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April 2022

#### APRIL HIGHLIGHTS

Rabbi Schultz invites us to consider the ten plagues at our Passover seders this year, in a new light that ties into the concept of creation and undoing creation. Page 3

Rabbi Marion shares with us three poems to help usher in spring that we can integrate into our Passover seders. Page 5

Alexa Cohen introduces us to a crisis facing early childhood education and offers ways we can change our mindset about the valuable staff who have a crucial role in preschools such as Bonim. Page 6

Ira Wise introduces us to a new way to think about Passover: in a way similar to how we regard the High Holidays, with a chance for redemption and opportunities to make amends with others. Page 7

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# B'NAI ISRAEL WELCOMES RABBI NOAM KATZ APRIL 29 — MAY 1!



We are thrilled to welcome Rabbi Noam Katz to B'nai Israel the weekend of April 29 — May 1! Noam is one of the most influential voices in contemporary

Jewish music. He has brought his high-flying energy and soulful melodies to Jewish and interfaith audiences across North America, Africa, and Israel. A longtime songleader/educator at URJ Eisner, George and Kutz Camps, Noam has performed at URJ Biennials, CAJE, BBYO International, Limmud England, NFTY Convention, and countless summer camps and congregations.

We hope you will join us throughout the weekend to sing, learn, and pray with Noam! The weekend schedule is as follows (please check Hashavua for any updates and additional details):

#### Friday, April 29

6:00 p.m. — Kabbalat Shabbat Services led by Rabbi Noam Katz and Clergy

#### Saturday, April 30

9:30 a.m. — Torah study with Rabbi Noam Katz. Topic — Resilience & Renewal: Jewish Songs and Texts for our Times

4:30 p.m. — Singalong and musical jam with Rabbi Noam Katz. Bring your instruments and your voices as we gather together to sing familiar favorites and learn new melodies with Noam!

8:30 p.m. — Havdalah with Noam for B'nai Israel and area teens. Co-sponsored by Merkaz.

#### Sunday, May 1

11:00 a.m. — Community concert with Noam. (Outdoors, weather permitting)

# JOSEPH I. AND SYLVIA SPECTOR SCHOLAR IN RESIDENCE:



Rabbi Richard Address, D.Min, Founder and Director of JewishSacredAging.com

Before the Parade Passes By...Living Longer and Better: A Contemporary Jewish Approach to Life's 3rd and 4th Stages

#### Friday, April 8, and Saturday, April 9

Over the course of his Shabbat with us, Rabbi Address will discuss the ways that our texts and traditions can provide us with a spiritual foundation for navigating what many experience as the "harvest" of the life journey.

#### SHARING OUR JOY...

#### In Celebration of:

**Bob & Judith Chessin,** on the birth of grandson, Ezra Pierre Lambert, son of Juliana Chessin & Douglas Lambert **Marlene Nadeau,** on the birth of cousin, Malcolm Huber

**Gerry Levine,** on the birth of greatgranddaughter, Eleanor Grace Cihak, daughter of Elizabeth Levine Cihak and Joe Cihak

#### SINCERE SYMPATHY

We extend our sympathy to the bereaved families of:

Robert Dressler, husband of Rose
Dressler, father of Alan Dressler
Sharon Wilson, mother of Patti Rosenberg
John J. Murray, father of Meg Murray
Paul Silberman, father of Nina Silberman
Ruth Goodman, mother of Andrea
Goodman and Debbie Goodman
Maisie Ehrlich Lewis, mother of Jonathan
Lewis



#### **BULLETIN BOARD**

#### Mitzvah Morning

For our April Mitzvah Morning Project, we will be teaming up with the Mill River Wetland Committee (MRWC) of Fairfield. The MRWC is a local organization completely dedicated to the protection of Fairfield's watershed. MRWC does great work for the community, fighting for things like prevention of water pollution, reduction of pesticides, and maintenance of pollinator pathways. MRWC's official mission is to:



- Educate the community about the value of watersheds
- Advocate for their continued protection
- Engage all people in the fight to protect our environment



You can learn more about the MRWC at www.mrwc-fairfield.org.

Our event will be held April 10 at 10 a.m. The Mill River Wetland Committee is still evaluating

resources and projects for the spring, so we have not yet finalized a location as of the printing of the April bulletin.

Please be on the lookout for more information in upcoming Hashavua newsletters and other email communications.

For any questions, please reach out to Nina Silberman (ninahv@aol.com) or Mitch Weinstein (mitchellew@yahoo.com).

#### Judaica shop



The Judaica Boutique is stocked with beautiful items for the upcoming Passover holiday and will be open every Sunday during Hebrew School.



For a shopping appointment at another time, please call the temple office or Karen Sanger: 203-767-0830 or Sylvia Neigher: 203-895-7348.



#### FROM THE RABBI'S DESK/RABBI EVAN SCHULTZ

#### THE PLAGUES: TEN MOMENTS OF UN-CREATION

We all know the ritual well. That moment arrives at the Passover Seder to read the ten plagues. We draw our wine glass near, and as each plague is recited, we dip our pinky finger into the glass and remove a drop of wine. Dam.... Tzefardia... Kinim... I was always taught we engage in this ritual to acknowledge the somber realities of this part of the story. We remove a little of the sweetness from our cup to note the pain of the Egyptian civilians who suffered because of the hardened heart of Pharaoh.

I want to offer a second understanding of the plagues for us to think about at our seder tables this month. Jewish scholars have noted that the plagues are, in essence, an undoing of Genesis 1, the story of creation. In Genesis, God forms the world; the seas and the skies. the animals and human beings. The story of the plagues is almost a reversal of the Genesis tale: God fills the Nile with blood, kills all of the cattle, and murders all of the Egyptian first born. As Rabbi Shai Held writes, "The plagues are comprehensive in their scope; they devastate every aspect of creation. God is... undoing creation."

At the heart of this undoing of creation is Pharoah, who declares himself an enemy of life and creation by not freeing the Israelite slaves. With his hardened heart, Pharoah seeks to go toe to toe with God, willing to see his people suffer as creation is undone before his eyes. Pharoah's stubbornness causes the world to turn deeply dark; a world suddenly filled with disease, barren earth, swarms of insects, and the suffering of the Egyptian people.

How does this relate back to Passover? I think at our seder we are asked to take stock of who and what we want to be in history. We tell the story of the past to ask ourselves how we will write the current story and what kind of world we wish to

pass to the next generation. One question we can also ask ourselves is, "How have I been like Pharoah? What have I done to undo creation this past year? How can I work to be a creator of the Earth like God in the opening paragraphs of Genesis?"

The ritual of the plagues can be an opportunity this year to take stock and think about how we create or undo creation. How we can plant seeds within the earth to sprout new life or work to unpollute our waterways and seas for the next generation. How are we working to combat disease and poverty in our world?

What are we doing to support healthy lives and alleviate suffering? Perhaps even read Genesis 1 in conjunction with the ritual of reciting the plagues as a reminder of our obligation to create and not uncreate the world around us.

Wishing you a wonderful Passover — may we all be like the divine creator on the pages of Genesis chapter one, and as we recite the plagues remind ourselves of our incredible obligations to grow and nurture the world and the people around us. Chag Sameach!



#### SHABBAT SERVICE SCHEDULE

In person on Fridays at 6:00 p.m. and Saturdays at 8:00 a.m. where indicated. All services at this time can also be viewed on Zoom. The link is sent out in our weekly email.

9:00 a.m.	Havurah Shabbat Service — in person and on Zoom Torah Portion — Tazria, Lev. 12:1-13:59 Haftarah — Ezekiel 45:16-46:18  Dril 2 Shabbat Service — in person and on Zoom Brotherhood Breakfast — in person Torah Study — in person and on Zoom	our guest leader for 9:30 a.m. and on Zo 9:00 a.m. Brotherho in person 9:30 a.m. Torah Stu person an 11:00 a.m. Bat Mitzv	dress will ing our Shabbat service on new life d will serve as teacher and Torah study at — in person ood Breakfast —  dy — in d on Zoom vah of Julia aughter of Lisa roder  Saturday, A 8:00 a.m. 9:30 a.m.  Friday, Apri 6:00 p.m.	Shabbat Service — in person and on Zoom Brotherhood Breakfast — in person Torah Study — in person and on Zoom
7:00 p.m. 8:00 p.m.	RSVP to chris@cbibpt. org if you will be attending)	10:00 a.m. Passover person and Friday, April 22 10:00 a.m. Passover — in person Zoom 6:00 p.m. Shabbat S	— in person Service — in d on Zoom  Yizkor Service Son and on  Service — in d on Zoom  9:30 a.m.  9:30 a.m.  11:00 a.m.	Pril 30  No Service Brotherhood Breakfast — in person Torah Study — in person and on Zoom Havurah Shabbat Service and Bat Mitzvah of Barbara Kauders

### SHALOM FROM THE THE KEHILAH REIMAGING COMMITTEE

When Bob Dylan said, "The times they are a-changin'," he wasn't kidding! The times are changing, and we at CBI know we need to change with them.

What does this mean? We want your input. As our valued congregants, we know you can help.

This spring, CBI will launch a listening campaign for Reimagining Kehilah at Congregation B'nai Israel. Kehilah means Community, and we are inviting our

multi-generational, multi-dimensional community to share what they think the future of Kehilah is at our Temple. We'll schedule a number of sessions to hear your thoughts.

ALL Congregants are welcome regardless of whether you have children who have been in the program or not.

We look forward to spending this valuable time with you.

Sincerely,

The Kehilah Reimagining Committee

- Jeff Ackerman
- Judy Blumenthal
- Janet Jurow
- Abby Leviss
- Luise Mann
- Jodi Mantell
- Lianne May
- Sarah Tropp-Pacelli
- Co-Chairs: Sarah Fridman and Jeff Schwartz



## FROM THE RABBI'S STUDY/RABBI SARAH R. MARION

#### POETRY FOR PASSOVER AND THE PROMISE OF SPRING

With warming weather and the Passover festival right around the corner, below are some poems that might speak to your heart at this time of year, and that you might wish to integrate into your Passover Seders. The allusions to springtime growth within these pieces remind me of our natural world's tremendous, hidden wisdom on strength, perseverance, hope, and the enduring possibility for new beginnings. As the author Parker Palmer writes, "I invite you to stand here at the fence and look out on the garden to see what it has to teach us." For me, the question is, "What can I do to help the world emerge from a long, cold winter, to contribute my little part to the emergence of new life and help leave behind a harvest that will nourish others?"

## The Seven of Pentacles by Marge Piercy

Under a sky the color of pea soup she is looking at her work growing away there

actively, thickly like grapevines or pole beans

as things grow in the real world, slowly enough.

If you tend them properly, if you mulch, if you water,

if you provide birds that eat insects a home and winter food,

if the sun shines and you pick off caterpillars,

if the praying mantis comes and the ladybugs and the bees,

then the plants flourish, but at their own internal clock.

Connections are made slowly, sometimes they grow underground. You cannot tell always by looking what is happening.

More than half the tree is spread out in the soil under your feet.

Penetrate quietly as the earthworm that

blows no trumpet.

Fight persistently as the creeper that brings down the tree.

Spread like the squash plant that overruns the garden.

Gnaw in the dark and use the sun to make sugar.

Weave real connections, create real nodes, build real houses.

Live a life you can endure: Make love that is loving.

Keep tangling and interweaving and taking more in,

a thicket and bramble wilderness to the outside but to us

interconnected with rabbit runs and burrows and lairs.

Live as if you liked yourself, and it may happen:

reach out, keep reaching out, keep bringing in.

This is how we are going to live for a long time: not always,

for every gardener knows that after the digging, after

the planting,

after the long season of tending and growth, the harvest comes.

## Sorrow Is Not My Name by Ross Gay

No matter the pull toward brink. No matter the florid, deep sleep awaits. There is a time for everything. Look, just this morning a vulture nodded his red, grizzled head at me, and I looked at him, admiring the sickle of his beak. Then the wind kicked up, and, after arranging that good suit of feathers he up and took off. Just like that. And to boot, there are, on this planet alone, something like two million naturally occurring sweet things, some with names so generous as to kick the steel from my knees: agave,

persimmon,

stick ball, the purple okra I bought for two bucks

at the market. Think of that. The long night,

the skeleton in the mirror, the man behind me

on the bus taking notes, yeah, yeah. But look; my niece is running through a field

calling my name. My neighbor sings like an angel

and at the end of my block is a basketball court.

I remember. My color's green. I'm spring.

#### Instructions on Not Giving Up by Ada Limón

More than the fuchsia funnels breaking out

of the crabapple tree, more than the neighbor's

almost obscene display of cherry limbs shoving

their cotton candy-colored blossoms to the slate

sky of Spring rains, it's the greening of the trees

that really gets to me. When all the shock of white

and taffy, the world's baubles and trinkets, leave

the pavement strewn with the confetti of aftermath.

the leaves come. Patient, plodding, a green skin

growing over whatever winter did to us, a return

to the strange idea of continuous living despite

the mess of us, the hurt, the empty. Fine then

I'll take it, the tree seems to say, a new slick leaf

unfurling like a fist to an open palm, I'll take it all.



## BONIM BUZZ/ALEXA COHEN, EARLY CHILDHOOD DIRECTOR

# THE EARLY CHILDHOOD EDUCATOR TEACHER CRISIS



Early childhood education has found itself in a crisis. Most preschools are operating on a skeleton crew, and hiring new staff to accommodate growing enrollment numbers is nearly impossible.

Early childhood education often falls victim to an antiquated perspective that views ECE as "women's" work. Acknowledged or not, early childhood educators are an essential part of our communities. The ECE profession is perceived by many as a part-time job that "anyone" can do to stay busy and out of the home. This diminishes preschool teachers by denying their worth as professional educators and slighting the profession to which they have dedicated their lives.

The call to reform this situation is more urgent now than ever. The ECE profession has changed and modernized over years. ECE teachers are resourceful, informed, and highly-educated professionals. They work long hours, constantly learning new methods and finding ways to make the classroom experience more engaging, effective, and developmentally beneficial. These professionals need to support themselves, which is almost impossible on an ECE teacher's salary. This is often compounded by the lack of full-time

employment in the field. The situation has given rise to economic hardship for too many teachers. Despite this, teachers have continued to show up for decades. To the horror of school directors, this is changing rapidly.

While we might blame the sharp decline in the number of ECE teachers on embarrassingly low salaries, COVID, or any one of a hundred reasons, directors and administrators should be asking this one question, "Why would anyone strive to become an underpaid, under-resourced, under-respected ECE professional with no long-term prospects?" Any motivated college graduate with a teaching credential can find work as a full-time teacher with substantial benefits at any other grade level or as an employee in countless other fields.

I will reiterate that the directors I meet are doing their best with limited resources, but there is an urgent need for them to link arms and quickly find a solution.

The fix is not going to be easy, and Jewish organizations need to lead the charge. Teachers, directors, and administrators must work together to change the perception of the field within communities, who often regard early

childhood educators as babysitters. Equally important, administrators must shift their priorities from rallying the community around a building fund to championing teacher pay initiatives that maintain a well-motivated and properly resourced, professional ECE teaching staff. If they can do that and offer long-term full-time employment, perhaps enthusiastic and dedicated teachers will return to the classrooms.

Bonim Preschool has been so lucky to have a dedicated group of amazing teachers; however, there are just not enough of them. We are constantly looking for qualified staff to complete our team. Although the future of ECE teachers seems bleak, there is a light at the end of our tunnel here at Bonim. During the 2021-2022 school year, we have been graced with a group of the most amazing high school students who support the Bonim teachers each afternoon. We are so proud to have Becca Fink, Emma Cornfeldt, Ilana Brown, Alexa Selter, and Emma Lopes as our afternoon assistant teachers in the preschool. Most of them grew up here at B'nai Israel, and some attended the preschool! It has been wonderful!!!

### B'NAI ISRAEL WOMEN'S PASSOVER SEDER

Sunday, April 10, 4:00 - 6:00 p.m., in person at B'nai Israel

Women, girls, and female-identifying members of all ages are invited to join us for a very special afternoon honoring the role of women in the Passover story and the power of women's voices: past, present, and future. We will share our stories and celebrate our sisters, mothers, and daughters during this special,

intergenerational gathering of prayer, song, and joy.

Our seder will be an afternoon, potluckstyle gathering with wine and cheese and other light hors d'oeuvres. Please watch your email for a link to SignUpGenius, where you can indicate the appetizer and/ or seder food items that you are able to contribute (if you would like to attend but are unable to bring something, not a problem, simply RSVP to Rabbi Marion at smarion@cbibpt.org). If you plan to join us, please also bring the following items to share at the seder: 1) a Passover ritual object or tradition of special significance within your family 2) a photo of a loved one you are remembering this Passover season. Please RSVP/sign up by Wednesday, April 6.



#### FROM THE EDUCATION CENTER

## IRA J. WISE, D.J.R.E., DIRECTOR OF EDUCATION

#### SING A REDEMPTION SONG

I alternate between Pesach and Sukkot as my favorite Jewish holiday. I love building and hanging out in our Sukkah. Feeding people I love and celebrating with them is my happy place – and so I love the seder as well. Passover is so much more than that though.

Geulah—Redemption—is much more than a moment in our history: the crossing of the Sea of Reeds on the beginning of the walk to freedom. It is a Jewish value. We invoke it when we participate in freeing someone from captivity or slavery. Some of us remember participating in the movement to free the Refuseniks—Jews in the Soviet Union who only wanted to be free to be Jewish, to teach Hebrew or go to Israel. That was Geulah. Natan Sharansky, a former Knesset member and leader of the Jewish Agency was perhaps the most famous Refusenik.

Many of you know that I have been a mentor for Jewish professionals who participate in the immersion program at Beit T'shuvah in Los Angeles. Beit T'shuvah (literally "house of repentance") is a residential recovery facility for people trying cope with alcoholism or any of a number of other addictions.

The immersion program is designed to teach clergy, educators, and communal workers how to better recognize and help addicted folks in their communities.

A few years ago, we brought Beit T'shuvah's Redemption Song to B'nai Israel. It is a piece of musical theater written and performed by people in recovery. It tells a story of families with addicted members against the background of Passover seders and the Exodus from Egypt. It was and is an amazing show.

Mark Borovitz, emeritus Rabbi of Beit T'shuvah, refers to Passover as the second High Holy Days for people in recovery. For them to achieve Redemption, they must go through the steps of Repentence (T'shuvah). They use the 12 Steps of Recovery to help them do that. The 8<sup>th</sup>, 9th, and 10th steps all look a lot like how we Jews are taught to atone during the period leading up to Yom Kippur:

- 8. Made a list of all persons we had harmed and became willing to make amends to them all.
- 9. Made direct amends to such people wherever possible, except when to

do so would injure them or others.

10. Continued to take personal inventory and when we were wrong, promptly admitted it.

So, as we prepare for own Pesach seder – as we buy and prepare the food, set the table, plan how we will lead the seder – let's also take some time to reflect. What do I need to do to make sure I reach the other side of the Sea of Reeds? How can I make sure I and the ones I love will find redemption? I suggest making a list, making amends, and continuing to look to our own actions. Through T'shuvah, we can find Geulah!

We all wish you a wonderful Pesach and a safe journey to Redemption. If you need any help in preparing, let me know!

L'shalom,

Ira

How can I make sure I and the ones I love will find redemption? I suggest making a list, making amends, and continuing to look to our own actions.



# ADULT JEWISH LEARNING AT CONGREGATION B'NAI ISRAEL

Joseph I. and Sylvia Spector Scholar in Residence

Before the Parade Passes By...Living Longer and Better:

A Contemporary Jewish Approach to Life's 3rd and 4th Stages

Friday, April 8, and Saturday, April 9



Our teacher for this amazing weekend is Rabbi Richard Address, D.Min, Founder and Director of JewishSacredAging.com. Over the course of his Shabbat with us, Rabbi Address will discuss the ways that our texts and traditions can provide us with a spiritual foundation for navigating what many experience as the "harvest" of life experience. Please see the cover page for the full description and schedule of the weekend.

#### B'nai Israel Women's Passover Seder Sunday, April 10, 4:00 - 6:00 p.m., in person at B'nai Israel

Women, girls, and female-identifying member of all ages are invited to join us for a very special afternoon honoring the role of women in the Passover story and the power of women's voices: past,



present, and future. We will share our stories and celebrate our sisters, mothers, and daughters during this special, intergenerational gathering of prayer, song, and joy.

Our seder will be an afternoon, potluckstyle gathering with wine and cheese and other light hors d'oeuvres. Please watch your email for a SignUpGenius link, where you can indicate the appetizer and/ or seder food items that you are able to contribute (if you would like to attend but are unable to bring something, not a problem; simply RSVP to Rabbi Marion at smarion@cbibpt.org).

If you plan to join us, please also bring the following items to share at the seder: 1) a Passover ritual object or tradition of special significance within your family 2) a photo of a loved one you are remembering this Passover season. Please RSVP/sign up by Wednesday, April 6.

Jews and Music Series with Rabbi Schultz, Session 3 — Leonard Cohen: Purpose, Conflict

and Resolution

Thursday, April 14 from 8:00 - 9:00 p.m.

Calling all music lovers! Join with Rabbi Schultz to listen to and explore the Jewish connections in the music, lyrics, and concert experiences of Bob Dylan, Phish, and Leonard Cohen. These classes should



be a lot of fun for all ages and every music aficionado! (Hoping to have the classes meet in

person — check Hashavua for updated information.)

#### ONGOING CLASSES

Torah Study Saturdays, April 2, 9, 23, and 30 from 9:30 – 10:30 a.m.

The Torah is so many things to so many people: law book, guidebook, moral compass, history, mythology, genealogy, and



so much more. Each week we read from the Torah. Each year at Simchat Torah we start over from the beginning. Each time we revisit a portion, we learn something new. Some of us have been learning together for decades. Some of us joined recently. All of us are teaching and learning from one another! Join us as we slowly make our way through the entire Torah! Please see Hashavua to confirm if we are meeting at temple in addition to on Zoom as well as for the link.

# Talmud with Training Wheels Monday, April 4, 11, and 25 from 7:00 – 8:00 p.m. on Zoom



We have a small but loyal band of people exploring how Talmud and other classic Jewish texts can help us make sense of our

world today. We don't always agree with them (or even with each other), but we are able to learn and wrestle with the values they teach us. Ira Wise is our guide as the group decides on topics of interest; then he finds us the texts and we dig in. No prior knowledge or political leaning is required, just a sense of adventure and a willingness to have an opinion! Please see Hashavua for Zoom info or email info@cbibpt.org for the link.

# From HUC-Connect and the URJ The Importance of Embracing and Affirming Our Grandchildren's Many Identities

Monday, April 4, 7:00 - 8:30 p.m.

Children are growing up in a world that is new to many of us. Terms like non-dominant identities, REDI (racial equity, diversity and inclusion), transgender and nonbinary may feel unfamiliar and



even uncomfortable. Join us for the second session of a series by the Union for Reform Judaism, Jewish Grandparents

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#### ADULT JEWISH LEARNING ...... FROM P. 8

Network, and Keshet to support you in providing affirming spaces for genderexpansive, non-binary, and transgender young people. Offered at no charge. Attend 1 or both sessions. Learn More and Register at https://reformjudaism. org/learning/judaism-classes/otheradult-jewish-learning-class/importanceembracing-and-affirming-our

#### **Stories from the Fringe** Wednesday, April 6 at 7:30 p.m.



Braid The and **HUC-JIR** present a play about 18 pioneering women

rabbis revealing their journeys. In-person at HUC-JIR, One West Fourth Street, NYC or via simultaneous livestream. Presented in conjunction with the exhibition "Holy Sparks: Celebrating

50 Years of Women in the Rabbinate." Pre-performance viewing of exhibition at 6:00 – 7:30 p.m. Register at http://huc.edu/register-stories-fringepresented-braid-and-huc-jir

#### Jewish & New-ish: A Supportive **Online Space for Those Who Have** Recently (0-5 Years) Converted to Judaism

Thursdays, April 14, and May 5, 8:00 - 9:00 p.m.

Have you converted to Judaism in the past five years? Drop into our monthly online gathering where you can make connections, process your experiences, and learn with others in this safe space offered through a Reform Jewish lens. Ask questions without fear, share triumphs and challenges in a nurturing environment, and continue to explore your journey with Judaism in a community of care. Go to https://reformjudaism.org/ learning/judaism-classes/other-adultjewish-learning-class/jewish-new-ishsupportive-online-space-4 to register.

#### Learn to Read Hebrew for Adults

Learn the shapes and sounds of the Hebrew alphabet with a warm and supportive educator to guide you and a group of classmates for practicing together. A beginner's beginner course! 10 one-hour sessions, \$180. Next courses start April 2022. To learn more and register, go to https://reformjudaism.org/ learning/judaism-classes/Learn-to-readhebrew.

#### B'NAI ISRAEL GREEN TEAM (BGT) APRIL 2022

B'nai Israel Green Team member, Laura Stern, talks about her family's experience being vegetarian.

When people ask what they personally can do to help limit climate change, my first thought is food.

My family and I follow a vegetarian diet (yes to eggs and dairy; no to fish, poultry, and other meat) for many reasons - health, personal preference, and environmental impact. Did you know that 26% of global greenhouse gases come from food? And 58% of food emissions are attributed to animal products? (Poore & Nemeck, Science, 2018).

Being green is easy with a vegetarian or vegan diet. Meatless Monday is a great campaign and a nice way to change your habits one day a week. Or, you could go vegetarian for breakfast and/or lunch each day. Even a simple switch to a plant-based milk (oat milk is my current favorite!) in your coffee, rather than cow's milk, is a wonderful start.

Please feel free to reach out to me at LauraAStern@gmail.com with

questions. I'm always happy to discuss vegetarian eating!



#### **APRIL DONATIONS**

(We greatly appreciate all donations to our special purpose funds. Please add to this donation)

Rabbi Schultz Discretionary Fund Bonnie Alterman, in memory of Sidney Alterman and Leah Kosky.

**Bonim Parent Committee,** we wanted to wish Rabbi Schultz a happy holiday and to say how thankful we are for everything he does for our school.

**Linda & Barry Diamond,** in honor of the birth of great-granddaughter, Layla Mae Barrett.

**Rose Dressler,** in memory of husband, Robert Dressler.

**Bernie & Janice Jacobs,** in memory of Benjamin Jacobs; wishes for the recovery of Chris Rocha.

**Aleksey & Raisa Ledvich**, in memory of grandmother, Sarah Ledvich; in memory of grandfather, Menashe Goldenfarb.

**Carol & Rick Offenbach,** in memory of Sidney Loewith Goldstein; in memory of Helene Cohn Offenbach.

Mark J. Schiff, a donation.

Gail & Tamara Schriffert, Dustin, Maris & Ariel Mandre, in loving memory of husband, father and grandfather, Ed Schriffert.

Sue & Bob Sussman, in memory of Charles Kritzer.

Rabbi Marion Discretionary Fund Bonnie Alterman, in memory of Sidney Alterman and Leah Kosky.

**Bonim Parent Committee,** we wanted to wish Rabbi Marion a happy holiday and to say how thankful we are for everything she does for our school.

Beth Lazar, in honor of the memory of mother, Shirley Greenberg Lazar; in loving memory of uncle, Robert Lazar; in loving memory of aunt, Janet Greenberg.

Mark J. Schiff, a donation.

Rabbi James Prosnit Legacy Fund William L. Smith, in memory of Sharon Wilson, mother of Patti Rosenberg. Marilyn S. Weinstein, in memory of Sharon Wilson, mother of Patti Rosenberg.

#### **Music Fund**

**Bonim Parent Committee,** we wanted to wish Cantor Rubel a happy holiday and to say how thankful we are for everything she does for our school.

Mark J. Schiff, a donation.

#### **Enhancement Fund**

**Renee Beitman,** in memory of step-father, Wayne Meadowcroft.

**Jerry & Dale Demner,** in memory of Irving Jacob Demner, father of Jerry Demner.

Leslie & Michael Goldschmid &

**Family,** in memory of Shirlee Roth, mother of Carol Landsman, grandmother of David Landsman and Heather Oberhand.

Jim & Lisa Greenberg, in memory of John Murray, father of Meg Murray. Michael Greenspan, in memory of father, Sidney Greenspan.

Bernie & Jan Jacobs, in memory of Sharon Wilson, mother of Patti Rosenberg. Myrna Kaufman, in memory of mother, Florence Newman.

**Alida & Al Kleban**, in loving memory of sister, Eleanor Levin.

**Stanley Lessler**, in memory of Claire Lessler.

**Judy Rankell,** in memory of beloved husband, Albert Rankell.

**Sandra Rosenberg,** in memory of Dr. Robert Sheiman, husband of Ellen Sheiman.

**Barbara & Larry Yurdin, Harriet** & Jerry Busker, in memory of David Engelson, grandfather of Scott Yurdin and Michael Feinstein.

**David Zeldis,** in memory of George Zeldis.

Sylvia Prosnit Adult Education Fund Menemsha Films, in honor of the Hanukkah Film Festival.

Bonim Preschool Enrichment Fund Marc & Maggie Walowitz, in memory of Jason Walowitz.

Bonim Preschool Scholarship Fund Bob & Judith Chessin, in honor of the birth of grandson, Ezra Pierre Lambert; with thanks to Rabbi Prosnit for Ezra's bris and naming service.

Rabbi Martin Library Fund

**Susan Bauchner**, in memory of husband, Burt Bauchner; in memory of mother, Bobby Kaplan.

**Barbara Rifkin,** in memory of brother, Daniel Postol.

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Michael & Judy Green Blumenthal, in memory of John J. Murray, father of Meg Murray; in memory of Sharon Wilson, mother of Patti Rosenberg.

**Laura & Bruce Braverman,** in honor of the Bar Mitzvah of Samuel Francis Reich, grandson of Randy & Beth Reich.

**Barbara & Mark Edinberg,** in memory of Paul Silberman, father of Nina Silberman.

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#### SCHOLAR IN RESIDENCE ...... FROM P. 1

Friday, April 8, 8:00 p.m. Rabbi Address will speak during our Shabbat service on key texts that inform his approach to Sacred Aging. Following services, he will join us for an in-person Shabbat dinner discussion, delving deeper into concepts relating to aging and spirituality. (To RSVP for dinner, please email Chris at crocha@cbibpt.org; for those wishing to join via Zoom, the discussion will begin at approximately 8:00 p.m.)

Saturday, April 9: Rabbi Address will speak during our 8:00 a.m. Shabbat morning service on rituals for new life stages and will serve as our guest teacher and leader for Torah study that morning, beginning at 9:30 a.m.

Rabbi Richard F. Address, D.Min, is the Founder and Director of www. jewishsacredaging.com. A major part of Address's work has been in the development and implementation of The Project on Sacred Aging. This project has been responsible for creating awareness and resources for congregations on the implication of the emerging longevity revolution, with growing emphasis on the aging of the baby boom generation. This aging revolution has begun to impact all aspects of Jewish communal and congregational life.

Rabbi Address was ordained at Hebrew Union College-Jewish Institute of Religion (HUC-JIR) in Cincinnati (1972) and served congregations in California before joining the staff of the Union for Reform Judaism (formerly the Union of American Hebrew Congregations) in 1978. Rabbi Address received a Certificate in Pastoral Counseling from the Post Graduate Center for Mental Health in 1998 and his Doctor of Ministry from HUC-JIR in 1999. He also received his honorary Doctorate from HUC-JIR in 1997. In January of 2007 he was awarded the Sherut L'Am Award by the Kalsman Institute for Judaism and Health. He teaches classes in Jewish family issues and sacred aging at the New York campus of HUC-JIR. In March 2010, Rabbi Address was awarded a Best Practices in Older Adult Programs: First Place by the National Council on Aging-Interfaith Coalition on Aging.

Rabbi Address contributes articles for websites on issues related to spirituality and aging. He co-chairs the Committee on Spirituality and Diversity for C-TAC (Coalition to Transform Advanced Care) and serves as Rabbinic Advisor to Men of Reform Judaism. For four years, he hosted a weekly radio show in Philadelphia called Boomer Generation Radio, which is archived in podcast form on his website, jewishsacredaging. com. Beginning in winter 2018, Rabbi Address began hosting a weekly podcast, Seekers of Meaning, dedicated to discussing issues related to aging, spirituality, and the impact on families and congregations. Rabbi Address has authored numerous articles, book chapters, and books related to the issue of aging.



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Congregation B'nai Israel, founded in 1858, seeks to be a vibrant Reform synagogue dedicated to the perpetuation of Jewish life and values within the framework of contemporary American Judaism. We are a gateway to Judaism for all. The Congregation B'nai Israel Bulletin publishes monthly 11 times

a year (except July). To submit an article, announcement or ad to the Bulletin, please contact Co-Editors, Amy Pressman at apressman@cbibpt.org or Lauren Tropp at ltropp@cbibpt.org. Submissions are due by the first day of the month preceding the publication month. We reserve the right to edit all submissions for length or style.

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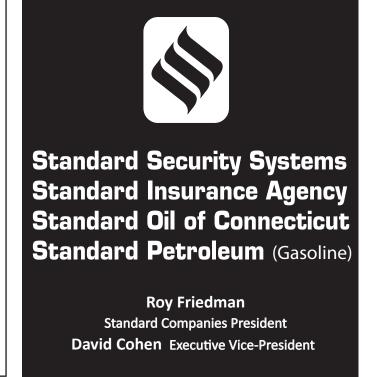
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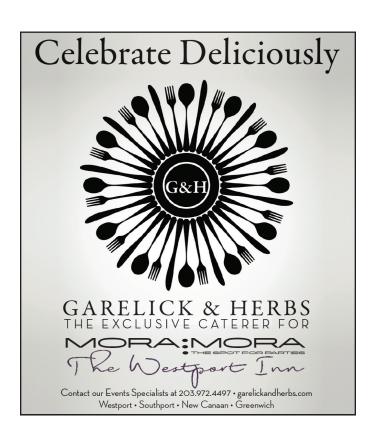
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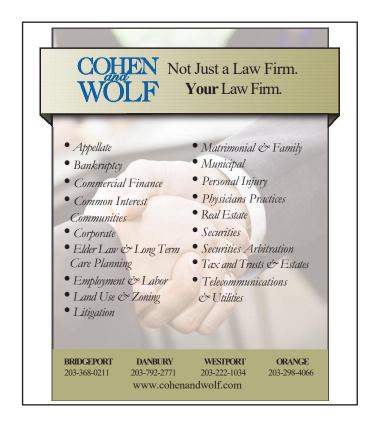
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Wednesday, May 4 8:30 a.m. – 6:00 p.m.

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For an appointment, please visit redcrossblood.org
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#### **BIFTY APRIL 2022**

It's never too late to join BIFTY! We meet on Thursday evenings in the BIFTY Lounge from 7:15 - 8:45 p.m. We are looking forward to some exciting spring events! To stay up to date, follow us on Instagram @cbi.bifty or ask to join our text group.

Our April events are:

April 14 — Celebrate an early Earth Day! April 28 — Play games and hang out at BIFTY as the weather starts to warm up! Please note that there is no BIFTY on April 21.

We hope to see you at our next event!



BIFTY had fun at Wacky Hat Night!