

February 2025

Shevat 5785



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CONGREGATION BETH ISRAEL'S *Newsletter*



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Lach L'cha!

By Rabbi Howard Mandell



Im ayn kemach, ayn Torah, Im ayn Torah, ayn kemach!
“Without flour/bread (money), there can be no Torah;
Without Torah, there can be no flour/bread.” Pirkei Avot 3:17

The sages and rabbis of old were both spiritual and practical, recognizing that Torah learning and leading a successful life are inextricably bound with each greatly dependent on the other--that money was needed for a synagogue to be able to exist and to teach Torah, while Torah learning plays an integral role in achieving a spiritually and financially rewarding life.

Two people, who well understood the connection between the two, are my cousins, Fred and Brenda Friedman. Fred and Brenda were married for many years, with Brenda having made clear to Fred, when they married, that if she were going to convert to Judaism and give up her religion by birth, then they were going to become actively involved as a couple in Judaism and in the local Jewish community of Birmingham, AL., where they lived.

When I think of Fred and Brenda I am reminded of a teaching from the Jewish mystical tradition, which believed that there were 36 righteous Jewish men and women in the world, known as “*lamed vuvniks*” (the letters lamed (30) and vuv (6), taken together, total 36 in Hebrew), upon whom, because of their righteousness, the world depends for its existence. Interestingly, no one knows, who these 36 people are other than God, which means that a *lamed vuvnick* could well be someone we know or even one of us in the CBI community!

Whenever the Birmingham Jewish community has needed something, they knew that they could go to Fred and Brenda for financial support and backing, whether it be their own synagogue, or the Chabad and Orthodox communities of Birmingham, or the JCC, etc. Of all of the worthy projects and entities they have supported, one that they may have been most proud of was the role that they played in the creation of a Holocaust Memorial Center in Birmingham.

I remember having lunch with my cousin Fred, one day, to ask him, what was it that inspired him to be so supportive of the Birmingham Jewish community. Fred pulled out a piece of paper with some scratched out numbers on it. Pointing to the paper, he pointed out that every so many years, he would write down how much he thought he would need, at the time, to support his family. Whatever he earned and accumulated over that amount, Brenda and he would donate to worthy Jewish causes in their community, recognizing that it was all gift from God.

Fred died tragically a few years ago of a Covid related illness and Brenda, despite her own medical challenges, carries on their philanthropic work. I was talking with Brenda recently and the conversation eventually turned to my rabbinate and Congregation Beth Israel. I emphasized to her that, what a warm and caring community CBI is, offering joyful and meaningful prayer and programming typically found in a much larger synagogue.

Continued on Page 3

Lach L'cha!

By Rabbi Howard Mandell



I also discussed with Brenda some of the financial challenges CBI has resulting from our relatively small size. Almost before I was able to finish my sentence, Brenda asked, if she could make a \$5,000.00 donation to CBI, even though their family foundation has traditionally limited its contributions to Birmingham based Jewish organizations.

As most all of you know, CBI has been operating in the red for a number of years. While Brenda's generous contribution, which she is willing to consider doing again next year, is obviously not going to cover our annual deficit, I am hoping that it will inspire members of our community to match her gift, to whatever degree, with the goal being to significantly decrease the size of, if not totally eliminate, the deficit.

With their being just 36 *lamed yuvnicks* in the world, I do not use the term lightly to describe someone. I hope that you can now better appreciate why I have described Fred and Brenda as being part of this special group.

On behalf of the entire CBI community, I want to thank you Cousins Fred and Brenda!

Ayn kemach, ayn Torah. Ayn Torah, ayn kemach!

Blessings!

Rabbi Mandell

ISRAEL OLIVE OIL TASTING WORKSHOP

Thanks to Gayle, Rebecca, Debby, and the rest of their committee for organizing the great program from Israel educating us all about olive oil. After the zoom presentation, we feasted on a delicious brunch.

If you would like to order olive oil from Israel, please let Janet know and she will send you the order form.



MESSAGE OF THE MONTH FROM THE EXECUTIVE BOARD

By Caren Jacobson

I am writing this message at the end of January looking to the month of February. Three Israeli hostages have just been released and at this time we are still wondering what this will mean. How will the cease fire with Hamas play out? What will this mean for Israel? I do not have the answers but I am certain I am not alone in this concern. I wrote to my cousins in Israel "I recognize this is not a case of "simple joy" but complexity and hesitation waiting and watching...." They wrote back, "...you're right. It's so complicated to explain the roller coaster of these weeks. Not only the hostages, but everything here is like afflicted by the events. Politically, economically, military, socially and psychologically....even we feel personally responsible and ashamed of what's going on. And we'll be waiting on Saturday to see 4 more women released.." another cousin wrote, "The situation is really hard to digest. It would be absurd not to be happy that the kidnapped are returning, but the knowledge and thought of what they went through and what awaits them in the future do not allow me to be happy. I don't know how to explain it, but I feel sadness, shame and to a certain extent even guilt for what happened to them". The wounds amongst Israelis are deep and I think some of these conflicted emotions reverberate here amongst Jews but in Israel the wounds remain raw. Healing will be complicated.

How to deal with these emotions? Personal relations and spaces in nature can sometimes mitigate some of these harsh feelings. I personally feel some solace in our natural beauty that surrounds us. During these cold, cold days I look to the expansive frozen lake. It is this sense of Ein Sof, no end, infinity, but on and on and on that gives a sense of awe and a feeling of positivity.

It is our CBI loving and supportive community that also gives solace during difficult times. It is a community that continues to develop and expand. We continue to build community via our joint experiences together. We have an inquisitive community that is interested in exploring new territory and asking questions on the way. In January we had a wonderful experience of olive oil tasting from a premier olive oil company, Kaiten, in Israel. The owner, Ayala, navigated us, via zoom, through the tasting and understand the intricacies of olive oil. Their company is in the north of Israel and they have been very supportive in donations to the soldiers. If you missed the presentation, you can see it on our website and we plan to order some oil as a group so let us know if you are interested in ordering tasty olive oils while supporting an Israeli company committed to sustainability efforts in Israel.

At CBI we have fascinating book reviews. These books give us an opportunity to think about our Jewish values from a different lens or enlighten us in Jewish history we were not aware of or just entertain us. For those of you who have not participated in one of these group discussions you might try one since these books are often hidden gems. Our Feb 2nd review is Waking Lions by Ayelet Gundar Goshen and next The Last Watchman of Old Cairo by David Lukas.

On Friday Feb 21st, Rabbi Mandell will be celebrating his 80th birthday and lucky for us we can celebrate with him. We will have a Shabbat Chai with B'Shert leading us in beautiful melodies as we usher in the Shabbos after eating a tasty meal together. See the flier and Evite for details and please join!

In March we are hoping to have a bowling night out together Just for the Fun of It.!

Continued on Page 5

MESSAGE OF THE MONTH FROM THE EXECUTIVE BOARD

By Caren Jacobson

The goal of our programs is to expand our worlds and give us an opportunity to know one another more deeply. It is our relationships and heimesha community that keeps CBI important to each of us in our personal lives. CBI gives each of us an opportunity on many levels to experience our Jewishness either via our prayer services where ideas are challenged and our voices are strong, being active in our social action projects and perform tikun olam or participating in one of our programs that can both expand our minds or just give us pleasure. We thank each and every one of us for doing our part to keep CBI an active and relevant schul. We may be small in numbers but mighty in commitment and results.

A good February to all, as our days lengthen and our commitment and hope for Israel remains strong.







**WELCOME TO OUR
BOOK CLUB**



**THE COMMITTEE HAS
CHOSEN THE 4 BOOKS
FOR 2024-2025!**



**NOVEMBER - "THE PEOPLE OF THE
BOOK" BY GERALDINE BROOKS**



**JANUARY - "WALKING LIONS"
BY ALELET GUNDAR-GOSHEN**

**APRIL - "LAST WATCHMAN OF OLD CAIRO"
BY MICHAEL DAVID LUKAS**



**JUNE - "GOYHOOD" BY
REUVEN FENTON**

KIDDUSH SPONSORS NEEDED

We have a few dates still available for the remainder of the year. Do you have a Yahrzeit coming up? Special Birthday? How about just because?

We can do the shopping and setup for a small fee of \$75.

The following dates are available:

- ✧ February 1
- ✧ February 8
- ✧ March 1
- ✧ March 8
- ✧ March 15
- ✧ March 22
- ✧ March 29

Please contact Janet at office @bethisraelmv.org or at 978.474.0540.

In Loving Memory

Memorial plaques for the loved ones of CBI members and friends who have passed away are on display in the CBI hallways to be viewed at any time.

To honor the memory of your loved one with a memorial or *yahrzeit* (anniversary of death) plaque at CBI, please contact Janet at 978.474.0540 or via [email](mailto:office@bethisraelmv.org). The cost is \$250 per plaque.

CBI Cares

CBI Cares is here for you.

Please notify Barbara Moverman at

Barbara.moverman@gmail.com or

Janet at

office@bethisraelmv.org if you know of someone could

UPCOMING EVENTS AND HOLIDAYS!

- ✧ February 2 Book Review “Waking Lions”
- ✧ February 8 Tu B’Shevat Seder following Services
- ✧ February 9 Super Bowl
- ✧ February 10 Board Meeting
- ✧ February 15 Tu B’Shevat
- ✧ February 17 President’s Day—Office Closed
- ✧ February 21 Dinner and Shabbat Chai in honor of Rabbi Mandell’s 80th Birthday
- ✧ March 2 Antisemitism Presentation & Brunch
- ✧ March 8 Bowling Night @ Wamesit Lanes
- ✧ May 19 Jewish Heritage Night at Fenway Park

Rabbi's Discretionary Fund

Consider making a donation to the Rabbi's Discretionary Fund which gives Rabbi Mandell the ability to purchase or fund items that benefit the synagogue, our members, and our neighbors in need. Kindly send your donation to Janet in the CBI office, **check made out to CBI, including the notation "RDF"**, and it will be credited accordingly.

Thank you for your generosity!



BOARD OF DIRECTORS

The CBI Board of Directors will meet on Monday, February 10th at 7:15pm on Zoom for their regularly scheduled monthly meeting.

All Board Meetings are open to the membership. If you would like to attend, please RSVP no later than February 7th to Janet at 978.474.0540 or

office@BethIsraelMV.org and the Zoom link will be provided, along with an agenda.

The March 2025

Bulletin deadline is

Friday, February 21st, 2024

Send your articles to

Newsletter@BethIsraelMV.org with "March Newsletter"

BIRTHDAYS FEBRUARY 2025

HAPPY BIRTHDAY

יום הולדת שמח

Howard Spector	February 1
Heather Dudley	February 1
Brody Spector	February 11
Dena Brody	February 20
Rabbi Mandell	February 21
Alan Friedman	February 25
Beth Edelstein	February 27



Best wishes for
many more
healthy and happy
celebrations!



Join us for Kiddush Luncheon following Shabbat Morning Services!

THANK YOU OUR JANUARY KIDDUSH / ONEG / SPECIAL EVENT SPONSORS

<u>Sponsor</u>	<u>Date</u>	<u>Occasion</u>
Janet Damelin	January 4	In memory of her beloved father, Robbie Damelin
Burt Ochs	January 4	In memory of his beloved father, Malcolm Ochs
Bill Shek	January 11	In memory of his beloved wife, Jill Aszling and his beloved mother, Nellie Shek
Robin Insuik	January 18	In memory of her beloved mother, Bernice Insuik
Ellen Brody	January 18	In memory of her beloved grandparents, Sophie Laura Lurie and Abraham Jacob Fox
Gary Mauser	January 18	In memory of his beloved father-in-law, Alfred Feinberg
Chris Cook	January 18	In memory of his beloved mother, Wanda Cook
Rabbi Mandell	January 25	In memory of his beloved mother, Frances Friedman Mandell

Donations to the Kiddush Fund are always gratefully accepted.

Upcoming dates are available to honor / remember loved ones
and / or special events / holidays.

Contact Janet for more information on Kiddush sponsorships.

Kind & Generous Donations

TEMPLE FUND

FROM

TO

OCCASION

David Hooks	Hurwitz Family	In memory of Buddy Hurwitz
Caren Jacobson & Blair Roberts	Robin & Mike Rose	Thank you for hosting the Chanukah Party!
Caren Jacobson & Blair Roberts	Sarah Blumenstock & Kris Girrell	Thank you for all your wonderful work for Project Elf!
Caren Jacobson & Blair Roberts	Gayle Tye	Thank you for organizing the creative and tasty Israeli olive oil presentation. It was wonderful!
Caren Jacobson & Blair Roberts	Rebecca Fishbein	Thank you for organizing the creative and tasty Israeli olive oil presentation. It was wonderful!
Caren Jacobson & Blair Roberts	Debby Friedman	Thank you for organizing the creative and tasty Israeli olive oil presentation. It was wonderful!
Caren Jacobson & Blair Roberts	Lorraine & Terry Fetters	Thank you for the delicious holiday cookies.
Caren Jacobson & Blair Roberts	Rebecca Fishbein & Mitch Guttentag	Mazel Tov on the birth of your granddaughter, Orli Gold Buchbinder!
Caren Jacobson & Blair Roberts	Bill Shek	Mazel Tov on the birth of your great-niece, Ruby!
Michelle & Larry Soll	Rebecca Fishbein & Mitch Guttentag	Mazel Tov on the birth of your granddaughter, Orli Gold Buchbinder!
Cindy & Burt Ochs	Rebecca Fishbein & Mitch Guttentag	Mazel Tov on the birth of your granddaughter, Orli Gold Buchbinder!
Cindy & Burt Ochs	Lily & Adam Buchbinder	Mazel Tov on the birth of your daughter, Orli Gold Buchbinder!
Gayle & Jeff Tye	Rebecca Fishbein & Mitch Guttentag	Mazel Tov on the birth of your granddaughter, Orli Gold Buchbinder!
Gayle & Jeff Tye	Lily & Adam Buchbinder	Mazel Tov on the birth of your granddaughter, Orli Gold Buchbinder!
Yana Shapiro	The Palefsky Family	In memory of your beloved mother, Lillian Palefsky
Jill Schoenberg	Rebecca Fishbein & Mitch Guttentag	Mazel Tov on the birth of your granddaughter, Orli Gold Buchbinder!
Lesley Nan Haberman	Bob & Barbara Moverman	In honor of my cousin Bob Moverman, his beautiful family, and Bashert

Kind & Generous Donations

Yahrzeit Donations

MOURNER

Myrna Weisman
Myrna Weisman
Beth Edelstein
Barbara McManus
Herbert Zarkin
Ruth Curran
Gary Mauser
Lawrence & Zoila Feldman
Janet Damelin
Sheryd Jackson
Chris Cook
Phyllis Berkowitz
Phyllis Berkowitz
Rabbi Mandell
Natalie Greenblatt
Natalie Greenblatt
Karen Meyer
Karen Meyer
Leslie Tye
Leslie Tye
Jeffrey Weinberg & Family

DEPARTED

Betty Kleinbart, Mother
Rose Weisman, Mother-in-law
Helen Jacobson, Mother
Benjamin Greenstein, Grandfather
Bernard Zarkin, Father
Minnie Levine, Mother
Alfred Feinberg, Father-in-law
Harry Cohen, Grandfather
Robbie Damelin, Father
Jenny Zeichner, Great-Grandmother
Wanda Cook, Mother
Sidney Kutel, Father
Ben Berkowitz, Father-in-law
Francis Friedman Mandell
Gertrude Greenblatt, Mother-in-law
Edward Greenblatt, Brother-in-law
Mary Piltch, Grandmother
Harry Piltch, Grandfather
David Bronstein, Father-in-law
Aubrey Bronstein, Brother-in-law
Gladys C. Weinberg, Mother & Grandmother

Rabbi's Discretionary Fund

FROM

Bill Shek

TO

Rabbi Mandell

OCCASION

The following names will be read, and people remembered at *Yahrzeit*, on Shabbat Morning

February 1-7 3-9 Shevat	February 8-14 10-16 Shevat	February 15-21 17-23 Shevat	February 22-28 24-30 Shevat
<p>Irving Altshuler Harry Bass Barry Berke Samuel Berman Steven D. Bernstein Jennie Brand Irving Bronsky Sarah Cohen Simon Delinsky David Fiegleman Sheldon E. Goodman Sydney Greenberg Lillian Hamburger Elaine R. Kaplan Fannie Lebowitz Lillian Lebowitz Harvey Mitchell Baile Orenstein Mufalda Palombi Mary Piltch Sarah Posternak M. Harry Rosenblatt Bertha Rostler Ann Sadagursky Rubin Sherman Nancy Ellen Siegel Harold Silver Deborah Slosberg Moses Snyder Max J. Solomon Millie Stein Harry Steinberg Gladys Weinberg Jason I. Weisman Leonard Williamson</p>	<p>Abraham Barmak Sarah Bick Dr. David Brooks Polly Byers John Carande Virginia Wernick Ciapciak Annie Cussell George Feldman Fred S. Gerber Sarah Gilboard Sarah Glasky Herman Gofman David Goldberg Hannah Heifetz Fannie Hershfield Zussie Hershfield Morris Jacobson Annie Kalinsky Gertrude Kaplan Abe Leventhal Chaina Ostropolsky Max Poppel Sarah Schneiderman Louis Shuman Doris Ungerleider Edward Venner David Michael Wolfson</p>	<p>Anne Adams Sheila Bain Gertrude Berenson Samuel Bernstein Isaac Bernstein Leonard Bick Max D. Bier Louis Brams Lena Brodsky David Louis Bronstein Anne Cohen Alex Dendy Steven Alan Fishbein Chaim Fried Kaden Garnick Ida Garnick Abraham Gedansky Saidee Goldberg Morris Norman Gould Harry Herscot Arthur Kallman Louis King Fannie Klaiman Nathan Klaiman Leonard Kosoff H. Labinsky Clifford Lang Theodore P. Levine Leonard C. Mandell Abraham Neyman Harry Piltch Barnett Rappaport Albert M. Rick Anna Gardner Ritter Flora Roomberg Gittel Rosenberg Rebecca Rosenbloom Lillian I. Rosenthal Eleanor Rubin Maurice L. Silverman John Silverwatch Kolman Sobil S. Leo Stern Sarah Traub Esther Zeller</p>	<p>Dr. William L. K. Austin Mitchell Baker David Boruchin Aaron Braverman Aubrey Bronstein David Brother Bessie Cantor Rebecca Cohen Barnet Cohen Virginia Dorfman Paul Arthur Finkelstein Asi Fleet Harry Fox Paul Gallin Bessie Gidansky Rebecca Gilboard Edward J. Greenblatt Joseph Grossman Samuel J. Hamburger Samuel Hoffman Roger Hostetler Meyer Kaplan Abraham Kremer Bessie Lebowitz Sylvia Levine David S. Lipinsky Morris Marmer Joseph Meister Edward Milstone Harry Palefsky Ida Palefsky Samuel Raifman Edward Richards Elaine Rick Harriet Roberts Calvin Robinson Sarah Rosenberg Evelyne Segal Ruth B. Shapiro Donald Siegal Morris Nathan Silton Bessie Silverman Sidney Solomon Tzirrel White Edward Wiseman Sarah Zeller</p>

COMMUNITY NOTICES

תודה רבה מזל טוב - TODAH RABAH, THANK YOU

Gayle Tye, Rebecca Fishbein, & Debby Friedman for the coordinating the fantastic Israeli Olive Oil Presentation

Hilary Guida for her continued hard work in making our Kiddush the best in town (she learned from the best, Jon Brody!)

Barbara & Bob Moverman for always volunteering to bring Ethel to all CBI events!

מזל טוב - MAZEL TOV, CONGRATULATIONS

Rebecca Fishbein & Mitch Guttentag on the birth of their granddaughter, Orli Gold Buchbinder

RESERVE YOUR TICKETS NOW — MAY 19TH

THURSDAY NIGHT MINYAN

**Regularly scheduled on the 1st & 3rd
Thursdays of each month**

Thursday, February 6 & 20

You are invited to join us whenever you can to support the congregants and friends who are in mourning or observing a yahrzeit of a loved one.

Please let Janet know if you plan on attending by the Wednesday before by clicking here:

office@bethisraelmv.org and we will email you the Zoom link.

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JIM SHANKER AND GUESTS

DISCUSS CURRENT EVENTS ~ LITERATURE ~ HOLIDAYS ~
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9:00 am - 5:00 pm
Monday - Friday

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Phone: 978.474.0540

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 Website, Robin Rose = rmrose6016@verizon.net



February 2025

Shevat 5785

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Shevat Shabbat Services @ 9:30am Havdalah @ 5:43pm
2 4 Shevat BOOK REVIEW "WAKING LIONS" @ 10:30	3 5 Shevat	4 6 Shevat MAH JONGG @ 7:00pm	5 7 Shevat	6 8 Shevat	7 9 Shevat 4:48pm Candle Lighting	8 10 Shevat Shabbat Services @ 9:30am Tu B'Shevat Seder following service Shabbat Shira Havdalah @ 5:51pm
9 11 Shevat Super Bowl	10 12 Shevat Board Meeting	11 13 Shevat MAH JONGG @ 7:00pm	12 14 Shevat	13 15 Shevat	14 16 Shevat 4:57pm Candle Lighting	15 17 Shevat Shabbat Services @ 9:30am Havdalah 6:00pm
16 18 Shevat	17 19 Shevat PRESIDENT'S DAY OFFICE CLOSED	18 20 Shevat MAH JONGG @ 7:00pm	19 21 Shevat	20 22 Shevat	21 23 Shevat 5:06pm Candle Lighting Dinner & Shabbat Chai in honor of Rabbi Mandell's 85th Birthday	22 24 Shevat Shabbat Services @ 9:30am Mevorchim Chodesh Adar Havdalah 6:08pm
23 25 Shevat	24 26 Shevat	25 27 Shevat MAH JONGG @ 7:00pm	26 28 Shevat	27 29 Shevat 5:00am Fast begins Yom Kippur Katan Adar 6:06pm Fast ends	28 30 Shevat 5:15pm Candle Lighting Rosh Chodesh Adar	

March 2025

Adar/Nisan 5785

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Adar Shabbat Services @ 9:30am Shabbat Shekalim Rosh Chodesh Adar Havdalah @ 6:17pm
2 Adar Antisemitism Presentation by Rabbi Mandell and Brunch @ 10:30am	3 Adar	4 Adar MAH JONGG @ 7:00pm	5 Adar	6 Adar MINYAN	7 Adar 5:23pm Candle Lighting	8 Adar Shabbat Services @ 9:30am Shabbat Zachor Havdalah @ 6:25pm Bowling Night @ Wamesit Lanes
9 Adar	10 Adar Board Meeting	11 Adar MAH JONGG @ 7:00pm	12 Adar	13 Adar EREV PURIM 5:36am Fast Begins Ta'anis Esther 7:23pm Fast Ends	14 Adar PURIM 6:32pm Candle Lighting	15 Adar Shabbat Services @ 9:30am Shushan Purim Havdalah 7:33pm
16 Adar Purim Meshulash	17 Adar	18 Adar MAH JONGG @ 7:00pm	19 Adar	20 Adar MINYAN	21 Adar 6:40pm Candle Lighting	22 Adar Shabbat Services @ 9:30am Shabbat Parah Havdalah 7:42pm
23 Adar	24 Adar	25 Adar MAH JONGG @ 7:00pm	26 Adar	27 Adar 5:10am Fast begins Yom Kippur Katan Nisan 7:40pm Fast ends	28 Adar 6:48pm Candle Lighting	29 Adar Shabbat Services @ 9:30am Shabbat HaChodesh Mevorchim Chodesh Nisan Havdalah 7:42pm
30 Adar Rosh Chodesh Nisan	31 Adar					