



Temple Beth Israel

Community | Tradition | Inclusion

Temple Talk



Rabbi's Corner: Hanukkah: The Jewish Holiday of Body Positivity

By: Rabbi David Finkelstein

One of the great early chassidic masters - Rabbi Levi Yitzhak of Berdichev - spiritualizes a very physical image from the story of Jacob, a story which we read in the Torah last month. After Jacob runs away from his humiliated brother Esau, he follows his mother Rebekah's instructions and travels north to her birthplace. There at a well he meets Rachel and, seized with a great passion for her, Jacob summons the strength of ten men to roll away the stone that blocks the mouth of the well. In context, this feat of strength presents an image more erotic than it is spiritual, but Rabbi Levi Yitzhak sees in it a spiritual message. For Rabbi Levi Yitzhak, the well represents the flow of God's blessings, and the stone represents

a force that prevents those blessings from reaching the world.

Fatphobia is like a stone blocking the mouth of the well, one of the forces that has made God's blessings inaccessible, a source of oppression. Fatphobia takes many forms. Jokes, pressure to diet, body shaming and being sent to "fat camp" are just a few examples. Many of us have been the target of fat-shaming and all of us have been affected because people we love experience those things. Fatphobia affects us all.

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Fresh from the Bakery: Let's Make it a Warm Winter

By: Dina Wolfman Baker

I'm writing this on a chilly, partly cloudy day just after returning from two weeks of vacation in warmth and sunshine. The rapid approach of winter is on my mind.

What does winter bring to us as a TBI community?

One year ago, we went into the season knowing we'd come together in a fully virtual environment. Vaccines were on the way, but not yet available, and the cold, indoor months would only further keep us in our individual homes. It was hard to face, but there was clarity and uniformity about our approach.

This year, it's a little less cut-and-dried. We have vaccines for ages 5 and up and, for some of us, boosters (and likely for many more of us, before

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Fresh from the Bakery: Let's Make it a Warm Winter

By: Dina Wolfman Baker

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long). We have been in a multi-access environment since summer, with some of our services available both online and in person (masks and distancing required) while others remain solely virtual. Yet we have increasing rates of COVID-19 in the state, and we look ahead to the indoor, closed-window environments brought on by a New England winter.

Where does this leave us? How long do we maintain our universal indoor mask mandate at Temple Beth Israel? Should there be a role for vaccination and/or booster status in our protocols? Do we return some or all of our social programs to in-person/multi-access, following the requirements we use for Shabbat services? When can we start eating together again? Will the impact of our virtual option, combined with heightened seasonal transmission concerns and winter weather, make it increasingly difficult to achieve a minyan in the sanctuary on Shabbat?

It may be frustrating that I once again am putting forward these questions. I can imagine you thinking: *will we never reach an approach to our pandemic protocols with which we're satisfied?*

But it's not a matter of being satisfied; it's a matter of satisfying the needs of the congregation in the current moment. And the moment—with all it contains—is constantly changing. This is true even when we do not face a pandemic, and it is the reason our congregants bring fresh ideas, our committees bring new programs and options, our board deliberates, our bylaws change over time. On ReconstructingJudaism.org, the website of Reconstructing Judaism (which happens to be headquartered around the corner from my former home in Philadelphia's suburbs), Rabbi Jeremy Schwartz published an article five years ago about how Jews make decisions. He starts with this thesis: *"Torah is more than the Five Books of Moses; it is the name Jews give to the process of discovering a godly way of living. Torah is a process involving a constant interplay between thought and action. Jewish texts provide the foundation upon which this process of discovery and action is built. Torah as process involves wrestling with received texts and practices and bequeathing new texts and practices to our descendants. Torah is what constitutes and distinguishes the Jews as a civilizational community. Any decision-making process that claims to be Jewish necessarily involves Torah in this broad sense."*

As we grapple with the questions of how TBI participates in community and prayer during the pandemic, we are engaging in the cyclical process of thought, discovery and action that Rabbi Schwartz describes.

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Fresh from the Bakery: Let's Make it a Warm Winter



By: Dina Wolfman Baker

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I ask you to have a voice in that process. There are a couple of ways you can do so:

1. The TBI Board of Directors will next meet on Monday, December 6, 2021, from 7 to 9 pm. All TBI members are welcome to attend our board meetings, with the exception of the portion in executive session at the close of the meeting. Starting at about 8:00, we will have an open discussion about TBI's approach to in-person and virtual togetherness this winter, a conversation that I'm calling **Let's Make It A Warm Winter** because my goal and hope is for TBI to provide the warmth of community, of spiritual and religious sustenance, of friendship and of mutual support that our congregants seek, in a way that respects the ongoing impact of the pandemic. Please feel free to join us; I look forward to including time for non-board members to add their perspectives. The board meeting is virtual and available here:

Zoom Link:

<https://us02web.zoom.us/j/83803321445?pwd=MW1EaU1IbnpRTnFyUkIxQ2lRSFdwdz09>

Meeting ID: 838 0332 1445

Passcode: 001868

2. Provide your input in advance of the meeting through this link, which goes directly to me: <https://bit.ly/3y6lpdK>. (You can use this at any time, to give feedback on any issue!)

I believe that these trying years have taught us that we do a good job of calling on our tradition, motivation, innovation and creativity to engender an environment of warmth and community even as we face fears, risks, injustices, and isolation. To help us keep that fire going I close with this *Prayer for Warmth* by Rabbi David Wirschafter, which appears on jewishunpacked.com:

Help us O Source of light and heat to share our warmth with others.

May we never be too cool to be bothered with someone else's sorrows.

May we never turn a cold shoulder to those who cry for help.

When warmth and gentleness are needed let us not be cold and hard as ice.

When fires of hatred and violence burn let us not be frozen with fear.

When fragments of shattered hopes fly through the night air like shards of broken glass may we stand before the Source of Oneness and try yet again to restore the wholeness and holiness we seek.

May this be our blessing and let us say: Amen.



Mark's Remarks: Remembering Ellie Handel

By: Mark Frydenberg, Immediate Past President

Ellie Handel, a beloved life-long member of Temple Beth Israel, passed away on Nov. 19, 2021. I shared this remembrance at her funeral.

Ellie Handel often told me that she liked reading the articles that I wrote each month for the Temple bulletin. So much so that one day after reading a tribute I wrote to another congregant who passed away, she said to me, "When I go, dear, you can write about me." So Ellie, this article is for you.

Ellie also wrote for the synagogue. While my articles appeared in the bulletin, Ellie's notes appeared all over the building.

Her teacher-perfect penmanship was evident on notes she left in the sanctuary recognizing the sponsors of Kiddush lunch or featuring congregants celebrating birthdays. She selected colorful construction paper on which she added guiding pencil lines before handwriting, in cursive, their names along with a summary of the occasion and glowing tributes to the honorees. You can still see her framed notes on bright yellow paper describing the synagogue community, and welcoming Rabbi David and his family when they first came to Temple Beth Israel.

Ellie's notes quietly, gently, sometimes humorously, but forcefully made her point. She left notes for the kitchen crew reminding us to sweep the floor and put away the dishes or asking us not to touch the festive napkins and paper plates she was reserving for an upcoming special occasion.

One of my favorite notes that she wrote, placed near the Tallis rack, read, "Dear Tallis Wearer: Please fold your tallis and replace it neatly, signed 'the phantom tallis folder'." And when more people were talking than praying during morning minyan, she taped notes to the back of each pew in the chapel with quiet reminders to be considerate of those around them who might actually be praying. Unfortunately, the guys in the back row weren't always so quick to oblige.

There's a concept in Judaism of *Hiddur Mitzvah*—literally *beautifying the mitzvah*—the tradition of putting in extra time, style, or effort so a mitzvah is performed as beautifully as possible. And Ellie was the epitome of *Hiddur Mitzvah* at Temple Beth Israel. Not even Martha Stewart could transform a few plastic flowers, a paper cup, some marbles, and a mirror into a magnificent centerpiece like Ellie did. She had decorations for practically every holiday, including miniature lemon and orange trees for Tu B'shvat; snowflakes in December; red, white, and blue flags and flowers for Memorial Day and July 4th; and those metallic dancing ladies in bathing suits which graced our summertime Shabbat lunch tables. She adorned the railings to the bimah with garlands of plastic flowers on Shavuot, she had wreaths of autumn leaves ready for hanging in the sukkah, and for Chanukah arranged gelt and dreidels on a circular mirror. She loved to decorate, and it brought her such joy to know that her work enhanced the beauty of Shabbat or holidays in the synagogue. Enriching the mitzvah enriched Ellie as well. It gave her purpose and brought her pleasure. Whenever someone complimented her on her efforts, she would humbly say "Oh, it's my pleasure."

Ellie arrived early before everyone else or came late after others had left for the day to do her holy work. She and Eddie Kaufman worked best behind the scenes and most of us didn't even know when they were there. I stopped in late one night to drop off some groceries and startled Ellie when she was moving tables and chairs to set up for the following day's Shabbat dinner. She would come in on Saturday mornings at 7 am and leave by 8:30, long before anyone arrived, to set tables for Shabbat lunch, or she'd return after everyone left to push back the chairs so that the dance teacher wouldn't have to move them herself.

During the last months of Ellie's mother's life, she and her sister Karin took turns providing Hannah with the round-the

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Rabbi's Corner: Hanukkah: The Jewish Holiday of Body Positivity

By: Rabbi David Finkelstein

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It will be news to many that there is a Jewish festival of body positivity, and that holiday is Hanukkah. Rabbi Minna Bromberg, the founder of www.FatTorah.org, says, “We eat fried foods on Chanukah [*latkes, sufganiyot, sfenj*] in remembrance of the fat that allowed our traditions, and by extension our people, to survive. Chanukah is, in fact, a holiday that celebrates fat as that which sustains and renews us.” Among the goals of Fat Torah listed on the website are “ending weight stigma in Jewish communal life” and “body liberation for people of all sizes.” In her blog post entitled “[A Miracle of Fat](#),” Rabbi Bromberg speaks eloquently about how damaging fatphobia can be in religious community: “in these spaces that are specifically meant to foster belonging, we do genuine harm when we cause people in all kinds of marginalized bodies to feel that this is not a space for them. In communities where we are asked to bring our whole selves—body, heart, mind and soul—the injury caused by stigma, by “othering” cuts to the very core of our beings; it is soul-deep.”

When we look into our religious texts, we too frequently find that the human body is denigrated as part of a program to glorify God and the soul. But there are safe harbors from this destructive dualistic thinking, and one of them is the Hasidic idea of divine service through the physical. In another early Hasidic interpretation of the Jacob story, Rabbi Menachem Nachum of Chernobyl speaks of the Torah wisdom that Jacob released into the world when he rolled that stone from the well’s mouth. Rabbi Menachem Nachum’s interpretation says that there was Torah trapped in the well—in an ordinary physical object—and that Jacob made that Torah wisdom accessible by rolling the stone away.

The implication for us is the understanding that we, too, can discover or release Torah wisdom in our own lives through the way we interact with the physical world. We can also discover and release Torah that gets trapped in our own bodies. This realization—that there is wisdom in our bodies—is, I believe, a key insight in the body positivity movement, of which Fat Torah is a part. While the body positivity movement certainly takes aim at diet culture, it isn’t out of a belief that people ought to eat without discernment or without limits. An externally determined diet can act like a stone on the well, can make the Torah of my body inaudible or inaccessible to me by drowning it out with an external voice. The goal, then, of Jewish body positivity is for me to believe in the Torah of my own body, and to honor my body by listening for its Torah.

Sometimes it seems as though the Jewish way is all about self-discipline, and that’s precisely when we need to remind ourselves that God wants us to listen to ourselves, to believe in ourselves and our bodies, and to practice self-love. Love of self and of all selves—love of our own bodies and of all bodies—is the light of the *chanukiyyah*. As we approach the winter solstice, let’s cultivate our own inner lights. And when we stand in the glow of the Hanukkah lights, in front of a plate of *latkes, sufganiyot, or sfenj*, let’s liberate ourselves from fatphobia, roll the stone off the well, listen for the Torah of our own bodies, and eat that oily fatty treat, or not, as the Torah of our own bodies teaches us.

Happy Hanukkah.

Hanukkah is Here! Join Us For:

- Menorah lighting at Waltham's City Hall—Tuesday, November 30th at 6:30pm
- A congregational virtual candle-lighting, havdallah and music event—Saturday, December 4th from 5:30-6:30pm

Zoom Link: [https://us02web.zoom.us/j/81262248009?](https://us02web.zoom.us/j/81262248009?pwd=QTJvRmNJcDVIMXAwNVFmNERmTUlkUT09)
[pwd=QTJvRmNJcDVIMXAwNVFmNERmTUlkUT09](https://us02web.zoom.us/j/81262248009?pwd=QTJvRmNJcDVIMXAwNVFmNERmTUlkUT09)

Meeting ID: 812 6224 8009

Passcode: 750981

To help us prepare: please tell us your choice of a song include, and the story of how it relates to your Hanukkah experience. Submit your contribution to Brad Baker at brad@white-oak-consulting.com.



• Save the Date: Saturday Night December 25

TBI will hold a community online dinner, havdallah and game night beginning at 4:30pm

Together with the Rabbi and our NextGen group, we will be prepare a meal to be delivered to your home. All participants will join together online for Havdallah, Dinner and Games.

Hashmiini: Let Me Hear Shabbat



DATES: Dec 25, Jan 22, Feb 19

DESCRIPTION: On the third Shabbat morning of every lunar month, Rabbi David will deliver a d'var Torah that lifts up one or more voices from a marginalized group within the Jewish community. Come hear and celebrate the voices of those whose lived experience helps them make a special contribution to Jewish life and to Torah.

Rabbi David's Discussion Groups

MONTHLY KABBALAT SHABBAT with MAARIV

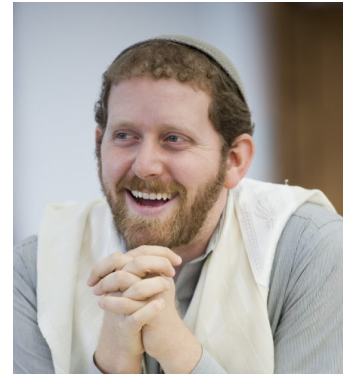
**** Please note the change to multi-access ****

Time: 5:30-6:30pm on 1st Friday of the month, multi-access

Place: in-house at TBI, and on Zoom

Date: Fridays December 3, January 7 and February 4

Description: This monthly service with spirited singing in the round will now be held in person as well as online! Rabbi David (and/or a lay leader) leads the evening service after Kabbalat Shabbat once a month. All participants are encouraged to share a few sentences about a good thing from their week (a *tov me'od*) to help everyone enter the restful spirit of Shabbat.



Zoom Link: <https://us02web.zoom.us/j/86094088277>

LUNCHTIME TORAH STUDY (monthly—online only)

Time: 12:00-1:30pm on 2nd Thursdays, on Zoom

Date: Thursdays December 9, January 13, February 10

Description: On December 9th, we will study the end of Genesis chapter 24, and also chapter 25. With Rebekah and Isaac's meeting and marriage, the final labor of Abraham's life is accomplished. We learn of his marriage to Keturah, their children, matters of inheritance, Abraham's death and burial, and a genealogy of Ishmael, Abraham's firstborn by Hagar, Sarah's Egyptian maidservant. Chapter 25 presents the first 40 or so years of Rebekah's and Isaac's marriage, including the births of Esau and Jacob, and Esau's sale of the birthright for a pot of lentils. English is the primary language of study; the original Hebrew is also provided. All are welcome.

Zoom Link: <https://us02web.zoom.us/j/87353443111?pwd=b0hQYXcvekVXWVBqMnpvRIISMSS2QT09>

EVENING TALMUD STUDY (monthly—online only)

**** Please note the time change to 3rd Tuesdays ****

Time: 7:00-8:30pm on 3rd Tuesdays, on Zoom

Date: Tuesdays December 21, January 18, February 15

Description: We continue our experiment studying one Talmudic tractate in depth through the more accessible ethical and inspirational teachings (rather than the legal discussions). In December, we start from Taanit 7a, where we see an interplay of teachings about rain and Torah study. Guided by the *Eyn Yaakov*, Rabbi Yaakov ibn Chaviv's 16th century aggadic compilation, this study group reads together and follows the organic flow of group discussion. English is the primary language of study; Hebrew is provided. All are welcome.

Zoom Link: <https://us02web.zoom.us/j/83365026963?pwd=SytiQ0tqK3hraGFRdzdlc1NJQVFhQT09>

Rabbi David's Office Hours:

Drop-in: December 7, 14, 21, 12:30-1:30pm.

Zoom Meeting ID: 811 0356 9244 Passcode: 157389

By Appointment Only: December 7, 14, 21, 10:30am-12:30pm.

Contact Rabbi David in advance to make an appointment at rabbidavid@tbiwaltham.org or 781.786.8679

Thank You for Your Generous Donations

- Toni Wolfman, in honor of Dina Baker
- Jill Carni
 - In memory of her beloved father, Lawrence Carni
 - In memory of her good friend, Kenneth Clarence Jones
 - In prayer for her beloved mother, Marion Carni (age 98), may she experience a speedy and complete recovery from her shoulder and facial injury
- Thelma Kennen, in memory of Max Katz
- In Memory of Ellie Handel from:
 - Jim, Andrea and Michaela Baron
 - Catherine Cantrell
 - Dina Baker

Mark's Remarks: Remembering Ellie Handel

By: Mark Frydenberg, Immediate Past President

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-clock care that she needed. She was a dedicated daughter and sister, who valued family and close friendships. Ellie had a special friendship with the Stanton-Trager family, as she babysat for Sarah and Shoshana when they were younger. To this day, Jill still calls her "Miss Ellie." Ellie sent me a birthday card every year in which she would write a beautiful message packed with superlatives: extraordinary, intelligent, outstanding, successful, and a few more that I am too embarrassed to mention.

For the past many years, Ellie was the dear friend and companion of Eddie Kaufman. I'm told that they both happened to be dining individually at Masao's Kitchen on Moody Street. One of them must have invited the other to their table, and that was the beginning of a companionship that brought joy to both them and their families. Ed's son David told me in an email, "Ellie's love and support to our Dad was second to none—her generosity and thoughtfulness to my brother, sister and their respective families (as well as me) was off the charts—she will be deeply missed."

If I had to sum up Ellie's life in one word, it would be beauty. Living life in the most beautiful way possible was Ellie's prayer and her way, it was the blessing she brought to Temple Beth Israel through *hiddur mitzvah*, and her beauty shone through her decorations, her friendships, and yes, even her notes.

As we remember Ellie Handel, I'll end with three short sentences that she often said to others, yet they also apply to her. Ellie: "You did such a beautiful job. We are lucky to have you. Bye bye, dear."



Zoom with Us!

December 2021

We are now meeting by computer and by phone, and 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 and password 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.**

For the latest schedule of online events, visit <http://www.tbiwaltham.org/>.

	December Shabbat Services Online	Meeting ID
Dec 3	Kabbalat Shabbat with Maariv 5:30pm—6:30 pm ** Now In-house and Online **	860 9408 8277
Dec 10, 17, 24, 31	Shabbat Shalom - 5:30pm—6:00 pm	
Dec 4, 11, 18, 25 Jan 1	Shabbat Morning In-house and Online 9:30 am	898 2996 2372 pw:204635
	Thursday Morning Minyan	
Dec 2, 9, 16, 23, 30	Morning Minyan 8:00am Online only	860 6404 5288
	Rabbi's Discussion Groups	
Tues 7, 14, 21,	12:30pm-1:30pm Rabbi David's Open Zoom Office Hours	811 0356 9244 pw: 157389
Dec. 9, Jan 13 Feb 10	12:00pm - 1:30pm Lunchtime Torah Study See page 7 for details	873 5344 3111 pw: 922863
Dec. 21, Jan 18 Feb 15	7:00pm - 8:30pm Evening Talmud Study See page 7 for details	833 6502 6963 pw: 615895



Lighting Hanukkah Candles

The hanukkiyah, or Hanukkah menorah, holds nine candles: one candle for each of the eight nights of Hanukkah, and the shamash. Use the shamash to light the other candles in your hanukkiyah. When placing candles in your hanukkiyah, first place the shamash in its holder, which usually is higher or lower than the other candles. Then place the first candle in the far-right holder. Add one candle for each night, filling the hanukkiyah from right to left. When lighting the candles, first light the shamash and then use it to light the other candles from left to right, so that you always light the newest candle first.

Hanukkah begins on the evening of Sunday, November 28th. On the first night, recite all three blessings. On the remaining nights, recite only the first two blessings. On Shabbat, light Hanukkah candles before lighting Shabbat candles.

ברוך אתה ה', אלהינו מלך העולם,
אשר קדשנו במצותיו, וצונו
להדליק נר של חנוכה. Barukh atah Adonai Eloheinu melek ha-olam,
asher kid'shanu b'mitzvotav v'tzivanu
l'hadlik neir shel Hanukkah.

Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot by commanding us to light the lights of Hanukkah.

ברוך אתה ה', אלהינו מלך העולם,
שעשה נסים לאבותינו,
בימים ההם ובזמן הזה. Barukh atah Adonai Eloheinu melek ha-olam,
she-asah nisim la-avoteinu,
ba-yamim ha-heim u-va-z'man ha-zeh.

Praised are you Adonai our God, who rules the universe, accomplishing miracles for our ancestors from ancient days until our time.

On the first night only:

ברוך אתה ה', אלהינו מלך העולם,
שהחיינו וקיימנו והגענו לזמן הזה. Barukh atah Adonai Eloheinu melek ha-olam,
she-heheyenu v'kiy'manu v'higi'anu la-z'man ha-zeh.

Praised are You Adonai our God, who rules the universe, granting us life, sustaining us, and enabling us to reach this day.

Hanukkah Candle Lighting With the Mayor at City Hall

Join Temple Beth Israel and Waltham's Mayor, Jeanette McCarthy, on **Tuesday, November 30 at 6:30pm in the City Council Chambers at City Hall.**

We will be lighting the candles for the third day of Hanukkah.

We look forward to seeing you there!





Aaron Wolk	Tevet 01	5-Dec
Simon Canter	Tevet 01	5-Dec
Arthur S. Friedman	Tevet 01	5-Dec
Marcus Bern	Tevet 02	6-Dec
Hella Hakerem	Tevet 02	6-Dec
Hugh Greenblott	Tevet 02	6-Dec
Ethel Potash	Tevet 02	6-Dec
Alan Goldberg	Tevet 02	6-Dec
Joseph Drapkin	Tevet 02	6-Dec
Samuel Horenstein	Tevet 02	6-Dec
Isadore Ingber	Tevet 02	6-Dec
Rav Daniel Ben Zalman	Tevet 03	7-Dec
Shlome Freedman	Tevet 03	7-Dec
Mary Bloom	Tevet 04	8-Dec
Sarah Feingold	Tevet 04	8-Dec
Milton Blackman	Tevet 04	8-Dec
Sam Schectman	Tevet 04	8-Dec
Ralla Blackstone	Tevet 05	9-Dec
Beverly Fine	Tevet 06	10-Dec
Marilyn Mallick	Tevet 06	10-Dec
Philip Shriberg	Tevet 06	10-Dec
Howard Kaplan	Tevet 06	10-Dec
Morris Hollender	Tevet 08	12-Dec
Morris Rothman	Tevet 08	12-Dec
Gail Tushin	Tevet 09	13-Dec
Hannah Handel	Tevet 09	13-Dec
Michael S. Laufer	Tevet 10	14-Dec
Sadie Cumenes	Tevet 10	14-Dec
James Herbert Seilers	Tevet 10	14-Dec
Daniel Wolk	Tevet 10	14-Dec
Rudy Seigler	Tevet 11	15-Dec
Jennie Sulkin	Tevet 11	15-Dec
Harry Rosenthal	Tevet 12	16-Dec
Ida Hollicker	Tevet 13	17-Dec
Naffthali Shapiro	Tevet 14	18-Dec
Joseph Sherman	Tevet 14	18-Dec
Jerry Resnikoff	Tevet 14	18-Dec
Harriet Lietzky	Tevet 14	18-Dec
Dolores Simon	Tevet 15	19-Dec
Archie Sudhalter	Tevet 16	20-Dec
Harry Kniznik	Tevet 17	21-Dec
Steven Cantrell	Tevet 18	22-Dec
Richard Cotton	Tevet 18	22-Dec
Bertha Creveshay	Tevet 18	22-Dec
Jacob Trachtman	Tevet 18	22-Dec
Dora Geller	Tevet 18	22-Dec
Abraham Alper	Tevet 19	23-Dec
Irving Etkind	Tevet 19	23-Dec
Eva Wolf	Tevet 19	23-Dec

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.

- ♦ Dec 5 - Joan Friedman, in memory of her father, Arthur Friedman
- ♦ Dec 6 - Gita Hakerem Foster, in memory of her mother, Hella Hakerem
- ♦ Dec 7 - Diana Korzenik, in memory of her grandfather, Rav Daniel ben Zalman
- ♦ Dec 10 - Irving Malick, in memory of his wife, Marilyn Malick
- ♦ Dec 10 - Donald and Ed Kaplan, in memory of their brother, Howard Kaplan
- ♦ Dec 12 - Amy Rothman, in memory of her uncle, Morris Rothman
- ♦ Dec 14 - Pam Laufer, in memory of her husband, Michael Laufer
- ♦ Dec 14 - Zach Roe, in memory of his grandfather, James Herbert Seilers
- ♦ Dec 19 - Simon Family, in memory of their mother, Dolores Simon
- ♦ Dec 22 - Catherine Cantrell, in memory of her son, Steven Cantrell
- ♦ Dec 22 - Carol Cotton, in memory of her husband, Richard Cotton
- ♦ Dec 22 - Howard Trachtman, in memory of his father, Jacob Trachtman
- ♦ Dec 23 - Lillian Etkind, in memory of her husband, Irving Etkind

December & January Yahrzeits

Harris Posner	Tevet 19	23-Dec
Betty Ullman	Tevet 20	24-Dec
Harold Levison	Tevet 20	24-Dec
Joseph Pill	Tevet 22	26-Dec
Newell Goldberg	Tevet 22	26-Dec
Aaron Tushin	Tevet 22	26-Dec
Frank Rosenburg	Tevet 23	27-Dec
Samuel Gordon	Tevet 23	27-Dec
Sarah Rachel Greene	Tevet 24	28-Dec
Harry Levison	Tevet 24	28-Dec
Nathan & Rae Sudhalter	Tevet 24	28-Dec
Abraham Kennen	Tevet 24	28-Dec
Samuel Cron	Tevet 24	28-Dec
Nathan Goldstein	Tevet 25	29-Dec
Rose Tatelman	Tevet 26	30-Dec
Caryl Goldstein	Tevet 27	31-Dec
Dr. H Myer Bloomenthal	Tevet 29	2-Jan
Lawrence Carni	Shvat 01	3-Jan
Sidney Tushin	Shvat 02	4-Jan
Esther Kniznik	Shvat 03	5-Jan
Pearl Portnov	Shvat 04	6-Jan
Sadie Shay	Shvat 04	6-Jan
Eleazer Weitzenberg	Shvat 04	6-Jan
Anita Kaitz	Shvat 05	7-Jan
Clara Loewy Lustig	Shvat 05	7-Jan
Lillian Wigod Stroum	Shvat 05	7-Jan
Richard Lustig	Shvat 06	8-Jan
Esther Weiner	Shvat 06	8-Jan
Louis Perlmutter	Shvat 06	8-Jan
Julius Handel	Shvat 07	9-Jan
Sylvia Kurtzman	Shvat 08	10-Jan
Benjamin Freeman	Shvat 08	10-Jan
Samuel Seskin	Shvat 08	10-Jan
Sarah Kennen	Shvat 09	11-Jan
Rubin Elkins	Shvat 09	11-Jan
Sophie Koocher	Shvat 09	11-Jan
Joshua Mikels Webb	Shvat 10	12-Jan
Charles Silver	Shvat 10	12-Jan
Joseph Benjamin	Shvat 10	12-Jan
Ira Zinkerman	Shvat 11	13-Jan
Beril Novick	Shvat 12	14-Jan
Max Chernoff	Shvat 12	14-Jan
Morris Katz	Shvat 13	15-Jan
Molly Hauser	Shvat 13	15-Jan
Edythe Simon	Shvat 13	15-Jan

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.

- ♦ Dec 24 - Miriam Chernoff, in memory of her aunt, Betty Ullman
- ♦ Dec 28 - Alan Levine, in memory of his grandmother, Sarah Rachel Greene
- ♦ Dec 28 - Steven Kennen, in memory of his father, Abe Kennen
- ♦ Dec 31 - Stan Goldstein, in memory of his mother, Caryl Goldstein
- ♦ Jan 3 - Jill Carni, in memory of her father, Lawrence Carni
- ♦ Jan 6 - Marilyn Racette, in memory of her grandfather, Eleazer Weitzenberg
- ♦ Jan 7 - Robert Kaitz, in memory of his aunt, Anita Kaitz
- ♦ Jan 11 - Steven Kennen, in memory of his mother, Sarah Kennen
- ♦ Jan 12 - Eric Benjamin, in memory of his father, Joseph Benjamin
- ♦ Jan 14 - Miriam Chernoff, in memory of her grandfather, Max Chernoff



Bessie Goldberg	Shvat 13	15-Jan
Louis Kniznik	Shvat 13	15-Jan
Ilona Viltshchek	Shvat 14	16-Jan
David Rothman	Shvat 14	16-Jan
Rose Leavy	Shvat 14	16-Jan
Eva Trachtman	Shvat 14	16-Jan
Samuel Cutler	Shvat 14	16-Jan
Dinzie Cutler	Shvat 15	17-Jan
David Ullman	Shvat 16	18-Jan
Sarah Fischer	Shvat 16	18-Jan
Ida Chansky	Shvat 16	18-Jan
Harry Cohen	Shvat 17	19-Jan
Morton Ginsburg	Shvat 18	20-Jan
Joseph Milesky	Shvat 19	21-Jan
Jacob Rosenfield	Shvat 19	21-Jan
Sadie Krinsky	Shvat 19	21-Jan
Harry Kritzman	Shvat 19	21-Jan
Eric Benjamin's Mother	Shvat 21	23-Jan
Monroe M. Frankel	Shvat 21	23-Jan
Saul Cohen	Shvat 21	23-Jan
Dora Dame	Shvat 22	24-Jan
Morris Freedman	Shvat 22	24-Jan
Gussie Kniznik	Shvat 23	25-Jan
Sam Bogan	Shvat 23	25-Jan
Samuel Wolk	Shvat 24	26-Jan
Jacob Koocher	Shvat 24	26-Jan
Renee Brown	Shvat 24	26-Jan
Solomon Harris	Shvat 25	27-Jan
Ida Kulin	Shvat 25	27-Jan
Maurry Furman	Shvat 26	28-Jan
William Becker	Shvat 26	28-Jan
Sadie Baron	Shvat 26	28-Jan
Sarah Mindel Freedman	Shvat 27	29-Jan
Sylvia Weinstein	Shvat 27	29-Jan
Louis Nochemsohn	Shvat 27	29-Jan
Irving Norman	Shvat 27	29-Jan
Florence Lipkin	Shvat 27	29-Jan
Dorothy Ullian	Shvat 27	29-Jan
Sarah Milesky	Shvat 27	29-Jan
Regina Greenbaum	Shvat 29	31-Jan
Mildred Rothbart	Shvat 29	31-Jan
Helen Rose Justice	Shvat 30	31-Jan

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.

- ♦ Jan 16 - Erika Cohen, in memory of her mother, Ilona Viltshchek
- ♦ Jan 16 - Amy Rothman, in memory of her uncle, David Rothman
- ♦ Jan 16 - Howard Trachtman, in memory of his grandmother, Eva Trachtman
- ♦ Jan 18 - Miriam Chernoff, in memory of her grandfather, David Ullman
- ♦ Jan 23 - Eric Benjamin, in memory of his mother
- ♦ Jan 23 - Barbara Camann, in memory of her father, Saul Cohen
- ♦ Jan 26 - Ed Brown and Julie Gagnon, in memory of their wife and mother, Renee Brown
- ♦ Jan 28 - Sue Furman and Beth Cormier, in memory of their father, Maury Furman
- ♦ Jan 29 - Ed Kaufman, in memory of Dorothy Ullian
- ♦ Jan 31 - Ben Nudelman, in memory of his mother, Regina Greenbaum
- ♦ Jan 31 - Zach Roe, in memory of his grandmother, Helen Rose Justice

Social Justice Committee Report

This month the Social Justice Committee is focusing on TBI's commitment to working with the unhoused community in Waltham.

WARMING CENTER. Sundays December 5 to April 17

TBI will host the Warming Center again with one difference. We will be hosting it at the First Parish Church, at the corner of School Street and Church Street in Waltham, as it is closer to the shelters and the unhoused are very familiar with the facility as they receive Breakfast there during the week.

Volunteers are needed on Sundays from 12:30-4:30. We will have a lead volunteer and three others to cover the weekly shift. You can volunteer for the whole time or for a two-hour shift. There is great joy in doing this work as the guests are very appreciative of having a hot meal and a warm place to spend some time. Food Not Bombs will again continue to cook at TBI and bring the warm meal to First Parish Church. Additional donated food consisting of main dishes or casseroles are welcome. All extra food will be delivered to the shelters. Sign up to volunteer on a Sunday: <https://www.signupgenius.com/go/5080F4DAEA72FA6F85-warming>

MONTHLY EVENING MEAL FOR THE NIGHT SHELTER

The Community Day Center will again host the Night Shelter program. TBI and other faith groups and organizations have been asked to supply a hot evening meal on a regular basis for 12-15 guests. Please contribute a soup, main dish, side dish, salad and/or dessert for one or more months. Tentatively the second Tuesday of the month has been chosen. You can choose what to contribute each month or for just one or some of the months. Food can be dropped off at CDC or at the Temple. Please use this sign-up link: <https://www.signupgenius.com/go/5080F4DAEA72FA6F85-monthly>

WINTER CLOTHING DRIVE CONTINUES

You have been very generous in donating clothing and toiletries to the Community Day Center over the past years. At this time, there is a need for men's and women's warm coats/jackets, sweaters, hooded sweatshirts, thermal underwear, used boots, as well as gloves, scarves, and hats. A donation bin is located in our lobby.

COMMUNITY DAY CENTER GALA AND FUNDRAISER ON DECEMBER 2

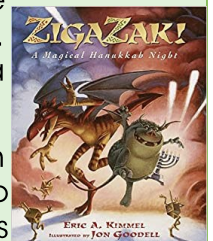
This annual event will benefit the renovation of the building at 20 Felton Street, Waltham which is next door to the current center. The additional space will help expand services for the unhoused community. Construction work should begin soon but the grants do not cover the entire costs. Please consider making a financial donation to this expansion. Donations can be sent to CDC at 16 Felton Street, Waltham or online at www.communitydaycenter.org.

Please feel free to contact SJ committee chair Linda Ungerleider (ulinda@gmail.com) with any questions or concerns.



Joanie Stone's colorful illustrations and Bonnie Bader's simple text make this a perfect book for ages 3 to 7.

ZigaZak! A Magical Hanukkah Night written by Eric Kimmel and illustrated by Jon Goodell is an imaginative fable set in a small village in Eastern Europe. When two devils try to disrupt the holiday and scare the good people of Brisk, the rabbi knows just how to deal with them. This is a fun tale for ages 4 to 8.



TBI Bookshelf

by Marilyn Racette

Temple Beth Israel Memorial Park

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

Sign Up for TBITalk

TBITalk is Temple Beth Israel's members' only discussion list on email. Sign up to send and receive messages from subscribing TBI members on the TBITalk discussion list by entering your email and contact information in the Subscribe section of this page:

<http://listserve.tbiwaltham.org/listinfo.cgi/tbitalk-tbiwaltham.org> Please note that since only TBI members may participate, your registration will be processed as soon as we can verify your TBI membership status.

After you have subscribed, you are welcome to communicate with all members of TBITalk by sending an email message to **tbitalk@tbiwaltham.org**. By participating, you agree to the terms of use.

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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 ☐ Mark Frydenberg 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:

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 City/State/Zip: _____

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 City/State/Zip: _____



Temple Beth Israel

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Mark Your Calendar! December Highlights

Friday Night Shabbat Service	Kabbalat Shabbat with Maariv 5:30pm—6:30 pm December 3 - In-house and Online Welcoming Shabbat Service- 5:30pm—6:00 pm December 10, 17, 24, 31 - Online Only
Shabbat Morning	Shabbat Morning Services - Saturdays at 9:30am In house and Online
Rabbi Office Hours	December 7, 14, 21 - 12:30pm-1:30pm No Office Hours on December 28
NEXTGEN	Saturday December 4 at 5:00pm Details will follow
Book Club	Will be Back Soon - Details will come by Email.
Let Me Hear	DATES: Dec 25, Jan 22, Feb 19 See page 6 for program description