



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

Adar/Nisan 5781

March 2021

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Shalom Congregation Beth El members and friends,

Welcome to our first newsletter of 2021. I hope you have stayed well and safe through the winter and the ongoing pandemic.

Saturday, March 20, 2021 - the Vernal Equinox. Spring is here, which means summer is close behind. Last year at this time, the coronavirus was roaring across our country. In a race to beat the virus that was spreading exponentially, a mandatory shutdown of all non-essential businesses was ordered. CBE closed for the first time in its 74-year history. Our Friday Evening and High Holiday services moved to Zoom online.

When my husband and I fled NYC last March for the quiet of Old Colony Beach, Passover was fast approaching. I grabbed the one box of matzah I had on hand, hoping to celebrate the holiday with family and friends. Instead, we celebrated the deliverance of our people from slavery in Egypt on our own, as most of us did, locked in our home under quarantine.

This Passover, I am hopeful that we have finally turned a corner and maybe we can hold Seders with our loved ones.

As the beginning of the season nears, the Board will determine if we need to keep our *shul* closed for the summer or if we be able to open in some fashion. Our decisions will reflect state and federal guidelines. Either way, we will continue to offer weekly Friday Evening and fall High Holy Day services, as we have nearly 75 years.

Please continue to stay safe and stay in touch!

On behalf of our Board, *Chag Sameach!*
Lisa



Holiday Candle Lighting Times

Friday, March 26	7:16 pm
Saturday, March 27	7:54 pm
Sunday, March 28	7:55 pm
Friday, April 02	7:20 pm



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

A Zissen Pesach to all! ~ Chag Pesach Kasher v'Sameach!



Thank you for your generous donations!

Lisa Semel & Jon Guthart - In memory of Gladys Feigenbaum.

Marian & Rick Hyne - In memory of Gladys Feigenbaum.

Ruth & Andy Spitz - In celebration of the birth of Jackson James Bobrow, grandson of Ellen & Scott Bobrow.

Sharon & Preston Waxenbaum - In celebration of the birth of Jackson James Bobrow, grandson of Ellen & Scott Bobrow.

Pam & Len Grossman - In memory of Bernie Mandell.

Pam & Len Grossman in honor of their grandchildren making high honors: Ally Cates, Maddie Cates, Dylan Grossman, Gabe Grossman, Max Grossman and Nate Grossman.

Marian & Rick Hyne - In memory of Bernie Mandell.

Lisa Semel & Jon Guthart - In memory of Bernie Mandell.

Ruth & Andy Spitz and Family - In memory of our mother and grandmother, Adelle Wiener, at the time of her *yahrzeit*.

Sharon & Preston Waxenbaum and Family - In memory of our mother and grandmother, Adelle Wiener, at the time of her *yahrzeit*.

Ruth & Andy Spitz and Family - In memory of our father and grandfather, Donald Wiener, at the time of his *yahrzeit*.

Sharon & Preston Waxenbaum and Family - In memory of our father and grandfather, Donald Wiener, at the time of his *yahrzeit*.

Milestones & Mazal Tovs

Ellen & Scott Bobrow celebrated the birth of their grandson, Jackson James Bobrow, on January 24, 2021. He is welcomed by proud parents, Sarah & Austin Bobrow.

Aviva Kramer will become a *Bat Mitzvah* on April 10, 2021. Aviva is the daughter of Gabriella & Ari Kramer (our High Holy Day *chazan*.)

Ellen & Harvey Schiller celebrated the birth of their granddaughter, Hadassah Schiller, on February 23, 2021. She is welcomed by parents, Chava & Andrew Schiller and big brothers Yisroel, Chaim Dovid, Avarahm Aria and Moshe.

Passover Schedule 2021/5781 - Oy Vey!

Because Passover starts on Saturday night, things will be a little different going into the holiday because of *Shabbat*.

Thurs	March 25	Search for <i>chametz</i>	evening
Friday	March 26	<i>Chametz</i> is to be burned and sold	11:55 am
Saturday	March 27	Earliest time to start <i>1st Seder</i>	7:54 pm
Sunday	March 28	Earliest time to start <i>2nd Seder</i>	7:55 pm
Sunday	April 04	Holiday ends	8:03 pm

Over *Shabbat*, the food we eat should all be kosher for Passover and your house should be cleaned and ready by this point. However, you must not eat regular matzah until the *Seder*. A solution might be to eat kosher for Passover egg matzah for your *Shabbat* meals. This cannot be used for ceremonial matzah at the *Seder*. (Egg is considered "rich" matzah and at the *Seder* we must have "poor" matzah to meet the requirement of eating "bread of affliction.")



Project Re-Connect

Our CBE Board is interested in re-establishing connection 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 **Brian Cutler** at:

beachshulmembership@gmail.com



Our congregation and Board of Trustees offer their deepest condolences to the following:

Dorothy, Larry and Jill & the Mandell Family - On the loss their husband and father, Bernie Mandell, on January 12, 2021.

The Family of Ira Libbin - On their loss on January 16, 2021.

Zichronam livrocha,

May the memory of the righteous be for a blessing.



Yom HaShoah April 7th - 8th

One valuable aspect of our many Jewish holidays is that they help us remember the history of our people. Events, such as our Exodus from Egypt and the victory of the Maccabees, are recalled with wonder and joy. Others have been tragic and we remember them with great sadness. Yet we still observe such holidays to keep our memory of them alive.

Less than a week after we conclude our Passover celebration, we observe Yom HaShoah, "Day of the Whirlwind." It is a time set aside to recall the Holocaust and the incredible disaster that befell the Jewish people and others who were murdered.

This year Yom HaShoah begins on the evening of Wednesday, April 7th. Many synagogues and organizations hold special services and educational programs at that time or the next day. Zoom or streaming information for such programs can be found online.

It is a tradition to light a *yahrzeit candle*, a memorial candle, at sunset that evening and to recite *Kaddish*, the mourner's prayer, or other appropriate readings such as this one:

*God, full of mercy, this Yom HaShoah, we remember
the six million Jews and the five million other people
murdered by the Nazis' attempts to
exterminate those who were different,
those who were the other.*

*May their souls forever be sheltered
beneath the wings of Your Divine Presence.*

*Their deaths teach us the grave dangers of
moral failing and indifference to evil.*

*May we honor their memories by
standing up to hatred in our midst today.*

*This Yom HaShoah, we pay tribute to
the righteous ones amongst the nations who
sheltered Jews during the Holocaust,
risking their own lives to save those in danger.*

*Today, as we remember, may we commit ourselves to
building a world free from hatred and persecution,
a world where all may live freely and with dignity.*

(HIAS Yom HaShoah reading)

Why Yahrzeit?

Our rabbis of old generally regarded birthday celebrations as a non-Jewish custom. Today Jews do celebrate birthdays, so I had asked my Rabbi about this. In his answer, he shared a parable that might be familiar to you:

A newly built ship was about to set sail, so people gathered at the dock to celebrate its launch. Among the group one person stood aside, uninvolved in the festivities. Someone asked him, "Isn't the building and launch of a fine ship a cause for celebration?" The person replied, "Actually no. The beginning of a sea voyage is certainly noteworthy, but who knows what may happen along the way? The seas may be calm, but also stormy. A port can bring adventure, but also danger. I will save my celebration until the ship returns to port, after the journey has come to an end.

That is why the Jewish tradition is to celebrate the lives of loved ones on the *yahrzeit*, the anniversary of their deaths. We remember their full journey on the final day of their lives.

Yahrzeit is a Yiddish word, originating from the German "*jahr*" meaning year and "*zeit*" meaning time.

As the Jewish day begins at sunset, a *yahrzeit* or memorial candle is lit just before sundown on the eve of a *yahrzeit* and is to burn for 24 hours. It is also a Jewish tradition to make a contribution on the occasion of a *yahrzeit*, as stated in the memorial prayer: "*The memory of his/her life shall remain for a blessing, a source of inspiration for deeds of charity and goodness.*"



Congregation Beth El's

Tree
of
Life

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

Please contact **Anita Kaplowitz** at **860-559-7836** or email her at **anitak1126@gmail.com**.

My Sister's Caramel Matzah Crunch

4-6 Unsalted matzah squares
2 sticks Unsalted butter or margarine
1 Cup Brown sugar, firmly packed
3/4 Cup Chocolate or semi-sweet chips, chopped



1. Preheat oven to 375 F.
2. Line 1 large (or 2 smaller) cookie sheet with foil. Then cover the sheet with parchment paper. This is **important** as the mixture becomes sticky during baking.
3. Evenly line the the cookie sheet with matzah squares, breaking extra pieces as needed to fill in any spaces.
4. In a 3-quart, heavy bottomed saucepan combine butter and brown sugar. Cook over medium heat, stirring constantly until mixture comes to a boil (2-4 minutes).
5. Boil for 3 minutes, stirring constantly.
6. Remove from heat when mixture starts to pull away from the sides of pan. Pour over matzahs, covering completely. Spread mixture with a spatula to make an even layer.
7. Reduce heat to 350 F and place baking sheet in oven. Bake for 15 minutes. Check frequently to be sure the mixture is not burning (if so, reduce heat to 325 F!)
8. Remove from oven and sprinkle with chopped chocolate.
9. Let stand for 5 minutes, then spread the melted chips over the matzahs. At this stage it could be decorated with chopped nuts, white chocolate etc. While still warm, break into pieces.
10. Chill by placing cookie sheet in freezer. (Using the refrigerator works too, it just takes longer.) Store caramel matzah pieces in fridge in a covered container or in a ziplock bag.

Recipe courtesy of Ruth Spitz

Melt-in-Your-Mouth Matzah Meal Pancakes



3	Eggs	1/2 Tsp	Sugar
1/2 Cup	Milk or water	1/2 Tsp	Salt
1/2 Cup	Matzah meal	Dash	Cinnamon

1. Separate egg yolks and whites in two bowls.
2. Beat yolks by hand, then stir in milk, matzah meal, sugar, salt and cinnamon.
3. Beat egg whites until stiff with an electric mixer.
4. Quickly fold beaten egg whites into yolk mixture.
5. Drop by tablespoonful onto a oil sprayed griddle and brown on both sides.
6. Serve with fresh fruit, syrup or jelly.

(Jewish Home Beautiful WLCJ pub.1941)

And now for your listening pleasure...



Singing is a major part of the Passover Seder. It makes the occasion more festive and provides an opportunity for everyone to join in the celebration. But what if you can't remember the lyrics or melodies for *Dayenu* or *Chad Gadya*? What if you have an urge to accompany the singing on guitar this year? Here are some online resources!

Zemirotdatabase.org *Zemirot* are songs sung around a holiday table and here you will find songs for *Shabbat*, Passover and other holidays. The site provides free printable lyrics, in Hebrew, English and transliteration. Most songs also have recordings embedded for streaming.

Haggadot.com This site is free (but requires registration) to search for Passover music. You can search by media type (ie. text, audio or video) and by section of the Seder. It is also set up to help you create your own *Haggadah*!

HebrewSongs.com This site offers free printable song sheets, with lyrics in English and in transliteration. There is no audio feature, but the site provides links to places where you can purchase CDs or MP3s.

JewishMusic.com You can pay to download PDF versions of songs here (most cost around \$3.95) and includes sheet music so you can play along on an instrument.

YouTube.com This is a great resource if you know what song you're looking for and just want to listen to the melody. You can also do a search for "Passover Songs." Videos vary in quality, but a number of them include lyrics and transliteration, sometimes presented karaoke style.

You will find a wide range of modern Passover parody songs on YouTube. Don't forget holiday favorites from the delightful Jewish a cappella groups The Maccabeats and Six 13.

Maccabeats

Dayenu
Les Miserable Passover
Mah Nishtanah
Justin Bieber Passover Mashup

Six13

Lion King Passover
Uptown Passover Funk
Chozen

(Thanks to Tablet Magazine for site suggestions!)



Telling Our Story - New Passover Titles



Seder in Motion: A Haggadah to Move Body and Soul

by Ron Isaacs and Leora Isaacs

This family friendly *Haggadah* encourages both mindfulness and movement when taking part in Passover ritual. Important for this year are the suggestions and instructions for including virtual participants in the *Seder*.

The Telling: How Judaism's Essential Book Reveals the Meaning of Life

by Mark Gerson

Host of the podcast, *The Rabbi's Husband*, brings us a guidebook to what he calls "The Greatest Hits of Jewish Thought." He takes readers through the history and background of *Pesach* and the *Seder*, gives his thoughts on holiday preparations and delves into key sections of the *Haggadah*. He asks us to contemplate ideas such as how the reaction of Pharaoh to the Jews leaving Egypt reveals the difficulties of getting anyone, including leaders and political figures, to change their opinions.

The Great Passover Escape

by Pamela Moritz, Illus. by Florence Weiser

A large purple elephant and a curious kangaroo leave Jerusalem's Biblical Zoo in search of a *Seder*. Kids will enjoy shouting out corrections as the escapees try to recall details of the holiday.

The Passover Guest

by Susan Kusel, Illus. by Sean Rubin

Muriel gives a penny to a threadbare juggler standing before the Lincoln Memorial on the eve of Passover. The juggler then visits her home with a surprise - to the joy of her family as well as the entire Jewish community.

Matzah Craze

by Jamie Kiffel-Alcheh, Illus. by Lauren Gallegos

Noa shares the story of Passover, and some of her crunchy matzah, with her curious classmates in a sweet story that will encourage young Jewish schoolchildren to explain to friends why their regular lunches suddenly change for eight days during the spring.

(Thanks to Leah Finkelshteyn Hadassah Magazine Mar/Ap 2021)

Jewish books make great afikomen gifts!



Eclyse Smith



CBE newsletters are published in June/July/August/September/December/March.

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

Sharon Waxenbaum at
shanaaviv@gmail.com

or call
631-748-8459



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