



Temple Beth Israel
Community | Tradition | Inclusion

Temple Talk



Rabbi's Reflections— Upright Foot, Broken Ankle

By: Rabbi David Finkelstein



#19b Bit of Prayer -
UPRIGHT FOOT, BROKEN
ANKLE
recited before shacharit
(morning service)
Previously posted on April
12, 2020/18 Nissan 5780
Sunday morning, updated
on Monday April 27.

Psalm 26:12

(ב) רגלי עמדה במישור במקהלים אברהם יקוק

My foot stands upright. In gatherings I will bless Hashem.

In the wee hours of the 3rd day of Passover, Saturday March 11th, with our Pesach dishes out on the aluminum foil I rolled onto our kitchen counters, my spouse Rabbi Sara broke her ankle. For five days she was in quite a bit of pain. Then she had surgery to fix the break, and for the next week she was tired and groggy from the medicine she was prescribed to manage the pain. She couldn't and still can't put any weight on her ankle. In the meantime, I've been wearing the mantle of homemaker. Since the sensible quarantine for COVID-19 closed Rafi's school and Libi's daycare, I have been caring for the kids, the meals, the house, the laundry, and more. It has been a big and challenging shift for me. We had already been spending more time at home with the kids, and now my

(Continued on page 3)

Mark's Remarks- Mann Tracht un Gott Lacht

By: Mark Frydenberg

My mom taught me a Yiddish saying – "*Mann Tracht, Un Gott Lacht*" – meaning, "A person make plans, and God laughs." Despite our most careful planning, the past few months have taught us that life can be very unpredictable. Everything we used to do, from going shopping to walking in the park to planning a vacation has changed.

Plans for summer vacations, family get-togethers and celebrations, personal or professional events are not turning out as we may have originally envisioned. Our day-to-day activities are moving online, and we are relying more than ever on those around us to help us with errands and keep us connected. Social distancing and Zoom are now part of our everyday vocabulary, face masks are part of our wardrobe, and hand sanitizer is one of our most prized possessions.



(Continued on page 2)

Inside this issue:

Rabbi's Reflections	1, 3
Mark's Remarks	1,2
Annual Meeting Announcement	4
Shavuot Services	5
Activities during the Pandemic	6
May Events Online	7
Yahrzeits	8-9
Social Justice	10
Donations	11

Mark's Remarks (Continued from page 1)



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The past eight weeks in quarantine have taught me some very important lessons. Quarantine does not need to mean isolation. At TBI we have connected as a community on Zoom for prayer, study, socializing, checking in, and even a Passover talent show. Our *chesed* committee members have tried to call congregants to see how everyone is doing, and ask how we might support you.

At our weekly Shabbat Shalom check-in calls, members often comment on how important it is to do something special each day. Without something to set each day apart, our days can look the same. I saw a post on social media recently that summarizes this: "For those who have lost track, today is Blursday the fortyteenths of Maprilay." Jewish tradition gives us Shabbat as a day set apart from a week of Blursdays. I am pleased that we have had a regular attendance of more than 20 each week of our Shabbat evening and morning services online. We chose to adapt what we do at services to accommodate meeting online. If you haven't yet done so, please Zoom in each Shabbat on Friday at 5:30 pm for a few songs and finding good in the week that has ended, or on Saturday at 10:30 am for morning prayers and a Torah discussion.

After self-quarantining as much as possible for the past several weeks, I realized that I miss shopping. I have not been to Market Basket or Costco since the beginning of March, and I used to do a lot of the synagogue shopping along with my own. It didn't seem like Passover without the annual pre-Passover pilgrimage to the Natick Stop and Shop with Marge Marion to fill up three shopping carts with matzah, macaroons and miscellaneous Manischewitz movables for the synagogue seder. My routine included bi-weekly Costco or BJ's runs after work to pick up challah and rugelach and veggie straws for Shabbat Lunches at the synagogue and occasional trips to Market Basket to stock up on 16 dozen bagels each time they go on sale again for \$1.49 a bag. This task usually required reaching to the back of the top shelf of the end-cap display to purchase the last few pouches of pumpernickel.

The current situation necessitated finding new ways to connect with the people we can't see in person. While this was always possible, it wasn't part of our routine. Checking in with friends and relatives from across the country at the same time on Zoom did not become a "thing" until recently. I hosted my first Virtual Shabbat dinner on March 13 and it has become a weekly ritual, with some of the same guests each week, and a few others who rotate in and out. I realized that I could invite guests who do not live in the area to join these virtual gatherings. While we could have stayed in touch this way in a pre-COVID world, it took a pandemic to make it happen.

At one of our TBI Shabbat gatherings online, Devin Shmueli said, "this is what community looks like now." We now live in a world where everyone has their place in a Brady Bunch grid of faces, as we try to redefine ourselves and our communities to adapt to a world that is much different from our world two months ago.

Stay home, stay safe, and stay in touch. Look forward to the days when we can make plans to be together, when God will laugh *with* us, not *at* us... and when we too can laugh and celebrate with each other in person again.

By: Rabbi David Finkelstein

(Continued from page 1)

family is relying on me more than ever.

This would be so much harder without our community. Rabbi Sara's mother Judi has been helping us with the kids. Several people from Gann Academy, from our friend networks, and from TBI have cooked dinner for us, ordered us food, and shopped for and delivered groceries to us. Offers of help and prayers for healing have been flowing in from the Temple Beth Israel community as well. We are very grateful. We have more offers than we can say yes to. What a blessing. On top of all that, Rabbi Sara has gained more mobility during the past few days with the help of a Knee Rover. She is able to do more things around the house.

I don't say that God gave us this broken ankle in order to teach, but I do feel that I am learning through this difficult time. I am learning how to do more for my family. I always wanted to do more (even now), but there is no better teacher than necessity.

Psalm 26:12 says, "My foot stands upright." In some ways, this is truer than ever for me. I take many steps now that I wouldn't have taken two and three months ago: steps in the kitchen, steps to the washing machine, "steps" on my knees of the living room floor while I clean up toys and crumbs, steps to Libi's changing table, steps on my knees in the bathroom as I bathe my children. For my family, one foot that we used to rely on a great deal was broken, but it was fixed, and now it is healing.

The verse continues, "In gatherings I will bless Hashem." I would add to this verse the phrase, "via Zoom." In gatherings via Zoom I will bless Hashem. Thank God for all the community and all the God-given that is getting us through this pandemic. Let us bless Hashem In prayer services via Zoom, in funerals via Zoom, in shiva via Zoom, in learning sessions via Zoom, in family time via Zoom, in seders and other meals via Zoom.

I am grateful that my children and I have our health, that Rabbi Sara's injury isn't worse, that

none of us has the virus, that I am capable of feeding and caring for my family. Today is the 18th day of the Omer, the period of counting between Passover and Shavuot. In the Kabbalistic way of counting, this week is the week of Balance and Beauty (Tiferet), and today is the day of Endurance. I will need to endure more before I feel that I have my balance, but I am thankful that there is plenty of beauty for me to appreciate and to nourish me as I find that balance.

May you also find beauty and nourishment while you try to find your balance, and may we all be blessed with endurance.

Zay gezunt,
Be healthy, be safe,

Rabbi David
rabbidavid@tbiwaltham.org

Rabbi David's Open Zoom Hours

Tuesday afternoons from 1:00-2:00 pm
May 5, 12, 19, 26

Join online at <https://zoom.us/j/722211045>

Join by phone:
Dial +1 301 715 8592
Enter the Meeting ID: 722 211 045



ANNUAL MEMBERSHIP MEETING - SUNDAY JUNE 7 at 10 AM

The Temple Beth Israel Annual Meeting will be held on **Sunday, June 7 at 10 am**. This will be a virtual meeting. You can [join on Zoom](#) or participate by phone at (301)-715-8592 and enter the meeting code 879-1495-8399 and password 962231. Please bring your own breakfast!

The agenda will include reports from the officers, rabbi, and office manager; committee and other updates; election of officers, and member recognition and volunteer appreciation. We also will have time to check in with each other and evaluate our move to "online" as we learned to adapt to the new world around us.

Election of Officers

In accordance with the Temple Beth Israel bylaws, I have convened a nominating committee which is responsible for recommending a slate of officers and directors to serve the synagogue through the next election cycle (2019-2021). Linda Ungerleider has agreed to be the contact person for the Nominating Committee. Members of the Nominating Committee are Linda Ungerleider, Bob Macauley, Susan Holbert, Alan Levine, and Joan Friedman.

Offices eligible for re-election in 2020 are Secretary and Membership Secretary, each for a two-year term. The nominating committee offers **Susan Gitelle Baron** for re-election to Secretary and **Jessica Benjamin** for Membership Secretary. Their bios follow. Members not on the slate of nominees from the nominating committee, who wish to place themselves on the ballot must do so by notifying Linda Ungerleider, before May 8, 2020. Contact Linda Ungerleider at ulinda@gmail.com or 617-962-6347. Members unable to attend the meeting online or by phone may vote for officers by absentee ballot. Ballots must be received by email or in writing before 5 pm on Friday June 5, 2020. Contact Linda Ungerleider to receive your absentee ballot.

Sincerely,
Mark Frydenberg, President

Jessica Benjamin has lived in West Newton, MA since 2007 when she and her husband Eric moved up from New Orleans, LA after losing a home in Hurricane Katrina. Eric grew up in West Newton and was a member of TBI as a child. The couple of twenty-two years are "parents" to two rescue golden retrievers, Dakota and Zoe.

After locating TBI online, Jessica was inspired to visit and spend time with her Jewish neighbors after the shooting that took place on October 27, 2018, at the Tree of Life – Or L'Simcha Congregation in the Squirrel Hill neighborhood of Pittsburgh, PA. She found the community to be both welcoming and progressive. Jessica particularly liked Rabbi David's non-judgmental, welcoming attitude. She started volunteering for The Social Justice Committee. Knowing that membership is important for the stability of a synagogue, Jessica was happy to be asked to assist TBI in welcoming new members and helping current members engage with TBI as they would like. She has a long history of Board membership, fundraising, and volunteer leadership from sitting on the Alumni Board of Reed College and running the Boston Chapter. Jessica has a BA in English from Reed College and a JD from Loyola New Orleans College of Law. Jessica's career has been in advertising, most recently in online employment advertising on sites like NewScientistJobs.com and Monster.com. Jessica grew up in State College, PA as a member of Congregation Brit Shalom.

Susan Gitelle Baron was born and raised in Baltimore, the daughter of Holocaust survivors. Her parents' home leaned towards Orthodox Judaism. She found her Jewish home in Temple Beth Israel after moving to Waltham. Susan has lived in the greater Boston area for over 30 years and worked in the world of hospital computer systems. She is now retired. Susan has always taken notes and produced meeting minutes for a variety of organizations through the years including the MUMPs Collaborative, the League of Women Voters and Melrose Energy Commission. She is seeking re-election to the Board of Directors its secretary, an office she has held since 2016.



SHAVUOT PROGRAMMING

***Thurs May 28 - 6:30-8:00pm Tikkun Leyl Shavuot—A Torah Learning Session**

in anticipation of Shavuot, the Time of the Giving of the Torah.

Feel free to eat dinner while you listen and watch.

If you want to share a 3-5 minute teaching, a poem, some form of Torah - let us know and we'll add you to the line-up.

Click to join this session: [Tikkun Leyl Shavuot—A Torah Learning Session](#)

Or call 646-558-8656

Or visit zoom.us, click Join a meeting, and enter the meeting ID and password:

Meeting ID: 810 6696 8840 Password: 332890

***Fri May 29 - 8:00-9:00am Yom Tov Shacharit for Shavuot**

Click to join this session: [Yom Tov Shacharit for Shavuot](#)

Or call 646-558-8656

Or visit zoom.us, click Join a meeting, and enter the meeting ID and password:

Meeting ID: 897 7306 9568 Password: 455876

***Fri May 29 - 5:30pm Erev Shavuot (2nd Day) and Shabbat Evening Services**

Click to join this session: [Erev Shavuot Day 2 and Shabbat Evening](#)

Or call 646-558-8656

Or visit zoom.us, click Join a meeting, and enter the meeting ID and password:

Meeting ID: 297 238 245

***Sat May 30 - 10:30am-12:00pm Shavuot 2nd Day (Shabbat) Hallel & Yizkor**

Click to join this session: [Shavuot 2nd Day \(Shabbat\) with Hallel & Yizkor](#)

Or call 646-558-8656

Or visit zoom.us, click Join a meeting, and enter the meeting ID and password:

Meeting ID: 880 0446 9142 Password: 929449

Activities During the Pandemic: A Discussion Facilitated by TBI member, Jessica Benjamin

On Wednesday 4/22, members of the Temple Beth Israel (TBI) Community gathered for a Zoom check in and discussion about Self-care during the pandemic facilitated by TBI member, Jessica Benjamin.

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced stress.

This was an opportunity to visit and get new ideas by sharing and listening to what is working.

Mark Frydenberg shared that he likes to do something different every day and makes a separation between his work and non-work spaces in his house.

Howard Trachtman has formed a routine with structured time and free time and enjoys taking walks.

Joan Friedman and her mom are making masks in their homes and Joan gets to see her when she picks up the materials.

Linda Ungerleider has found some relaxing music on YouTube.

It was great to visit with everyone.

Kind regards,

Jessica

Two more sessions have been scheduled for May. To join in, call 646-558-8656 on your phone or visit zoom.us, click Join a meeting. Enter the meeting ID 895-3061-5105 and password 030116.

Wednesday, May 13 7:00 pm	How can we support our friends and our communities?
Wednesday, May 27 7:00 pm	Food During the Pandemic: Share stories about your favorite meals and comfort foods, offer shopping tips, and more.



We are now meeting by computer and by phone, instead of in person.

To join by phone--no computer needed: Dial (301)-715-8592. You will hear a prompt to enter a meeting ID. Enter the meeting ID, followed by #. In the listing of events below, we show the meeting ID for each event.

To join by computer or mobile device, visit zoom.us in a web browser, click *Join a Meeting*, and enter the meeting ID for the event (or click the direct link to the event posted on our website or in our weekly email update).
The current list of events appears below.

	May Shabbat Services Online	Meeting ID
Fridays, May 1, 8, 15, 22, 29	5:30 pm Shabbat Shalom A little singing, a little Torah, a little checking in before Shabbat.	297-238-245
Saturdays, May 2, 9, 16, 23	10:30 am Shabbat Morning Together An abbreviated morning service, D'var Torah and discussion, and Mourner's Kaddish. Kiddush, Motzi, and stay on for conversation over lunch. Texts will be provided on screen, or stop by TBI to pick up a Siddur Sim Shalom from a bin on the front porch during the week.	281-995-509
	Shavuot Events	
Thursday, May 28	6:30pm Tikkun Leyl Shavuot - A Torah Learning Session in anticipation of Shavuot, the Time of the Giving of the Torah. Feel free to eat dinner while you listen and watch. If you want to share a 3-5 minute teaching, a poem, some form of Torah - contact Rabbi David and we'll add you to the line-up.	810-6696-8840 Password: 332890
Friday, May 29	8am to 9am Yom Tov Shacharit for Shavuot	897-7306-9568 Password: 455876
Friday, May 29	5:30 pm Erev Shavuot / Shabbat Shalom	297-238-245
Saturday, May 30	10:30am to 12:00pm Shabbat Service with Hallel and Yizkor (Yom Tov 2nd day Shavuot)	646-558-8656 Password: 929449
	Discussion Groups	
Wednesdays, May 6, 13, 20	2:00 pm—3:00 pm Torah Discussion A bit of Torah to start, then see where the conversation goes.	791-046-798
May 6, 20	7:00 pm -8:00 pm Discussion and Check In	117-868-015

Temple Beth Israel Memorial Park

Purchasing Graves

The cost for an individual grave in Temple Beth Israel Memorial Park for members is \$2,200. The cost for non-members is \$2,800, which includes one year of membership (\$600).

Graves in the Kulanu interfaith section are sold in lots of two, at a total cost of \$4,400 for members. The cost for non-members is \$7,600 for a lot of two, which includes one year of family membership (\$1,200).

Please contact **Jay Trilling** of Menorah Cemetery Management Corporation, at (857) 636-9440 for further information.

—Jim Baron, Cemetery Committee Chair

Flags for Memorial Day

Thanks to the Waltham Veterans Committee and members of the Temple Beth Israel Cemetery Committee who will be placing flags on the graves of veterans at Beth Israel Memorial Park for Memorial Day.



We wish a long life to our members who are observing a Yahrzeit in the coming weeks.

If you would like assistance to arrange a *virtual minyan* so that you may say kaddish for your loved ones, please contact the Temple office at least one week in advance.

- ◆ May 1 - Robert Kaitz - in memory of his grandmother, Goldie Stoeger
- ◆ May 4 - Lillian Etkind - in memory of her mother, Anne Itzkowitz
- ◆ May 5 - Gita Hakerem Foster - in memory of her father, Gad Hakerem
- ◆ May 5 - Patricia McCue - in memory of her father, Morris Canter
- ◆ May 7 - Irving and Sheila Lesnick in memory of Bessie Silver
- ◆ May 9 - Thelma Kennen, in memory of Fannie Kennen
- ◆ May 13 - Esther Keaney, in memory of her mother, Helen Keaney
- ◆ May 15 - Bruce Trager, in memory of his grandmother, Sophie Trager
- ◆ May 15 - Zachary Roe, in memory of his mother, Lori Ann Roe
- ◆ May 21 - Carol Master, in memory of her father, Avraham
- ◆ May 21 - Zachary Roe, in memory of his grandfather, Henry Mefford Roe
- ◆ May 25 - Miriam Chernoff, in memory of her uncle, Jack Bloom
- ◆ May 28 - Ed Kaufman, in memory of his father, Joseph Kaufman
- ◆ May 29 - Paul, Al and David Smith, in memory of their sister, Molly Smith
- ◆ May 30 - Bruce Trager, in memory of his father, Carl Goldstein
- ◆ May 31 - Jill Stanton, in memory of her father, Myron Stanton
- ◆ June 1 - Carol Master, in memory of her Grandmother
- ◆ June 1 - Robert Braitman, in memory of his father, Irving Braitman
- ◆ June 2 - Marilyn Racette, in memory of her grandmother, Grete Araten



May / June Yahrzeits

George Freeman	Iyyar 07	1-May
Goldie Stoerger	Iyyar 07	1-May
Goldie Kaswell	Iyyar 07	1-May
Judith Kaplan	Iyyar 09	3-May
Charles S. Slatrow	Iyyar 09	3-May
Samuel Louis Griff	Iyyar 10	4-May
Anne Itzkowitz	Iyyar 10	4-May
Herman Greene	Iyyar 11	5-May
Simon Hoffman	Iyyar 11	5-May
Gad Hakerem	Iyyar 11	5-May
Morris Canter	Iyyar 11	5-May
Edith Friedlander	Iyyar 11	5-May
Robert Liberman	Iyyar 12	6-May
Bessie Silver	Iyyar 13	7-May
Aaron Soltes	Iyyar 14	8-May
Samuel Schwartz	Iyyar 14	8-May
Eliot Tanner	Iyyar 15	9-May
Etta Liberman	Iyyar 15	9-May
Fannie Kennen	Iyyar 15	9-May
Sophie Messer	Iyyar 15	9-May
Anna Goldstein	Iyyar 15	9-May
Anna Resh	Iyyar 16	10-May
Freda Griff	Iyyar 17	11-May
Chiam Crevoshay	Iyyar 17	11-May
Louis Berman	Iyyar 17	11-May
Simon Kniznik	Iyyar 17	11-May
Ilene Nathanson	Iyyar 17	11-May
Hyman Weinstein	Iyyar 18	12-May
Jacob Fine	Iyyar 18	12-May
Louis Dubin	Iyyar 18	12-May
Morris Fischer	Iyyar 18	12-May
Helen Keaney	Iyyar 19	13-May
Joseph Kurtzman	Iyyar 20	14-May
Frances Rose Kaplan	Iyyar 20	14-May
H. L. Berman	Iyyar 20	14-May
Sophie Trager	Iyyar 21	15-May
Harry Sheinhite	Iyyar 21	15-May
Zelda Pokat	Iyyar 21	15-May
Lori Ann Roe	Iyyar 21	15-May
Barbara Hoffman	Iyyar 21	15-May

Richard Rosenberg	Iyyar 22	16-May
Laura Kurtzman	Iyyar 22	16-May
Charles Leavy	Iyyar 22	16-May
Harry Dubin	Iyyar 23	17-May
Samuel Goodman	Iyyar 24	18-May
Fritz Benedick	Iyyar 24	18-May
Sara Bloomenthal	Iyyar 25	19-May
Avraham ben Yitzhak Itzik	Iyyar 27	21-May
Barnett Sacks	Iyyar 27	21-May
Henry Mefford Roe	Iyyar 27	21-May
Lena Norman	Iyyar 27	21-May
Jacob Cohn	Iyyar 28	22-May
Charles Tankel	Iyyar 29	23-May
Fannie Tatelman	Iyyar 29	23-May
Dr. Samuel Berstein	Sivan 01	24-May
John Hoffman	Sivan 01	24-May
Polly Freedman	Sivan 02	25-May
Sarah Eisenberg	Sivan 02	25-May
Jack Bloom	Sivan 02	25-May
Morris Gordon	Sivan 02	25-May
Rose Endelman	Sivan 03	26-May
Max Berman	Sivan 03	26-May
Joseph Kaufman	Sivan 05	28-May
Albert Michelson	Sivan 06	29-May
Molly Smith	Sivan 06	29-May
Betty Tushin	Sivan 07	30-May
Ethel Wigod	Sivan 07	30-May
Morris Alpert	Sivan 07	30-May
Carl Goldstein	Sivan 07	30-May
Jack Trager	Sivan 07	30-May
Myron Stanton	Sivan 08	31-May
Barnett Messer	Sivan 09	1-Jun
Zisl ben Nisn Shoteur	Sivan 09	1-Jun
Irving Braitman	Sivan 09	1-Jun
Samuel Bloom	Sivan 10	2-Jun
Grete Araten	Sivan 10	2-Jun
Jacob Pernakoff	Sivan 11	3-Jun
Minnie Zeramby	Sivan 12	4-Jun
Abraham Josephson	Sivan 12	4-Jun
Nanette Gordon	Sivan 12	4-Jun
Max Backer	Sivan 13	5-Jun
Barnard Wolf	Sivan 13	5-Jun
Irving Forbes	Sivan 14	6-Jun

Abraham Harris	Sivan 14	6-Jun
Louis Zuckerman	Sivan 14	6-Jun
Ida Ullman	Sivan 15	7-Jun
Rebecca Cohen	Sivan 15	7-Jun
Irene Zieff	Sivan 15	7-Jun
Steven Siegel	Sivan 16	8-Jun
Lillian Goldstein	Sivan 16	8-Jun
Lillian Levine	Sivan 17	9-Jun
Miriam Beecher	Sivan 18	10-Jun
Frieda Simmons	Sivan 19	11-Jun
Anna Goldstein	Sivan 20	12-Jun
Louis Sulkin	Sivan 20	12-Jun
Abigail Cotton	Sivan 20	12-Jun
Harry Klein	Sivan 20	12-Jun
Ethel Cohen	Sivan 21	13-Jun
Samuel S. Stoeger	Sivan 21	13-Jun
George Mikelbank	Sivan 23	15-Jun
Sarah Greenblott	Sivan 23	15-Jun
Jennie Shapiro	Sivan 24	16-Jun
Jacob Ginsburg	Sivan 24	16-Jun
Samuel L. Webb	Sivan 25	17-Jun
Anna Wolk	Sivan 27	19-Jun
Harold Resnick	Sivan 27	19-Jun
Nathan Freedman	Sivan 28	20-Jun
Dora Rouffe	Sivan 28	20-Jun
Samuel Chorney	Sivan 28	20-Jun
Samuel Kaitz	Sivan 30	22-Jun
Herbert Phillip Dane	Sivan 30	22-Jun
Gertrude Riseberg	Sivan 30	22-Jun
Hyman Benjaminson	Sivan 30	22-Jun



News from the Social Justice Committee

The Social Justice Committee met jointly on April 12th with the Chased Committee to offer support in serving the needs of our TBI community. We have assisted by making check-in calls to determine individual needs within our community and how our members might help others with specific needs.

Our own social justice work continues to support two partner organizations; The Community Day Center (CDC) is providing case management and bag lunches on weekdays for its clients. CDC would appreciate donations of 40-45 individual bags of chips/snacks, granola bars and cookies, bottled water, juice boxes, fresh hand-held fruit, and napkins. You may drop off your donation at 16 Felton Street, Waltham by calling 781-392-63111 to arrange a time. Cash donations are also welcomed and can be mailed to them. More than Words at 56 Felton Street in Waltham is also accepting book donations in their parking lot with no physical contact. Their online bookstore is open and might have your next read.

Brad Baker is ready to offer the second "Thank You Bowl" to those with one. In his sustained effort to educate our community, we will be receiving more herbs and instructions. More bowls are available by contacting Brad at brad@white-oak-consulting.com.

A big "Thank You" to Jessica Benjamin for facilitating the first "Self Care During the Pandemic" on Zoom. This check-in with fellow congregants provided helpful hints and an opportunity to offer support to others. See some helpful hints and other information in her article on page 6.

Hope to see and or hear you on Zoom in the near future.

Linda Ungerleider

Thanks for Donating to the Yellow Candle Fund:

Alan Levine
Erika Cohen
David Freedman
Lillian Etkind
Martin Koocher
Marilyn Racette
Caroline and Ben Nudelman
Alan Corman
Susan Baron
Ed Kaufman
Rob and Catherine Solomon
Bruce Trager and Jill Stanton
Catherine Cantrell
Eric and Jessica Benjamin
Charles Weinstein
Esther Keaney
Ellen Band
Bob Macauley
Paul, Al and David Smith
Ed Brown
The Gagnon Family

TBI Bookshelf by Marilyn Racette



With social distancing due to COVID-19, the temple library is not available. In the meantime, local libraries have many digital resources to offer. You can visit the Waltham Public Library homepage at www.waltham.lib.ma.us and follow the link to their online resources. In addition to many different databases, you'll find a link to Hoopla, a free digital service allowing users to read e-books and comics, listen to audiobooks, watch movies and TV shows, and listen to music. Not a member at the Waltham library? You can apply for a card online. Also, other local libraries including Watertown, Concord, Belmont, Arlington, and Lexington also have a host of e-resources, including Hoopla. Local libraries are also offering virtual book clubs. Happy Reading!



Thank You

Donations

- George and Judith Isaac, in memory of Galvin Horenstein.
- Thelma Kennen, in memory of Yukee Kennen.
- Rebecca Gill and Family, in memory of her mother Sandra Gustin.
- Diana Korzenik, in honor of the whole TBI community coming together online.

Condolences

- To Ellen Foust and Rabbi Jeff Foust on the death of Ellen's mother, Rozz Rusinow. She passed away on April 22.
- To Bruce Trager and Jill Stanton on the loss of his mother, Mary Trager. She passed away on April 30.

Membership Booklet Update

We will be printing a new edition of our membership directory this spring. If you would like to place an ad in the membership book, please contact Mila Maystrovsky

(membership@tbiwaltham.org)

Prices are \$100/full page, \$50/half page/ \$25 quarter-page/business card.

Security Update

Due to the current coronavirus situation, we have temporarily disabled all key code access for everyone except synagogue officers, staff, and contractors.

If you need access to the building while it is not open, please contact the Temple office.

Codes will be enabled again once the stay-at-home order has been lifted and the synagogue officers recommend to reopen the Temple building.

Temple Beth Israel Donation Form

For your convenience, please use this form to make your donations and send to: Temple Beth Israel, 25 Harvard Street, Waltham, MA 02453. You may also donate online at <http://tbiwaltham.org/donate>. The minimum donation amount is \$10. Please add additional information on another sheet.

Attached is my donation check in the amount of \$ _____. Please allocate it to the following funds.

☐ General Fund ☐ Event Participation Fund ☐ Rabbi's Discretionary Fund
☐ Goldstein Prayerbook Fund ☐ Morris Hollender Torah Fund ☐ Children's Services
☐ Education Fund

This donation is being made _____ in honor of _____ in memory of _____.

This donation is made by:

Name: _____
 Address: _____
 City/State/Zip _____

Please send acknowledgment to:

Name: _____
 Address: _____
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Temple Beth Israel

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or read it online at www.tbiwaltham.org.

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Mark Your Calendar!

May Highlights

Shabbat	Friday Nights at 5:30 pm (May 1, 8, 15, 22, 29) Saturday Mornings at 10:30 am (May 2, 9, 16, 23, 30)
13, 27	Activities During the Pandemic Discussions at 7:00 pm Facilitated by TBI member, Jessica Benjamin See page 6
28	Tikkun Leyl Shavuot - A Torah Learning Session 6:30pm
29, 30	Shavuot Morning Services (Fri May 29 at 8 am) Hallel and Yizkor (Sat May 30 at 10:30 am) - see page 5

Online Services and Study Opportunities

See **page 7** for the many online services and study opportunities scheduled during the month of April.
Visit <http://tbiwaltham.org/virtual-tbi> for the most up-to-date information.

