TISHA BEAV: DON’T BE ALONE

When Av Starts, Joy Departs
– Taanit 26b

The fast day of Tisha BeAv (“ninth day of the Hebrew month of Av”) will be observed Saturday night 21 July and Sunday 22 July 2018. The Minha afternoon service on Shabbat will be at 5:45p. The Tisha BeAv evening service will be from 9p to 10:15p. The evening service includes communal singing of qinot (dirges) and modern songs fitting the theme and mood. Preview our booklet of Tisha BeAv Songs, Poems and Dirges (Qinot).

The Shaharit (morning) service on Sunday 22 July is from 9:00a to 10:20a. Both the Saturday night and Sunday morning services include the reading of the Biblical Book of Eikha (Lamentations). On Sunday morning, according to the Ashkenazic custom generally followed in our community, tallit and tefillin are not worn (although tallit qatan is worn).

At the Sunday afternoon Minha service, from 5:45p to 6:40p, tallit and tefillin are worn, with the recitation of their usual berakhot, and a brief Torah reading is chanted along with a haftara.

The fast is observed from 8:18p Saturday night until 8:54p on Sunday evening. As a sign of mourning, many refrain from wearing leather shoes and ostentatious clothing, and do not enjoy music, intimate physical relations or entertainment until after the fast. Most years, this is extended to the next day, but since the observance of Tisha BeAv this year is already deferred a day so as to not conflict with Shabbat, we end our observance on Sunday night.

Tisha BeAv commemorates the destruction of the first two Temples and other tragedies that have taken place in our long history. The destruction of the Temples represents the downfall of the independent Jewish government, the devastation of Jewish society and tragic loss of life. The downfall of the Bar Kokhba government and the Roman massacre and destruction of Betar occurred in 135 C.E., and is associated with the execution of 100,000 to over a million Jews in Israel and the exile of many others. On Tisha BeAv in 1290, King Edward I signed an edict expelling the Jews from England. Likewise, the expulsion of Jews from Spain occurred on that date in 1492.

The Talmudic discussion associates the destruction of the Temple, and the collapse of the Commonwealth, with unfounded contempt or excessive contention among the Jewish People in Israel, which made Israel vulnerable to foreign hegemony. The problem of unfounded contention continues in our day among the Jewish People. Likewise, as Americans, we experience unfounded hatred among ethnic and political groups, which is associated with violence and oppression.

Don’t be alone on Tisha BeAv. Join your community for the reading of Lamentations.

The Fast of Av is the only full-day fast on the Hebrew calendar besides Yom Kippur. Those with medical conditions that require oral medications or eating are urged to consult their medical and rabbinic authorities.

Continued on Page 3
Benefit Congregation
Beth El-Keser Israel

Ask us about establishing a fund, trust or annuity to ensure BEKI’s future.

Charitable giving strengthens our Community and provides the donor with tax savings.

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Beth El-Keser Israel

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Hey, not so fast

A seudat mafseget (meal before a fast) is traditionally modest, not a feast. Before undertaking any fast, one should eat a nutritious meal of normal proportions. Fresh fruits and vegetables are believed to help maintain hydration. Consult your dietician or medical references for dietary and medical advice. The New York Times reported in June 2015 that over 1,000 people died while fasting in Karachi, Pakistan, during Ramadan, in part due to a heat wave in which temperatures regularly exceeded 110 degrees, and the social and police enforcement of fasting. On Tisha BeAv, we commemorate the death of our forebears, but we do not seek to re-enact it; it is prohibited to endanger one’s life fasting and anyone with doubt about safety or with any risk factors should consult their physician. In keeping with tradition, those who cannot fast should drink or eat modestly, minimally and privately.

QIDDUSH UPDATE

Thanks to all who have stepped forward to help sponsor, plan, shop for and prep our weekly Qiddush lunches. We still need volunteers, especially for Teams 1 and 4. Those who have stepped forward since our last round-up article have moved us away from desperation, and we are grateful. But still – come join us. We have fun – and sometimes cookies.

We also all look forward to enjoying qiddush lunches together. For many BEKI members, from baby-bound new parents to often home-bound elders, weekly lunch get-togethers at BEKI are an important source of community, conversation and pleasure as well as nutrition. Most BEKIites seem to agree: our weekly attendance is on the rise, from an average of 150 people per Shabbat two years ago, to 175 per Shabbat today.

Happy with a growing congregation, the Kiddush Committee (KC) leadership is continuing efforts to streamline weekly preps and keep sponsorship costs down despite higher attendance. We have not raised basic sponsorship fees for the standard menu (bread, chips, dip or spread, “protein salad” (egg, bean or grain), herring, green salad or platter, fruit salad or platter, main dish soup or casserole, drinks, cookies, and juice/wine/schnapps for qiddush) from $320 since 2016 and will work hard to hold that line – just $1.82/meal given current attendance numbers. But, look for the following changes:

Menu by default: A “KC Choice” menu allows our all-volunteer shoppers and preppers greatest flexibility to use what’s in the pantry or on sale and respond flexibly to a dearth or flood of prep volunteers with more or less complex menus. As such, our “default assumption” is now that menus are KC Choice. But as always, sponsors with allergies, dietary concerns, or just particular favorites should feel free to name them.

Putting a Lox on it: Sadly, the cost of lox has risen steadily even as our attendance has increased. We have had to increase from 10 to 11 pounds of lox per qiddush to not run out, and even at Costco lox now costs over $16/pound. As such, sponsorship of a lox-and-bagel add-on is now $180. As always, please be considerate of fellow diners in how much lox you take, especially if you are first in line.

Short-listing Extra Options: We now offer sponsors as “add-on options” to the standard menu only pre-prepped/simple-prep items with acceptable hekhshirs from our regular suppliers. These include prepared dips/spreads (hummus, guac, bruschetta, cream cheese...), whitefish or tuna salad, lox, stuffed grape leaves, special-order Stop & Shop cakes, and ice cream sundae bar. KC teams may sometimes choose to make additional salads or soups if they have time, energy, and/or goodies to use up in the kitchen (another advantage of KC Choice). But we no longer guarantee sponsors any extra soup, salad or main dish options.

Outside Help: Sponsors who definitely want additional soup, salad or main dish items must order them from a Kosher caterer approved by Rabbi Tilsen (Westville Kosher, Abel’s or Edge of the Woods), and work with the KC team captain to find a KC team member available to pick food up and deliver to BEKI before Shabbat begins. If no KC team member is available, outside catered food is not an option: for food safety and kashrut reasons Rabbi Tilsen does not allow sponsor self-pickup of outside items.

With the changes above, as well as eliminating unfunded hagg meals, we are happy to say we have met our financial goal: sponsor funds are once again covering qiddush costs, as intended, so our community-building qiddush meals are break-even and revenue-neutral to the shul.

Questions? Feel free to contact rhweiner@sbcglobal.net. Want to volunteer? Great! Please contact Ellen.Cohen@snet.net. We look forward to continuing to share many meals together.
As many of you hopefully know by now, BEKI has been approached by the New Sanctuary Movement to consider offering sanctuary to an individual here in our synagogue, or provide assistance to people living in sanctuary in another house of worship. A group of members has assembled a Sanctuary Exploratory Committee, to learn more about what it would mean for BEKI to offer sanctuary and to organize events to help the congregation learn more and to actively participate in the conversation.

“Sanctuary” is not a legal term within U.S. law, but is understood to be providing a refuge in a place of worship for immigrants who are of questionable legal status and who are in fear of imminent deportation. People enter sanctuary for a number of reasons and every story is unique. To provide a little background - an undocumented person is an individual in the US without a visa or on an expired visa. Often undocumented people are trying to get asylum status out of fear of returning to their home country because of fear of persecution on the basis of race, religion, nationality, political belief, or membership to a social group. Sanctuary congregations cannot provide permanent housing or security, but can offer protection until the immigrant can receive a fair legal hearing. In some cases, sanctuary buys time for the person to seek a deferment on deportation, or another resolution that will allow them to stay in this country.

The decision by a congregation to offer sanctuary raises many questions. Some are mundane (Where would the individual sleep and how would they buy groceries?), some are pressing but solvable (What will be the extent of the sanctuary we offer? How is the decision made about whether a particular person would be accepted into the congregation? Who would be available in an emergency?), some are critical (Does BEKI violate any laws if we choose to offer sanctuary?), and some have far-reaching effects (What does our decision, and the process by which we come to a decision, mean for us as a community?). We hope to discuss these questions in a series of events and larger conversations.

In April, Maytal Saltiel presented a Devar Torah on parasha Aharei Mot/Qedoshim - For You Were a Stranger to begin the conversation. In May, we had a Shabbat Schmooze on the Role of Faith Communities in the New Sanctuary Movement. We were joined by Kica Matos from the Center for Community Change, Nury Chavarria (who took sanctuary at Iglesia De Dios Pentecostal Church in Fair Haven) and her daughter Haley, Reverend Juhye Hahn from First and Summerfield United Methodist Church (a congregation which is currently offering sanctuary), and Emilie Egger from the New Sanctuary Movement. We had a lively conversation, learned a lot, but also realized the importance of having more ongoing conversations.

The synagogue also engaged the services of Wiggan & Dana law firm to represent BEKI pro bono through the decision making process and beyond, should we decide to offer sanctuary. Their advice concerns the way sanctuary should be provided to avoid breaking any laws against “harboring” undocumented immigrants. Tadhg Dooley, our attorney from Wiggan & Dana, has offered to make himself available for a Question and Answer session so people can have their questions answered. This has not yet been scheduled, but we will spread the word when it is.

We do hope you joined us for another Shabbat Schmooze on 7 July 2018 for “Stories from our Immigrant Community: Why and How We Came.” This panel helped give a face to the undocumented immigrant story and engage with their experiences.

In addition, we hope to offer an open forum for the entire congregation. This is an opportunity for people to register their concerns, questions and opinions. Our hope is that it will be carefully moderated to allow all interested participants to exchange ideas and concerns together.

The Sanctuary Exploratory Committee will then produce a full report and make it available for the congregation. This report will outline the background of the issues, answer questions that have come up along the way, and will provide a deep dive into the logistics of what providing sanctuary would look like if we do decide to move forward.

After all of these discussions and steps we hope to have a formal process for members to register their preferences and sentiments, for consideration by the Board of Directors, toward a recommendation to the board to either offer or not offer BEKI as a possible sanctuary congregation or otherwise address the issue.

If you have any concerns or thoughts about sanctuary feel free to reach out to the committee - Anna van cleave@gmail.com, Sarah asarahmiller@gmail.com, or Maytal msaltiel@gmail.com.
Darshanim

Darshanim – noun, plural dar-sha·nim. Judaism, a preacher or teacher of Aggada or Halakha in a synagogue.

Rabbi Tilsen has invited the following speakers to serve as guest Darshanim in the coming weeks:

Reuben Colten and Marcia Colten (Benei Mitzva), parashiyot Matot-Masei, 14 July

Ina Silverman, Shabbat Hazon, parashat Devarim, 21 July

Jonathan Mohr, parashat Eqev, 4 August

Guest darshan, parashat Shoftim, 18 August

Guest darshan, parashat Ki Tetsei, 25 August

Steven Fraade, parashat HaAzinu, 22 September

Shabbat Shalom Torah Study

The Shabbat Shalom Torah Study meets every other Saturday morning at 10:45a in the office and is an ideal setting for veteran and novice shul-goers alike to explore the scriptural readings and liturgy of the day in a supportive setting. Expertly led by Steven Fraade, with Rabbi Alan Lovins, Rabbi Murray Levine, Nadav Sela, Isaiah Cooper and others, the Shabbat Shalom Torah Study is a nurturing exploration of practice and theory presented in a participatory, non-threatening and multi-generational setting. Many members who take advantage of this unique offering feel a deeper sense of awe born of increased understanding and appreciation of the Torah reading, Haftara (Prophetic reading) and liturgy.

The program often focuses on the scriptural readings, but also addresses the prayer liturgy and other topics related to the liturgical calendar, scriptural readings or current issues of concern.

Everyone is welcome to participate regardless of religious status or background. It is suitable for mature youths along with adults.

Mondays

Rashi Study Group: I Kings

Each Monday morning from 7:47a to 8:30a adults meet in the Library Chapel to read Rashi’s commentary on the TaNaKh (Hebrew Bible). The Rashi Study Group (RSG) is reading First Kings. It is possible to join the study group for a single meeting or to begin at any time. Knowledge of Hebrew is not necessary. Rashi purported to explain the peshat of the text, i.e., the meaning in its historical, literary and linguistic context. Visitors and new participants are welcome. Hebrew and English texts are available.

Wednesdays

Hebrew Word of the Week

The Wednesday morning service (shaharit) features a 180-second “Hebrew word of the Week” to promote the learning of Hebrew. The Hebrew language is highly structured. Most words are based on three-letter roots, and are made with a limited set of verb or noun forms. By learning a few dozen roots and a small set of word-forms, it is possible to roughly translate Hebrew words isolated from any context, something less often possible in English. The Word of the Week often relates to the weekly scriptural readings or current events.

Rabbis’ Study Group

Wednesdays with Murray is a weekly study group exclusively for rabbis and clergy, facilitated by Rabbi Murray Levine. The Wednesday study group affords local rabbis an opportunity to pursue their own talmud torah (Torah study) in a “safe” setting and with opportunities to learn from each other’s experience and insight. The study group meets Wednesday mornings in the Rosenkrantz Family Library during the school year. In 5778, the rabbis are reviewing selected sugiyot in B. Shabbat. This group is on summer recess until September. For more information, call Rabbi Murray Levine at 203.397.2513.

Visit us at www.beki.org
Adult Studies
Continued from Page 5

Thursdays
Mini Morning Learning Service
The Thursday morning services are supplemented with commentary and teaching relating to the history, themes, choreography and language of the daily morning service. Shaharit service is from 8:15a to 9:15a on Thursdays; on other weekdays, the service begins at 7:00a.

Berakhot Talmud Study Group
A weekly study of the Talmud Bavli Berakhot meets in the Beit Midrash on Thursday mornings 10a–11a with Rabbi Tilsen.

The Talmud, a hypertext extended outline of discussion organized around the Mishna and based on an oral text, has no beginning or end. One can begin study at any point; now is the best time. No prior knowledge is required, but basic facility in English is helpful; students with all backgrounds are welcome, beginner to advanced.

The group will meet on 7, 21, 28 June, and 5, 12, 19 and 26 July 2018. The group will be on recess in August and September and will resume on 4 October 2018.

LifeCycle

HaMaqom Yinahem

With sorrow we note the passing of

Joseph Thomas Callaghan, III, father of Isaac Callaghan and Danielle Callaghan
Gladys Lipkin
Leon Cummings
David Winer, brother of Herbert (& Hannah) Winer

May the Almighty comfort those who mourn

New Members
Katriela Knight

Mazal tov to
Louis Sachs & Sharon Seligman on their qidushin under a huppa in June, and to mother Rita Sachs
Jimmy Shure on the birth of grandson Martin Shure
Paul & Carole Bass on the birth of their grandson Caleb Rose-Weiss, and to parents Marissa & Annie

Benei Mitzva
Marcia Colten and Reuben Colten, children of Sarah Berry & Roger Colten, 13-14 July 2018, parashiyot Matot-Masei
Contributions

Rabbi’s Tzedaka Fund (minimum $25)
- Dan & Sharon Prober marking Rabbi Tilsen’s 25 Years at BEKI
- Dennis & Barbara Rader marking Rabbi Tilsen’s 25 Years at BEKI

Qiddush Sponsors (minimum $320)
- Cynthia Beth Rubin
- Jay & Lynn Brotman
- Ada Fenick & Yair Minsky
- Sherry Kent & Richard Kantrowitz
- Rachel Bashevkin
- Winter & Mackler Family
- David Wright & Deborah Craig

Chai Fund (minimum $18) to support synagogue operations
- To the Hurwitz & Chirnomas family with sympathy on the passing of Nathaniel Hurwitz by Gary & Michele Kupfer
- To Eva & Frank Schultz in honor of the birth of their daughter Jillian Elizabeth by Gloria Cohen
- To Helen Rosenberg & Keith Richter in honor of the birth of their granddaughter Jillian Elizabeth Schultz by Gloria Cohen
- To Diana Pacetta Ullman with sympathy on the passing of Tom Ullman by David & Rayna Belowsky
- To Mikki Ratner with wishes for a speedy recovery by Joan Gelbert
- To Rabbi Murray Levine in memory of Malka Levine by Judah Levine & Adina Kling
- To Barbara Rader in honor of her years on the BEKI Board by Rachel Bashevkin & Eric Dunsker
- To Howard Gralla with wishes for a speedy recovery by Joanne & Steve Rudof
- To Mimi Glenn in honor of her being honored by Marrakech by David & Darryl Kuperstock
- To Richard Hodes with wishes for a speedy recovery by Dan Jennex
- To the Slishstein & Azoff family with sympathy on the passing of Sheldon Slishstein by Joanne Foodim & Rob Forbes

Ari Nathan Levine Children’s Library Fund
- To Harold Miller in honor of his retirement by Janice L. Pratt

David & Lillian Levine Endowment for People with Special Needs
- In memory of his parents David & Lillian Levine and in appreciation for being invited to a Seder this Passover by Richard L. Levine

Hesed Committee
- To Harold Miller in honor of his retirement by Janice L. Pratt

Yahrzeit Fund ($5 minimum) to support synagogue operations
- In memory of her father Louis Melnick by Margie & Jay Hirshfield
- In memory of Irving Bashevkin by Rachel Bashevkin
- In memory of Margo Siegel by Lou & Debbie Siegel
- In memory of Bev Zlotoff by Ron Zlotoff & Donna Kemper
- In loving memory of her father Louis Rogoff by Eileen S. Rogoff
- In memory of Samuel Siegel by Eileen S. Rogoff
- In loving memory of Eli & Goldie Kasimer by Joseph Kasimer
- In memory of Anne Benson by Joanne & Steve Rudof
- In memory of Frances Singer by Robert & Annette Kiser
- In memory of Rose Kimmel by Annette & Robert Kiser
- In memory of Goldythe Natalie Hyman by Shirley & Harold Fidler
- In memory of Estelle Gottfried by Helene Schnitman Vanderheof
- In memory of Samuel Olmer by Diana Olmer Bander
- In memory of Sara Oppenheim by Anita & Michael Malina
- In memory of her husband Israel Glazman by Polina Naiman
- In memory of Molkia Blank by Fania Levine
- In memory of Breindel (Bertha) Levine by Rabbi Murray Levine
- In memory of Malka Levine by Rabbi Murray Levine
- In memory of Sylvia Kindis by Shirley & Marty Shepro
- In memory of Kate Press by Jeff & Lynne Heisner and Dave & Joyce Popowski
- In memory of Rose Hodes by Lynne & Jeff Heisner
- In memory of Mendel Rosner by Sara-Anne & Hillel Auerbach
- In memory of her beloved husband Alan H. Gelbert by Joan Gelbert
- In memory of her beloved Mollie S. Nutt by Joan Gelbert
- In memory of Ida Weiss by Suzanne Weinstein
- In memory of Morris Maltin by Ted Maltin
- In memory of Katherine Robbins by Teddy Deitch
- In memory of Marilyn Levine by Mordy & Elizabeth Levine
- In memory of Milton Weiner by Joanne & Steve Rudof
- In memory of Harry Kabakoff by Marvin Kabakoff
- In memory of Harry J. Levine by Hilda Truehart
- In memory of Milton Smirnoff by Bea Smirnoff
- In memory of Hyman H. Haves by Maeera Haves Mouglin
- In memory of Anna Savin by Ronald Savin
- In memory of Henry Cohen by Cliff & Donna Cohen
- In memory of Eli Slopak by David Schwartz
- In memory of Simon Berman by Richard Neveloff
- In memory of Hajnalka Winer by Herb & Hannah Winer
- In memory of Sara Oppenheim by Joyce & Michael Bohnen
- In memory of Sam Katz by Hy & Karol Katz
- In memory of Norman Katz by Hy & Karol Katz
- In memory of her parents Eli & Goldie Kasimer by Amy Scher
- In memory of Robert Colten by Roger Colton & Sarah Berry
- In memory of Robert Nelson by Sarah Berry & Roger Colton
- In memory of Leonora Tomkinds by Bruce Tomkinds
- In memory of Sophie Greenhouse by Milton Greenhouse
- In memory of Samuel Zarnes by Doris Sagerman
- In memory of Herman Winer by Herb & Hannah Winer
- In memory of Samuel Kitavitz by Betty Swinkin
- In memory of Ida Levine by Hilda Truehart
- In memory of William Palmer by Marsha & John Reynolds
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We celebrated National Mix It Up Day in October to foster greater respect and understanding among our students.
# July 2018

18 Tammuz 5778 - 19 Av 5778

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<td>10:00am Shalom Torah Study Qiddush: Rudof &amp; Loving/Loving</td>
<td>12:45pm Panel Discussion &quot;Stories from Our Immigrant Community: Why &amp; How We Came&quot; 5:45pm Minha</td>
<td>Marcia &amp; Reuben Benei Mitzva 10:45am Children's Programs Qiddush: Colten &amp; Berry 5:45pm Minha</td>
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**Service Times**

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<th>Saturdays</th>
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<td>9 a.m. Shaharit</td>
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<td>5:45 p.m. Maariv</td>
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<td>5:45 p.m. Maariv</td>
<td>6 p.m. Qabbalat Shabbat</td>
<td>Before sunset: Minha</td>
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# August 2018

## 20 Av 5778 - 20 Elul 5778

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<tr>
<th>Sunday</th>
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<td>10:00am Berakhot Study Group</td>
<td>7:47pm Candle Lighting</td>
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<td>10:45am Children's Programs</td>
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<td>10:45am Shabbat Shalom Torah Study Qiddush: BEKI</td>
<td><strong>5</strong> Elul (Honoring the Legacy L'Chayim Society)</td>
<td>5:45pm Minha</td>
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<tr>
<td>7:45am Rashi Study Group</td>
<td>10:00am Yoga Hour</td>
<td>6:30pm Ma'ariv Class with David Kuperstock</td>
<td>7:15pm Israeli Dance</td>
<td>10:00am Berakhot Study Group</td>
<td>7:39pm Candle Lighting</td>
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<td>10:45am Children's Programs</td>
<td><strong>11</strong> Rosh Hodesh I</td>
<td>10:45am Shabbat Shalom Torah Study Qiddush: Miller (C &amp; R) &amp; Weiner-Rastelli</td>
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<td>Rosh Hodesh II</td>
<td>7:45am Rashi Study Group</td>
<td>7:15pm Israeli Dance</td>
<td>7:45am Rashi Study Group</td>
<td>10:00am Yoga Hour</td>
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<td>7:45am Rashi Study Group</td>
<td>7:30pm Israeli Dance</td>
<td>7:18pm Candle Lighting</td>
<td>10:45am Children's Programs Qiddush: Gad</td>
<td>5:45pm Minha</td>
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## Service Times

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Amazon Commission

Buying items from Amazon? Use this link or the link on BEKI’s home page beki.org (bottom) so BEKI will receive a commission (about 4%) on the sale at no cost to you. Bookmark our link. (Other Amazon programs such as Smiles provide only 0.5% so use our link instead.) See instructions and explanation under “Resources.” The June 2018 income was $126 ($129 in March) from Amazon Link (and just $16 from Smile January through March 2018).

Learn Maariv

Intro to Maariv, History, Structure and Meaning with Rabbi Tilsen, Sunday 15 July, 10a; The Maariv Class, Learn to Follow and Lead, Music and Text, with David Kuperstock, four parts, Tuesdays 17, 24, 31 July and 7 August, 6:30p

Service Leaders’ & Volunteers’ Rotation

The schedule for service leaders for July-Dec 2018 was mailed to 100 participating households in June. It is posted at www.beki.org/worship/service-leader-rotation and available in the literature rack in the lobby or by request via schleppost from office@beki.org. If you would like to request specific dates for January-December 2019, or to be added or dropped from a roster, please contact Jon-Jay at jjtilsen@beki.org for all services, and kids@beki.org for children’s programs. Additional leaders are needed for Pesuqei DeZimra, Friday Night and Shabbat Morning Greeters, Shabbat Minha (Saturday afternoon) and Maariv (Saturday night during winter).

If your name was left out by mistake or you’d now like to be included, please request an “available” date from Rabbi Tilsen by email (but not in person on Shabbat, as we cannot schedule on that day). Normally several additional dates become available during the course of the semester, and anyone erroneously omitted will be the first to be asked to fill those dates.

Israel Study Group Visits Palestine Museum:

Wednesday 18 July, 7:30p. We will meet at the museum at 1764 Litchfield Turnpike. RSVP not required but helpful. Contact Alan Lovins alovins@aya.yale.edu 203.530.3835.