

Temple Beth El Bulletin

A Conservative, Inclusive, Spiritual Community

www.tbe.org



Volume 48 Issue 6 (bi-monthly)

November-December 2021

Cheshvan/Kislev/Tevet 5782

TBE Religious School Resumes in Person



Sushi and Sake in the Sukkah



PHOTOS BY AVIVA MALLER

Sisterhood Clothing Drive



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OUR STAFF IS MOST EAGER TO ASSIST YOU

Monday - Thursday, 9am - 5:00 pm | Friday, 9am - 2:00pm

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ON ONE FOOT

Adult B'nai Mitzvah and Thanksgiving: A November to Remember!



They say that the holidays are behind us. Well, *they* are wrong! November will bring us something we have not had here at TBE in many years, an Adult B'nai Mitzvah – and all of you will get to see it, either in person or (for most of you) on Zoom. Mark your calendars for November 13, when Melody Bryant, Saffron Castle, Fran Ginsburg, Paula Green, Juli Harris, Leslie Heyison, Barbara Rothstein, Hope Stanger and Brian Steranka will fulfill what has been a life-long dream, while also ending what has been a three-year nightmare. This class began working toward this day years ago – and they've blown through two prior B'nai Mitzvah dates because of Covid, and even now, when we thought it would all be over, they've had to scale back their expectations.

This isn't the B'nai Mitzvah they dreamed of, but in some ways, it's been even better. We've all been tested by Covid, and we know that many in our families are no longer here because of it. So, the inconvenience of deferring this dream may seem minimal in comparison. But to say that is to minimize what it means for these individuals to at long last feel empowered to fully embrace their heritage. Each of their stories is different, and they come from different segments of the congregation. Each of them has known the greatest joys and excruciating tragedy in their lives. But they've become one through this process.

We are all busy people. But these amazing individuals deserve our undivided attention on November 13, wherever we may be,

And speaking of waiting, the last time Thanksgiving and Hanukkah coincided, in 2013, I noted that it wouldn't happen again for another 79,000 years. But this year, the two holidays will coincide with the same weekend, with Hanukkah starting on Sunday the 28th. And since we consider all of Thanksgiving weekend to be an extension of the day, let's dust off those turkey menorahs (or "menurkeys", as they came to be known). See more at <https://www.myjewishlearning.com/the-nosher/were-basically-getting-another-thanksgivingukkah-this-year/>

The 19th century Hassidic master, Nachman of Bratzlav, wrote that "The days of Hanukkah are days of Thanksgiving." Indeed, our Hanukkah prayers conclude by defining the festival as a time "to offer thanksgiving and praise," and those special prayers known as Hallel are recited through the week.

So, let's celebrate this November, for the miracles of old, the gratitude of now and the resilience of ten courageous modern Maccabees of TBE, our B'nai Mitzvah class of 2021.

Happy Thanksgiving to all!



Rabbi Joshua Hammerman

KATIE KAPLAN, CANTORIAL SOLOIST

Cantor Kaplan's Yom Kippur Address



I have some exciting news to share with you all today before we begin the Musaf service. As many of you know, I have been serving Temple Beth El these past two years as your *Shaliach Tzibbur* with the title of Cantorial Soloist. A little over a year ago I became a Cantorial Intern of the Cantors Assembly, was paired with a mentor, and began studying to pass a rigorous course of exams to earn my place within the cantorate. Today, I stand on this bimah proudly having passed all of my exams, recognized as a full member of the Cantor's Assembly, and officially your 'Cantor' Katie Kaplan.

It's hard to put into words how much it means to stand before you, knowing that I've fulfilled the requirements and earned the title for the work I feel called to do. I am grateful to the Cantors Assembly and my mentor, Rav/Hazzan Luis Cattan, who helped me achieve this milestone in record time, to Rabbi Hammerman who encouraged me along this path and has believed in me from the beginning, and most of all to my husband Eric and my kids Ethan and Vivian whose support made all of this possible.

This journey over the past year and half was not an easy one. With the isolation of Covid and the transition into a new full-time career with new colleagues and new routines, perhaps it was a bit ambitious to also try and complete this program so quickly. In many ways I coped with the emptiness and inability to come together due to COVID by focusing on making as much progress as I could in my studies. There was a fire burning in me and I channeled my energy into productivity. It felt so good to be working on something with tangible results, to be able to climb toward something in one area during a time when I felt, in most other areas of life, like I was just trying to keep my head above the water. My ability to move through this program involved a combination of my determination along with the strong foundation I brought from a lifetime of study and growth in this direction.

I scheduled classes, study sessions, and exams throughout the winter, spring, and summer. My husband and kids knew that this push was important to me and they were supportive of the hours and hours that I spent studying and working, learning, and preparing - all the while continuing to bring my best self to my work in my full-time role here, planning services over ZOOM and in person, re-shaping the B'nai Mitzvah program, seeing 17 fabulous B'nai Mitzvah students through their big days, planning the Cantors Concert with Nefesh Mountain, leading minyan, teaching Meditation and Guided imagery, and serving as clergy for life cycle events such as shivas, unveilings, funerals, aufrufs, counseling, and more! Reflecting back on the past year, it was really packed, absolutely full to the brim.

While I placed tremendous focus on accomplishing my goal, there were only so many hours in a day and I was unable to be all things to all the people in my life who I cared about most, particularly my family. Life is all about give and take.

Continued on page 17...

THE HAZZAN'S VOICE

THE HISTORY OF THE SONG *BEI MIR BIST DU SHÖN*

They called themselves Johnny and George, and they played the Apollo Theatre and any other gigs they could get one hot summer in the 1930s.



Somewhere along the way, they managed to get a booking at Grossinger's up in the Catskills. Not bad! Free meals, you make a few bucks, and you're out of New York City for a little while beating all that August heat that could blow down the sidewalks of 125th Street like a blast furnace.

One day Jenny Grossinger showed them the music sheets for this Yiddish song called *Bei Mir Bist Du Shön*, and Johnny and George had a little fun with it without a clue that what they had was going to become one of the biggest hits of their time - but not for them.

So, summer is over now and Johnny and George are back down at the Apollo; they decide to open with this Grossinger's song. They sing it straight through in Yiddish, but they kick up the beat and they get it rocking. And they get it rocking more. The crowd goes wild. Everybody's dancing. The Apollo has never heard anything like this. Two black guys singing a swing version of a Yiddish song? In Yiddish?

Watching all this from the balcony that night were two up-and-coming songwriters, Sammy Cahn and Saul Chaplin, and they both knew a sensation when they heard one. "Who owned the rights to this song?" they wondered, "And what would they want for it?"

Checking it out, Cahn and Chaplin learned that the lyrics had been written by one Jacob Jacobs who, with his music-writing partner, Sholom Secunda, had composed *Bei Mir Bist Du Shön* for a Yiddish production called, "I Would if I Could."

They'd already tried to sell it to Eddie Cantor with no luck. When Cahn offered \$30, they were happy to accept. This was nothing unusual for them. They sold hundreds of songs for \$30 apiece.

Cahn and Chaplin went straight to Tommy Dorsey with their new \$30 song, urging the bandleader to play it at the Paramount Theater. Dorsey wasn't interested. Well, it was in Yiddish, he explained. So, Cahn and Chaplin translated the lyrics into English.

And then they took this tune to this new group of girl singers who called themselves The Andrews Sisters. It happened that the singers were then recording a Gershwin song called "Nice Work if You Can Get It," and it was decided that *Bei Mir Bist Du Shön* would work okay as the B side.

*Of all the boys I've known, and I've known some.
Until I first met you I was lonesome.
And when you came in sight dear my heart grew light
And this old world seemed new to me.
You're really swell, I have to admit you
Deserve expressions that really fit you.
And so I've racked my brain, hoping to explain
All the things that you do to me.*

Continued on page 17...

JAMI FENER, ENGAGEMENT COORDINATOR

HEART TO HEART

L'Shana Tova from Hope and Pamela.

As part of Temple Beth El's TBE Clubs initiative, Pam and I felt a need to create a group which focused on helping people heal from grief and loss. The *Heart to Heart* group connects our hearts with yours — as we help you through the process and move through your pain, to reclaim your inner light.

Heart to Heart is for anyone who is processing grief and loss in any way — from the death of a loved one, to a change in physical or mental health, to loss of a relationship, or even loss of a job or career. We meet twice a month, virtually, on alternating Wednesday nights. It's a place to share in a space that is private, safe, and compassionate. There is no cost to attend.

Heart to Heart is a place for all of us to be present in the circle of life, while we elevate our spirits to joy.

Please contact Hope theholisticempire@yahoo.com, 203-357-0242 or Pamela pamelatinkham@gmail.com.

Shana Tovah U'Metukah - May Your New Year be filled with all that makes your heart sing.



Hope Stanger and Pamela Tinkham

Hope Stanger and Pamela Tinkham are both therapists in private practice in Connecticut and Florida respectively.

NEW FOR THE NEW YEAR! TBE MITZVAH PROJECTS

TBE is proud to introduce Mitzvah Projects- for individuals, couples, or families! Is there a local organization or cause that holds a special place in your heart? Would you like to get involved in a community Mitzvah that you can share with other TBE members?

To learn how to get involved, contact Julie Rosenberg at julierosenbergspl@gmail.com or Jami Fener at engagement@tbe.org



To discuss an idea or get involved, contact:
Julie Rosenberg at julierosenbergspl@gmail.com
or Jami Fener at engagement@tbe.org

JAMI FENER, ENGAGEMENT COORDINATOR



TBE Clubs is a TBE initiative that engages small groups of congregants in meaningful activities that fuel the body and inspire the soul. Equally important, TBE Clubs act as a way by which congregants can pursue their passions and find new friends within the synagogue community.

Here is a current list of available clubs, which can also be found on the TBE website at: <https://www.tbe.org/tbe-clubs/>. TBE members interested in joining a club should reach out to the club's point person for more information. If you have any questions or have an idea to start your own club, new clubs will be forming in Fall 2021 - more information coming soon!

NEW! PROFESSIONAL NETWORKING CLUB

In the coming weeks, TBE is looking to launch a Professional Networking Club. In an effort to develop a robust start, we are looking to create a database to assist other members. This professional networking group will engage members to: Build both personal and professional relationships, potentially growing their business, develop soft skills and assist other members in need. We are looking to:

Learn
Engage
Advise
Religion (Jewish Ethics)
Network

Point Person: **Eric Sigman** at ESigman1@gmail.com

Looking forward to networking and learning with you.

TBE MUSICIANS & SINGERS

This intergenerational club will bring together musicians and singers of all ages and experience levels to participate and hopefully perform at the synagogue when the COVID pandemic is behind us. The theme of this group is "Jews that Rock," performing material by Jewish artists, such as Carol King and Billy Joel. The point person, Paul, is a drummer, so he is looking for a bass, guitar, and keyboard player to create the core band. Other club members are invited to sing and/or rotate through different instruments.

Point Person: Paul Weinstein at drpaulweinstein@gmail.com or (203) 219-4191

HEART-TO-HEART

This group is focused on providing support for those dealing with or suffering from grieving and loss. We will offer a safe space for listening and sharing, and provide tools to help members move through difficult situations and feelings. The group's intention is to guide members in reclaiming their light inside. Heart-to-Heart will meet over Zoom for now, twice a month, every other Wednesday at 7:00 pm.

Point Person: Hope Stanger HHC, Trauma Therapist and Holistic Health Counselor, at theholisticempire@yahoo.com

or (203) 357-0242; or Pamela Tinkham LCSW, Trauma Therapist and Yoga Therapist, at pamelatinkham@gmail.com

BROADWAY AND MOVIES REVISITED

Join other theatre and film lovers to watch movie versions of Broadway shows, as well as films of the past and present. We will compare and discuss shows beyond entertainment value, including their messages as reflections of society, history, and culture. The club will meet monthly over Zoom for the time being.

Point Person: Barbara Rothstein at brothstein320@gmail.com or (203) 614-8053; **Carl Shapiro** at cshapiro@optonline.net or (203) 273-1968

MITZVAH GARDEN CLUB

The club will provide its members the opportunity to plant and grow their own vegetables and/or flowers in TBE's very special Mitzvah Garden. Members will meet individually or as a family and each will be able to plant and care for their own bed(s) with the produce/flowers of their choosing. Beds are still available so please reach out soon!

Point Person: Meryl Silverstein at merylandhank@optonline.net or (203) 588-0026

HIKING AND WALKING CLUB

Club members will explore the beautiful venues and trails that are within a one-hour drive of TBE. Members will choose the hikes/walks in which they are interested, considering length, elevation and level. Meetings will take place by Zoom, with hikes and walks in-person.

Point Person: Leslie Heyison at lheyison@gmail.com or (646) 354-3950

TBE STEMers

For those interested in learning and teaching others in the field of science, this is the club for you. We will discuss Jewish topics of interest, such as medical and research ethics, as well as present on individual areas in which we specialize. Meetings will take place monthly over Zoom for now. On occasion, we will also organize lectures and speakers for the congregation.

Point Person: Fran Ginsburg at ginsstamf@gmail.com or (203) 979-9570





SHABBAT AND FESTIVAL SERVICES



Shabbat morning services will be held on Zoom. Friday night services will be held on Livestream and in person.

NOVEMBER

Friday, November 5

Kabbalat Shabbat Service 7:00 p.m.

Shabbat, November 6

Shabbat Morning Service 10:00 a.m.

SHELBY and EDEN WEISEL, B'NOT MITZVAH

Watch on TBE's Livestream

Friday, November 12

Kabbalat Shabbat Service 7:00 p.m.

Shabbat, November 13

Shabbat Morning Service 10:00 a.m.

ADULT B'NAI MITZVAH

In-person and on Zoom

ShaBaBimBam 11:00 a.m.

Friday, November 19

Kabbalat Shabbat Service 7:00 p.m.

Shabbat, November 20

Shabbat Morning Service 10:00 a.m.

Religious School - Shabbat School

Friday, November 26

Kabbalat Shabbat Service 7:00 p.m.

Shabbat, November 27

Shabbat Morning Service 10:00 a.m.

DECEMBER

Friday, December 3

Kabbalat Shabbat Service 7:00 p.m.

Hanukkah Celebration for All

Shabbat, December 4

Shabbat Morning Service 10:00 a.m.

ShaBaBimBam 11:00 a.m.

Friday, December 10

Kabbalat Shabbat Service 7:00 p.m.

Shabbat, December 11

Shabbat Morning Service 10:00 a.m.

Friday, December 17

Kabbalat Shabbat Service 7:00 p.m.

Shabbat, December 18

Shabbat Morning Service 10:00 a.m.

Friday, December 24

Kabbalat Shabbat Service 7:00 p.m.

Shabbat, December 25

Shabbat Morning Service 10:00 a.m.

Friday, December 31

Kabbalat Shabbat Service 7:00 p.m.

MAZAL TOV

TBE ADULT B'NAI MITZVAH

Shabbat, November 13, 2021 at 10:00 a.m.

Join us in-person or on Zoom to celebrate the B'nai Mitzvah of **Melody Bryant, Saffron Castle, Fran Ginsburg, Paula Green, Juli Harris, Leslie Heyison, Barbara Rothstein, Hope Stanger and Brian Steranka.**

To attend in person, you must sign-up in advance at www.tinyurl.com/mitzvah11-13. A Zoom link will be provided for those who will attend via remote.

Upon entry to the synagogue, all in-person attendees, including children and grandchildren, must show proof (photo is fine) of Covid-19 vaccination or a negative test taken within 72 hours. Everyone must wear a mask and socially distance. Due to Covid and the expected number of in-person attendees, there will be no Kiddush/lunch following the service.

Questions? Contact Leslie Heyison at lheyison@gmail.com or call 203-964-9386.



WE THANK OUR SUKKAH BUILDING TEAM

Sol Rose, Stacye Nekritz, Stu Nekritz, Ben Susman, Lael Shapiro, Peter Wolly, Josh Levine, Jonathan Phair, and David Salm





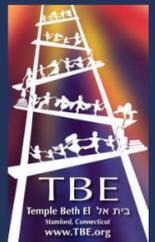
BE THE LIGHT!

Light up someone's home this Hanukkah with a goodie bag for a fellow congregant (and get one too!)

To learn more or sign up, visit: www.tbe.org/be-the-light
Deadline to participate is Friday, November 12

COMMITTEE:
EMILY ALTMAN
JAMI FENER
DANA HOROWITZ
DANI SHAPIRO
LINDSAY SHULMAN

TEMPLE BETH EL
350 ROXBURY RD
STAMFORD, CT 06902



**TBE Thursday Night Social Club
presents a special Saturday Night Social**

**VODKA and LATKE
NIGHT @ TBE**

**December 4 at 7:30 pm
\$18/person | \$36/couple**

**Reserve at:
www.tinyurl.com/tbelatke**



MAZAL TOV TO...

Madelyne Kirch on birth of grandson, Caleb Jeffrey born to Joanna and Mark Zaner.

Lisa and Michael Rome on the birth of a grandson, Ace Louis, born to Lauren and Barry Marks.

Debbie and Paul Weinstein on the birth of a granddaughter, Ruthie Pearl, born to Emily and Eric Weinstein.

Joan and Robert Rosenthal on the marriage of their son, Benjamin, to Stacy Newman.



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 or 203-322-6901, ext. 301.

HONORABLE MENSCHEN TODAH RABAH TO OUR TORAH READERS!

RABBI GERRY GINSBURG
RABBI JOSHUA HAMMERMAN
CANTOR KATIE KAPLAN ✦ BERT MADWED
LEO MAHLER ✦ NAOMI MARKS
SUSAN SCHNEIDERMAN ✦ LOLLY SOCARANSKY

THANK YOU FOR SPONSORING THE SHABBAT ANNOUNCEMENTS

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THANK YOU FOR SPONSORING THE ONEG-TO-GO

LISA and JEFF MANHEIM
JOAN and ROBERT ROSENTHAL
CARLIE and JORDAN SOCARANSKY

THANK YOU FOR SPONSORING KIDDUSH

HEATHER and BEN SUSMAN

PAINT A PRAYER

with visiting artist, Jennifer Levine
*Celebrating our return to the TBE building!
Working together as a community!*



Children who are in grades K through 7 are invited to participate in an amazing collaborative mural project. We will work together as a community to create three giant canvases to permanently adorn our walls. You don't have to be a student in our Religious School to join us!

Sunday, November 7: Brainstorming concepts for our artwork and creating inspirational collages.

Sunday, November 14: Painting the Canvases!

If you would like to have your child participate in this special project, please contact Lisa Gittelman-Udi at eddir@tbe.org.

Students in our Religious School will participate as part of their Sunday morning program.

*This project was made possible with help from
the TBE Sisterhood.*

YOUNG FAMILIES

TBE ShaBaBimBam

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



Shabbat Mornings 11:00am



Led by Natasha Fenster
and Steve Epstein!

November 13, 2021
December 4, 2021
January 8, 2022
February 5, 2022
March 5, 2022
April 2, 2022
May 7, 2022
June 4, 2022

Questions?

Contact Jami Fener
youngfamilies@tbe.org

Temple Beth El
350 Roxbury Road, Stamford, CT
203-322-6901 | www.tbe.org
facebook.com/youngfamiliesTBE

**We will meet
INDOORS
due to cold or inclement weather
Meet us in the Triple Classroom
on the second floor.**

HAVE YOU VISITED OUR WEBSITE?

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.

B'NAI MITZVAH

November 6

SHELBY WEISEL

Daughter of Alissa Wool & Peter Weisel

Sister of Eden & Jack

Attends King School

Mitzvah Project: Lustgarten Foundation for Pancreatic Cancer Research



November 6

EDEN WEISEL

Daughter of Alissa Wool & Peter Weisel

Sister of Shelby & Jack

Attends King School

Mitzvah Project: Lustgarten Foundation for Pancreatic Cancer Research



TBE HIKING/WALKING CLUB

Joe Heyison, Rosalea Fisher
Dick Fisher, Leslie Heyison



SPECIAL MITZVAH PROJECT

Emmet Manheim's, z'l, Bar Mitzvah would have been October 23, 2021, right on his 13th birthday. As such, Lisa and Jeff Manheim are undertaking a "Bar Mitzvah" project on Emmet's behalf: A book drive to benefit the Stamford Public Schools.

Emmet loved to read - especially funny books - and would've been passionate about putting books in classrooms that needed them.

Please go to www.tinyurl.com/emmetbooks to learn more about the project and to donate to the drive!



ADULT EDUCATION

THE GREAT (AND LESS GREAT) JEWISH IDEAS OF THE PAST HALF CENTURY

With Rabbi Joshua Hammerman
On selected Tuesday nights at 7:00 pm

This 20-session class is based on the new collection, "The New Jewish Canon: Ideas and Debates 1980-2015,"

The class will read and discuss excerpts from such classic works as Harold Kushner's "When Bad Things Happen to Good People," Elie Wiesel's Nobel Peace Prize acceptance speech, Abraham Joshua Heschel's "Moral Grandeur and Spiritual Audacity," Jonathan Sacks' "The Dignity of Difference," and many more. We'll read from a wide variety of thinkers reflecting a vast spectrum ranging from Mair Kahane to Irving (Yitz) Greenberg to Peter Beinart.

It's recommended that participants purchase the textbook (\$39.00 paperback), but PDF files of assigned texts will also be available. Please register at www.tinyurl.com/greatideas21-22

We will begin on Zoom, subject to change to hybrid when the Covid-19 situation improves.

MEDITATION AND GUIDED IMAGERY

with

Katie Kaplan, Cantorial Soloist

November 9 and December 7 at 7:00pm



Join us as we use breath, chant, and visualization to carve out a moment of peace in our lives.

(Zoom link available in the Shabbat Announcements)

TBE HEBREW READING CRASH COURSE!

Learn to Read Hebrew in 8 Sessions

with Susan Shapiro



Wednesdays from 7:00-8:00pm

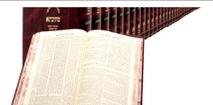
October 6, 13, 20, 27 | November 3, 10, 17 | December 1

For questions and to sign-up contact Susan Shapiro at sbshapiro@hotmail.com

INTRODUCTION TO TALMUD

with Rabbi Gerry Ginsburg on Zoom

November 4, 11 and December 2, 9



This will be a broad overview of the Talmud for the beginning or intermediate learner. No previous knowledge is necessary. All materials will be provided.

Contact Rabbi Ginsburg at rabbiginsburg@tbe.org.



High Holiday services this year were wonderful, both livestream and in person! Todah Rabah to everyone who had a part in making the services run so smoothly! This year, after Yom Kippur, over 150 people were able to enjoy our *to-go mini-nosh BreakFast*, sponsored by Sisterhood. Todah Rabah to all Sisterhood members for your participation and support of Sisterhood. Your financial support is through annual dues of \$36, High Holiday and Passover food sales, Gift Shop sales, Clothing Drive, and the many events we have throughout the year.

Past Events in September and October:

The BreakFast

Thank you to **Beth Silver** who volunteered to shop with me for all the food for the BreakFast! We had to make an educated guess on the amount of food to purchase since we had no idea how many people would attend the BreakFast. Good guess **Beth!** We only had a few items left over. The High Holiday Food Sale was a wonderful success. Everyone loved the food from W Catering and Events. Thanks to **Juli Harris, Nancy Kapchan** and **Leslie Heyison** who helped set up the food tables!

Clothing Drive

Thanks to **Judy Schneiderman, Dora Salm,** and **Donna Wolff** for coordinating and helping out at the clothing drive. A very special thank you to **Ethan Kaplan** (see photo below) who was a huge help unloading all the clothes and jumping in wherever needed. We hope **Ethan** volunteers next year, (hint, hint). We made almost \$700, which will be donated to the community. Thanks to everyone who donated!!

Sisterhood Book Group

Thank you to **Dora Salm**, again, for running our last book group, The 7 1/2 Deaths of Evelyn Hardcastle by Stuart Turton.

Theater

With all tickets sold, thanks to chair **Juli Harris**, we had a wonderful time getting together (vaccinated and masked) to watch the live production of *Crossing Delancey Street* at Curtain Call in Stamford.

Upcoming Events:

Sisterhood Book Group Co-sponsored with TBE Tzedek Committee November 8 at 7:30pm

Led by **Dora Salm** on Zoom

Book: The Personal Librarian, by Marie Benedict. Thanks to **Carol Krim** for this recommendation. If you need a head start on your reading, in January 2022 Dora will again lead us in the book The Burning.

A lively **Chanukah discussion** on Monday, **November 29** with our TBE Sisterhood member **Naomi Marks**. Remember, this year Hanukkah falls right after Thanksgiving. Check Shabbat Announcements and eblasts for exact timer.

We are so excited to introduce three new members to our Board, **Lisa Grove-Raider, Nancy Kapchan,** and **Amy Davidson**. Also, just as exciting we are welcoming back two

returning members, **Marian Bauer** and **Beth Silver**. Some future events include a lecture on “How to Take Care of Indoor Plants” and a crafting class on “Papercutting.”

If you are interested in becoming a member of Sisterhood, please email me at sisterhood@tbe.org. So far, we have **218 members!!** If you have new ideas or would like to volunteer, we would love to have you join us – it is a great way to meet people!

Thanks again for always helping Sisterhood, **Alberto, Linda, Mindy, Rad** and **Steve!**

With Thanks, Appreciation and Friendship,
Karen Resnick, Sisterhood President

Please contact Sisterhood 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!

Karen Resnick, President
203-536-3115, kmr925@sbcglobal.net

Judy Schneiderman, Treasurer
203-569-4969, judy2125@optimum.net

Dora Salm, Secretary
203-461-8596, d_salm@yahoo.com

- Marian Bauer** 203-322-0843, mjbauer27@gmail.com
- Amy Davidson** 203-274-6363, adavidson303@gmail.com
- Lisa Grove-Raider** 203-376-8709, lgroveraider@gmail.com
- Juli Harris** 203-276-0589, jaharris99@aol.com
- Nancy Kapchan** 203-435-0389, ngkapchan@gmail.com
- Naomi Marks** 203-273-4650, nsobel@hotmail.com
- Paula Shulman** 203-461-9396, paulashulman51@gmail.com
- Beth Silver** 203-249-7046, beth@silverconsulting.net
- Donna Wolff** 917-601-1878, donnawolff27@gmail.com

CLOTHING DRIVE VOLUNTEERS
Paula Shulman, Ethan Kaplan, Dora Salm,
Donna Wolff, Judy Schneiderman



2021 HIGH HOLIDAY FOOD DRIVE

Many organizations have opted not to conduct drives during the last two years, so the continuing efforts of our congregation has significant impact in our community.

According to Rick Nixon, Manager, Person to Person, "TBE amassed 3,268 pounds (over 1.5 tons!) of food for P2P. To put it in context, this provides the shelf stable food for over 5,400 meals! This is an impressive accomplishment, especially given the unusual times we are living in. Please know that P2P and our clients are truly grateful and blessed to have such compassionate partners. We can't thank TBE enough for the continued support over so many years and look forward to working together in the future."

My personal thanks to everyone who contributed to our food drive. I would like to add a special thanks to the volunteers who worked tirelessly to unpack and sort the bags of food: **Marlyn Agatstein, Amy and Ben Davidson, Lori Drucker, Amanda and Sophia Geffner, Leslie Glenn, Amy Greenberg, Susan Greenwald, Neil Katz, Dorothy Levine, Iva and Allison Mandel, Eileen H. Rosner, Irma Ross, Eric Strom and Jeff Turshen.**

Today!

Sharon Turshen
Chairperson, High Holiday Food Drive

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 or 203-324-7190.

Project Ezra: Providing pre-shiva meals to the bereaved in the congregation. Contact Joy Katz at 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 or 203-496-1309.

High Holiday Food Drive: Contact Sharon Turshen at 203-323-3872

Christmas dinners at local homeless shelters: Contact Amy Temple at aetemple@optonline.net or 203-496-1309.



TODAH RABBAH!

We thank the following individuals for helping breakdown the High Holiday bima:

- | | |
|----------------------|-----------------------|
| Neil Katz | Jonathan Phair |
| Art Laichtman | Sol Rose |
| Josh Levine | Lael Shapiro |
| Stu Nekritz | Nate Sigman |
| Merritt Nesin | Peter Wolly |

Thank You to the following all-star team for helping take down the Sukkah in record time.

- | | |
|-----------------------|---------------------|
| Jon Eisenstein | David Salm |
| Mitch Nadel | Lael Shapiro |
| Jonathan Phair | Jerry Silber |
| Remi Rosenberg | Peter Wolly |

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.



DONATE ONLINE
Go to: 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
- Reytut Shabbat Bag Fund
- Security Fund
- Solar Fund in memory of Norma Mann, z'l
- Youth Fund

DISCRETIONARY FUNDS

- Rabbi Joshua Hammerman's Mitzvah Fund
- Cantorial Soloist Katie Kaplan'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 they are away at college. Please send their e-mail address to Mindy in the Temple office at office@tbe.org. *Thank you!*



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	\$1,000
Silver Leaves - Gold Border	\$750
Silver Leaves	\$250

TBE's own Lisa Tannebaum Brownstein
In concert at our Leadership Gathering
at Tree Tops hosted by
Lisa Tannebaum Brownstein & Donald Brownstein



SEEKING SHABBAT GREETERS WHEN WE RETURN

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 Eileen H. Rosner at rosnereileen@gmail.com.

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

CELEBRATING A SPECIAL EVENT? COMMEMORATING A YAHRZEIT?

Please consider sponsoring a VIRTUAL Kiddush, following Shabbat Services, or a Kiddush-to-Go, following our Friday evening services.

Contact Steven Lander for all of the new, reasonably priced Kiddush options at 203-322-6901, ext. 304 or execdir@tbe.org.

PAY YOUR DUES ONLINE

Go to www.tbe.org/donate and click on member payments.

Questions? Contact Linda at 203-322-6901, ext. 302 or lindar@tbe.org.

WE ARE GRATEFUL FOR YOUR CONTRIBUTIONS

IN HONOR OF:

JACK GOLDBERG ON HIS 80th BIRTHDAY

Connie & Alan Freeman, Madeline & Sol Field, Silberman/
Brenner Family, Susan & Richard Blomberg

RABBI JOSHUA HAMMERMAN IN APPRECIATION FOR OFFICIATING AT THE WEDDING OF GARY FREILICH & DANIELLE HAUSER

Maxine & Jay Freilich

CANTOR KATIE KAPLAN IN APPRECIATION FOR THE AUFRUF OF GARY FREILICH & DANIELLE HAUSER

Maxine & Jay Freilich

STEVEN LANDER, IN APPRECIATION

Maxine & Jay Freilich

ALBERTO EYZAGUIRRE, IN APPRECIATION

Maxine & Jay Freilich

THE MARRIAGE OF GARY FREILICH & DANIELLE HAUSER

Kathryn Mandel, Liz & Scott Krowitz

MARSHA COLTEN & ROBERT COHEN ON THEIR 44th WEDDING ANNIVERSARY

Suzanne & Norman Stone

CANTOR KATIE KAPLAN ON COMPLETING THE CICA PROGRAM OF THE CANTORS ASSEMBLY AND BEING ORDAINED AS A CANTOR

Liz and Scott Krowitz

THE BIRTH OF ACE LOUIS MARKS

Betsy & Peter Kempner

RABBI JOSHUA HAMMERMAN MITZVAH FUND IN MEMORY OF ALAN KALTER, z'l

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Robert Satloff, Judy Schneiderman & Susan Schneiderman,
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Downtown Special Services, Beverly & David Stein, Susan &
Gary Stone, David Timmons, Pamela Tinkham, Sharon & Jeff
Turshen, Harriet & Seymour Weinstein, Ronnie & Michael
Wiederlight, Margery Wiesenthal, Rebecca Willard, Mariana &
Paul Williams, Dana Horowitz & Peter Wolly

RABBI JOSHUA HAMMERMAN MITZVAH FUND

In honor of...

Rabbi Joshua Hammerman in appreciation for his hospital
visits to my husband, Sheldon, by Rhoda Pearlman & Family

In appreciation by Barbara & Jack Levitz

In appreciation for support given to our family by the Tronick
Family

Rabbi Joshua Hammerman by Lisa & Jeff Manheim

In memory of...

Fran Gross, z'l, by Evelyn & Bruce Kahn

Alan Kalter, z'l, by Peggy Kalter

Malvina Rothman, z'l, by Linda & Joe Rothman

My beloved mother, z'l, by Andrea & Martin Levine

Ida Drucker, z'l, by Devra Jaffe-Berkowitz & Parry Berkowitz &
Family, Sandy & Alvin Siegartel, Susan & Art Greenwald, Liz &
Scott Krowitz, Susan Frieden, Betsy & Peter Kempner, Lois
Stark & Gary Lessen, Marsha Colten & Robert Cohen

Karen Stesis, z'l, by Susan Frieden

KATIE KAPLAN, CANTORIAL SOLOIST MITZVAH FUND

In memory of...

Alan Kalter, z'l, by Peggy Kalter

In honor of...

Cantor Katie Kaplan on completing the CICA program of the
Cantors Assembly and being ordained as a cantor by Marsha
Colten & Robert Cohen, Bobbe & Ben Evans

ADULT EDUCATION FUND

In honor of...

A speedy recovery for Roz Karpinos by Barbara & Warren
Brandt

MUSIC FUND

In honor of...

Cantor Katie Kaplan on her ordination as a Cantor by Suzanne
& Norman Stone

MAHZOR LEV SHALOM DEDICATIONS

In honor of...

The birth of Caleb Jeffrey Shapes by Madelyne Kirch

FRANK AND ROSE ROSNER MEMORIAL FUND

In memory of...

Leonard Tronick, z'l, by Pamela Tinkham

EMMET MANHEIM PLAYGROUND FUND

In memory of...

Alan Kalter, z'l, by Dayna, Arin, Logan & Eli Hayden



REMEMBERING OUR LOVED ONES



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IN MEMORY OF:

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Judy & Bob Raymond, Sharon & Steven Katz, Devra Jaffe-Berkowitz & Parry Berkowitz, Miriam & Michael Schechter, Carol & Wil Brewer

SIMON EPSTEIN, z'l

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Susan Frieden

ADAM EIDELBERG, z'l

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Sheila & Dan Wolfson

RICHARD TAFT, z'l

Sheila & Dan Wolfson

JEROME BERKMAN, z'l

Marian Bauer

LEONARD TRONICK, z'l

Susan & Art Greenwald

WE MOURN THE PASSING OF...

KAREN STESIS, sister of Roz Perlson

STEPHEN BRADLEY, father of Jonathan Bradley

YONG HYE MARKS, mother of Deborah Einstein

FRAN GROSS, sister of Norman Suchin

SIMON EPSTEIN, z'l

IDA DRUCKER, mother of Sharon Turshen

ALAN KALTER, husband of Peggy Kalter

LEONARD TRONICK, father of Adam Tronick

ADAM EIDELBERG, son-in-law of Elayne Jassey

JEROME BERKMAN, husband of Louise Berkman

SVETLANA CHEPTEFF, mother of Inga Tuluca

JEAN KLEIN, z'l

MILDRED HERSHKOWITZ, mother of Lori Tobin

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) and click "Shiva Notices" under the WHAT'S NEW menu.

TBE
Thursdays Night Social Club
OKTOBERFEST

Over 80 people enjoyed Oktoberfest and celebrated Carol and Willy Sander's wedding anniversary!

**HAPPY ANNIVERSARY
CAROL AND WILLY SANDER!**



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!

Art Laichtman
Fund-Raising Chair
aelaichtman@optimum.net



YOUR CAMPAIGN DOLLARS AT WORK

MEN'S ROOM & LADIES' ROOM RENOVATIONS



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 or 203-322-6901, ext. 301.

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 (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 with the name or names of the family members who participated, the mitzvah, and a photo if possible.

NEW CARPETING IN THE SOCIAL HALL



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.

*Bei mir bist du schön, please let me explain
Bei mir bist du schön means that you're grand.*

The Andrews Sisters' record was released a few days after Christmas 1938. By New Year's Eve it was playing over and over again on every radio station in New York City. It started when "The Milkman's Matinee," on WNEW, picked it up and played it on the all night show.

Soon there were near riots at the record stores. Crowds would line up and the song would be played out into the streets from loudspeakers. Traffic would back up for blocks. By the end of January *Bei Mir Bist Du Schön* had sold more than 350,000 copies.

Bei Mir Bist Du Schön fever spread across the land. "It's wowing the country," reported one New Jersey paper. "They are singing it in Camden, Wilkes-Barre, Hamilton, Ohio, and Kenosha, Wisconsin. The cowboys of the West are warbling the undulating melody and so are the hillbillies of the South, the lumberjacks of the Northwest, the fruit packers of California, the salmon canners of Alaska. The Nazi bier stuber patrons yodel it religiously, under the impression that it's a Goebbels-approved German shanty.

*I could say bella bella, even say wunderbar.
Each language only helps me tell you how grand you are.*

Over in Germany, Hitler himself was a big fan. Finally, the Third Reich had a tune it could hum to - at least until it was discovered that the thing had been written by two Jews from Brooklyn.

Over the years *Bei Mir Bist Du Schön* made millions of dollars for a lot of singers and record companies. Finally, in 1961, after standing on the sidelines and watching the royalties ring up over the years for a song that they'd made \$15 bucks each on, Secunda and Jacobs got the rights back.

As for Johnny and George, who started all the excitement one night at the Apollo, up in Harlem, it goes unrecorded whatever became of them, or even what their last names were.



*Hazzan Sidney Rabinowitz
with thanks to Dr. Steven Shindler*

This past year required a lot of give on the part of my family and support network. My deepest gratitude goes to all of those who showed up to support me along this journey of the past year, those who cheered me on, sent encouraging messages, attended services, and continued to inquire with genuine interest about my progress and wellbeing along the way. I share the joy of this accomplishment with all of you.

In this upcoming year, I'm really looking forward to a realignment of my energy, time, and heart center and I look forward to being able to return the support and care offered to me during this time to my family and my community. The High Holidays are the perfect, natural springboard for this type of reset, for listening to the still small voice within that is always there, even when we make ourselves too busy to listen.

This year, 5782 is a *shmita* year in Israel, or literally "a year of release." During a biblical *shmita* year, the land is unharvested, debts are forgiven, and other economic adjustments are made to maintain an equitable and healthy society. The very concept of a *shmita* year challenges us to think about our ongoing obligations both to the land and to one another. This year I am also looking at *shmita* as a model for psycho-spiritual release, a letting go of the need to push and force things to take shape and grow within ourselves.

While it was an impressive accomplishment to push myself through the CICA program in just over a year, and I'm truly excited to have met my goal, I now look to this concept of *shmita* as an invitation for the letting go that needs to take place. *Shmita* calls on us to honor the bounty, pause to reflect on the harvest of previous years, and recognize that we have more than enough for those in need. During a *shmita* year, things don't stop growing, but we stop applying pressure and we allow the blooming to be natural and for the sake of the natural cycle rather than for the outcome or for our individual gains. This sounds so beautiful and liberating, particularly if we can apply the concept to ourselves, to our relationships with one another, and to the nurturing of our children. Following the intensity of the past year and a half, I'm going to tap into this concept of *shmita* on a personal level this year, and I invite you to join me in welcoming a year of beautiful release, a year of being enough.

Here we are together, and here I am, about to begin musaf with the *Hineini* offering one last time during these holidays. Standing before you as your Cantor, the title I worked so hard to earn over the past year actually means very little in this liturgical moment; it is a moment of surrender, of release, of request, for my prayers on behalf of all of us to be enough, for me to be enough, for the one who hears our prayers to hear them, to answer us, and to bless us.

*G'mar Chatima Tova!
Cantor Katie Kaplan*



TBE UPDATES COVID-19 GUIDELINES

The TBE Reopening Committee has modified the set of COVID -19 guidelines governing in-person, onsite activities held at the synagogue. These changes are based on current guidance/regulations from federal, state and local public-health agencies, as well as best practices at other religious institutions.

To view the guidelines, please go to tbe.org/covid-guidelines.

The Reopening Committee is chaired by Past-President Gary Lessen and comprised of congregants with medical, safety and other needed areas of expertise.



YOUR CAMPAIGN DOLLARS AT WORK

NEW FLOOR IN THE LOBBY



**HOW WILL YOU ASSURE
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350 Roxbury Road
Stamford, CT 06902
www.tbe.org



To create your legacy contact Steven Lander
execdir@tbe.org | 203-322-6901, ext. 304

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*We Capture Your
Precious Memories on Video...
Weddings ♦ Bar/Bat Mitzvahs*

Proud to be the official TBE videographer

Tom was able to capture the spirit and joy of our B'nai Mitzvah service and party in a video we will always treasure. He was also a pleasure to work with from start to finish.

Jared Finkelstein

If you are looking for a videographer, look no further! Tom was a delight to work with and the finished product was incredible. He created separate videos of my daughter's Bat Mitzvah service and celebration and captured all aspects of the joy of the day.

Jill Teich

Thomas Pace, Jr. ♦ 203.335.0168
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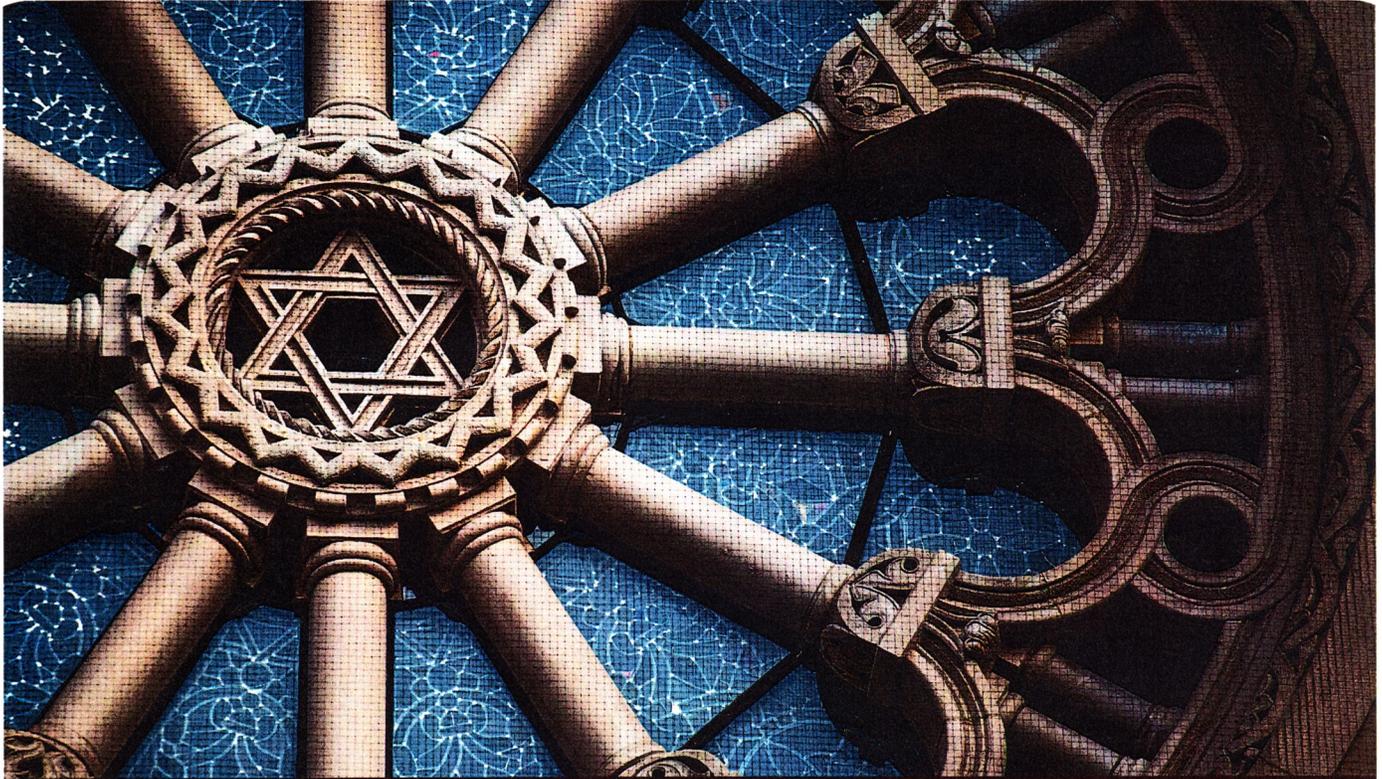
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