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 10 August and Sunday 11 August 2019. The Minha afternoon service on Shabbat will be at 1p. The fast begins at 7:58p; havdala is 8:40p; the Tisha BeAv evening service at BEKI 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 11 August 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 7:58p Saturday night until 8:40p 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.
What will your Jewish Legacy be?

Create a Jewish Legacy
Greater New Haven

Create your legacy for Congregation Beth El-Keser Israel

For more information about Create A Jewish Legacy, contact Lisa Stanger, (203) 387-2424 x382, lstanger@jewishnewhaven.org. www.newhavenjewishfoundation.org | www.jewishlegacynewhaven.org

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: jjtilsen@beki.org
• Visit our web page: www.beki.org

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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Tisha BeAv
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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.

A seudat mafseket (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.

Exciting Changes Ahead for High Holy Days

High Holy Days at BEKI has been a time of great energy, activity, learning, music, meaning and community. We’ll be ramping up even more on all these fronts this year.

We have been so fortunate for so many years to have had our High Holy Days services, including the long and demanding Musaf, Kol Nidre, Yizkor Memorial and Neila services, led by those from our own community. For seventeen years, through 2011, Rabbi Alan Lovins beautifully led the services listed, and in 2012, Michael Stern, an active former BEKI member and student of Rabbi Lovins’ seamlessly succeeded him, returning to BEKI each year for the last seven with his lovely wife Kathy Rosenbluh from his home first in Orlando and then Chicago. We are so grateful to both Alan and Michael for the many years of leadership and inspiration at this auspicious time of our Jewish year.

Alan’s, and then Michael’s, efforts were complemented by talented BEKI volunteers who have beautifully led the balance of services throughout Rosh HaShana and Yom Kippur. We have been very lucky to have drawn into our community the depth of experience that allowed for this to happen.

As the BEKI community continues to thrive, and our commitment to and investment in our vibrant congregation and to volunteerism deepens, so have the number of congregants who are of experience, skills, creativity, and commitment.

We are excited to announce that beginning this year, our High Holy Days services will be led entirely by BEKI volunteers. Some have led here beautifully for many years (Marsha Beller, Steven Fraade, Isaiah Cooper, Jennifer Botwick, Corey Stone, Paul Bass, Harold Birn) and some began leading at BEKI only last year (Jonathan Gordon, David Gordon, and Russell Epstein). This year, we add Cantor Shoshana Lash and Josh Perry to this amazingly talented roster. Jonathan, David Gordon, Russell, Shoshana and Josh have all led High Holy Days services as professionals in other congregations for years – but all have agreed to share their talents with us – and to stay “home for the holidays”. We will announce who will be leading which specific services in our High Holy Days information later this summer.

Over the next couple of months, you will be receiving information about preparations, programs and educational opportunities, security, inviting guests, children’s programming, and much more leading up to the High Holy Days. We welcome all to join in with ideas, assistance and the opportunity to share this meaningful time of the year with friends, family and community.

As we transition our leadership of the High Holy Days Committee, as well, if you have any questions or want to help out in any way, please contact Jay Sokolow at 203-640-9555 or sokolow@snet.net.

— Darryl Kuperstock and Jay Sokolow

Visit us at www.beki.org
Karen Kassap’s exhibit entitled “On My Mind: One Jewish Woman’s View,” will be installed in the BEKI art gallery from June 18 through August 18, 2019, with an Artist’s Talk on Shabbat, August 17, following kiddush.

Kassap has developed a unique mixed media collage style over a period of over 15 years, including layers of painted papers, printed papers, acrylic paint, acrylic gel medium and various found objects. “Collage is a very appealing form of expression because the many layers required to create the work are often completely invisible to the viewer, but their existence is a mystery that draws one in,” she said.

Kassap describes her work as “a personal expression of my identity as a woman, a mother, a wife and a Jew. I enjoy using metaphors and motifs in my work and many of them have personal significance to me. However, my hope is that they are universal keys through which the viewer can find his or her own interpretation, and discover his and her own truth.”

Although collage is Kassap’s primary artistic form, she also works in a variety of media including photography, clay and fiber. She has studied mixed-media collage with artist Debi Pendell for many years and photography at Barnard College, from which she received a Bachelor of Arts degree, and at the International Center for Photography in New York City. She has exhibited at the Creative Arts Workshop and at the Hamden Public Library.

An attorney with a degree from New England Law, Kassap volunteers with the Apostle Immigrant Services and works as a facilitator for the Anti-Defamation League Words to Action Program. She and her family are longtime BEKI members.

Karen Kassap Summer Art Exhibit

All BEKI members are invited to participate in the Second Edition of our members’ Holiday Photography Exhibition. Produced by the BEKI Art Committee, this exhibition highlights the personal experiences of our members visiting synagogues both ancient and modern from around the world and North America. The only requirement is that the photograph is taken by a BEKI member. Our in-house experts will color-correct and crop the photographs (with your approval), to produce a professional collection. The Art Committee also prints and frames your photographs for exhibition.

Extended submission deadline is 1 August. Send photos at highest resolution to beki.photos@gmail.com or write to beki.photos@gmail.com for a scanning appointment.

Through BEKI Eyes:
Photographs of Synagogues by BEKI members

Pray Anywhere, by Avital Sokolow-Silverman
Shabbatot (Saturdays)

וּרֶשָׁנִים

Darshanim

Darshan – 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:

Rabbi Ahud Sela, parashat Pinhas, 27 July 2019
Rabbi Carl Astor, parashat Eqev, 24 August 2019

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, 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.

Rashi Study Group: I Kings

Each Monday morning from 7:45a 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. The RSG meets immediately following the 7:00a shaharit morning service (not meeting 2 September Labor Day). With Jon-Jay Tilsen.

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

The Rabbis’ Study Group is a weekly study group exclusively for rabbis, initiated and taught by Rabbi Murray Levine from 2004 to 2018. 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. The Rabbis’ Group continues under the direction of Rabbi Eric Silver, and is studying Sota. On summer recess in July-August. For more information, contact J-J Tilsen jjtilsen@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, 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 Berakhot Talmud Study Group is on recess in July and August.

LifeCycle

HaMaqom Yinahem
With sorrow we note the passing of
Ralph Oren, father of Bruce (& Angela) Oren
Andy Wolf, brother of James (& Melanie) Wolf

May the Almighty comfort those who mourn

HaNoladim BeMazal Tov
Mazal tov to Gail & Adam Miller on the birth of Hannah Madeline
Mazal tov to Magdalena & Gerry Garcia on the birth of Hannah Alina
Mazal tov to Rozalyn & Benjamin Rodwin on the birth of Charles Reuben
Mazal tov to Maytal Saltiel & Dan Setler on the birth of Lena

Benei Mitzva
Malachi Light, son of Rachel Light & Jonathan Freiman, and of Eben Light, 19-20 July 2019, parashat Balaq
Jacob Marx Schonberger, son of Amy Marx & Robert Schonberger, 25-26 October 2019, parashat Bereishit

Heartfelt “Thank you,” to our BEKI family for your support following my father’s death. I didn’t fully comprehend the meaning of community until I was overwhelmed by the outpouring of love and concern, combined with the comfort of our mourning ritual.

Thanks again,
Angela and Bruce
### Contributions

#### Rabbi’s Tzedaqa Fund
(minimum $25)

- Lou & Lisa Petrillo marking the yahrzeit of Abe Goldstein
- David Schwartz memorializing those who perished in the Shoah
- Robert & Jane Stern marking the yahrzeit of mother Tusi Stern
- Stan Saxe in appreciation
- Albert Shamash in appreciation
- Lou & Lisa Petrillo in memory of Peter Meyers

#### Qiddush Sponsors (minimum $320)

- Mike Hurwitz & Debbie Chirnomas
- BEKI Sisterhood & Mimi Glenn
- Esther Nash
- May birthdays: Judy Eisenberg, Joel Grutzendler, Sid Levine, David Levy, Amy Marx & Melissa Perkal

#### Chai Fund (minimum $18) to support synagogue operations

- To Marty Gold & Rena Cheskis-Gold with best wishes on the birth of their grandchild by Eric Dunsker & Rachel Bashevkin
- To Marty Gold & Rena Cheskis-Gold, mazel tov on the marriage of their son by Eric Dunsker & Rachel Bashevkin
- In honor of the birth of her great-great-grandson by Fania Levine
- To Shlomit Metz-Poolat with sympathy on the passing of Rabbi Moshe Meiri by Raina Sotsky & Morris Bell
- To Shlomit Metz-Poolat with sympathy on the passing of Rabbi Moshe Meiri by Jennifer Fleming
- To Shlomit Metz-Poolat with sympathy on the passing of Rabbi Moshe Meiri by Joe Kasimer
- In memory of her grandmother Mamie Chernikoff by Janet Chernikoff
- In memory of Eli & Goldie Kasimer by Rachel Bashevkin
- In memory of Beverly Z. Zlotoff by Ron Zlotoff
- In memory of Anna Savin by Ronald & Melrene Savin
- In memory of Hyman H. Haves by Maera H. Mougin
- In memory of Anna Levine by Diane Hoberman
- In memory of Molka Blank by Fania Levine
- In memory of Margo Siegel by Lou & Debbie Siegel
- In memory of Sylvia Kindis by Marty & Shirley Shephard
- In memory of her beloved husband Alan H. Gelbert by Joan Gelbert
- In memory of Sarah Gelbert by Jean Gelbert
- In memory of her mother Mollie S. Nuht by Joan Gelbert
- In memory of Ida Weiss by Suzanne Weinstein
- In memory of Henry Cohen by Cliff & Donna Cohen
- In memory of Estelle Gottfried by Edward & Helene Vanderhoef
- In memory of Katie Press by Jeff & Lynne Heisner
- In memory of Rose Hodes by Jeff & Lynne Heisner
- In memory of Marilyn (Malka) Levine by Mordy Levine
- In memory of Israel Glazman by Polina Naiman
- In memory of Sara Oppenheim by Anita & Michael Malina

#### Synagogue Fund (minimum $10) to support synagogue operations

- To Shlomit Metz-Poolat with sympathy on the passing of Rabbi Moshe Meiri by Bill Shragis

#### Gilah Benson-Tilsen Fund for Youth

- Mazal tov to Noam Benson-Tilsen on his election as regional Minister of Religion and Education by Eric Dunsker & Rachel Bashevkin
- Mazal tov to Gilah Benson-Tilsen on receiving her Masters in Public Health from Yale by Eric Dunsker & Rachel Bashevkin

#### Yahrzeit Fund ($5 minimum) to support synagogue operations

- In memory of Lelia Braunstein by Irwin H. Braunstein
- In memory of her father Irving Bashevkin by Rachel Bashevkin
- In memory of Sophie Hershbain by Debbie & Lou Siegel
- In memory of Susan Spear by Bob Spear
- In memory of Fanny Levy by Art & Betty Levy
- In memory of Dora Shure by Betsy Shure Gross & Gary Gross
- In memory of Walter Harvey Greenwald by Roberta Vine
- In memory of Pearl Yaffe by David Yaffe
- In memory of her grandfather Samuel Friedman by Harriet Friedman
- In memory of Marvin Voloshin by Cindy Voloshin-Smernoff
- In memory of David E. Sugarman by Richard & Marcie Sugarman
- In memory of Sylvia Hoberman by Judith Hoberman & Dominic Kinsley
- In memory of her grandmother Mamie Chernikoff by Janet Chernikoff
- In memory of Eli & Goldie Kasimer by Rachel Bashevkin
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- In memory of Sara Oppenheim by Anita & Michael Malina
We celebrated National Mix It Up Day in October to foster greater respect and understanding among our students.
News

Upcoming Columbus House Shelter Dinners
Volunteers needed to prep on specific Tuesday evenings 7-9:30p and to serve dinner on specific Wednesday evenings 4:45-6p on 27-28 August and 24-25 September for those who have sought shelter at Columbus House 4:45p-6p. Sign up ASAP online HERE. Contact Darryl Kuperstock kuperst@gmail.com 203-215-8555 with questions.

Seeing Angels

Judaism, Addiction & Recovery
Book talk by Rabbi Richard Eisenberg, Thursday 8 August 7p Library, on “Judaism, Addiction and Recovery: A Spiritual and Faith-based Approach.”
Need Booze: In-kind donations of sealed quality spirits for Shabbat qidush welcome; deliver weekday during office or service hours.

BEKI Wifi
BEKIGuests is available to members and guests throughout the building; no password is required. If you need a secure network, please ask staff for assistance.

Cool Whipping
Air-Conditioning is now on-line in the main kitchen.

Hesed
To be notified of opportunities to help your fellow congregants, follow the link below to join the BEKI Hesed Committee via lotsahelpinghands. Signing up does not obligate you to do anything, it just gives you the opportunity to volunteer. https://my.lotsahelpinghands.com/community/beki-hesed-committee/home

Security Update
Evac Plan. In the event of emergency requiring evacuation, use emergency exits. Proceed to the Mitchell Library on Harrison St; be careful crossing Whalley Ave, and wait there for further instructions. If your children are in a program, they will be brought to the Mitchell library by program leaders. Do not go to your car, as traffic in the parking lot will impede emergency response. Question? Ask Jay Sokolow

Torah Torah Torah
Darryl Kuperstock is coordinating readings for BeMidbar through 3 August.

Donate
Fast and easy at www.beki.org/give .

Got Announcements?
Ask President Yaron Lew to include your BEKI event in live Shabbat morning announcements by writing to announcements@beki.org . “This Week at BEKI” listings may be up to 50 words.

Shabbat Shalom Torah Study
Study of Torah is considered equal or superior to prayers as a form of “worship.” Join Steven Fraade and other scholars for an hour of study (weekly portion, liturgy, Q&A) every other Shabbat morning 10:45a–11:45a in the office.

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. January’s was $83.

Mark Your Calendar

Seeing Angels Book Talk with Rabbi Ahud Sela 25 July 2019
Judaism, Addiction & Recovery Book Talk with Rabbi Richard Eisenberg 8 August 2019
Fast of Tisha BeAv 10-11 August 2019
Camp Ramah of New England Closing Day 18 August
Rosh Hodesh Elul 30 August – 1 September 2019
Selihot Night 21 September 2019
Rosh HaShana Evening 29 September 2019
Fast of Gedalia 2 October 2019
Qever Avot Memorial Services 6 October 2019
Kol Nidre & Yom Kippur Evening 8 October 2019
Sukkot Evening 13 October 2019
Sukkot Day One 14 October 2019
Sukkot Day Two 15 October 2019
Hoshana Rabba 20 October 2019
Shemini Atseret Day 21 October 2019
Simhat Torah Night 21 October 2019
Simhat Torah Day 22 October 2019
Rosh Hodesh Heshvan 28-30 October 2019
A MESSAGE FROM RABBI TILSEN

W

hile Tisha BeAv is described in a modern short work as “the sacred Jewish holiday commemorating God’s reneging on every promise,” (Woody Allen, Getting Even), the real cause behind the disaster of 9 Av as our ancestors understood it was even worse than that. The Talmud teaches that gratuitous hatred among the Jewish People led to the collapse of the commonwealth in the first and second century of the common era.

Unfortunately, a community can tear itself apart, or unravel, from a range of stresses. The feelings of anger, fear, outrage, despair and more that emerge from violence directed at synagogues and other institutions close to us are generated by “external” forces. But our own responses to those feelings can stress our communal cohesion.

Those who have been close to or experienced such trauma have a range of responses. Some people feel, “The synagogue should be a place of safety. I don’t want to enter a synagogue unless security is high and visible.” Others feel, “The synagogue is my refuge from the troubles of the world; I don’t want to walk into a place that boldly emphasizes danger, violence and trauma.” While these responses have more nuanced and complicated thinking behind them, and a range of variations, they both represent the sincere feelings and thoughts of our members – seemingly irreconcilable beliefs.

It may be easy to feel threatened, or at least annoyed, by other people’s perceptions. One might even be angry, or hateful. Transitory emotions are natural, and usually

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Apocalypse
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not a threat to community if they can eventually be managed and directed. But sometimes anger persists, and can become hatred. Remarkably, theories of terrorism understand exactly that, and depend on this process for achieving their aims. And unfortunately, even knowing this in advance, communities can fall to this dynamic. Having strongly different feelings, knowledge bases, analysis and priorities should not be a reason for us to hate each other; any hate based on this is gratuitous.

The cycle of observances around Tisha BeAv, including the minor fast day commemoratives of the fasts of Tamuz, Tevet and Gedalia, remind us that just as Rome was not built in a day, Jerusalem was not destroyed in an hour. These “minor fast days” remind us that societal collapse usually comes gradually, one step at a time. Surely the “slide” into the world wars occurred in many steps, just as the collapse of Syria and Venezuela were part of a longer process. Naomi Wolf, in 2007, wrote “Fascist America, in 10 easy steps,” which are partly sequential. Whether or not we agree with her particulars, the notion of sequence and gradations may be valid. The same can happen in our communal institutions and our private lives. The good news is that if we pay attention and can adjust course, we might save ourselves.

Beyond that cognitive process of identifying and reversing decline, we have an additional tool available. It is a counterforce to gratuitous hatred: gratuitous love. It means despite other people’s irrational or unreasonable beliefs and actions, we still love, respect and care for them.
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.” December Commission was $125; January’s was $83.

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Please contact me to for:
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- Your free market evaluation, to prioritize upgrades
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# BEKI Bulletin July / August 2019

## July 2019

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<td>23 Tammuz</td>
<td>7:56pm Candle Lighting</td>
</tr>
<tr>
<td>24 Tammuz</td>
<td>10:45am Children's Programs</td>
</tr>
<tr>
<td>25 Tammuz</td>
<td>Qiddush: Rohner &amp; Gordon</td>
</tr>
<tr>
<td>26 Tammuz</td>
<td>1:00pm Minha</td>
</tr>
<tr>
<td>27 Tammuz</td>
<td>7:45am Rashi Study Group 10:00am Yoga Hour</td>
</tr>
<tr>
<td>28 Tammuz</td>
<td>7:00pm Israeli Dance</td>
</tr>
<tr>
<td>29 Tammuz</td>
<td>Service Times</td>
</tr>
<tr>
<td>30 Tammuz</td>
<td>6:00pm Malachi Light Bar Mitzva</td>
</tr>
<tr>
<td>31 Tammuz</td>
<td>7:00pm Israeli Dance</td>
</tr>
</tbody>
</table>
# August 2019

**29 Tammuz 5779 - 30 Av 5779**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
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<td>Rosh Hodesh</td>
<td>7:49pm Candle Lighting</td>
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<td>10:45am Children's Programs</td>
<td>10:45am Shabbat Shalom Torah Study Qiddush: August Birthdays</td>
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<td>1:00pm Minha</td>
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<td></td>
<td>7:45am Rashi Study Group</td>
<td>7:00pm Israeli Dance</td>
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<td>7:00pm Book Talk with Author Rabbi Richard L. Eisenberg &quot;Judaism, Addiction and Recovery&quot;</td>
<td>7:40pm Candle Lighting</td>
<td>10:45am Children's Programs Qiddush: TBA</td>
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<tr>
<td></td>
<td>10:00am Yoga Hour</td>
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<td>7 Av</td>
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<td>Fast of Tisha B'Av</td>
<td>7:45am Rashi Study Group</td>
<td>7:00pm Israeli Dance</td>
<td>7:45am Children's Programs</td>
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<td>10:45am Children's Programs</td>
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<td>9:00am Tisha BeAv Eikha Reading</td>
<td>10:00am Yoga Hour</td>
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<td>10:45am Shabbat Shalom Torah Study Qiddush: Kassap</td>
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<td>12:45pm Conversation with the Artist: Karen Kassap</td>
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<td>10:45am Children's Programs Qiddush: TBA</td>
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<td>7:45am Rashi Study Group</td>
<td>7:00pm Israeli Dance</td>
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<td>7:30pm Candle Lighting</td>
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<td>Rosh Hodesh I</td>
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**Service Times**

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<thead>
<tr>
<th>Sundays</th>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
<th>Saturdays</th>
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<tbody>
<tr>
<td>9 a.m. Shaharit</td>
<td>7 a.m. Shaharit</td>
<td>7 a.m. Shaharit</td>
<td>7 a.m. Shaharit</td>
<td>8:15 a.m. Shaharit</td>
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<td>5:45 p.m. Maariv</td>
<td>5:45 p.m. Maariv</td>
<td>5:45 p.m. Maariv</td>
<td>5:45 p.m. Maariv</td>
<td>5:45 p.m. Maariv</td>
<td>6 p.m. Qabbalat Shabbat</td>
<td>1 p.m. Minha</td>
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