknowledge the richness that diversity brings to our spiritual and social lives. Festive kiddush lunch will follow.

Letting the Land Rest

Bruce Spierer, the Public Education Manager at Hazon, the Jewish lab for sustainability, will speak Wednesday, June 29 on Zoom. His topic is “Going Fallow For Shmita: a perspective from the soil.” A BEKI member, Bruce has years of experience working in urban agriculture, community composting, and public horticulture.
Sanctuary Redesign

SANCTUARY REDESIGN UPDATE

Q: I don’t like the seating arrangement shown in the preliminary sketches. Can it be changed?

Q: How have we accommodated physical accessibility to the ark and reader’s table?

Q: Why are the windows different on the sides of the sanctuary?

You’ve got questions, and the Sanctuary Redesign Committee has answers.

At a congregational Zoom meeting on April 19, the committee presented sketches of the preliminary conceptual design for the BEKI sanctuary. They explained which parts of the sketches are central to the proposed design (new windows, wall coverings, placement of ark and ramps, movable seating) and which are just placeholders (furniture, seating layout, ornamentation). Our architect, Michael Goldblum of Building Studio Architects, spoke about his goals and the constraints that face this redesign project.

And they answered questions — those above and many others, which BEKI members submitted in advance and at the congregational meeting.

A compilation of those questions and answers is available on the Sanctuary Redesign section of the BEKI website. We hope it will be helpful, especially to those who couldn’t attend the meeting.

The conceptual design sketches are on display at BEKI and on the website (password required). Answers to other frequently asked questions (FAQs) about the redesign project are also available on the website.

The Sanctuary Redesign Committee is grateful to everyone who sent questions, comments, and suggestions, and to all those who attended the congregational meeting.

Overall, community reaction to the proposed design was very positive. Like the committee, many BEKI members are excited about how the conceptual design meets the project’s overarching goals for our sanctuary: warmth, inclusiveness, spiritual intimacy, and true egalitarianism.

Specific priorities for the redesign — as reflected in a congregational survey — include accessibility, more natural light, a different seating arrangement, better acoustics, improved climate control and air quality, and an environment conducive to BEKI’s style of participatory, member-led communal prayer.

Upcoming steps include:
• A new lighting design for the sanctuary ceiling
• Engineering work for the sanctuary HVAC upgrade
• A plan for designing the sanctuary’s decorative elements
• A schematic design, which will allow us to solicit cost estimates from construction firms
• Continued research into furniture options, especially chairs

As always, the Sanctuary Redesign Committee welcomes your feedback: sanctuaryredesign@beki.org.
Youth Activities

BRS FINISHES THE YEAR STRONG

BY ANNIE NORMAN-SCHIFF, YOUTH AND FAMILY PROGRAMMING DIRECTOR

On Sunday, May 8, BEKI Religious School celebrated its students’ success, learning, and growth with a graduation ceremony. It was a meaningful morning, as Ina Silverman addressed parents and students for the last time before retiring as BRS principal after 20 years. Ina spoke about her gratitude to many people, and her excitement at teaching the children of some of her early students. Never one to rest on her laurels, Ina also taught a new lesson on the Talmud, a topic of recent curiosity from parents.

All four BRS classes took their turn crossing the stage to great applause, and everyone moved to the social hall for a celebratory brunch.

Here are some highlights of what each class accomplished this spring:

Morah Helene’s class (K-2) celebrated their own successes this year, as well as Helene’s retirement after 15 years of teaching at BEKI Religious School. Helene was honored at Kiddush on May 7.

Morah Annie’s class (3-4) completed their year-long project to design and promote a model Kibbutz. They built, designed, and photographed miniature kibbutz buildings out of boxes and found objects, and created a brochure to convince people to move to this ideal community.

Morah Tikva’s class (5th grade) deepened the whole school’s understanding of Yom HaShoah by reporting on books they read about children in the Holocaust. They also enjoyed a lively celebration of Yom HaAtzmaut by playing Matkot, a popular Israeli paddleball game, throughout the hallways of the religious school.

Moreh Max’s class (6th grade) wrote a rap and created a music video based on the Hebrew and English words of Modim, one of the concluding prayers of the Amidah. You can watch their catchy and engaging interpretation of the prayer at bit.ly/brsmodim.

For students attending BRS next year, the due date for the early bird tuition discount is June 20. Email Peggy at office@beki.org for forms and details.


**Tikkun Olam**

**JCARR Update**

Family 5 welcomed a new baby boy, Isaac Mario, in April. His three sisters are enjoying having a baby brother.

Family 7 from Afghanistan is slowly settling into their new life in New Haven. The children are in school, and the mother, Shokoria, goes with her 11-month-old to English classes every morning at Elena’s Light, a resource in New Haven for Afghan women.

Issa, the father in Family 2, recently became a U.S. citizen! He has worked diligently with JCARR tutors to achieve this accomplishment, and we are so proud of him. His brother Ahmad, who arrived in August 2021, just got his driver’s license, thanks to the help of JCARR volunteers who provided many hours to practice driving.

For information about becoming a JCARR volunteer, please contact Madeleine Kleinman at madk117@gmail.com.

**Food Drive**

BEKI will hold a food collection from 10 to 11 am on Sunday, June 12 to support Jewish Family Service and Downtown Evening Soup Kitchen (DESK). Call 203.671.4705 to arrange to give your donation to Rob Lettick in the BEKI parking lot. If you have questions, please write to Rob at robolettick@aol.com.

**Gift Shop**

**Gifts for Dad or Grad**

So many reasons to celebrate! Shavuot begins June 4. Can you find the cheesecake in the *100 Most Jewish Foods Puzzle*? If you need a dairy recipe, check out our selection of kosher cookbooks.

June 19th is Father’s Day. Do you know a dad who needs a new tallit, or a nice shot glass to toast his health, a pair of handsome cufflinks, or a chai necklace?

Graduations begin in May and end in June. Give a graduate a spring coaster set, or the RBG coaster, some new jewelry or a mezuzah or candlesticks for starting post graduate life.

We have books for all ages, games, and puzzles. If you don’t see what you want, let us know and we will get it for you.

**So many reasons to celebrate!**

**Shavuot begins June 4. Can you find the cheesecake in the *100 Most Jewish Foods Puzzle*?**

**We are open every day by appointment except Shabbat. Or drop in after most minyanim. Karen Kassap 203-430-2182. Harriet Friedman 203-675-8607.**

**The BEKI Gift shop is on Instagram: follow us at bekijudaicagifts.**
Submit Those Great Family Photos

By the BEKI Art Committee

The Ancestors Exhibition returns to BEKI for a second edition of our High Holy Day show. As in our first edition, we define the term “ancestors” broadly to include anyone so close that they were considered family, and people in pictures who cannot be identified but were defined as family by oral tradition. Non-Jewish ancestors are of course included, as we would like this exhibition to continue to reflect the diverse ethnic backgrounds of our BEKI community.

BEKI members who want to scan files on their own scanners should double the size of the scan, either by putting in 600 dpi or entering double size. We have had some success with printing photographs of photos and paintings taken by camera phone; however, it is very important that these be sent as full size. Photo experts may send files that are 4370 x 3189 pixels, or roughly 14.5 inches by 10.6 inches, which will fit our frames.

Images should be sent to beki.photos@gmail.com, with large files sent by a free transfer service such as https://wetransfer.com. No text messages accepted. Please send highest quality and avoid the email settings which look great on your phone but do not translate into quality prints.

We will hold a second scanning session at BEKI in mid-summer, to be announced.


Send questions to: beki.photos@gmail.com

Rebecca Weiner’s great-great-grandfather, Welton Bens Ostrander, possibly with her great-grandfather, Chester Chauncey Loomis, takes a break in Painted Rock, Texas, circa 1892.

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
Rabbi’s Tzedakah Fund
• Alexandre (Sasha) Vaxman on the occasion of Pesach
• Dan & Beth Weintraub for the speedy recovery of Paul Weintraub
• To Hyla Greenberg on the occasion of Pesach

Matanot L’evyonim (Purim)
• Murray & Barbara Akresh
• Rachel Bashevkin
• Paul & Carole Bass
• Julie Cohen & Jim Stacey
• Roger Colten & Sarah Berry
• Barbara Cushen
• Max DuBoff
• Tamar Edelkind
• Steven Fraade & Ellen Cohen
• Roy Herbst & Karen Merkel-Herbst
• Jay & Margie Hirshfield
• Iris & Naftali Kaminski
• Madeleine Kleinman
• David & Darryl Kuperstock
• Chaya & Edward Manning
• Esther & Irwin Nash
• Howard & Willa Needler
• Jessey & Joe Palumbo
• Michael Ries & Jennifer Botwick
• Ben & Rozzie Rodwin
• Tamara Schechter & Jessica Bod
• Dan & Beth Weintraub
• Dan & Julie Leviter
• Ron Zlotoff & Donna Kemper

Sale of Hametz
• Bernard & Sonny Alderman
• Carl & Sharon Astor
• Morris Bell & Raina Sotsky
• David & Rayna Belowsky
• Harold & Stephanie Birn
• Gloria Cohen
• Roger Colten & Sarah Berry
• Barbara Cushen
• Tamar Edelkind
• Rick & Judy Eisenberg
• Stewart Frankel & Joy Kaufman
• Howard Gralla & Linda Schultz
• Sherry Kent
• Karel Koenig
• Diane Krevolin
• Polina Naiman
• Jessey & Joe Palumbo
• Dan & Sharon Prober
• Steven & Caryl Steinberg

Kiddush Fund
• Rebecca Weiner
• Shoshana Lash
• Anonymous
• Sherry Kent
• Barbara & Murray Akresh
• Helene Sapadin
• Shai & Robyn Silverman

Chai/Synagogue Fund to support synagogue operations
To Laura & Aaron Baum and family with sympathy on the passing of Judy Elikan by
• Ina Silverman & Jay Sokolow (to BEKI Religious School)
• Rena Chesiks-Gold & Marty Gold (to the Barzillai Chesiks BEKI Youth Israel Scholarship Fund)
• Helen Rosenberg & Keith Richter
• Ellen Cohen & Steven Fraade
To Debbi Levine, Judy Resnick & family with sympathy on the passing of Shirley Mattler by
• Julie Abrams
• Tina & Dick Brogadir
• Diane & Jesse Frankel
To Jonathan Gordon & Meryl Gordon and family with sympathy on the passing of Regina Greenwald by
• Naomi & Menachem Elineleh
To BEKI in memory of Mike Teitelbaum by
• Susan E. Jacobson

To Shoshana Lash in appreciation for teaching how to chant from the Torah by
• Madeleine Kleinman

To Lauri Lowell with sympathy on the passing of Vivian Abrams Lowell by
• David & Darryl Kuperstock
• The Freiman-Light Family
• Yaron Lew
• Julie Cohen & Jim Stacey
• Steve & Rachel Wizner
• The Avni-Singer Family
• Joanne Foodim & Rob Forbes
• The Colodner & Stanger Family
• Yvonne & Herb Kolodny
• Joy Kaufman & Stewart Frankel
• Ellen Cohen & Steven Fraade

Yahrzeit Fund to support synagogue operations
In Memory of:
• Sydney Kemper by Donna Kemper & Ron Zlotoff
• Charlotte Gralla by Linda Schultz & Howard Gralla
• Bennett Schultz by Linda Schultz & Howard Gralla
• His parents Tema & Milton Hirshfield by Jay & Marge Hirshfield
• Matthew Lettick by Steven & Sharon Lettick
• Lilyan Goodwin by Stacey Goodwin Podell
• Jenoe Goldberg by Susan Cole
• Samuel Maltin by Ted Maltin
• Perry Saxe by Stanley Saxe
• Boris Levitan by Polina Naiman
• Ethel Epstein by Fran Goldberg-Cohen & David Cohen
• Leon Krivonos by Mildred Kalison
• Susan Schnitman by Edward & Helene Schnitman Vanderhoeof
• Paul Klein by Elaine Klein
• Anna Wishingrad by Sylvia Rigkin
• Lillian Gell by John & Marcia Gell
• Kate Rochlin by Kranie & Earl Baker
• Moe Epstein by Kranie & Earl Baker
• Lillian Herschderfer by Tina Swirsky
• Samuel Herschderfer by Tina Swirsky
• Anna Goldberg by Susan Cole
• David Zeid by Shirley (Zeid) Shacknai Freedman
• Kate Zeid by Shirley (Zeid) Shacknai Freedman
• Louis Zeid by Shirley (Zeid) Shacknai Freedman
• Emanuel Zeid by Shirley (Zeid) Shacknai Freedman
• Sylvia Zeid by Shirley (Zeid) Shacknai Freedman
• Goldie Zeid by Shirley (Zeid) Shacknai Freedman
• Pearl Yaffe by Cliff Yaffe
• Hyman H. Hayes by Maeria Hayes Mougin
• Jack Siegelbaum by Rissa Mendlestein
• His father Sherman Granoff by Jeff Granoff
• Harold Samowitz by Jeff Granoff
• Rose Kimmel by Annette Kinsner
• Frances Singer by Annette Kinsner
• Paul (Pinchas) Stone by Karen Stone
• Pearl Yaffe by the Yaffe family
• Gladys Franzman by Judith & Stephen Alderman
• Paul (Pinchas) Stone by Michael & Susan Stone
• Eli & Goldie Kasimer by Joseph Kasimer
• Walter Harvey Greenwald by Dorothy Greenwald
• Katie Press by Joyce & David Popowski and Jeff & Lynne Heisner
• Rose Hodes by Joyce & David Popowski and Jeff & Lynne Heisner
• Her husband Sidney Kalison by Mildred Kalison
• Harold Roberts by Gary Roberts
Hamden Hall
Country Day School
Educating students in
PreSchool through Grade 12.
We celebrated National Mix It Up Day in October to foster greater respect and understanding among our students.
www.hamdenhall.org 203.752.2610
1108 Whitney Ave., Hamden, CT 06517

Harold Miller Created a Legacy for his Synagogue, BEKI

“Keser Israel, and now Beth El Keser Israel (‘BEKI’), has been my synagogue for my entire life. My grandfather was actually the president of Keser Israel in 1948. I had my Bar Mitzvah at Keser Israel and I was married at BEKI. It is a pleasure for me to make a legacy commitment to this synagogue that has been and continues to be such an important part of my life.”
—Harold

For more info about Create A Jewish Legacy, contact Lisa Stanger, (203) 387-2424 x 382, lstanger@jewishnewhaven.org.
www.jewishfoundation.org | www.jewishlegacynewhaven.org
Two years ago, I counted the Omer during the beginning of the COVID pandemic. Evening by evening, during those early months of the lockdown, I’d count up. I knew that the release from the lockdowns would not correspond to the counting of the Omer, where we count every day between Pesach and Shavuot, but I also felt that the experience of counting helped me mark time at a chaotic moment.

We’re counting the Omer now, too, and we are approaching Shavuot as well. Evening by evening, we mark time.

What has marked the past two years for you? What has marked your passage of time?

The Omer teaches us the importance of counting. Day by day, we count, and I think it’s to teach us a message — that what we do, counts. That we matter. We count because we count.

It’s easy, in our society and our world, to feel like we don’t count. People can ignore us or slight us; they can offend us or exclude us. We all have been on both sides of this — we have excluded and we have been excluded, we have offended and we have been offended.

What the Omer points us to is that, in all of this, time marches forward, and we continue to count. It reminds us that every day is a new chance, a new opportunity, to be our best self.

The Bnei Yissachar, a Hasidic text, tells us that the Omer period is really about practicing middot — virtues. It’s not about discrete actions; it’s about overall self-work. It’s about the daily work of waking up and living our lives. And every day is a new opportunity for this.

Our tradition tells us (we see this in the Yotzer Or liturgy) that God recreates the world anew every morning. What does that mean for you? For me, it indicates that every day presents a possible blank slate — a new opportunity.

What can you do to feel present and whole in these days of counting? What can you do to bring presence and peace to others? How can you be your best self, and how can you make up for mistakes?

Let the Omer guide to a place of presence — presence and love. And an awareness that we count because we count.
Mark Your Calendar
July 17 Fast of Tammuz
July 31 (new date) Memorial for Shula Chernoff
Aug 7 Tisha BeAv
Sept 3 Shai Hurwitz b’mitzvah
Sept 26/27 Rosh HaShanah
Oct 5 Yom Kippur

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</tr>
</tbody>
</table>

Service Times

<table>
<thead>
<tr>
<th>Sundays</th>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
<th>Saturdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am Shaharit</td>
<td>7am Shaharit</td>
<td>7am Shaharit</td>
<td>7am Shaharit</td>
<td>8:15am Shaharit</td>
<td>7am Shaharit</td>
<td>9:15am Shaharit</td>
</tr>
<tr>
<td>5:45pm Maariv</td>
<td>5:45pm Maariv</td>
<td>5:45pm Maariv</td>
<td>5:45pm Maariv</td>
<td>5:45pm Maariv</td>
<td>6 pm Kabbalat Shabbat</td>
<td></td>
</tr>
</tbody>
</table>
Services

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

- Sunday 9 am
- 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
- Saturday 9:15 am

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

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.

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.

Donate Online

Fast and easy at www.beki.org/give

Advertise Your Business 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.

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 or 203-389-2108 x114

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