

# Temple Beth El Bulletin

A Conservative, Inclusive, Spiritual Community

[www.tbe.org](http://www.tbe.org)

Volume 47 Issue 2 (bi-monthly)

March - April 2020

Adar/Nisan/Iyar 5780

No Hate...No Fear Community Vigil  
January 5, 2020



8th Grade Sleepover  
January 25, 2020



My Gym - January 26, 2020



World Wide Wrap  
February 2, 2020



Tu B'Shevat Top Chef Challenge  
February 6, 2020



Sisterhood Challah Baking



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**COMMITTEE CHAIRPERSONS****Beth El Cares**

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**Project Ezra**

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**Reyut Committee**

Melanie Massell .....	203-324-7190
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**Ritual Committee**

Eileen H. Rosner .....	203-461-0506
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**OUR STAFF IS MOST EAGER TO ASSIST YOU****Monday - Thursday, 9am - 5:00 pm | Friday, 9am - 2:00pm****Phone: 203-322-6901 Fax: 203-322-0532**

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Katherine Kaplan, Cantorial Soloist	ext. 300
Beth Styles, Music Director	ext. 300
Cantor Moshe Bear, B'nai Mitzvah Coordinator	ext. 300



## ON ONE FOOT

On Sunday, March 15, a full busload of 40 people from our TBE family will be departing for a one-week journey to Cuba. In a sense, we will be representing all of you on this trip, as we reach out in love to the small but vibrant Jewish communities there, totaling about 1,200 in Havana with others scattered around the country. This is a tight knit group that survived Castro's revolution, one that, despite the challenges and uncertain future, claims to be there to stay. This is classified as a religious – humanitarian trip (just about the only type that can go there now). About 95 percent of the Jewish population left in 1959 and the rest were frozen in time and forgotten by most of the world. But they are still there, and we will come bearing hugs – and gifts.

WiFi is sporadic on the island, so I may not be able to send back any reports or photos, but you'll hear lots of stories when we return. And if you would like to see us off with a blessing, join us at services on Friday night, March 13.

That night is also our commemoration of National Refugee Shabbat, an annual event sponsored by HIAS. For the rest of the country, the commemoration will take place on the following week, but because of our trip, we're moving it up. And given the many times Cuba has played a central role in the struggles of political refugees, whether they be Jews during the Holocaust or Cubans themselves since 1959, March 13 will carry added meaning for us.

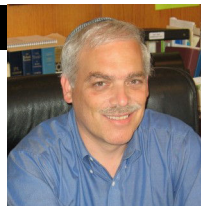
On the prior Sunday, March 8, Ruth Messenger, the visionary who brought us the American Jewish World Service, will be visiting us to help us to do some of our own visioning, as we shift our focus "From Service to Advocacy," - the title of her talk.

There is so much happening here at TBE as we fully engage our mission during this, our 100<sup>th</sup> year. Whether or not you are coming with us to Cuba, I hope you will join us on this 100<sup>th</sup> year journey.

And a reminder that we still have space on our Eastern Europe trip in July.



Rabbi Joshua Hammerman



## THE HAZZAN'S VOICE

### FROM A MATCHMAKER'S PERSPECTIVE

*I began to write my article when it dawned on me that the one to write on the subject is my daughter Tamar who is a matchmaker, very well-known and highly regarded in the Orthodox community. So, thank you "Tami."*



"Matchmaker, matchmaker make me a match..." These words from *Fiddler on the Roof* conjure up an old-fashioned busybody who knows every family's secrets. Even in the more recent Netflix show, *Shtisel*, an elderly bookbinder has a side business as a matchmaker and it almost appears that his true area of sales is not books, but unmarried Jews.

In our current world, many singles turn to online dating sites, dating apps and even dating services to help them find their match. In a new study published in the *Proceedings of the National Academy of Sciences*, a Stanford University scientist has found that couples are more likely to meet online than through personal contacts and connections.\* In the ultra-Orthodox and Chassidic worlds, a matchmaker (*shadchan* in Hebrew) has always played an integral part in the marriage process. For the past decade, increasing numbers of modern and non-Orthodox Jewish singles have been turning to websites, apps and, yes, *shadchanim* (plural) to help them find their *bashert* (soulmate). I have been working in this capacity for over six years and am blessed to have made several matches.

I meet singles at events and, thank G-d, get a lot of referrals as well. I typically interview the single either in person or by phone, then review my database of singles to see if anyone matches their interests, religious level, personality, age and values. If two individuals seem like an on-target idea, I reach out to them and explain why I am making this particular suggestion. Hopefully, it results in a date and, sometimes even in a marriage.

Modern-day *shadchanim* are not Yentas. We guard the privacy of each individual and do not go nosing into previous relationships or share family skeletons. Certain considerations should be disclosed in advance, but mostly it is up to the couple to discuss important topics on their own.

Websites and apps that do not have the personal touch of a human being on the other end can stress quantity over quality. The website I work with, for example, does have assigned matchmakers for each member, so there are real people fine-tuning the platform's algorithmic results.

It is customary to give the *shadchan* a gift when a match has been made. Some rabbis say gifting the *shadchan* is mandatory. However, matchmakers do not go into this business for the money but rather to help Jewish singles and the Jewish community as a whole.

In Genesis 24:11-20 we see Eliezer as the *shadchan* trying to find a match for Isaac and he comes back with Rebecca. It is said that G-d has preordained every match in heaven, but the modern matchmaker has to bring it to fruition here on earth.

Tamar Gold Rabinowitz

\*<https://news.stanford.edu/2019/08/21/online-dating-popular-way-u-s-couples-meet/>

**ANNUAL CANTORS CONCERT**  
**Sunday, May 17, 2020**  
**4:00 p.m.**

**Featuring 75 singers from**

**The Zamir Chorale & Zamir Noded**

**PLUS!**

**Honoring**  
**Alberto Eyzaguirre**

**for 45 years of dedicated**  
**service to Temple Beth El**





## SHABBAT AND FESTIVAL SERVICES



### MARCH

#### Friday, March 6

Kabbalat Shabbat 7:30 p.m.  
Featuring Beth Styles, Music Director

#### Shabbat, March 7 - Shabbat Zachor

Shabbat Services 9:30 a.m.  
Featuring Cantor Deborah Katchko-Gray  
Kids-in-the-Round 11:00 a.m.  
ShaBaBimBam 11:00 a.m.

#### Monday March 9 - Erev Purim

Megillah Reading for Families 6:00 p.m.  
**THE FABULOUS CHINESE ACROBATS!**  
Megillah Reading for Adults 8:00 p.m.

#### Friday, March 13

Kabbalat Shabbat 7:30 p.m.  
Cantor Arielle Green, Cantorial Candidate  
HIAS National Refugee Shabbat  
Send-Off for Trip to Cuba

#### Shabbat, March 14

Shabbat Services 9:30 a.m.  
Cantor Arielle Green, Cantorial Candidate  
Havdalah in Pajamas 6:30 p.m.

#### Friday, March 20

Kabbalat Shabbat 7:30 p.m.  
Featuring Beth Styles, Music Director

#### Shabbat, March 21

Shabbat Services 9:30 a.m.  
Kids-in-the-Round 11:00 a.m.  
ShaBaBimBam 11:00 a.m.

#### Friday, March 27

Kabbalat Shabbat 6:30 p.m.  
Featuring Beth Styles, Music Director  
TBE Connect Pot Luck Shabbat Dinner 7:30 p.m.

#### Shabbat, March 28

Shabbat Services 9:30 a.m.  
5<sup>th</sup> Grade B'nai Mitzvah Club

### APRIL

#### Friday, April 3

Kabbalat Shabbat 7:30 p.m.  
Featuring Katie Kaplan, Cantorial Soloist

#### Shabbat, April 4 - Shabbat HaGadol

Shabbat Services 9:30 a.m.  
Kids-in-the-Round 11:00 a.m.  
ShaBaBimBam 11:00 a.m.

#### Wednesday, April 8 - Erev Passover

First Seder

#### Thursday, April 9 - Passover, Day 1

Passover Services 9:30 a.m.  
Second Seder

#### Friday, April 10 - Passover Day 2

Passover Services 9:30 a.m.  
Rabbi Gerry Ginsburg - D'var Torah  
Kabbalat Shabbat 7:30 p.m.

#### Shabbat, April 11, Chol Hamoed Passover Day 3

Breakfast and Schmooze 9:15 a.m.  
Shabbat-in-the-Round 9:45 a.m.  
Featuring Cantor Deborah Katchko-Gray

#### Wednesday, April 15 - Passover Day 7

Passover Services 9:30 a.m.

#### Thursday, April 16 - Passover Day 8

Passover Services 9:30 a.m.  
Yizkor

#### Friday, April 17

Kabbalat Shabbat 7:30 p.m.  
Featuring Beth Styles, Music Director

#### Shabbat, April 18

Shabbat Services 9:30 a.m.  
**ALEX COHEN, BAR MITZVAH**  
With Rabbi/Cantor Vicki Axe

#### Friday, April 24

Kabbalat Shabbat 7:30 p.m.  
Featuring Beth Styles, Music Director

#### Shabbat, April 25

Shabbat Services 9:30 a.m.  
**BRANDON NADEL, BAR MITZVAH**  
With Rabbi/Cantor Vicki Axe

### DID YOU KNOW?

TBE offers free family membership for the first year to any member's child on the occasion of his or her marriage. For more information, contact Steve Lander at 203-322-6901, ext. 304.







## Services and Events

### ShaBaBimBam

A Shabbat program for families with children 5 and younger (older siblings welcome)

**Shabbat mornings 11am - 12pm**  
followed by Kiddush lunch - open to the community  
led by Natasha Fenster & Steve Epstein

Join us for a warm family Shabbat experience in the TBE Clubhouse (in the rear of the building)

Dates: March 7 & 21; April 4; May 9; June 6



### Kids-in-the-Round

Family Shabbat Service  
for families with children ages 5-8



**March 7, 21 and April 4  
at 11:00am**

in the Mo'adon (formerly known as the Youth Lounge)

**Led by Bobby Doowah!**

Services are followed by a special, congregational Shabbat luncheon.

Questions? Contact Jami Fener at [youngfamilies@tbe.org](mailto:youngfamilies@tbe.org) or Lisa Gittelman Udi at [eddir@tbe.org](mailto:eddir@tbe.org)

### HAVDALAH IN PAJAMAS!

**SATURDAY, MARCH 14 at 6:30 p.m.**

For families with children age 5-11  
with siblings welcome.



Join us for breakfast for dinner at 6:30pm followed by games, activities, and a family Havdalah service at 7:40pm.

\$7 per family for TBE members

\$10 per family for non-members

RSVP by March 11 at: [www.tinyurl.com/tbepj3-14](http://www.tinyurl.com/tbepj3-14)

### Young Couples Happy Hour

**MARCH 22 AT 4:00 PM**

**AT TACO DADDY**

**121 TOWNE STREET, SUITE 2, STAMFORD**

### INTRODUCING...MITZVAH MONDAYS!

Join TBE and Schoke Jewish Family Service for Mitzvah Mondays! From toddlers to teens, bring your kids and some kosher, non-perishable food items and help stock the shelves of the Freedberg Family Kosher Food Pantry!

This program takes place on the 3<sup>rd</sup> Monday of each month from 3-5 pm: March 16, April 20, and May 18.

This is a great way to perform a family mitzvah that will benefit the whole community! The Freedberg Family Kosher Food Pantry is located at Schoke JFS at 196 Greyrock Place, Stamford.

### Family Pottery Painting



**Sunday, March 29**

**3:00 - 4:30pm**

**Lucky Penny**

1012 Hope Street, Stamford

Painting | Games | Snacks | Family Fun!

Register by March 12 at:  
[www.tinyurl.com/tbepottery3-29](http://www.tinyurl.com/tbepottery3-29)

Sign-up to paint Passover items!

Questions? Contact Jami Fener at 917-680-9413.

**SAVE THE DATE!**

Back by popular demand...

**My Gym Family Party!**

**Sunday, August 9, 3:00 - 4:30 pm**

Details to come!

## RUTH MESSINGER

Sunday, March 8, 9:30am

### From Service to Advocacy

What is our obligation as Jews to pursue social justice?

What does advocacy look like in a synagogue?

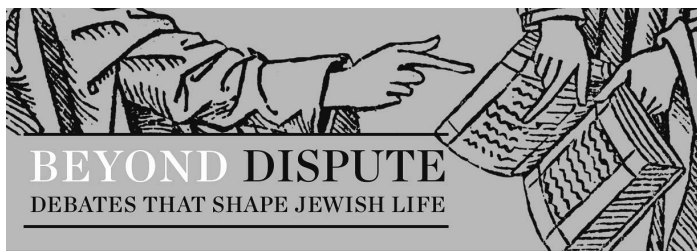
What happens when advocacy and politics collide?

Join us as we discuss these questions and more with our honored guest speaker, Ruth Messinger.

Ruth Messinger is the global ambassador for the American Jewish World Service and was its president for 18 years. A tireless advocate and social change visionary, Ruth works to mobilize faith-based communities in the U.S. to promote human rights and, in 2017, became the inaugural Social Justice Fellow at the Jewish Theological Seminary.

Breakfast will be served. There is no charge.

This event is sponsored by the TBE Sisterhood and Men's Club.

## BEYOND DISPUTE

DEBATES THAT SHAPE JEWISH LIFE

A NEW COURSE FROM JTS

### A TBE Adult Learning Series led by Rabbi Joshua Hammerman

Tuesday Evenings, 7:30pm

March 10 and 24, May 5, 19, and 26

Fee: \$36 TBE members, \$50 non-members

Register at [www.tinyurl.com/tbeadulted](http://www.tinyurl.com/tbeadulted) or call 203-322-6901.

Future debate topics - Philosophical, spiritual, ethical, and cultural, are to be addressed in sessions:

- Are religion and reason compatible?
- Can Jewish law change based on context?
- How do we teach and talk about the Holocaust and the State of Israel?
- Is our relationship with God defined by human obligation or divine compassion?
- Should we prioritize Jewish causes or universal causes in our giving?
- Is Jewish tradition intrinsically patriarchal and ableist?

Join us for this unique opportunity to explore how these debates have been manifested over the course of Jewish history, and to discuss their continued resonance for contemporary Jewish life.

This course is made possible through the generous support of Mr. Earle Kazis and the Kazis Family Publications Foundation.



# PUKIM!

MONDAY, MARCH 9

Special Performance by

## THE FABULOUS CHINESE ACROBATS!

After spending over a year in the U.S. and straight from the Cirque Du Soleil, the Fabulous Chinese Acrobats come to us on their world tour. Their astounding feats of skill, focus, and athleticism will wow young and old alike!



5:00pm: 3<sup>rd</sup> - 7<sup>th</sup> grade Religious School session and mitzvah project. We'll provide dinner. (This will be in lieu of class on Thursday, March 12)

6:00pm: Family Service and Megillah Reading, Costume Parade, Hamantaschen, Music, Fun!

Immediately followed by  
**THE FABULOUS CHINESE ACROBATS!**

8:00pm: Adult Megillah Reading in the Chapel

NO CHARGE

Sponsored by the TBE Sisterhood and Men's Club

Questions? Call the TBE office at 203-322-6901.



## ADULT LEARNING

### TBE ADULT BAR/BAT MITZVAH CLASS



Led by Rabbi Joshua Hammerman  
and Cantor Moshe Bear  
Tuesdays, 7:00-8:30pm  
in the TBE Library



Fee for educational materials: \$36 for TBE members, \$50 for non-members. Participants who paid the materials fee in 2018-2019 do not need to pay again.

New participants are welcome! If you've never had the experience of a meaningful Bar/Bat Mitzvah, this is your opportunity.

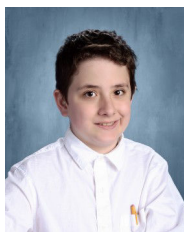
Each session will be divided into two parts: Intro to Judaism, led by Rabbi Hammerman, and Prayer and Synagogue Skills, led by Cantor Baer. For questions and registration, contact Rabbi Hammerman at [rabbi@tbe.org](mailto:rabbi@tbe.org).

## B'NAI MITZVAH

April 18, 2020

### ALEX COHEN

Son of Sherry and Kenneth  
Brother of Jonathan  
Attends Northeast Elementary School  
Mitzvah Project: Kids Helping Kids



April 25, 2020

### BRANDON NADEL

Son of Jill and Mitch  
Brother of Kyle, Anya, and Eliana  
Attends Whitby School



## EMMET'S PLAYGROUND

Emmet's Playground is being built in memory of 10-year old Emmet Manheim, who passed away last September. We have been working with engineers and designers to transform the land behind Temple Beth El's parking lot into a state-of-the-art accessible playground as well as a beautiful space for reflection and peace adjacent to the playground. Our team includes TBE members Rick Redniss and Sylvan Pomerantz, who are helping to make our dream of Emmet's Playground a reality.

We are more than halfway to our goal of \$400,000, and we are grateful to everyone who has contributed to this very special project. To see the progress of the playground and to learn about donation and sponsorship opportunities, please visit [www.emmetsplayground.com](http://www.emmetsplayground.com).

Donations are also accepted at [www.tinyurl.com/tbe-emmet](http://www.tinyurl.com/tbe-emmet)

*Lisa and Jeff Manheim*

## WOULD YOU LIKE TO BE A GABBAI?

Training available!

Please contact Rabbi Hammerman  
at [rabbi@tbe.org](mailto:rabbi@tbe.org).



## CELEBRATING A SPECIAL EVENT? COMMEMORATING A YAHRTZEIT?

Please consider sponsoring a Kiddush, following Shabbat Services, or an Oneg Shabbat, following our Friday evening services.

Contact Steven Lander for all of the new, reasonably priced Kiddush options at 322-6901, ext. 304 or [execdir@tbe.org](mailto:execdir@tbe.org).

## TBE CONNECT

### TBE POTLUCK SHABBAT!

*Back by popular demand...*

Friday, March 27, 2020

6:30pm Kabbalat Shabbat  
7:30pm dinner



Please bring your family and one dairy/pareve entrée, side dish, salad, or dessert to share!

RSVP and sign-up to bring a dish:  
[www.tinyurl.com/tbepotluck3-27](http://www.tinyurl.com/tbepotluck3-27)

Please see our guidelines for food preparation:  
[www.tinyurl.com/tbeplguidelines](http://www.tinyurl.com/tbeplguidelines)

Questions:

Contact Carl Shapiro at [cshapiro@optonline.net](mailto:cshapiro@optonline.net)  
or Mark Kobliner at [markkobliner@gmail.com](mailto:markkobliner@gmail.com)



## JAM SESSION WITH OTHER TBE MUSICIANS! JOIN NOW!

Do you like to sing? Do you know how to play a musical instrument but haven't played in a while? Well then, TBE is looking for you!

TBE Connect is interested in connecting any musically inclined people for a Jam Session to plan future activities and events - possibly as part of one of the many events being planned to celebrate the 100th anniversary of TBE.

If you're interested in joining a group of music lovers, please email Lisa Grove-Raider at [lgroveraider@gmail.com](mailto:lgroveraider@gmail.com).

Stay tuned for a meeting date/Jam Session in the near future.

## Check out our special website Dedicated to TBE's event space

[www.thebigeventspace.com](http://www.thebigeventspace.com)

Please let your friends and business associates know how we can fulfill their celebratory and meeting needs.



## MAZAL TOV TO...

*Debra and Stephen Pollack made a donation in honor of the marriage of their son, Adam, to Gabriela Costa Pollack.*

*Wil Brewer on receiving the Award of Master Corporate Executive Coach Designation from the MEECO Leadership Development Institute.*



Share your family's simcha (engagement, marriage, birth, Bar or Bat Mitzvah of a child or grandchild) and other joyous event. Just contact the TBE office at [office@tbe.org](mailto:office@tbe.org) or 203-322-6901, ext. 301.

## HONORABLE MENSCHEN TODAH RABAH TO OUR TORAH READERS!

STEVE DANZER ☆ AMANDA GEFFNER  
RABBI GERRY GINSBURG  
RABBI JOSHUA HAMMERMAN ☆ KATIE KAPLAN  
JOSHUA LEVINE ☆ BERT MADWED ☆ NAOMI MARKS  
STUART NEKRITZ ☆ JULIE ROSENBERG  
SUSAN SCHNEIDERMAN ☆ HAZZAN BRIAN SHAMASH  
LAEL SHAPIRO ☆ JAKE SIGMAN ☆ NATE SIGMAN

## WE THANK OUR VOLUNTEERS

EILEEN H. ROSNER, JEFF TURSHEN, SHARON TURSHEN,  
CAROL SANDER, JUDY SCHNEIDERMAN

Thank you to Finescape and Sons,  
our landscapers, for the beautiful,  
new Copper Beech Tree and Carex plants  
donated to Temple Beth El.



## BETH EL CARES

Beth El Cares focuses on *chesed* and *tzedakah* by helping the poor and unfortunate through mitzvot, both in our synagogue and the greater Stamford community. We welcome volunteers! This is the work we are currently engaged in. If you are interested in volunteering in any of these endeavors, please contact the person listed.

**Reyut (Friendship):** Committed to serving the needs of those in our TBE community, including friendly visits, assistance with errands and transportation, Shabbat bag delivery to hospitalized patients. Contact Melanie Massell at [reyut@tbe.org](mailto:reyut@tbe.org) or 203-324-7190.

**Project Ezra:** Providing pre-shiva meals to the bereaved in the congregation. Contact Joy Katz at [joyakatz@yahoo.com](mailto:joyakatz@yahoo.com) or 203-329-3359.

**Serving the homeless:** Helping prepare and serve food — you can do either or both — to the homeless at New Covenant Center in Stamford on the fifth Thursday of each month. Times are 2:30-4:15 pm and 4:15-5:30 pm. Contact Amy Temple at [aetemple@optonline.net](mailto:aetemple@optonline.net) or 203-496-1309.

**High Holiday and Passover food drives:** Contact Ken Temple at [kbtemple@optonline.net](mailto:kbtemple@optonline.net) or 203-962-1491.

**Christmas dinners at local homeless shelters:** Contact Amy Temple at [aetemple@optonline.net](mailto:aetemple@optonline.net) or 203-496-1309.

If you have your own idea for a Beth El Cares project, please contact Ken Temple at [kbtemple@optonline.net](mailto:kbtemple@optonline.net) or call 203-962-1491.

## SEEKING SHABBAT GREETERS

Do you like getting a warm "Shabbat Shalom" as you enter shul on Saturday morning?

Our greeting program has been extremely well received. To keep this program going, we need volunteer greeters like you.

For more information Contact Barry Strom at [barrystrom@gmail.com](mailto:barrystrom@gmail.com)

Thanks for helping make Temple Beth El a warm and welcoming place to be.

## Torah Fund Pin for 5780 (2019-2020)



Every year Torah Fund offers a special pin for a donation of \$180. The theme of this year's pin is Chesed - "kindness" or "loving kindness" conveying the deep love of Jewish acts of kindness which are done without thought of reward.

The 5780 (2019-2020) Torah Fund pin depicts a heart surrounded by three circles, one larger than the next. This symbolizes the ever-widening realms of generosity: From family, to community, to the larger world; from North America, to Israel, to the world. As it is said in Psalm 89, "May we build a world of kindness." What message could be more appropriate in today's world? Purchase from Suzanne Stone, [suzanneshorn@yahoo.com](mailto:suzanneshorn@yahoo.com), 203-866-2273.

**Our 2020 Spring schedule is full of exciting events!!**

First, we would like to thank **Lieba Lander** for teaching us how to make the best challah ever! This event was sold-out, and everyone had a wonderful time, and thank you to **Dora Salm** for leading this event. Thanks to **Mark Albertson** who gave a fascinating lecture about Amelia Earhart, the first female aviator to fly solo across the Atlantic Ocean – very informative!

**Events for the Spring:**

Please join us for as many events as you can! We look forward to sharing these programs with you. Read the Shabbat Announcements for all of the details.

♦ **REDUCE YOUR CLUTTER with Matt Baier, March 1, 10am** (President of Organizing Professionals in CT, [NAPO-CT](#) and best-selling author) who will help us get our lives in order so we are more in control! All are welcome. No RSVP necessary.

♦ **RUTH MESSINGER, Guest Speaker on March 8, 9:30am.**  
Sponsored by TBE Sisterhood and Men's Club.

♦ **CURTAIN CALL IN THE DRESSING ROOM THEATER Show: CROSSING DELANCEY STREET on April 30**  
Please make your check for \$25 payable to [Sisterhood TBE](#) and mail to Temple Beth El to reserve a seat!

♦ **SISTERHOOD SHABBAT SERVICES - May 9, 9:30am**  
We encourage you to participate in this annual Shabbat service – led by Sisterhood members. There is a variety of parts available including Torah readers, Hebrew readers, English readers and many other non-speaking parts. Contact Leslie Heyison at [lheyison@gmail.com](#) or 203-964-9386 if you would like to participate in this wonderful service.

♦ **FASHION SHOW at Lord & Taylors, June 4 in the evening**  
If you would like to be a model or volunteer, please contact Juli Harris at [jaharris99@aol.com](#)

Always read the Shabbat Announcements for details and any changes.

Please contact Sisterhood board members at [sisterhood@tbe.org](#) or feel free to call/email a Sisterhood board member with any comments. We love hearing from you and are always looking for volunteers!

With friendship, and appreciation on behalf of Sisterhood,  
*Karen Resnick*

**BAKING CHALLAH WITH LIEBA LANDER****Sisterhood of TBE  
Judaica Gift Shop**

We are pleased to offer beautiful Judaica items including mezzuzot (for home and wedding), holiday and Shabbat candles, tzedakah boxes, kiddush cups and more. You can special order Judaica items that we don't carry in stock.

For special events, we have tallit, bulk kippahs and tefillin. We no longer carry invitations and stationary.

Please see the window showcases in the upstairs and downstairs lobbies that hold a lovely selection of Judaica items for purchase.

**Contact:**

Gift Shop Items  
Barbara Berman: 203-329-7750  
[Bfberman@optonline.net](mailto:Bfberman@optonline.net)

Tallit and Kippahs  
Beth Silver: 203-249-7046  
[adminassist@tbe.org](mailto:adminassist@tbe.org)

Torah Fund Cards and Pins  
Suzanne Horn: 203-866-2273  
[suzanneshorn@yahoo.com](mailto:suzanneshorn@yahoo.com)

***Proceeds Support TBE  
and Youth Education!***

Please contact Sisterhood at [sisterhood@tbe.org](mailto:sisterhood@tbe.org) or feel free to call/email a Sisterhood board member with any comments. We love hearing from you and are always looking for volunteers!

**Karen Resnick, President**  
203-536-3115, [kmr925@sbcglobal.net](mailto:kmr925@sbcglobal.net)

**Judy Schneiderman, Treasurer**  
203-569-4969, [jrs2125@optonline.net](mailto:jrs2125@optonline.net)

**Dora Salm, Secretary**  
203-461-8596, [d\\_salm@yahoo.com](mailto:d_salm@yahoo.com)

**Barbara Berman, Gift Shop**  
203-329-7750, [bfberman@gmail.com](mailto:bfberman@gmail.com)

**Donna Wolff, Board Member**  
917-601-1878, [donna@wolffmedco.com](mailto:donna@wolffmedco.com)

**Paula Shulman, Board Member**  
203-461-9396, [paulashulman51@gmail.com](mailto:paulashulman51@gmail.com)

**Juli Harris, Board Member**  
203-276-0589, [jaharris99@aol.com](mailto:jaharris99@aol.com)

**Leslie Heyison, Past President & Advisor**  
646-354-3950, [lheyison@gmail.com](mailto:lheyison@gmail.com)

## REYUT - A VOLUNTEER'S EXPERIENCE

Delivering Shabbat Reyut Bags at the hospital is always an unexpected and rewarding volunteer experience. Friday's day of delivery was no different. Frequently when you walk into a room, the patient and the visitors are surprised to see a festive bag with colorful tissue paper in your hand, and they wonder, "Is this for me?"

So, on Friday when I walked into a room, after knocking first of course, I caught a 60ish year-old patient and his wife surprised to see me. I handed the patient his Shabbat bag, and told him that it was from the Jewish community of Stamford, and I wished him a good Shabbos. We had a brief conversation. He was obviously very moved and pleased.

As I was leaving, he asked me whom he could thank. Pointing to the Shabbat bag, he asked, "Who is this from?" I said, "It's from the Board of Rabbis and the Jewish community of Stamford. He said, "But I don't know who it is from. I don't know whom to thank. And I said, "You can thank me. You already did."

He said, "No, No. I want to thank someone." I said, "It is from the Board of Rabbis of Stamford and the Stamford Jewish community. You thanked me. That is sufficient. I will extend your thanks."

As I turned to leave the room, I said, "Shabbat Shalom." He turned to his wife and said, "What did she say?" His wife said, "She said 'Shabbat Shalom'". He said, with what sounded like a quiver in his voice, "I haven't heard those words in years."

And that made my day.

*Caroline Temlock Teichman*



### Special Occasion?

**Sponsor The Shabbat E-announcements**  
(sent every week via e-mail)

**The Shabbat Announcements**  
(distributed each Shabbat at the Temple)

**and the Shabbat-O-Gram**  
(e-mailed every Thursday night)

**All three publications for \$72**

**All sponsors will be acknowledged at the beginning of each of these announcements and also listed in our bi-monthly Bulletin.**

**Call Mindy in the office at 322-6901 ext. 301.**

## MEN'S CLUB

### THE YELLOW CANDLE PROGRAM

The Men's Club of Temple Beth El will participate in the Federation of Jewish Men's Clubs Yellow Candle Program again this year by providing Yom HaShoah Yellow Candles to our congregation.

We ask that you pick up your candle at TBE and light it to "Remember the Holocaust" in the evening, Monday, April 20 - the start of Yom HaShoah.

We ask for your generous support to ensure that we are able to not only continue this program, but continue other educational efforts about the Holocaust as well.

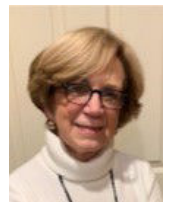
Please make your donation either online at [www.tinyurl.com/tbeyellowcandle](http://www.tinyurl.com/tbeyellowcandle) or by mailing a check to Temple Beth El, made payable to: Temple Beth El Men's Club. This will ensure that all may "Light a Candle and Preserve a Memory."

**Reyut Presents:**

### **LONELINESS: A MODERN DISEASE**

**with Roni Lang, LCSW**

**Thursday, April 2, 7:30 pm**



**There's growing evidence that there are simple, intuitive ways to combat social isolation which could make just about anyone feel happier. Loneliness can be overcome.**

**In this Reyut sponsored discussion, the community is invited to explore how to alleviate one's loneliness and simultaneously improve one's physical and mental health, and sense of well being.**

**Refreshments will be served.**

**For more information, please contact Melanie Massell:  
[sparky1092@aol.com](mailto:sparky1092@aol.com)**



**TRIVIA NIGHT @ TBE**



**Saturday, April 4 at 8:30 p.m.**

**Team up with friends and see if you've got what it takes or test your skills as an army of one. Multiple rounds to show off your knowledge of history, pop culture, TBE and more! Win prizes!**

**Hosted by TBE's own Dan Romanowitz.**

**\$36 per person. BYOB (Brains, Booze and/or Beer) - Desserts provided. A night of fun for all ages!!**

**RSVP by March 27 at: [www.tinyurl.com/triviatbe](http://www.tinyurl.com/triviatbe)**





# 100 TEMPLE BETH EL

CELEBRATING OUR FIRST 100 YEARS

## SAVE THESE DATES

*Sunday, March 8, 9:30 a.m.*

Breakfast with Ruth Messinger: "From Service to Advocacy"

*Friday, May 8, 7:30 p.m.*

Shabbat Services

Celebrating our members who joined 1920 – 1972

*Sunday, May 17, 7:00 p.m.*

Annual Cantor's Concert featuring the Zamir Chorale

*Wednesday, May 27, 7:30 p.m.*

Annual Meeting

Preview of Video: "Celebrating 100 Years!"

*Friday, June 5, 7:30 p.m.*

Shabbat Services

Celebrating our Past Presidents.

*Sunday, September 13, 10 a.m.*

100th Anniversary Relay and Brunch

*Friday, October 30, 7:30 p.m.*

Shabbat Services

Celebrating our members who joined 1973 – 2000

*Friday, November 20, 7:30 p.m.*

Shabbat Services

Celebrating our members who joined 2001 – 2019

*Saturday, December 5, 8 p.m.*

Celebration Finale



## YOM HASHOAH

Sunday, April 19 at 9:30 a.m.

Kurt Kleinman, Guest Speaker

Brunch co-sponsored by TBE Sisterhood and Men's Club

Join us as we remember the many lost during the Holocaust as we observe Yom Hashoah.

Through the intervention of the Jewish Children's Aid Organization in New York, Kurt Kleinman, then 11 years old, was sent by his mother to the United States, in 1941, as one of the 1,000 + unaccompanied children from Europe to escape the horrors of the Holocaust.



Kurt, the great uncle of TBE member Lisa Grove-Raider and the recipient of the Medal of Valor, from the Simon Wiesenthal Center in California, will speak about his journey to America and the true account of his father and brother's story of love, courage, and survival of five concentration camps during the Holocaust, as written from his father's secret diary. ***The Boy Who Followed His Father into Auschwitz*** is a true story, meticulously researched and told by author Jeremy Dronfield.

Books will be available to purchase - with pre-order.



## SALE OF HAMETZ FORM

I, \_\_\_\_\_, hereby authorize Rabbi Joshua Hammerman to act as my shaliach (representative) and empower him (or any agent operating on his behalf) to sell all hametz owned by me, or in which I have a share, whether it is in my possession, being shipped to me, or stored elsewhere, as of 10:00 a.m. on April 8, 2020. This includes any stocks or shares in corporations or businesses that buy or sell hametz. (The term, "hametz," is understood according to the Rabbinic definition of leavened food and is to include all types of such food or liquids in pure or mixed forms). Since the buyer must have free access to the hametz he purchases, I also agree to authorize him to rent those premises in which these foods are stored and agree to keep these items separated and to seal them off. This sale is to be concluded in accordance with all the requirements of Jewish law and the terms of the general authorization contract used by the Rabbi for this purpose. Stores engaged in the sale of hametz during Passover are excluded.

Estimated value of my hametz foodstuffs and liquids \_\_\_\_\_.

My signature below legally grants Rabbi Hammerman, or his agent, the power to act on my behalf in this matter in accordance with both halachic regulations and the laws of Connecticut and other states. I agree to abide in good faith by the results of this sale without any reservations, either expressed or implied.

Witness my hand this \_\_\_\_\_ day of \_\_\_\_\_, 2020.

Name \_\_\_\_\_

Home address \_\_\_\_\_ City, State \_\_\_\_\_

Business address \_\_\_\_\_ City, State \_\_\_\_\_

Summer home \_\_\_\_\_ City, State \_\_\_\_\_

Other addresses \_\_\_\_\_

### IMPORTANT!

**To be valid this letter must be received by April 8, 2020. You may fax your form to 203-322-0532.**

**DONATE ONLINE**  
Go to: [www.tbe.org/donate/](http://www.tbe.org/donate/)

### OPPORTUNITIES FOR GIVING

- ☒ Adult Education Fund
- ☒ Beth El Cares
- ☒ Beth Elders
- ☒ Debra Wald Goldberg Kindergarten Scholarship Fund
- ☒ Frank & Rose Rosner Memorial Fund (maintenance)
- ☒ General Fund
- ☒ Kiddush Fund
- ☒ Matthew Klein Memorial Sanctuary Garden Fund
- ☒ Emmet Manheim Playground Fund
- ☒ Mitzvah Garden Fund
- ☒ Music Fund
- ☒ Prayer Book Fund
- ☒ Project Ezra Fund
- ☒ Religious School Fund
- ☒ Reyut Shabbat Bag Fund
- ☒ Security Fund
- ☒ Solar Fund in memory of Norma Mann, z'l
- ☒ Youth Fund

### DISCRETIONARY FUNDS

- ☒ Rabbi Joshua Hammerman's Mitzvah Fund
- ☒ Hazzan Sidney Rabinowitz' Mitzvah Fund

### ATTENTION PARENTS OF COLLEGE STUDENTS

Rabbi Hammerman would like to stay in touch with your child while he/she is away at college. Please send his/her e-mail address to Ellen in the Temple office at [adminassist@tbe.org](mailto:adminassist@tbe.org). *Thank you!*



### *Get involved, please...*

Help Wanted! In order to maintain our vibrant and dynamic community, the Fund-Raising Committee needs more members to support TBE and volunteer their skills and talents. Many of these opportunities ask for very small-time commitments. Please consider getting involved with the:

Annual Appeal | Temple Rock | Cantor's Concert

If you are interested in volunteering, please contact us and we will give you more information.

Thank you!

Dana Horowitz ([danalhorowitz@gmail.com](mailto:danalhorowitz@gmail.com))  
Steve Sosnick ([mssosnick@att.net](mailto:mssosnick@att.net))  
Fund-Raising Co-Chairs

*Every brick has  
a story to tell...*

**100**  
**TEMPLE BETH EL**  
CELEBRATING OUR FIRST 100 YEARS

**Paver Campaign**  
**2020**

**Celebrating Our First 100 Years**  
**WATCH FOR DETAILS!**

### TREE OF LIFE



A beautiful way to commemorate a special occasion is to purchase a "leaf" on our beautiful "Tree of Life" sculpture adorning our Temple lobby. There are many more leaves available for your own personal inscriptions.

The following categories are still available:

Triple Chai	\$5,400
Silver Leaves - Gold Border	\$750
Silver Leaves	\$250

### CONTRIBUTING SHARES OF STOCK TO TEMPLE BETH EL

One way to boost your charitable contributions to Temple Beth El is to give shares of appreciated stock instead of cash. You do not pay any tax on your capital gain, and your charitable deduction is the shares' entire fair market value.

Several Beth El members contribute shares of stock to satisfy their dues pledge, their annual fund pledge, and other contributions to the Temple.

After consulting your tax advisor, please contact the TBE office at 203-322-6901.



## WE ARE GRATEFUL FOR YOUR CONTRIBUTIONS

### IN HONOR OF:

#### **JONAH ROSENBERG ON BECOMING A BAR MITZVAH**

Harley & Steve Osman

#### **THE MARRIAGE OF ADAM POLLACK AND GABRIELA COSTA**

Debra & Stephen Pollack

#### **THE MARRIAGE OF JENNIFER GREENMAN & MATT SAKOFS**

Amy & Mel Bloomenthal

#### **THE MARRIAGE OF STACY LESSEN & GREGG ARENSON**

Amy & Mel Bloomenthal

#### **PETER KEMPNER ON HIS MILESTONE BIRTHDAY**

Amy & Mel Bloomenthal, David Kaplan

#### **BRANDON TEHRANI BECOMING A BAR MITZVAH**

Robin & Rick Redniss

#### **SUSAN FRIEDEN**

Linda Rezak

### YOUTH FUND

#### *In memory of...*

Fannie Bufferd, z'l, by Ilene & Jim Locker & Family

Sylvia Kweskin, z'l, by Ilene & Jim Locker & Family

### SHABBAT BAG FUND

#### *In honor of...*

Wendy Miles for completing Daf Yomi by Ellen Gottfried

#### *In memory of...*

Freda Novick, z'l, by Meryl & Hank Silverstein

Etta Rich, z'l, by Meryl & Hank Silverstein

Mildred Sesnowitz, z'l, by Suzanne & Norman Stone

### BETH EL CARES

#### *In honor of...*

Lieba Lander for the challah baking class by Sisterhood

### REYUT FUND

#### *In honor of...*

Cathy Satz receiving the Volunteer of the Year Award from UJF by Ellen Gottfried

### PAY YOUR DUES ONLINE

Go to [www.tbe.org/donate](http://www.tbe.org/donate) and click on member payments.

Questions? Contact Linda at 203-322-6901, ext. 302 or [lindar@tbe.org](mailto:lindar@tbe.org).

### HAVE YOU VISITED OUR WEBSITE?

[www.tbe.org](http://www.tbe.org)

Find out about the latest news and upcoming activities ... access our online membership directory ... register for events and make donations ... connect to TBE's Twitter and Facebook pages ... and much more.

### RABBI JOSHUA HAMMERMAN MITZVAH FUND

#### *In honor of...*

In appreciation by Sheryl & Dan Young

#### *In memory of...*

Brad Meisel, z'l, by Barbara & Warren Brandt

### MATTHEW KLEIN MEMORIAL GARDEN FUND

#### *In memory of...*

Marcia Pomerantz, z'l, by Rosalea & Dick Fisher

### EMMET MANHEIM PLAYGROUND FUND

#### *In memory of...*

Yitzchak Raz, z'l, by Temple Sinai, Wolly/Horowitz Family

### IN MEMORY OF:

#### **EVIE SHAPIRO, z'l**

Beverly Magida

#### **MARCIA POMERANTZ, z'l**

Amy & Mel Bloomenthal

#### **MARCIA FRANKEL, z'l**

Judy Schneiderman, Susan Schneiderman

#### **SANDRA BURN, z'l**

Harley & Stephen Osman, Judy & Bill Kaufman, Susan & Ralph Freyberg, Magida Family, Marian Bauer, Sue Frieden, Carol & Allen Krim, Friends of Lisa Barocas, June & Jon Gold, Marsha Colten & Robert Cohen, Marsha Matthews

#### **PATRICIA EPSTEIN, z'l**

Toni & Charles Peterson

#### **RICHARD PIANIN, z'l**

Hana Zuckerman, Buschsbaum Family, Ferrero Family, Erika Levine, Susan & Art Greenwald, Gayle & Howard Rothman, Linda & Lynn Newport

### INFORMATION FOR YOU...

When making a donation an acknowledgement will be mailed to the designee for donations of \$10 or more. Donations of less than \$10 will be acknowledged only in the Bulletin. All donations will be published in the Bulletin unless you state that you wish to be anonymous.

### MEMORIAL PLAQUES



Inscribe the names of your loved ones on a plaque for our Chapel wall along with a light to commemorate their *yahrtzeit* and *yizkor* observances throughout the year.

For details, contact Mindy at [office@tbe.org](mailto:office@tbe.org) or 203-322-6901, ext. 301.



## REMEMBERING OUR LOVED ONES



Joanne & Marshall Goldberg ..... **ISADORE ABRAMS**  
 Marlyn & Richard Agatstein ..... **CHARLOTTE & WILLIAM ACKERMAN**  
 Roz & Alec Perlson ..... **GILBERT ADELMAN**  
 Ruth Alpert ..... **NELSON ALPERT**  
 Karen Alter-Reid & Paul Reid ..... **JEROME ALTER**  
 Maddy Shapiro & Family ..... **ROSE BELITZ**  
 Peggy & Alan Kalter ..... **RICHARD BELL**  
 Amy & Mel Bloomenthal .. **SARAH & SAMUEL BLOOMENTHAL**  
 Alan Locker ..... **HILDA BORTEN**  
 Susan & Edward Bralower ..... **DORIS BRALOWER**  
 Gail & Raymond Walter ..... **FALEK BRAUM**  
 Marcia & Mark Staines ..... **JULIUS BRESSLOUR**  
 Carol & Wil Brewer ..... **LESLIE BREWER**  
 Sheila & Gordon Brown ..... **ARTHUR BROWN**  
 Stewart Casper ..... **IRWIN CASPER**  
 Trish & Raymond Dayan ..... **JULIA DAYAN**  
 Mina Roth-Dornfeld ..... **DORA ROTH-DORNFELD**  
 Evelyn & Bruce Kahn ..... **IDA ELKAN**  
 Ronnie & Ed Fein ..... **PEARL FEIN**  
 Judy Schneiderman ..... **IDA FINKELSTEIN**  
 Rosalea & Dick Fisher ..... **FANNY FISHER**  
 Barbara & Stan Friedman ..... **MARTHA FRIEDMAN**  
 Sally & Jim Rothkopf ..... **MAY FRIEDMAN**  
 Robert Friedman ..... **SADIE FRIEDMAN**  
 Marilyn & Mitch Sofer ..... **SARAH GALLER**  
 Marcy Bick Gershman & Stanley Gershman ..... **HARRY GERSHMAN**  
 Fran & Rabbi Gerry Ginsburg ..... **DAVID GINSBURG**  
 Sondra & Leo Gold ..... **SAMUEL GOLD**  
 Phyllis & Harvey Walzer ..... **FRANCES GOLDBERG**  
 Olga & Ron Goldstein ..... **CARRIE GOLDSTEIN**  
 Robin, Jarad & Spencer Evans ..... **MITCHELL GUNTY**  
 Karen & Richard Hainbach ..... **FRED HAINBACH**  
 Leonor Lopez ..... **FERNANDO HALPERN**  
 Carolyn Nadel-Farin & Phil Farin ..... **SYLVIA HANTMAN**  
 Steven Grushkin & Family ..... **LILLIAN HELLMAN**  
 Susan Frieden ..... **RUTH HILFER**  
 Jerry Jacobs & Family ..... **MURRY JACOBS**  
 Sari & Alan Jaffe ..... **TILLIE JAFFE**  
 Herb Kahan ..... **LEON KAHAN**  
 Marsha Shendell ..... **EDITH KAISER**  
 Peggy & Alan Kalter ..... **DORIS KALTER**  
 Gail & Raymond Walter ..... **JULES KELLNER**  
 Donner & Kleiner Families ..... **SHIRLEY KLEINER**  
 Ilene & Michael Koester ..... **ROSALIE KOESTER**  
 Suzanne & Bob Kahn ..... **JULIUS KOHN**  
 Bernice Trell ..... **ARTHUR KORNGOLD**  
 Kathy & Howard Kraus ..... **DANA KRAUS**  
 Samuel Kravitz ..... **LILLIAN KRAVITZ**  
 Ellen Krinick-Porto & Myron & Sam Porto ..... **EUGENE KRINICK**  
 Ann & Julius Lasnick ..... **BADANA & HERMAN LASNICK**  
 Lori & Stuart Ratner & Family ..... **BERTRAM LAVINE**  
 Alan Locker ..... **RUTH LOCKER**  
 Leonor Lopez ..... **JOSÉ LOPEZ**  
 Stephanie & Larry Sherman ..... **MOLLIE MALIN**  
 Barbara Malloy ..... **HOWARD MALLOY**  
 Millie & Stuart Sobel ..... **RALPH MARSEL**

Herb Kahan ..... **HARRY MATZNER**  
 Cynthia Hoffman & Stan Miller ..... **PHILIP MILLER**  
 Nekritz Family ..... **LYDIA & JEROME NEKRITZ**  
 Roslyn & Merritt Nesin ..... **ALEXANDER NESIN**  
 Roslyn & Merritt Nesin ..... **EUGENE NESIN**  
 Sandy & David Oberhand ..... **MICHAEL OBERHAND**  
 Suzanne & Craig Olin ..... **ELLIOTT OLIN**  
 Lynn & Alan Pearce ..... **ANN PEARCE**  
 Debra & Stephen Pollack ..... **JASON POLLACK**  
 Julie & Lenny Rakowitz ..... **DAVID RAKOWITZ**  
 Amy & Howard Rosenberg & Family ..... **CLARA ROSENBERG**  
 Rae Cohen ..... **LENA ROSENBERG**  
 Rosenblum Family ..... **ELMER ROSENBLUM**  
 Barbara & Steven Rothstein ..... **ANNE ROTHSTEIN**  
 Magida Family ..... **JOY SOLOVE RUBIN**  
 Gail & Bruce Stone ..... **CELIA & PHILIP SALTZMAN**  
 Rosalea & Dick Fisher ..... **NORMAN SANDLER**  
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 Debora & Paul Weinstein .. **MARILYN & BERNARD SCHWARTZ**  
 Marsha Shendell & Family ..... **MILDROSE SHENDELL**  
 Sheila & Gordon Brown ..... **MAX SHEVRIN**  
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 Alan Sosnowitz ..... **LILLY SOSNOWITZ**  
 Gail & Bruce Stone ..... **FRANK STONE**  
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 Lori & Bruce Tobin ..... **GLORIA TOBIN**  
 Lorelee & Phil Granowitz ..... **WALLY WALLACH**  
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 Rhonna & Brian Rogol ..... **LEONARD WEBER**  
 Fran & Gerry Ginsburg ..... **JANE & WALTER WERTHEIM**  
 Debra & Stephen Pollack ..... **MARTIN WINTHROP**  
 Annbeth Winters ..... **MIRIAM & WILLIAM YONET**

### SHIVA NOTICES AVAILABLE ON-LINE

Congregants who are looking for shiva information can now quickly look online instead of searching their inbox for the announcement or calling the synagogue office. Just go to TBE's website ([www.tbe.org](http://www.tbe.org)) and click "Shiva Notices" under the WHAT'S NEW menu.

### WE MOURN THE PASSING OF...

**DONALD BERMAN**, brother of Nancy Greene  
**SANDY BURN**  
**PATRICIA EPSTEIN**, wife of Simon Epstein  
**YITZCHAK RAZ**, father of Liran Raz  
**RICHARD PIANIN**, husband of Suzanne  
**JOAN MELTZER**, mother of Ellen Petersen  
**MARTIN SCHECHTER**, father of Michael Schechter

## HOW WILL YOU ASSURE JEWISH TOMORROWS?



We are all responsible for the continued vitality of the Jewish organizations important to us.



TEMPLE BETH EL  
350 Roxbury Road  
Stamford, CT 06902  
[www.tbe.org](http://www.tbe.org)



To create your Jewish legacy contact: Steven Lander  
[execdir@tbe.org](mailto:execdir@tbe.org) • 203-322-6901, ext. 304

## THE TBE 100 MITZVAH PROJECT

The TBE 100 Mitzvah Project provides opportunities for congregants to honor TBE's centennial through the performance of *gemilut hasadim* (acts of loving kindness) that help charitable organizations in need of volunteers and non-monetary contributions.

### Mitzvah Opportunities at the Schoke Jewish Family Service of Fairfield County

- **Work at the kosher food pantry at SJFS.** Distribute food during walk-in hours: Monday - Wednesday, 10:30 am-12:30 pm. Organize and maintain the pantry: Monday - Friday, 9 am - 4 pm.
- **Deliver meals and food items** to homebound clients. Time is flexible.
- **Participate in Mitzvah Monday** with your kids on the third Monday of each month (Mar 16, Apr 20, May 18 ...) from 3 pm-5 pm. Bring kosher food items to the pantry and help stock shelves. GREAT for teens!
- **Visit a homebound client** for a "friendly visit" to alleviate loneliness. Time is flexible.
- **Donate food and non-food items.** Items can be dropped off at the TBE office or at SJFS.

If you are interested in doing one or more of these mitzvahs, please contact Jill Knopoff at (203) 921-4161. Don't forget to mention you're from TBE.

After completing a mitzvah, please send a note to [mitzvah100@tbe.org](mailto:mitzvah100@tbe.org) with the name or names of the family members who participated, the mitzvah, and a photo if possible.

# G&H

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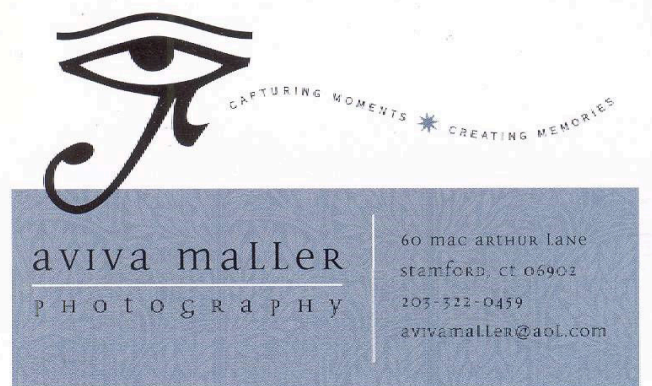
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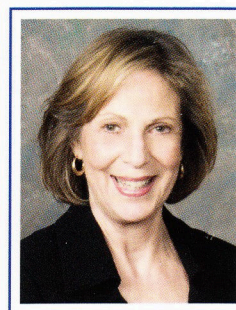
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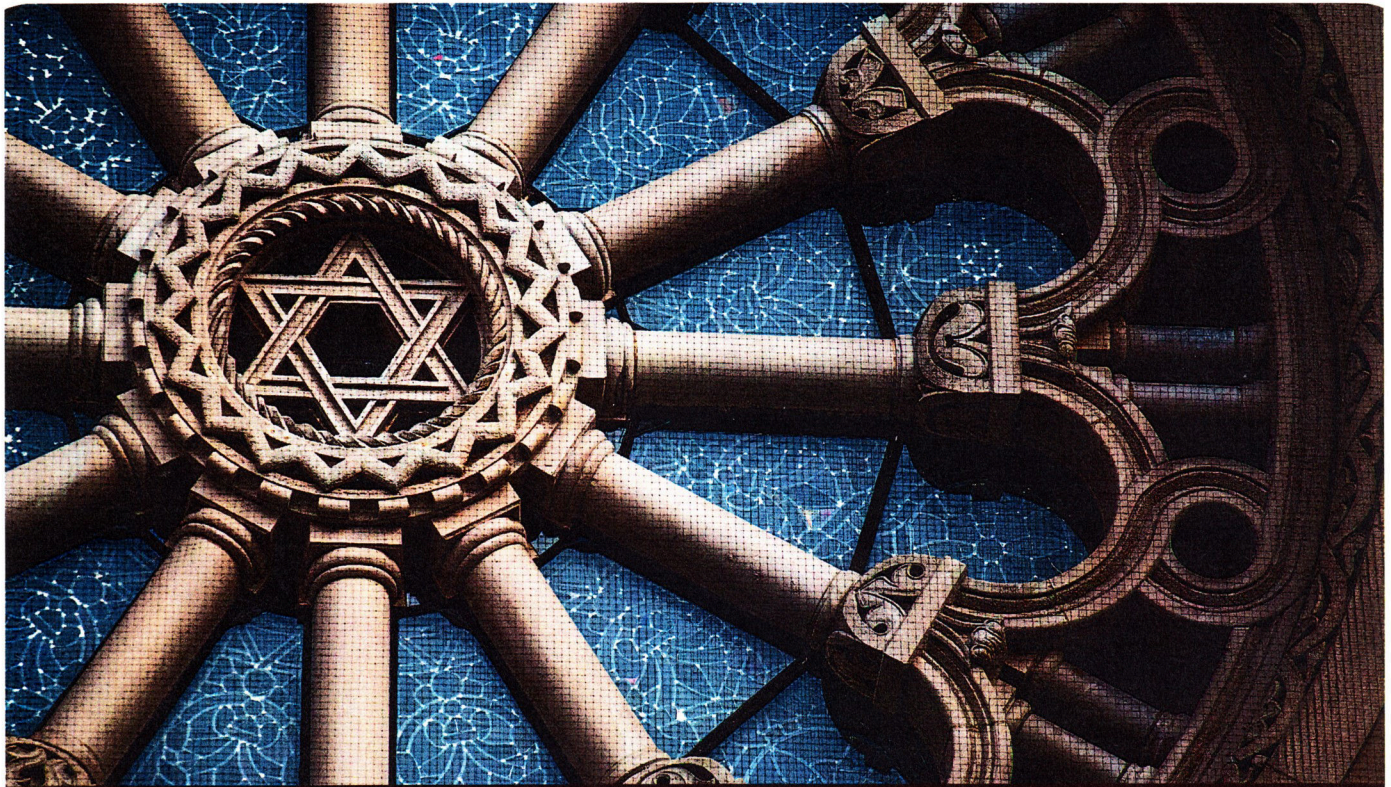
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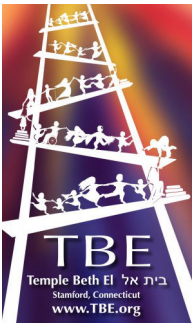
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