



THE TENT

Congregation Beth Jacob's Monthly Newsletter
May, 2024



CBJ Calendar of Upcoming Events:

April 24 - June 5, 8:00-8:30 pm - Spiritual and Ethical Teachings for the Counting of the Omer (Zoom) See the article for details and to register for this free Zoom course!

May 3, 7:00 pm: Erev Shabbat Service - (In person and Zoom)

May 6, 7:00 pm: Yom Ha-Shoah (Holocaust Memorial Day) Interfaith Memorial Service at CBJ - (In person and by Zoom) See the article for details.

May 10, 7:00 pm: Erev Shabbat Service (Zoom)

Saturday, May 11, 1:30 pm : Brotherhood Movie/Discussion - Fehlows Meeting Room at the Plymouth Public Library The film: "The Last Mentsch" (See the article for a description and a link to the trailer.) - Everyone is welcome to attend.

May 13, 7:00 pm: Sisterhood Meeting (Zoom)

May 14: Yom Ha-atzmaut (Israel Independence Day)

May 17, 7:00 pm: Erev Shabbat Service (Yom Ha'atzmaut) - in person and Zoom

Sunday, May 19th: Sisterhood Trip to the Sandwich Glass Museum and Lunch at Daniel Webster Inn.

May 20, 7:00 pm: Brotherhood Meeting

May 24, 7:00 pm: Erev Shabbat Service (Zoom)

May 26: Lag B'Omer

May 31, 7:00 pm: Outdoor Shabbat Service (Hybrid service - in person and by Zoom)

[To see the complete CBJ Calendar on our website, click here.](#)

**Interfaith Yom HaShoah Service
Holocaust Remembrance Observance
Monday, May 6, 7:00 pm at CBJ (hybrid)**



Join us and the Plymouth Interfaith community as we remember the victims of the Holocaust, as well as all those who suffered from other acts of genocide. Once again, our guest speaker will be a Holocaust survivor.

[To see the flyer, click here.](#)

Please RSVP if you will be attending in person: rsvp@cbjplymouth.org.

The Zoom link for Yom HaShoah service:

<https://us02web.zoom.us/j/84340564991?pwd=QUZ5MEZUMTE0TktrSDRiQUtvNDBCQT09>

Meeting ID: 843 4056 4991 Passcode: 19482024



Spiritual and Ethical Teachings for the Counting of the Omer (continuing)

A Series of Zoom Learning Sessions with Rabbis from Small URJ Congregations.

Wednesday April 24th to Wednesday, June 5th 8:00 - 8:30 pm Eastern

The seven-week Omer period begins on the second night of Passover and continues until the eve of Shavuot. This year, that is from the evening of Tuesday, April 23, to the evening of Monday, June 10. During this period we count the days and weeks that lead us from the Festival of Our Freedom to the Festival of the Giving of the Torah.

There is a mystical tradition of associating one of the seven lower sefirot (divine emanations) with each week of the Counting of the Omer. These are:

chesed (lovingkindness),

gevurah (strength),

tiferet (beauty/balance),

netzach (endurance),

hod (splendor/humility),

yesod (foundation), and

malchut (sovereignty/presence).

During our class each week, a rabbi (or a pair of rabbis) will present Jewish texts, spiritual practices, and ethical exercises that help participants learn about the meaning of the sefirot and how we integrate these teachings into our lives.

Join us for one week or all seven sessions. Registration is free, but you must register in advance. See the registration link below.

<https://us02web.zoom.us/meeting/register/tZMuf-mqqj4iGNCHvvcDIXivxYwo5vzi1ZRe>

After registering, you will receive a confirmation email containing information about joining the meeting.

Counting the Omer with Cereal Boxes

**COUNT THE OMER BY DONATING BOXES OF
WHEAT, OAT, OR BARLEY CEREAL**

**HELP US REACH
50 CEREAL BOXES
TO DONATE TO A
LOCAL FOOD
PANTRY**

**DROP OFF FROM
END OF PASSOVER
UNTIL THE END OF
SHAVUOT: WED
JUNE 12**

THE OMER, AN ANCIENT HEBREW MEASURE OF GRAIN, WAS BROUGHT TO THE TEMPLE DAILY FROM THE SECOND NIGHT OF PASSOVER UNTIL SHAVUOT-- 50 DAYS LATER. WE COUNT THE FIFTY DAYS EACH YEAR AWAITING THE CELEBRATION OF SHAVUOT AND GOD GIVING US THE TORAH
DROP OFF AT TEMPLE OR AT THE TELLES' HOME

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Auschwitz. Not Long Ago. Not Far Away Exhibition
June 23 at 11am
at The Castle, Park Plaza, 130 Columbus Avenue,
Boston



Rabbi Estelle Mills and the Congregation Beth Jacob community will travel into Boston on June 23rd to experience a group tour of an exhibition entitled Auschwitz. Not long ago. Not far away.

While it is now too late to join our group, you may purchase tickets directly by [clicking here.](#))

This is an acclaimed exhibit that everyone should see.
For more information about this event, click the following link:
<https://theauschwitzexhibition.com/>



During World War 2, concentration camp prisoners had to wear coloured triangles on their clothes. Political prisoners wore red, Jews wore yellow, homosexuals pink, etc. This song, written and performed by Christy Moore, Irish singer/songwriter/musician, is dedicated to victims of the Holocaust. It is a powerful evocative song.

Yellow Triangle

by Christy Moore

The black triangle
The pink triangle
The green triangle
The red triangle
The blue triangle
The black triangle
And they wore the yellow triangle
When first they came for the criminals I did not speak
Then they began to take the jews
When they fetched the people who were members of trades unions
I did not speak
Then they took the bible students
Rounded up the homosexuals
Then they gathered up the students and the gypsies
I did not speak
I did not speak
Eventually they came for me there was no one left to speak
The black triangle
The pink triangle
The green triangle
The red triangle
The blue triangle
The black triangle
And they wore the yellow triangle
And they wore the yellow triangle
And they wore the yellow triangle
And they wore the yellow triangle

To watch a compelling YouTube video and hear this haunting song, click on the link below.
https://www.youtube.com/watch?v=D74XF-kPX_4

Holiday Observances This Month

Yom HaShoah (Holocaust Remembrance Day) (May 5-6)

Yom HaShoah, also known as Holocaust Remembrance Day, occurs on the 27th of the Hebrew month of Nisan. Shoah, which means “catastrophe” or “utter destruction” in Hebrew, refers to the atrocities that were committed against the Jewish people during World War II. This is a memorial day for those who died in the Shoah. The Shoah is also known as the Holocaust, from a Greek word meaning “sacrifice by fire.”

The Holocaust was the largest manifestation of antisemitism in recent history. Yom HaShoah reminds us of the horrors that Jews and other persecuted groups faced: forced labor, starvation, humiliation, and torture, which often resulted in death. It was a systematic effort to wipe out an entire population from the face of the earth.

Many commemorate Yom HaShoah by lighting yellow candles to keep alive the memories of the victims. Most synagogues and Jewish communities gather together to mark the day through worship, music and the stories from survivors.

Yom HaZikaron and Yom HaAtzaut (May 13-14)

Since the establishment of the State of Israel in 1948, four new holidays have been added to the Jewish calendar – Yom HaShoah (Holocaust Remembrance Day), Yom HaZikaron (Memorial Day), Yom HaAtzmaut (Independence Day), and Yom Y’rushalayim (Jerusalem Day, which celebrates the reunification of the city in 1967). In Israel, these days are observed as national holidays; around the world, they are observed in various ways by Jewish communities.

The Israeli Knesset (parliament) established the day that precedes Yom HaAtzmaut as Yom HaZikaron, a day to memorialize soldiers who lost their lives fighting in the War of Independence and subsequent battles, as well as a day to remember civilian victims of terrorism.

Yom HaAtzmaut marks the anniversary of the establishment of the modern state of Israel. It is observed on or near the 5th of the Hebrew month of Iyar on the Jewish calendar,

Lag B'Omer (May 26)

Lag BaOmer is a minor, festive holiday that falls on the 33rd day of the seven-week period between Passover and Shavuot, a period of time known as the Omer. (The numerical value of the Hebrew letter lamed is 30, and the value of gimel is three; lamed and gimel together are pronounced “lahg.”) This holiday gives us a break from the semi-mourning restrictions (no parties or events with music, no weddings, no haircuts) that are customarily in place for some Jewish communities during the Omer.

The Omer has both agricultural and spiritual significance: it marks both the spring cycle of planting and harvest, and the Israelites’ journey out of slavery in Egypt (Passover) and toward receiving the Torah at Mount Sinai (Shavuot). An omer (“sheaf”) is an ancient Hebrew measure of grain. Biblical law forbade any use of the new barley crop until after an omer was brought as an offering to the Temple in Jerusalem. The Book of Leviticus (23:15-16) also commanded: “And from the day on which you bring the offering...you shall count off seven weeks. They must be complete.” This commandment led to the practice of the S’firat HaOmer, or the 49 days of the “Counting of the Omer,” which begins on the second day of Passover and ends with the celebration of Shavuot on the 50th day. Lag BaOmer commemorates a variety of historical events, including the end of a plague that killed many students of Rabbi Akiva (c. 50-135 C.E.), the *yahrzeit* of 2nd-century mystical scholar Shimon bar Yochai, and a Jewish military victory over Roman forces in 66 C.E. In remembrance of these events, some people celebrate with picnics and bonfires. Many couples in Israel choose to get married on Lag BaOmer, and many people also choose to wait until that day to get a haircut or beard trim.



The Essential Prayers and Songs for Our Shabbat Evening Services

To access a document with YouTube videos of the prayers and songs that we sing at our Shabbat evening services, [click here](#).



**Limud Torah/Torah Study Group
with Rabbi Emeritus Lawrence Silverman
Monday mornings, from 8:30-9:45 am**

To join the Zoom Meeting, click on the link below:

<https://us02web.zoom.us/j/2947234661?pwd=RVFTQmFFYXBVWHRJQ3RkeDhjTVptZz09>

Meeting ID: 294 723 4661, Passcode: 720299

**Introduction to Judaism Class
Wednesdays, from 3:30-4:30 pm
Continuing**



This class, which Rabbi Mills started in January for those interested in converting, is also open, free of charge, to all congregants who may wish to learn more about Judaism. The topic is different each week, so you may drop in for as many sessions as you wish.

The Zoom link is in the Member Login page of the CBJ website. [Click here](#). Access to this page requires a password. If you need assistance, please contact Judith Sherman at judith.sherman@gmail.com.

Brotherhood News



Brotherhood Bowling The 1st and 3rd Wednesdays of the Month at 4:30 pm at Kingston Ten Pins

We'll be bowling the first and third Wednesday of every month at 5:30 pm. We bowl 3 strings and pay only the special rate of \$4.50/string. You don't need to have any equipment, as bowling shoe rental is available for a small additional fee, and there is a large selection of balls to use. This is a great way to get together with other members of Brotherhood, renew old friendships, and make new ones. You don't have to be good at bowling to participate - all you need is a good sense of humor! Contact Seth Teles at scteles@aol.com or Arnold Gladstein at aralglad@verizon.net and let us know if you would like to join us. Is your spouse or significant other welcome? Of course!



Next Brotherhood Meeting Monday, May 20 at 7:00 pm (by Zoom) Anatol Zuckerman will speak to us about life in Russia, followed by a discussion period. The meeting will conclude with a regular business/planning session.

To join the Zoom Meeting

<https://us02web.zoom.us/j/82523722189?pwd=VFIXdzRrd0h2M1piTIF1b3o3NjFDUT09>

Meeting ID: 825 2372 2189

Passcode: 57842024

The Brotherhood has held well-attended meetings for the past several months and has accomplished a great deal in planning upcoming programs and activities.

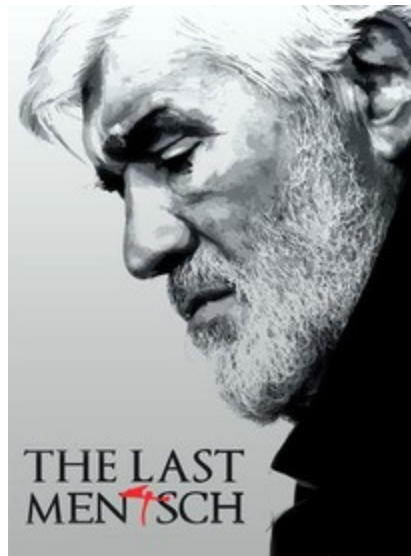
Brotherhood has rescheduled a dinner/discussion meeting on the topic of Security in the Face of the Rise in Anti-Semitic Threats. Plymouth Chief of Police Dana Flynn will address the issue of Anti-Semitic threats, and what the Plymouth Police are doing to keep Plymouth's Jewish Community safe. He will also discuss what we can do to protect our membership and our facility. **Watch for updated information in The Weekly Update.**

Plans are underway for a Brotherhood Breakfast. This event has always been well-received by our congregants, but it requires team cooperation in the kitchen. Workers are needed to purchase bagels, lox, schmear, eggs, potatoes, orange juice; someone has to prepare the eggs and fried onions and potatoes; someone must set up and clean up; we need someone to run the raffle.

Men: This is YOUR organization! Please participate! Become involved! Volunteer a few hours of your time and effort to help to make these programs happen. Many hands make light work! The camaraderie and sense of accomplishment are their own rewards.



Movie/Discussion
May 11, 1:30 pm
The Fehlows Meeting Room at the Plymouth Public Library
The Movie: The Last Mentsch (2016) 93 minutes



Join us for Brotherhood's Movie and Discussion of the award-winning film, *The Last Mentsch*, on Saturday, May 11th in The Fehlows Meeting Room at the Plymouth Public Library. This venue is completely handicap accessible and has plenty of parking. You do not have to be a member of Brotherhood to attend. Everyone, regardless of gender, is welcome!

Summary of the film: 70-year-old Marcus Schwartz, who now lives in Germany, has concealed and rejected his Jewish heritage after surviving the horrors of Auschwitz. As he begins to think about the end of his life, Marcus decides he wants to be buried in a Jewish cemetery. But first he must prove that he is Jewish. Without family, a synagogue or a single Jewish friend, the hardened old man has so effectively created a new identity that, when faced with his own mortality, the rabbis refuse his appeal to be buried in a Jewish cemetery in Cologne. Determined to return to his birthplace and establish his ancestry, Marcus enlists the help of a young, brash, chain-smoking Turkish woman with a troubled history of her own. The unlikely duo sets out on a road trip to a small village on the Hungarian-Romanian border, a journey that will irrevocably change them both.

This is a cinematic and heartfelt road movie, powerful in its depictions of identity in crisis and coming to terms with the past.

To watch the trailer, click on the following link: https://www.youtube.com/watch?v=u9L_ypD7KnI

Language: Hebrew with very readable subtitles



As we all know, “It takes a village” to make an organization successful. There are many opportunities for congregants to lend their talents to the work that it takes to keep our congregation running smoothly.

Do you enjoy singing? Do you play a musical instrument? A few simple chords played on a guitar or the ethereal sound of a flute can do so much to enhance the beauty of our services. Are you adept with handling computer technology? We need someone in our congregation who is willing to assist with managing Zoom audio and video settings for our Shabbat services and other programs that are being streamed. Are you willing to take over the compilation and editing of our annual Yizkor Book? There are so many different ways that your skills could enhance CBJ!

Please contact our co-Presidents, Devon Fernald and Dianne Bluestein, if you are able to help. president@cbjplymouth.org



Please Volunteer to Sponsor an Oneg!

If you would like to honor a special occasion (birthday, anniversary, etc.) in a very special way, please consider sponsoring an Oneg. A beautiful, welcoming Oneg table of challah, fruit, baked goods, or even ice cream sundaes is a sign of our warm hospitality to our congregants, guests, and prospective members. **We need Oneg hosts for the following dates.**

At the Synagogue:

May 3rd

Looking Ahead to Warmer Weather Shabbat Services Held at Outdoors Locations:

June 14 (Shavuot), and June 28

Please contact Barbara Aharoni by email (ahabubs@gmail.com) or by phone (774-404-7107) if you would like to host an Oneg following one of our in-person services. Barbara can provide advice about what items are popular, such as fresh fruit, nuts, baked goods (not necessarily homemade), ice cream with toppings, etc. It's a mitzvah!

MEMBERSHIP NEWS



Please Welcome Our Newest Member!

Jonathan Meltzer

Jonathan is the son of Dr. Barry and Fay Meltzer (z"l). Many of us "oldtimers" fondly remember Jonathan expertly blowing the Shofar at our High Holy Days services as his Dad chanted the Shofar calls. Jonathan lives in New Hampshire and is joining us as an Associate member.

If you would like to learn more about CBJ and are interested in becoming part of our Jewish community, please contact our Membership Chair, Barbara Aharoni, at ahabubs@gmail.com. [Click here for a link to CBJ's Application Form.](#)



Congregation Beth Jacob is grateful for all donations that are received. The following donations were recently received:

Yahrzeit/General Fund

[Click here for a list of funds where donations may be made.](#)
[Click here to make a donation online.](#)

Beit Sefer News



Students at CBJ's Religious School master the skills of Hebrew reading, learn the ritual prayers and songs that are integral to our religious services, learn about Jewish history and the lessons about Jewish values and ethics in the Torah - all taught in an engaging and creative way. Students have become comfortable and familiar with being on the Bimah and leading portions of Shabbat services long before their Bar or Bat Mitzvah ceremonies. Continuing Jewish education is encouraged through Confirmation and engagement with Jewish Youth Groups in the Greater South Shore area .

School Calendar for 2023-2024

[Click here to see the School Calendar for 2023-2024.](#)

Topics for Upcoming Beit Sefer Classes

May 5: Yom Ha'atzmaut

May 12: No School (Mothers' Day)

May 19: Review

May 25, 5:30 pm: Lag B'Omer Campfire, Cookout and Havdalah



**The Next Sisterhood Meeting
Monday, May 13th, at 7:00 pm by Zoom**

Regular Monthly Sisterhood Meetings: are held on the second Monday of each month. Your input is important to us! What sorts of programs would YOU like to participate in during the coming months? Future potential events include a mystery ride, game night, a pot luck lunch, a talent show, getting together for a movie/restaurant, and a series of programs focusing on Jewish Women of Action. Please come to the meeting and share your ideas!

The Zoom link for Sisterhood meetings:

<https://us02web.zoom.us/j/81885106141?pwd=dHd6LzZmSTRJZ2J6VmM2WIBZenpXZz09>

Meeting ID: 818 8510 6141 Passcode: 579857

2024 Sisterhood Dues Are Due!



The new Sisterhood season started in September. (If you paid reduced Sisterhood dues earlier in the 2023 year, it is now time to pay dues for the current 2024 year.) Sisterhood has always been a backbone of CBJ, with its donation to the temple, the sponsoring of onegs and other events, and its various activities. In order for Sisterhood to continue in this vital role, we need you!!! **It is not necessary to be a member of CBJ to be a member of Sisterhood.**

There are 3 levels of dues.

\$25- ruby level

\$36- emerald level

\$54- diamond level

Please send your check, payable to CBJ Sisterhood, to Cindy Teles at 31 Birch Ave. Plymouth, MA 02360. Thank you!

**Sisterhood's Next Social Event
Trip to the Sandwich Glass Museum and Lunch at Daniel Webster Inn
Sunday, May 19th - RSVP by May 3rd!**



The group rate for admission to the Sandwich Glass Museum is \$6.00. After our tour, we will walk across the road (weather permitting) to enjoy lunch at the historic Daniel Webster Inn.

Please rsvp by May 3rd to Nora Luftman (nluftman1@gmail.com) or Ronnie Hirschhorn (aprocess@aol.com) to reserve your spot.



Sisterhood Dues Notice for 2023-2024

For almost 70 years, CBJ Sisterhood has been an essential part of CBJ, providing the link that binds together long-term members with newer members of our congregation. Being part of Sisterhood provides a great way to be introduced to and get to know the members of CBJ. We pray together, study together and, yes, we have fun together. Although the Covid pandemic had affected our ability to meet for the past 2 years, Sisterhood has resumed holding interesting and informative monthly meetings as we celebrate holidays together and raise funds for the benefit of our synagogue.

In the past, Sisterhood has provided support to our young students in the Beit Sefer program by sponsoring our Pizza in the Hut for Sukkot, as well as the annual Chanukah and Purim Parties. Sisterhood provides all of the supplies for the Temple kitchen; sponsors Onegs throughout the year, and helps us all to celebrate the various holidays in the Jewish calendar by providing appropriate holiday foods for the Oneg table. In addition, as its ongoing tzedakah commitment, Sisterhood supports the Kiva project, an international organization that provides loans for women to open new businesses, purchase livestock to sustain food supplies and become financially independent in countries such as Guatemala, Honduras, Ghana, The Philippines, The Congo, Uganda and Fiji. To learn more about Kiva, click here: <https://www.kiva.org> and <https://www.kiva.org/lend-by-category/women>

Sisterhood donates \$2500.00 to the Temple each year! We can't do it alone. We need your financial support. Please become a member of Sisterhood.

Name _____

Phone _____ (home) _____ (cell)

Email _____

Area of interest _____

Talent you would be willing to share with the group _____

Program suggestions _____ If

you prefer to be an inactive member, please indicate that preference here: _____

Dues are a primary source of funds for many projects. Even if you can't participate, please join us and support our important programs and activities.

Ruby Membership: _____ \$25.00

Emerald Membership: _____ \$36.00

Diamond Membership: _____ \$54.00

Make your check payable to Beth Jacob Sisterhood and put "Sisterhood Dues" in the Memo line. Please mail to: Cindy Teles, 31 Birch Avenue, Plymouth MA 02360.



WHY YOU SHOULD JOIN CBJ's BROTHERHOOD

Over the 100 year history of CBJ, Brotherhood has established itself as an essential part of this congregation...this community. Our mantra has been: "to do everything we can to help this synagogue grow and flourish....and have fun doing it."

Under the leadership of Brotherhood's new President, Louis Goldman, we are looking forward to resuming those "sumptuous" Brotherhood Breakfasts with their intriguing and informative guest speakers. Brotherhood is planning monthly Discussion Group meetings and has already revived our Movie Discussion Nights, to which all members of the congregation are invited. Brotherhood has also restarted their bowling nights on the 1st and 3rd Wednesdays of each month. This is an excellent opportunity for members to bond and share the often hilarious experience of what is loosely called "bowling." (You don't have to be an expert bowler to join the fun - just have a sense of humor!)

Brotherhood also provides ¾ of its treasury to our synagogue. Between our fundraisers and your dues, we have been able to contribute \$2,500 to CBJ's General Fund in each of the last few years, with the exception of the Covid pandemic. In addition, CBJ Brotherhood has been the catalyst for providing over \$7,200 in gift cards to the Greater Plymouth Food Warehouse.

Please become a member of CBJ Brotherhood so that we can continue this much needed help for our beloved CBJ as well as our extended Plymouth community.

NAME _____

HOME PHONE _____ CELL PHONE _____

EMAIL _____

AREAS OF INTEREST _____

Talent(s) that you would be willing to share _____

If you have any new ideas for programming or Brotherhood activities for the coming year, we look forward to hearing them. If you prefer being non-participatory, we still welcome and look forward to your membership. We thank you for your generous support.

Basic Membership (\$25)___ Mitzvah Membership (\$36)___ Big Macha (\$54) _____

Make your check payable to: CBJ Brotherhood

Please indicate "Dues Payment" and mail to:

Seth Teles, 31 Birch Avenue, Plymouth, MA 02360



**The Following Yahrzeits Will be Observed This
Month:**

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

May 2024

- | | |
|-----------------------------|--------------------------|
| 1 Joseph Greenberg | 13 Frances Riback |
| 1 Cecille Rosen | 13 Celia Sadow |
| 1 Joseph Barney Van West | 13 Fannie D. Shiff |
| 2 David Keil | 14 Samuel B. Fortunow |
| 3 Barry S. Meltzer | 17 Harry Jacobson |
| 4 James Moore | 18 Helen Pearce |
| 5 Eleanor Goldberg | 19 Sidney Jacobs |
| 5 Hyman John Klasky | 20 Maurice Treppel |
| 6 Milton Gelzer | 21 Arthur E. Jacobs |
| 7 Robert Goldberg | 21 Muriel Swartz |
| 8 Bessie Goldsmith Parker | 22 Miles Herman |
| 8 Silvia Siegel | 22 William Lippman |
| 8 Lily Winter | 24 Avi Teles Hunemorder |
| 9 Janice Gelzer | 26 Stella S. Bromberg |
| 11 Morris Bunday | 26 Arnold B. Shelly |
| 11 Morton Hollander | 26 Louis Waterman |
| 11 Jacob Keller | 28 Arnold Brodie |
| 12 Allan Elowitz (Croitoru) | 28 Harvey F. Cohen |
| 12 Estelle Pokross Sherman | 28 Marc Lipetz |
| 13 Samuel Cohen | 29 Sheila Finer |
| 13 Estelle Epstein | 31 Miriam Polak Lelyveld |

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

Recipe for Falafel (an iconic Israeli dish)



Falafel is sold on street corners in every city and town in Israel. Some call it the "Israeli hamburger." Its popularity can be attributed in no small part to the Yemenite Jews who have brought a particularly tasty version onto the culinary scene. Students living on a meager budget consume full-portion falafels in whole pitas on the sidewalks as their noon "dinner." This recipe makes 24 falafels.

INGREDIENTS

16 ounces canned chickpeas, drained
1 large onion, chopped
2 tablespoons parsley, finely chopped
1 egg
1 teaspoon salt
1/2 to 1 cup breadcrumbs or fine bulgur
1 teaspoon ground coriander or cumin
1 teaspoon dried hot peppers
1 teaspoon garlic powder
vegetable oil (for frying)

DIRECTIONS

1. Combine chickpeas with onion. Add parsley, lightly beaten egg and spices.
2. Mix in blender. Add breadcrumbs until mixture forms a small ball without sticking to your hands.
3. Form chickpea mixture into small balls about the size of a quarter (one inch in diameter).
4. Flatten patties slightly and fry until golden brown on both sides.
5. Drain falafel balls on paper towels.
6. Serve individually with toothpicks as an hors d'oeuvre or as a sandwich filling with chopped tomato, cucumber, radish, lettuce, onion, hummus and/or tehina inside pita bread.