



Temple Beth Shalom *Scroll*

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LOOKING INSIDE

Shabbat Services..... 2

B'nei Mitzvah..... 2

From Rabbi Perlman 3

From the President..... 4

Children's Center..... 5

Parenting Through a Jewish Lens..... 5

Sisterhood..... 6

Brotherhood 7

Sisterhood Donor Dinner 7

Greater Boston Jewish Coalition for Literacy..... 8

Garden Club..... 8

Memories..... 8

Chai Lights..... 9

Calling All Knitting Mavens.... 9

Library News..... 10

Greening Your Simcha..... 10

TBS Shabbat Share..... 11

JF&CS Opportunities to Make A Difference..... 11

Bikur Cholim..... 12

Yahrzeits..... 13

Sharing our Lives 13

Memorial Board Fund..... 13

Contributions..... 14-15

Green Tips..... 20

RUMMAGE SALE

Temple Beth Shalom Sisterhood Spring Rummage Sale

**Drop-off - Sunday, June 8
9:00 a.m. - 12:00 p.m. in Simon Hall**

Sale

Sunday, June 8: 2:00 - 5:00 p.m.

Bag Sale

Monday, June 9: 5:00 - 8:00 p.m.

Sisterhood needs your donations and assistance.

Costume and better jewelry is also welcome.

Please call to volunteer!

(Please, no broken or damaged items.)

Baby and infant accessories are no longer accepted,
but baby clothing is welcome.

No undergarments will be accepted.

No computers or monitors, unless they are new.

For more information, or to volunteer, please contact Bonnie Littman:

781-449-8793 or bonlitt@gmail.com.



Shabbat Hikes

The Shabbat Hike for May
will be a flotilla!

Bring your own kayak or canoe, or rent
one at the launch site, and explore
the Charles River with us.

Date: Saturday, May 10 at 2:00 p.m.

**Place: Charles River Canoe & Kayak,
Nahanton Park, Newton (near JCC)**

Leaders: Julie and Michael Bailit

**RSVP to Julie at juliebailit@me.com or
781-325-6648 (Julie's cell)**



*We plan to start paddling at 2:00 p.m.
Please plan to arrive at least 15 minutes
early to rent boats or launch your own.*

FROM RABBI PERLMAN

A REUNION OF SCROLLS

In February, our community's Czech Holocaust Scroll returned to London to be reunited with scrolls from throughout Europe and North America which were rescued from the Nazi's. This year, the Memorial Scrolls Trust (www.memorialscrollstrust.org) – the organization which obtained these scrolls from the Jewish community of Prague - celebrates its fiftieth anniversary. Hundreds of Czech scrolls are currently on permanent loan from the MST to congregations and Jewish organizations all over the world. Though over fifty scrolls were physically present for a moving ceremony of memorial, over one hundred other congregations were represented through posters created by communities.

Our own special Torah is read each year on the afternoon of Yom Kippur – an enduring symbol of hope and strength. To help make our pilgrimage more meaningful, we shared the story of our Czech scroll with the pre-school aged children of our Children's Center and many of our Mayim and Sha'arim kids. Inspired by our Torah's living legacy, they created a beautiful, colorful breast plate and Torah belt/wrap – as well as a decorative fabric banner



Patti and Louis Grossman holding our Torah with the special breastplate made by our children

that was on display in London as part of the service of commemoration. Through these creative expressions, generations linked with one another as our three-hundred year old scroll, which was brought to London fifty years ago after surviving the Holocaust, was adorned by the

hands and hearts of our children.

I had the privilege of transporting our Torah from Boston to London. To honor our scroll, it had its own seat on our Virgin Atlantic flight. (Many thanks to Nancy Serwer for her guidance as I navigated through the network of airline customer service!) Carrying the carefully wrapped Torah (bubble wrap, a towel, a tallit, and a Torah cover!) from place to place in a canvas duffel bag, I did not receive many glances from fellow passengers. However, the Virgin Atlantic crew – who knew what I was carrying because of my several conversations with the airline – did smile when they saw the Torah neatly 'buckled up' in the seat next to mine. (Interestingly, the TSA agents in Boston – who examined my carry-on bag through



Jason Chudnofsky, Patti and Louis Grossman, Rabbi Jay, and Judy Chudnofsky

x-ray - didn't say a word. I quickly assumed that on any given day they must see everything!)

In London, I happily met Louis and Patti Grossman, whose family – along with Rabbi Sonsino – were responsible for our congregation possessing this special scroll. We also met Jason and Judy Chudnofsky – dedicated leaders of our Beth Shalom community. Following the ceremony – which included a moving procession of all of the Torah scrolls, music from the Czech republic, cantorial chant, and words from rabbis and other leaders, Patti and Louis wrote the following reflection of their experience: *"Each of us held our precious scroll (almost as if caressing it) and announced publicly the name of the city or town from where it came while considering how fortunate we are to have them in our congregations. Our connection to those who perished during the war was palpable as we pondered the opportunity and responsibility we have as guardians of these holy scrolls to share their stories with future generations so that nobody will ever again experience the horrific tragedies of World War II."*

continued on page 4

FROM THE PRESIDENT

What's going on with the building? I've heard this question over the last few months at Roche Brothers, at the town Recycling and Transfer Station and in our atrium. While there may not have been outward signs of activity to most of you, our Mikdash team was quite active during this year's coldest months. Let me summarize what has been going on, and what to expect in the coming months.

Project Manager: In January, we began work with our Mikdash project manager, Fort Point Project Management (www.fortpointpm.com/about.php). Steve Fox and Mike Bogdan jumped right in, and began attending our weekly Mikdash leadership team meetings and helping us plan the significant building-related activity that will keep us busy throughout 2014.

Architect: Assisted by Fort Point and after careful consideration, in March we selected BKA Architects (www.bkaarchitects.com) as our partner to develop the detailed final design for Mikdash. We immediately began to work together with Barry Koretz and his team. BKA brings impressive credentials and strong references, and will serve as a good partner. While we were very pleased with the space assessment and conceptual design work that Finegold Alexander + Associates provided us, we believe BKA will provide the excellent work we will need to move from concept to detailed design and implementation.

From Rabbi Perlman - continued from page 3

Our Temple Beth Shalom community is just one 'star' in a vast constellation of congregations all over the world – and throughout the ages. Each of us, in our own way, works daily to bring forward the eternal mission of the Jewish people: to serve as a source of strength and inspiration; to carry forward the lessons of the past into our future; and



Many of the Czech scrolls being held by representatives of congregations all over the world.

to ensure that light will always overcome darkness – in our lives, in our communities, and in our world. May the memories

Construction Manager and General Contractor: We began April by releasing a request for proposals for a construction firm to serve as our construction manager. Among other responsibilities, the construction manager will work with BKA to finalize and price the cost of our project design. To fulfill this role, the construction manager will bring in mechanical and electrical engineers to inform the process. At our discretion, we may elect to continue to work with the construction manager by hiring the firm to also be our general contractor to oversee and perform construction of the project.



Congregational Meeting: Later this month or in June we will hold an open congregational meeting to allow congregants to meet the Fort Point and BKA teams, and to review the design work performed by BKA. Look for separate information regarding this meeting.

Timeline: We now anticipate construction will begin November 1, 2015, and take approximately one year to finish. This timeline will ensure that we have sufficient time to raise the necessary funds to pay for the cost of the project.

As you can see, we have a great deal of activity and momentum as we move from dreaming about our future temple home to taking concrete steps to make our dreams real. I would like to thank our lay volunteers, professional staff and clergy who have worked tirelessly to get us to this point. We have made great progress and will before long have a new home of which we will be most proud.

*B'shalom,
Michael*

of all those who lived so that Torah's values might endure be for a blessing.



The beautiful fabric banner made by our Sha'arim teenagers on display at Westminster Synagogue in London.

CHILDREN'S CENTER



Ellen Dietrick

Small Moments, Big Impact

Celebrating 50 Years of the Temple Beth Shalom Children's Center

We know that the small moments that happen each day in the Temple Beth Shalom Children's Center have a big impact on the children, their families and, in turn, the entire community. In celebration of the 50th Anniversary of the Children's Center, the Children's Center Learning Committee is collecting stories from the past 50 years of Children's Center's history. Over the next few months, we will share them with you. If you have a story to share, please let us know! Contact Michele Markley, Children's Center Learning Committee Chair, at michelemarkley11@gmail.com.

A Morning at Temple Beth Shalom Children's Center

It's funny how some mornings, preschool drop-off can be so easy, so joyful! My son Nicolas will march into his classroom - Etzim - with full confidence, announce his presence, and begin his day with his teachers and friends. And then there are other mornings....

One particular morning, Nicolas was having a hard time. He didn't want to go to school; he wanted me to take him home. When we got into his warm and welcoming classroom, he clung to me, despite two of his friends' asking him to come play. Nicolas almost always brings something from home to preschool, and that day it was a Playmobil hockey player. One of his teachers, Laura, tried engaging him by creating a hockey rink in a tray for the Playmobil figure to skate around in. Nicolas was interested, but still would not let go of me. I finally told him I would stay with him until he felt better, which ended up being almost an hour, including a quick coffee run and then back to school. During that time, however, something changed. When we got back to school, Nicolas walked in the classroom by himself, began playing with friends, and waved goodbye to me. And so I waved goodbye too. An hour later, Laura sent me his picture, to let me know he was fine. He was more than fine, he was happy!

Some mornings can be hard, but I take such comfort in knowing that Nicolas is cared for and nurtured by such loving and attentive teachers and friends.



-Joanna

(Mother of Joshua, Lucas TBSCC Class of 2011, and Nicolas, TBSCC Class of 2015)

Parenting Through a Jewish Lens at Temple Beth Shalom this Fall! Two Choices

Starting October 23: meets Thursdays, 9:30 - 11:00 a.m. (for parents of 0-3) Free babysitting is included!

Starting October 22: meets Wednesdays, 7:30 - 9:00 p.m. (for parents with children of all ages)

This ten-week program brings together caring parents and expert facilitators. Conversations around Jewish texts lead to explorations of your vital role as a parent. Parents from all backgrounds welcome.

For more information visit www.hebrewcollege.edu/parenting or email Parenting at parenting@hebrewcollege.edu.



PARENTING THROUGH
A JEWISH LENS



SISTERHOOD



I am involved in Sisterhood because I enjoy the warm and friendly sense of community. The women of Sisterhood are always there for each other.

- Marcy Hirschen, Board Member



Sisterhood is a natural fit for me. I have always been involved in women's groups, from the National Council of Jewish Women to business networking groups to women's discussion groups. Even in my youth, I had a strong network of girlfriends who were there for me. I find the idea of women connecting and supporting other women to be very empowering.

- Amy Willis, 2015 Retreat Co-Chair



It may be different for every woman, as there is something meaningful in this organization for everyone. Maybe it's the camaraderie, maybe it's the philanthropy or maybe it's the personal growth. Whatever the reason, whatever the level of involvement,

Sisterhood will always be here for us. And remember, if it's a Sisterhood event, it is a girl's night out!

-Lisa Channen, Immediate Past President



I am involved in Sisterhood because it has made my connection to the Temple stronger and more diverse. Sisterhood has made the Temple feel smaller and more intimate. I like that I can give back to the Temple community with my involvement in Sisterhood.

- Magda Schmalz, Board Member

These are just a few of the voices from Sisterhood. You can hear from other women in Sisterhood by joining us at our May and June events.

On May 1, we will cook for, feed and provide entertainment to seniors from Needham. On May 22, we will dine together and listen to Boston Globe staff writer Meredith Goldstein at our Donor Dinner. We will celebrate our friendships and the tzedakah that we provide to TBS, Women of Reform Judaism, local community organizations and programs in Israel.

June is the end of formal programs culminating in our Spring Rummage Sale. Start your connection or reconnection to Sisterhood by coming to Rummage. It is an easy way to try out Sisterhood. Please set aside the clothing and household goods that you no longer need and join us on June 8 and 9.

At the end of June, we will be reflecting upon the past year and planning for next year's activities. If you have any ideas, suggestions or want to get more involved, we welcome your participation.



*In Sisterhood,
Marsha Moller, President*



SAVE THE DATE
SISTERHOOD'S 18TH ANNUAL
SPIRITUALITY RETREAT
JANUARY 23-25, 2015
CAPE CODDER RESORT
HYANNIS

BROTHERHOOD

As the summer approaches, I wanted to take this opportunity to call out some Brotherhood members who have been (for lack of better words) the grease that keeps the wheels moving in our organization.

Alan Novick did (and will do again) an excellent job leading our Annual Blood Drive. This task is not as simple as calling the Red Cross and reserving a day to have them stop by. Between coordinating with the temple and the Red Cross, raising awareness, and building the donation schedule, this is almost a full-time job and Alan has done a commendable job with it.

Marty Goldberg plans our annual retreat and every year it has gone off without a hitch – well at least nothing that is too noticeable – who knew Doritos could be used has a Havdalah spice? Again, this is a complex task and Marty has built a good team to plan and lead the weekend's activities.

Our breakfast kitchen crew consists of a rotating cast of characters but is anchored by master lox slicer Steve Staum, bagel buyer Ken Davis, frugal shopper Ed Schreider, and the Wikipedia of the Brotherhood, Bernie

Segaloff. Any question—past or present about our history –can be answered by Bernie in a few minutes.

Our annual Texas Hold 'Em Tournament is managed with great dedication by Rob Braunstein, Steve Gladstone, and Jeff Kesselman. I have never seen an unhappy face at this event—even if you are the first eliminated.

The entire Brotherhood board (too many names to mention – but you know who you are) and all our past Brotherhood presidents have been a fantastic group of folks to work with, provide insight, and make sure that we reach as many members as possible with diverse and entertaining programming.

Lastly, I want to thank all the men of Temple Beth Shalom – who make up the Brotherhood community. We do all this work for you, to help you make stronger and deeper connections with your TBS community, and maybe, just maybe, have some fun while you are with us. Our events would not succeed without your participation. Thank you for being a part of our group. See you at the next event (the President's BBQ).

Jon Cohan, President

Sisterhood Donor Dinner

*Enjoy a Girls Night Out of
Socializing, Shopping and Dinner*

*Featuring Meredith Goldstein
Boston Globe "Love Letters" columnist*

Thursday, May 22, 2014

6:00 p.m. Cocktails, Boutiques & First Course

*8:00 p.m. Dinner and a fun and fabulous
night of advice!*

Please RSVP by May 10



Greater Boston Jewish Coalition for Literacy

There is no more fulfilling act of *gemulit hasadim* (“loving kindness”) than tutoring a child who needs help and who then makes good use of it.

For over 15 years, a wonderful group of volunteers from Temple Beth Shalom have been tutors at the Mozart Elementary School in Roslindale as part of the Jewish Community Relations Council’s Greater Boston Jewish Coalition for Literacy. As the participating tutors will tell you, it is rewarding and gratifying to work with children over the years and to see the results. Many volunteers speak fondly and proudly of “their kids.” The tutoring has undoubtedly contributed to the Mozart School’s improvement in MCAS reading scores. Tutors have been recognized and honored at several TBS Shabbat services over the years at which the Mozart School principal and faculty members have attended.

There is no more effective and gratifying act of *tikkun olam* (“repairing the world”) than personally helping a student in need of some extra help. Would you join us in this special work? To join our TBS readers or to simply receive more information, please contact Nancy Krieger at npkmk1@gmail.com.



A Moment of Meaning in Our TBS Community

Over the past 40 plus years we have shared many life cycle events at Temple Beth Shalom. Most recently we were the blessed recipients of two memorable services that Rabbi Todd wrote and orchestrated for our family.

The first was performed in April 2013 when he gently removed the mezuzah from our home of 34 years on Country Way. A home in which we raised five children, rejoiced and celebrated their high school and college graduations, Bar and Bat Mitzvahs, engagements, weddings and the births of our 12 grandchildren. What incredible memories!

With our empty nest, we downsized to a new home that Rabbi Todd consecrated with a beautiful service, and hung the special mezuzah our oldest granddaughter bought for us in Israel last summer. In addition to being blessed with wonderful new neighbors, TBS, which we consider our “home away from home”, is literally in our backyard. How spiritual and comforting it is to look out our kitchen window, see the sanctuary windows, and know that our Temple family is waiting for us. We are truly surrounded with love and blessings as we begin this new chapter in our lives.

memories

Margie and Alan Glou

GARDEN CLUB

Essential Dates:

Monday, May 5 at 7:00 p.m.

**Board Meeting
Garden Club Room**

Monday, May 19 at 7:00 p.m.

**Beth Shalom Garden Club Program
“Shopping Locally for Flowers” with Gail Bor
Simon Hall**

Did you know? . . . that herbs have held an important place in our wellness. Prized since ancient times to purify our body, mind and soul. Of course we all use herbal plants in our daily lives, whether for their fragrance, healing power or in recipes. Find out more about herbs at our next meeting on May 19 at 7:00 p.m., as well as how to shop locally for flowers and what to do with them once you get them home.

See you on May 19!

Fawn Hurwitz
President





CHAI LIGHTS

In this column, we hope to introduce members of the TBS family to each other and to accentuate all the strengths our community offers. If you would care to participate, please contact scroll@tbsneedham.org.

What does a successful financial merchandise controller and financial analyst do for an encore? Why open an award-winning frozen yogurt and ice cream store, of course! That is how Truly Yogurt owner Gary Goldman has been serving the community for the past 22 years. Even if the weather is not so hot, Gary and his family always know where the cool kids hang out.

Name: Gary Goldman

Names of family members: Shelley (Wife), Elissa & Josh (Children)

Year you joined TBS: 1995

What does being Jewish mean to you?

Judaism offers a certain value system for life. It's a culture where people share ideas. Being Jewish to me means being part of a great tradition of learning, living and loving. The Jewish religion and the holidays are a chance to celebrate family traditions and remember Jewish history. Belonging to the Jewish community helps me to grow personally and connect to men and women in the community and to participate in events that help people.

What is your favorite Jewish holiday and why?

Rosh Hashanah is my favorite Jewish holiday because it's the new year. Everything is new. It's a new beginning. Rosh Hashanah is a chance for family and friends to gather together and feast, and go to temple together. Starting with Rosh Hashanah, we look forward to being involved in the temple for the coming year.

What is your fondest memory involving Jewish life?

My fondest memory involving Jewish life was attending my children's Bar and Bat Mitzvahs because family and friends came from far and wide. We were very proud of them and it represented their moving from childhood to adulthood. Also getting married under the chuppah started our involvement together as a couple and we started our Jewish home together.

What brought you to Temple Beth Shalom?

We moved to Needham in 1992 and enrolled our children in the Children's Center. Right away my wife and I, and the kids, made friends at TBS. We went to a few services and felt like this was the right Jewish community for us to join.

How do you hope to contribute to the community?

The best way to contribute to TBS is by participating in services, and activities. Also attending the Brotherhood and Sisterhood events support the temple and enrich our Jewish and social lives. I enjoy sharing some of my own personal experiences so that it may be helpful to other members of the temple community.



Calling All Knitters Mavens - We Need Caring Wraps!

The good news: We have given "hugs" to many congregants this year!

The bad news: Our supply of "Caring Wraps" is very low!

Please help restock our supply of "Caring Wraps"!

This summer while sitting by the pool or beach, relaxing on vacation and enjoying the slower pace of summer, please consider knitting a "Caring Wrap". This mitzvah is an easy and rewarding way to let someone going through a difficult time in their lives know that our Temple family is thinking of them by sending a "hug" with one of our beautifully knitted/crocheted wraps.

We will supply the yarn, needles and instructions (basically knit 3, pearl 3). All you need to provide is your time, your skills and your love!

For more information, contact Margie Glou at 781-444-0943 or mglou@comcast.net.

LIBRARY NEWS

In the spring, we continue to celebrate Jewish holidays and events in the Jewish calendar.

Israel Memorial Day (Yom HaZikaron), when we remember those who died fighting for the state of Israel, begins at sundown on May 4 and continues until sundown on May 5, when Israel Independence Day (Yom Ha'atzmaut) - the declaration of the establishment of the Jewish State of Israel in 1948 - begins and continues into May 6.

This is the perfect time to check out our Children and Young Adult books as well as the Shalom Sesame series of DVDs on Jerusalem and Israel. Our Jewish Holidays for Adults section has helpful information on these two holidays, and our extensive collection of books on Israel, past and present, can be found along the back wall. We also have the new book by Ari Shavit called *My Promised Land – The Triumph and Tragedy of Israel*, that can be found on the New Books white rolling cart. Also, don't forget to check out (and take out) our non-fiction DVDs on Israel in the carousel, such as "An Interactive Journey through Israel," "Israel Songs, Sites & People," and "Israel Inside."



On May 18 (starting the night before), we celebrate the one-day holiday of Lag B'Omer, which is also the 33rd day of the counting of the *omer*, the period between Passover to Shavuot. Lag B'Omer marks the day when the plague that killed thousands of students of famed Talmudic scholar Rabbi Akiva ceased. It is also said that Lag B'Omer is the *yahrzeit* of Rabbi Shimon bar Yochai, who allegedly authored the mystical writings of *The Zohar*, the text of Kabbalah (Jewish mysticism). Lag B'Omer's celebrations consist

of outdoor adventures, hikes, fun, and learning.

The library also has a nice collection of Jewish Mysticism and Kabbalah books, including the *The Zohar: Pritzker Edition* by Daniel C. Matt, one of the world's foremost authorities on Jewish mysticism. This annotated English translation will eventually consist of 12 volumes. We already have a number of volumes, courtesy of Marilyn and Bob Brooks in honor of our B'nei Mitzvah young adults. Browse the books in the General Jewish Holidays for Children section for Lag B'Omer stories, and the ecology and nature books in the Environment section for helpful information on planning outdoor activities and appreciating this holiday.

Towards the end of May, on a separate table in the Library, we will showcase our collection of books regarding Shavuot. Shavuot - the eight-day holiday when the Torah was given to us at Mount Sinai - is celebrated starting the evening of June 3.

Please acquaint yourself with our library. Withdrawal rules are easy and are posted on the door. If you wish to donate any books, CDs, or DVDs, please contact me at robertageron@comcast.net.

Happy reading!

Roberta Gerson

Shomrei Adamah

Guardians of the Earth



The Shomrei Adamah (Guardians of the Earth) committee has created a guide for anyone in the TBS community who is planning a party or event and is looking for ways to make more earth-friendly choices throughout the process. The brand new "Greening Your Simcha" guide can be found on the TBS website, tbsneedham.org (under the Social Action tab, click on Shomrei Adamah). The guide is filled with environmentally and socially responsible party planning ideas, from invitations to decorations to kippot. We hope that this guide will be helpful to you and inspire ideas of your own.

(If you have a great idea or feedback to offer, we would love to include it!

Please email greensimcha@tbsneedham.org.)

TBS Shabbat Share is a program designed to help our community members connect with each other to enjoy and celebrate Shabbat. Our very first TBS Shabbat Share dinner took place in February with 22 families sharing Shabbat in five different homes.

The concept is simple. On selected evenings, Temple Beth Shalom members get together to share a Shabbat dinner in a congregant's home. Guests who are hosted at one dinner are asked to host a future dinner if they are able to. The twist is that Shabbat dinners are "paid forward" so that new families are sharing Shabbat each time. Think about it as a Shabbat dinner "pyramid scheme," with more and more families meeting and sharing Shabbat each time. After we have done this six times, every congregant from TBS will have been invited to share dinner with other families. The TBS Member Relations Committee will organize the program, ensuring that congregants are matched up and that all congregants have the chance to host and/or be dinner guests.



Whether you are a Shabbat dinner veteran or new to celebrating Shabbat, we promise to help you be successful. We will connect you with families to invite, provide you with our TBS Guide to Making Shabbat, and even give you candles to bring light into your celebration! Dinner is up to you, but can be as simple or as elaborate as you like.

Ready to get involved? Our next Shabbat Share date is Friday, May 30. If you would like to participate – as a host or a guest - let us know. Also, we are always looking for more committee members to help match hosts with guests and to prepare and deliver our host gift bags. If you would like to join the TBS Shabbat Share committee or celebrate Shabbat with others on May 30, please let us know. Please contact ShabbatShare@TBSneedham.org.

Volunteers Needed for Family Table Distribution on a monthly basis

Caring for Generations

JF&CS
Jewish Family & Children's Service



Great experience for the whole family helping others in the greater Boston area. Contact Nancy Krieger at 781-444-2032 or npkmk1@gmail.com, or contact Family Table directly at 781-693-5593.

Oppor-TUNA-ties to make a difference!

Making a Difference:
Just a Can of Tuna a Month!

Temple Beth Shalom helps JF&CS Family Table provide kosher food for those in need. As part of our responsibility in this special partnership, TBS has committed to providing 100 cans of tuna and 25 cans of salmon every month. There is a wooden collection box in the temple atrium. Please leave the cans there. and we will do the rest!

For more information about donating or volunteering at Family Table, please contact either Nancy Krieger at 781-444-2032 or npkmk1@gmail.com, or Bernice Sue Behar at bbehar@jfcsboston.org.



Chesed Initiative "Caring Connections"

We enhance the lives of those TBS community members who may appreciate a "connection" by sending them cards or emails or by calling or visiting them.

We welcome new committee members who want to help others and make new connections of their own. Please contact: Peggy Lowenstein: 781-444-9443 pelowenstein@gmail.com or Wendy Perlman: 781-444-8477 bostonperl@comcast.net for information.



BIKUR CHOLIM

Every once in a while we are touched by a story that highlights an act of kindness. There are acts both small and large that bring a smile to our faces or tug at our heartstrings. It has been proven time and time again, that when communities come together to help those in need, amazing things can happen. No matter the size of the act, the commitment to care for one another is all around us. It is the mitzvah of *Bikur Cholim*.

Bikur Cholim is Hebrew for “visiting the sick,” and is included in the category of Gemilut Hasadim, “the performance of good deeds.” This mitzvah clearly resonates within the Temple Beth Shalom community as our members are out in full force helping each other. Our own *Bikur Cholim* initiative, a branch of the Chesed (Compassionate Outreach) Committee, currently has 83 members who provide comfort and support to those who are ill, isolated, or otherwise suffering.

Bikur Cholim primarily offers support by providing meals to individuals and families. Since 2008, there have been 615 *Bikur Cholim* mitzvahs through the synagogue, 143 of which have taken place in 2014. Keep in mind this number only reflects *Bikur Cholim*, which is just one of eight initiatives in the Chesed community. These statistics don't account for rides given to doctor's appointments, meaningful visits, beautiful gifts from the Knitting Mavens, Shiva Outreach, and so much more.

Bikur Cholim reflects the primary Biblical value, “And you shall love your neighbor as yourself” (Leviticus 19:18). By fulfilling this role, we deeply enrich both our lives and the lives of those we help. One recipient commented, “The meals have been fantastic. I'm amazed at how lovely they have all been and it's such a huge help, especially after we've been at treatment for the whole day and not having to figure out dinner is a blessing.” Another recipient reflected, “My first week after surgery, I couldn't be alone. People from the temple that I didn't even know sat with me and made sure I was okay and my kids were taken care of.”

ביקור חולים
BIKUR CHOLIM

By participating in *Bikur Cholim*, the Jewish tenets of caring, compassion and devotion are passed on from one generation to the next. In fact, the Families with Young Children program came together recently and made 50 lasagnas to support the significant needs that arose this winter. A group of 7th graders were looking for ways to bring strength to our community and made chicken soup along with personalized handmade cards for several families. Additionally, they delivered Purim baskets, Mishloach manot, to some of the more isolated members of our community.

By fulfilling this role, we enrich both our lives and the lives of those we help. Abby Bernstein, a *Bikur Cholim* committee member, explained why she enjoys participating. “It is imperative in our community to support one another. You can't remove the pain or suffering from someone else, but you can provide love and support. It's worth it!” It really does take a village, and any single act of kindness makes a huge difference. If you would like to help in bringing strength to the Temple Beth Shalom community by providing a meal, there are several ways to do so:

Prepare an entrée: It doesn't have to be a gourmet 3 course meal.

Buy something already prepared: Sudbury Farms, Volante's, and Whole Foods have great selections.

Make a big batch of something that freezes well - a big batch provides several meals. Containers are available through *Bikur Cholim*.

If you would like more information on how to get involved with *Bikur Cholim*, please contact Lori Hall at LHALL172@gmail.com or Suzanne Stein at Suzanne.Stein@comcast.net.

If you are in need of assistance or know someone who does, please contact Wendy Shulman at wshulman1@gmail.com or 617-359-5389.

If you are interested in becoming involved with any of the *Chesed* initiatives contact Wendy Shulman (listed above). There is a particular need for assistance in *The Caregiver's Course*, which focuses on supporting caregivers within our community by organizing community-wide educational events, and *The Shiva Outreach Committee*, which supports families who have suffered a loss.



Yahrzeits

MAY 2

Marsha Gayla Alperin
Harry Canal
Ronald Carpe
Bernard Danzig
Alex Deutsch
Anita Eriksson
Barbara Franceschini
Rose Friedman
Samuel Gass
Frank Ginn
Cele Glou
Morris Goldberg
Laura Goldner
Molly Goldstein
Richard Gordon
Ann Greenberg
Barbara Halzel
Gertrude Isikoff
Lillian Jacobs
Arlene R. Kahn
Lowell Keller
Sarah Levin
Nancie Ostroff
Esther Duker Pollack
Doris Robbins
Donald E. Robinson
Edna Rosin
Alfred "Al" Rotman
David Rubin
Esther "Bobbi" Sadow
David Sandberg
Joseph Solinsky
Eva Stocklan
Yetta Taitz
Edward Talcoff
Richard Todd White
Harold Young
Benjamin Zakon

MAY 9

Sue-Sara Akell
Laurel Fay Brandt
Bessie Fisher
Alan H. Freedman
Israel Goldstein
Benjamin Green
Marshall Huberman

Miriam Landy
William Ledner
Thomas Luskin
Anne Melen
Morton S. Miller
Rose Padawer
Meyer Price
Louis Reiss
Richard Lee Robbins
Florence Rodenstein
Jeanette Sakolove
Maurice L. Shapiro
Harry Sherman
George Shuman
Anne Silverman
Philip Simon
Beatrice Taitz
Anne Weiner
Amy Zeltserman

MAY 16

Joseph L. Baker
Steven Chesin Cohen
Belle Ediff
Morris Epstein
Harold Samuel Feldman
Marolyn Finn
Zoltan Fried
Kate Gabilove
Irene Grebber
Shirley Greenfield
Pearl Kirstein
Ellen Hyman Langer
Robert Levin
Albert Luskin
Evelyn A. Luskin
Ethel Nagel
Sol Nagel
Eva Narcus
Moshe Menachem HaLevi Nir
Samuel Pressman
Evelyn Proger
Jeffrey Riskin
Hyman Schapiro

Edward Seltzer
Zachary A. Serwer
Blanche L. Serwer-Bernstein
Lillian Shapiro
Harry Slawsby
Philip Stein
Albert Timmerman
Frances Weinberg
Harvey Weinstein
Leonard Winterman
Charles Sol Wynn
Ida Zaff

MAY 23

Morris V. Aarons
Sophie Aliber Court
Burton Aptheker
Morton Q. Bello
Esther Rose Bloom
Edward Brown
Jennie Steinberg Brown
Howard Crandell
Estelle Davis
Harold Davis
Abraham Dwin
Arlene Geller-Petrini
Louis Golden
Alec Goldin
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Howard Grayson
Earle Hoffman
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Nathan Order
Julian Joseph Palmer
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Louis Rosefield

Celia Rumlper
Frances R. Sadolsky
Stanley H. Schreider
Marvin S. Shufro
Tillie Shusterman
Jack Small
Jean Taylor
June Teplitz
Mildred Vogel
Shmuel Weinberg
Ray Weissman

MAY 30

Gerald Aransky
Joseph Berg
Edward Berman
Helen Butt
Charlotte Chaffin
Marge Cohen
Max Cohen
Michael Cohen
Murray Cohen
Philip Cope
Gladys Distler
Ruth Spielberg Epstein
Marilyn Gilbert
Arlene Goodman
Shirley Saks Greenberg
Edith Kranson
Leonard Lewin
A. Richard Mekelburg
Sylvia E. Newman
Louis Pearlman Jr.
Lee Rosen
Glenn Schneider
Leo Shafer
Morris Shapiro
Summer Sharff
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Brian and Amy Finn, Logan and Avery
on the passing of their mother and grandmother,
Beverly S. Finn

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Rabbi Markley & Rabbi Perlman
Rabbi Markley for the beautiful service he performed in consecrating our new home
Rabbi Todd for all his work with the Purim Shpiel

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Improve your own small part of the planet by considering these suggestions for spring-cleaning, garden preparation, and home improvements.

- **Purchase non-toxic cleaning products:** Use natural fiber sponges and cleaning agents that are biodegradable, phosphate-free, chlorine-free and unscented.
- **Reduce paper use:** Use rags instead of paper towels; cloth napkins instead of paper ones. Buy post-consumer recycled paper and recycle it when you've used it.
- **Refurbish responsibly:** Use water-based or vegetable-based paints, stains, and varnishes. Don't wash paint thinners, household cleaners, oil, or pesticides down the drain or pour them on the ground; use them up, give leftovers to friends or a charity or dispose at your local toxic waste disposal center.
- **Repair instead of replace:** Reupholster furniture. Resole your shoes. Replace disposable goods with renewable ones. Buy rechargeable batteries. Use dishes instead of paper plates.
- **Plant for the planet:** Strengthen your garden's resistance to pests by planting resilient plants, by rotating the fruits and vegetables you plant, and by attracting friendly bugs to prey on the pesky ones.

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