



THE PUP TENT

Congregation Beth Jacob's Monthly Newsletter
February, 2021

SHABBAT!



Since March of 2020, CBJ has been conducting Shabbat services via **Zoom**. See the "CBJ Weekly Update" for information on how to connect to these services. If you do not currently receive the "Weekly Update," please send an email message to Judith Sherman at judith.sherman@gmail.com, and she will be happy to add you to the distribution list.



CBJ Virtual Musical Events 2021

Shir David is back at CBJ!

Join us via Zoom for one or all of these events and enjoy
this wonderful musical duo!

SAVE THE DATES!

March 26, 2021, 4:30-6:00 pm: Passover Family Shabbat Musical Program featuring Shir David

May 14, 2021, 4:30-6:00 pm: Family Shabbat Musical Program featuring Shir David

To register, email Dianne Bluestein at dsbluestein@yahoo.com. A Zoom link will be provided prior to the event. [To see the flyer, click here.](#)



Congregation Beth Jacob gratefully acknowledges receipt of the following donations:

Yahrzeit Fund:

- Fred and Irene Sarke - in memory of Fred's father, Albert Sarke
- Steve and Jackie Winokur - in memory of Steve's mother, Adeline Winokur
- Burt and Donna Matross - in memory of Burt's father, Samuel Matross, and Donna's father, Samuel Resnick

General Fund:

In Memory of Mel Klasky

- Ina Cutler
- Virginia Davis
- John Grady and Christine Sampson
- Charles and Hideko Greenfield
- William and Clara McGovern
- Joe and Paula Keller
- Sara Minsky
- Seth and Cindy Teles
- Geoffrey and Joyce Stewart
- Kevin and Marlene Kenely
- Debra and Peter Stutman

In Memory of Alan Koplan

- Allan and Judith Sherman

Sisterhood's Diaper Drive:

- Barbara Baron



CBJ Calendar of Upcoming Events

(See the "CBJ Weekly Update" for details and Zoom links to join these meetings.)

[To see CBJ's online Calendar of Events, click here.](#)

February 2, 2021, 7:00 pm: Brotherhood "Virtual Film" Night-Discussion of "Maktub" on Netflix

February 3, 2021, 7:00 pm: New Sisterhood Meeting - Jews in the Arts (The theme will be Jews in Music - Composers, Singers, Cantors)

February 9, 2021, 7:00 pm: Brotherhood Meeting



The Following Yahrzeits Will be Observed in February:

(A memorial candle should be lit on the preceding evening.)

February 2021

4 Abraham Jacob Toabe	18 Robert Arons
5 Rabbi Abraham Hirsch Carlin	18 Hyman Sherman
5 Meyer J. Myer	19 Barbara Finer
5 Rina Strumsky Shamir	19 Roberta Lipetz
6 Ethel Berger	19 Sumner Robinson
7 Sarah Litcofsky	19 Ida Toabe
8 Saul Dezorett	20 Alvin Bogin
8 Frank Gladstein	21 Marcus N. Solomon
9 Max Kramer	22 Edith Keshen Albert
9 Helen Rice	22 Zena Dreitzer
9 Edward Romanow	22 Samuel Rice
9 Connie Van Tosh	23 Frieda Resnick
10 Harry Dorph	23 Ellis Shector
10 Beatrice Feinberg	23 Dinah Van West
10 Adele Pevzner	23 Terri Wax
10 Hilda Keil Toabe	24 Rebecca Miriam Dezorett
11 Stanley Nydell	24 Lillie Pokross
11 Arthur Rosenblum	24 Belle Sadow
12 Richard Pecorella	24 Sylvia Wippman
12 Ida Penn	25 Rachel Buckman
12 Morris Resnick	25 Sally Sarke
13 Charles Shafram	26 Sarah Rebecca Cohen
14 Jeanne Gurwitch	27 I. Harry Keller
14 David Holsberg	27 Rebecca Kirschner
16 Israel Buckman	27 Shirley R. Wideman
16 Saul S. Sokolow	28 Betty Balton
17 Isadore Rothstein	28 Samuel Goldberg
17 David Schwartz	28 Pauline Hazan
17 Max Shriber	
17 Rose Leah Yoffe	

May their memories be for a blessing and live forever in the hearts of all who knew and loved them.



Rabbi Silverman's Sermon on December 18, 2020 The Pandemic

(Editor's Note: Although this sermon was delivered on December 18th, immediately after the first major snowstorm of the winter, its message is still relevant. While we all pray for the end of the Covid pandemic with the promise of new vaccines, the physical, emotional, social and economic effects will linger for a long time. The Rabbi's words are comforting and practical advice on how we, as Jews, can effectively deal with and survive this difficult time.)

Everyone gathered here right now is affected by the coronavirus pandemic. I want to divide my message this evening into three parts, as I did when I first talked about this subject back in April. And I'm going to begin with some ideas that I hope will help sustain the patience and calm and comfort that many of us are still working hard to achieve during this trying time. Then, I'd like to move to some practical ideas and then put everything into a Jewish context, since we are, after all, Jews.

(#1) Let's begin by listing some of our worries that are only made worse by this pandemic: We have elderly loved ones that we are concerned about, or we are elders in our own right. We have children we are worried about.

(A footnote because of yesterday's winter storm. In ordinary times, school would have been canceled all over the South Shore. But in these days of Zoom, our kids in Carver stayed home, as usual, and went to school via Zoom. Personally, I think it would have been good to give the children a snow-day for this season's first early winter snowstorm.)

In our isolation, we've already been separated from so many of our friends. Our synagogue continues to be closed until we-don't-know-when; events we had planned to go to are cancelled or postponed. But we have found other ways of being the community that we are. Services, meetings, observing Shiva with those who mourn, Torah study, discussions, and children learning, from beginners to Bat Mitzvah students: all of this is happening with Zoom and telephones; and it works.

What's a person to do? We're now into the second week of coronavirus vaccine being made and distributed; and people in the medical community have great things to say about it. We were excited and possibly even applauded when we first saw the vaccine going into the arms of hospital staff in many hospitals in our country. But children can't receive the vaccine; and we have to do everything we can to protect them. And people like most of us can't receive it yet. Making inoculations for so many people, millions and hundreds of millions, will have to take time; and we simply have to wait.

What's a person to do? I know I am not able to predict the future, I can only say, I'm not sure. But I have worked on this for many months now and have come up with what may be some helpful thoughts that I keep in my own mind.

Stop for a moment, just sit and take an accounting of where you are, not your physical space, but where you are in your thoughts and how you really feel. Be honest with yourself: Tell yourself the truth about what most concerns you. Accept where you are emotionally right now. Sit, breathe, accept your own feelings – whatever they may be, even if they are ever changing. Also know this – you are not alone. Millions of us are experiencing these same feelings.

(#2): Work With the Fear you have. Early last spring I told a short story from the teachings of Rebbe Nachman of Bratslav (1772-1810). He said: The whole world is a very narrow bridge; the important thing is not to make yourself afraid. We are still on that narrow bridge right now. On either side is the abyss: We certainly don't want to go there. We can never be sure of what tomorrow will bring. Uncertain about the present: Who is contagious? What should I cancel? What can I do without taking a risk?

Rebbe Nachman's "narrow bridge" wisdom has often been mistranslated as "don't be afraid" – but that is not what he says. The Hebrew means: "Don't make yourself afraid." Rebbe Nachman acknowledges that fear exists. He teaches that we should not make it worse by adding fear upon fear ourselves. What does that mean, "fear upon fear?" It's the kind of thinking we do without even realizing it. It's when we allow the stories in our mind to take us to a place where we are dwelling upon our fear, saying "What if" this happens and "What if" that happens. How will I ever survive it? Again, what can I do without taking a risk? And what can I do to help others avoid taking risks themselves? And will the coronavirus vaccine really protect me?

It is important to begin to notice when we are telling ourselves a story about the future that we do not yet know. If we can stop ourselves from doing this, we can decrease our anxiety and fear.

Now to the practical, which we all know: Wash hands frequently, wear a mask, practice social distancing. I've heard quite few people say, mostly on live television: "We really care about each other: we are family, and we live apart, and we really want to hug and kiss when we visit each other." If my hearing is still working, you said "we really care about each other." Then do the right thing: don't hug and kiss, and keep each other safe.

(#3) Here's the last of the three topics we consider today: Where are we as Jews with all of this? What is the Jewish context? We have an obligation to observe the mitzvah of piku'ach nefesh – the principle in Jewish law that the preservation of human life overrides virtually any other religious rule. While it is true that one of our primary obligation as Jews is to preserve life – in this case via hand washing, masks, and social distancing, as your rabbi, I have to consider the psychological impact that befalls those who find themselves forced into isolation, not because they are ill, but because their daily activities that they were used to are now closed off to them. Preserving what has become important to them matters too. Depression, fear and anxiety can run rampant when we no longer live with the routine and orderly life that we have become used to.

Human contact is important for all people. There are those who struggle on a daily basis with depression. Mental health is as important as physical health. Depressed people frequently will themselves into physical illness, and they become more and more depressed as they self-isolate. It's up to us to let those individuals know that we understand how hard it is. And we will keep meeting, even if we can't kiss or shake

hands. If we're wearing a mask we can greet one another by saying hello and smiling with our eyes.

I mentioned at the beginning of my talk to consider and accept the truth about where you are emotionally, and to work to not build more fear upon the fear you already have. Above all, know that we are abundantly fortunate to have each other right now in this time of uncertainty. And after it is all over, if we have been thoughtful and faithful about putting into practice what we know we have to do to take care of ourselves and each other, we will come out of it better than "all right;" and we will be so grateful and happy when we reunite with our family and friends.

In this week's Torah portion, Joseph, now in Egypt, is brought before Pharaoh to interpret his dream. There is an important detail in this story which is often overlooked. If you have seven years of plenty followed by seven years of famine, as Joseph predicted would happen, then the first seven years, the years of plenty, will not be easy either. That is because of Joseph's sensible policy to set aside food during the time of plenty, so as to be prepared for the time of hunger. Only after the seven years of plenty and the seven years of famine have passed will the people be able to return to their normal lives because of the sacrifices they were able and willing to make. Don't worry: seeing the pandemic come to an end will take far less than seven years.

As a congregation, we are small, and we are strong; you, our members and friends, are determined and capable of doing great things for each other and your families and your friends. We may struggle, and we shall prevail. We shall overcome and come out stronger for it in the long run. Shabbat Shalom!



CBJ'S NEW SISTERHOOD

New Sisterhood's Officers:

Co-Presidents: Rose Litchman and Cindy Teles

Rose: snobuntng@aol.com

Cindy: iacorna@aol.com

Treasurer: Cindy Teles

Recording Secretary: Paula Keller

Corresponding Secretary: Suzanne Goldberg

NEW Sisterhood Program Theme "Jews in the Arts"

Jews have always made key contributions to the intellectual life of the arts. Let's explore some of the famous people and some of our local people who have interests in the areas of culinary, poetry, music and art. **All programs will be on Zoom and will start at 7:00 pm.** Details about each program will follow. **All are welcome!** You will receive the Zoom link in the CBJ Weekly Update and in the Sisterhood email.

Save the dates for these outstanding upcoming Sisterhood programs:

- February 3, 2021 - The theme will be Jewish Music (Jewish composers, singers, cantors)
- April 7, 2021 - The theme will be Jewish poetry (Hannah Senesh, Emma Lazarus, etc.)
- June 2, 2021 - the theme will be Jewish Painting/Sculpting

Learn how to report an antisemitic or bias incident.



Dear Boston Jewish community,

Anti-Defamation League New England (ADL) and Combined Jewish Philanthropies (CJP) are pleased to announce a new collaboration which has resulted in the creation of an informative resource guide to effectively support our community members in reporting antisemitic or bias incidents.

Everyone has a role in confronting antisemitism and hate when they see or experience it. This guide provides a step-by-step approach to reporting, which is a very important action in standing up and speaking out about antisemitism and hate. By reporting, you are helping us monitor trends, improve communal security, direct resources where the needs are greatest, and advocate for funding to combat bias and bigotry in our communities.

Reporting these incidents is a crucial part of our collective work to respond to and confront antisemitism and bias. It is essential to building safer communities.

ADL's annual Audit of Antisemitic Incidents recorded 2,107 antisemitic incidents in 2019, an increase of 12% from the 1,879 cases recorded in 2018. In Massachusetts alone, we tracked 114 incidents in 2019, including multiple Chabad arsons and the vicious desecration of a Jewish cemetery.

This rise in outward displays of hate, combined with the proliferation of racist conspiracy theories exacerbated by the COVID-19 pandemic, remind us that we must remain vigilant in the fight against antisemitism, extremism, and hate.

Please share [this guide](#) widely and remind your community to [report incidents on this website](#).

We hope that this resource will be useful to you and your community.

Sincerely,

Robert O. Trestan
ADL New England Regional Director

Rabbi Marc Baker
Combined Jewish Philanthropies President and CEO

PURIM!
February 25-26, 2021



With celebrations including costumes, skits and songs, noisemakers, and gifts of food, Purim is definitely full of fun! Purim is a joyous holiday that affirms and celebrates Jewish survival and continuity throughout history. The main communal celebration involves a public reading—usually in the synagogue—of the Book of Esther (M'gillat Esther), which tells the story of the holiday: Under the rule of King Ahashverosh, Haman, the king's adviser, plots to exterminate all of the Jews of Persia. His plan is foiled by Queen Esther and her cousin Mordechai, who ultimately save the Jews of Persia from destruction. The reading of the m'gillah typically is a rowdy affair, punctuated by booing and noise-making when Haman's name is read aloud.

Purim is an unusual holiday in many respects. First, Esther is the only biblical book in which God is not mentioned. Second, Purim, like Hanukkah, is viewed as a minor festival according to Jewish custom, but has been elevated to a major holiday as a result of the Jewish historical experience. Over the centuries, Haman has come to symbolize every anti-Semite in every land where Jews were oppressed. The significance of Purim lies not so much in how it began, but in what it has become: a thankful and joyous affirmation of Jewish survival.



Quick ideas for a Purim Costume (These are great!)

<https://reformjudaism.org/quick-costume-ideas-purim>

Family Activities

<https://reformjudaism.org/jewish-holidays/purim/celebrating-purim-shalom-sesame-costumes>



Hamantaschen!

By Sisterhood of Temple Rodef Shalom, Falls Church, VA

INGREDIENTS

4 cups flour
2 heaping teaspoons baking powder
3/4 cup sugar
1/4 teaspoon salt
4 eggs
1/2 cup plus 1 tablespoon oil
Grated lemon rind

Prune Filling:

1 pound prunes
1 orange, sliced, with rind
1/4 cup sugar (optional)
1 teaspoon cinnamon
Rind and juice of 1 lemon
1/2 cup chopped walnuts

Poppy Seed Filling:

1 can poppy seed filling
1/2 cup chopped nuts
1 tablespoon lemon juice
1 teaspoon cinnamon

DIRECTIONS

Sift dry ingredients into bowl; break eggs into the center. Add oil and lemon rind and stir well. Mix together and knead lightly. (Refrigerate for 1/2 hour or let stand at room temperature for about an hour before rolling.)

For Prune Filling, cook prunes and orange in small amount of water until tender. Chop together with remaining ingredients (remove orange rind first).

For Poppy Seed Filling, stir all ingredients together thoroughly.

Roll out dough 1/8 inch thick; cut into 3 inch rounds and put heaping teaspoon of filling in the center of each. Draw up two sides and then the third and pinch together. Bake on a greased cookie sheet at 375° for about 20-25 minutes or until browned.

Editor's Note: "The Pup Tent" is a monthly publication that provides a condensed summary of CBJ news, including the monthly Calendar, upcoming Yahrzeit dates, and acknowledgments of donations that have been received. The "CBJ Weekly Update" is our weekly email newsletter that includes full details about upcoming events, as well as information about the weekly Torah reading portion and helpful links to various resources. **To subscribe to the CBJ Weekly Update, please contact me at judith.sherman@gmail.com.** Thank you! Judith Sherman, Editor, "The Pup Tent" and "CBJ Weekly Update"