

Rabbi's Column on Page 14

# JUNE PROGRAMS

### **Pride Shabbat June 8**

BEKI's annual Pride Shabbat, honoring the diversity of gender identity and sexual orientation of our community, will be celebrated Saturday, June 8. A festive kiddush lunch will follow. Feel free to invite friends! If you'd like to lead part of the service or read Torah or Haftorah, sign up on the spreadsheet.

# **Honoring Our** Graduates

We'll honor BEKI graduates on Saturday, June 15. We hope all of our graduates-middle school, high school, trade school, college, or graduate programs-will participate in the service; please contact ritualcoordinator@beki.org.



Dan Prober



**Roya Hakakian** 



Amit Oren



Steve Schiff

### Yale Mission Talk Moved to June 8

Some of the 25 participants in the March Israel Yale mission in support of fellow academics will speak at BEKI on Saturday, June 8 (note new date) at 12:45 pm.

BEKI members Roya Hakakian, Dan Prober, and Steve Schiff will be joined by Amit Oren for this presentation.

Roya is a writer whose work often deals with the topics of exile, displacement, political and religious persecution, and the struggle of people, especially women, against authoritarianism.

Dan is a Professor of Applied Physics and of Electrical Engineering and of Physics at Yale.

Steve is Harvey and Kate Cushing Professor of Neurosurgery at Yale.

Amit, who has had a private practice in New Haven for over thirty years, serves as a clinical supervisor for the Yale Department of Psychiatry.

The group visited Ben Gurion University of the Negev, the Hebrew University of Jerusalem, the Technion-Israel Institute of Technology, the Weizmann Institute of Science, Tel Aviv University, and hospitals associated with three of these universities.

They met with the leaders of Sapir College in Sderot, which came under direct attack on October 7, and Tel Hai Academic College, which was evacuated because of the Hezbollah threat from Lebanon.

They also visited Kfar Azza, where 64 kibbutz members were murdered and many others taken hostage, as well as the site of the Nova Festival.

# **UPCOMING EVENT**

# **Interfaith Service Day**

On Sunday, Aug. 4, BEKI is again participating in a Greater New Haven interfaith day of service.

Work projects that morning traditionally include building a house with Habitat for Humanity, preparing food for the hungry at the Downtown Evening Soup Kitchen, stuffing personal care bags for Columbus House, restoring a cemetery with the Hebrew Burial and Free Loan Association, pounding guns into garden tools with Swords to Plowshares, and cleaning our shores with Save The Sound.

Outdoor lunch on the New Haven Green, socializing, and music will follow. There is no cost to participate.

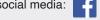
# **BEKI Bulletin**

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.

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Editor	Rachel Bashevkin			
Associate Editors	Donna Levine Donna Kemper			
	David Spitzer			

# **Board of Directors**

#### 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



### June Programs **Continued from Page 3**

# **Annual Meeting June 20**

BEKI's annual meeting will be in person on Thursday, June 20 (not on Zoom). We encourage you to attend the 5:45 pm service, followed by a light supper around 6 pm. The meeting will begin at 6:45 pm and end around 8 pm.

The slate of new officers and board members will be presented. Membership, and endowment figures will be shared. Treasurer Steve Rudof will give his final financial report before retiring from the Board. Sam Purdy will share results of the congregational survey.

The Sanctuary Redesign team and other committees will provide updates.

We'll also pause in memoriam as we remember friends and family whom we lost during the past year, including members Richard Brodner, Howard Gralla, Nancy Levine, Charlie Ludwig, Polina Naiman, Linda Saslow, and Susanne Spitzer.

# **Music Concert for JCARR**

BEKI will host a concert to support JCARR, our local Jewish Community Alliance for Resettlement, on Sunday, June 23 at 4:30 PM. The concert will feature BEKI members showcasing their musical talents.

So far, four musical acts are on the bill. Christina Crowder and other BEKI members will perform as a Klezmer ensemble. Marty Ganter will sing doo-wop tunes. Tom Goldenberg and David Levy will play Beatles songs. Rachel Adelstein will present a cappella singalongs.

The event is free, but at the end we will pass the hat for donations to JCARR. Come support JCARR and BEKI performers! Bring friends and family too.

# Two Tracks at Tikkun Leyl Shavuot

Arriving the evening of Tuesday, June 11 and lasting for two days, the holiday of Shavuot celebrates the giving of the Torah.

BEKI's tradition is a late night of study—with breaks for creamy (dairy and non-dairy) desserts. No background knowledge required, just an interest in Jewish learning.

There will be no 5:45 pm Minchah service June 11. Instead, we'll start the program at 8 pm with Maariv.

Two tracks will be offered, one for traditional text study and one about Jewish art & culture. See the schedule on page10 for details.

Teachers this year are Rachel Beaver, Rena Cheskis-Gold & Sherry Kent, Aviva Green, Gadiel Robbins, Jay Sokolow, Sarah Silverman, Rabbi Eric Woodward, Cantor Kochava Munro and Rabbi Rona Shapiro from Congregation B'nai Jacob.

## **Shavuot Services**

Morning services on Wednesday and Thursday, June 12 and 13, will begin at 9:15 am and will be followed by a mini-kiddush snack. Thursday morning's service will include Yizkor prayers and the chanting of the Book of Ruth. There will be no 5:45 pm Minchah on Wednesday or Thursday.



**Rachel Beaver** 

Aviva Green



**Gadiel Robbins** 

**Jay Sokolow** 

Sarah Silverman

Cantor Kochava Munro

**Rabbi Rona Shapiro** 



Here is the next installment of introductions, written by our members themselves. Printouts of all of these photos and bios are posted near the Goodwin Youth Room.

# Aviva Green

I grew up in Bethany, Connecticut and now live in East Rock. I work at the Slifka Center for Jewish Life at Yale. My favorite part about being Jewish is the sharing of music and the melodies. Singing nigunim with people



(bonus points if it's on top of a mountain or next to a bubbling stream) is one of my favorite things in this world. I am so excited to be a part of the BEKI community.

# **Be a BEKI Promoter**

In April, *The New York Times* featured New Haven in the <u>Travel</u> section. Amy Thomas wrote, "Now, New Haven — which was among The Times's <u>52 Places to Go</u> in 2023 — is going through a chapter driven by creativity and

# Steve and Eleanor Schiff, Robert and Josie

We moved to CT because of Steve's job at the medical school after living in quiet and rural State College, PA for 17 years. We are adjusting to city life living in downtown New Haven and enjoy walking to all the cultural, culinary, and musical offerings in the area.

Robert just completed his freshman year in college back in PA and Josephine is a rising 9<sup>th</sup> grader in New Haven. Eleanor teaches classes on American politics (specializing in the bureaucracy – the Administrative state is extremely interesting!) and loves to cook, read, and work crossword puzzles in her spare time. Steve travels internationally quite a bit for his work on global health and has a long-standing collaboration with colleagues in Uganda focused on combatting, treating, and preventing neo-natal sepsis. Josephine enjoys sports and has been making new friends at school.

All of us are amateur musicians – a family quartet of 2 violins (Eleanor and Robert), viola (Steve), and cello (Josie), though Robert is the most serious about his musical pursuits. We have 2 dogs (labs) who are named after brain parts, Dendrite and Cerebellum (Cera), because of Steve's work. We are extremely excited to join the BEKI community and very much look forward to meeting fellow congregants.

ingenuity. Though Yale continues to imbue New Haven with a certain gravitas, the surrounding city is showing off its own cultural capital in the realms of art, food, music and more."

Do you know someone who might want to move here? Let's all be BEKI membership advocates. 567842024

Robert, Steve, and Eleanor Schiff at Josephine's Bat Mitzvah in Jerusalem in 2023





## **Mazal Tov to**

Grandfather David Spitzer, parents Emily and Dan De-Salva, and big sibling James, on the birth of Cecilia De-Salva.

All of our BEKI graduates:

• College: Sam Epstein.

• **High School:** Elia Ahmadi, Kian Ahmadi, Miranda Hurwitz, Ben Jacoby, Miles Katz, Malachi Light, Daniel Manning, Rebecca Oppenheimer.

• 8th Grade: Mira Hasbani, Esther Marx-Schonberger, Klara Oppenheimer. Ezra Academy: Eleanor Blessing.

Please send us additional names to be included in the July bulletin.

# **Congregational Survey**

On May 20, members received an email with a link to a congregational survey. Every member is encouraged to complete this sheet. Therefore, in a two-adult household, both people may submit.

Since there are just two survey questions, it's quick to complete, or you can add longer responses.

The Board will use your responses to understand congregants' perspectives on synagogue life,

Sam Purdy

which will inform our future goals and priorities. Thank you to Board member Sam Purdy for managing this project.

**Please reply by Sunday, June 9.** We plan to share an initial summary of survey results at the Annual Meeting on June 20.

# High Holy Day Exhibition of BEKI Artists

The BEKI Art Committee is seeking submissions of art in any media from BEKI member artists for possible inclusion in the 2024 High Holiday Exhibit.

Please send up to five images, or a link to images, by no later than June 30, as well as any questions, to <u>art@beki.org</u>.

The Art Committee will determine the number of works to exhibit based on the number of submissions received. Substitutions of images submitted of any new work done over the coming summer months will be considered.

## Welcome New Members

Eleanor & Steven Schiff, Robert and Josie



Cecilia DeSalva, grandchild of David Spitzer

## 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 <u>bulletin@beki.org</u>, you will win a BEKI coffee mug.

## Free Tax Advice on Charitable Giving

If you missed the May 8 Zoom Schmooze on lesserknown tax advantaged strategies for charitable donations, we posted the recording on the BEKI <u>website</u>.

Estate Attorneys Donna Levine and Lisa Stanger and Financial Advisor Glenn Levine discussed paying BEKI bills with appreciated stock, bunching contributions, and the tax advantages of donations from IRAs. They also explained donor advised funds and charitable gift annuities.

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.



Donna Levine

-f 🚺

Lisa Stanger

**Glenn Levine** 

# **Sanctuary Construction Delayed Till Fall**

By The Sanctuary Redesign Committee

We have great news and less-great news about the sanctuary redesign project.

The great news is that, after many ups and downs, we have a signed contract with a budget we can afford and an agreed-upon construction schedule. This means the longdelayed project can proceed. When it's done, we will have a worship space that is more accessible, more intimate, and better suited to our participatory, egalitarian practices and values.

The less-great news is that we have to wait until late 2024 to begin. That's because, if the project started now, we could not guarantee finishing before the High Holy Days.

Therefore, the sanctuary will remain open as is until mid-November, after the fall holidays and the last *b'mitz-vah* scheduled for 2024. Construction will begin shortly thereafter and should be finished by June 2025.

During that time, the sanctuary and adjacent social hall will be closed to protect our safety and the security of the construction site. Shabbat and festival services, as well as kiddush, will take place in the downstairs social hall during the construction period.

Taking advantage of the long lead time, we are working with the contractor to identify and prevent potential construction delays. We are also making final choices on the finishes and furnishings, so that everything is ready well ahead of time.

In other great news, we have arrived at a beautiful and meaningful design for our new Torah ark, created by Judaica artist/designer Amy Reichert. Please keep an eye out for an upcoming Zoom presentation to introduce the ark design.

This project has taken far longer than anyone anticipated. We are sorry for the inconvenience, grateful for your patience, and confident that the results will strengthen our community and our values.

(emailed to the congregation on May 1)

# The view from the back of our current sanctuary



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# **Domestic Spaces: Paintings by Doron Wolf**

### By MARGARET OLIN

Paintings by Doron Wolf—and a selection of his landscape etchings—will be shown at the BEKI Gallery, beginning Saturday, June 1.

Join us for a conversation with the artist on June 1 at 12:45 pm, after services and Kiddush lunch.

An Israeli artist residing in Hamden, Wolf hails from Nahalal, Israel. He received a B.E.D. from Oranim College Art Institute, and his M.F.A. from Haifa University.



Doron Wolf, Behind the sheds, Oil on Canvas, 60x90 cm

He has participated in group exhibitions at the Haifa Museum of Art, The Negev Museum of Art, the Jezreel Valley Museum, and the Janco Dada Museum at Ein Hod, among others, as well as solo exhibitions, including one forthcoming at Petach Tikva Museum of Art.

The history of art invades and merges with private life in his paintings, which explore contemporary spaces of domesticity through the lens of timeless masterpieces of art history. Each work is a composite of several images, some of them taken from life and others sourced online.

Some paintings pay homage to works found in art books or magazines; others use effects of lighting and motifs reminiscent of the old masters from the Renaissance onward, but drawn from contemporary life. Cell phones and computer screens perform functions that windows once performed for Rembrandt van Rijn and Vermeer, and indeed, sometimes mirrors perform the same function they had in the works of Diego Velasquez and Jan van Eyck.

Another way in which references to masterpieces disturb and animate Wolf's paintings is in the way his paintings utilize the interplay of gazes within their borders and between their surfaces and the viewer. Figures in the paintings—including animals—often stare at the viewer.

Just as often, however, they look so intently into their computers that they seem not to notice one another or the viewer. Sometimes different kinds and directions of gazes occur within one painting, and sometimes the gaze of the mirror overcomes them all and seems to comment on the nature of the gaze itself. Is it natural or is it artificial?

Concentrating on figurative work, and specifically on figures inhabiting a—mostly—interior space, Wolf strives for a realistic style. But by confronting these figures with analogues in iconic Western painting, often accompanying them with open books of relevant classic paintings or other representations of masterpieces, and playing with the convergence or divergence of gazes, Wolf hopes to raise questions about artistic originality and to explore the language of the world.

For the viewer, his works put us in mind of the enriching, yet skeptical, role that images play in the way we envision our domestic lives and ourselves.



# **B'Mitzvah Students Learn and Volunteer**

By Annie Norman-Schiff, Education Director

Becoming a b'mitzvah (a gender-neutral term for the ceremony of becoming a Jewish adult) requires a lot of preparation: studying Hebrew, practicing prayers, and learning about responsibility and service.

BEKI's current crop of b'mitzvah students is taking on these tasks together, through both a new class with



B'mitzvah students Eli Anderson, Almanzo Abraham, and Anabelle Silverman volunteered at the the Jewish Family Service Food Pantry.

Rabbi Eric and a series of volunteer opportunities in our community.

On the first Saturday of every month, Rabbi Eric is leading a new class for b'mitzvah students to learn about the Shabbat morning service. They spend half their time in the chapel, studying and practicing the liturgy, and the other half on the bimah, participating in the Torah service. This class gives students the opportunity to get up close and personal with the Torah scroll, and to make the service more welcoming and familiar. It also helps build a sense of community among current b'mitzvah students. Nine students are participating in the class, and the first bar mitzvah of their cohort will be in early September.

Our b'mitzvah students are also bonding and building friendships by volunteering together. These volunteer opportunities have helped them learn about different needs in our community, while also having fun.

So far, BEKI b'mitzvah students have stocked shelves at the Jewish Family Service Food Pantry and played music and board games at the Towers. On June 2nd, they will help socialize dogs at Where The Love Is Rescue in Hamden.

A special thank you to parents Libby Abraham and Bonnie Pepper for organizing these chances to volunteer!

# Seeking Teachers for 2024-25 School Year

BINA (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 3 new teachers for next school year. One 1st grade teacher is needed on Sunday mornings from 9 am to 12 pm. Two teachers for older grades are needed on Sunday mornings 9 am to 12 pm 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 <u>anormanschiff@beki.org</u> for more information.

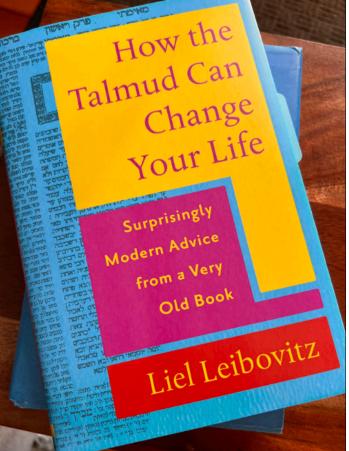
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# **Omer Sale at the Sisterhood Giftshop**

The Seven Week Sale ends at Shavuot. Until then, everything in the store (except New Bead Designs jewelry) is 18% off.

We're having an extra big sale on Emily Rosenfeld jewelry: sterling silver circle and post earrings now \$26, pewter inspirational charm bracelets with colorful leather





Bracelets and earrings by Emily Rosenfeld are on sale.





ery day by appointment, except Shabbat. We are happy to meet you. You can usually drop in around mincha, but it's best to text or call first: Karen 203.430.2182 or Harriet 203.675.8607.

bands now \$26. Buy them together for \$49. What was missing from your Passover celebration? Don't be caught off guard next year. Shop now for Seder plates, toys, books, Miriam's cups, matzah boxes, and Haggadot.

We also have books for moms, dads, grandparents and children of all

ages.

Find out "How the Talmud Can Change Your Life" with a copy of Liel Leibovitz's book. Signed copies are still

> available. It's a great gift for Father's Day or graduates.

We are open ev-



#### Rabbi's Tzedakah Fund

• Alexandre (Sasha) Vaxman

#### Matanot L'evyonim (for those in need on Purim)

- Anonymous
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- Judy & Steven Kleinstein
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- · Diane Krevolin
- Shoshana Lash
- Art & Betty Levy
- Howard & Willa Needler
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- Tamara Schechter & Jessica Bod
- Jay Sokolow & Ina Silverman
- Steve & Rachel Wizner
- Daniel Wiznia & Julie Leviter
- David Wright & Deborah Craig
- Eve & Joshua Zelinsky
- Ron Zlotoff & Donna Kemper

#### Maot Hittim (selling of hametz for those in need during Passover)

- Sonny Alderman
- Carl & Sharon Astor
- Kranie & Earl Baker
- Rachel Bashevkin
- Stephanie & Harold Birn
- Shirley & Jay Brodach
- · Julie Cohen & Jim Stacey
- Harriet Friedman & Charles
   Bruce
- Jay & Margie Hirshfield
- Sherry Kent & Richard Kantrowitz

#### 

8:00 PM Ma'ariy Cantor Kochava Munro - "Niggun Circle: Music for the Soul" - in the chapel 8:20 PM Sarah Silverman - "How to Hagbah: Laws and Customs of Lifting and Viewing the Sefer Torah" - in the sanctuary 8:55 PM Dessert Rena Cheskis-Gold and Sherry Kent - "Origins of Israeli Dancing" - in the sanctuary 9:25 PM Jay Sokolow - "Chapter 1 of Ezekiel-The Vision of the Chariot" - in the chapel 10:00 PM Dessert Gadiel Robbins - "Jewish Meditation" - in the chapel 10:25 PM Rachel Beaver - "The Legacy of Nazi Art Theft" - in the sanctuary Rabbi Rona Shapiro - "Israeli Songs of the 11:00 PM Moment" Aviva Green - "Jewish Contemporary Artists" 11:40 PM Interpretations of Ritual" 12:15 PM **Rabbi Eric Woodward** 

**BEKI Bulletin June 2024** 

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- Dan & Sharon Prober
- Tina Rose & Seth Pauker
  Tamara Schechter & Jessica Bod
- Linda Schultz
- Steven & Caryl Steinberg
- Alexandre (Sasha) Vaxman

Ron Zlotoff & Donna Kemper

# **BEKI Heat Heros (to help fund a new boiler)**

- Anonymous (2)
- Leslie Brisman
- Meryl & David Gordon
- Julie & Samuel Katz
- · Judy & Steven Kleinstein
- Shoshana Lash
- · Betsy Ratner
- Jay Sokolow & Ina Silverman

#### **Kiddush Fund**

- Nanette Stahl and Josh Weinstein
- Andy Hirshfield & Monica Starr, Dan & Sharon Prober, Diane & Seth Rosenthal, Rhoda & Allen Samuel, Dan & Beth Weintraub
- Jessey Palumbo & Fania Levine
- Mimi & Effie Glenn
- · Helene Sapadin
- · Sharon & Carl Astor
- Shoshana Lash
- · Rachel Bashevkin

Thanks to Sherry Kent for providing Special Kosher for Passover baked goods

#### 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

Donna Kemper & Ron Zlotoff

To Paige & Andy Weinstein on the birth of their grandson Jackson by • Jessey & Joe Palumbo

To Sara-Ann & Hillel Auerbach on the marriage of their granddaughter Emanuelle to Eiten by • Jessey & Joe Palumbo

To Joanne & David Goldblum in honor of the birth of their granddaughter Alice Ann by

O

Jessey & Joe Palumbo

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#### Charles & Violet Ludwig Fund for BEKI

- In memory of her grandfather Philip Kantrowitz by Sherry Kent
- In memory of her aunt Violet Ludwig by Sherry Kent
- In memory of her uncle Irving Berman by Sherry Kent
- In memory of her father Jack Siegelbaum by Rissa Mendlestein

# Yahrzeit Fund to support synagogue operations

#### In Memory of:

- Reuben Gralla by Linda Schultz
- Elenor Hepler by Linda Schultz
- Charlotte Gralla by Linda Schultz
- Bennet V. Schultz by Linda Schultz
- Her husband Sidney Kalison
   by Mildred Kalison
- Ida Katz by Sonny, Lynn & Allen Alderman
- Philip Greenberg by Sonny, Lynn & Allen Greenberg
- Anna Wishingrad by Sylvia Rifkin
- His father Milton Hirshfield by Jay & Margie Hirshfield
- Sam Maltin by Ted Maltin
- Her mother Rae Krivonos by Mildred Kalison
- Her father Leon Krivonos by Mildred Kalison
- Elbert Hall Marshall by Shoshana Lash
- Minnie Gromet Hershman Abrahmovitz by the Alper family
- His father Max Jack Gad by Martin & Lana Gad
  Morris "Moishe" Schnitman

and Susan Schnitman by

& Edward Vanderhoef

Friedman & family

Alan Lopatin

Haves Mougin

Shirley Brodach

Harriet Katz

Kisner

Kisner

Helene Schnitman Vanderhoef

· Samuel Friedman by Harriet

• His father Paul Lopatin by

· Rose Kimmel by Annette

• Frances Singer by Annette

• Hyman H. Haves by Maeera

Adam Brodach by Jay &

• Stephen (Steve) H. Katz by

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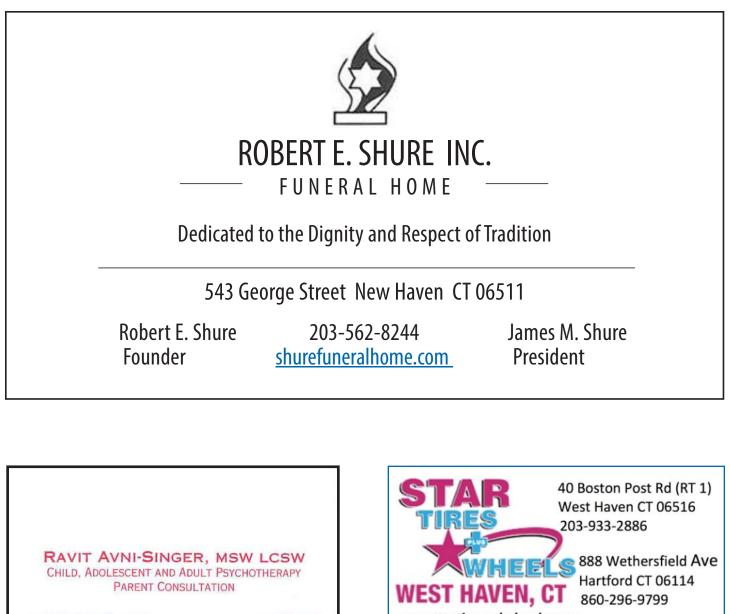
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It's not too late to make a pledge or donation to the Sanctuary Redesign, or to increase the amount that you have already given. Contact Peggy in our office, or speak to a member of the Fundraising Committee: John Weiser, Murray Akresh Jessey Palumbo, or John Wareck.



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What will your Jewish legacy be?

Corinne Blackmer and Pilar Stewart Created a Legacy for Their Synagogue, Congregation Beth El–Keser Israel

"Pilar and I are deeply committed to Beth El-Keser Israel and love the Jewish community there, the sense of authentic community, and the diversity. As a lesbian couple, we are leaving a legacy in particular to nurture diversity at our shul."—Corinne

> For more information, contact the Jewish Foundation of Greater New Haven Lisa Stanger, Executive Director I (203) 387-2424, ext. 382 | Istanger@jewishnewhaven.org Tamara Schechter, Create a Jewish Legacy Manager I (203) 387-2424, ext. 325 | tschechter@jewishnewhaven.org





# Hamden Hall Country Day School

Educating students in PreSchool through Grade 12.

We celebrated National Mix It Up Day in October to foster greater respect and understanding among our students.

www.hamdenhall.org 203.752.2610 1108Whitney Ave., Hamden, CT 06517





# **REBELLION. RESENTMENT. RAGE**

he Book of Numbers is a repository of negative emotions and hard stories. Normally, I find myself having to draw a contrast between the vibes of American summer — sunshine, beaches, vacations, barbecues — and the dark



things we read about in the Torah over the summer. But this summer, with all that is going on in Israel and the world, I'm not sure I have to do that.

Instead of just talking about those emotions, I want to suggest two things for you to do over the summer.

**Eric Woodward** 

The first is to make sure that you take some time off.

Time off of work, time off of worrying, time off of anything that consumes you. Things slow down over the summer, and it's important that you force yourself to slow down, too.

The second thing is to try to do some healing. The book of Numbers actually highlights some of the negativity we might be feeling about the world. Particularly for me, I think, a feeling of betrayal, but there are many heavy themes!

And so I want you to reflect on these hard themes — or pick one — and name how they make you feel. But to try to do this without trying to fix it or solve it, instead trying to notice the feelings and name them to yourself.

This is important work to do if we want to start to think about healing from some of the trauma of the last year. We need to give voice to our emotions, without acting on them — to notice them as emotions, and to be aware that our emotional selves are important.

May this summer offer you a hope of renewal and respite.



Doron Wolf, 2018, Stranger things, Oil on Canvas, 80X60cm

# Ritual

## **No Maariv Until Fall**

BEKI's 5:45 pm service now includes just Minchah prayers. Maariv will return after Labor Day.

# 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.

Sunday Talmud class resumes in the fall.



Rachel Adelstein

# Sign up for Torah Reading

If you are able to read an aliyah of Torah or a Haftorah, make your selection via our online <u>spreadsheet</u>.

Just scroll down to the proper date to see details about each aliyah.

Questions? Consult Rachel Adelstein at ritualcoordinator@beki.org.



# June 2024 24 Iyar 5784 - 24 Sivan 5784

		24 iyai	5764 - 24 5108	11 57 04		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Au	Mark Your ( g 4 Interfaith Da g 12 Tisha Be-Av g 13 Tisha Be-Av	y of Service evening service				1 9:15am Shabbat Service 11am Children's Havura, K-2 Kehila, Jr. Congregation 12:45pm Artist Talk with Doron Wolf
						24 lyar/39 L'Omer
2 9am In-person/Zoom Service 5:45pm In-person/Zoom Service	3 7am In-person/Zoom Service 5:45pm In-person/Zoom Service 7:30pm Executive Board Meeting (online)	4 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	5 Yom Yerushalayim 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	6 8:15am In-person/Zoom Service 9am Torah Study 5:45pm In-person/Zoom Service	7 Rosh Hodesh 7am In-person/Zoom Service 6pm Kabbalat Shabbat 8:05pm Candle Lighting	8 Pride Shabbat 9:15am Shabbat Service 11am Children's Havura, K-2 Kehila, Jr. Congregation 12:45pm Shabbat Schmooze: The Impact of 10/7 on Israeli Academia
25 lyar/40 L'Omer	26 lyar/41 L'Omer	27 lyar/42 L'Omer	28 Iyar/43 L'Omer	29 lyar/44 L'Omer	1 Sivan/45 L'Omer	2 Sivan/46 L'Omer
9 9am In-person/Zoom Service 5:45pm In-person/Zoom Service	10 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	11 Erev Shavuot 7am In-person/Zoom Service No Minchah 8pm Maariv 8:07pm Candle Lighting 8:15pm Tikkun Leyl Shavuot (adult study, in- person only)	12 Shavuot Office Closed 9:15am Shavuot Service (in-person) No Evening Service 9:06pm Candle Lighting	13 Shavuot II (Yizkor) Office Closed 9:15am Shavuot & Yizkor Service (in- person only) No Evening Service	14 7am In-person/Zoom Service 6pm Kabbalat Shabbat 8:08pm Candle Lighting	15 Graduates' Shabbat 9:15am Shabbat Service 11am Children's Havura, K-2 Kehila, Jr. Congregation
3 Sivan/47 L'Omer	4 Sivan/48 L'Omer	5 Sivan/49 L'Omer	6 Sivan	7 Sivan	8 Sivan	9 Sivan
16 9am In-person/Zoom Service 5:45pm In-person/Zoom Service	17 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	18 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	19 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	20 8:15am In-person/Zoom Service 9am Torah Study 5:45pm In-person/Zoom Service 6pm Light Supper 6:45pm Annual Meeting (in-person only)	21 7am In-person/Zoom Service 6pm Kabbalat Shabbat 8:10pm Candle Lighting	22 9:15am Shabbat Service 11am Children's Havura, K-2 Kehila, Jr. Congregation
10 Sivan	11 Sivan	12 Sivan	13 Sivan	14 Sivan	15 Sivan	16 Sivan
23 9am In-person/Zoom Service 4:30pm Concert to Support JCARR 5:45pm In-person/Zoom Service	24 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	25 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	26 7am In-person/Zoom Service 5:45pm In-person/Zoom Service	27 8:15am In-person/Zoom Service 9am Torah Study 5:45pm In-person/Zoom Service	28 7am In-person/Zoom Service 6pm Kabbalat Shabbat 8:11pm Candle Lighting	29 9:15am Shabbat Service 11am Children's Havura, K-2 Kehila, Jr. Congregation
17 Sivan	18 Sivan	19 Sivan	20 Sivan	21 Sivan	22 Sivan	23 Sivan
30 Deadline for submissions to the High Holy Day Exhibit 9am In-person/Zoom Service 5:45pm In-person/Zoom Service 24 Sivan						

Sundays 9am Shaharit 5:45pm Maariv

Tuesdays 7am Shaharit 5:45pm Maariv

Service Times Wednesdays 7 am Shaharit

5:45pm Maariv

Thursdays 8:15am Shaharit 5:45pm Maariv

**Fridays** 7 am Shaharit 6 pm Kabbalat Shabbat



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.

# **Join BEKI on Facebook**

Everyone is encouraged to join the <u>BEKI Facebook group</u>. 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 Earthfriendly, we have transitioned to e-statements and e-yahrzeits. If you prefer to receive them by paper, please contact the BEKI office at <u>office@beki.org</u> or 203-389-2108 x114. The BEKI Green Team supports BEKI's movement toward paperless communications and hopes the community will also.

## **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.

# Services

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

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

For the latest information on services, check <u>Happenings</u> or email <u>bekitefilla@gmail.com</u>