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# Temple Talk

## Days of Mindfulness and Memory

By: Rabbi Tracy Nathan

One of the most significant moments for me of my year living in Israel was the siren that sounded for two minutes on Yom Hashoah, calling each Jew in Israel to stop and stand in silence. I had been walking, and as I stood, I observed others pulling their cars over and stepping out of them to stand in mindful attention. Each year, people throughout the country stop shopping or stand in silence in their offices. It is a moment that unites the nation, a moment of shared attention, mindfulness, and memory.

Attention, mindfulness, and memory shape the period from Pesach to Shavuot. These are the weeks of Sefirat Ha-Omer, the Counting of the Omer, in which we count the days from Pesach to Shavuot, from the barley harvest to the wheat harvest, from freedom to responsibility.

These are also the days in which we collectively remember suffering and loss, first on Yom Hashoah and then on Yom Hazikaron, Israel's Remembrance Day for Fallen Soldiers and Victims of Terror. Yom Hazikaron shares the ritual of the siren and the stillness. Before leading into Yom Ha'atzma'ut, Israel's

Independence Day, each individual and family brings to mind the costly personal and communal sacrifices that freedom is built upon.

Along the way, Sefirat Ha-Omer, grounds us in this journey punctuated with memories that sometimes make us cry and sometimes make us sing with joy. In Leviticus 23:15-16, the Torah tells us: *“And from the day on which you bring the sheaf of elevation offering – the day after the sabbath – you shall count off seven weeks. They must be complete; you must count until the day after the seventh week – fifty days; then you shall bring an offering of new grain to the Lord.”*

Since the mitzvah mentions seven full weeks but also fifty days, when we say the formula for counting, we count both weeks and days (*“Today is the X day, which is Y weeks and Z days of the Omer.”*). One says a blessing for Sefirat Ha-Omer each night before counting, and if one forgets a day, it has consequences for the fullness of one's ritual counting. If one forgets but remembers before dark the next day, one may count but without a

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#### Office Hours

Monday - Friday

9:30am - 12:30pm

### Upcoming Events

Friday Night Dinner and Service - May 20, June 17 and July 15

Shavuot Services - June 7 - 7pm, June 8 - 8am and June 9 - 7am

Jews in the Civil War & A Breakfast on Father's Day - June 19

Annual Meeting - June 26

## Days of Mindfulness and Memory

*(continued from page 1)*

blessing, and then one resumes the blessing and counting the next night. If, however, one forgets one full day, one still may count, but without a blessing for the remainder of the Sefirah period.

The counting ritual of Sefirat Ha-Omer teaches us that we need to be mindful of each day. As the verse in Psalms notes: "Teach us to number our days so that we may gain a heart of wisdom" (Psalm 90:12). Sefirat Ha-Omer helps us become aware of the blessings of each day, to strive towards the goal of receiving the Torah anew, and above all, to make each day count.

Like the sirens of our days of remembrance, the call to count asks us to take a few moments in each day to call to mind what is most important in life. It asks us to remember that freedom demands something from each one of us and calls on us to reflect on how our lives are living up to that commitment to making the world a place of freedom and justice for all.

**-Rabbi Tracy Nathan**

## Marks Remarks: Seder with 60 of My Closest Friends

By Mark Frydenberg

Many people told me what a wonderful time they had at our community second Seder on the Second Night of Passover. Marilyn, Genevieve, Arthur, Marge, Dina, Helen and Andrea worked hard cooking and preparing the meal. (Thanks, it was wonderful!) Marilyn,

Andrea, and I did lots of shopping, and Rabbi Nathan helped out before the holiday overseeing the kashering of the kitchen. Our Seder ceremony included lots of familiar songs, a few new ones, group readings, the new version of the Maxwell House Hagaddah, and enough verses of Dayenu to celebrate the holiday in a way that felt like home. We welcomed several first time

visitors to our community who heard about the Seder and the Synagogue and came to "try us



out." Please come back! Many of you brought your Seder plates, Kiddush cups, matzah boxes, and cups for Elijah and Miriam to decorate your tables, and add to the joy and beauty of the holiday. Five kids found the Afikomens hidden around the room. You sang. And after dinner, the sounds of the Holy One prevailing over the Angel of Death and the shochet, an ox, water, fire, a stick, dog, cat, and a little goat filled the room. Thanks for coming, and singing, and reading, and eating, and helping, and talking to each other to create the community that

is Temple Beth Israel. We couldn't have done it without you.

Now the journey continues from freedom to redemption, as we look forward to celebrating Shavuot together in June. Please join us for our early evening of Study on Tuesday, June 7, at 7 pm, when Rabbi Nathan and I will each be teaching before

evening services to welcome the holiday. There will be plenty of dairy snacks to enjoy. We also especially encourage you to come to services on the first morning of Shavuot at 8 am, Wednesday June 8, so we can stand together as if we were at Sinai and receive the Ten Commandments, and again on Thursday June 9 at 7 am, for the morning service and Yizkor. You can make the minyan.

We're also planning to hold our monthly Shabbat evening dinners and services throughout the summer. Watch the newsletter for upcoming details.



# There's a Minyan Here Tonight

By: Caroline Nudelman

I borrowed the title of this piece from an old folk/gospel tune, *There's a Meetin' Here Tonight* which I heard the Limelighters sing many times during recent WBGH fund raisers. The song goes,

*There's a meetin' here tonight  
 There's a meetin' here tonight  
 I know you by your friendly face  
 There's a meetin' here tonight*

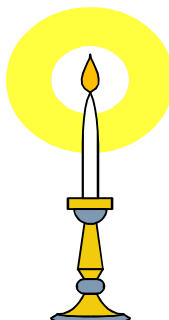
As many of you know, I recently lost my father after his battle with dementia. As part of my home shiva ritual, I requested shiva minyans. This wonderful community obliged and the magic of prayer and community was in my living room for three nights. Many thanks to Rabbi Nathan for both leading a minyan and helping to organize the minyan leaders as well as to Bruce Trager and Joseph Weintraub for leading. Many thanks also go to the TBI community for presence and support to make the minyans.

After my Mom's passing in 2003, I started exploring what it means to say Kaddish. I bought Anita Diamant's book, *Saying Kaddish* and looked for information on the web. I found one source which talked about the comforting rhythm of the words, *Yiskadal v'yiskadash*, etc. as they flow from the lips. I was also struck by the idea that the *Mourner's Kaddish* is not a prayer for the dead, but rather exalts G-d.

I've been tutoring and teaching adults Hebrew for approximately five years. In my reading fluency classes, adults often request to learn to read the *Mourner's Kaddish*. My classes most often are full of middle agers who have started observing yahrtzeits or are anticipating the death of a loved one such as a parent. We work on each line. I have my students repeat the words which are in Aramaic and are difficult to get our western tongues around each word. *Yiskadal, v'yiskadash shemei rabah*, often comes easily. The difficulty starts with the next phrase *B'almah divrah chirusei v'yamlich malchusei*. As I comfort and encourage my students to go over these phrases, I explain that variations of this prayer appear in the siddur after each section of the service is completed.

The first time a question arose asking why we have such a prayer, I thought about it. It's like the *Kaddish* is a punctuation mark which lets the community know that one part of the service has ended and another is about to begin. Or as one student pointed out recently, "it gives those who are slower readers a chance to catch up." But then I made the connection to why *Kaddish* is recited after someone has passed. The prayer doesn't speak about mourning; it doesn't talk about helping the neshama or soul of the deceased go to a new level (an explanation often given to one of the reasons for reciting this prayer); it's a rhythmic prayer in Aramaic (the common language of the Biblical era) which was written in that language so all would know the words and be able to recite it. But then I made the connection between the punctuation of a *Reader's Kaddish* or *Kaddish Shalem* makes during the service and the *Mourner's Kaddish*. Perhaps the *Mourner's Kaddish* is no more than a punctuation on a person's life. It's a way to frame the transition of living in the body to living in a different realm. If you believe the teaching that there are a finite number of souls in the universe and we are only visitors in our bodies, than the *Mourner's Kaddish* is the perfect escort for the soul of a loved one helping it leave the body and move onto another world.

Even if you don't subscribe to an afterlife in any form, the *Kaddish* marks the life of the one who has passed. It's the exclamation point that exalts G-d. And if the *Kaddish* marks the sections within the service and a life, what a powerful metaphor! Perhaps prayer is as important as life itself. And since *Kaddish* whether in the service or the *Mourner's Kaddish* is recited only when there's a minyan, it shows the importance and power of community, that quorum of ten.



## Candle Lighting Times

May 13	7:38pm
May 20	7:45pm
May 27	7:52pm
June 3	7:57pm
June 10	8:02pm

## May Yahrzeits

Plaque Loc.	Name	Yahrzeit Date		Plaque Loc.	Name	Yahrzeit Date	
2-1	Edith Canter	1-May	Nisan 27	5-4	Samuel Schwartz	18-May	Iyar 14
4-2	Max Eisenberg	1-May	Nisan 27	5-4	Aaron Soltes	18-May	Iyar 14
	Victoria Sokoloff	3-May	Nisan 29	4-1	Sophie Messer	19-May	Iyar 15
5-3	Goldie Ramler	4-May	Nisan 30	5-4	Fannie Kennen	19-May	Iyar 15
2-2	Nathan Kauffman	4-May	Nisan 30	1-3	Etta Liberman	19-May	Iyar 15
5-3	Freda Kaufman	5-May	Iyar 01	5-1	Eliot Tanner	19-May	Iyar 15
4-4	Gertrude Goldstein	5-May	Iyar 01		Anna Goldstein	19-May	Iyar 15
5-1	Shirley Hoffman	5-May	Iyar 01	4-1	Anna Resh	20-May	Iyar 16
1-4	Bessie Sheer	6-May	Iyar 02	5-2	Freda Griff	21-May	Iyar 17
6-4	Samuel D. Coppelman	6-May	Iyar 02	1-1	Chiam Crevoshay	21-May	Iyar 17
1-1	Benjamin Benjaminson	7-May	Iyar 03	3-3	Ilene Joyce Nathanson	21-May	Iyar 17
4-3	Florence Woodin	7-May	Iyar 03	2-1	Louis Berman	21-May	Iyar 17
1-4	Joseph Slatrow	7-May	Iyar 03	1-3	Simon Kniznik	21-May	Iyar 17
2-4	Rubin Zelinetsky	7-May	Iyar 03	2-1	Louis Dubin	22-May	Iyar 18
3-1	Aaron Weiner	7-May	Iyar 03	1-4	Hyman Weinstein	22-May	Iyar 18
4-2	David Wigod	8-May	Iyar 04	2-2	Jacob Fine	22-May	Iyar 18
2-2	Anna Geller	8-May	Iyar 04	6-3	Frances Rose Kaplan	24-May	Iyar 20
2-2	Dora Koszerek	8-May	Iyar 04	2-1	H. L. Berman	24-May	Iyar 20
6-3	Howard Lewis	9-May	Iyar 05	5-4	Joseph Kurtzman	24-May	Iyar 20
1-3	Morris Levison	9-May	Iyar 05	6-4	Harry Sheinhite	25-May	Iyar 21
1-1	Anna Ida Burofsky	10-May	Iyar 06	2-3	Zelda Pokat	25-May	Iyar 21
3-1	Goldie Kaswell	11-May	Iyar 07	5-1	Barbara Hoffman	25-May	Iyar 21
6-1	George Freeman	11-May	Iyar 07	3-1	Laura Kurtzman	26-May	Iyar 22
4-2	Goldie Stoerger	11-May	Iyar 07	6-4	Richard Rosenburg	26-May	Iyar 22
	George Sokoloff	11-May	Iyar 07	1-3	Charles Leavy	26-May	Iyar 22
5-4	Charles S. Slatrow	13-May	Iyar 09	2-1	Harry Dubin	27-May	Iyar 23
3-3	Judith Kaplan	13-May	Iyar 09	4-4	Samuel Goodman	28-May	Iyar 24
3-2	Samuel Louis Griff	14-May	Iyar 10	5-3	Fritz Benedick	28-May	Iyar 24
	Anne Itzkowitz	14-May	Iyar 10	4-1	Sara Bloomenthal	29-May	Iyar 25
5-4	Morris Canter	15-May	Iyar 11	3-3	Barnett Sacks	31-May	Iyar 27
6-1	Edith Friedlander	15-May	Iyar 11	2-3	Lena Norman	31-May	Iyar 27
1-2	Simon Hoffman	15-May	Iyar 11	2-1	Jacob Cohn	1-Jun	Iyar 28
5-3	Herman Greene	15-May	Iyar 11	2-4	Charles Tankel	2-Jun	Iyar 29
1-3	Robert Liberman	16-May	Iyar 12	2-4	Fannie Tatelman	2-Jun	Iyar 29



If you would like to make a donation in memory of a loved one listed above please send it along with a brief note of who you would like remembered to the Temple Office.



# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 27 Nisan	2 Yom Hashoah	3	4	5 7pm Hebrew Seminar & Discussion group 1 Iyar	6 7:31	7 Rabbi Tracy Nathan EMOR
8 Mother's Day	9 Yom Ha'Atzmaut	10	11	12 7pm Hebrew Seminar & Discussion group	13 7:38	14 Member Led BEHAR
15	16	17	18 Board Meeting 7:00pm	19 7pm Hebrew Seminar & Discussion group	20 7:45 Friday Night Services/ Dinner 6:30pm	21 Kiddush Sponsored by David Freedman Rabbi Tracy Nathan BECHUKOTAI
22 Lag Ba'Omer	23	24	25	26 7pm Hebrew Seminar & Discussion group	27 7:52	28 Cantor Ellen Band BAMIDBAR
29	30 Minyan 9:00am Memorial Day	31 27 Iyar				

If not specified, Minyan—Monday, Wednesday, Thursday and Friday is at 7:00am and on Saturday and Sunday at 9:00am.

# From the President Merrill Griff

We had a wonderful Passover Seder at the Temple this year, with more than 60 people attending. Many thanks to Mark Frydenberg for leading the Seder and to the entire crew who kashered, shopped, prepared, cooked, served and cleaned! Without all of you, the seder would not have been nearly the success that it was.

This is a good lesson for all of us - when we all chip in as a community, great things happen!

## Friday Night Services

There will be Friday night services and dinner on May 20th  
\*\*\*\*\*

## We Need Minyanaires

Services are held at 7:00am on weekdays (except Tuesday) and at 9:00am on weekends & holidays.

\*\*\*\*\*

## Kaddish

We are not able to guarantee a minyan at each morning service, so if you need a minyan on a particular day to recite Kaddish, please let the Temple know at least 2 days prior.

## Thank You

To the Griff Family for making it possible to purchase new furniture for the Brides Room. The sofa and chair from Griff Furniture was purchased with donations in memory of Harris Griff.

## Save the Date

**Shavuot Services** - June 7th at 7pm, June 8th at 8am and June 9th (Yizkor) at 7am.

**Breakfast on Father's Day and Civil War Discussion** - On Sunday morning June 19 at 10 am (right after minyan)

**Annual Meeting Sunday**, June 26th - This is an election year so we look forward to seeing you all here!

## Welcome New Member

Helen Galkowski

## Saturday Kiddush Sponsors

David Freedman - May 21st

## Refuah Shlema

Edith Hollender

Herb Baron

## Donations

Joshua and Heather Gustin and family, and Rebecca and Tom Gill and family, in loving memory of Sandra E. Gustin's second yartzeit.

Charlotte and Harry Teicher, in loving memory of her sister Sandra E. Gustin.

Jerome and Ella Bloom, in honor of Rabbi Tracy Nathan.

Matia Angelou, in honor of Morris Hollender.

Matia Angelou, in memory of Dr. Norman Becker.

Suzanne Hodes and Henry Licschitz, in honor of Diana Korzenik.

Joseph and Karen Linitz, in honor of Diana Korzenik.

## Hollender Music Fund

Amy Kaufman, in honor of Morris Hollender and Hankus Netsky.

Diana Korzenik

Ellie and Hannah Handel

## Shavuot Services

Tuesday, June 7, 7pm - Program with Rabbi Nathan and Mark Frydenberg - Dairy desserts, Tea and Coffee

Day 1 Wednesday, June 8, 8:00am (Please note that this is later than our usual 7 am weekday start time) Followed by a blintz breakfast

Day 2 (with Yizkor), Thursday, June 9, 7:00am Followed by Torah study with Rabbi Nathan

## A Breakfast on Father's Day and Jews in the Civil War

All are Welcome

Sunday June 19 10:00am

Presented by: David L. Smith, President of the Civil War Round Table of Greater Boston

Mr. Smith, a longtime Waltham resident, will speak in commemoration of the 150th anniversary of the very start of the Civil War in 1861. He will speak on Jews who fought on both sides of the Civil War; observing the Jewish holidays during the war; and will share rarely told tales about Jews' challenging lives during the Civil War era.

*If your ancestors were in that war, please bring information and photographs.*

Join us for Shabbat.



## Welcome Shabbat with Services and Community Dinner at Temple Beth Israel

Services: 6:30 pm

Dinner: 7:30 pm

\$10 per adult, \$25 per family

**Friday Nights,**  
**May 20**  
**June 17**  
**July 15**

Welcome Shabbat with a spirited Kabbalat Shabbat Service at 6:30 pm, led by **Rabbi Tracy Nathan**, followed by a home-cooked dinner at 7:30 pm, singing, and good conversation. **Reserve now!** Payment must be received by Thursday morning, the day before the dinner you are attending. We cannot accept payment at the door, and will not send bills afterward. Sign up for all three dinners and save!

Names of Adults and Children Attending:  Contact Phone:  Email:	Date		Number		Amount	
	May 20	Adults		\$10 per adult or \$25 per family		
		Children				
	June 17	Adults		\$10 per adult or \$25 per family		
		Children				
	July 15	Adults		\$10 per adult or \$25 per family		
		Children				
	<b>Sign up for all three dinners now and save!</b>				<b>Discount:</b>	
					<b>\$5 per adult or \$15 per family</b>	
					Payment Enclosed:	

What is the number of vegetarian meals required at each dinner for this reservation? \_\_\_\_\_

Here's how I/we can help: (check all that apply)

- shopping     
  setting tables     
  cooking     
  serving     
  cleaning up     
  making phone calls  
 offering a ride to someone who otherwise couldn't come

Send your check to Temple Beth Israel, P.O. Box 540182, Waltham, MA 02454-0182. For more information, see [www.tbiwaltham.org](http://www.tbiwaltham.org), email: [office@tbiwaltham.org](mailto:office@tbiwaltham.org) or call the Temple Office at (781) 894-5146.

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*stamp*

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- Beautification
- General Fund
- Guest Speakers
- Library
- Rabbi's Discretionary Fund
- Adult Programs
- Morris Hollender Music Appreciation Fund
- Carl Goldstein Memorial Fund
- Other, please specify: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Temple Beth Israel Donation Form

For your convenience, please use this form to make your donations and send to:

Temple Beth Israel, P O Box 540182, Waltham, MA 02454-0182

I have chosen the fund indicated at the right:

(Please use a separate form for each fund. Minimum donation: \$10)

Attached is my check in the amount of: \$ \_\_\_\_\_

The donation is being made

In Honor Of \_\_\_\_\_

In Memory Of \_\_\_\_\_

Other \_\_\_\_\_

This donation is made by:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Please send acknowledgement to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_