



PASSOVER
INFORMATION
SEE PAGE 3

APRIL PROGRAMS

Physicians for Human Rights Israel

Join us at BEKI on Tuesday, April 2 at 7:30 pm for an in-person conversation with Guy Shalev, PhD, Executive Director, and Lina Qassem-Hassan, MD, Chair of the Board, of Physicians for Human Rights Israel (PHRI).

Medical professionals from PHRI provide services free of charge to people with limited or no access to health care. PHRI, which was founded in 1988, is supported by more than 3,500 members and volunteers, and each year serves more than 20,000 people.



Guy Shalev



Lina Qassem-Hassan

Israel Trip Schmooze

Avital "Tali" Sokolow Silverman will present a [Zoom](#) schmooze on Tuesday, April 9 at 7:30 pm about her February 2024 Israel trip with the CJP Boston Strong, Israel Strong Solidarity Mission.



Avital Silverman

She will share her photos and experiences speaking with survivors from Kibbutz Kfar Aza and Ofakim, with soldiers at the Erez border crossing, and from visiting the Nova Festival memorial as well as the temporary relocation home of Kibbutz Re'im.

Tali, a social worker at Jewish Family & Children's Service in Boston, is the daughter of BEKI members Ina Silverman and Jay Sokolow.

Talmud Book Talk

Liel Leibovitz, author of *How the Talmud Can Change Your Life: Surprisingly Modern Advice from a Very Old Book*, will give a talk and sign copies at BEKI on Sunday April 14, from 10:30 am to noon.



Liel Leibovitz

His book — plus other books in the GiftShop — will be available for purchase, as will Passover gifts. Light refreshments will be provided.

Moth Story Night

Just before yuntif on Sunday, April 28, you are invited to "Stories of Liberation," an in-person Moth story night, with host

Paul Bass. The Moth, founded by the writer George Dawes Green, gets its name from his memories of storytelling gatherings on a friend's porch as moths circled the porch light.

BEKI's program, with engaging stories by several BEKI members, starting at 6:30 pm, will end with a quick Maariv service.



UPCOMING EVENT

May Schmooze About Tax Benefits

Are you frustrated about the income taxes you had to pay in 2023? This Zoom Schmooze will explain some lesser-known tax advantaged strategies for paying your BEKI bills. We'll help you find the maximum tax benefits for all of your charitable contributions.

While some of these suggestions are for members over age 70 (or the children of people over age 70), others are relevant for younger members as well.

Join our team of BEKI experts, Estate Attorneys Donna Levine and Lisa Stanger and Financial Advisor Glenn Levine, as we use a question & answer format that will be understandable for everyone. We'll also have time for you to ask specific financial planning questions, including about how to use these strategies to support other charitable organizations.

There will be no solicitation of either services from our professionals or additional donations to BEKI.

Join us on [Zoom](#) Wednesday, May 8 at 7:30 pm.

BEKI Bulletin

The newsletter is published monthly by Congregation Beth El-Keser Israel for the benefit of its members.



Congregation Beth El-Keser Israel is affiliated with the United Synagogue of Conservative Judaism.

To contribute articles or for inquiries regarding membership:

- Call the Synagogue office: 203.389.2108
- Write: 85 Harrison Street, New Haven, CT 06515-1724

• Email: bulletin@beki.org

• Visit our web page: www.beki.org

• Follow us on social media:  

• For advertising information, call the synagogue office.

Deadline for submission of ads or articles is the first of the month preceding publication.

Annual subscription is \$36

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David Spitzer

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If you have questions or concerns please speak with a Board member.

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BEKI STAINED GLASS WINDOW DESIGN BY CYNTHIA BETH RUBIN



First Seder Monday, April 22

Selling Hametz

Since owning *hametz* is prohibited on Passover, you can sell *hametz* to a non-Jew for the duration of the holiday. You can appoint Rabbi Woodward to be your agent for the sale by returning this [form](#) to the office no later than 5 pm on Friday, April 19.

On Erev Pesach, the prohibition on eating *hametz* begins at 10:34 am, and the latest time you can burn *hametz* is at 11:42 am. The *hametz* in your home should be covered so that you do



not see it during Passover, and it should be organized into a specific area for sale.

Passover ends at 8:34 pm on Tuesday, April 30; at that time *hametz* sold to a non-Jew will revert to your ownership.

Maot Chittim

It's a tradition to collect "money for wheat" (donations for the poor for Passover). We encourage you to send a check marked for *Maot Chittim* to the Rabbi's Tzedakah Fund.

Preparation for Pesach

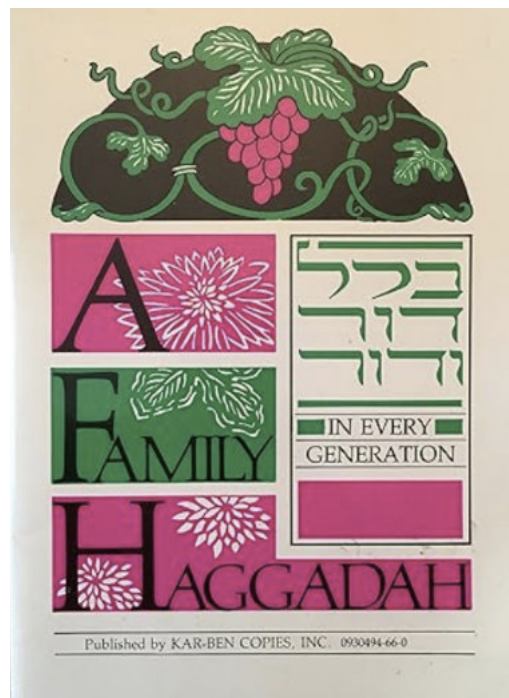
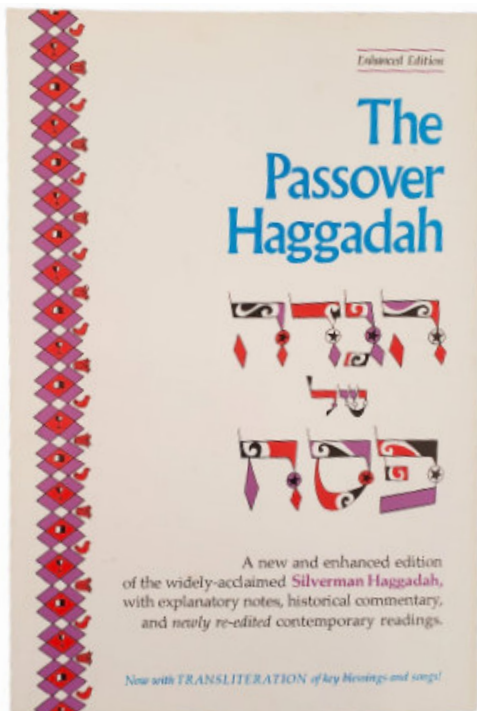
If you're going to be shopping at Stop & Shop, please purchase gift cards from the BEKI office; they work like debit cards. This is an ongoing fundraiser that costs you nothing. Contact Peggy office@beki.org to arrange pickup.

Cleaning for Passover is complicated! Please consult the Rabbinical Assembly Pesach preparation [guide](#) or the Hadar Pesach preparation [guide](#).

We encourage you to donate unopened, non-perishable *hametz* at BEKI's food drive on Sunday, April 14 (details on page 7).

Hilchot Pesach

Rabbi Woodward will teach a class on *Hilchot Pesach*, the Laws of Pesach – so bring your questions! – on Saturday, April 13, after services and lunch, at 12:45 pm.



If you need a set of haggadot for your Seder, BEKI has stacks of gently used haggadot that are available to take.

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Pesach

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Bedikat Hametz

Sunday evening, April 21 is the search for *hametz*. We perform the ritual of searching and annulling *hametz* to bring to a close the process of cleaning. It's a symbolic search for *hametz* done by light of a candle that finds ten pieces of *hametz* (that you had planted beforehand) and collects them in one place. Here are the traditional [blessings](#).

Leading into the Seder

Monday, April 22, the day leading into the Seder, begins with shacharit in the morning. Minyan is at 7 am, followed by a *siyyum* (a celebration upon completing study of a rabbinic work) for *Taanit Bechorot*, the fast of the first-born.

We stop eating *hametz* by 10:34 am. We burn *hametz* and say the second "annulment of *hametz*" [paragraph](#) by 11:42 am.

Candlelighting

For the First Seder, candlelighting is at 7:22 pm. Try to have the first cup of wine when it is dark (7:57 pm), but if you find yourself needing to start a Seder earlier, then at least try to plan to eat the matzah when it's dark (7:57 pm).

The Second Seder is Tuesday evening, April 23, with candlelighting – which should occur by transferring from a flame lit the previous day before the holiday – at 8:26 pm.

Passover ends with two days of Yom Tov. Candlelighting Sunday evening, April 28 is at 7:28 pm, and Havdalah Tuesday evening, April 30 is at 8:34 pm.

Pesach Services

Please see the calendar page of this bulletin. We will have *no* 5:45 pm service on these dates: April 22, 23, 24, 28, 29, or 30. A quick Maariv will conclude the Moth Night program on Sunday, April 28. Services on the 1st and 2nd days of Pesach, April 23 & 24, and the 7th and 8th days, April 29 & 30, will start at 9:15 am. Yizkor prayers will be included around 10:30 am on Tuesday morning, April 30.

Seder Food Details

The Seder plate contains:

Karpas, a green, spring vegetable – parsley, asparagus, cucumber

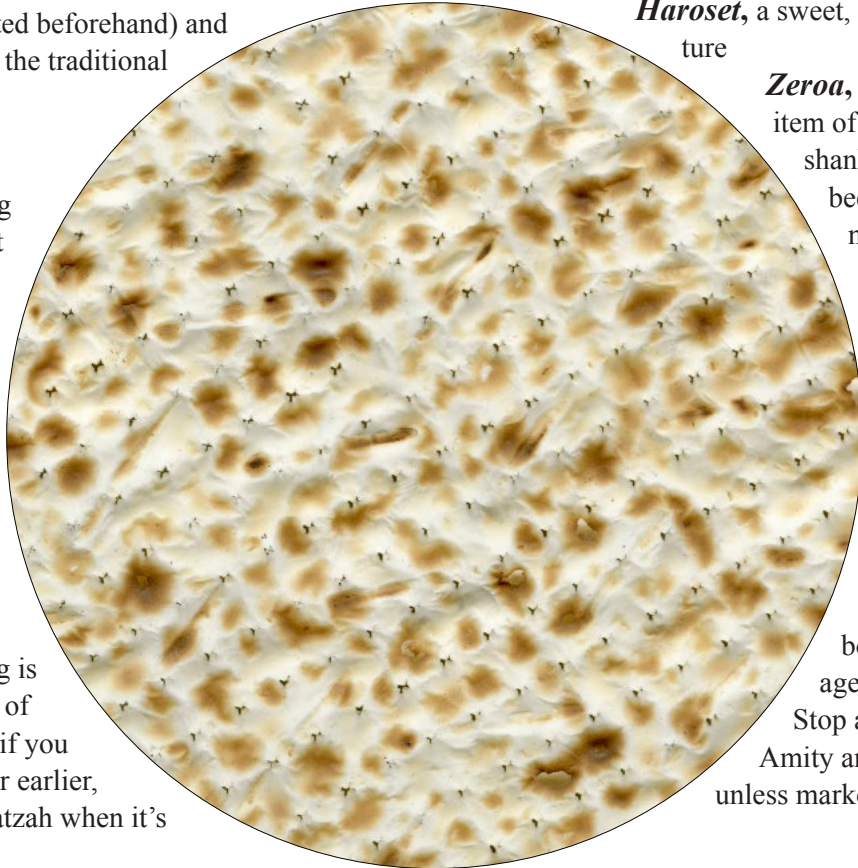
Maror, a bitter lettuce, like romaine, arugula, or raw horseradish (not pickled)

Hazeret, a bitter lettuce or raw horseradish (whichever you didn't use for maror)

Beitzah, a roasted egg (hard-boil it first)

Haroset, a sweet, fruity mixture

Zeroa, a roasted item of food – a shank bone, a beet, a chicken neck. If you are serving a dairy or vegetarian seder, you should use a roasted beet, not a shank bone. Note: the shank bones packaged and sold at Stop and Shop in Amity are not kosher unless marked as kosher.



Kitniyot

Foods that Ashkenazic Jews traditionally avoid eating on Pesach, such as rice, beans, and corn, are *kitniyot*. Although many Ashkenazic Jews avoid eating them on Pesach, they are not *hametz*. If you are a vegetarian, even if Ashkenazic, you should consider eating *kitniyot*; if you are a vegan, even if Ashkenazic, you should eat *kitniyot*. Derivatives of *kitniyot*, such as corn syrup, are known as *mei kitniyot*, and if you see kosher for Passover foods that have such derivatives (many Israeli products have them), you should feel free to eat them even if you generally avoid *kitniyot*.

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Pesach

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Ethical Eating on Passover

Certain areas of food ethics are made more complicated on Passover, Rabbi Woodward notes:

A person should ethically avoid eating palm oil, unless it is fair-trade certified. Many types of kosher-for-Passover mayonnaise use palm oil. You would be Jewishly better off to eat a *kitniyot* oil (which is, anyway, *mei kitniyot*, only a



kitniyot derivative) even if you normally avoid *kitniyot*, than to eat something unethical.

On a holiday about freedom when many of us eat many eggs, we should strive to buy eggs that are “certified humane.” These eggs are likely to contain protein spots, which are often mistaken for blood spots, causing the egg to be discarded. However, the kind of blood spot on an egg that necessitates its discarding is one that is clearly blood (see this [photo](#)) and not a protein spot.

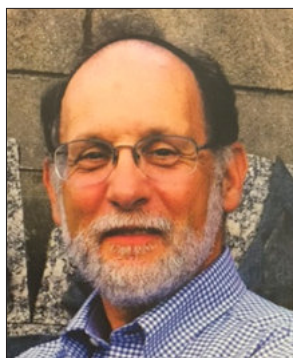
We hope that you order fair-trade kosher-for-Passover [chocolate](#) through congregant Becky May (details on page 7).

In general, one should avoid buying and discarding lots of plastic products. Avoid making Passover a holiday when your carbon footprint dramatically increases.

Ritual

Weekly Classes

Join Rabbi Woodward for a discussion of the week’s Torah portion on Thursdays 9-9:45 am in the library, following 8:15 am Shacharit. Talmud class meets on select Sundays at 10 am, following 9 am Shacharit.



Carl Astor

Prayer and Liturgy

On Wednesday, April 17, explore prayer and liturgy at 7:30 pm on BEKI [Zoom](#) with Rabbi Carl Astor. Hebrew proficiency is not required. This is not a class, but rather an open forum to learn together and share ideas.



Rachel Adelstein

Supporting Daily Services

To make sure we have a minyan consistently, please use [Minyan Maker](#). Up top, you choose which weekday service you are planning to attend. Then find your name below and choose "I'll be there." If your name does not appear, use “Guest Member.”

Sign up for Torah Reading

If you are able to read an aliyah of Torah or a Haftorah, make your selection via our online [spreadsheet](#). Just scroll down to the proper date to see details about each aliyah. Questions? Consult Rachel Adelstein at ritualcoordinator@beki.org.

Can You Provide a Meal?

BEKI has a long tradition of providing meals to families who have welcomed a child. You can prepare and deliver the dinner or arrange delivery from a restaurant.

Anything you need to know about preferences or address is provided at the platform called Lotsa Helping Hands.

Just [log in](#) and choose your password. When the calendar is set up for meals, you'll receive an email with a link.

We currently need help providing meals to two families. Please register so that you can assist with this project. Consult rachel.d.greenberg@gmail.com if you have questions.



Rachel Greenberg

Calling All BEKI Musicians!

We're organizing a concert with BEKI musicians—vocal or instrumental—on Sunday June 23, probably starting at 4:30 pm. We'll have free admission, open to family and friends too. After all of the performances, we'll pass the hat for donations to JCARR, our local Jewish Community Alliance for Refugee Resettlement.

Are you interested in participating? If so, email Jennifer Mellon at jnmellon@hotmail.com.

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WINTER 2024

BEKI Membership Directory

All members should have received an email on Feb. 14 with a [link](#) to our latest BEKI Membership Directory. The Directory is “word searchable” so that you can quickly find a phone number or email address.

Welcome New Members

Aviva Green

Prize this month is a mug

Within an article in this bulletin, there's a Prize Code. If you are one of the first five people to find it and email it to bulletin@beki.org, you will win a BEKI coffee mug.

Be a BEKI Promoter

In 2023 *The New York Times* listed New Haven as one of the top 52 places to visit. It's also a great place to live. New Haven was described as a “historic, mostly walkable and bikeable seaside town with distinctive neighborhoods, an encyclopedic collection of great American architecture, a thriving cultural life and one of the best food scenes in the country for a city of its size.”

Cosmopolitan recently described New Haven as a “cultural hotspot.” The subhead of the article is “The food and cocktails? Top tier. The museums? Immaculate. The people? Gorge and diverse.”

המקום ינחם
HaMakom Yinachem

with sorrow we note the passing of

John DiNiccola,
son-in-law of Yael Wertheimer
Abe Harry Kaufman,
father of Joy Kaufman (& Stewart Frankel)
Reena Levine Seltzer,
daughter of Rabbi Murray Levine
Pola Shulman de Grutzendler,
mother of Jaime Grutzendler (& Nicole Korda)

May the Almighty comfort those who mourn

Fair Trade Chocolate for Pesach

Although we were not aware of the contradiction, at our annual Festival of Freedom, many of us have been eating chocolate that can be traced back to child slavery. In fact, much of the world's cocoa is produced under conditions that use child labor and/or slavery, although there are alternative sources.

All chocolate at BEKI, including each mini-kiddush

during Pesach, is carefully checked for fair trade logos from certifiers who screen for child slavery, such as Fair Trade, UTZ, or Rainforest Alliance.

Since it's hard to find fair trade chocolate with a kosher l'Pesach hechsher, Becky May is arranging a bulk order for our home consumption, just as she did for Hanukkah gelt. She can provide you with: semi sweet or bittersweet chocolate chips \$4 per 10 oz. bag, or a variety of flavors of 2.8 oz chocolate bars for \$2.75/bar, or minis at \$0.25/piece, all pareve and ordered at bulk prices from Equal Exchange. Click [here](#) to see the full selection.

Orders received by Sunday, April 7 will be available for pickup Sunday, April 14 and during all subsequent office hours leading up to the holiday.

Add to your total a \$1 shipping fee per order (which will be donated to BEKI if we qualify for free shipping). Place your order or arrange special needs pickups with Becky at bseashoremay@aol.com. Checks should be payable to BEKI, with "Pesach chocolate" in the memo line.

As a point of clarification, the synagogue does not profit from these sales but offers it as a service to the community (and producers, including the cocoa and sugar farmers).

Although Equal Exchange does *not* offer chocolate covered matzah or chocolate covered nuts, these are easy to make with this fair trade chocolate. Just melt the chocolate, spoon in or dip in what you want to coat, and let your treats

cool on parchment paper.

Another potentially dark side to chocolate is the recently [discovered](#) prevalence of heavy metals in many brands, which is less



evident in milk chocolate than in darker varieties. The only source we have for fair trade, kosher l'Pesach chocolate was not among the brands tested. The recommendations do *not* suggest eliminating chocolate from one's diet, but rather making conscious choices and not overindulging (a good idea in any case!). Cocoa farmers and chocolate makers can and, in many cases are, taking steps to address the situation and hopefully there will be improvement now that it is a known concern. We have decided to continue to offer the chocolate so that those who elect to purchase chocolate anyways will have access to the most affordable, socially just version possible.

If you would like to see a list of kosher fair trade chocolate for shopping during the rest of the year, it's available at the BEKI [website](#).

Donate Your Hametz

BEKI's food drive from 9 to 12 noon on Sunday, April 14 is a joint project of BINA, our religious school, and the Hesed Committee. This is the same day as the Sisterhood author event. We encourage you to give away unopened, non-perishable *hametz* before Pesach. Please bring your food—nothing past expiration—into the lobby. If you have questions, please call, text, or write Robert Lettick at 203.671.4705 or robolettick@aol.com.

Jews at Prayer: Selections from the BEKI Collection

BY CYNTHIA BETH RUBIN

The current exhibition in the lower level gallery is a collection of works depicting “Jews at prayer,” “Jews studying,” “Jews celebrating,” and “pious Jews.” The exhibition is drawn from artworks donated to BEKI throughout the years, some as permanent gifts, most as donations for fundraisers.

The majority of these works are representations of men, usually Ashkenazi bearded men. In viewing the collected art works we are touched by nostalgia, by the call of tradition, which after all is key to what Judaism is for many of us. If we all stood at Mount Sinai, then did we not also live in the Shtetls of Europe, the vibrant cities of Greece, and even twentieth century America?

Surveying the large number of works in the BEKI collection entitled “Rabbi _,” the Art Committee began discussing how best to present this work in an exhibition. Among ourselves, we called this the “Rabbi Show,” although there is nothing in the artworks themselves to signify that these are rabbis, rather than ordinary men who have been given the honor of holding the Torah.

As Jewish artists and auction houses alike use “Rabbi” in describing these artworks, one wonders if this is a mainstream culture idea of hierarchy transferred to our culture. In the photograph by former BEKI president Alan Gelbert of Louis Freidman reading the Torah, we know that this is a portrait of a *shamash* (ritual director), not a



Alan Gelbert, *By the Light of the Torah*, Photograph of Louis Friedman, currently on display at BEKI

rabbi. As viewers and members of an egalitarian synagogue, are we able to ignore the “Rabbi” title?

As we dug deeper, we searched for images of women. We found a woman in a reproduction of a lithograph by the Greek-Israeli artist Rafael Avraham Shalem, recalling a Greek Sephardic family preparing for Shabbat. We found women in the contemporary print by Deborah Joy of an egalitarian congregation. Women dance in a mid-century print by Sol Schreiberman. Only one work, a print by the Israeli artist Simcha Nornberg, depicts a woman with a Torah. This is the only work of someone holding a Torah that is not entitled “Rabbi.”

We also noted that non-Ashkenazi Jews are under-represented. There are two wonderful prints of watercolors of Yemenite Jewish men by the Romanian-Israeli artist David Gilboa, also the previously

mentioned work by Rafael Avraham Shalem, and many ethnically ambiguous works, but in general this is an exhibition with many exclusions.

We chose to honor the many missing people with a large empty frame. Our call to contemplation also includes phrases scattered throughout the exhibition. We invite BEKI members to send us their thoughts on the exhibit. For further reading, we suggest the 2008 JTS blog post by Marc Wolf, “[Nostalgia, Memory and the Building of Judaism](#).”

We hope that this bit of nostalgia will inspire you to take one of the artworks into your home. Many (not all) of the works are available for a donation to the BEKI fund of your choice. Suggested amounts are available on the BEKI website, and from art@beki.org.

The exhibition continues to mid-May. 578442024

Welcoming Guests to BEKI With a Wave

By ANNIE NORMAN-SCHIFF, EDUCATION DIRECTOR

The entrance to BEKI gained a greater sense of welcome in March as BINA students filled our planters with hand-shaped art waving hello.

Since the planters were looking empty with nothing blooming in them, volunteer Becky May suggested an art project that would offer a bit more cheer. BINA students traced their hands waving or offering a thumbs up, and decorated them in bright colors. Becky laminated their projects to stand up better to the elements and arranged them in the planters.

This project also gave our students a chance to learn about the hamsa, a hand-shaped symbol in Jewish culture, particularly in the Middle East and North Africa. Hamsa comes from the Arabic word for the number five, referring to five fingers. The word has the same origin as the Hebrew number chamesh. The hamsa represents protection. If you looked closely at our planters, you might have seen a hamsa mixed in with the other hands, featuring a symmetrical thumb and pinkie finger and an eye in the middle of the hand.

Thank you to Becky May for organizing this project.



Seeking BINA Teachers for 24-25 School Year

BINA (an acronym for BEKI Ivrit and Neshama Academy) is BEKI's dynamic and growing religious school program. BINA brings together a diverse group of students to learn the fundamentals of living a full Jewish life, including Hebrew language, Jewish history, holiday rituals, values, and prayer.

We are looking for 2 or 3 new teachers for next school year.

One 1st grade teacher is needed on Sunday mornings from 9 am to noon. Two teachers for older grades are needed on Sundays 9 am to noon as well as Wednesday afternoons 4 to 6:15 pm.

Ideal candidates have the language skills to teach basic Hebrew; bring creativity and enthusiasm to teaching Jewish history, holidays, and values; and can model positive participation in Tefilah (prayer). Previous experience in religious schools, summer camps, or youth groups is a plus. We welcome Jews who are diverse in race, sexuality, gender, and who are Jews by choice in everything we do at BEKI!

Are you interested in teaching at BINA, or could you connect us to a strong candidate? Contact Annie Norman-Schiff at anormanschiff@beki.org for more information.



BEKI's religious school students filled the planters with hand-shaped art waving hello.

Rabbi's Tzedakah Fund

- Lauren Brown with thanks for the beautiful unveiling service for Philip Brown

Louis J. Petrillo to

- Hyla Greenberg in memory of her parents Abraham & Miriam Goldstein
- Marc & Myra Goldfarb in memory of their parents Carl (Kasreal) & Helen Chorney Goldfarb and Abraham & Miriam Goldstein
- Linda Friedman in memory of her parents Solomon Elias (Zalman Elia) Polikoff & Beatrice Lorraine (Brina Leah) Polikoff Kessler and her friend Naomi Zelnick
- Susan Fine Amatruda & Robert Amatruda in memory of their parents Leo Mayne Fine & Marcia Fine and Joseph & Sylvia Amatruda

Kiddush Fund

- Anonymous
- Anna & Cliff Merin
- The Rodwin & Levine families, Amy Schwartz & David Levy, Eric Woodward & Katharine Baker and Corrine Blackmer & Pilar Stewart
- The Grinspoon Foundation & Jewish Foundation of Greater New Haven

Chai/Synagogue Fund to support synagogue operations

To Abby Fraade & Tani Cohen-Fraade and Ellen Cohen & Steven Fraade in honor of the birth of their son and grandson by

- Dan & Sharon Prober
- Lisa Stanger & Greg Colodner
- Helen Rosenberg & Keith Richter
- Jay & Margie Hirshfield
- David & Wendy Chorney

To Linda Schultz with sympathy on the passing of Howard Gralla (to the Sanctuary Renovation Fund) by

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- Beth & Dan Weintraub
- Yaron Lew
- Rena Cheskis-Gold & Marty Gold

- Rachel Bashevkin
- Helen Rosenberg & Keith Richter
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- Dan Oren & Jeanette Kuvim Oren
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- David & Darryl Kuperstock
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- Jim Travers & Steve Mark
- Tina Davis
- Susan Schultz
- Jim & Judy Parker
- Ellen Cohen & Steven Fraade
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- Rachel & Larry Schonberger
- Myra & Frank Bloch
- Carol & Bob Friedman
- Philip Troy
- Diane Krevolin
- Carol Marcus & Bob Spear
- Tamar Edelkind and Ariel, Esther & Sarah Serkin
- Margie Wiener
- Barbara Cushen
- Marci & Jeff Dwyer
- Harriet Loshin
- Jay & Lynn Brotman
- William J. Glick

To Rona Gralla with sympathy on the passing of Howard Gralla (to the Sanctuary Renovation Fund) by

- Jaymie Einhorn
- Carol & Bob Friedman
- Beverly Paparo

To Josh Perry, Anna VanCleave & Sydney Perry with sympathy on the passing of Lucille Alderman by

- Jay & Margie Hirshfield

- Beth & Dan Weintraub

To Chryl Axelrod with sympathy on the passing of Charles Axelrod by

- Diane Krevolin

In memory of her dear friend Arden Schwartz by

- Barbara Cushen

To Yael Wertheimer with sympathy on the passing of John DiNicola by

- Joanne Foodim & Rob Forbes
- Dan & Sharon Prober

Charles & Violet Ludwig Fund for BEKI

In memory of her grandparents William & Anna Berman by

- Sherry Kent

Liora Lew Endowment for the Advancement of Youth Education and Youth Activities at BEKI

To Yaron Lew with sympathy on the passing of Pesach Lew by

- Lisa Stanger & Greg Colodner

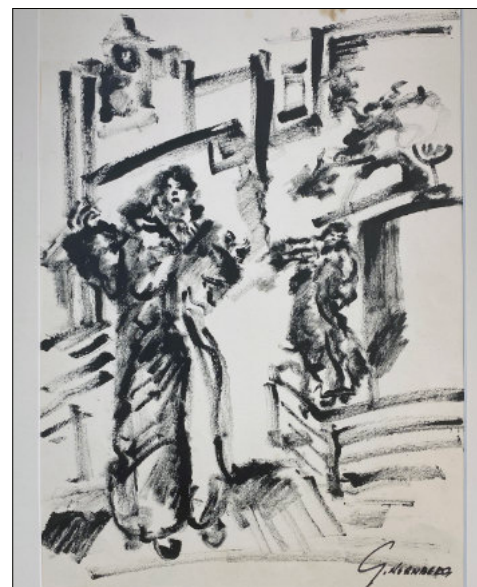
Yahrzeit Fund to support synagogue operations

In Memory of:

- Isobel Kemper by Donna Kemper & Ron Zlotoff
- Morton Alkins Silver by Ruth Silver

- Mae Goldberg by Dan Goldberg
- Annie Cohen by Ted Maltin
- Harriet Salowitz by Carole & Sam Salowitz
- Ruth & Harold Brown by Lauren Brown
- Her husband Phillip J. Brown by Lauren Brown
- Harold Brown by Lauren Brown
- Jerome Rifkin by Sylvia Rifkin
- Her parents Edith & Maurice Levy by Paula Rudnick
- Lee Liberman by Laura Becker
- Murray Arshell by Mike Moscovitz
- His father Aaron Ignal by Alan & Toby Ignal
- Her sister Carol Jablow by Margie & Jay Hirshfield
- Israel Chernikoff by Janet Chernikoff
- A. David Nabatoff by Carol Nabatoff
- Irving Nabatoff by Carol Nabatoff
- Abraham Epstein by Kranie & Earl Baker
- Bessie Kaufman by Ann Cassarino
- Freda Kaufman by Lewis & Minna Kaufman
- Mildred Marie Myers Weiner by Rebecca Weiner
- His grandmother Anna Ignal by Alan & Toby Ignal
- Anita B. Weinstein by Elaine Weinstein

Simcha Nornberg, Woman with the Torah, pen-ink, currently on display at BEKI.



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It's not too late to make a pledge or donation to the **Sanctuary Redesign**, or to increase the amount that you have already given.

Contact Peggy in our office, or speak to a member of the Fundraising Committee:

John Weiser, Murray Akresh
Jessey Palumbo, or John Wareck.



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LIBERATING OURSELVES FROM HOPELESSNESS

It's the most wonderful time of the year: Pesach is coming!

I know that, for many of us, the Pesach food restrictions and kitchen work are challenging. But for me, they're liberating – or at least challenging in a fun way, as though I'm on Iron Chef every day and have to cook with special restrictions.

But for many of us, the greatest moment of Pesach is the seder. We love the seder so much that we hold it twice!

This year, I've heard from people who are unsure how to have a joyous Pesach seder with all of the chaos and horror in the world and in Israel (may the war be over by the time this goes to press!). I want to share some thoughts about the Haggadah that might help you celebrate a holiday of liberation in this challenging year.

The Haggadah opens with a description of the order of the seder, as we sing the steps aloud. In times of chaos, it is holy work to find and create order. Indeed, the opening of the Torah describes God as making order out of a chaotic world. Try to prompt a conversation with people at your table – have you ever had an experience of trying to make order out of chaos? How have you found routine meaningful in your life when you have been challenged emotionally?

Later in the Haggadah, we have a description of the Four Children. The Hasidic reading of this passage is that each of these children represents an aspect of ourselves. When in the last year have you felt like each of these children? When have you felt that you want to know details of the situation (the wise child)? When have you felt as though you don't belong in the community (the wicked child)? When have you felt that the situation is more complex than you can handle (the simple child)? And when have you felt as though even questions pale in response to suffering (the one who does not know how to ask)? Being in touch with these



Eric Woodward

aspects of ourselves, rather than naming them in others, is an important spiritual task.

Later in the seder, we say, "Ve-hi she amdah," that in every generation, forces have risen against us to destroy us, but God has saved us. Perhaps understanding these losses as "normal" in a history of suffering can help us find some order in the chaos. Can we appreciate that Jews have been through many persecutions, and have always observed Passover seders during them? How can this empower us?

Last, at the end of the seder, we say, "L'Shanah Ha-ba-ah BiYrushalayim" – next year in Jerusalem! What are your hopes for Israel for next year? What do you want next year to be like? What can you do this year to make that happen?

May this Pesach be one in which we liberate ourselves from feelings of hopelessness, and find instead the strength to reach freedom.



Rafael Avraham Shalem, Likrat Shabbat Lekhu V'nelekhah: Let Us Go Forth and Greet the Sabbath, poster of original lithograph created 1916, printed 1927, currently on display at BEKI.

April 2024

22 Adar II 5784 - 22 Nisan 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Adar II	22 Adar II	23 Adar II	24 Adar II	25 Adar II	26 Adar II	27 Adar II
28 Adar II	29 Adar II	1 Nisan	2 Nisan	3 Nisan	4 Nisan	5 Nisan
6 Nisan	7 Nisan	8 Nisan	9 Nisan	10 Nisan	11 Nisan	12 Nisan
13 Nisan	14 Nisan	15 Nisan	16 Nisan/1 L'Omer	17 Nisan/2 L'Omer	18 Nisan/3 L'Omer	19 Nisan/4 L'Omer
20 Nisan/5 L'Omer	21 Nisan/6 L'Omer	22 Nisan/7 L'Omer	<div style="text-align: center;"> <h3>Mark Your Calendar</h3> <ul style="list-style-type: none"> May 6 Yom HaShoah May 8 Finance Schmooze May 22 Stop the Bleed training June 8 Pride Shabbat June 11 Erev Shavuot June 15 Graduates' Shabbat June 20 Annual Meeting </div>			

Service Times

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
9am Shaharit 5:45pm Maariv	7am Shaharit 5:45pm Maariv	7am Shaharit 5:45pm Maariv	7 am Shaharit 5:45pm Maariv	8:15am Shaharit 5:45pm Maariv	7 am Shaharit 6 pm Kabbalat Shabbat	9:15am Shaharit



DATED MATERIAL



Advertise in the Bulletin

Would you like your ad here in the coming year? Each month, the BEKI bulletin reaches over 700 households, most of them in the New Haven area. Check with Peggy in the BEKI office about our variety of ad rates.

Easy Fundraiser

The Stop & Shop gift cards sold by the BEKI office are debit cards for groceries or gasoline. This is an ongoing fundraiser that costs you nothing. Contact Peggy office@beki.org to arrange pickup.

Join BEKI on Facebook

Everyone is encouraged to join the [BEKI Facebook group](#). You'll enjoy the humor, community information, and links to cultural opportunities. You'll want to choose the private group with the stained-glass window image. Just ask to join. (The BEKI page with the hamsa is the public-facing page, which has few postings).

E-Statements

Due to rising costs and BEKI's efforts to be more Earth-friendly, we have transitioned to e-statements and e-yahrzeits. If you prefer to receive them by paper, please contact the BEKI office at office@beki.org or 203-389-2108 x114. The BEKI Green Team supports BEKI's movement toward paperless communications and hopes the community will also.

Services

All services are also available on Zoom except Friday night and Saturday morning.

Sunday 9 am	Wednesday 7 am
Sunday 5:45 pm	Wednesday 5:45 pm
Monday 7 am	Thursday 8:15 am
Monday 5:45 pm	Thursday 5:45 pm
Tuesday 7 am	Friday 7 am
Tuesday 5:45 pm	Friday 6 pm
	Saturday 9:15 am

For the latest information on services, check [Happenings](#) or email bekitefilla@gmail.com