



Congregation Beth El

A seasonal, egalitarian synagogue affiliated with the Conservative Movement

Founded in 1947

32 Gorton Avenue • Old thColony Beach • Old Lyme, CT • 06371

website: www.synagogueoldlyme.org

Av/Elul 5785

August 2025

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Shari Most

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Ruth Spitz - Youth Services

BJ Diefenbacher - IPP

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Ruth Kanter*

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Arthur Cohen*

Harvey Wallet*

Sandy Steinberg

Milton Rulnick*

Peter Patten

BJ Diefenbacher

*z"l May their memory be for a blessing



Shalom Congregation Beth El Family and Friends,

Thank you for continuing to fill our little *shul* at the beach with your presence. We have seen record turnouts at both our Friday evening Youth Services, Adult Services and social events this year. Our first Ice Cream Social was a huge success, with more than 100 people in attendance! Your commitment brings our community to life each week and the Board of Congregation Beth El couldn't be more grateful.

Let's keep the momentum going! Mark your calendars for August 23rd, when we'll gather in our beautiful synagogue garden for Congregation Beth El's Second Annual Gala. It is going to be an unforgettable evening with live music, dancing under the stars, and delicious appetizers and desserts. Whether you are a longtime member or new to our community, this is a celebration you won't want to miss!

Am Yisrael Chai!

Lisa

Congregation Beth El
Presents
Gala Under The Stars
LIVE MUSIC
**APPS, DESSERTS
& DANCING**
ALL WELCOME **BYOB**
Congregation Beth El
32 Gorton Avenue, Old Colony Beach
in Old Lyme
SATURDAY, AUGUST 23 **7:30-10PM**
Congregation Beth El
@Congregation-BethEl
venmo

**\$30 VENMO OR
CHECK AT DOOR**
RSVP to
PARTYatBETHel@gmail.com
appreciated

CONGREGATION BETH EL GALA UNDER THE STARS

SPONSORSHIP

Please consider sponsoring our gala!

We are looking for leadership gifts to help us continue to host these community-building events. Donors will be publicly acknowledged at the gala.

BRONZE DONORS - \$180 DONATION 

SILVER DONORS - \$360 DONATION 

GOLD DONORS - \$540 DONATION 

PLATINUM DONORS - \$720 DONATION 

DIAMOND DONORS - \$1018 DONATION 

Bronze and **Silver** Donors Include **2** Tickets for Entry
Gold and **Platinum** Donors Include **4** Tickets for Entry
Diamond Donors Include **8** Tickets for Entry

For planning purposes, please consider making a contribution by **August 15th**

Cut On Dotted Line To Return With Check

Count Me In! Enclosed is my contribution to bring life to our community at the Beth El Gala.

Name/s: _____

Contribution Level: _____

**Contributions
can be made by
check or Venmo.**

If by check, please make check payable to
Congregation Beth El
Mailing for Gala can be sent to:
497 Joshuatown Road,
Lyme, CT 06371

Congregation Beth El
@Congregation-BethEl

venmo



THANK YOU FOR YOUR CONSIDERATION AND GENEROSITY. WE ARE GRATEFUL!!



Sandy & Peter Patten - Thank you for sponsoring our *Oneg Shabbat* on July 11th in celebration of your granddaughter Jolie Patten's graduation from college.

Mindy & Jeremy Jason - Thank you for sponsoring the *Oneg Shabbat* on July 18th in memory of Gloria & Al Galin.

Jan Rosenberg and Nancy Bazillian - Thank you for sponsoring our *Oneg Shabbat* on August 15th in memory of your beloved father, Benjamin David Rosenberg, at the time of his *yahrzeit*.

Marian & Rick Hyne - Thank you for sponsoring our *Oneg Shabbat* on August 15th in celebration of your 48th wedding anniversary.

Phil Rischall - In honor of Irene Smith's 80th birthday.

The Kronick-Shapiro Family - In honor of Sy Cohen.

Shabbat Candle Lighting Times

Shabbat	Friday	Aug	1	7:49 pm
Shabbat	Friday	Aug	8	7:44 pm
Shabbat	Friday	Aug	15	7:38 pm
Shabbat	Friday	Aug	22	7:32 pm
Shabbat	Friday	Aug	29	7:25 pm
Shabbat	Friday	Sept	5	7:17 pm



Joseph Bernstein was one of the founders of Congregation Beth El in 1947. His signature is on our synagogue's deed, he was involved in the actual construction of the building and he served as our president.

If you are still in touch with any member of his family and can help CBE reconnect with them, please share their contact info with Sharon Waxenbaum at shanaaviv@gmail.com. Thank you!

Milestones & Mazal Tovs

Ellen & Harvey Schiller celebrated the birth of their grandson, Yosef Schiller, on February 25, 2025. His proud family includes parents, Chaya Rachel & Andrew Schiller, and siblings Avram Aryeh, Chaim, Dovid, Hadassah, Moshe and Yisrael.



Run for Their Lives (R4TL) are global run/walk events calling for the immediate release of the hostages held by Hamas.

For more information, visit www.run4lives.org



Upcoming Ice Cream Socials & Book Fairs



Sunday, Aug. 17th

2:00 pm - 4:00 pm

AND

Sunday, Aug. 31st

2:00 pm - 4:00 pm

**ALL YOU CAN EAT
UNTIL IT'S ALL GONE!**

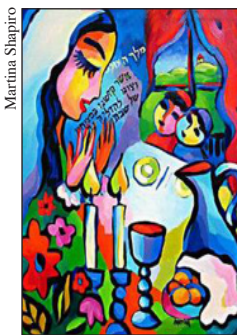
Including games for the kids:

corn hole, Can Jam and badminton!

All you can eat for \$5 a person,

\$18 for a family of 4!

Sponsor an Oneg!



In Hebrew, *Oneg Shabbat* means joy of Sabbath, and it often refers to the refreshments and celebratory gathering held after Friday evening services.

It is a custom to make a donation at this time in honor of or memory of a loved one, or for a special occasion. Available dates:

August 1 August 8 • August 15

August 22 • August 29

Please contact Sharon Waxenbaum at 631-748-8459/ shanaaviv@gmail.com to choose your *Shabbat* date. Use Venmo **Congregation-Bethel** or please make your check payable to Congregation Beth El and send it to:

Rick Hyne at 19 Danielle Drive, Wayne, NJ 07470.

Friday Evening Youth Services 7 pm



We are proud of our pre-B'nai Mitzvah-age children as they continue to display their Hebrew and English reading skills during the summer, taking turns leading us in parts of services.

Children can bring their parents and grandparents to services, which begin at 7:00 pm. Services will continue through Labor Day weekend.



Too shy to take a part? Join us anyway! Of course all children will receive their sweet *Shabbat* treat, a Hershey's chocolate bar!

Ruth Spitz

CBE Summer 2025 at a Glance

Friday Evening Services 7pm/7:30 pm

Join us as we welcome *Shabbat* together. Stay and schmooze at our tasty *Oneg Shabbat*. Youth Services begin at 7 pm, followed by Adult Services at 7:30 pm, **July 4 through August 29.**

Sun, Aug 17 Ice Cream Social/Book Sale 2 pm - 4 pm

NOTE NEW TIME! Including games for the kids. All you can eat for \$5 a person, \$18 for a family of 4.

Sat, Aug 23 CBE Gala Under the Stars 7:30-10 pm

Hors d'oeuvres and dancing with live music. (7:30 – 8 pm schmoozing and food, 8 pm music begins.) BYOB, cover of \$30 pp. Watch for more details.

Sun, Aug 31 Ice Cream Social 2 pm - 4 pm

Eat as much as you can 'til the ice cream is gone! No book sale, but games for the kids. \$5 a person, \$18 for a family of 4.

High Holy Day Services in Person and Zoom

Welcome 5786 with our CBE community. Services will be led by Ari Kramer, davening with us for the 18th year. Join us for *Tashlich* as we walk to the beach during *Rosh HaShanah* and symbolically toss our misdeeds into the ocean.

Rosh HaShanah Mon, Sept 22, Tues, Sept 23, Wed, Sept 24

Yom Kippur Wed, Oct 1 Thurs, Oct 2



Candy Fund

Todah rabah to the following for their support:

Mindy & Jeremy Jason - In honor of Ben DiBella's graduation from Hall High School and acceptance to Brown University, and in memory of his kvelling grandparents, Dorie & Randy Bobrow.

Marian & Rick Hyne - In honor of our grandchildren Lily, Brady and Austin.

Contact Ruth Spitz at rspz123@yahoo.com to sponsor!



Israel Reflection by Alexis Fenton

[Alexis, daughter of Andrea & Fred Fenton, grew up in Old Lyme and is currently a third year student at Bentley University, majoring in Accounting and Finance. She participated in a Birthright Israel trip through Israel Outdoors. This experience gave her the opportunity to explore Israel, connect with its people and reflect deeply on her identity and perspective.]

My time in Israel was truly life-changing, filled with powerful moments, deep connections and a wide range of emotions. Through Birthright, we traveled from the north, near the Sea of Galilee, to the heart of Jerusalem. Visiting the Western Wall was one of the most emotional moments of the trip. Standing there with my hand on the stone, I felt something larger than myself. One of the Israeli Defense Force (IDF) soldiers traveling with us showed us the hand washing ritual and prayed with us, creating a moment I'll never forget. We explored the Old City and its four quarters, celebrated *Shabbat* outdoors with our group, experienced the Yehuda Market by day and night, hiked Mount Masada at sunrise and floated in the Dead Sea. Visiting a kibbutz in the Gaza envelope, where we planted trees and a garden, also left a lasting impression. These felt like small acts, but in that setting, they carried great meaning.

Some of the most emotional experiences came at Mount Herzl and the Nova Festival Memorial Site. At Mount Herzl National Cemetery, I felt a kind of sorrow I hadn't expected. Even though we didn't personally know the soldiers buried there, the grief in the air was heavy and inescapable. People around us were crying, mourning lives lost far too young, many only 18 to 23 years old. The pain was collective and deeply felt. Then, while we were there, a siren suddenly went off. It was loud and jarring, and we all crammed into a small bomb shelter, shoulder to shoulder. The moment was chaotic, but also eye-opening. For many Israelis, this is daily life. What struck me most was how calm and prepared everyone was.

Visiting the Nova Festival Memorial Site was equally heartbreaking. Seeing the faces of so many innocent people who were murdered while dancing and celebrating was devastating. These weren't statistics, they were people full of life, with dreams and laughter, and their memory is honored in a space filled with both sorrow and love. These experiences reminded me how fragile life is in Israel and how closely joy and grief live side by side. I carry that weight with me, but also the strength and resilience of the people I met.

Throughout the trip, I developed a much deeper appreciation for the IDF soldiers who joined us. I had always respected them, but hearing their stories and realizing they're my age made it more personal. They went from high school straight into military service, facing intense responsibilities most of us can't imagine. And yet, they are so full of energy, joy, and kindness. They carry themselves with strength and such positive energy that it is impossible not to be inspired by them. They brought so much light to our group, despite everything they've endured, and I feel lucky to now call them my friends.

After Birthright, I began my internship in Tel Aviv. Life was good until June 13th, when we were told to stay in our apartments following Israel's strike on Iran. It was a tense and uncertain time. While family and friends back home were panicking, I felt surprisingly calm. Being in Israel, I trusted the systems in place. Israelis are prepared and there's a sense of control, even in chaos. I'm incredibly grateful to the program leaders and organizers who acted fast, moving us to Eilat, far from danger, and then out of the country. I recognize how fortunate I was to have had that option when so many people cannot just leave when things get dangerous.

I am incredibly thankful, not only for the chance to experience Israel before tensions escalated, but for the people who worked behind the scenes to keep us safe every step of the way. I'm grateful for the friendships I made, for the IDF soldiers who shared their stories and spirit and for the opportunity to experience a country where celebration and survival often go hand in hand. Even when the situation became uncertain, I never felt alone. Seeing civilians casually walk around with rifles and hearing sirens as part of a normal routine could seem frightening from the outside, but in Israel, that sense of readiness is part of life, and oddly, it made me feel secure.

Would I return? In a heartbeat. I feel like I only began to understand what Israel has to offer — historically, spiritually, and personally. This trip changed the way I see the world. I witnessed beauty and loss, built lifelong friendships and gained a new perspective on what it means to live with resilience. It's an experience I will carry with me forever.



Is Kosher Food Healthier?

The Hebrew word *kosher* means fit or proper.

Kosher foods are those that conform to Jewish dietary laws as given in the Torah and expanded by the rabbis. People who keep kosher do not eat certain animal species including pigs, birds of prey and crustaceans. They do not eat the blood of any animals, nor do they consume animals that have not been slaughtered in an approved manner. Those who keep kosher do not mix dairy and meat products in a single meal, instead waiting a set amount of time between eating these two categories of food.

In modern times, when many foods are processed in factories, food manufacturers affix labels to their foods to indicate that they are kosher. Kosher certification confirms that a leg of chicken comes from an animal that has been slaughtered in a kosher manner or that a can of soup has been prepared in a facility that ensured non-kosher ingredients did not come into contact with the contents of the can.

The laws of keeping kosher are ancient and many have sought an explanation for their origin, especially the Jewish taboo against eating pig, with the idea that this diet conveys health benefits. The idea is that pig meat is more likely to be diseased and avoiding it is a way to remain healthier. Though there may be some truth to this explanation, it doesn't provide a strong explanation for all of the Jewish dietary regulations.

Today, while many Jews keep kosher for religious reasons, some people (Jews and non-Jews) prefer kosher food because they believe it to be healthier. For one, they know that processed kosher foods are more closely supervised than other foods. Also, fresh foods, like salad greens, are carefully inspected for insects.

While many, though not all, dietitians might agree that not eating pig meat, or at least not consuming it in large quantities, is in fact beneficial to one's health, there is little reason to think that a kosher diet is inherently healthier than any other. Just as a vegan diet composed entirely of beer and french fries is unlikely to improve one's health, a kosher diet that is loaded with processed meats and soda is not likely to convey health benefits. Indeed, many of the traditional Ashkenazi Jews (of Central or Eastern European descent), eat foods that are thought of as quintessential "Jewish food" but are not considered the most healthy foods around. Traditional Sephardic Jews, those whose ancestors come from Spain or Portugal, enjoy cuisine that may be much better for you. Also, there is a concern that to avoid bug contamination in produce, vegetables are sprayed with extra pesticides that are not great for human health.

Although there is wide disagreement about what constitutes a healthy diet, one can pursue almost any diet (vegan, vegetarian, whole foods, paleo, keto, Mediterranean, etc.) while keeping kosher. As a bonus, raw vegetables and fruits are inherently kosher. So eat your veggies!

Thanks to My Jewish Learning

Rosh HaShanah Mon, Sept 22/Tues, Sept 23/Wed, Sept 24
Yom Kippur Wed, Oct 1 - Thurs, Oct 2

In person and on Zoom! Watch for details!



Congregation Beth El's
Tree of Life

If you are looking for a meaningful way to remember a loved one, or to commemorate someone's happy event, mark the occasion by adding a leaf or stone to our CBE Tree of Life!

Please speak with **Mindy Jason** at **860-559-7557** or email her at **mindysjason@gmail.com** to arrange the wording and to place your order.

Thank you to the following for their donation of a stone to our Tree of Life:

Rick Hyne has donated a stone in honor of his parents: In loving memory of Muriel & Bennett Hyne with love from their family, sons Rick and Ken and their wives, children and grandchildren.

Congregation Beth El has Cards for Every Occasion!

You can acknowledge a loss or happy occasion such as a graduation, anniversary, birthday or wedding with a card from CBE! If you make a contribution to the synagogue, **Carol Bojarski** will send one for you! Call her at 860-508-3635 or email her at cbojo9@hotmail.com.



We also have cards with a picture of the synagogue on the front and plenty of room for your message inside! Purchase a packet of cards and you will have one on hand!

CBE offers Venmo!

Congregation Beth El

@Congregation-BethEl

Congregation Beth El

@Congregation-BethEl

venmo



Scan QR Code for payment



Street parking rules will be strictly enforced this summer. We ask that, while parking on the streets (Gorton Avenue) in front of, or on the side (Broughel Avenue) of the synagogue, please be sure that all car tires are on the grass. This is easy to do on Broughel Ave, but not on Gorton Ave.

We have opened some fencing on the Gorton Avenue side and invite you to park on the lawn during Friday evening services and for Sunday events. Please pull all the way in (up to the fireplace) and park parallel to Gorton Avenue, facing Rt. 156.



Project Re-Connect

Congregation Beth El would like to re-establish connections with former members of our synagogue community, regardless of where they now live.

We maintain a database of emails, phone numbers and addresses of current and former members. If you know of people who might like to receive our newsletter and announcements and, perhaps, participate in a Zoom service, please send their names and email addresses to **Lucy Blatter** at:

beachshulmembership@gmail.com

Push the Pushke

"If every Jew in North America set aside ten cents a day, that's \$600,000!," wrote author, lecturer and *mitzvah* man, Danny Siegel. In his push to reinstitute the *pushke* (Yiddish for *zedakah* box) in households everywhere, he reminds us that nickels and dimes, when gathered together, buy a lot of *mitzvah* power. So, to welcome the upcoming New Year 5786, get a *pushke* from Peter Patten - or make one!



Keep a box in the laundry room for that loose change left behind in our pockets.

Peter Patten has obtained new JNF *zedakah* boxes. If you wish to turn in a full box or if you would like a new one, please contact Peter at **peterpatten@att.net**.

Dedicate a Siddur Book Plate

New grandchild?
Special birthday or anniversary?
Graduation?
Loss of a loved one?

Remember this occasion by dedicating a bookplate in our prayer book, *Sim Shalom*.

Please contact Carol Bojarski at cbojo9@hotmail.com.
Book plate donation - \$18.

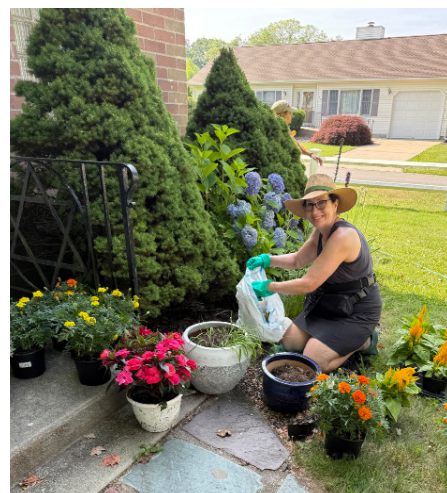
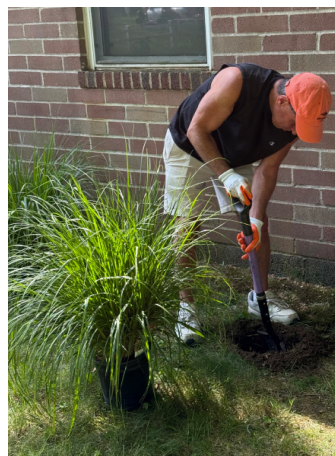




Community Gardening Party - July '25

Kol HaKavod to Ella Avery, Scarlet Blatter, Sloan Danover, Nancy Erman, Andrea/Fred Fenton, Jonathan Guthart, Marian/Rick Hyne, Amy/Jeff Samuels, Jacob Samuels, Ruth/Andy Spitz, Eleanor and Harrison Taylor and Sharon/Pres Waxenbaum, who braved the heat during the July 4th weekend to help enhance CBE's landscape!

If you have 20 minutes once a week to help water the plants, please contact Jacob at jacobrussellsamuels@gmail.com.





On July 13th, CBE held our first Ice Cream Social of the season. It was a lovely afternoon in the shade, browsing through books and catching up with neighbors. Join us for our next Social on **Sunday, August 17th** and our final "eat until it's all gone" event on **Sunday, August 31st!**





Israeli Slushie Limonana

Limonana is a classic Israeli drink that combines freshly squeezed lemon juice and mint leaves for a unique Israeli-style lemonade treat that's beloved throughout the country.

Limonana is a combination of the Hebrew and Arabic words "limon" and "nana," which mean lemon and mint, respectively. While the drink may have originated elsewhere in the Middle East, it's an Israeli advertising agency that gave it its catchy name in the 1990's. In an attempt to get public bus advertising off the ground in Israel, they advertised a new soft drink called Limonana in sprawling ads across the sides of buses and reported that local athletes and celebrities couldn't get enough of it.

Although the drink was advertised on buses only, the ad campaign was a huge success. Customers begged for the drink and stores pleaded to carry it until the advertising agency was forced to admit the truth: No such drink existed.

Undeterred, soft drink companies began to manufacture the flavor and the drink that had existed only as a marketing ploy was now a reality. Restaurants and cafés quickly followed suit, re-imagining the drink in iced, slushed and alcoholic variations. It's been a nationwide hit ever since.

The ubiquitous drink is peddled by vendors on nearly every street in Jerusalem and Tel Aviv, but those of us across the ocean can make this simple, invigorating version at home.

Creating a simple syrup with the sugar and water, which turns the sugar liquid, means it's much easier to blend into a cold drink, and steeping mint in the simple syrup infuses the drink with an extra layer of flavor.

It's delicious as is, but you can make it alcoholic by adding vodka, tequila or arak, an anise-flavored spirit that's popular in Israel, Greece and Turkey. With or without alcohol, you're going to want to make these icy, cooling, sweet and tart slushies all summer long.

Ingredients

- $\frac{3}{4}$ cup freshly squeezed lemon juice, from around 3 lemons
- $\frac{1}{2}$ cup loosely packed mint, divided
- 6 Tbsp sugar
- 1 cup water
- 4 cups ice cubes

Instructions

- Combine water, sugar and half of the mint leaves in a small saucepan.
- Bring to a boil, stirring until sugar dissolves. Simmer for 1 minute.
- Remove from heat and let syrup steep, about 30 minutes.
- Discard the mint leaves and refrigerate the syrup to let it cool.
- Combine the mint simple syrup, the rest of the fresh mint leaves and the fresh lemon juice in a blender.
- Blend at high speed until well mixed.
- Add the ice and blend until the ice is thoroughly crushed.
- Pour into glasses and serve immediately.

The Nosh Chaya Rappaport 6.18

Why is a Mezuzah Affixed on a Diagonal?

A slanted *mezuzah* is a great example of a compromise in Jewish law, a demonstration of two legal authorities literally meeting in the middle.

In the 11th century, Rashi, a French rabbi and commentator, noted that when you put up your *mezuzah*, it should be hung vertically (Rashi and Tosafot on Menahot 33a). Then Rashi's grandson, known as Rabbenu Tam, came along. He wrote that a *mezuzah* should be affixed horizontally, because the Ten Commandments and the Torah scrolls were kept horizontally in the ark in the Temple.

150 years later, Rabbi Jacob Ben Asher, also known as the Tur, was writing his book of Jewish law, the *Arba'ah*



Turim. In it, he suggests that the way to hold by the precedents of both Rashi and Rabbenu Tam was to split the difference and affix the *mezuzah* at a slant.)

300 years later, this view was codified again by the Rema, an Ashkenazi commentator, who noted that slanting a *mezuzah* had become the common custom among Ashkenazi Jews. (Sephardi and Mizrahi Jews still hang their mezuzot vertically to this day.)

It's rare to find a Jewish custom that was so clearly developed as a compromise between two different interpretations of one commandment. When you put up your *mezuzah* on a slant, think of how you're acknowledging the ways multiple voices and perspectives are welcome and encouraged in Jewish life.

Congregation Beth El Recycles!

It's time for a little spring-cleaning!



CBE is collecting gently used paperbacks hardcover books, CDs and puzzles (with all the pieces!) to be donated for sale at our Ice Cream Socials/Bookfairs.

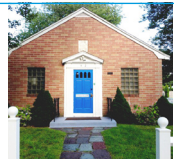


They will be gratefully accepted by:
Ruth Spitz at rspz 123@yahoo.com

or



Sharon Waxenbaum at shanaaviv@gmail.com
beginning in mid-May.



www.synagogueoldlyme.org

CBE has a website!

Browse through our photo gallery!
Look through past newsletters for holiday recipes, music and books!

Donations to CBE by check should be made out to
Congregation Beth El and mailed to:

**Rick Hyne 19 Danielle Drive,
Wayne, New Jersey 07470**

**Please do not mail
to our street address
32 Gorton Avenue, Old Lyme**



CBE newsletters are published in
June/July/August/September/Chanukah/Pesach.

Please send your good news:
simchas, birthdays and anniversaries to:

Sharon Waxenbaum at
shanaaviv@gmail.com
or call
631-748-8459



Donations to CBE by check should be made out to
Congregation Beth El and mailed to

Rick Hyne, 19 Danielle Drive, Wayne, NJ 07470

Our **Venmo** account is: **Congregation-Bethel** (hyphen between
Congregation and Beth and no space between Beth and el)



From our CBE sanctuary, "Lions of Judah" flank the tablets of the Ten Commandments.

How the Lion Became a Jewish Symbol

The lion has been a Jewish symbol since ancient times. Though originally associated specifically with the tribe of Judah, it has since become a Jewish symbol representing the entire people.

At the end of the Book of Genesis, the dying patriarch, Jacob, gathers his sons, heads of the Twelve Tribes of Israel, and gives them each a blessing. In the blessing for Judah, he repeatedly compares his fourth son to the king of beasts:

Judah is like a young lion.

From prey, my son, have you risen up.

He crouches, lies low as a lion,

And like a lion, who can rouse him? Genesis 49:9

Judah came to be the dominant tribe of Israel and a symbol for the entire Jewish people, after ten of the tribes were lost following a revolt that led to them being conquered by the Assyrians. The word *Judaism* itself derives from the tribe of Judah. Judah's symbol thus became a Jewish symbol.

In ancient Jewish sources, the lion is a symbol of fierce strength and nobility. In the Talmud, the lion is called "king of the beasts" (*Chagigah 13b*) and rabbis refer to their most esteemed colleagues as lions (*Gittin 83a, Shabbat 111a*). The most significant medieval law code, the *Shulchan Aruch*, opens with the following line: "One should strengthen himself like a lion to get up in the morning to serve his Creator." (*Orach Chayim, 1:1*)

Lions have been a part of Israelite and then Jewish imagery from the beginning. Lions adorned the Temple in Jerusalem. The lion has appeared on some of the earliest Jewish coins as well as, in the early 1980s, the half shekel of the modern State of Israel. It is a motif found on Jewish ritual objects, including menorahs, ketubahs, synagogue decorations and on Jewish cemetery headstones. It is also found on the contemporary municipal seal of Jerusalem.

The lion of Judah is a popular image beyond the Jewish community. Because the lion is associated with the messiah, it has also been adopted as a symbol of Jesus among Christians.

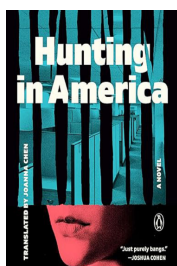


Read...
Relax...
Renew!



Mrs. Lilienblum's Cloud Factory by Iddo Gefen

Our story opens with Mrs. Lilienblum being discovered drinking a martini in a crater in the Israeli desert. Eli, her adult son, tries to understand what happened to his wacky mother, while he also tackles the legend of a missing hiker named McMurphy, and whether he might be in love with Tamara, a visitor to his family's hostel on the edge of the crater. The story races forward as the Lilienblum family builds a company around Eli's mother's invention and makes comedy out of startup culture, the obsession with company valuation and funding, the secrets families keep, romantic and family love – all with humor, warmth and compassion.

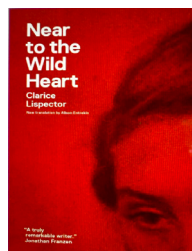


Hunting in America by Tahila Hakimi

An Israeli woman relocates to America on assignment from her tech company. In an attempt to leave her past behind and adapt entirely to the new culture in which she finds herself, she joins her colleagues on a deer hunt, discovering a surprising acumen for the sport. She fires again and again, refining her skills with every shot. As she embarks on an affair with her hunting guide and colleague, David, she sinks deeper into hunting season, vacillating between predator and prey, as the boundaries between man, woman, work, and nature begin to collapse. Hunting with David becomes the one stable aspect of her life, until one day everything changes. This beguiling debut novel is a taut, twisty story about the everyday violence that haunts countries, and one woman's tenuous grasp on reality.

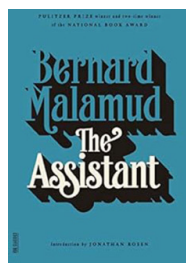
Great Jewish Books from the Past 100 Years

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Near to the Wild Heart by Clarice Lispector

This book is a dazzling modernist masterpiece that upended Brazil when it was published there in 1943 by a 22-year-old law student and Brazilian-Jewish writer, Clarice Lispector. The novel, written in a stream-of-consciousness style, centers on the childhood and early adulthood of a character named Joana, who bears a strong resemblance to her author. Joana is a young woman trapped in a passionless marriage. There's an affair, a death, but not much else. Given its ecstatic reception, (the novel won Brazil's prestigious Prêmio Graça Aranha prize), it's somewhat surprising how little actually happens. Instead of plot, we are treated to an interior life as lush and lucid as anything in literature. Joana, described by an aunt as a "strange creature ... with neither friends nor God," is an amoral oddity who seems to unsettle everyone she meets. She is earnest to a fault, a woman without filter or remorse.



The Assistant by Bernard Malamud

Bernard Malamud, bard of the browbeaten, once said he was concerned with Jewish "ethicality" – how Jews felt they had to live in order to go on living." *The Assistant*, written in 1957, his second and best novel, is a portrait of one such Jewish struggle for survival. Based loosely on Malamud's own childhood as the son of an immigrant grocer, it follows Morris Bober in his quest to carve out a living. It's the Depression and Morris' grocery is failing, so the Bobers scrape together what they can. They did not come to America to flail about helplessly, but to build a better life. Malamud defined the immigrant experience in a way that has proven vital for several generations of writers.

Answers Jewish Baseball Quiz page 13
1. Moe Berg 2. Larry Sherry 3. Hank Greenberg 4. Sandy Kofax 5. Steve Stone 6. Shawn Green



Why American Jews Love Stella D'Oro Cookies?

By Joanna O'Leary

As a child, visits to my maternal grandfather and grandmother (of Italian and Polish heritage, respectively) involved eating a lot of pasta and pierogi. Dessert, in turn, was often a platter of Stella D'Oro cookies, assorted dainty corrugated rings and logs of buttery dough with almond undertones. My grandfather had developed a taste for them early in his youth as an immigrant from Genoa, and my grandparents' pantry was never without at least one package. Truth be told, my juvenile palate found the cookies too bland (insufficiently sugary), but they held a special place in my heart because they were a favorite of my beloved Pop-Pop.

Up until my second year in college, I associated Stella D'Oro (Italian for "Star of Gold") exclusively with Italian-American culture. While shopping in the 7-Eleven near our dorm with a friend who also happened to be Jewish, I came upon a package and remarked upon my personal nostalgic ties. "Stella D'Oro?" he replied with a puzzled grin. "That's a Jewish thing."

Stella D'Oro was started in 1930 in Brooklyn by Italian immigrants Angela and Joseph Kreseovich. Already successful restaurateurs, the Kreseovichs further parlayed their food business savvy by creating a line of Italian-style cookies, crackers, and breadsticks that appealed to other Italian immigrants missing flavors from home. The cookies, originally made by hand and, without butter, were immediately popular.

The fact that Stella D'Oro cookies were devoid of butter as well as milk also led them to be an object of desire early on for Kosher Jews because they were *pareve* (non-dairy) and could therefore be eaten for dessert after a meat supper. The Swiss fudge variety, whose crimped circumference and inner opaque dark chocolate circle bore a whimsical resemblance to *shtreimels*, round fur hats worn by the Hasidim of Galacia, Romania, Hungary and Lithuanian Jewish communities. And when, in 2019, Tablet published its venerable list of the 100 Most Jewish foods, Swiss fudge cookies earned the title of "most Jewish cookie ever made."

Broad appeal, however, has not prevented Stella D'Oro from becoming a subject of controversy. Perhaps the

greatest scandal occurred in 2003, when then-owner of Stella D'Oro/Kraft foods announced they were discontinuing the traditional (*pareve*) Swiss fudge recipe and replacing the chocolate filling with a dairy version. Following public outcry, Kraft clarified this substitution was being "reconsidered," eventually reversing

course. There was much rejoicing, especially by one superfan, Yaakov Kornreich of Flatbush, who dubbed the cookies so "addictive" that "they should come with a surgeon general's warning."

So now that we have resolved why one can quibble as to whether Stella D'Oro are a "Jewish" or "Italian" thing, here is a better question: Does it matter? For me, an ardent lover of Jewish cuisine and proud Italian-American, the cookies' cultural and religious connotations are trumped by something more important: their role in so many cherished family suppers.



1. Which Jewish baseball player served as a spy for the U.S. government during WWII?
2. Which Jewish pitcher was the MVP of the 1959 World Series?
3. Who was the first Jewish player to win the MVP award?
4. Who was the only Jewish player to win the pitching triple crown - leading the league in wins, strikeouts and ERA?
5. Who was the only Jewish pitcher, aside from Sandy Koufax, to win a Cy Young Award?
6. Which Jewish baseball player holds the MLB record for most total bases (19) in a single game?



For spotlight stories, trivia, baseball stories and more, go to:
jewishbaseballmuseum.com

Answers to Jewish Baseball quiz on page 10





Congregation Beth El

A seasonal, egalitarian synagogue affiliated with the Conservative Movement

32 Gorton Avenue ♦ Old Colony Beach ♦ Old Lyme, CT ♦ 06371

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Congregation Beth El

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32 Gorton Avenue ♦ Old Colony Beach ♦ Old Lyme, CT ♦ 06371

Annual Membership Form

Welcome to our synagogue by the sea! We invite you to join our congregation!

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