

# OH! WHAT A YEAR!

## JULY

Kabbalat Shabbat Service, Shabbat Service, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Bagel Babies, Heart to Heart Support Group, Yacht Rock Summer Social, Soul-Full Shabbat, SummerBimBam, Strategic Planning Meeting, Beth El Cemetery Association Meeting, Board of Trustees Meeting, Executive Committee Meeting



## AUGUST

Kabbalat Shabbat Service, Shabbat Service, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, SummerBimBam, Tisha B'Av Service with Congregation Beth El, Heart to Heart Support Group, TBE Choir Gathering, BBQ and Barachu, Heart to Heart Support Group, High Holiday Committee Meeting, Board of Trustees Meeting, Executive Committee Meeting



## SEPTEMBER

Kabbalat Shabbat Service with Mayor Caroline Simmons, guest speaker, Shabbat Service, Ethan Kaplan Bar Mitzvah, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Rosh Hashanah Services, High Holiday Family Services, Selichot Service with Congregation Beth El and The Conservative Synagogue, Annual Memorial Service at Beth El Cemetery, Build the High Holiday Bimah, Keshet Beth El Opens, Countering Active Threats Training, Hiking/Walking Club Event, Heart to Heart Support Group, New Member Welcome Event, High Holiday Choir Rehearsal, Men's Club Meeting, Board of Trustees Meeting, Executive Committee Meeting



## OCTOBER

Kabbalat Shabbat Service, Shabbat Service - Aaron Napach Bar Mitzvah, ShaBaBimBam, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Kol Nidrei Service, Yom Kippur Services, Family Services, Sukkot Services, Shemini Atzeret Services, Simchat Torah Services, High Holiday Choir Rehearsal, Sukkah Construction, High Holiday Food Drive, Lulav and Etrog Sale, Keshet Beth El Sukkah Decorating, Sukkah Hop, Steak and Scotch in the Sukkah, Sisterhood Annual Membership Brunch, Beth El Cemetery Association Meeting, Heart to Heart Support Group, Nusach: Singing Sacred Time, The Bible with and without Jesus, Religious Responses in a Time of Climate Crisis, Board of Trustees Meeting, Executive Committee Meeting



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**Tzedek Committee**

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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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Alberto Eyzaguirre, Facilities Manager (maint@tbe.org)	ext. 314

## ON ONE FOOT

As we enter my final year as senior rabbi of TBE, I'm looking back to key moments. For me and for us, few Shabbats were as dramatic as October 9, 1993, when my cousin Jeffrey, who was HIV positive, spoke passionately from our pulpit about AIDS, Judaism, God and love. It was, to my knowledge, the first time someone with first-hand knowledge had addressed the AIDS crisis here. I wrote about it in the Bulletin the following month. The cover page of that Bulletin is reprinted here on page 19. Jeff passed away of AIDS four years later.



I've also reprinted another bulletin article, this one from October of 1992, in which I discuss a matter of great urgency, at least to me. You see, one of the advantages - or disadvantages - of having been associate rabbi here for five years before taking the reins of leadership was that I was helpless to change things that concerned me - like the fact that almost none of our b'not mitzvah wore a tallit on their big day. How could we consider ourselves to be egalitarian and yet not at least encourage the wearing of a tallit as an option?

The article, found here on page 20, was written just after my installation (which took place on September 11 of that year) and it was one of my top priorities to institute that change as quickly as possible. But it's not easy to change long accepted customs. Even to this day, wearing a tallit is considered optional for women in most Conservative synagogues, including ours, though it's widely practiced. I'm proud to say that I can count on one hand the number of girls who have not worn a tallit at their b'not mitzvah services since September of 1992.

There were other ritual changes that I prioritized for my First Hundred Days (or was it years?), including: Not having the whole congregation stand for the Sh'ma or Mourner's Kaddish (though anyone who wanted to could), and getting new, more modern and more inclusive prayerbooks. There were other changes that revolved around services, including moving from a minimal Torah reading to the triennial cycle and giving the Shabbat morning service a more traditional feel.

I've also reprinted the cover page from that Bulletin, found here on page 21, featuring comments from Abraham Joshua Heschel about young people and why Judaism should be a celebration.

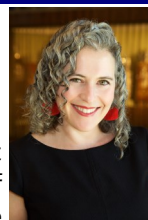


Meanwhile, take a trip down memory lane with these excerpts from Bulletins of yore. And have a relaxing summer.

Rabbi Joshua Hammerman

## KATIE KAPLAN, CANTOR

### A Year in Review: Cantor Kaplan's Remarks from the TBE Annual Meeting



What a year it has been. We've just completed our first full cycle of a year of events in person after moving through the pandemic and we've certainly been "busy bees" (to borrow a new TBE slogan).

Though we had quite a task in March of 2020, learning how to pivot to do things remotely with Zoom services, Zoom meetings, Zoom-mitzvahs, Livestream events, and even remote Hebrew school, we've faced an equally challenging task as a community in reemerging from pandemic life.

We can't really go "back" and we don't want to go "back" because life moves forward, but it does continue to cycle round again. So how do we bring all that we've learned with us into this next go around? How do we emerge a stronger and more vibrant, inclusive, and adaptable Temple Beth El?

Thankfully, some of the changes thrust upon us by the pandemic will be woven into the fabric of the future of TBE for years to come. The pandemic forced us to center our efforts around accessibility and pushed us to offer Zoom and Livestream access for all our services, reaching congregants where they are - some of whom are in Florida, Baltimore, New Jersey, Washington, New Hampshire, and beyond.

Another silver lining of the past few years has been the birth of our wonderful 1pm Zoom mincha minyan, the "mincha bunch" or "minyanares," which allows congregants and community members to come together daily for a brief service and moment of connection, to be able to say Kaddish, or observe a yahrtzeit. If you haven't checked out this minyan, I encourage you all to "zoom" in from wherever you might be Monday-Friday at 1pm. You will feel the magic and warmth and immediately be welcomed into this group.

Over the past year we've had dynamic musical services and programming such as:

- High Holiday services- featuring our choir on the new Hineni
- Hawaiian Shabbat with Rachel Haymer
- Sukkot and Simchat Torah services
- Hanukkah Family Shabbat
- MLK Shabbat with Jason Terry
- Middle Eastern Havdalah with Koby Hayon and friends
- Shabuzz Shalom
- Family Purim Celebration and Adult ruach-filled Megillah Reading
- Mediterranean Shabbat
- Praying the Margins: A Creative Approach to the

Continued on page 22...

## WOULD YOU LIKE TO BE A GABBAI?



Training available!

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





At the TBE Annual Meeting two awards were presented:

**FRED WEISMAN TIKKUN OLAM AWARD presented to  
SHARON AND JEFF TURSHEN by Joan Weisman**



Fred Weisman, z'l husband, father, grandfather and community leader, believed that the purpose of life was to live a life of purpose, and he did by devoting himself to making the world a better place. The Fred Weisman Memorial Tikkun Olam Award represents what we can do to repair the world and how we can pay it forward, just as this year's honorees Sharon and Jeff Turshen do.

Sharon and Jeff Turshen have been TBE members since 1989. Jeff earned his undergraduate General Engineering degree from The Johns Hopkins University, and a master's degree in systems Engineering and a Ph. D. in Biomedical Engineering from the University of Virginia. He worked in a variety of public, corporate, and academic positions and, prior to his retirement, Jeff was an independent math tutor working with many children from TBE.

Sharon received her undergraduate degree from Ohio State University in special education and regular education, and a master's degree from the University of Virginia in educational administration/supervision. She worked as a special education teacher, and administrator of special education and student support.

Now they are focused on their five grandchildren.

Volunteering includes:

- ◆ Jeff coached over 24 seasons of youth sports and served on the Board of the Hycliff Neighborhood Association for 10 years.
- ◆ Sharon served as co-chair of Merkaz (former Hebrew High School) and as a Westhill Band Parent.
- ◆ Sharon is the TBE liaison for the Schoke JFS Passover food drive and has coordinated TBE's High Holiday Food Drive for the last three years. She currently serves on the Cantor's Concert Committee.
- ◆ Jeff joined the TBE Board of Trustees in 2020 and has been active on the Fundraising Committee. Jeff currently serves on the Rabbinical Search Advisory Committee.
- ◆ For many years, they have joined other TBE members serving Christmas meals at the New Covenant Center.
- ◆ They are proud to be on Eileen Rosner's short list for "volunteers" when she needs help with mailings, serving food, or set-up/clean-up of events.

### VOLUNTEER OF THE YEAR STAN FRIEDMAN

Stan serves in every area of TBE. He is Chair of our Marketing and Communications Committee, Technology Committee, and he serves as an advisor to the president. This year he did the lion's share of the work in preparing two congregational surveys and is now doing all of the planning for the Focus Groups as part of the Rabbinical Search Committee.



Scott Krowitz, President of TBE stated, "It is with immense pleasure and gratitude that we honor Stan Friedman as our Volunteer of the Year. Volunteering is not just about giving our time and resources; it is about leaving a lasting legacy for generations to come. It is about embracing the needs of others and extending a helping hand without expecting anything in return. That is Stan Friedman."

## TBE Mitzvah Makers at Bartlett Arboretum and Gardens







## SHABBAT AND FESTIVAL SERVICES



All services will be in the social hall and on Zoom on Friday night and Shabbat morning unless otherwise noted.

### JULY

#### Shabbat, July 1

Shabbat Morning Service 10:00 am

#### Friday, July 7

Kabbalat Shabbat Service 7:00 pm

#### Shabbat, July 8

Shabbat Morning Service 10:00 am

#### Friday, July 14

Kabbalat Shabbat Service 7:00 pm  
Brian Steranka, Guest Musician

#### Shabbat, July 15

Shabbat Morning Service 10:00 am

#### Friday, July 21

Kabbalat Shabbat Service 7:00 pm  
Caitlin McLoughlin, Guest Cantorial Soloist

#### Shabbat, July 22

Shabbat Morning Service 10:00 am  
Caitlin McLoughlin, Guest Cantorial Soloist

#### Friday, July 28

Kabbalat Shabbat Service 7:00 pm

#### Shabbat, July 29

Shabbat Morning Service 10:00 am

### AUGUST

#### Friday, August 4

Kabbalat Shabbat Service 7:00 pm

#### Shabbat, August 5

Shabbat Morning Service 10:00 am

#### Friday, August 11

Kabbalat Shabbat Service 7:00 pm

#### Shabbat, August 12

Shabbat Morning Service 10:00 am

#### Friday, August 18

Kabbalat Shabbat Service 7:00 pm

#### Shabbat, August 19

Shabbat Morning Service 10:00 am

#### Friday, August 25

BBQ and Barachu 5:30 pm  
Kabbalat Shabbat Service 7:00 pm

#### Shabbat, August 26

Shabbat Morning Service 10:00 am

### SISTERHOOD THANKS YOU!

TBE Sisterhood thanks all who donated to the Sisterhood Clothing Drive and all who volunteered to help in May.

We raised \$871.20 and collected 4296 pounds of goods!



### WHY WE MADE A GRINSPOON LIFE & LEGACY GIFT

#### Carl and Dana Weinberg

We have always tried to donate generously. But until we learned about LIFE & LEGACY, we had never really considered legacy giving. Our initial reaction was, “Ugh – who wants to think about *that*?” But on second thought, establishing legacy gifts made so much sense to us. We want these institutions to thrive during our lifetimes – why wouldn’t we want them to continue thriving afterward?

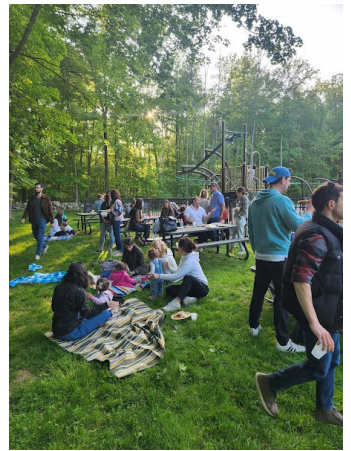


Once we decided to pledge to LIFE & LEGACY, it was easy to decide which institutions to include. We made many of our closest friends at the JCC, when our kids attended Sara Walker Nursery School. And Temple Beth El is our spiritual home and the center of our faith-oriented volunteering, where Dana runs the Temple Rock auction and Carl served as President.

We were surprised at how easy the LIFE & LEGACY process was. Filling out the Letter of Intent only took a few minutes, and formalizing our pledge was as easy as going online and including TBE and the JCC as beneficiaries of our IRAs. And now we know we are doing our part to ensure that the Stamford-area Jewish community will continue to thrive for generations to come.



## Shabuzz Shalom - May 19, 2023



## Annual Cantor's Concert

Honoring  
Mia and Lonny  
Weinstein





## MAZAL TOV TO...

Laura Markowitz on the birth of a granddaughter, Zoë Reece, born to Allison and Jason Usdin

Stewart Casper and Victoria deToledo on the birth of a granddaughter, Zoë Reece, born to Allison and Jason Usdin

Maxine and Jay Freilich on the birth of a grandson, Benjamin August, born to Danielle and Gary Freilich

Elissa and James Hyman on the birth of a granddaughter, Luna Sylvie, born to Rachel Chao and Nick Hyman.

Juli Harris and Scott Sekuler on their marriage.

David Kaplan recipient of this year's Citizen of the Year Award



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)

## HONORABLE MENSCHEN TODAH RABAH TO OUR TORAH READERS!

AMANDA GEFNER ★ RABBI GERRY GINSBURG  
JACKSON GOICHMAN ★ RABBI JOSHUA HAMMERMAN  
JOSH LEVINE ★ BERT MADWED ★ MATT MILLER  
STUART NEKRITZ ★ JONATHAN PHAIR  
SYLVAN POMERANTZ ★ REMI ROSENBERG  
SUSAN SCHNEIDERMAN ★ LAEL SHAPIRO  
HANK SILVERSTEIN ★ GREG WEIL

## THANK YOU FOR SPONSORING KIDDUSH

MANDY GREENBERG and SAMUEL GOICHMAN  
NANCY and JEFF KAPCHAN  
SHARON and STEVE KATZ  
JULI HARRIS and SCOTT SEKULER  
TBE MEN'S CLUB

## Special Occasion?

**Sponsor the Shabbat Announcements**  
(emailed every Thursday afternoon)

**Donation of \$72**

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

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

## 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.

## 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 Julie Rosenberg at [julierosenbergspl@gmail.com](mailto:julierosenbergspl@gmail.com) or 203-273-6794.

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

**Christmas dinners at local homeless shelters:** Contact Julie Rosenberg at [julierosenbergspl@gmail.com](mailto:julierosenbergspl@gmail.com) or 203-273-6794.

## My Year of Saying Kaddish with Temple Beth El

*On the completion of her year of Kaddish recently, I asked Gaby Rattner, a loyal online minyannaire, to share some thoughts about her journey. Here is her moving account.*

*Rabbi Joshua Hammerman*

Eleven months ago, my father became suddenly and tempestuously ill; he died nearly six weeks later, leaving our family devastated and shell shocked. So far, my experience, however painful, was not unique.

Growing up in an observant Conservative home, many of the mourning rituals were familiar; certainly the traditions associated with shiva and the always surprising (to me) insulation and comfort it provides. But I didn't really know much about what would be required of me for the next year as someone mourning a parent. One thing I did know was that my father had said Kaddish for all four of my grandparents, the first time once-a-week, and by the last time daily, even while he and my mother were still working.

I am not as observant as some members of my family, but I wanted to make this same commitment. I was unsure I could see it through but was determined to try. One thing that would be necessary for this endeavor to be successful would be an online minyan. There were several reasons. I lead a small nonprofit organization in Greenwich and I had already missed weeks of work; I would not be able to leave my office every day, even if I could find a local daily minyan.

*Continued on page18...*



# Celebrating Israel at 75



**Closing Day - See you in September!**



**Mazal tov  
Keshar Beth El  
Class of 2023**





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!

**Naomi Marks, President**

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

### ROSE ROSNER AWARD PRESENTED TO EILEEN H. ROSNER



On Shabbat, May 13 at Sisterhood Shabbat, Eileen H. Rosner was presented with the Rose Rosner Award. This award was created in 1988 by Sisterhood in Rose's memory after she died in May 1987, to recognize women who, like Rose, served Sisterhood over a long period of time.

Eileen, a Past President of TBE, currently serves on the Executive Committee of the Board of Trustees as an advisor and has chaired and served on numerous boards and committees. She chaired the Ritual Committee, the Cantor's Concert committee since 2013, and served in every office on the Sisterhood board, Garden Committee, High Holy Days committee, Board of Education, and the Fund-Raising Committee. She can be found at TBE both day and night and does a lot of volunteer work for TBE from home as well. In honor of her father, Frank Rosner, z'l, Eileen organizes the daily minyans.

In the community Eileen has served as the president, vice president and currently secretary of the Friends of The Ferguson Library (running the Literary Competition every year for several years) and has served on the executive committees or boards of Jewish Historical Society of Fairfield County, Stamford Historical Society, Beth El Cemetery Association and The Ballet School of Stamford. She also enjoyed being a part of the New World Chorus. She presently serves as the Executive Director/Secretary of the Beth El Cemetery Association.

In 2011, she was honored by the Volunteer Center as the Outstanding Senior Volunteer, and in 2013 was the honoree for the Temple Beth El Cantor's Concert and by The Ballet School of Stamford for her dedication to its students and the Stamford community.

### MY MOTHER, ROSE ROSNER, z'l

At the recent Sisterhood Shabbat, I was surprised and honored to receive the Rose Rosner Award for Outstanding Volunteers. As I thought about this honor that was created by Sisterhood to remember my mother, I realized that most of the people present did not know my mother or why the award was created in her memory. I want to share a bit about her with our Temple Beth El family.

Our family moved to Stamford on February 22, 1949. Shortly thereafter, we became members of Temple Beth El. Although she had a full-time job, my mother became a member of Sisterhood and got involved helping whenever she could. In the journal for our 60th Anniversary, there is a photo of Sisterhood ladies, including Rose, as they set up for a Gay 90's card party.

When my sister, Joyce, and I became members of the Jr. Choir, our mother became the choir mother. She made sure the singers had the right robe which fit and was hanging properly on each child. She was responsible for having them cleaned when needed.

On Friday nights, a circle of Sisterhood members took turns arranging the platters of cake and pouring tea from the silver tea service into China cups. Rose was part of the circle. Alberto says she taught how to do the platters that are still part of the weekly Onegs and Kiddushes.

In 1973 when Temple Beth El moved into 350 Roxbury Road, Rose and Helen Golin set up and ran the Sisterhood Gift Shop for many years. They opened the shop whenever school was in session, on Sundays and Tuesdays and Thursdays.

In her final years, while still working part time and battling cancer she served as treasurer of Sisterhood. After she died in May of 1987, the Sisterhood board decided to create the Rose Rosner volunteer award to recognize women who, like Rose, served Sisterhood over a long period of time.

Each winner has her name inscribed on a plaque that hangs in our lobby. She receives a piece of jewelry that has a rose as part of it. These have changed over the years with fashions changing so you might not recognize them if we all were wearing them on Sisterhood Shabbat-another tradition.

I hope this gives you some idea of who she was and why she is being remembered in this way.

*Eileen H. Rosner*

*1994 & 2023 Rose Rosner Award Recipient*

### BETH EL CEMETERY ASSOCIATION

Information about the Beth El Cemetery Association, Inc. is available from:

**Allan Lang at 203-327-6418**

**or**

**Eileen H. Rosner at 203-461-0506**

## FIFTY YEARS AGO...

Fifty years ago on September 9, 1973, Temple Beth El moved its home from 144 Prospect Street to 350 Roxbury Road. It was an emotional time and the beginning of a wonderful next chapter in the life of our congregation.

Where were you in 1973? Were you born? Did you graduate? Did you get married? Did you move? Were you a member of TBE? Did you go on a wonderful trip?

Please join us for Shabbat services and a Kiddush lunch on September 9 and together we will share our memories from 50 years ago. Bring photos and your stories to our anniversary celebration.



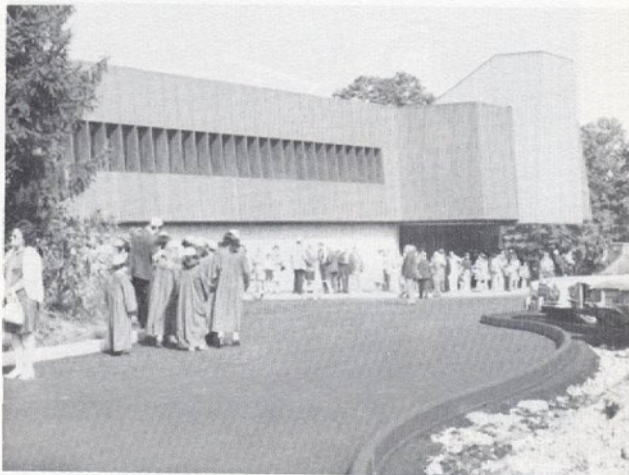
One last pause before embarking for the "new" Temple.



Torahs being carried up Roxbury Road.



Flatbed truck waiting - Better than walking the 4 miles!



Waiting for the Torahs to arrive.



Truck arriving on Roxbury Road with Torahs symbolically carried.



Passing Torahs from hand to hand.



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

### OPPORTUNITIES FOR GIVING

- ☒ Adult Education Fund
- ☒ Paver Walkway Campaign
- ☒ Beth El Cares
- ☒ Rabbi Hammerman's or Cantor Kaplan's Mitzvah Fund
- ☒ Goldberg Scholarship Fund
- ☒ Emmet Manheim Memorial Playground
- ☒ Kiddush Fund
- ☒ Matthew Klein Memorial Sanctuary Garden Fund
- ☒ Music Fund
- ☒ Project Ezra
- ☒ Religious School Fund
- ☒ Frank and Rose Rosner Memorial Fund
- ☒ Security Fund
- ☒ Shabbat Bags
- ☒ Youth Fund

### MEMORIAL PLAQUES



Inscribe the names of your loved ones on a plaque in our Chapel foyer 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.

### PAVER CAMPAIGN

**In celebration of our first 100 years!**

Consider adding a paver to our new walkway. Three sizes are available.

Click here for details: <https://4everbricks.com/donors/TBE/>

Questions? Contact Steven Lander at [execdir@tbe.org](mailto:execdir@tbe.org).

### 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](mailto: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

### 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.

Beth El members may 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.

### 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.



### 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 Eileen H. Rosner at [rosnereileen@gmail.com](mailto:rosnereileen@gmail.com).

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

### CELEBRATING A SPECIAL EVENT? COMMEMORATING A YAHRTZEIT?

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](mailto:execdir@tbe.org).

### 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).

## OH! WHAT A YEAR! continued from page 1...

### NOVEMBER

Kabbalat Shabbat Service - Benjamin Davidson Bar Mitzvah, Sarah Gilbert Bat Mitzvah, Shabbat Service, ShaBaBimBam, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Men's Club Blood Drive, Temple Rock Committee Meeting, Beth El Cemetery Association Meeting, Meditation and Guided Imagery, Meeting, Sisterhood Clothing Drive, Sisterhood Mah Jong, Heart to Heart Support Group, Trivia Night, Nusach: Singing Sacred Time, The Bible with and without Jesus, Journeys through Our Prayer Services, Fundraising Committee Meeting, Board of Trustees Meeting, Executive Committee Meeting



### DECEMBER

Kabbalat Shabbat Service, Family Hanukkah Shabbat, Shabbat Service - Jonah Shapiro Bar Mitzvah, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Men's Club Meeting, Journeys through Our Prayer Services, STEM Club Event, Keshet Beth El Hanukkah Family Concert, Keshet Beth El lit Menorah at Government Center, Heart to Heart Support Group, Temple Rock Committee Meeting, Meditation and Guided Imagery, Strategic Planning Committee Meeting, Board of Trustees Meeting, Executive Committee Meeting



### JANUARY

Kabbalat Shabbat Service, Shabbat Service, MLK Shabbat, ShaBaBimBam, Keshet Beth El Family Havdalah, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Heart to Heart Support Group, Meditation and Guided Imagery, Men's Club Hearing Men's Voices, Women & Whiskey by Sisterhood, Sisterhood Mah Jong, Journeys through Our Prayer Services, The Bible with and without Jesus, Temple Rock Committee Meeting, Board of Trustees Meeting, Executive Committee Meeting



### FEBRUARY

Kabbalat Shabbat Service, Shabbat Service, HIAS Refugee Shabbat, ShaBaBimBam, Middle-Eastern Havdalah, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, World Wide Wrap by Men's Club, Journeys through Our Prayer Services, The Bible with and without Jesus, Heart to Heart Support Group, Temple Rock, Tree Time, Keshet Beth El Tu B'Shevat Ice Cream Seder, Board of Trustees Meeting, Executive Committee Meeting



### MARCH

Kabbalat Shabbat Service, Shabbat Across America, Shabuzz Shalom, Stacey G. Sobel of ADL guest speaker, Shabbat Service, PurimBimBam, Purim Megillah Reading, TeeBeEs Celebrate Purim, Purim Big Bubble Bonanza, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Sisterhood Mah Jong, Heart to Heart Support Group, Introduction to Judaism, Cantor's Concert Committee Meeting, Men's Club Hearing Men's Voices, Keshet Beth El Model Seder, BonusBimBam, Passover Cooking Demonstration with Ronnie Fein, Tuneful Tuesdays, Coffee with the Cantor, TBE Engagement Meeting, Board of Trustees Meeting, Executive Committee Meeting





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**SCOTT KROWITZ, PRESIDENT**  
**REMARKS AT THE ANNUAL MEMBERSHIP MEETING – MAY 24, 2023**

Good evening everyone and welcome to the 2023 Annual Meeting at Temple Beth El. It is truly a pleasure to see all of you. Thank you for giving up watching the Survivor finale tonight to be here. We made sure not to book this during the last episodes of Succession.

When I became President, I decided it was important on Fridays to send a weekly email to the Board and the staff of TBE to wish everyone a Shabbat Shalom, to try as best as possible to leave the stresses of the week behind and to embrace some peace of mind, some real thoughtfulness as we celebrate Shabbat. At the close of my message, I always write “as always, I wish everyone a very meaningful Shabbat and a wonderful weekend filled with joy.”

I use the word “joy” deliberately. These continue to be challenging times for us, as Americans, Jews, parents and just human beings. The never-ending news cycle does its best to remind us of a world that often seems to be spinning out of control, both here and abroad. And of course, there is always an issue or two here at TBE to provide a little stress. My mother-in-law, a regular shul attendee all her life, would say “Scott, I have lived in England and in Queens and let me just tell you, that’s what synagogue life is all about.”

And that is why I turn to joy and remind everyone to find the joy in now. In some ways it is very simple, and the way to do it is to embrace it. Cantor Kaplan often talks about meditation as a way to quiet the mind and as a way to bring solace. By embracing joy, you build your self-belief, self-kindness, self-compassion and then extend those feelings to those around you. It is easy to find fault, but I counsel everyone to look internally and at those around you and see the goodness that exists, that brings meaning to our lives. That is true joy.

And we have a lot to be joyful about here at TBE. As synagogue members, we can look back with pride at what we accomplished over the past year. I promise not to keep you here all night by recapping all the events of the past year but do want to focus on some highlights.

We began with a wonderful BBQ and Barachu, attended in the August sun and heat by over 200 members. We dedicated our tent in blessed memory of our Past President Alan Kalter, ate terrific food and came together in prayer with the Rabbi and the Cantor on our lawn. Two weeks later, led by Cantor Kaplan in a spiritual and deeply moving Selichot service with our friends from Congregation Beth El and Temple Israel, we were again outside for a bit, this time under the stars in the Klein Memorial Garden before shifting to the sanctuary. For many people, it was their first Selichot service and everyone, literally everyone, got caught up in the spirit of the evening. And this set the tone for our High Holy Day services, where more people returned to our building and prayed and kibbitzed with their TBE friends and family (while others continued to participate through our Livestream and Zoom options).

A return to our building continued throughout the year. Our very successful Thursday Night Social Clubs continued to draw large numbers. We again had sushi in the sukkah and other events, and then the social club combined with Cantor Kaplan’s vision to give us a wonderful evening of Mediterranean music and Havdalah. And speaking of beautiful music, the Cantor also brought us special Hawaiian and Middle Eastern Shabbat services and, just a few weeks ago, we spent a weekend with the Cantor and her musical guest Ben Pagliaro, who delighted congregants with modern musical takes on our prayers and culminated in a concert on our new patio with our schoolchildren and their families. Speaking of our Thursday Night Social, please join us on June 22 as we party “Under the Stars” on our new patio and pergola with great food and music.

Did I mention the patio and pavers? We continue to work to beautify our grounds and make them more useful to our congregation. We now have over 100 pavers lining the front of our building. Talk about the joy people feel when they find their names AND when they see the dedications in the names of people we love. If you have not purchased a paver or want to purchase another, please reach out to Steve Lander. And again, our thanks to Marsha Matthews and Sue Frieden for their work in commemorating our community and history in such a meaningful way.

This year also has been dedicated to our kids and families with young children. We just completed the first year of our Keshet Beth El religious school program, bringing together the school-age communities of TBE and Congregation Beth El in Norwalk. By all accounts, it has been a huge success. Lisa Gittelman Udi has worked tirelessly in both buildings to bring high quality Jewish education to these children and many new friends have been made along the way. We will build on this success as we move into year two of the program. We know that increasing the size of our school is of paramount concern. We are working on marketing the school to the community and please, if you know anyone who might be interested in our program, please

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have them contact Lisa, Steve Lander or myself.

Growing our connection with young children and their parents is a challenge, for us here at TBE and for the Conservative Movement in general. We know that TBE can only continue to thrive in the future if we have new families joining us, becoming the future leaders of our congregation. And we also know that these new millennials view the world differently than past generations did and that this extends to their connection to institutions, including Jewish institutions. To address this, we have tried to meet these families where they live. Under the leadership and vision of Lisa Manheim, who bridges the generational divide by being a current leader and the parent of a young child, we have successfully created our TeeBeEs and Shabuzz programs, offering gatherings, including prayer and services, geared to families with children under the age of 5. Last Friday, more than 25 families joined us in Emmet's playground for fun, pizza and prayer with Cantor Kaplan, coming together under the TBE umbrella. We know that not everyone will become a TBE member, but some already have inquired. And more important, the word is getting out that TBE is a destination for these young families. My thanks to Dayna Patashnik, our new Engagement Coordinator, for all the work she has done working with Lisa to make this happen. We are committed to building on this success in the coming year and to finding new ways to attract new members (of ALL ages) to our shul.

I also want to take a few moments to talk about our Reyut program, because it is so important and goes to the core of who we are at TBE and what we do. For those of you who do not know, this program provides assistance to those most in need by delivering food to people's homes, driving people for medical and other appointments and visiting and dropping off Shabbat packages to those in our local hospitals. It is such important work and, of course, it was materially impacted by the pandemic. I want to let everyone know that I have met with Melanie Massell (who is here) and Caroline Temlock Teichman, who run this program with Ronni Lang, and we are working to get the program back up and running. I am delighted to report that this month we were able to resume delivery to the hospitals. I want to extend my special thanks to Melanie and all the volunteers who do this work, and of course we need more of you. Please reach out to Melanie or to the office if you would like to be part of this very important program. And please sign up for our TBE Hope in Motion (as in the past, TBE is always a Top 5 revenue generator for Hope in Motion).

Before I conclude, let me say that none of this work could be done without all of you. From the work done by our High Holy Day volunteers to our greeters on Shabbat, to those of you who help with mailings, to those who assist the Rabbi with Torah readings and prayer and the Cantor in song, TBE works because of all of you. My special thanks to our Board and Executive Committee for all the work you do, to our clergy Rabbi Hammerman, Cantor Kaplan and Rabbi Ginsburg, for leading us in prayer and for the pastoral support you provide day in and day out, and of course to our staff, Steve Lander, Linda and Mindy in the office, Lisa Gittelman Udi, Dayna Patashnik, Alberto and Rad (and Eileen, well because, you know, and Aviva Maller as well!) for always going above and beyond the call, for the extraordinary work you do and for your dedication and commitment to this institution. You truly bring joy to all of us.

Scott Krowitz  
President Temple Beth El

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## ANNUAL CANTOR'S CONCERT 2023 honoring Mia and Lonny Weinstein





## OH! WHAT A YEAR! continued...

### APRIL

Kabbalat Shabbat Service, Mediterranean Shabbat, Jenn Williams of B1C guest speaker, Shabbat Service, Praying the Margins, ShaBaBimBam, Passover Services, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Keshet Beth El 7th Grade Mock Wedding, TBE Broadway/Theater Club sees “Parade,” Honoring Earth Day Meeting, Cantor’s Concert Committee Meeting, Heart to Heart Support Group, Lox Box with TBE Men’s Club, Finance Committee Meeting, Men’s Club Wine Tasting Experience, Religious Responses in Time of Climate Crisis, Board of Trustees Meeting, Executive Committee Meeting



### MAY

Kabbalat Shabbat Service, Family Shabbat Dinner, Pen Pagliaro Artist-in-Residence, Brian Steranka special guest musician, TeeBeEs Shabazz Shalom, Shabbat Service - Jackson Goichman Bar Mitzvah, Sisterhood Shabbat, ShaBaBimBam, Shavuot Services, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Dedication of Paver Walkway, **Coffee with the Cantor**, Beth El Cemetery Association Meeting, Sarah Darer Littman Book Discussion by Sisterhood, Sisterhood Clothing Drive, TBE Youth Singers Rehearsal for Cantor’s Concert, Fundraising Committee Meeting, Thursday Night Social Club Meeting, Beth El Cemetery Association Meeting, 7th Grade Graduation, Introduction to Judaism, Sisterhood Mah Jong, Heart to Heart Support Group, Introduction to Judaism, Board of Trustees Meeting, Executive Committee Meeting



### JUNE

Kabbalat Shabbat Service, Pride Shabbat, Shabbat Service, Men’s Club Shabbat, Weekday Mincha Minyan on Zoom, Sunday Morning Minyan in-person, Thursday Morning Minyan in-person, Trip to Bartlett Arboretum and Gardens, TBE Youth Singers Rehearsal for Cantor’s Concert, Rabbinical Search Focus Group, Membership Committee Meeting, Annual Cantor’s Concert honoring Mia and Lonny Weinstein, Sisterhood Mah Jong, A Night Under the Stars, Thursday Night Social Club Meeting, Heart to Heart Support Group, Introduction to Judaism, Board of Trustees Meeting, Executive Committee Meeting



Photo by Aviva Maller

## Looking forward to sharing more special occasions in the coming year!

## WE ARE GRATEFUL FOR YOUR CONTRIBUTIONS

### IN HONOR OF:

#### THE BIRTH OF CHARLOTTE LILY ASH

Liz & Scott Krowitz, Sharon & Jeff Turshen, Betsy & Peter Kempner, Carol & Allen Krim, Dana Horowitz & Peter Wolly

#### SARAH BENJAMIN & BRIAN TEITEL'S AUFRUF

Diana & Jeff Teitel, Amy Fishkow Benjamin & Jim Benjamin

#### THE BIRTH OF ZOË REECE USDIN

Betsy & Peter Kempner, Sharon & Steve Katz

#### THE ENGAGEMENT OF ZACHARY KROWITZ TO SYDNEY COHN

Susan & Art Greenwald

#### SYLVAN POMERANTZ ON THE 60th ANNIVERSARY OF HIS BAR MITZVAH

Ronni & George Freed, Erica, Ben, Addie & Camilla Pomerantz

#### THE BIRTH OF BENJAMIN AUGUST FREILICH

Susan & Art Greenwald, Liz & Scott Krowitz

#### THE BIRTH OF LUNA SYLVIE HYMAN-CHAO

Liz & Scott Krowitz, Lois Stark & Gary Lessen, Susan & Art Greenwald

#### REMI ROSENBERG ON HIS 50<sup>th</sup> BIRTHDAY

Margery Irish

#### SHARON & JEFF TURSHEN ON RECEIVING THE FRED WEISMAN TIKKUN OLAM AWARD

Fran & Rabbi Gerry Ginsburg

#### RABBI JOSHUA HAMMERMAN FOR HIS HELP DURING A DIFFICULT TIME

Nadine Evans & Rafi Kieval

#### OWEN BINGER BECOMING A BAR MITZVAH

Sue Frieden

#### MIA AND LONNY WEINSTEIN

Suzanne & Rob Fruithandler

#### JULI AND SCOTT SEKULER ON THEIR MARRIAGE

Jennifer & Harris Meth

### BETH EL CARES

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

Carol & Allen Krim's grandson, Owen, becoming a Bar Mitzvah by Suzanne & Norman Stone

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

Rosalind & Simon Alexander by Barbara & Warren Brandt

### SISTERHOOD

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

Eileen H. Rosner on receiving the Rose Rosner Award by Judy Aronin and Ellen & Rick Petersen

### RABBI JOSHUA HAMMERMAN MITZVAH FUND

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

The birth of Zoë Reece Usdin by Sharon & Jeff Turshen

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

Michael Weingarten, z'l by Janet Weingarten

### CANTOR KATIE KAPLAN MITZVAH FUND

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

Cantor Katie Kaplan's dedication to the congregation and the Cantor's Concert by Suzanne & Rob Fruithandler

### KESHER BETH EL FUND

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

Jeanette Fishkow, z'l by Amy Fishkow Benjamin & Jim Benjamin

### SHABBAT BAGS

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

In appreciation of the volunteers who deliver Shabbat Bags by Irma Shapiro

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

Jack Heyison, z'l by Leslie & Joseph Heyison

### MATTHEW KLEIN MEMORIAL GARDEN

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

Sylvan Pomerantz on the 60th anniversary of his Bar Mitzvah by Joan and Howard Breslow

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

Morris Yomtov, z'l by Brian Yomtov

Harold Fishkow, z'l by Amy Fishkow Benjamin & Jim Benjamin

Rhoda Pearlman, z'l by Pat and Marty Butensky

### MUSIC FUND

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

Howard Shapiro, z'l by Danielle & Lael Shapiro

### ADULT EDUCATION FUND

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

Emanuel Rothman, z'l by Linda & Joe Rothman

### 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.

CHECK US OUT ON



facebook.com/tbestamford/





## REMEMBERING OUR LOVED ONES



Robin, Jarad & Spencer Evans ..... **BEATRICE ABRAHAM**  
 Judith & Robert Amster ..... **DINA & MAX AMSTER**  
 Nancy Greene ..... **ADELE & AUGUST BERMAN**  
 Sari & Alan Jaffe ..... **EDWARD BLONDER**  
 Rita & Michael Buttermann ..... **EDITH & HY BUTTERMAN**  
 Susan Wise ..... **ANNA CHERNIACK**  
 Rome Family ..... **SAMUEL COHEN**  
 Francine & Robert Plansky ..... **MILDRED COOPER**  
 Joan & Robert Rosenthal ..... **HYMAN DOCTOR**  
 Sally & Jim Rothkopf ..... **EMANUEL FRIEDMAN**  
 Pamela Tinkham ..... **IRWIN GERBER**  
 Fran & Rabbi Ginsburg ..... **BARBARA GINSBURG**  
 Phyllis Gofstein ..... **DAVID GOFSTEIN**  
 Marlyn & Richard Agatstein ..... **LENORE GOLD**  
 Shari & Sandy Weisz ..... **PEARL GREDINGER**  
 Ginette Kellner ..... **FRADLA HOLLAND**  
 Leslie Horowitz & Barney Horowitz .... **HERBERT HOROWITZ**  
 Jerry Jacobs & Family ..... **BOBBI JACOBS**  
 Susan & Richard Blomberg ..... **SELMA & ARNOLD KALISKI**  
 Helen & Marty Donner ..... **ISADORE KLEINER**  
 Suzanne & Bob Kahn ..... **TILLIE KOHN**  
 Peggy Kalter ..... **DORA KOTLEROFF**  
 Magida Family ..... **ALAN MAGIDA**  
 Laura Markowitz ..... **ROSALIE MARKOWITZ**  
 Sandra & David Oberhand ..... **MARGARET MARX**  
 Melanie Massell ..... **MICHAEL MASSELL**  
 Ellen & Joel Mellis ..... **SAMUEL MELLIS**  
 Amy & Mel Bloomenthal ..... **GLORIA & LEON MITCHELL**  
 Meryl & Hank Silverstein ..... **HARVEY NOVICK**  
 Jeffrey Perry & Robin Evans ..... **LILY PERRY**  
 Lori & Stuart Ratner ..... **RUTH & PAUL ROBBINS**  
 Lisa & Michael Rome ..... **HOWARD ROME**  
 Joyce & Lewis Slayton ..... **ROSE ROSNER**  
 Gail & Jack Abrams ..... **ARNOLD ROTH**  
 Sally & Jim Rothkopf ..... **DORIS ROTHKOPF**  
 Barbara & Steve Rothstein ..... **IRVING ROTHSTEIN**  
 Sheila & Gordon Brown ..... **FANNIE SHEVRIN**  
 Gail Solomon Hecht & Harvey Hecht... **ESTELLE & SAMUEL SOLOMON**  
 Lori & Stuart Ratner ..... **ANNIE STEINBERGER**  
 Kathy & Elliott Tuckel ..... **MAX TUCKEL**  
 Karen & Phil Welt ..... **MORRIS WELT**  
 Betty & Sherwin Baer ..... **CEIL WOLIN**

### SPONSOR A "SHABBAT BAG" FOR JEWISH HOSPITAL PATIENTS



We are happy to announce that TBE's Reyut Committee will resume visits to patients at Stamford Hospital to deliver "Shabbat Bags" on Fridays starting in July.

Each bag contains challah rolls, sugar-free candy, grape juice, and a professionally designed and printed booklet with healing prayers and readings, and information about the Jewish community in Stamford. Electric Shabbat candles will be available for patients who request them.

Sponsor a bag for \$36. Go to [www.tinyurl.com/tbebags](http://www.tinyurl.com/tbebags) to donate or mail a check to made to: Temple Beth El, 350 Roxbury Road, Stamford, CT 06902.

### IN MEMORY OF:

#### **MICHAEL WEINGARTEN, z'l**

Liz & Scott Krowitz, Sharon & Jeff Turshen, Betsy & Peter Kempner

#### **LEO GOLD, z'l**

Marilyn & Mervyn Balsam, Harriet & Seymour Weinstein, Herb Bregman

#### **SAMUEL BERNSTEIN, z'l**

Wise Family

#### **BENJAMIN EVANS, z'l**

Louise Stern

#### **HANNAH LAMBERT, z'l**

Maxine & Jay Freilich

#### **RHODA PEARLMAN, z'l**

Elaine & Robert Erichson, Clara & Larry Kahn, Gail & Jack Abrams

### 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...

**MICHAEL WEINGARTEN, father of Nicole Zussman**

**LEO GOLD, z'l**

**ANNBETH WINTERS, z'l**

**LARRY HORWITZ, brother of Belle Horwitz**

**HANNAH LAMBERT, mother-in-law of Shari Goodstein**

**BENJAMIN EVANS, husband of Bobbe Evans**

**RHODA PEARLMAN, z'l**

**LORRAINE SATZ, mother of David Satz**

### 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!

Contact Steven Lander for information.  
[execdir@tbe.org](mailto:execdir@tbe.org)

**GABY RATTNER continued from page 7...**

Further, my father had not been inside a synagogue since COVID began so it felt right to pray virtually.

Where would I find a regular online minyan? Was there such a thing? My default position is to turn to Google, so I did, finding relatively quickly a listing for Temple Beth El's mid-day service. Divine intervention! Begun during COVID as a way to keep people connected and enable them to pray together, this daily minyan is one of the more remarkable legacies of the pandemic. In fact, there are no other daily minyanim, live or virtual in our area.

This was exactly what I was looking for at exactly the perfect time of day. I reached out to Temple Beth El and received an immediate answer. It was July; I was expecting it would take a few days and I was under a bit of a deadline because there were only two days before shiva began and I would go internet dark for a week. But I was warmly invited to join and received the link to do so.

Shiva ended and the next day I logged on. I expected to feel like an outsider. I didn't know anyone in the congregation, didn't know the prayers, could barely stumble through Kaddish and couldn't stop crying whenever I said the words. And there was this screen between us.

How completely wrong I was about all of it. I was so warmly welcomed; members of the Minyanaires or the Mincha Bunch as they variously called themselves, reached out to offer solace to a person they had never met. The service includes the onscreen presentation of each of the prayers and their translation. This was enormously helpful, especially in the beginning, when I didn't know the order of the service or most of the words I prayed at Rosh Hashanah and Yom Kippur and the occasional bar mitzvah. As time went on, not only did I discover that I could locate the prayers in a book, but they began to take on real meaning as the daily ins and outs of a difficult year presented challenges for which the Amidah seemed to offer both words of supplication and words of comfort.

When my mother fell and broke her hip two months later, the beautiful melody of the Misheberach, sung sometimes by Cantor Kaplan and other times by Hope Stanger or Pamela Tinkham, helped me feel I was doing something to help her. The stories people were invited to share any time the Eil Malei was chanted were not only interesting history lessons, but helped me to see what life with memories of my father could be like on the other side of this year – focusing on the positive and happy times and not on the painful, ugly days of his dying. The tales they told helped me understand how a person remains with you for the rest of your life even if theirs has ended.

The year went by. I joined the minyan from parking lots when I was on the road at 1 p.m.; from airports; from foreign countries and from my son's dorm room (sort of a foreign country). Somehow, when I felt I was least meeting my obligation, that day's particular service would be especially spiritual or melodic (thank you Cantor Katie!). Or Rabbi Gerry would tell me that people had joined from way more far-fetched far flung places than I. When I had COVID, the

minyan said a Misheberach for me! This group was just always there, always supportive, always interested and interesting! And always accepting.

We marked all the holidays together and I learned about ritual, history and culture. As the shock subsided, minyan became more than a comfort; it became an intriguing part of the day. Most days my mother joined me, which added more depth to the experience. Once again, the fact that the minyan was online made that possible. She could not have gone daily to a synagogue and we could not have gone together.

In total I missed one day of saying Kaddish for my father, the day I spent with Mom in the emergency room after she fell. I am filled with gratitude for this wonderful minyan which welcomed me, taught me, supported me, gathered ten people every day (and Sundays too) and, through a computer screen, made me feel so much less lost and alone. In the end, I believe this is the real purpose of the ritual of saying daily Kaddish – not just to honor your parent but to find connection after such a painful disconnection and to be drawn closer to observance even when you least desire it. Thank you so much Temple Beth El, its clergy and its members. This year was a surprising and unexpected gift.

Gaby Rattner

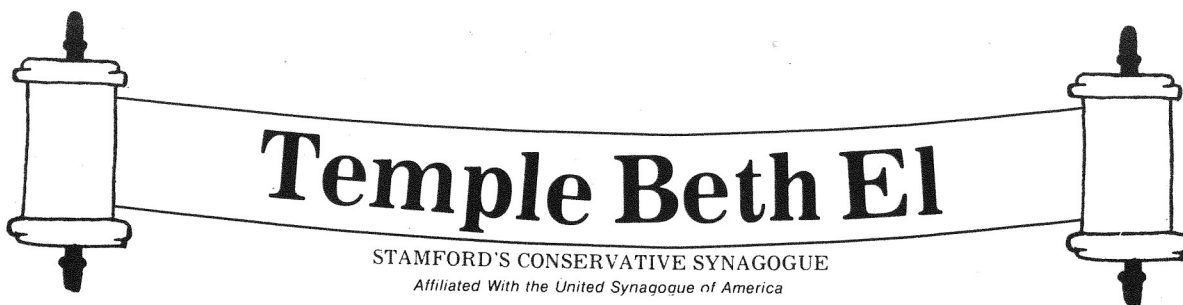


**MAZAL TOV!**  
**Stamford Citizen of the Year**

Veteran Honoree: LTC David Kaplan, USA, Retired  
Award Ceremony and Dinner, May 31, 2023







Volume 18 - Issue 11

November, 1993 - Heshvan/Kislev, 5754

## על רגל אחת ON ONE FOOT

### LIVING WITH COURAGE

If you were able to join us for Shabbat services on October 9, you heard a moving statement of courage from Jeffrey Avick, a victim of HIV-infection and a board member of the Mid-Fairfield AIDS project. October was AIDS Awareness Month, and Jeff helped us to become aware of his personal confrontation with fear.

We all live with the fear of dying in the back of our minds but for the most part we are able to cope with it, or deny it. If not, how could we function? Jeff taught us how:

"I've gained the courage to live in the moment."

As his vital T4 cell count has slowly declined since the initial diagnosis in 1985, he has learned to cope with increasing fatigue, illness and the relinquishing of all long-term goals, all the dreams that are the birthright of the young. But he has found peace in the little things; the gift of time, time to spend in his garden, time to wait for a cure. He spoke of HIV as, in a strange way, a positive, a challenge that has honed his faith. "Faith isn't challenged in calm seas," he said. "It is challenged when the course becomes hard to steer, which is also when it is most needed. My faith has held up to this test. In fact, it has grown. I believe deeply that there is a basic goodness to life and a reason for the things that happen."

Jeff's speech came at the conclusion of the Sukkot season, when the book of Ecclesiastes is read. "Go, eat your bread in gladness, drink your wine in joy," this philosophical gem teaches, "for the time of mischance comes to all." And, the author adds, "it comes without warning."

Few of us have to draw upon reserves of courage just to meet each new day, as Jeff does, but we all face rough seas from time to time. Within our congregation, there are dozens of Jeff Avicks at this moment, and at some point or other we all must answer the call.

If we can live with dignity and without fear, take the risks that we deem necessary, and enjoy the moment, our days and years will overflow with purpose and satisfaction. "Teach us to count our days," says the Psalm, "that we might attain wisdom." That quote is framed upon my office wall, staring at me every morning, so that I might make every day count.

As Emily, looking down from beyond the grave, says at the end of the play, "Our Town," Oh Earth, you're too wonderful for anybody to realize you." It is never too late to begin appreciating life - if we'd only have the courage to do so.

- Rabbi Joshua J. Hammerman



### HOLD THESE DATES!!!

**JAN. 21-23 SCHOLAR-IN-RESIDENCE WEEKEND**  
GUEST: RABBI NEIL GILLMAN,  
AUTHOR: "CONSERVATIVE JUDAISM: THE NEW CENTURY"  
**APR. 22-24 BETH EL ALL-TEMPLE RETREAT**  
**JUNE 20- FAMILY ISRAEL TRIP**  
**JULY 4 LED BY RABBI HAMMERMAN**

### PROMINENT ISRAELI ARAB TO SPEAK

The Beth El Discussion Group, in conjunction with the New Israel Fund, is holding an open community meeting at Temple Beth El to discuss the Israeli-Palestinian peace accord.

Dr. Mousa Karayanni, Director of the Institute for Research and Development of Arab Education at Haifa University, will be the featured speaker. He will be appearing through the auspices of the New Israel Fund. Dr. Karayanni is on sabbatical in the United States and has been prominently associated with the New Israel Fund for some time.

The Beth El Discussion group invites the congregation and the community to join them on Monday, November 8, at 7:30 p.m. for this important event.

Any questions should be directed to Jan Gaines, Chairperson of the evening, at 977-8687.

### NEW MEMBER SABBATH NOVEMBER 13

We will officially welcome the following new members and their families at Sabbath Services on November 13:

Cynthia & Brad Aron, Barbara & Lou Aronica, Hilary & Bruce Berger, Chris & Peter Bihari, Rhoda & David Dember, Robin & Gregory Druckman, Lynn Goldblum Cohen, Dani-Jose & Alan Falkoff, Robin & Lawrence Federman, Esta & Jay Feinsod, Ruth & Lloyd Fisher, Stephanie & Howard Fogel, Maxine & Jay Freilich, Heidi & Harrison Ganz, Nina & James Gerber, Barbara & Frederick Gold, Michale & Jerry Goldfarb, Edward Golove, Meryl & David Gordon, Myra & John Graubard, Amy & Howard Greenberg, Denise & David Greenman, Fern Galperin & Donald Hamerman, Leslie & Joseph Heyison, Olga & Michael Kagan, Carol & Michael Kanter, Lisa & Arnold Karp, Joan & Sheldon Katz, Madge & Michael Kellick, Dottie & Dick Kersey, Lauren Kirschner, Monica & Rod Kosann, Marcy & Marc Kurzman, Susan Kweskin, Dr. Elizabeth Gelberg & Steve Lavietes, Kathleen & Michael Lazarus, Linda & Elliot Levy, Babette & Julian Melmed, Julie & Richard Morgulis, Joan & Daniel Morson, Susan & William Nabel, Joan & Benjamin Noritz, Patti & Daniel Ramras, Rhonna & Brian Rogol, Gloria & Eugene Rosenberg, Annea & Steven Rosenberg, Gayle & Howard Rothman, Lisa & Larry Siebert, Cathrine & Allen Troy, Hannah & Melville Young, PattyAnn & Mitch Tublin, Sallie & Michael Ziskin.



## **RITES AND REASONS:**

Ritual Committee Report,  
by Rabbi Joshua Hammerman

### **THE TALLIT**

Last month we classified the wearing of a kippah as a significant but rather modern custom among Jews. Such is not the case with the tallit, one of the most ancient and significant items in all of Judaism. The idea of a special garment with cut fringes predates even the Bible as a physical reminder of legal obligations among ancient semitic peoples. It is among the first articles of clothing known to civilization. The Bible commands Jews to wear fringes (called tzitzit) as a physical reminder of all 613 commandments found in the Torah. This passage from Numbers is so important that it is found as part of the Sh'ma, and is read twice daily. The kippah is a custom. Jews are commanded to wear the fringes.

We need physical, visual reminders for important thoughts, especially ideas that are complex and abstract. It's like watching the news, when we decode the words of the announcer with the help of those visual aids known as graphics. The tallit plays a similar role. Wearing a tallit while praying is analogous to tying a string around your finger. If it's on, we can't possibly forget what we're doing, and why. Not only is it a visual aid, it serves as a useful tool in the act of praying, enabling the wearer to create a sense of separation, "sacred space," around him by wrapping himself within its warmth. And in the "old country," before the invention of central heating, let's not discount the garment's more practical advantages.

The tallit, to which the four tzitzit are tied, was worn all the time in the days of the Talmud, mostly by the wealthy and by distinguished rabbis. Eventually it came to be worn only during prayer, although some Jews wear a smaller version all day long, known as the tallit katan, underneath their outer clothing. Even they must wear the normal tallit when praying. Ironically, the tallit, once a sign of status, has become a great equalizer at services. No matter whether the suit was made by Brooks Brothers, Armani or the tailor Motel Kamzoil, the tallit worn over it makes everyone look the same. Although we pray as individuals, we are unified by the fact that we wear the same thing Jews everywhere are wearing. It is a great equalizer, a great unifier, and a tool for inspired praying. To daven without a tallit is to daven naked.

**At which services is it worn?** By congregants, every morning, (except for the fast of Tisha B'Av), and at night only on Yom Kippur, and by the hazzan during some afternoon and evening services.

**By whom?** The Shulchan Aruch, the authoritative code of law dating back to the 16th century, states that a person called up for an aliyah should wear a tallit. Based on this premise, our policy is to request that those who open the ark and those sitting on the pulpit also wear one, even if it is not otherwise required. Because the purpose of this garment is to remind a person of his Jewish obligations, and because the act of putting it on requires the saying of the blessing, "We praise you God, who has commanded us to wear the tzitzit, to ask a non-Jew to wear it would both compromise his beliefs and distort the meaning of ours. This is a sacred act, nothing less. During a political season, one might often see a politician slap on a yarmulke when speaking to Jewish audiences in a

synagogue, but he puts on the tallit only if he intends to pray with it.

**How old?** There are three customs, all perfectly legitimate. Some encourage children to wear one from early childhood. Others begin at Bar/Bat Mitzvah, still others at marriage. We tend to go for the middle practice here, but not at the expense of the others. For that reason, no one is required to wear a tallit at our services, unless he is on the bima. Now, for the most difficult, and most important issue:

**What about women?** Women have never been prohibited from wearing the tallit in Jewish law, nor were they obligated to do so. This commandment was considered "limited by time," a category of mitzvot from which women were exempted because of their child rearing obligations in traditional societies. Most of the great authorities permit it (including the Shulchan Aruch, the source of Orthodox Jewish law) but they are divided over whether a woman should say the blessings. One respected authority believes that women are actually duty-bound to wear it.

For us, the question of "limited by time," is moot, because in our practice, women have long been considered to have the same religious privileges — and obligations — as men. Technically, then, women should be required to wear the tallit, whether or not they choose to wear a kippah, at least on our bima. Clearly, however, women who have never worn this garment can't be expected to change their practices overnight. Just as we respect those men who choose not to wear one until they marry, we respect those women who just aren't ready to take on that particular mitzvah, not just yet.

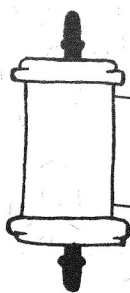
Women must be aware that the option is available. It always has been, in fact, but now we'll do even more to make it easier to choose to wear one, at least on the pulpit. A special feminine tallit will be made available on the reader's stand for those who choose to wear one while reciting the Torah blessings. For our younger girls, a more vigorous effort will be made to encourage them to consider purchasing a tallit of their own. I look forward to reporting to you in the near future that our Bat Mitzvah girls have taken to wearing them on their big day. It hasn't happened yet, but soon, some courageous soul will break the ice. That's my challenge to the Bat Mitzvah class of 5753.

This change will occur slowly, over a long period of time, and it will not be forced. But, sooner or later, the girls and women of this congregation will discover the little secret we men have kept to ourselves for so long: that warm, peaceful feeling of wrapping oneself in a garment our people have worn since time immemorial. It's one fashion that will never go out of style.

Next month: The Mourner's Kaddish

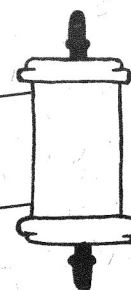






# Temple Beth El

STAMFORD'S CONSERVATIVE SYNAGOGUE  
Affiliated With the United Synagogue of America



Volume 17 – Issue 10

October, 1992 — Tishrei/Heshvan, 5753

## על רגל אחת ON ONE FOOT

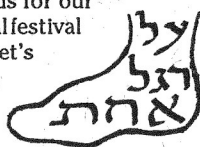
Many years ago, Rabbi Abraham Joshua Heschel appeared on the NBC's "Meet the Press." Since Rabbi Heschel is considered to be the greatest Jewish philosopher/theologian of this century, I humbly step aside to insert his powerful message to young people into this space. These final words spoken to the panel speak directly to our community immersed as we are in the Month of Festivals, Tishrei.

*"I would say to young people a number of things. And we only have one minute. I would say let them remember that there is meaning beyond absurdity. Let them be sure that every little deed counts, that every word has power, and that we can, everyone, do our share to redeem the world in spite of all absurdities and all the frustrations and disappointments. And above all remember that the meaning of life is to build a life as if it were a work of art. Remember that life is a celebration."*

Note the emphasis on celebration, because, while Rosh Hashanah and Yom Kippur contain many moments of sanctity and joy, for pure celebration nothing holds a candle to Sukkot and Simhat Torah. It always saddens me that so many of our children carry with them the impression that Judaism is by definition solemn and dour. They never discover that constructing a Sukkah is much more fun than decorating a Christmas tree (and far more ecologically sound) or that spontaneity and unbridled joy are the order of the day on Simhat Torah. Yes, Jews can actually dance at services.

Our challenge is to create those lasting memories. But we need people here to do it. Join us for our Sukkah decorating party and all our special festival programs and services, and together, let's create moments of celebration. Which is my way of wishing you a happy Sukkot...on one foot.

— Rabbi Joshua Hammerman



### SUKKOT SERVICES

First Night Family Service .....	Sun. Oct. 11, 7 PM
First Day Festival Service .....	Mon. Oct. 12, 9:30 AM
Second Day Festival Service .....	Tues. Oct. 13, 9:30 AM
Shmini Atzeret (Yizkor) Services .....	Mon. Oct. 19, 7:30 & 9:30 AM
Simhat Torah Celebration/Service .....	Mon. Oct. 19, 7:30 PM
Simhat Torah Morning Service .....	Tues. Oct. 20, 9:30 AM

## SHABBAT MORNING

We're off and running. The year has begun. Join us in October for Shabbat and Sukkot Festival Services. With three Bar Mitzvah services, three weeks of children's services, baby sitting every week, and our first Learner's Shabbat, October is packed with activity.

On October 10, Rabbi Hammerman will teach about Sukkot, "The Jewish Earth-Week." In a time of environmental concern, people of all ages will be interested in learning about the timeless lessons of this ancient harvest holiday. This will be the first of four Learner's Sabbaths on our schedule for the year.

Thanks to all our September baby sitters, and to all the volunteers who have gotten us off to a flying start.

See you in synagogue.

— The Shabbat Committee



Powdered Milk in Envelopes,  
Evaporated Milk, Fruit Juice or Tang,  
Hot or Cold Cereals, Bread, Crackers,  
Pancake Mixes, Peanut Butter & Jelly,  
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& Canned Soups, Canned Fish &  
Meat, Pasta & Canned Sauce, Rice &  
Dried Beans Jello & Instant Puddings,  
Tea, Coffee, Hot Chocolate

## JEWISH COMMUNITY WIDE YOM KIPPUR FOOD DRIVE

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WITH INSTRUCTIONS AT BETH EL

RETURN FILLED BAGS BY OCTOBER 8TH  
SORTING AND STOCKING WILL BE ON OCT 8 & 9  
AT PERSON-TO-PERSON

Call Temple Beth El office 322-6901 for further information

## FIRST FAMILY SERVICE - FRIDAY, OCTOBER 23

A new tradition of monthly family services on Friday nights begins on October 23. The service, which will be our only Shabbat service for that evening, begins at the early time of 7:30 p. m. All ages are invited, with our guests of honor that night to be our third graders who will be celebrating their consecration.

All family services will feature student participation in prayers, as well as stories, games, and lots of Shabbat singing, all within the framework of a traditional service.

Yahrzeit lists will be read as usual. Those with Yahrzeits should be aware, however, that the list is now read both on Friday night and again on Shabbat morning, should the latter be more convenient.



**CANTOR KATIE KAPLAN continued from page 3...**

*Saturday Morning Service* (dreamed up with Irma Ross and Julie Rosenberg)

- Guest Artist weekend with Ben Pagliaro
- Sisterhood Shabbat
- Pride Shabbat

The Cantor's Concert June 11th featuring Zamir Chorale and Zamir Noded, honoring Mia and Lonny Weinstein, and including some of our very own TBE teens

And we have more great events coming up soon:  
**SAVE THE DATE** Next Fall: Scholar/Artist-in-Residence Rabbi Josh Warshawsky November 2-5 will be a dynamic and inspiring weekend for our entire congregation.

But in between these great events, even more good stuff is taking place just out of sight in the daily-in-and-outs, committee meetings, programming meetings, pastoral calls, and little interactions and conversations that make Temple Beth El into a community.

This year I've seen several at you at the three Coffees with the Cantor that I held in various coffee shops in Stamford, and we were able to share and connect on things that matter to you at TBE, along with sharing favorite books, family geography, and friendship.

If you haven't had a chance to have a conversation with me, the offer is ongoing and I'm happy to meet out for coffee or come to where you are, so just send me an email and let me know what works for you.

Our Tuneful Tuesdays brought some daytime singing to

the Temple and I hope to build on that for the future as well.

Did you know that it is scientifically proven that when a group of people sing together their heartbeats sync in time? Whether it is the act of breathing together, sharing physical space, or creating the resonance of voices moving together, this phenomenon is rather remarkable.

A room of heartbeats beating as one, now that is something to experience! So please do come and join us at services, sing out loud, and allow your hearts to become woven into the tapestry of Temple Beth El.

Thank you!

Cantor Katie Kaplan

**DEDICATION OF PAVER WALKWAY**

**May 7, 2023**



**Have you seen our new PAVER WALKWAY?**

**Pavers are now available for installation this Spring.**

**Commemorate significant life events.**

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**Contact Steven Lander, [execdir@tbe.org](mailto:execdir@tbe.org) for details.**

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AND MATTHEW KLEIN



# Noah's Ark

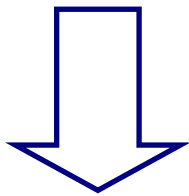


Have you seen our replica of Noah's Ark in the hallway of Kesher Beth El? It is walnut, measures 76" by 72", and has 149 plaques and 18 larger animals that can include engraved messages in honor of a family's children or anyone else, or in honor of a significant family event .

We are asking you to consider honoring your children (or anyone else) by donating \$250 to this project and buying a plaque. We hope that you might be further moved to buy one of the remaining animals for a donation of \$1,000.

*Proceeds to benefit Kesher Beth El.*

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CONTACT MINDY ROGOFF FOR DETAILS.  
[office@tbe.org](mailto:office@tbe.org)

The deadline for the  
September-October 2023 Bulletin  
will be Tuesday, August 1, 2023.

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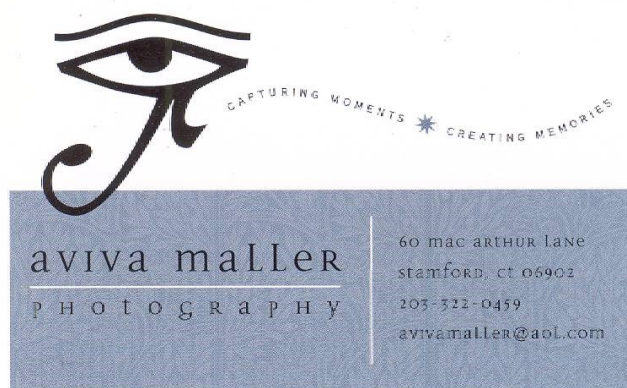
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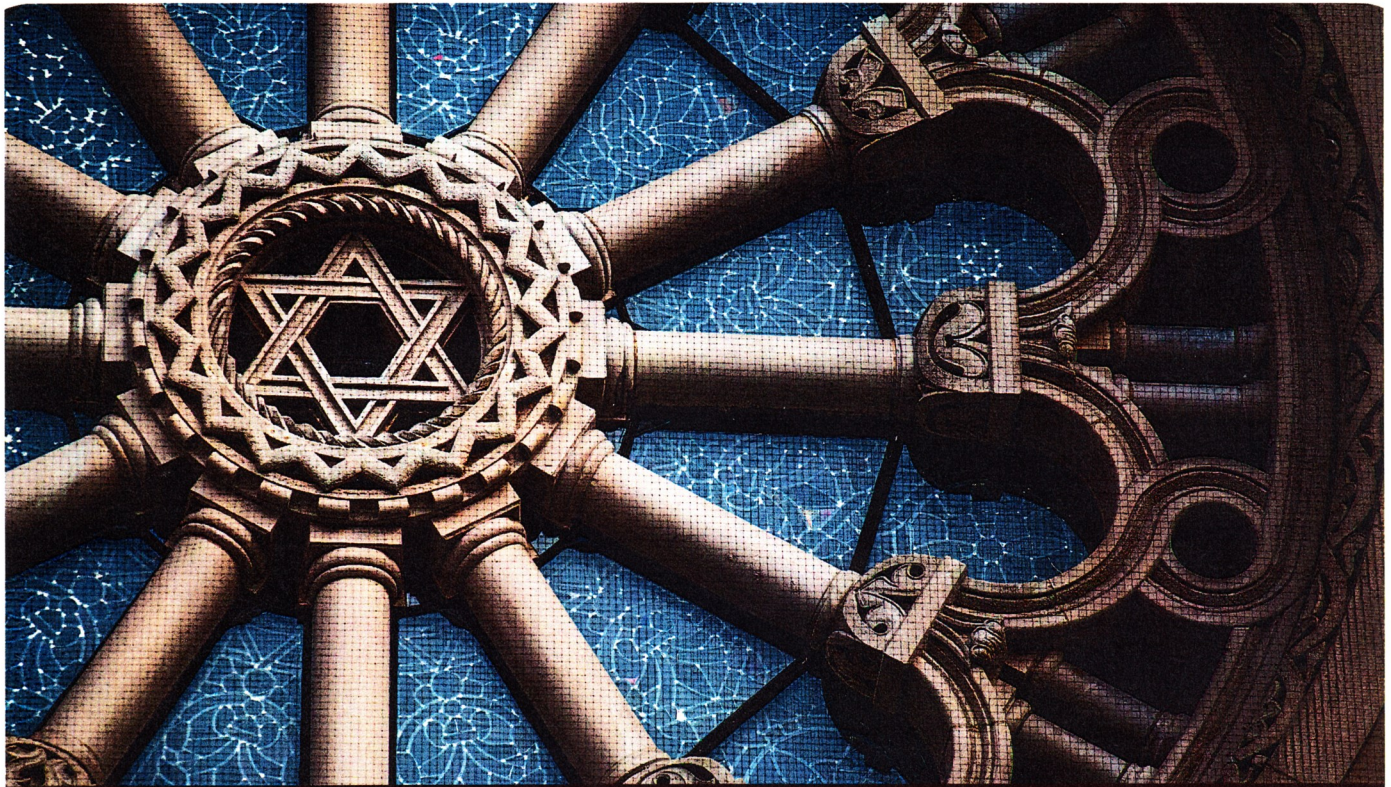
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JULY/AUGUST 2023



# BBQ and Barachu!

## FRIDAY, AUGUST 25

**BBQ 5:30 p.m. followed by Kabbalat Shabbat Service 7:00 p.m.**

**Rain or Shine**

Come join us and enjoy a **FREE** delicious BBQ dinner.  
Vegetarian burgers will also be served.

Welcome Shabbat with a musical, song filled, spiritually uplifting service led by Rabbi Joshua Hammerman and Cantor Katie Kaplan and guest musicians.

Please make a reservation at [www.tinyurl.com/tbebbq23](http://www.tinyurl.com/tbebbq23) or call Mindy in the Temple office at 203-322-6901, ext. 301 or e-mail: [office@tbe.org](mailto:office@tbe.org).