

## **Burying Geniza at Beth El Cemetery**





TBE members and Kesher Beth El students learned about and participated in the respectful burial of prayerbooks at Beth El Cemetery.

# **TeeBeEs Post-Passover PASTAPALOOZA**







Pasta crafts, story time and lots of pasta to eat for TeeBeEs Young Families.

## Purim 2025 at Congregation Beth El, Norwalk







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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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### MICHAEL ROSE KNOPF, SENIOR RABBI

As we approach Shavuot, the festival that marks the giving of the Torah, I've been reflecting on the moment just before God proclaims the Ten Commandments at Sinai: You shall be unto me a kingdom of priests and a holy nation (Exodus 19:6). This is as close as the Torah



comes to a mission statement for Jewish life — an assertion about who we are and what we are meant to do. To be a *mamlekhet kohanim*, a kingdom of priests, is to live lives of service — supporting one another, shaping our community, and working to heal our world in alignment with our highest values.

Over the past year, as I've gotten to know our congregation — listening to what inspires you, what challenges you, and what you dream about for our future it has become clear that TBE has long been striving toward this vision. Now, we want to pursue it with even greater intention. To do this, our leadership has identified three strategic priorities to guide our growth in the years to come.

#### **Deepening Belonging and Participation**

We are committed to transforming TBE from a place people simply attend to one in which they feel at home, fully connected, and engaged in communal life. Belonging is fostered through relationships, shared experiences, and meaningful Jewish moments — whether through Shabbat and holiday gatherings, acts of service, learning opportunities, or simply showing up for one another in times of joy and sorrow.

### **Empowering Jewish Living and Leadership**

Judaism comes alive when people feel confident engaging with it in a substantive way. This means expanding opportunities for learning, leadership, and participation deepening adult education, encouraging congregants to take ownership in services, and positioning clergy as guides on the sides rather than sages on the stages.

### Pursuing Inclusion and Justice, Inside and Out

Our tradition calls us to be a force for justice and compassion in the world. As a community, we are strengthening our efforts in direct service and advocacy, ensuring that our synagogue is a beacon of moral leadership. Our *Tzedek* teams are mobilizing around immigration justice, LGBTQ+ inclusion, affordable housing, and healthcare equity, ensuring that TBE stands for justice in tangible ways.

These priorities are already shaping our work. Over the past few months, we've introduced new prayer experiences alongside our standard offerings — monthly Roots and *Koleinu* services, musical offerings like *Hawaiian Shabbat*, and *Shabbat Labs* on Saturday mornings, featuring creative approaches to prayer like *Praying the Margins*. Not every addition or change will resonate with everyone, and that's okay. What matters is that we hold space for one another, showing up not only for what personally speaks to us but as *Continued on page 4...* 

### KATIE KAPLAN, CANTOR

### A Deep Tikkun: Reclaiming German Citizenship and My Ancestral Journey Home



We never spoke about it. Never discussed their names or stories. Not beyond the basics needed to fill out a family tree. My Opa made

my dad promise never to buy a German car, and the thought of ever returning to Germany was one instantly met with disgust. How could we even consider going back? We were German Jews, but in the end, we were Jews - the German part stripped from us by the Nazi regime and that tear was felt in shockwaves of epic proportion across much of Ashkenazic Jewry in what has now come to be known in part as Holocaust trauma.

My German roots are on both sides of my father's family tree. His father, my Opa, was the only one from his family who was able to get out of Germany and he fled Barnstorf, Germany. He came to the US in 1938, leaving behind his parents and two brothers, all of whom were deported and murdered in Minsk. My dad never even knew his uncles' names until we began researching a few years back. They were never uttered. The one mantra my Opa did drill into my father's head was, "Don't ever think for a second that it couldn't happen here." He taught my dad to always keep his head up and to always be prepared. These sentiments were etched into my psyche and heart from a young age and while being a wise and prudent warning, they have also been a cloud under which our entire family has lived for decades.

On my Oma's side, she came to the US in 1936 all alone, as a child sent out before her parents who were living in Wörstadt/Saulheim, Germany. They later were able to get out on the very last ship that left for NY and made their way to Whitehall, NY and then, ultimately, to Rutland, VT. We have a family tree, however, dating back to the 1700's for her family in this region of Germany. There were several generations, not just my grandparents, who came from Germany. My ancestral history is interwoven with Germany and with the German people, even though there was a violent and terrible tear in that fabric under the Nazi regime.

Over the past couple of years, several members of my extended family went through the process of reclaiming their German citizenship under the Law of Return. I had heard about this but initially thought, "How could I ever do that?" The same disgust that I had been raised with toward Germany and all things German made me think that I would never want to return even to visit, let alone become German as part of my identity. But you see, that was just the surface level, the lacquer of protection that had been carefully applied as a barrier to keep out the pain. But peel back just a little bit, and it became obvious that what I craved most of all, was healing and softening, not the harsh exterior hardening designed to shut the hurt out.

In college, I studied German as part of my opera Continued on page 4...

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

studies, and I was shocked by how naturally it rolled off my tongue. It was as if the cells in my body already knew how to form the sounds and shape the vowels. It was uncanny how easily it came to me, and it felt as if I had known the language my whole life. The sounds felt strangely familiar and there was a sense of homecoming that didn't sit well with me at that time in my life. I continued to push it off.

Flash forward to the past year. With the uncertain climate in the US, my family urged me to please look into getting our German citizenship. Not necessarily to go there, but to have the options and paperwork that my grandparents and their parents didn't have. Get the passports, put the documents in order. It is no guarantee that we will be able to get from A to B if needed, but it certainly doesn't hurt. We have boxes of correspondence from my Opa trying to get paperwork to get his family out of Germany and he was unsuccessful. So, with this spirit, I think that even Opa would have blessed my efforts to provide our family with as many options as possible. When I asked my dad if he wanted to do it, he said emphatically, "ves." That was all the unwavering conviction that I needed. If my dad wanted to do this, as a first generation, following the deep, severing tear of trauma, then I was going to have to find a way to make it happen.

I did the research, made the appointments with the German Consulate in New York, and led my family through the process of reclaiming our citizenship. All the while, each step peeling back the layer a bit more, leaving me raw and feeling vulnerable. At each step of the way, the people I spoke with at the German Consulate were kind, welcoming, and very helpful. My imagination had run wild picturing clerks who would be mean and curt, but that wasn't the case at all. And, each time we went to the consulate, the place was full of Jews doing the same exact thing, reclaiming their citizenship and becoming German, once again.

We followed all the steps and in October of 2024 we became German citizens and filed for our passports. We did the thing, it felt strange, but it also felt right. When they arrived in the mail it was intense. I still have my Opa's original Reisepasse and it is stamped with a swastika and carries the weight and intensity of trauma in its composition. It feels like a Horcrux, from the Harry Potter movies, in which a bit of soul has been imparted into an object, making it dark and vile. The pain can be felt when I hold it in my hands, when I smell its musty pages, and when I think of all that my Opa lost. Now, alongside that document, I possess a new and shiny Reisepasse with my name and photo. When I flip through the pages, they are fresh and clear and brimming with potential and possibilities. It feels like my body can finally exhale and we can begin to heal the trauma.

But, holding a document in one's hands isn't the same as setting one's feet upon the soil and making a pilgrimage to the places from which our family was ripped and Continued on page 18...

### **RABBI MICHAEL ROSE KNOPF continued from page 3..**

an expression of our shared commitment to something larger than ourselves.

We are also investing in initiatives that strengthen our community's relational fabric — exploring ways to make social gatherings like Thursday night socials (perhaps with childcare!) a regular part of our culture, enhancing *oneg* and *kiddush* experiences, and developing peer-led small groups that foster deeper connections. At the same time, we are working to lower barriers to entry — improving how we welcome and communicate with those seeking a Jewish home and expanding beyond our physical campus to ensure warmth and hospitality wherever we gather.

In learning and leadership, we are embracing both accessibility and depth. We trust our community to engage with traditional Jewish study and prayer while ensuring those experiences remain meaningful and welcoming. This means increasing opportunities for congregants to lead study sessions, give *Divrei Torah*, and take active roles in services. It also means fostering more lay-led learning, <u>h</u>avurot, and home-hosted experiences that empower our members to engage with Judaism on their own terms.

In social justice, we are blending direct service with systemic change. Our *Tzedek* teams are already making an impact: our Immigration Team is organizing opportunities for deeper engagement, including *Refugee Shabbat* in March; our LGBTQIA+ Team is working to ensure that TBE is a safe haven for all; and our Affordable Housing and Healthcare Teams are looking to address critical inequities locally and nationally. As we grow in this work, we are committed to being a congregation where pursuing justice is foundational to our identity.

One exciting opportunity to deepen our shared commitment to these priorities is our upcoming Congregational Read of *The Amen Effect*, by my rabbi and mentor, Sharon Brous. We will be reading it together this spring and gathering to discuss it over brunch on *Erev Shavuot*, Sunday, June 1. This book explores the power of connection, belonging, and moral leadership — all of which are at the heart of our congregational vision. I hope you'll join us on June 1 for what is sure to be an inspiring and generative conversation.

Of course, this is all an ongoing process. Your feedback and partnership are essential. I hope you will continue sharing your perspectives, experiencing new things with openness, and listening with curiosity.

As we prepare to stand at Sinai once again this Shavuot, may we reaffirm our sacred calling — to build a community of depth, connection, and purpose, embodying the holiness and service that define our highest aspirations.

Rabbi Michael Knopf



### WE WELCOME YOU TO JOIN US ON SHABBAT MORNINGS

We warmly welcome you to show up for services on Shabbat in whatever way is meaningful to you. A reminder: you don't have to attend services to come for lunch on Shabbat! Services begin at 10 am, and we get to lunch around 12:15 pm. You can also show up for and/or leave services any time:

- From 10 until about 10:30 am, we sing the joyous and soulful melodies of P'sukei D'zimrah, the preliminary service.
- •From about 10:30 to 10:45 am is the morning service, Shaharit (including greatest hits like Shema and the Amidah).
- We take the Torah out at about 10:45 am, and chant from the Torah and Haftarah portions until about 11:30 am.
- The D'var Torah (sermon) takes place around 11:30 am.

Between 11:45 am-12:15 pm, we conclude the service with Musaf, Aleinu, and Adon Olam (we always invite children up to help lead some of these final prayers, and any kid who helps lead gets to pick a prize from the Rabbi's "Tchotchke Chest"!).

And for those who wish to partake, you are welcome to make a "L'chaim!" with us on a beverage of your choosing (whether alcoholic or non-alcoholic) after services. I can personally guarantee good bourbon, an awesome and creative signature cocktail based on the weekly Torah portion, and even better schmoozing!



### **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 Eric Sigman at esigman1@gmail.com

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

### JOSHUA HAMMERMAN, RABBI EMERITUS

### Some News About Me

The following is adapted from an article posted on my Substack in late March. By the time you read this, I will hopefully be well on the road to recovery. Thank you to the many who have reached out. You can



find the entire article at <u>https://open.substack.com/pub/</u> rabbijoshuahammerman/p/some-news-about-me

Last December, I discovered that I have a particularly aggressive strain of prostate cancer. Today I had surgery for the removal of the diseased gland. As I send this off, I'm in the early hours of a long recovery period.

After a few weeks of abject existential dread, not knowing if the cancer had metastasized, a full body scan indicated that it was not widespread beyond the prostate, increasing my odds considerably of living a full life and, as urologists like to say, "dying of something else."

As you read this, I pray that there is no longer any cancer in me and God willing, I have "<u>miles to go before I sleep</u>." I'd be delighted to die of "something else," but the main thing is that it be "some *time* else." Preferably, let "something else" be a malady that hasn't been discovered yet, say, "Moses-Nebo Disease," which only infects people over 120 who have a thing for hitting rocks and smashing tablets.

I don't mean to make light of my diagnosis, especially since, for some of you, this may come as unsettling news. Admittedly, though, it's hard to think of a gland that generates more giggles than the prostate. Plus, gallows humor is a valued coping mechanism for me <u>and our people</u>; and because I've spent so much of my life visiting hospitals and cemeteries, perhaps I've become desensitized to the kind of life-and-death challenge I'm now confronting. Or, to put it more positively, I've gained perspective, and maybe some hope, from seeing illness and death as an integral part of being fully alive.

But suffice to say, I've had my down moments, particularly when the disquieting biopsy results were placed in my patient portal with no explanation, leaving me to Google my way into a frenzy, assuming the worst.

Although prostate is among the <u>most treatable cancers</u>, as long as it is contained, it's still cancer, and there are many unknowns. Even if the surgeon got it all, it could well return. Plus, there could be complications with my recovery or the surgery itself, and, well, that's why I haven't burdened everyone with this news until today.

But I do feel grateful to have enjoyed a relatively healthy life to this point, know that I am very fortunate to have caught the cancer in time (hopefully) and happy to have had a relatively smooth recovery thus far.

I'm also going public with this now because I feel an obligation to remind men to have regular <u>screenings</u> to detect this disease early on. The PSA blood test might have saved my life.

While my life's work has perhaps desensitized me to the Continued on page 19...

### SHABBAT SERVICES

Friday Night services are held at 7:00 pm

Shabbat Morning services are held at 10:00 am

Our services may be seen on livestream http://www.tbe.org/tbe-live/

All are welcome!

### **CELEBRATE SPECIAL OCCASIONS ON SHABBAT MORNING**

Celebrate a birthday with our TBE family! We warmly invite you to celebrate your birthday with the congregation on Shabbat morning. During that service, we will invite you for a celebratory Aliyah. We hope you will share in that joyous moment. If possible, please let us know ahead of time which Shabbat you'll be attending, and we will gladly provide you with an Aliyah at that time. Please also note that we are proud to continue marking special milestone birthdays with personal blessings in addition to this new ritual. If you fall into that category, you may contact Eileen H. Rosner at <u>rosnereileen@gmail.com</u> to make the appropriate arrangements.

Celebrate an anniversary! On behalf of the entire congregation, we invite you to celebrate your wedding anniversary with the congregation with an Aliyah on Shabbat. If possible, please let us know ahead of time which Shabbat you'll be attending, and we will gladly provide you with an Aliyah at that time.

While it is most certainly not expected, if you would like to elevate your birthday or anniversary celebration and the congregation's joy by helping to sponsor Kiddush on the Shabbat of your Aliyah, we would be most grateful for your generosity. Please call Mindy Rogoff at 203-322-6901, ext. 301 or office@tbe.org.

### **Special Occasion?**

Sponsor the Shabbat Announcements (emailed every Thursday afternoon) or

Rabbi Knopf's Shabbat Reflections (emailed every Friday morning) Donation of \$118

All sponsors will be acknowledged at the top of each of the eblasts and also listed in our bi-monthly Bulletin.

### **<u>Click here</u>** to reserve your date.

### **INSTALLATION OF RABBI DR. MICHAEL KNOPF**

in a joyful and inspiring Shabbat morning ceremony, Temple Beth El officially installed Rabbi Dr. Michael Knopf as its new spiritual leader, marking a significant milestone in the congregation's more than 100year history. The occasion heralds a new era of dynamic leadership and renewed community engagement.

Rabbi Dr. Knopf, known for his lifelong dedication to building a more inclusive and just society,



centered the installation weekend around themes of community, spirituality, and *tikkun olam* — the Jewish imperative to repair the world. In his remarks, he shared a compelling vision for the future of Temple Beth El: "This community is steeped in tradition yet vibrantly engaged with the world around us. I am honored to help guide us forward deepening our spiritual lives, expanding our commitment to learning, and living out our Jewish values with integrity and compassion."

The ceremony included readings and blessings from community leaders, as well as heartfelt reflections from some of Rabbi Knopf's mentors, including Rabbi Abe Friedman, Rabbi Joshua Jeffreys, and Rabbi Michelle Dardashti. Members of the Temple Beth El community also offered their own messages of welcome and support. U.S. Senator Richard Blumenthal, a longtime congregant, attended the service and delivered a personal message honoring Rabbi Knopf's leadership and steadfast commitment to social justice. The Senator also pledged his ongoing support and partnership.

Following the service, attendees gathered for a celebratory Kiddush lunch. The weekend concluded with a community service project benefiting the Elayne and James Schoke Jewish Family Service of Stamford, reinforcing the congregation's deep commitment to service and outreach. Temple Beth El Board President Jeff Cohen reflected on the significance of the moment: "An installation is more than a ceremonial passing of the torch in Jewish tradition. It is a moment of sacred commitment between a rabbi and their congregation."

Rabbi Dr. Knopf holds ordination and master's degrees from the American Jewish University and earned his Doctor of Ministry from Union Presbyterian Seminary. A widely published author, his work explores Jewish ethics, spiritual practice, and communal leadership.

Temple Beth El, a cornerstone of Jewish life in Stamford, looks forward to a future of continued growth, learning, and impact under Rabbi Knopf's guidance.

### MAZAL TOV TO...

Elana and Harrison Shapiro on the birth of a son, Dylan Marcus, and to the proud grandparents, Sue and Carl Shapiro.

Hazel and David Katz on the birth of a granddaughter, Sylvie Renée Guild born to Melanie and Will Guild.

Rachel and Michael Sackman on the birth of a daughter, Riley Jordan Sackman.

Bill Nabel on the birth of a granddaughter, Leah Susanna Lake, born to Hannah and Benjamin Lake.

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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 <u>office@tbe.org</u> or 203-322-6901, ext. 301.

### HONORABLE MENSCHEN TODAH RABAH TO OUR TORAH READERS

BARRY ERNER ☆ AMANDA GEFFNER RABBI GERRY GINSBURG ☆ DEVRA JAFFE-BERKOWITZ NEIL KATZ ☆ RABBI MICHAEL KNOPF ☆ CAROL KRIM BERT MADWED ☆ MATT MILLER ☆ STUART NEKRITZ SUSAN SCHNEIDERMAN ☆ LAEL SHAPIRO

### THANK YOU FOR SPONSORING KIDDUSH

CAROL and ALLEN KRIM MERYL and HANK SILVERSTEIN

### **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 or 203-274-1708.

**Project Ezra:** Providing pre-shiva meals to the bereaved in the congregation. Contact Debbie Adler-Klein at <u>dakmd75@gmail.com</u> or 203-253-1664.

Serving the homeless: Help prepare and serve food — you can do either or both throughout the year. Contact Julie Rosenberg at julierosenbergslp@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 julierosenbergslp@gmail.com or 203-273-6794.

### **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

### 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 Ron Zussman <u>rmzussman@gmail.com</u> or Steven Lander <u>execdir@tbe.org</u> for information.

THE SHABBAT ANNOUNCEMENTS BARBARA FRIEDMAN

THANK YOU FOR SPONSORING

### THANK YOU FOR SPONSORING SHABBAT REFLECTIONS

BARBARA FRIEDMAN

### **KESHER BETH EL**

Temple Beth El, Stamford and Congregation Beth El, Norwalk Proudly Present:

KESHER BETH EL Beth El Connections: Two Synagogues, One Learning Community



### IN PERSON SUNDAY MORNINGS GRADES K-7 ZOOM HEBREW TUTORIALS THURSDAY AFTERNOONS GRADES 3-7

- Monthly Sunday Morning Learning Program for ages 3-4
- Amazing Holiday Celebrations
- Experiential, Interactive Learning
- Small Group Hebrew Learning
- Weekly Tefilah (worship service) led by our clergy, teachers, and students
- TRY US OUT FOR A YEAR! For grades K-2, registration for the first year is open to nonmembers; tuition is reduced 50% for the first year for members.

For more information contact Leo Linder: <u>eddir@tbe.org</u>, or register at <u>tinyurl.com/kbe24-</u> <u>25new</u>.

### **K'TANIM**

A monthly Jewish learning Sunday drop-off program for 3 and 4 year-olds. 9:00am-11:45am

### GAMES! MUSIC! TORAH! HOLIDAYS! STORIES! CRAFTS! BLESSINGS! FUN!

You do not need to be a member of a synagogue to participate. Register here: <u>www.tinyurl.com/kbe24-25new</u>

Questions? Contact Dayna Patashnik at <u>tbeengagement@gmail.com</u> or Leo Linder at <u>eddir@tbe.org</u>.



World Wide Wrap was a great chance for 6th and 7th grade students (and their families!) to learn about how to wear a tallit and tefillin. We think they look fantastic! Thank you to Men's Club for sponsoring this great opportunity.



The 7th grade Mock Wedding is a time-honored TBE tradition, and this year's class did a great job planning and hosting a beautiful wedding! Proud parents and 3rd grade guests held the chuppah for Sloane and Daniel, the happy not-a-couple.



During Tefillah, Kindergarten, 1st and 2nd grade students have become signing experts, leading the Sh'ma and learning the V'ahavta in both Hebrew and ASL.





Pesach Kids' Choice gave students the chance to explore a variety of Passover-themed activities and creative learning experiences. Some even got to make matzah, thanks to Rabbi Paskind!

### **BURNING HAMETZ BEFORE PASSOVER**

### **BURN YOUR BUNS!**

We thank the Turn of River 2 Fire Department for assisting in our custom of biyur <u>hametz</u> (burning of <u>hametz</u>) prior to Passover.



### **VISITING PATIENTS**

Every January, April, July and October, on Friday, a group of dedicated TBE volunteers heads to Stamford Health to deliver Shabbat Bags to the Jewish patients in the hospital. The month before, we gather to fill the bags with grape juice, prayer pamphlet, a pad and pen, some sugarless candies, and challah rolls added on the day of delivery. It is fascinating to enter a patient's



room and wishing "Shabbat Shalom" and they inevitably say, "Oh, it's Friday?!?" The list of names is provided by the pastoral department for those who have designated being Jewish when they were admitted.

We visit the maternity wing and say to the baby and the baby's parents, "We're here to wish your newborn a wonderful "first" Shabbat!"

We spend a few minutes visiting, talking, schmoozing with the patients to cheer them up and let them know that the Rabbis and Synagogues in the community (TBE, Sinai and Agudath Sholom) are hopeful for a good Shabbat for them while they are recuperating.

At this time we also notify the patients about Aaron's Place, a kosher kitchen (free) available to them on the first floor. It has been a true blessing for those who care to avail themselves of kosher items while away from home.

Over Pesach there were a number of Orthodox patients who appreciated this opportunity to be comforted with special food. In one case, there was a family from Israel who were grateful for this arrangement, including to know there is a Shabbat elevator that, on Shabbat or Yom Tov, stops at every floor! Stamford Health is truly providing a important service to our Jewish community.

If you are interested in becoming a member of this valuable committee, let the office know.

Gail G. Trell



## Wednesday, June 18 at 7:30pm in the TBE Social Hall

Fred Weisman Tikkun Olam Award will be presented TBE Volunteer of the Year Award will be presented

- Reports from the TBE lay leadership and professional staff
- Vote on the election of new members to the Board of Trustees
- A Refreshments and more...



### **SISTERHOOD**

### Sisterhood Monthly Meeting

All current and prospective members are warmly welcome to come to our next Sisterhood meeting on **Tuesday, May 6, 2025 at 7:30 pm** at Temple Beth El. Come find out what Sisterhood is all about, share your ideas, and get involved in shaping a vibrant and dynamic community!

## Looking Ahead – We Need Your Voice! Sisterhood Annual Planning Meeting, Tuesday, June 9, 2025

Mark your calendar! Help shape the future of Sisterhood. We're looking for your ideas to build an even more active and dynamic Sisterhood. Stay tuned for more details!

### TBE Sisterhood Shabbat

Celebrate with us at our signature event, Sisterhood Shabbat, on **Saturday, May 10, 2025 at 10:00 am**. From Torah readings to prayers and Ark openings, this is a beautiful morning service showcasing the spirituality of our members.

## Don't miss our next Curtain Call Theater outing: A Jukebox for the Algonquin

### Thursday, May 15, 2025 at 7:30 pm

Join us for another Curtain Call evening at the Dressing Room Theater! Don't miss this spirited story about a group of senior citizens proving they're not quite ready to 'go gently into that good night." Tickets are limited and going fast—get yours now!

### Game Nights Are Going Strong!

Come for Mahjong, Canasta, and camaraderie! Join the fun before our summer break! Whether you're playing or learning, enjoy an evening of games and camaraderie. **Upcoming Dates:** 

- May 20, 2025
- June 17, 2025

### **Event Highlight**

Our recent Paint & Sip art event was a colorful and fantastic success! Participants created a stunning canvas or tote bag art piece, while enjoying a fun and relaxed evening. Check out our photos of the event!

### Thanks for Supporting Our Fundraisers

From our annual Passover Food Sale with W Kosher Events, to our Spring Clothing Drive on April 27, your support has helped raise funds for our congregation and to give back to the community. Thank you!

## Together, we grow, support, and celebrate. We hope to see you soon!

Juli Harris-Sekuler & Nancy Kapchan Co-Presidents, TBE Sisterhood

### Semi-Annual Clothing Drive



We will return in the Fall. Watch for details...

### PAINT AND SIP









### Grades 6 - 12

Gather your friends and get ready for an unforgettable night of adventure, teamwork, and brain-teasing fun! **JFridays**, **TBE Teens**, and **TBE Mitzvah Makers** are joining forces to bring you an original, Israeli-themed **Escape Room: Escape The J – Sababa Code**, designed exclusively for our community by UJF's Shlichah, *Eden Refaelovich*!

### **OPEN TO ALL**

*Dinner, snacks and refreshments provided after the escape room.* For more information, please contact Rebecca Hackett at rhackett@stamfordjcc.org



Scan here to sign up!

or Dayna Patashnik at tbeengagement@gmail.com



# Shabbat, May 10, 2025

Sisterhood Shabbat

10:00 am – 12:00 pm Acharei Mot-Kedoshim In-person in the sanctuary and on Livestream

A unique and meaningful service led entirely by women.

All are welcome.

Shabbat service will be followed by Kiddush in the social hall.

> Can't join us in-person? Join us on Livestream

http://www.tbe.org/tbe-live/

Temple Beth El, 350 Roxbury Road, Stamford, CT 06902 203-322-6901 sisterhood@tbe.org www.tbe.org









A JUKEBOX FOR THE ALGONQUIN

THFATER NIGHT

Thursday, May 15 at 7:30 pm Doors open at 7:00 pm at

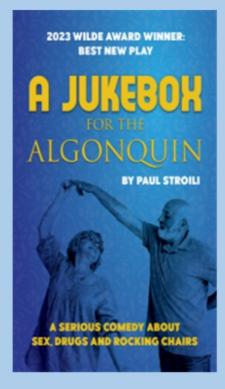
Curtain Call - Dressing Room Theater 1349 Newfield Avenue, Stamford, CT

A limited number of tickets are available at \$30 each. First-come, first-served. Click here to reserve: <u>www.tinyurl.com/algonquin5-15</u>

This theater has a BYO Everything format. Food and drink are welcome.

Questions? Contact Nancy Kapchan 203-435-0389.

"A Jukebox for the Algonquin" follows a group of senior residents in a long-term care facility as they struggle to raise money for a jukebox for their little-used Algonquin Room. The story explores themes of aging, camaraderie, and finding joy in a forgotten space. The residents, including Johnny, Annie, Dennis, and Peg, defy expectations with their wit and irreverence.



# Let's play mah jong and canasta!



## TBE Sisterhood invites you to a fun night!

mah jong

Beginners and advanced players welcome. Bring your friends - members and non-members.

We have instructors and refreshments!!!

## Canasta

Canasta lessons will be offered to a maximum of eight beginners. Advanced players are welcome if we have groups of four.

Tuesday, May 20 and June 17 at 7:00pm

In-person only in the TBE social hall. Fee: \$5 per person to cover security cost.

PLEASE RSVP, so we know how many tables we need, to Fran Ginsburg at <u>ginsstamf@gmail.com</u> or 203-979-9570.

Temple Beth El Sisterhood, 350 Roxbury Rd, Stamford, CT 06902 www.tbe.org | 203-322-6901

# Temple Beth El Civil Rights Journey November 3-5, 2025

## **Experience the Movement, Stand Where History Was Made**

Join Rabbi Knopf and your fellow TBE congregants on an inspirational and educational trip to the American South to visit landmark sites that shaped our civil rights era. This immersive trip takes you to Atlanta, Selma, Birmingham and Montgomery, where brave men and women stood up, spoke out, and changed a nation. Come honor the past, learn from it, and carry the legacy forward.

### HIGHLIGHTS from the three-day trip include:

- King Center Neighborhood and Tomb
- Walking tour of Freedom Park and 16<sup>th</sup> Street Baptist Church
- Tour of Selma and Walk across the Edmund Pettus Bridge
- Rosa Parks Museum
- Mothers of Gynecology Monument and Southern Poverty Law Center Civil Rights Memorial
- Equal Justice Initiative's memorial to Peace and Justice
- Equal Justice Initiative's Legacy Museum
- Equal Justice Initiative's Sculpture Garden
- And much more...

Informational Meeting led by Rabbi Michael Knopf and Scott Krowitz on Thursday, May 29, 2025 at 7:30 pm.

Please let us know that you will attend by contacting Mindy in the office at office@tbe.org.





## **TBE Adult Learning**

## SACRED DAYS: EXPLORING THE HOLIDAYS

Join Rabbi Knopf and Rabbi Ginsburg over the upcoming year 5785 as they each take a holiday and examine its origins, significance, customs and special prayers.

On Saturday, May 31, Rabbi Ginsburg will lead the discussion on the holiday of Shavuot.

You are also invited to attend the Shabbat service at 10:00 am and/or the Kiddush lunch prior to the class. Class will start at approximately 12:45 pm.

Registration is requested at <u>www.tinyurl.com/shavuot5-31</u>.

All backgrounds are welcome. No prior knowledge is necessary.

Temple Beth El 350 Roxbury Road, Stamford, CT 203-322-6901 | www.tbe.org | office@tbe.org





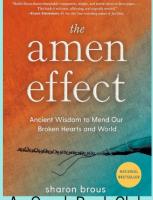
# **The Amen Effect**

Ancient Wisdom to Mend Our Broken Hearts and World by Rabbi Sharon Brous

A TBE Congregational Book Read and Discussion

# **Brunch and Discussion** Sunday, June 1<sup>st</sup> 10:00am

Enjoy brunch and share your insights with your TBE friends! Discuss The Amen Effect's message of how to show up for each other in moments of joy and pain, vulnerability and possibility, & building communities of care.



An Oprah Book Club recommendation!

Get a glimpse of Rabbi Brous and the powerful message of The Amen Effect by viewing her lecture at the 92nd Street Y www.tinyurl.com/tbeamen

The Amen Effect is available on Kindle, Audible, & in print

PLEASE help us plan by letting us know you are interested in participating in this meaningful book read and discussion. Thank you! There is no cost for this program, but registration is requested

http://www.tinyurl.com/read6-1

Thank you to our sponsors: Alix & David Eben and Tara & Richard Shapiro

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## SHAVUOT 2025/5785

Shavuot begins at sundown on Sunday, June 1 and ends at sundown on Tuesday, June 3.

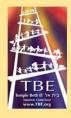
Monday, June 2 - service at 10:00 am in person There will be no weekday minyan at 1:00 pm

Tuesday, June 3 - service at 10:00 am in person Yizkor There will be no weekday minyan at 1:00 pm

Can't join us in person? Join us on Livestream http://www.tbe.org/tbe-live/

Our office will close on Friday, May 30 at 2:00 pm and will reopen on June 4 at 9:00 am

> Temple Beth El 350 Roxbury Road, Stamford, CT 06902 203-322-6901 | office@tbe.org | www.tbe.org





Join us to celebrate a leader in our community who has channeled the grief from an immense loss into a courageous campaign to help others.

Women of Action

LISA MANHEIM



### Women of Action Brunch Honoree: Lisa Manheim Shamash Award: Ruthie Price

Wed., June 4, 2025 | 11:30 am - 1:30 pm The Brownstein/Selkowitz Carousel Pavilion in Mill River Park Parking Available | Dietary Laws Observed

### Register: tinyurl.com/bddtud8e

Contact: David Kweskin at <u>david.kweskin@icrfonline.org</u>.

1 Acres

# Installation of Rabbi Dr. Michael Knopf











### CANTOR KATIE KAPLAN continued from page 4...

forcefully extracted. In order to repair, I feel deeply that we need to go there and move through the motions, set our feet upon the soil, and visit the places where our ancestors lived for generations prior to the Holocaust. My father just turned 80 in February and so I don't want to wait. My sister and I decided that we would take our father on this pilgrimage this June and as soon as we made the decision, we received a beshert message in our email boxes. A woman in Saulheim, Germany was looking for any descendants of my Oma and her parents and was hoping to find us because they were planning to lay stolperstein (stepping stones) in honor of my Oma, Margot Schwarz Gärtner, and her parents, Adele and Joseph Schwartz, outside of the home that they were forced to leave in Saulheim and that they wanted to do this in June of '26. I couldn't believe the synchronicity of this timing. We didn't have any documentation about where they lived, specifically, and I was trying to put together stops on our trips with the little information that I had regarding their former residences.

Ralph Waldo Emerson stated, and it was also summarized by Paulo Cohelo in The Alchemist, "Once you make a decision, the universe conspires to make it happen." This felt like a great alignment, certainly divinely inspired. I responded to her that we were actually planning to come to Germany this June, that my father just turned 80. She replied only a couple days later that they would love to lay the stones this summer in June of 2025 and would be so honored if we could be there in person to do so.

Even as I write this now, I feel my chest tighten and tears welling up. We are on a journey of healing our trauma. As I plan this trip, we will visit the place where my Opa lived in Barnstorf and the place where they were forced to flee and live in the Judenhaus in Bremen. There are stolperstein for my Great-Grandpa Max Gärtner, Great-Grandma Jenny Goldschmidt Gärtner, and for my Great-Uncles Otto and Herbert Gärtner and his wife Thea Gärtner. All of them were deported in 1941 and murdered in Minsk in 1942. We will then journey south to the towns where Jenny and Max were born, Dielingen and Ruppichteroth, respectively.

We will then make our way to Saulheim and Wörrstadt where my Oma's family lived and be present for the laying of the stopperstein for Margot, Adele, and Joe. My father had a very special relationship with his grandparents, and I feel incredibly blessed to have the opportunity to accompany him and help steward him toward the healing of this tremendous trauma that we carry. This trip will be the trip of a lifetime, and I look forward to sharing all about the journey upon our return.

I know that my story is one of millions of Jews whose families and lives were destroyed in Nazi Germany, but it is also a story of miraculous and beautiful survival and thriving. We can bear witness to the atrocities and vow that we will never again let this happen to any group of people while also coming home and reconnecting with our roots and ancestral histories. Rather than cut off our past, we can witness and sit with the discomfort. We can be Jewish AND we can be German in 2025 just as we can be Jewish AND American. Though the Nazi regime said we couldn't, they are no longer in power. Germany has tried to own their grave mistakes and offered reparations, including citizenship under the Law of Return, which we are now claiming. Though it can never fully repair the wound, at least we can begin to stitch it up rather than allowing it to continue to fester, raw and open for eternity. So, I choose healing and *tikkun*.

My heart is open, and I feel ready and called to actively pursue healing for my ancestors, for my father, for myself, for my children, and for all our people who wrestle with similar stories of rupture and pain.

May it be God's will.

Cantor Katie Kaplan

### JOSHUA HAMMERMAN, continued from page 5...

overwhelming presence of mortality, paradoxically it has also brought home on a daily basis the need to make every breath, every moment of life, count.

When I awoke from surgery, I turned my attention to two blessings from the daily morning liturgy – passages from the same page of the Talmud that had never been more relevant for me: One thanking the Source of Life for renewing my life's breath, my "neshama" as I awakened, and the other marveling at the miracle of my internal plumbing, with all its exquisite complexity.

My innards have taken a hit and at that moment needed some assistance in order to function, but the process of healing is a miracle. And anyone calling themselves religious would never want to degrade the capacity of modern medicine to heal, or of government to subsidize the research and the care.

We could all use some miracles of healing right now.



Rabbi Joshua Hammerman



### DONATE ONLINE Go to: www.tbe.org/donate/

### **OPPORTUNITIES FOR GIVING**

- Adult Education Fund
- Paver Walkway Campaign
- Beth El Cares
- Rabbi Knopf'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 with 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 or 203-322-6901, ext. 301.

### 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 (very few remaining)	\$250

### **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.

### 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.

### 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.

### CRITICAL VOLUNTEERS NEEDED FOR BUILDING ONE COMMUNITY (B1C) IN STAMFORD

B1C has a terrific tutoring program for elementary students but doesn't have enough tutors. 14 volunteers (adults or teenagers) are needed on Monday - Thursday from 4:30pm-5:45pm. The kids speak English so you do not need to speak another language but Spanish or French would be useful. Each volunteer works with up to three children.

Volunteers must commit to a minimum of three consecutive months for one session a week, have basic technology skills and familiar with how math is currently taught at the elementary level. Teenagers must be 16 years of age or older. To volunteer, register on the B1C website at <u>https:// building1community.org/engage/volunteer-form/</u> and indicate it is for the Homework Club. You can also contact Margarita Zimmerman, B1C's Volunteer Director at <u>mzimmerman@b1c.org</u>

### 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.

### WE ARE GRATEFUL FOR YOUR CONTRIBUTIONS

### IN HONOR OF:

### THE BIRTH OF ELIJAH PAUL KAPCHAN

#### Fran & Rabbi Gerry Ginsburg THE BIRTH OF ISABEL ROSE SPARNO

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Betsy & Peter Kempner, Liz & Scott Shapiro

### THE BIRTH OF SYLVIE RENÉE GUILD

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## REMI ROSENBERG FOR HIS EXCELLENT AND THOUGHTFUL MEDICAL CARE

Marsha Matthews

## STEPHNE AND KERRIN BEHREND ON THEIR 50th WEDDING ANNIVERSARY

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### THE BIRTH OF DYLAN MARCUS SHAPIRO

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### MERYL AND HANK SILVERSTEIN ON THEIR 62nd WEDDING ANNIVERSDAY

Marsha Matthews

IN HONOR OF RABBI DR. MICHAEL KNOPF ON HIS INSTALLATION

Debbie, Scott & Stefanie Jeffreys

### EILEEN H. ROSNER FOR BEING HONORED FOR HER SERVICE AT THE FERGUSON LIBRARY

Betsy & Peter Kempner

THE BIRTH OF LEAH SUSANNA LAKE Bill Nabel

### **BETH EL CARES**

### In memory of...

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

### FRANK AND ROSE ROSNER MEMORIAL FUND

### In honor of...

The speedy recovery of Rabbi Joshua Hammerman by Sherry Marlowe

### RABBI MICHAEL KNOPF MITZVAH FUND

### In honor of ...

The birth of Emory Harper Lazarus by Sharon and Jeff Turshen

The birth of Levi William Agatstein by Sharon and Jeff Turshen

In appreciation by Paula Shulman

In appreciation by Hazel and David Katz

Aviva Maller on receiving the Community Service Award from Congregation Agudath Sholom by Sharon and Jeff Turshen

Rabbi Dr. Michael Knopf on his installation by Robin Evans & Jeffrey Perry

### In memory of...

Benedict Vachss, z'l, by Marcia Braunstein Jim Benjamin, z'l, by Sharon & Jeff Turshen Ethel Rosenthal, z'l, by Linda & Joe Rothman

### CANTOR KATIE KAPLAN MITZVAH FUND

### In honor of...

The birth of Isabel Rose Sparno by Sharon & Jeff Turshen In appreciation of Cantor Kaplan's beautiful shiva service for Elayne Berkowitz, z'l, by Suzanne & Robert Fruithandler In appreciation by Barbara & Michael Kaplan In appreciation by Paula Shulman

### In memory of...

Jim Benjamin, z'l, by Amy Fishkow Benjamin

### **RABBI JOSHUA HAMMERMAN MITZVAH FUND**

In memory of...

Steven Wolfson, z'l, by Sheila & Dan Wolfson

### STEVEN AND LIEBA LANDER LECTURE FUND

### In honor of...

The birth of Dylan Marcus Shapiro by Sharon & Jeff Turshen Sharon Turshen on her birthday by Rochelle and Douglas Turshen

### In memory of...

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### ADULT EDUCATION

*In memory of...* Edward Kaplin, z'l, by Stephen Kaplin

### **MUSIC FUND**

*In memory of...* Doris Rothman, z'l, by Linda and Joe Rothman

### **REMEMBERING OUR LOVED ONES**

0	
Gail & Jack Abrams	HARRY ABRAMS
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Ronnie & Edward Fein	LILY VAIL
Loralee & Phil Granowitz	
Nancy Wolfson & Family	GERTRUDE WOLFSON

### **IN MEMORY OF:**

### JIM BENJAMIN, z'l

Harriet & Seymour Weinstein, Fran & Rabbi Gerry Ginsburg, Denise & David Greenman, Carol & Allen Krim, Elizabeth & Barry Ritter, Devra-Jaffe Berkowitz & Parry Berkowitz, Pamela Tinkham, Maxine & Jay Freilich, Marsha Colten & Robert Cohen, Sabrina & Daniel Benjamin JOSEPH BAROCAS, z'l Sabrina & Daniel Benjamin, Barbara & Warren Brandt VICKI BENJAMIN, z'l Fran & Rabbi Gerry Ginsburg, Sabrina & Daniel Benjamin SANDRA PHAIR, z'l Malerie Yolen-Cohen & Jeff Cohen MARSHA & ED GRENNBERG, z'l Jim Rothkopf SARI JAFFE, z'l Michaela, Tony & Evie Sandhu KENNETH FRIEDMAN, z'l Matthew J. Klein CRAIG SUCHIN, z'l Carol & Allen Krim, Betsy & Peter Kempner, Carol & Wil Brewer, Evelyn & Bruce Kahn, Marsha Matthews **ROBERT ERICHSON, z'l** Lorraine & David Kweskin CYNTHIA OTTAVIANO, z'l Marsha Matthews

### WE MOURN THE PASSING OF...

CRAIG SUCHIN son of Norman Suchin JIM BENJAMIN husband of Amy Fishkow Benjamin and brother of Daniel Benjamin JOSEPH BAROCAS, father of Sabrina Benjamin CAROLYN NADEL-FARIN wife of Philip Farin and mother of Mitch Nadel ROBERT ERICHSON, husband of Elaine Erichson JACK RICE, father of Michele Piskin

### 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.

# Noah's Ark



Have you seen our replica of Noah's Ark in the lobby by the main office? 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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