

Late March 2020



# Temple Talk “LITE”

## Bits of News to Stay Connected to the TI-JCC community

*Editor's note: As we all maintain a physical distance during the COVID-19 pandemic, we will bring you short Temple Talk newsletters to help stay everyone stay connected until we can once again at TI-JCC. Contributors were asked to send short pieces with helpful information, to share skills or hobbies, and provide quick concise updates about their committees. We will send these out a few times before our next official Temple Talk issue (May/June).*

### FROM RABBI FINE

This year's Passover presents challenges to us as we are unable to gather with friends and families and are adjusting to home-bound living amidst the COVID-19 crisis. Please consult the email I sent to the congregation on March 29 with specific information and suggestions for Passover. I would like to share here a beautiful prayer by Rabbi Naomi Levy, which I read this past Shabbat morning at our services:

#### *A Prayer of Hope During this Pandemic*

We are frightened, God,  
Worried for our loved ones,  
Worried for our world.  
Helpless and confused,  
We turn to You  
Seeking comfort, faith and hope.

Teach us God, to turn our panic into patience,  
And our fear into acts of kindness and support.  
Our strong must watch out for our weak,  
Our young must take care of our old.  
Help each one of us to do our part to halt the spread of this virus

Send strength and courage to the doctors and nurses  
In the frontlines of this battle,  
Fortify them with the full force of their healing powers.  
Send wisdom and insight to the scientists  
Working day and night across the world to discover healing treatments.  
Bless their efforts, God.  
Fill our leaders with the wisdom and the courage  
To choose wisely and act quickly.  
Help us, God, to see that we are one world,  
One people  
Who will rise above this pandemic together.

Send us health God,  
Watch over us,  
Grace us with Your love,  
Bless us with Your healing light.  
Hear us God,  
Heal us God,  
Amen.



## Physical Needs and Spiritual Needs

Rabbi Leah Moser

The ongoing coronavirus pandemic has forced Americans to look at many areas of our lives in a different light, and our religious institutions are no exception. As the scale and impact of the pandemic began to become clear, synagogues, churches, mosques and other communities of worship throughout the country had to wrestle with the difficult question of how to respond to a crisis that seemed to demand from us a response diametrically opposed to our fundamental reason for existing. After all, what is a house of worship if not a place for people to gather together in order to address their shared spiritual needs through the medium of community?

And yet the message from the medical experts and public health officials was clear: The only way to slow the spread of the virus and save as many lives as possible was to engage in a large-scale practice of social distancing, avoiding any gathering of any significant size—including religious services.



Inevitably, in some quarters, questions were raised concerning how to balance the obligation to address peoples' physical needs with that of attending to their spiritual needs. The answer for this synagogue, as it most likely has been for the majority of religious communities in this country, has been to prioritize peoples' safety by closing our physical building while doing our best to fulfill our mission of providing our members with spiritual and intellectual connection in a difficult time, through whatever technological tools we have at our disposal. I have certainly found myself thanking G-d on more than one occasion in the past couple of weeks for the existence of Zoom, without which I don't know how we would be managing to continue to operate under these conditions!

Although we have managed to find practical solutions to the dilemma, the underlying question of how to prioritize physical and spiritual wellbeing seems both interesting and important to consider in a time such as this. As one possible path toward understanding how to tackle this issue from the perspective of Jewish values, I direct your attention to Rabbi Simcha Zissel Ziv, an eighteenth-century leader of the Mussar movement and student of Rabbi Israel Salanter. In his text *Chochma u'Mussar* ("Wisdom and Ethical Training"; for a translation of this text see the Appendix in Ira Stone's excellent book, "A Responsible Life: The Spiritual Path of Mussar"), Rabbi Zissel states that the highest level of attainment when it comes to mastering the Torah is that of "carrying the burden of our fellow." By this he means that in seeking to live out the Torah's highest ideals, it is necessary for us to cultivate within ourselves the capacity to imagine the suffering and hardship being experienced by others, feeling it as if it were our own, and thereby motivate ourselves to ease that suffering through our own actions.

As an example of this kind of radical empathy in action, Rabbi Simcha Zissel points to the early life of Moses, who as a young man "went out to his kinsmen and witnessed their suffering." (Exodus 2:11) Rashi's comment on this verse is that Moses "was prepared to be an agent to relieve Israel's physical suffering and then to bring them to worship at Sinai." For Rabbi Simcha Zissel, the order in which these two things take place is absolutely vital: First, Moses must "relieve Israel's physical suffering" and only then can he "bring them to worship at Sinai."

When we are operating in the mode of "carrying the burden of our fellow," we will attend to their physical needs before attending to their spiritual needs. This is not because our physical being is more important than our spiritual being—on the contrary! Rather, it is because the highest attainment of Torah, "carrying the burden of our fellow," consists in making the physical needs of our fellow identical with our own spiritual needs. In other words, by addressing the physical needs of those around me, I am fulfilling my own highest spiritual needs.

Jewish tradition has always asserted a close connection between the spiritual and the physical. The Torah represents the loftiest spiritual teaching of our people, and its aim is always to refine the spirit of those who follow it. Nevertheless, the *mitzvot*, the means by which that spiritual refinement is accomplished, are nearly always related to physical actions in the physical world. As embodied beings, our connection with the spiritual must necessarily be maintained through the medium of the physical—specifically through understanding and acting to relieve the physical suffering of our fellows.

In the weeks and months to come, I am sure that we will be faced with many opportunities to "carry the burden of our fellow." May G-d help us all find the strength to do so to the best of our abilities.

*L'shalom,*  
Rabbi Leah Moser



## FROM THE PRESIDENT

Dear friends:

I hope this writing finds you all well and adjusting as best as possible to the new reality. If anyone needs help with groceries, pharmacy deliveries, or anything else please let me or Elyse Levene know so we can alert our Chesed Committee volunteers.

Despite TI-JCC being closed, Rabbi Fine and our staff are doing all the necessary things to maintain our sense of community, to keep our building clean, and to keep our “business” up to date. The executive committee met earlier this week, as did our board of directors, virtually through Zoom. It is quite easy to use. Thank you to all for managing in extraordinary times.

You should have seen the rabbi’s email with instructions on how to log onto Zoom or our live streaming for Shabbat and Sunday minyan services. I would strongly suggest you log on for services as the rabbi has done an excellent job. Of course, feel free to join with a glass of your favorite wine! Instructions were also in that email on how to download a siddur. (*Editor’s note: instructions are repeated in the ritual article.*)

We are trying to be attentive to all our members’ needs as best we can. We are trying to organize groups with different interests such as Broadway shows, music, yoga, etc., where we can participate on Zoom together. We had three open discussion groups last week and it was quite nice having someone outside our homes to talk with and look at. We also have people to talk with if you are lonely or experiencing a difficult time being isolated at home. Feel free to contact the rabbi if you’d like to talk with someone.

Please follow all the best safety precautions and don’t take chances until this virus is under control and less restrictive guidelines are known. Let us look forward to the day when we can all get together again soon under the same roof, the way we did just a few weeks ago celebrating Rita & Bob and Maureen as one happy family!

*L’hitraot,*  
**Howard Schreiber, President**

### Some excerpts from Rabbi Fine’s March 29 email about Passover

Seders this year should be limited to the people in our homes. We can connect via phone or computer with our families. **I will be hosting a Zoom seder on the first night at 6:30pm, and will distribute the link soon.**

**Haggadot.** The Rabbinical Assembly has provided a **free download of “The Feast of Freedom”** which you can request here:

<https://www.rabbinicalassembly.org/form-download-feast-freedom-passover-haggadah-0>

**Hametz.** This is not the year to clear out the pantry before Passover. Whatever food there is should simply be set aside and “sold” before Passover. **The easiest way to sell hametz this year is to do so directly with the Rabbinical Assembly using this form:**

<https://www.rabbinicalassembly.org/sale-hametz-0>

**Services.** This year’s **minyan and siyum on the eve of Passover** will be held over Zoom at **8am on April 8**. Here is the link for that service: <https://zoom.us/j/985973532>

I will be conducting Passover services as we would have had at the synagogue, including a yizkor on the eighth day, and will send those links when we get closer.

I wish all of us a happy and healthy Passover and look forward to being able to greet each other in person again soon.



The thrill of the Ways and Means party is something that will never leave us. We are so grateful to have been selected as this year's honorees. The evening could not have been more perfect, and we were so happy to share it with our family and friends and our Temple Israel family.

The evening's success is owed to the incredibly hard work of a team of people. We wish to thank Nancy Bortinger, Leigh Brown, Ziva Davidovich, Brian Della Torre, Bob Dworkin, Nadine Genet, Susie Goldstein, Stephanie Gottesman, Shari Haber, Sue Hill, Celia Idelchik, Freddie Kotek, Elyse Levene, Wayne Miller, David Millman, Kate Mowlem,, Linda Paige, Jo Rosen, Alex Rothschild, Howard Schreiber, Stacey Scott, Bob Seltsam, Bob Smolen, and Cindy Zirkin.

We especially want to thank Tricia Schreiber for serving as the chair of the event. Tricia, your ability to put all the pieces—theme, decorations, music, food, journal, and more—is nothing short of amazing. We also want to offer special thanks to Alla Fine for managing the evening's auction, which had an exciting array of offerings, attracted multiple bidders, and made a lot of money for our shul. (Photos: Jo Rosen Photography)

### *Maureen, Rita and Robert (Bob)*



*See a few more photos on back cover.*

## Sisterhood

Greeting from my home! Of course, I'd much rather be at a Sisterhood gathering, but we are all doing our best in these unusual times.

If you are like me, you've been pondering Passover and how to get the house ready with everyone home. I've also been taking serious stock of my food, and trying to figure out what we will be eating for seder and the following week. In a normal year, I'd be heading out to two or three different stores to get all the special foods we look forward to, but this year, Passover is going to be different from all other holidays (pun intended!).

Our recipe exchange gathering didn't happen, but we can certainly still do that electronically. If you would like to share, I'll be compiling recipes in the next week, and then sending it out to the Sisterhood e-mail list. Please send me a file or a picture at [arleneyb@yahoo.com](mailto:arleneyb@yahoo.com) to have your recipe included.

In that spirit, I'd like to share two things with you. The first is a great website for Passover and year-round recipes, [jamiegeller.com](http://jamiegeller.com) (formerly [joyofkosher.com](http://joyofkosher.com)). Jamie has great recipes and menus, including a seder meal for two that uses no more than five ingredients per dish. She also does live cooking videos on Facebook, often accompanied by one of her children, with all the camera work done by her husband. She's very entertaining and fun to watch, and her recipes are very simple, easy to make, and all the ones I've tried have been delicious.

My other item to share is a favorite family recipe for Passover. Everyone seems to be constantly hungry during that week, and in my household, these cookies just get left out on the counter for people to grab as they go by. You probably have most of the ingredients on your Passover shopping list anyway.

### **Passover Chocolate Chip Cookies**

(Makes 36 cookies, but recipe is easily doubled.)

#### INGREDIENTS:

1 cup matzo meal  
1/2 cup granulated sugar  
1 cup matzo farfel  
6 oz. chocolate chips  
1 cup coarsely chopped walnuts (optional)  
2 eggs, beaten  
1/3 cup oil or 1/2 cup margarine, melted

#### INSTRUCTIONS:

- Combine the matzo meal, sugar, farfel, chocolate and walnuts in a bowl.
- In a small bowl, beat the eggs with the oil until very well blended.
- Pour the mixture over the dry ingredients and mix until everything is wet. Add a bit of cold water if necessary; the dough will be dry and not hold together well.
- Shape tablespoons of dough into cookies and place one inch apart on a lightly greased baking sheet. These will NOT spread.
- Bake at 350 degrees for 20 minutes, until the bottoms start to brown.



These keep really well in a loosely covered container. Hope your family enjoys them like mine does. It wouldn't be holiday without these!

*B'Shalom,  
Arlene Bernhardt, president*



Happy Passover to everyone!

## RITUAL ROUNDUP

As we quarantine and socially distance ourselves, Ritual offers a way to safely reconnect with fellow congregants through our virtual services.

- Please attend weekly scheduled, web-based services using the assigned connections. We still count everyone in the *minyan* and this provides the opportunity for mourners and those observing *yahrzeit* to say *kaddish*.

⇒ **Temple Israel schedule:**

- \* Friday night at 6:30pm
- \* Shabbat morning at 9:00am (must provide your own muffin and coffee ...)
- \* Sunday morning at 9:30am
- Remember to wear the appropriate ritual items for the service (*kippah, tallit, tefillin*)
- Try to reduce/eliminate background noise when sharing audio (cell phone, dog, etc.)
- Remember to sell your *hametz* to the Rabbi (*Pesach* is less than 2 weeks away!)
- Stay tuned for details about the *siyyum* for the firstborn on Wednesday morning, April 8.

**David Millman**

**Ritual Chair**

**Zoom links for Temple Israel online services change and are emailed weekly; service times are as follows:**

Friday night at 6:30

Shabbat morning at 9:00

Sunday morning at 9:30

**Using Zoom for Temple meetings on a web browser/computer**

Sign up for a Zoom account - <https://zoom.us/signup>

Sign into Zoom - <https://zoom.us/signin>

Schedule a meeting - <https://zoom.us/meeting/schedule>

Start a meeting - <https://zoom.us/meeting?type=upcoming>

The first meeting that you start will download a file. Double-click on the file name to run it. This will install Zoom onto your computer. Subsequent meetings will show a dialog. Click 'Open Zoom Meetings'.

**Using Zoom for Temple meetings on your phone or tablet**

Download Zoom to your phone from Google Play (Android) or the App Store (iPhone)- <https://zoom.us/download>

Start the app. Click "Sign Up."

If required, click "Sign In."

To schedule a meeting, click "Schedule" along the top row.

To start a meeting, click Start on the previously scheduled meeting.

**For more details**

Training videos - <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

Live demos (must register in advance) - <https://support.zoom.us/hc/en-us/articles/360029527911-Live-Training-Webinars>

**Livestreaming Instructions for TI services**

1. Go to [www.synagogue.org](http://www.synagogue.org) and click on "About Us" on the menu task bar.
2. Select the last item on the dropdown menu, "Members Only Area."
4. If you have not registered yet, click the link at the bottom, "Click here to register" for new users.
5. Fill out the form and press submit. Our tech committee will process the request and send you an email confirming your registration with the username and password you selected on the form.
6. Repeat steps 1 through 4 to log in during service times.

Download a Conservative prayer book at <https://www.rabbinicalassembly.org/form-download-e-siddur-0>.

**Zoom links for RCBI online services change and are emailed weekly**

Participants can connect to the Zoom meeting on Friday (8:00pm) and Saturday (10:00am); the meeting ID changes weekly and are sent out each week by Rabbi Leah. For those using the phone, the dial-in number is (929) 205-6099; enter the meeting ID when prompted, followed by #.

If you do not receive the weekly emails with this information, contact Rabbi Leah or Caryn Starr-Gates for the Zoom links as well as the downloadable PDFs of the Reconstructionist Friday and Saturday service pages.

## Tikkun Olam

We know that everyone is on edge, worried, anxious—we are too. This is a time not only to stay safe ourselves but also to help others in our community who are much less fortunate than we are. Here are some things you can do:

### Donate

Temple Israel supports the organizations below. You also can donate to the **Susan Reeve Feed the Hungry Fund** at the synagogue.

When the emergency was first declared, the food pantry at **Social Services of Ridgewood** was cleaned out. Through community donations, it's been restocked, but the need is ongoing. [Go to https://www.ssaridgewood.org/ to make a donation. It will go directly to people in need in our community.](https://www.ssaridgewood.org/)

**S.H.A.R.E., INC.** (Senior Housing Association of Ridgewood and Environs) is a non-profit organization with no religious or government affiliation dedicated to providing an affordable, home-like environment for low-income independent seniors age 55+ in Bergen County. Weekend meals are donated by volunteers. [To sign up, visit the monthly calendar at https://www.signupgenius.com/go/904094fada72ea6f49-share2.](https://www.signupgenius.com/go/904094fada72ea6f49-share2)

### Give Blood

Many state and local governments have barred people from leaving their homes, except for essential functions. FEMA has specifically identified blood donation as an “essential and integral component of the emergency support function.” Blood drives are not gatherings: they are blood donation operations that are key to our public health and safety. In a March 19 letter to all emergency management agencies, FEMA Administrator Pete Gaynor stressed: “Donating blood is a safe process and people should not hesitate to give. Blood drives have the highest standards of safety and infection control . . . Just as the social distancing guidance recommends that it’s okay for people to leave home for necessities like groceries, or a doctor’s visit, or the pharmacy—donating blood is a necessity.”

Dr. Jerome Adams, U.S. Surgeon General, said Americans need to donate blood to help stave off deaths caused by the pandemic. “One person giving blood can help up to three people and possibly save a life,” he said. While the CDC has cautioned against nonessential travel and gatherings, Dr. Adams encourages healthy people to visit blood donation sites. [There are several ways to donate blood in our community. You can give blood through Vitalant, which has locations in Paramus and Montvale. Make an appointment online at https://www.vitalant.org/Home.aspx.](#)

### IN NEED OF FINANCIAL HELP DUE TO THE COVID-19 CRISIS?

The **Paterson Hebrew Free Loan Association** will provide interest-free loans to support individuals and small businesses with financial challenges due to the coronavirus outbreak in Bergen and Passaic counties.

Through its Covid-19 Impact Program, PHFLA will provide interest-free loans up to \$3600, due to emergencies because of: lost wages, small-business owner needs, childcare costs due to school closures, or medical costs related to the virus. [To get started, call the Paterson Hebrew Free Loan Association at 201-791-8395.](#)

### NOTES FROM THE CHESED COMMITTEE

Greetings folks. First and foremost, I hope that you and your families are all safe and staying out of harm's way.

In this new normal, we are all trying to be compliant with the local mandates (and being prudent by using common sense) while still trying to provide some level of outreach to those who are in higher risk categories. This morning, I received a request from Temple leadership requesting assistance delivering groceries to some of our elderly congregants. I know that many are reluctant to venture out so I am seeking only those of you who would be able and willing to do so. Where possible, we will encourage congregants to use delivery services. I am told, for example, that Butterflake delivers but obviously that would be for limited food stuffs. There are some grocery stores that I believe have contactless curbside pickup. Same can probably be done at drop off but obviously, specific logistics will need to be arranged.

At this point I'm only canvassing to see if any of you are available and willing. No pressure. If you know of any people you think I should contact to include in this solicitation please let me know. Thank you for all that you do for the shul. Looking forward to a point in the future when our contact can be in person.

*Be well, all.  
Elyse Beidner Levene*

## BRANDEIS MEN'S CLUB

Nothing stops the Brandeis Men's Club. Please enjoy the program from our "Virtual Man Of the Year" service on March 21. Thank you to Rabbi Fine for doing EVERYTHING except creating the program. Hat tip to Millman.  
(Editor's note: The service outline is on the next page; had to rotate it to fit our vertical format).  
The actual MOY service and brunch WILL happen down the road.

## Josh Holden – BMC 2019/2020 Man of the Year



After returning from Japan, Josh's grandfather moved his young family to Fair Lawn, NJ, where they became early members of the Fair Lawn Jewish Center. Grandpa Aaron Kattan became president of the Men's Progress Club, while Josh's grandmother Muriel was president of Sisterhood. Years later, a young Josh had no clue that seeing their names on those plaques on the wall would set him on the path to a dinner in Central Jersey...

Josh moved to Ridgewood with his parents when he was 5, joining Temple Israel because his mother held the firm belief that you must join the synagogue in the town where you live.

After his Bar Mitzvah there, he spent his Sundays at BCHSJS (the Bergen County High School of Jewish Studies) where he made the friends that would sign his Ketubah nearly two decades later. Soon it was off to UC Berkeley for college, where he hosted Passover Seders using recipes dictated over the phone from his mother and grandmother. He still refers to those yellowed, stained loose leaf sheets each year, even though he hasn't really needed the words and measurements for quite a while.

Josh returned East to begin his PhD in Nuclear Physics, where he met Suzie, who had come from Texas for hers in Particle Physics. He knew she was special, but she still thought she was Southern Baptist. With the help of Josh's family and their holiday meals, she started to come around. Five years later came a chance sighting of a flier in a bagel shop for an intro to Judaism class. Arriving home after the first session, one of them said, "Well, I guess we're getting married." The other replied, "I guess so." Neither of them even remembers who proposed, such as it was.

They found themselves back in Ridgewood – close to free childcare – and had two sons, Ethan and Aaron. When asked to become President of Temple Israel, Josh looked at his sons and thought of himself that age, looking up at his grandparents' names on their synagogue wall, and couldn't say no. Josh's proudest accomplishment as president was getting angry letters objecting to the pool he planned to construct in the Temple Israel parking lot... as described in his Purim Spiel.

With the threat of a 4<sup>th</sup> year of presidency looming, Josh's only escape was to flee the country, so he abandoned all professional responsibility and took his family on a year-long trip around the world, to Mongolia, Mt. Everest, Borneo, through Asia and across Africa. On that trip he and his son Ethan became avid scuba divers, because skiing wasn't expensive enough. The family returned just in time for Ethan to become a Bar Mitzvah in the same synagogue as his father.

Now back in his own house, a year away from both cooking and construction projects was too much to bear. So Josh ripped down a wall and rebuilt his kitchen around a 10 burner stove and 3 ovens. The promise of the resulting meals earned his dinner the top bid at the TI silent auction and obligated him to hosting a lifetime of Synagogue progressive dinners.

**March 21, 2020**

**Shabbat HaChodesh**

**25 Adar 5780**

**Parashat: Vayakhel-Pekudei**

|                        |                |
|------------------------|----------------|
| <b>P'sukei D'zimra</b> | Rabbi Fine     |
| <b>Shacharit</b>       | Rabbi Fine     |
| <b>Torah Service</b>   | Rabbi Fine     |
| Ark Opening            | Rabbi Fine     |
| Carry Sefer Torah      | n/a            |
| Gabbi Rishon           | Rabbi Fine     |
| Gabbi Sheni            | n/a            |
| <b>Torah Readers</b>   | <b>Aliivot</b> |
| Rabbi Fine             | Kohen          |
| Rabbi Fine             | Levi           |
| Rabbi Fine             | Sh'lishi       |
| Rabbi Fine             | Revi'i         |
| Rabbi Fine             | Chamishi       |
| Rabbi Fine             | Shishi         |
| Rabbi Fine             | Shev'i'i       |
| Hagbah Sefer Rishon    | n/a            |
| Gelilah Sefer Rishon   | n/a            |
| Rabbi Fine             | <b>Martir</b>  |
| Hagbah Sefer-Sheni     | Rabbi Fine     |
| Gelilah Sefer-Sheni    | Rabbi Fine     |
| Haftarah               | Rabbi Fine     |

***Return the Torahs to the Ark***

|                   |            |
|-------------------|------------|
| Carry Sefer Torah | Rabbi Fine |
| Ark Closing       | Rabbi Fine |
| n/a               | n/a        |

**D'var Torah**

Rabbi Fine

**Musaf**

Rabbi Fine

**Men's Club Thoughts**

n/a

**Sisterhood Greeting**

n/a

**Ein Kelohenu, Aleinu**

Rabbi Fine

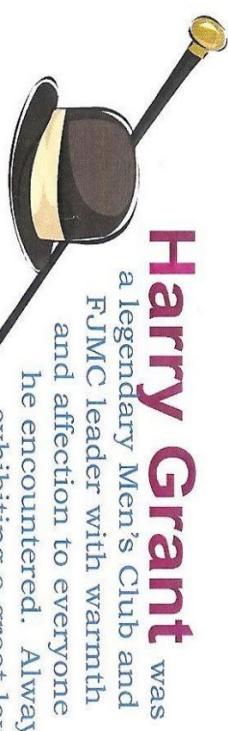
**Announcements,**

**President's Remarks**

Rabbi Fine

**Adon Olam + Kiddush/Hamotzi**

Rabbi Fine



## Nature and Gardening Tips

from Elaine Silverstein

The natural world is celebrating spring despite the tragedy that's devastating humanity. Birds are singing mating songs and building nests, amphibians are laying eggs, insects are emerging. The great migration north is unfolding. Maple and elm trees have bloomed, and spring-flowering shrubs are covered with buds.



This is a good time to get out into nature, so take a walk. Be considerate of nature and of each other: observe social distancing, do not congregate in groups, and carry out your trash.

In the garden, many people are having mulch delivered for their shrubs and flower beds. Here's a tip for next season: instead of buying mulch, use your autumn leaves. Simply rake or blow them onto the beds (or have your lawn service do it). This will improve your soil naturally, preserve the lives of many butterflies that overwinter in fallen leaves, prevent the yearly nuisance of piles of leaves blown into the streets, and save your town money on leaf collection.

Does your lawn service start applying fertilizers and other chemicals in very early spring, or do you use a product such as Scott's 4-Step? If so, you're paying for things your lawn doesn't need. What's more, using petroleum-based fertilizers and other lawn chemicals actually degrades your soil and hurts the environment. Consider switching to a slow-release organic fertilizer, and apply it no more than once or twice a year, preferably around Memorial Day or Labor Day. You'll save money and trouble, and you'll help the environment.



### *Some photos from Purim which we celebrated in the sanctuary.*



*Photos: Jo Rosen  
Photography*



## B'Yachad

Hello everyone! Well, this has been an interesting couple of weeks. As the B'Yachad chairperson, I've decided to change the format of this part of the newsletter.

In addition to planning our fun monthly events, I'm also a pediatric occupational therapist. For the last couple of weeks, I have been gathering content I've created and information from other professionals to help families deal with the multiple roles we are now suddenly thrust into.

Please look me up on Facebook (Jennifer Shub Leiman) for a multitude of activities for children and adults of all ages. There are online and offline options (as I recognize we are spending a lot of time online trying to work and help our children complete schoolwork). I made these posts public so you don't feel the need to become my Facebook friend (no offense taken).



Some of the tools I've posted for my students and their families are related to establishing routines. For example, engaging your children in chores can have a healthy and positive impact while we are all home. It can help to:

- ◊ Decrease the workload from the adults, thereby decreasing overall family stress
- ◊ Promote responsibility and build confidence in our children
- ◊ Add a sense of control and routine during a dynamic time in our lives
- ◊ Provide family togetherness
- ◊ Build non-media time into the day
- ◊ Keep the house in working order while everyone is living in close quarters
- ◊ Help children feel like they are an important component to the family
- ◊ Build life skills (like home economics) including cooking, cleaning, laundry, organizing
- ◊ Improve motor planning, bilateral coordination, fine motor skills, visual motor skills, visual perceptual skills, sensory processing skills (especially adding heavy work into the day)

You can Google chores by age and many lists come up. If you have any questions, please do not hesitate to reach out to me at [jennifer.shub@gmail.com](mailto:jennifer.shub@gmail.com).

Stay Safe. Stay Home. Save Lives.

## NNJJA Update



We've moved NNJJA online! Each week all of our NNJJA families get a newsletter filled with videos, crafts, activities and more that they can do at home. Our third grade students are studying Hebrew using an app, which is really cool! They're also meeting with a teacher for a weekly one-on-one tutoring session. Our fourth through 7th graders are meeting with a teacher online TWICE a week. Almost all of our students moved to this new model seamlessly! Thanks to all of our teachers who learned a new program quickly and gracefully. We appreciate you.

*Jessica Spiegel, Education Director*

### Adult Learning Tip:

Rabbi Leah also suggests, for those seeking some Jewish learning during their downtime (and any time) to take a look at <https://www.jewishlive.org>. It's a hub for accessing Jewish learning via live streaming, with lots of interesting things on offer.

A little humor to lighten up your day. Now we know how all our pets feel when they have to wear the dreaded cone!



## KIDDUSH CLUB

A few years ago, when the Temple budget could no longer support a catered Kiddush, it didn't take long for Barbara Schneider and Bob Smolen to act. One week after there was only wine, challah and herring tidbits, they selflessly shopped, paid for, and prepared a spread for that week's Kiddush. This started the rebirth of the **Kiddush Club**.

The Kiddush Club is all about voluntary TI&JCC member contributions to pay for food when there are no sponsored Kiddushim. Heartfelt thanks to all of you who have been giving so generously these past years, so everyone can enjoy good food and good company after Shabbat services. It is also about the volunteers who shop for and prepare food for the weekly Kiddush. With gratitude, I thank everyone who has ever helped me prep these lunches.

When I saw what Barbara and Bob did for the congregation, it was unquestionably easy for me to say, "Yes", when Bob Obeiter asked me to chair a Kiddush Committee. Since that time, everyone who has come to Shabbat services has enjoyed socializing with one another over a nice variety of food at each Kiddush. What a brilliant way to experience community, catch up with what's happening with our friends, and learn a little something about our visitors.

On the Thursday before this year's Ways & Means dinner dance, Bob Smolen did the food shopping according to my list and the next day, I personally and happily spent many hours in the temple kitchen, wearing gloves and preparing the usual variety of food for Saturday's Kiddush, plus the carrot & raisin salad and three-bean salad people have come to enjoy. Those who attended services on March 7 joined together afterwards for a terrific Kiddush lunch and socialized for a long time. That was the last time our community was able to do so due to the Covid-19 pandemic.

The following Thursday, believing it would be "business as usual." Bob Smolen shopped and brought the Kiddush food to the Temple.

I expected to be in the kitchen the next day, but that didn't happen due to the appropriate decision to close the synagogue.

Since there were no services in our building and no Kiddush to prep, I was extremely pleased that Rabbi Fine asked the TI-JCC and BCHSJS staffs to take all perishable food home with them. Before Jose Serna left on Friday, he thoroughly cleaned out the refrigerators, a typical step he performs each year to kasher our kitchen for Pesach.

Staying at home lately is not making me crazy because I am finding new ways and reinventing old ways to keep busy. But my thoughts keep coming back to our communal weekly Shabbat Kiddush. I can hardly wait till these unprecedented times are successfully resolved, so I can volunteer my time and energies back into helping prepare wonderful Kiddush food for all of you again. And I can hardly wait to see all of you enjoy what our Kiddush Club donors make possible, and the beautiful noise of friends and families talking, laughing, and being an in-person community once again.

Send an email to [babenroute@aol.com](mailto:babenroute@aol.com), if you would like the recipes for the carrot & raisin salad and/or three-bean salad.



**To your health and good fortune ,(וביראות אמן)**  
**Bob Dworkin, Kiddush Committee Chair**



## Passover Groceries/Catering

If you're looking for kosher-for-Passover grocery items or catering options for your seders, please consult the attachment Rabbi Fine sent with his email on March 29. In addition to the list of delis, markets, and caterers, there is information for each about how and when to order, what is available (groceries, prepared foods, seder packages, menus), and whether each establishment offers delivery or pickup.





*More photos from our annual Ways & Means dinner dance, courtesy of Jo Rosen Photography*



*And Purim . . .*

