



Temple Beth Israel
Community | Tradition | Inclusion

Temple Talk



Brought To You By Rabbi Ben: Revelation Redux

By: Rabbi Benjamin Chaidell

Shalom!

As we enter February, we will relive one of the momentous moments in our people's history: the revelation at Mount Sinai. On Shabbat on Feb. 3, we will stand and hear the words of the Ten Utterances (also known as the Ten Commandments) delivered to our ancestors.

This was THE foundational event for the Jewish people. This was when we entered our covenant with God to fulfill our purpose as a people: to envision and realize a new way of life based on God's teachings for us. That life was revealed to us at Mount Sinai.

The revelation at Sinai includes some important teachings for us: to honor our parents, to observe Shabbat, to not murder or steal or covet that which is not yours.

But before revealing any law, God introduces God's Self with a statement on who God is and God's relationship to us: "I the LORD am your God who brought you out of the land of Egypt..." God is our God, the God who saved us from Egypt. God is with us and is there for us. Indeed, the rabbis conceived of Mount Sinai as a huppah wedding canopy and the covenant we formed with God like a ketubah committing us to one another.

These Ten Utterances include first and foremost not a Commandment but a Relationship. That relationship is essential for our learning the way of life God instructs us and for us to become a kingdom of priests (teachers) and a holy nation (Exodus 19:6). In order to learn, we must trust the teacher from whom we learn. Sinai established first and

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Presidents Message

By: Linda Ungerleider

What I learned from members with hearing loss

And how we all can help

A few weeks ago, we held two sessions to learn about the experiences and needs of people with hearing loss in the TBI community. Thank you to each member who offered their time and expertise to each other and to inform each of us.

Here are the highlights of what I learned:

Some expressed how hard or exhausting it can be to be a person with a hearing loss, especially in noisy environments.

They can advocate for themselves, are comfortable doing so, and consider it their

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Temple Beth Israel

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Weekly Day Off: Tuesday

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Vice President: Erika Mackin
Secretary: Phyllis Werlin
Membership Director: Edie Rosenberg
Treasurer / Finance: Jim Baron

Board Members and Committees

Cemetery: Jim Baron/Alan Levine
Chesed / Caring: Andrea Baron
Development: Howard Trachtman
House: Merrill Griff
Program: Ben Nudelman
Ritual: Mark Frydenberg
Social Justice: Joshua Mandell
Immed. Past Pres: Dina Baker
At Large: Joan Friedman
 Natasha Moshinsky
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Linked In: https://www.linkedin.com/company/tbiwaltham

Social Justice Committee

Chair: Joshua Mandell

Warming Center 2023-2024

* The Warming Center is now open on Sundays and looking for volunteers. Please sign up at <https://www.signupgenius.com/go/10C0F44AEA829A0F4CF8-45440327-warming#/> or contact Joshua at joshua6781@gmail.com if you're interested.



- Rabbi Ben will be doing a teaching on February 4th at the First Lutheran in Waltham
- In light of the rise of antisemitism in the world, please know misinformation and disinformation are prevalent in TV news and other social media outlets. Please read this article from CAMERA at www.camera.org.

As always, there is a bin in our lobby for used books that are donated to More than Words. There are also bins for the Day Center. They are in need of winter clothing, socks and individual snacks



Presidents Message

By: Linda Ungerleider

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responsibility.

It is easier to hear in the sanctuary than in the social hall.

Some prefer to sit facing the reader's table so they can see the faces of those who speak and be well situated for the room speakers.

Some people prefer participating in person while for other Zoom is a preference because they can adjust volume levels.

Some use a FM or amplifier device. Others use apps on their cellphones. A speech-to-print app was introduced.

What they want you to know that helps:

Face the person as they might also rely on lip or face reading, and it's also easier for them to hear someone who is facing them.

Avoid having sunlight or backlight at your back, as this can interfere with seeing your face clearly.

For conversations in the social hall, sit directly next to each other and turn to face them. When people chat during services—even in whispers—it interferes with their ability to hear and distracts the focus of their hearing aids.

Don't speak out during services unless asked to participate, as it is distracting.

Be aware that some parts of a conversation may be missed and you may be asked to repeat or be asked for clarification.

As an inclusive community, thank you for assisting those with hearing loss to be involved and active congregants.

Rabbi Ben will be holding 3 Opportunities for Learning

Classes unless otherwise noted, will be held in-person with a Zoom option available to those unable to attend in person. To attend, please register at this link [CLICK HERE](#) or with Rabbi Ben at rabbiben@tbiwaltham.org or 781-894-5146.

1. New Lenses on the Weekly Parsha—Online Only

Third Thursday of the month at 12 PM (February 15, March 21)

Join Rabbi Ben for a weekly exploration of the Torah portion which will connect the ancient text to the world today through classical, medieval, and modern commentary and midrash. We will utilize Jewish, academic, and artistic perspectives to understand what the Torah meant to our ancestors, and means to us, today.

2. Hot Topics: Jewish Views on Our World Today—In House and on Zoom

Last Sunday of the Month, 10:30 AM, following Minyan at 9 AM and Breakfast (February 25, March 31)

Jewish Views on Inclusion: Every Person Matters

Sunday 2/25 at 10:30 AM, following minyan at 9 AM and breakfast

February is Jewish Disability Awareness, Acceptance, and Inclusion month. Join Rabbi Ben to explore Jewish texts on the value and practice of including each and every person in Jewish community. We will look at examples of rabbinic writings on people with disabilities and how our ancestors ensured they had a seat at the table, and how we can, too.

3. Jewish Prayer 2.0: How, What, and Why We Pray—Online Only

Second Thursday of the Month, 7:00 PM (February 8, March 14)

Join Rabbi Ben to explore the deeper meaning of Jewish prayer. Whether you attend services every week or you are just beginning your Jewish journey, you will gain new insights into the background of the prayers we say, how we say them, and what they mean. Participants will practice reciting prayers in the traditional mode as well as be exposed to new spiritual and mindful practices to enhance the meaning of familiar prayers. This class is intentionally designed for participants from a range of backgrounds, who will find it meaningful to learn the prayers together.

Purim is Coming - March 23 and 24

Save the Date

If you would like to read megillah (or learn how) or share a fun Purim song or shpiel, please be in touch with Rabbi Ben. There will be 2 opportunities to read megillah this year.





Friday Night Kabbalat Services February 2nd

**Join us in house for Happy 1/2
Hour beginning at 5:45pm with
wine and cheese**

**Services begin both in house and
online at 6:30pm**

Rosh Hodesh Group - Sunday

February 11 @ 5:00pm

TBI Lobby

*Rosh Chodesh
Women's Group*



Rosh Hodesh has traditionally been a time when women would not work; instead, they would get together to celebrate with food, wine, etc. TBI is starting up its own Rosh Hodesh group for those identifying as female. The initial meeting will be held on Sunday, 2/11 @ 5:00 pm in the TBI alcove. We will discuss self-care as it relates to the month of Adar I and your ideas for the group. Some snacks and beverages will be provided, but you are welcome to bring your own or something to share. Contact Denise Dickinson at dickinsondr@hotmail.com for questions, etc.

TBI PORTRAITS

By: Diana Korzenik

Linger over Kiddush lunch, coffee and sweets to listen to and participate in interviews I will conduct with people we see all the time but have yet to really know.

I know I've wondered where each of us came from and was raised, what sort of Jewish experience and education each of us might have had, or wished we had?.. What children's book may have impressed you and why?.. When did you know you were really good at...? How did you get your first job?... etc.

TBI PORTRAITS will begin on Saturday February 10th when we will interview Erika Cohen. Her story begins in Hungary and will tell the story of how she came to the United States.



Shabbes in Upper Remety: Music of the Hollender Family—A Tish with Hankus Netsky (Friday March 1st)

Hankus Netsky will lead a "tish" – (singing around a table) featuring melodies of the Hollender family. This annual event honors the late Morris Hollender, Temple Beth Israel's long-time baal tefila (prayer leader) and Torah reader, and his wife Edith. Auschwitz concentration camp survivors, the Hollenders came to the Boston area from Czechoslovakia in 1967.

Joining Hankus will be members of New England Conservatory's Jewish Music Ensemble and congregation members, who will help him lead the singing of unique traditional Eastern European Jewish Melodies that Morris Hollender remembered from his childhood in Upper Remety in the Carpathian Mountains of the Czech Republic, and shared generously with others during his time in the United States.

6:15 PM— Hankus Netsky will share a nigun and Morris Hollender's L'cho Dodee melody during our weekly Kabbalat Shabbat service.

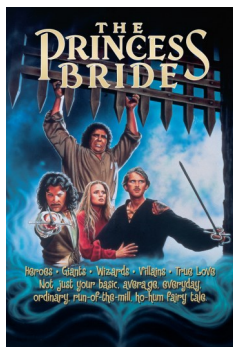
7:30 PM— Chicken Dinner, vegetarian option on request (\$20/person TBI Members and \$25/person Non Members)

8:15 PM— Shabbes in Upper Remety Tish (Note: The tish will have a separate Zoom link. Prior registration for the tish is required. Doors will close promptly at 8:30pm)

Sign up for the Zoom Only at <https://bit.ly/HollenderTish2024> - After registering, you will receive a confirmation email containing information about joining the meeting.

TBI Havdalah & Movie Night February 17th at 7pm

**Join us for a Havdalah service
to end Shabbat and then watch
The Princess Bride.**



NEXT  GEN

(for those 25-45)

**Join NextGen for Havdallah and
Game Night on Saturday Evening
February 24th at 7:00pm**

**Bring your favorite game or play one
from TBI's collection**

**Check your email for details in a
future eblast!**



We meet by computer, by phone, and in person (though we do close the building temporarily in COVID-19 surges—please check the website).

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/>.

Dates	February Shabbat Services Online	Meeting ID
February 2 February 9, 16, 23	Happy 1/2 Hour 5:45pm Inhouse and Online Services begin at 6:30 Shabbat Service - 5:30 pm - 6:00 pm Online only	Click Here to Join
February 3, 10, 17, 24	Shabbat Morning In-house and Online 9:30 am	Click Here to Join
	Thursday Morning Minyan	
February 1, 8, 15, 22, 29	Morning Minyan 8:00 am Online only	Click Here to Join
	Sunday Morning Minyan	
February 25 See page 5 for details	Sun. Morning Minyan & Breakfast 9:00am Rabbi Ben Teaching 10:30	Click Here to Join
All Online Services	All Online Services	858 6689 6770 pw: TBIservice

Classes to Sign Up For

See Page 3 For Class Descriptions

Feb 15, Mar 21	New Lenses on the Weekly Parsha - Online Only Third Thursday of the month at 12pm	CLICK HERE to sign up
Feb 25, Mar 31	Hot Topics: Jewish Views on Our World Today Last Sunday of the month at 9:00am	CLICK HERE to sign up
Feb 8, Mar 14	Jewish Prayer 2.0: How, What, and Why We Pray Second Thursday of the Month, 7:00pm	CLICK HERE to sign up



Yiddish Story Reading and Discussion

Yiddish Story Reading and Discussion Group - Martha Tolpin's first Yiddish story reading and discussion of I. L. Peretz "*Bontshe*" was a huge success! So, by popular demand, we will hold another reading (story TBD) immediately following Kiddish sometime this Spring.

Howard's Corner

by Howard D. Trachtman, BS, CPS, CPRP, COAPS

I am looking to put together a panel of people with mental health issues at TBI.

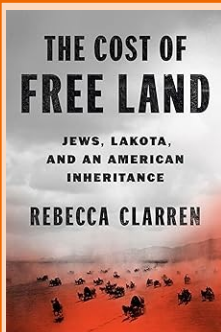
If you would like to be on the panel, please contact me at hdt@mit.edu or (781) 642-0368.

I want to share some free resources for people with mental health issues:

1. Metro Boston Recovery Learning Community www.mbrlc.org
2. Peer Support Line: 877 PEER LNE (877 733-7563) is open 4pm-7:45pm 7 days a week; for more peer support lines, see www.warmline.org
3. NAMI Massachusetts offers a resource helpline called COMPASS which can be reached at compass@namimass.org or 617 704 6264 & 800 370 9085.
4. NAMI Greater Boston Peer Support And Advocacy Network does advocacy and has its own support groups <https://namiboston.org/peer-san>
5. Opening Doors to the Arts obtains complimentary tickets to concerts and theater, Red Sox and more www.OpeningDoorsToTheArts.org

I can be reached at hdt@mit.edu and 781 642 0368.

-Howard



TBI Bookshelf

By Marilyn Racette

Toni Wolfman recently contacted me to say she had "just finished reading a book suggested to me by my daughter-in-law... 'The Cost of Free Land: Jews, Lakota and an American Inheritance' by Rebecca Clarren. It's a very well-researched book about members of a Polish Jewish family and their descendants who acquired land in South Dakota that the U.S. had taken from the Lakota Indians. I found much of it quite interesting and some fairly upsetting."

Toni is graciously donating a copy to our library. The Oscar nominated movie "Killers of the Flower Moon", the film based on the book by David Grann, has heightened interest and awareness of the treatment of land and Native Americans. How does their story tie into our own, and the imperative to pursue justice and repair the world?

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foremost a relationship of trust between us and God. And with that relationship in place, we have continued to learn the Torah God shared ever since.

Each year as we read the Ten Utterances, we affirm our commitment to our relationship with God and to learning God's teachings. We commit ourselves to learn from God, and perhaps also, God commits to learning from us. After all, God charged us to become a kingdom of priests (teachers) as well as learners.

At Temple Beth Israel, we take seriously this charge to learn and to teach, and as the basis of that learning, to form relationships of trust and care for one another. Our sharing of food at kiddush, the mutual support offered in prayers of healing, and the kindnesses we give to each other create relationships of trust that enable us to learn with, and from, one another.

I am excited to learn with and from you during our three-monthly classes on Jewish prayer, parsha, and hot topics. We have a special opportunity to learn from one another after kiddush on 2/10 as Diana Korzenik interviews TBI members to share portraits of their lives.

As we relive revelation at Mount Sinai this month, may we learn Torah with and from one another as we build relationships of love, care, and commitment modeled on our people's relationship with God. Together, we will receive, and share, the next chapter of the unfolding revelation of God's Torah in our world. I look forward to learning it with you!

Rabbi Ben

Rabbi Ben's Office Hours

Wednesdays from 9:30am –10:00am will be Zoom Only. [Click Here to enter the zoom room.](#)

From 10:00am - 12:00pm people can make an appointment or just drop in, understanding they may need to wait if someone is already with me.



Donations

Saturday Kiddush Donations

- Feb 3 - Bruce Trager and Alan Dechter, in memory of Hillel Stavis
- Feb 17 - Phyllis Werlin, in honor of Alan Levine's birthday

Sharing a light lunch after services each week strengthens and creates community. \$200 sponsors one Shabbat lunch for up to 40 people. Contact the office to reserve your week today!

General Fund Donations

- Jeanne Kaswell Sager, in memory of Louis and Goldie Kaswell, Ernest and Yolanda Kaswell and Harold and Charlotte Kaswell

Please consider making a donation in memory of a loved one listed on our *yahrzeit* page, or in honor of a special someone's life cycle event. You can use the form on page 11 and send in a check or donate online at our website using a credit card.

High Holiday Donations

- Hankus Netsky
- Hannah Griff Steven
- Marvin Griff

Rabbi's Discretionary Fund

- Dianne Levine, in memory of Milton Popolow

Thank You

Thanks to those who read Torah, Haftarah, led a portion of the service, were a gabbai, or gave a D'var Torah recently:

- Mark Frydenberg
- Scott Tepper
- Phyllis Werlin
- Alan Levine
- Joshua Mandell
- Erika Mackin
- Tzvi Abusch
- Susan Holbert
- Catherine Cantrell
- Bruce Trager
- Dana Fine
- Alan Levine

Please [CLICK HERE](#) to volunteer to be gabbai, to read from the Torah or chant a Haftarah, or contact Mark Frydenberg or Rabbi Ben if you would like to give a D'var Torah in the coming months.

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

If your loved one is remembered here, we remind you that it is customary to acknowledge the yahrzeit with tzedakah. TBI appreciates any gift you wish to make in memory of your loved ones.

February Yahrzeits

- Feb 3 - Ed Brown and Julie Gagnon, in memory of wife and mother, Renee Brown
- Feb 3 - James Baron and Audrey Kennen, in memory of their uncle, Donald Kaplan
- Feb 4 - George Isaac, in memory of his mother, Rosa Isaac
- Feb 5 - Susan Furman and Beth Cormier, in memory of their father, Maury Furman
- Feb 6 - Edward Kaufman, in memory of Dorothy Ullian
- Feb 8 - Ben Nudelman, in memory of Regina Greenbaum
- Feb 9 - Zach Roe, in memory of Helen Rose Justice
- Feb 10 - Susan Baron, in memory of her father, Edward Baron
- Feb 13 - Merrill Griff, in memory of, Benson Griff
- Feb 14 - Amy Rothman, in memory of her grandmother, Eva Rothman
- Feb 17 - Esther Keaney, in memory of her father, Paul Keaney
- Feb 17 - Paul and Albert Smith, in memory of their mother, Sonia Smith
- Feb 21 - Jordan Kreidberg, in memory of his mother, Fanna Kreidberg
- Feb 23 - Paul and Albert Smith, in memory of their brother, David Smith
- Feb 23 - Janice Goldstein, in memory of her step father, Jerome Bloom
- Feb 29 - Bruce Trager, in memory of his grandfather, Robert Fox

March Yahrzeits

- Mar 1 - Ed Brown, in memory of his mother, Rose Brown
- Mar 2 - Jordan Kreidberg, in memory of his father, Marshall Kreidberg
- Mar 2 - Marilyn Racette, in memory of her father, Sal Araten
- Mar 3 - Helen Lewis, in memory of her mother, Murile Lewis
- Mar 3 - Martin Taubman, in memory of his mother-in-law, Martha Mikelbank
- Mar 5 - Julian Webb, in memory of his father, Larry Webb
- Mar 7 - Albert Smith, in memory of his wife, Judith Smith
- Mar 9 - Ellen Feinsand, in memory of her father, Abraham Feinsand
- Mar 11 - Julian Webb, in memory of his mother, Goldie Webb
- Mar 12 - Robert Kaitz, in memory of his grandmother, Eva Kaitz
- Mar 13 - Zach Roe, in memory of his uncle, Mitchell Lane Roe
- Mar 16 - Ellen Feinsand, in memory of her mother, Annette Feinsand
- Mar 23 - Barbara Camann, in memory of her sister, Jane Siegel
- Mar 24 - Merrill Griff, in memory of his father, Harris Griff
- Mar 24 - Alan Corman, in memory of his father, Jack Corman
- Mar 27 - Larry Bloom, in memory of his father, Al Bloom



Temple Beth Israel Memorial Park

Temple Beth Israel has maintained a cemetery for its members since 1951. Beth Israel Memorial Park is located on South Street, between the Stanley Elementary School and Children's Hospital. Graves are available in Section A (the right side as you enter the cemetery), Section B (the left side as you enter the cemetery) and in Kulanu (the left side, after Section B). The cost to purchase an individual

grave in Sections A or B for Temple members is \$2,200 (\$4,400 for two). The cost for non-members is \$3,600 per grave, which includes one year of membership.

You must be a Temple member for two or more consecutive years to take advantage of Member pricing; Non-member pricing applies to all others.

Kulanu is dedicated to serving the needs of Jewish Temple members who are married to a non-Jewish spouse. 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 \$7,200 for a lot of two, which includes one year of family membership.

If you are interested in purchasing one or more graves, please contact **Jay Trilling** of Menorah Cemetery Management Corporation at (857) 636-9440.

—Jim Baron and Alan Levine
Cemetery Committee Chairs

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>

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.

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 ____ High Holiday Fund
____ TBI Community Outreach ____ Warming Center Fund ____ Saturday Kiddush Fund -(Minimum \$200)

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: _____

City/State/Zip _____



Temple Beth Israel

25 Harvard Street
Waltham, MA 02453

Help us save on postage!

Pick up your copy of Temple Talk at the synagogue
or read it online at www.tbiwaltham.org.

Mark Your Calendar! February Highlights

Friday Night Shabbat Service	Happy 1/2 Hour and Kabbalat Shabbat Service In House and Online 5:45pm First Friday of the month Welcoming Shabbat Service online only- 5:30—6:00 all other Fridays
Shabbat Morning	Shabbat Morning Services - at 9:30am In House and Online
Rosh Chodesh Group	See Page 4 for Details
TBI Portraits	New Program to begin this month led by Diana Korzenik See page 4 for details
Sign Up for Classes	Classes to Sign Up For See page 3 for details
Save the Date for Purim	See page 3 for Details
Minyan, Breakfast & Hot Topics	See Pages 3 for Details