



Congregation Beth El

A seasonal, egalitarian synagogue affiliated with the Conservative Movement

Founded in 1947

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

Tammuz Av

July 2020

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*z"l May their memory be for a blessing.



Shalom CBE Members & Friends,

Our first Zoom Friday night service is almost here, taking place this Friday, **July 3rd at 7:30 pm**. During this service, we are fortunate to have long time congregant, Michelle Gavens, a member of the third of four generations of her family at OCB, share a "5 Minute *d'var Torah*." Please be sure to join us at **7:20 pm** for the opportunity to wish one another a *Shabbat Shalom* before services begin.

We are looking forward to hosting other speakers at future services. We will also hold theme *Shabbatot*, such as *Challah Shabbat*, *Sports Shabbat* and *Chardonnay Shabbat*.

For those of you already using Zoom for family get togethers, classes, business meetings, etc., welcome! I am part of three groups on Zoom, with friends and family, and it a blessing to have an opportunity to stay close and connected virtually, if not physically, during the pandemic.

If you're not familiar with Zoom, I encourage you to give it a try. We don't want a technical issue to prevent you from participating. If you need any help or guidance contact Brian Cutler at **briancutler@mac.com** for an Apple device, Peter Patten at **peterpatten@att.net** for a pc.

Please remember, if you haven't done so already, to send in your dues. Although we aren't operating as usual, CBE still has expenses. I am here full time at 70 Old Colony Road, our Membership VP Brian Cutler is here at 33 Gorton Avenue or you can mail a check to our Treasurer **Rick Hyne**, at **19 Danielle Drive, Wayne, NJ 07470**.

On behalf of CBE's Board of Directors, I wish everyone a safe and happy July 4th holiday.

Stay Safe!
Lisa

<p>REMEMBER</p> <p>Bring to each service:</p> <p> Downloaded Prayer Book</p> <p> Candles/Holder/Matches</p> <p> Wine Cup/Wine</p>	<p> Rosh HaShanah Sept 18-20</p> <p>Yom Kippur Sept 27-28</p>
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Congregation Beth El Zoom Friday Evening Services • 7:30 pm



We are excited to be able to offer "5 Minute d'Var Torah" presentations this season, with speakers, Jewish stories and reflections on the weekly Torah portion.

On July 3rd, Michelle Gavens will speak on "Into the Wild or Have We Been Here Before." If you or someone you know would be interested in sharing a Jewish topic during our services, please contact our Ritual Chair Sharon Waxenbaum at shanaaviv@gmail.com.

Theme Shabbatot

- July 10 Chardonnay Shabbat**
Bring your favorite wine to make kiddush!
- July 17 Community/Sports Shabbat**
Wear your fav team apparel for this fan-tastic Shabbat!
- July 24 Challah Shabbat**
Bake or bring your favorite challah or challah story!
- July 31 Hawaiian Shabbat**
Wear your favorite Hawaiian shirt or dress!

Blessing over candles:

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו ליקר נר של שבת.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.

Blessing over wine:

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.

Baruch Atah Adonai, Eloheinu, Melech ha'olam borei p'ri ha'gafen.

Blessing over challah:

ברוך אתה יי אלהינו מלך העולם, המוציא לחם מן הארץ.

Baruch Atah Adonai, Eloheinu, Melech ha'olam ha'motzi lechem min ha'aretz.

If anyone in your family would like to participate in our services please contact Sharon at: shanaaviv@gmail.com



Congregation Beth El has Cards!



Acknowledge a loss or a graduation, anniversary, birthday, wedding or any other happy occasion with a card from CBE! There is a picture of the synagogue on the front and plenty of room for your message inside!

Contact **Denise Dickstein** and she'll send one for you! You can reach her at **860-836-8811** or **dickstein1@cox.net**.



The Congregation and Board of Trustees offer their deepest condolences to the following:

Fran Jacobs and Family - On the loss of her husband, Dave "Doody" Jacobs, on June 5, 2020.

Frannie Glazier, Marci Brody, Staci Glazier and Family - On the loss of their husband and father, Jerry Glazier, on June 19, 2020.

Marian Hyne and Family - On the loss of their aunt, Rita Cohen, on June 28, 2020.

Zichronam livrocha,

May the memory of the righteous be for a blessing.



Thank you for your generous donations!

IN MEMORY OF ABE ROSENHOLTZ

Edyse Smith
Rick & Marian Hyne
Lisa Semel & Jonathan Guthart
Sue & Neal Katz

IN HONOR OF FEIGENBAUM GRANDDAUGHTER ORLI:

Rick & Marian Hyne
Fenmore & Gladys Feigenbaum
Lisa Semel & Jonathan Guthart

IN MEMORY OF JERRY GLAZIER

Ruth & Andy Spitz
Sharon & Preston Waxenbaum

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.

Although we'll be meeting in a virtual space this summer, it is still a custom to make a donation at this time in honor of or memory of a loved one, or for a special occasion. Friday

night services will be held on:

July 3 • July 10 • July 17 • July 24 • July 31
 Aug 7 • Aug 14 • Aug 21 • Aug 28 • Sept 4

For a donation of **\$18** you may sponsor a virtual *Oneg Shabbat* during July or August. Please contact **Sharon Waxenbaum** at **631-748-8459/shanaaviv@gmail.com** to choose your Shabbat date. Please make your check payable to **Congregation Beth El** and send it to:

Rick Hyne at **19 Danielle Road, Wayne, NJ 07470**.



Leaves are available
 on our
 Tree of Life!

See page 7



Candle Lighting Times

Friday, July	3	8:12 pm
Friday, July	10	8:10 pm
Friday, July	17	8:06 pm
Friday, July	24	8:00 pm
Friday, July	31	7:53 pm

Milestones

We invite you to share your good news! Send the details to:
Sharon Waxenbaum at **shanaaviv@gmail.com**



Happy Birthday!

Alexander Weisman	July	3
Jackson Weisman	July	3
Andy Spitz	July	5
Anita Kaplowitz	July	7
Jamie Summer	July	14
Brad Dennison	July	18
Steven Wallet	July	25

Happy Anniversary!

Becky/Tom Fucella	June 30
Carol/Larry Bojarski	July 12

Min Ha-Meitzar: Calling to God from the Depths



A prayer musing by Rabbi Danielle Uppin

From the constriction of our places of pain, Psalm 118 invites us into the wide expanse of the divine presence. "*Min ha-meitzar karati Yah, anani b'merchav Yah*. From a narrow place I called out to *Yah*; God answered me within the expanse."

Traditionally, Psalm 118 is chanted as part of *Hallel*, a series of psalms recited on Jewish celebratory holidays. It is typically joyous, chanted from a place of freedom, from the headspace of having passed through the tough times. It suggests that we were enslaved and now we are free.

But it's not uncommon for this verse to also find its way into prayer when we are still in crisis - the moments that cry out for answers, for finding our way out to the other side. This verse is a vision of how we long to feel and how we long to be seen.

Ha-meitzer literally means the constricted space, a narrow blind spot, our own personal *mitzrayim*, Hebrew for Egypt. *Mitzrayim* is enslavement, darkness, hopelessness. When you are down and out, you aren't just in the *meitzar*, you become it.

Notice what happens in your body when you are stressed: tightness in the chest, tense shoulders, altered breath, temperature change, the toxic loop of negative thoughts. The *meitzar* becomes an all encompassing grip on our sanity.

No one wants to be in the *meitzar*. And God doesn't want us there either. As the psalmist suggests, God has already heard our cries. And God's answer, the antidote to our constriction, is space.

God is known by many names: Rock, Redeemer, Protector, Judge, Parent, the Ineffable One. In this prayer, God is called by the name *Yah*. *Yah* is not Protector nor Redeemer. *Yah* is neither Judge, Father nor Rock. *Yah* goes right to the source - our deep soul connection.

Take a deep breath, exhale and say it: Yaaaaaah. That's how you really say it. *Yah* is the breath of life. It is an answer to our prayers. Maybe not "the" answer, but a key to navigating whatever personal crisis presents itself.

Yah directs us to go quiet. Conscious, mindful breath creates the opening for us to step into our soul-expanse. When we begin to focus on the breath, to slow it down, to welcome the discomfort instead of pushing it away, the grip on our body loosens and our thoughts become clearer.

From a place of calm, we are invited to take a step into a wide open space - *merchav Yah*. We are invited to pause and take it in. From the *merchav*, we can make a conscious choice from the full range of possibilities that lay ahead. We can see for miles.

The open space doesn't profess to solve our problems. It doesn't erase the root cause of our trouble. But it does provide us with the foundation to master our next step. It creates a safe-haven moment in which to reflect and prepare our way forward.

In times of crises, the psalmist reminds us that we can and should cry out to God. But we also must allow ourselves to get quiet to hear an answer.

Get the Prayer Book !



We will use *Siddur Sim Shalom* for our Friday Evening Services. Directions to download this prayer book service are found below:

1. **Click on this link:** <https://www.rabbinicalassembly.org/form-download-e-siddur-0>
2. You will be on page that reads: **Form to Download e-siddur**
3. **Fill out:** your name, email address and synagogue (Congregation Beth El/Old Lyme)
4. **Click on:** Siddur Sim Shalom: Kabbalat Shabbat and Shabbat Evening Service
5. **Click on:** Submit
6. **Download:** Siddur Sim Shalom: Kabbalat Shabbat and Shabbat Evening Service

Get the APP !



Please download the Zoom App **before** Friday Evening Services

1. **Click on this link:** <https://zoom.us/support/download> (or go to zoom.us/support/download)
2. **Click on:** Save in the pop up window

Get the Zoom Link!

In order to join our Friday Evening Services on Zoom please do the following:

1. You will receive an email each week inviting you to join a Zoom meeting/service. Under the phrase Join Zoom Meeting there will be a http link in **blue** letters. **Click on** the link.

Sharon Waxenbaum is inviting you to a scheduled Zoom meeting.
Topic: Congregation Beth El Friday Evening Services July 3rd, 7:30 pm
Time: Jul 3, 2020 7:30 PM Eastern Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/87863917910>
Meeting ID: 878 6391 791
Dial by your location
+1 312 626 6799 US (Chicago)

**SAMPLE
email**

2. **Click on** Join Zoom Meeting.
3. **Click on** Start Video (camera icon)
4. **Click on** your mic to be sure it is **muted** (red line through mic icon)

We extend a heartfelt *todah rabah* to the following donors to our Congregation Beth El Capital Campaign:

Michael Bernstein	In memory of Alan Bernstein
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Sue & Neal Katz	In memory of Lee & Raymond Katz
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Natalie Mandell	In memory of Alfred Mandell
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Lisa Semel & Jonathan Guthart	In memory of Joan & Abe Semel and Tess & Joseph Goldberg
Irene & Craig Smith	In memory of Sarah & Abraham Lipiner
Spitz and Waxenbaum Families	In memory of our parents, Adelle & Donald Wiener and grandparents, Grace & Fred Snyder
Amy Spitz	
Lois & Robert Vanesse	In memory of Abraham Sandler, Andrea Sandler and Martha Sandler
Judith & Joel Weisman	

Please help to keep our building alive and well, and to continue our history for future generations. For your gift you will receive a tax acknowledgement letter (CBE is a 501(c)(3) nonprofit). Gifts of \$500 or more will be recognized with a plaque that will be displayed proudly in the synagogue.

To pledge your support, please send your information along with a check made out to
Congregation Beth El, to **Rick Hyne, 19 Danielle Drive, Wayne, NJ 07470**



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Annual Membership Form

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

Member Contact Information:

Name _____

Primary Address _____

Phone # _____

Beach Address (if applicable) _____

Phone # _____

Email address _____ Facebook _____

Membership Dues:

Although we are a seasonal congregation, our expenses are incurred year round.
We encourage you to be generous with your support.

_____ \$36 (minimum)	_____ \$118	_____ \$540
_____ \$54	_____ \$180	_____ \$720
_____ \$72	_____ \$360	_____ \$ Other

Please make checks payable to **Congregation Beth El.**

Please mail check and completed form to:

Lisa Semel, President • 70 Colony Road • Old Lyme, CT 06371

Brian Cutler, CBE VP Membership • 33 Gorton Avenue • Old Lyme, CT 06371

Rick Hyne, CBE Treasurer • 19 Danielle Road • Wayne, New Jersey 07470



Please help us prepare! Which of the 2020 High Holy Day Services do you plan to Zoom:

_____ Rosh HaShanah _____ Yom Kippur

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Tree of Life Order Form

Donor Name: _____

Address: _____ City/State/Zip: _____

Phone: _____ Email: _____

Order _____ Leaf @ \$75 OR _____ Stone @ \$295

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In honor of
our children
Ephraim & Menashe
with love
Asenath & Joseph
Jacobson

In celebration of
the marriage of
Rachel & Jake Isaacson

Rivkah & Isaac
Abramson

In memory of our
beloved mother
Yocheved Moses

Miriam & Aaron
Amramson

Line 1 (12 characters): _____

Line 2 (14 characters): _____

Line 3 (18 characters): _____

Line 4 (20 characters): _____

Line 5 (17 characters): _____

Line 6 (9 characters): _____

Do you wish to have your donation acknowledged? Send to the person/family recognized at:

Name: _____

Address: _____ City/State/Zip: _____

Please make checks payable to **Congregation Beth El**. Mail your order & payment to Anita Kaplowitz:

Mailing Address: 233B Boxelder Lane, Stratford, CT 06614 **Cell Phone:** 860-559-7836