



## THE TENT

Congregation Beth Jacob's Monthly Newsletter  
February, 2026

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### CBJ Calendar of Upcoming Events:

February 2, 3:00 pm: Social Justice in Our Texts Program - "Jewish Responses to Climate Change"  
See the article for details and to register. Free and open to all.

February 4, 7:00-8:00 pm: Introduction to Judaism Class Begins! (by Zoom) (See the article for details and for a form to request the Zoom link.)

February 6, Tu Bishvat Under the Stars at the Blake Planetarium in the Plymouth Community Intermediate School, 147 Long Pond Rd.

5:30 - Pizza and Popsicle Dinner (\$6.00/pp)

6:15 - God & the Universe Service

7:00 - Planetarium Show (\$7.00/pp)

**RSVP BY FEBRUARY 2nd to reserve your spot!** [rsvp@cbjplymouth.org](mailto:rsvp@cbjplymouth.org)

**Saturday, February 7th, 12:00 noon - Join with peace activists, faith leaders, and community members from across Massachusetts to form a peace chain along the entry roadway of the Immigration and Customs Enforcement (ICE) detention and operations center off of Long Pond Road.**

February 9, 7:00 pm: Sisterhood meeting (Zoom)

February 13, 7:00 pm: Repro Erev Shabbat Service (Zoom only)

February 21, 10:00 am: Shabbat Morning Service with Torah Study and bagel brunch at the Plymouth Public Library Board Room. (In person only) Please rsvp if you plan to attend.

[rsvp@cbjplymouth.org](mailto:rsvp@cbjplymouth.org) Thank you to Sisterhood for sponsoring the bagel brunch!

February 27, 7:00 pm: Erev Shabbat Service to be led by Rachmiel (hybrid)

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



CONGREGATION BETH  
JACOB PRESENTS

# TU BISHVAT UNDER THE STARS

FRIDAY NIGHT, FEBRUARY 6  
@ THE BLAKE PLANETARIUM

In Plymouth Community Intermediate School (PCIS)  
117 Long Pond Road

5:30 pm: Pizza & Popsicles Dinner (\$6)  
6:15 pm: God & the Universe Service  
7:00 pm Planetarium Show (\$7)

RSVP by February 2nd to  
[rsvp@cbjplymouth.org](mailto:rsvp@cbjplymouth.org)

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**Introduction to Judaism Class**  
**Starts on February 4, 7:00-8:00 pm**



**Introduction to Judaism**  
**Wednesdays, February 4-May 13**  
**7:00pm-8:00 pm on Zoom.**  
[Click HERE to Request the Zoom link.](#)

The class will be taught by Rabbi Mills, together with Barbara Aharoni. All are welcome.

The fee is \$150 for Non-Members (which will be applied as a credit if the participant joins the congregation); free for members of CBJ who would like to learn more about Judaism.

Financial hardship scholarships are available. Please email Rabbi Estelle Mills at [cbjplymouthrabbi@gmail.com](mailto:cbjplymouthrabbi@gmail.com) for any financial assistance.

Classes will be recorded for students to rewatch any missed sessions. However, these recordings will not be made public.



## **REFLECTIONS FROM THE RABBI ITS TIME TO PRAY WITH OUR FEET**

This past Martin Luther King weekend, our congregation worshipped with several area churches joining our voices in prayer and song at Bethel AME Church, Plymouth's African Methodist Episcopal Church with the Unitarian Churches of Plymouth and Kinston, Church of the Pilgrimage, and Christ Church. The weekend, however, began that Friday evening with the inspirational and stirring words of Bethel AME's minister, Khaden Nurse who delivered the sermon at our Friday evening service. Activities over the weekend also included the showing of the very disturbing historical film, Selma, depicting the march Dr. Martin Luther King led in 1965 from Selma to Montgomery Alabama with many clergy of all faiths marching alongside him. One of the people participating in that march was Rabbi Abraham Joshua Heschel. When Rabbi Heschel returned from Selma, he was asked by someone, "Did you find much time to pray, when you were in Selma?" Rabbi Heschel responded, "I prayed with my feet."

I have been thinking a lot about these well-known words of Rabbi Heschel as I have watched the utter outrage by so many individuals throughout our nation in the aftermath of the murder of Renee Good and Alex Pretti, the two recent victims of ICE shootings in Minneapolis. As a rabbi, prayer is an important part of my life and I believe it is a valuable tool, but when lives are being lost, prayer is not enough. As Mother Theresa said, "Prayer without action is no prayer at all. You have to do your work as if everything depends on you. Then leave the rest to God."

The weekend following MLK weekend, there was once again a call for clergy to come and march - just as there had been in 1965 Selma. This time the call was to march with our colleagues in Minneapolis, and many rabbis, priests, and ministers from all over the United States heeded the call. The director of the Religious Action Center of Reform Judaism, Rabbi Jonah Pesner, representing the Reform movement paid his respects at the memorial for Renee Good. He said, "I want to pause and allow all of you to be here with me and honor her memory, and all of those who died in detention, and all of those who are struggling so hard to live the maxim to love our neighbors as we love ourselves...." The interfaith clergy in Minneapolis that weekend who worshipped together and protested together were once again "praying with their feet."

**Here in Plymouth, there will be an act of protest on Saturday, February 7 at noon when peace activists, faith leaders, and community members from across Massachusetts will form a peace chain along the entry roadway of the Immigration and Customs Enforcement (ICE) detention and operations center off of Long Pond Road.** Organized by the Peace Abby Foundation, the nonviolent civil disobedience action will call for justice for Renee Good and Alex Pretti and demand a full public reckoning of the agency's use of deadly force. "ICE agents who take lives must be treated as criminal suspects, not heroes," said Lewis Randa of Plymouth's Peace Abbey Foundation. "The killings of Renee Good and Alex Pretti were not isolated acts. They reveal the violence and unaccountability at the heart of ICE's operations." The Peace Chain organizers will release twelve public demands articulated by twelve members of our local community. Together, they call for transparency, justice, and

systemic change within ICE. During this Peace Chain, participants will stand shoulder to shoulder, holding the peace chain to affirm the sanctity of every life.

Just as Rabbi Heschel and many members of the Jewish community prayed with their feet in 1965, I am challenging the members of the Congregation Beth Jacob community to come together to pray, not only with our hearts and souls, but also with our feet. Now is the time for action. We cannot predict the impact of our actions, and no single action will end what is currently happening in this county. But we must not be silent-it is once again time to pray with our feet. I am scared when I hear my colleagues in Minneapolis compare what is happening in their city to 1930's Germany. I am terrified as I watch on the news actions I never imagined would be happening in the United States, and even more unbelievably these events are becoming normalized. I do not pretend to know how to bring an end to the current epidemic of violence waged in the name of carrying out the law, but what I do know is we must begin to pray with both our voices and our feet if we want our country to march in the right direction, back toward the values on which it was founded.

According to Heschel's daughter Dr. Susanna Heschel, when her father returned from Selma, he wrote, "*For many of us the march from Selma to Montgomery was about protest and prayer. Legs are not lips and walking is not kneeling. And yet our legs uttered songs. Even without words, our march was worship.*" In closing, I would like to share with you the lyrics of a song written by Rabbi Joe Black that I have included as part of our Shabbat worship. It is called "Praying with Our Feet".

*Let us gather all together in the cold and in the heat.  
And make a vow that history's cruel lessons won't repeat  
We will not stand idly by  
And watch our values die  
When we heed the call for justice we are praying with our feet.*

**CHORUS:**

*Hear our footsteps on the pavement /let them echo in the street.  
Feel the longing in our hearts/ growing stronger with each beat.  
It's time to take a stand. We're marching hand in hand  
When we heed the call for justice we are praying with our feet.*

*From the California coast to Selma's cruel concrete  
From the towers of New York City to the fields of Kansas wheat  
Wherever people are divided by justice that's one sided  
When our voices rise in protest we are praying with our feet.*

**BRIDGE:**

The poor, the tired, the huddled masses yearning to breathe free  
The homeless and the helpless, renegades and refugees  
The soldiers coming home to their loved ones – oh so sweet  
They all march side by side when they're praying with their feet

In the classroom, in the courtroom, and the Executive suite  
The healing of our world awaits – our task is incomplete  
Our work, we may not finish, but our passion won't diminish  
When we work for freedom's promise, we are praying with our feet

## Martin Luther King Memorial Weekend



CBJ joined with other Plymouth-area houses of worship to observe Martin Luther King weekend. Starting with an Erev Shabbat service during which Rev. Khaden Nurse from the Plymouth Bethel AME Church spoke passionately about the need for Justice for all people, regardless of race, ethnicity, gender, and sexual orientation. The following morning, there was an interfaith memorial service at the Bethel AME Church, at which Rabbi Mills spoke and which was well-attended. The weekend included a memorial breakfast on Sunday morning.

To see more photographs from these weekend events on the Bethel AME Facebook page, [click HERE](#) or on the following link: <https://www.facebook.com/bethelplymouth>

## Adult Education

"Social Justice in Our Texts" is a monthly, free, Zoom-based program exploring how our Jewish sacred texts speak to today's pressing social issues such as reproductive rights, climate change, racial justice, poverty, LGBTQ+ rights, and so much more. These classes are accessible, deeply rooted in Jewish values and focused on some of the most important issues of our time. **All of the sessions are free and open to anyone.** The classes are taught by our rabbis from across the liberal movements. Register at [laasok.org/current-offerings/#justice](https://laasok.org/current-offerings/#justice)

 <p><b>Human Rights, Jewish Roots</b> Rabbi Gabriel Kanter-Webber September 15, 2025</p>	 <p><b>Prophetic Voices Then and Now</b> Rabbi Barbara Symons October 20, 2025</p>
 <p><b>Bodily Autonomy &amp; Reproductive Rights</b> Rabbi Cookie Lea Olshein November 17, 2025</p>	 <p><b>Repairing the World: Tikkun Olam as a Mystical Praxis</b> Rabbi Leah Moser December 8, 2025</p>
 <p><b>The Torah of Reparations</b> Jordan Berg Powers January 12, 2026</p>	 <p><b>Jewish Responses to Climate Change</b> Rabbi Glenn Jacob February 2, 2026</p>
 <p><b>Speaking Up to Power: Learning From Esther</b> Rabbi Laura Rappaport March 2, 2026</p>	 <p><b>What We Leave for the Poor</b> Rabbi Barry Block April 20, 2026</p>
 <p><b>The Right to Live, The Right to Die</b> Rabbi Sylvia Rothschild May 11, 2026</p>	 <p><b>Protecting LGBTQ+ Rights: A Jewish View</b> Rabbi Micah Buck June 8, 2026</p>

### The Next Program:

**Jewish Responses to Climate Change  
With Rabbi Glenn Jacob  
Monday, February 2, at 3pm ET**

**Free and open to all, but registration is required.**  
[CLICK HERE TO REGISTER.](https://laasok.org/current-offerings/#justice)

This program is part of the "Social Justice in Our Texts" Study Series.  
**Free and open to all. Register at [laasok.org/current-offerings/#justice](https://laasok.org/current-offerings/#justice)**

# Jewish Responses to Climate Change

**Monday, February 2**  
**3pm Eastern on Zoom**  
**With Rabbi Glenn Jacob**



Part of the “Social Justice in Our Texts” Series



**Oh No! Did You Miss the Bus?**



Did you miss the presentation by Jordan Berg Powers on “The Torah of Reparations: Slavery, Justice and Repair in Jewish Texts?” No worries!

Click on the link below for the YouTube recording.

<https://youtu.be/xSaFHjfhH6U>



Repro Shabbat takes place annually when we read Parshat Mishpatim, the Torah portion containing the foundation of Judaism's approach to reproductive health, rights, and justice. This year, our Repro Shabbat service will be conducted on Zoom only. To download, print or follow along in our special Repro Shabbat prayerbook, click [HERE](#) or on the following link:

<https://static1.squarespace.com/static/62a874c9150c8e5bb63a5fd1/t/659d74cc3d4f3075c23c2a33/1704817868935/Repro+Shabbat+Liturgy+%2B+Readings.pdf>



**Study the Weekly Torah Portion from a Mussar approach with Rabbi Mills  
Thursdays, from 7:00-8:00 pm (by Zoom)  
Started January 8th, but you may join at any time!**

Starting with an introduction to Mussar, Rabbi Mills will be leading a Torah study class that will approach each portion using the techniques of Musar. Mussar is a Jewish spiritual practice focused on personal ethical and spiritual growth, aiming to cultivate virtues and improve one's character. It emphasizes self-reflection, mindful actions, and consistent effort to align one's behavior with core Jewish values. The practice involves identifying areas for improvement (middot or soul traits) and developing a daily routine that includes a mantra, mindful action, and journaling.

Mussar offers a framework and a toolkit for translating the philosophical wisdom of kabbalah into a personalized, ongoing spiritual discipline. Although compared to Musar, Kabbalah is the more widely known branch of Jewish spirituality, Mussar is a more reachable way to incorporate spirituality into your life. (Before we can change the world, we must first strive to perfect ourselves.)

**Recommended Text:** The class is using Rabbi Barry Block's text: The Mussar Torah commentary which you can read more about and order using this link::

[https://www.ccarpress.org/shopping\\_product\\_detail.asp?pid=50475](https://www.ccarpress.org/shopping_product_detail.asp?pid=50475)

All individuals taking the class should consider purchasing this book since it will help you to follow along, **It is also available on Amazon.** Search for **The Mussar Torah Commentary: A Spiritual Path to Living a Meaningful and Ethical Life** by Rabbi Barry H. Block. The Kindle edition costs \$9.99.

To read more about this class and about Mussar, click below.

<https://drive.google.com/file/d/1HVabTIdM6A1VL8GOqr4CmMIDVqAxNTdn/view?usp=sharing>

**Pre-registration is not required. Each week's class is self-contained, so there is no need to commit to attend the entire course. You may attend whenever it is convenient.**

**The Zoom link:**

<https://us02web.zoom.us/j/83422046402?pwd=NGWoLRbY7vz9FntslwWhbzU7XCn9J6.1>

Meeting ID: 834 2204 6402

Passcode: 208323

## Tu Bishvat! (The Fifteenth of Shevat) February 2nd!



Although the celebration of Tu BiShvat has a long and varied history, the theme most commonly ascribed to the holiday today is the environment. It is considered a festival of nature, full of wonder, joy, and thankfulness for creation in anticipation of the renewal of the natural world. During this festival, Jews recall the sacred obligation to care for the world, and the responsibility to share the fruits of the earth with all. Tu BiShvat falls at the beginning of spring in Israel, when the winter rains subside and the pink and white blossoms of the almond trees begin to bud. It is for this reason that almonds and other fruits and nuts native to the Land of Israel - barley, dates, figs, grapes, pomegranates, olives, and wheat - are commonly eaten during a Tu BiShvat seder (a special ritual meal for the holiday). Above all, the Torah itself is seen as a “Tree of Life,” a growing and abundant source of spiritual sustenance to a great people. Perhaps this is the best indication of the reverence and respect that Judaism holds for God’s world. The tree has been a symbol of life and continues to be a source of life for Israel today. On Tu BiShvat, we celebrate that life in joy and gladness. **To read more about the history of Tu Bishvat**, click on the link below: [https://reformjudaism.org/tu-bishvat-history?utm\\_source=BulletinBytes&utm\\_medium=email&utm\\_content=20191218&utm\\_campaign=TuBishvat](https://reformjudaism.org/tu-bishvat-history?utm_source=BulletinBytes&utm_medium=email&utm_content=20191218&utm_campaign=TuBishvat)

To learn about **Tu Bishvat Customs and Rituals**, click on the following link: [https://reformjudaism.org/tu-bishvat-customs-and-rituals?utm\\_source=BulletinBytes&utm\\_medium=email&utm\\_content=20191218&utm\\_campaign=TuBishvat](https://reformjudaism.org/tu-bishvat-customs-and-rituals?utm_source=BulletinBytes&utm_medium=email&utm_content=20191218&utm_campaign=TuBishvat)

How can a family celebrate Tu Bishvat? Click on the link below for some cool ideas!

### **Family Activities:**

[https://reformjudaism.org/jewish-holidays/tu-bishvat/tu-bishvat-family-activities?utm\\_source=BulletinBytes&utm\\_medium=email&utm\\_content=20191218&utm\\_campaign=TuBishvat](https://reformjudaism.org/jewish-holidays/tu-bishvat/tu-bishvat-family-activities?utm_source=BulletinBytes&utm_medium=email&utm_content=20191218&utm_campaign=TuBishvat)

### **What foods are eaten on Tu Bishvat?**

On Jewish Arbor Day, also known as Tu BiShvat, it’s customary to eat the fruits and nuts that grow on trees in Israel. The holiday’s seven species (sheva minim) are wheat, barley, grapes (wine), figs, pomegranates, olives, and dates. Although not mentioned in Deuteronomy, almonds also figure prominently in this celebration, since almond trees are the first ones to flower in Israel at the time of the holiday.

<https://reformjudaism.org/jewish-life/food-and-recipes/18-tasty-recipes-jewish-arbor-day-aka-tu-bishvat>



**CRAIGVILLE RETREAT:**  
**Sound, Silence, and Deep Stillness on Cape Cod**  
With Aviva Chernick.  
**May 24-27, 2026**

Sound, Silence and Stillness on Cape Cod is an invitation to dive inward through deep rest, stillness, tranquility and peace. Through experience including sacred sound and song, wisdom teaching, guided meditation and recurring periods of social silence, we may find the still, small voice within, the voice of Emet/Truth. Regularly scheduled periods of walking meditation, sitting meditation and social silence create the structure of the retreat and allow for deep integration of the practice.

**Aviva Chernick**

Aviva Chernick, our retreat teacher, is an award-winning singer and teacher of voice and meditation. She is known and widely admired for her riveting voice, inviting presence, and extraordinary weaving of ritual. For more information about Aviva, visit: [Neyshev.com](https://www.neyshev.com)

**Sponsor**

This retreat is sponsored by a new organization, Menuchah on Cape Cod, created by Mark Russo and friends. Menuchah is a Hebrew word meaning deep rest, stillness, tranquility and peace. We aim to foster contemplative retreat experiences with particular emphasis on beautiful natural settings, warm hospitality, presence and dedicated practice.

**Accommodations**

Two options are available for this retreat: Residential or Commuter (both include all meals)

1. Costs for Residential Option staying in one of the Craigsville summer cottage rooms, most with dedicated bathrooms (includes accommodations, all meals, use of retreat facility)

\*Single \$450 \*Double \$500 \*Triple or quad \$550

2. Cost for Commuter Retreat Option: (includes all meals and use of facility)

\*\$400 (you make your own accommodations for the overnight stays; a list of nearby Bed and Breakfasts will be provided)

**For Detailed Information, Registration Form, and listing of B&B's in the area for those who would like to arrange their own accommodations, [CLICK HERE](#). or on the following link:**

<https://drive.google.com/file/d/1ULkNKyUbj1YDEbLce7HIHvvVXmfRH36z/view?usp=sharing>

## Beit Sefer News



Under the leadership of Rabbi Mills, CBJ's Religious School provides a program where students 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 a creative way that engages them. 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. Our new Beit Sefer school year for Kindergarten through 7th grade students began on Sunday, September 7th. **This year, these classes will meet from 9:30 am to 11:30 am.** Our theme for the year is Israel Extravaganza. This promises to be another creative and exciting year for our Religious School students! We welcome the enrollment of additional students into our Religious School; program. For additional information, please contact Devon Fernald at [devon.portney@gmail.com](mailto:devon.portney@gmail.com).

### CONGREGATION BETH JACOB 2025-2026 BEIT SEFER CALENDAR

September 7, 2025	1. The Founders (the Yishuv Period)
September 14, 2025	2. Overview of pre-1948 History
September 21, 2025	3. Rosh Hashana Lesson
September 28, 2025	4. Yom Kippur Lesson
October 5, 2025	5. Sukkot Lesson
October 12, 2025	NO SCHOOL: Indigenous People Day
October 19, 2025	6. Simchat Torah Lesson
October 26, 2025	7. The Fight for Independence
November 2, 2025	8. The Compromise: Knesset and the Gov't
November 9, 2025	9. The Early Year: Israel and its Neighbors
November 16, 2025	10. The Army
November 23, 2025	11. Kibbutzim and Moshavim
November 30, 2025	NO SCHOOL: Thanksgiving Weekend
December 7, 2025	12. Geography: Cities and Famous Places
December 14, 2025	13. Chanukah Lesson
December 21, 2025	NO SCHOOL: New Year's Break
December 28, 2025	NO SCHOOL: New Year's Break
January 4, 2026	14. Medot: Ashkenazi, Sephardi, Mizrahi
January 11, 2026	15. The Israeli Arab & the Palestinian Arab
January 18, 2026	NO SCHOOL: President's Day Weekend
January 25, 2026	16. Magic Carpet: the Ethiopians Arrive
February 1, 2026	17. Tu B'shvat Lesson:
February 8, 2026	18. The Religious and the Secular
February 15, 2026	NO SCHOOL: Winter Break
February 22, 2026	NO SCHOOL: Winter Break
March 1, 2026	19. Purim Lesson
March 8, 2026	20. Foods of Israel
March 15, 2026	21. Culture: Music and Sports
March 22, 2026	22. Famous Modern Israelis
March 29, 2026	23. Passover Lesson
April 5, 2026	24. Israeli Tech: Israel's gifts to the X World
April 12, 2026	25. Yom Ha'atzmaut Lesson
April 19, 2026	NO SCHOOL: Spring Break
April 26, 2026	NO SCHOOL: Spring Break
May 3, 2025	26. Lag B'omer Lesson
May 10, 2025	NO SCHOOL: Mother's Day
May 17, 2025	27. Shavuot Lesson

### SPECIAL EVENTS

- ❖ **Saturday, September 13, 5:30 P.M.**  
Selichot on a Boat
- ❖ **Tuesday, September 23, 10 A.M.**  
Rosh Hashana Youth Service
- ❖ **Wednesday, October 1, 10 A.M.**  
Yom Kippur Youth Service
- ❖ **Friday, October 10, 5:00 P.M.**  
Beit Sefer Sukkot on the Farm
- ❖ **Friday, October 17, 6:00 P.M.**  
Family Simchat Torah Service
- ❖ **Friday, December 12, 6:00 P.M.\***  
Family Chanukah Dinner & Service  
\*Tentative
- ❖ **Friday, March 6, 7:00 P.M.**  
Family Purim Dinner & Service
- ❖ **Thursday, April 2, 5:30 P.M.**  
Second Night Passover Seder

To see the entire Beit Sefer Calendar for the year 2025-2026, [CLICK HERE](#).

February 1: Tu B'shvat Lesson  
 February 8: The Religious and the Secular  
 February 15: No School - Winter break  
 February 22: No School - Winter break

## **Our Teen Talk Learning and Social Program for our Post-B'nai Mitzvah Students has Started!**



Teen talk is a joint learning and social program for our post-B'nai Mitzvah students (grades 8-12) that is a cooperative program between Congregation Beth Jacob and Cape Cod Synagogue in Hyannis and Falmouth Jewish Congregation. This program meets monthly on Sundays from 12:30 to 2:30 usually in a location in Sandwich which is equal distance for all 3 congregations. We will be discussing the Jewish view on mature topics that we cannot do at a younger age such as antisemitism or the Jewish view of afterlife as well as having the opportunity to meet and socialize with other Jewish teens in the area. The sessions will include lunch.

The highlight of each year is a trip either to L'taken, the Reform movement's youth social justice training weekend in DC, to Jewish New York, or to follow in the footsteps of the Jews who impacted the Civil Rights Movement (a trip through key places in the deep south). Having done the first two in this cycle, the program will be the trip to the deep south to experience the fight for civil justice. This program also will facilitate going as a group to NFTY-NE (National Federation of Temple Youth-North East) social events in the Boston area.

Registration for this program is on the CBJ website under Beit Sefer. The cost of the program is \$100.

### **DATES FOR 2026:**

February 8

March 8

April 12

May 17

**Are You in Your 20's or Early 30's?  
Looking for a Social Group to Meet Other Jewish Individuals in the  
Plymouth Area?  
CBJ Gen Z is For You!**



For all those in their 20's and early 30's, CBJ has started a new social group to help meet other Jewish individuals your age in the Plymouth area. Singles and couples are welcome, and significant others need not be Jewish. The first meeting was held on October 21st at 6:15 pm at Tree House Brewing in Sandwich. To be put on the email list of their activities please email Noa Mills at [noa.r.mills@gmail.com](mailto:noa.r.mills@gmail.com).



## **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**

**For updated information about meeting dates, please contact Rabbi Silverman at [rabbilawrence@gmail.com](mailto:rabbilawrence@gmail.com).**

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

## **Social Action Overnights of Hospitality November 30 - April 4**

CBJ is invited to participate with many of the Plymouth area churches in supporting **The Plymouth Taskforce to End Homelessness**. Starting on Sunday, November 30th, the Plymouth Taskforce to End Homelessness, in collaboration with the Father Bill's and Mainspring (FBMS) organization, will offer winter emergency shelter to 20-25 single individuals through Saturday, April 4th. The Taskforce needs folks to serve as Shelter Volunteers and Meal Providers. Shelter Volunteers commit to give one evening of their time from 4:45 to approximately 9:00 pm. They provide support to the FBMS staff. Meal Providers prepare meals at home to serve at the shelter. The shelter rotates weekly among three congregations beginning Sunday, November 30 th through Saturday, April 4th - Christ Church, First Baptist Church and St Mary's and St. Joseph Collaborative at St Mary's Parish Center, using the fellowship halls. Orientation is provided.

- To sign up as a Shelter Volunteer or Meal Provider, go to <https://www.mealtrain.com/trains/k4w5gd>. Slots for Meal Providers tend to fill up quickly.
- To review the Shelter Volunteer and Meal Provider guidelines, go to <https://plymouth-taskforce-homeless.org>
- Questions? Call Connie Melahoures, President of the Plymouth Taskforce to End Homelessness at 508.367.0516 or email [conmel@aol.com](mailto:conmel@aol.com)



**PLEASE HELP THE LOCAL PLYMOUTH IMMIGRANT COMMUNITY  
THROUGH THE NEW FORMED ACTION WITH NEIGHBORS GROUP  
a collaboration of our local houses of worship**

If you have a monetary donation, please make the check out out and mail it to:

Peace Abbey Foundation  
8 Town Square  
Plymouth, MA 02360

We are collecting-

- Gift cards to Walmart, Market Basket
- Food: Dried white rice, dried black beans, red beans, canned beans, Goya spices, garlic powder, paprika, canola oil, pasta, canned tomato products, bags of onions, garlic, Goya cookies.
- Monetary donations for rent, legal aide, utilities
- Baby products: Diapers- Size 1,4,5 and 6, wipes, baby wash, baby lotion
- Kids/adult Clothing: hats, gloves, winter coats- 2T, 5, 6 (boys and girls), teens (boys and girls), adults (women and men), socks men and women, boys and girls, babies (infant, 4 mos, 6 months to 2T)

**Together we CAN do what we cannot do apart.**

On the evening of January 9th, we bade a bittersweet farewell to our beloved, historic synagogue as we held our final Shabbat service and potluck supper in that building. The service was absolutely beautiful - powerful and very emotional. Many congregants were moved to tears. Rabbi Mills honored our congregants who are descendants of the Founders who built our synagogue over 100 years ago, as well as all those who have celebrated life cycle events - marriages, baby namings, B'nai Mitzvot, funerals - at CBJ over the years. She called Rabbi Emeritus Lawrence Silverman to the Bimah to recognize his 44 years of service as our spiritual leader, and I doubt that there was a dry eye as Rabbi Lawrence chanted the Torah blessings and read from the Torah scroll. Passing the torch of history to the next generation, Rabbi Mills called Katie Resnick's young sons to the Bimah to undress and redress the Torah. Our children represent the future of CBJ. Photographs of this service are on the next pages of this newsletter.

As we prepare to leave the past behind, we look forward to a bright future for CBJ in the year that lies ahead. The contents of the synagogue are being packed up and will be moved to a secure storage facility, and during our transition year, we will hold in-person Shabbat services at a Plymouth church, at the Plymouth Public Library, on Zoom, outdoors, and in congregants' homes. Look for details in our weekly newsletter, The Weekly Update. "God Provides!" For a while, we will be "wandering Jews," but we joyfully anticipate being in our new building by the end of the year. Our new home will be fully handicapped accessible, will offer adequate parking, will have space for us to hold social and education events, will provide an inviting environment for our Hebrew School students to meet and learn, and will have a kitchen that is large enough to accommodate congregational dinners. This new space will give us the opportunity to grow and flourish far into the future.

In the coming months, the land at our 279 Summer Street site will be cleared, and we will hire an architect to design our new Morton-style steel building to be constructed. Examples of Morton religious buildings can be seen at <https://mortonbuildings.com/projects/church> The architectural renderings for the exterior and interior of our new building will be provided to the Congregation when they are available. The photograph below of a Reform synagogue in Greenwich, Connecticut will give you a better idea of how our new building will look.



## Photographs from our Final Shabbat Service at Our Synagogue on January 9th



We had a good crowd of congregants come in person to our Bittersweet Potluck Dinner before the service, as well as others who joined us on Zoom afterwards.

Rachmiel led us in prayer and in song, adding his own special charisma and beautiful music to the service.





Rabbi Emeritus Lawrence Silverman was called up to the Bima for an Aliyah and he chanted the Torah portion flawlessly. Rabbi Mills acknowledged his 44 years of service to CBJ as our spiritual leader.





**L'Dor VaDor (from Generation to Generation)**

## There's No Harm in Asking....



We are looking for individuals to host some services and our monthly potluck dinners in their home during the months our new building will be under construction. If you are willing to host a dinner and service in your home, please contact Rabbi Mills. ([cbjplymouthrabbi@gmail.com](mailto:cbjplymouthrabbi@gmail.com))



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. 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](mailto:president@cbjplymouth.org)



**It's a New Year!**  
**Please Volunteer to Sponsor an Oneg in 2026!**

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.

When you are a member of our congregation, you are asked to step forward **once a year** to host or sponsor an Oneg Shabbat for the members who attend services in person. Sponsors are asked to contribute \$54.00 to cover the cost for the Oneg. We will purchase the foods for the Oneg table, set up and clean up. [Click here to sign up for a specific date and pay.](#) If you prefer, you may send a check, payable to CBJ Sisterhood, to Cindy Teles at 31 Birch Avenue, Plymouth, MA 02360.

Hosts are expected to purchase or bake the items for the Oneg and be there in person to help to set up and clean up. The choice of food items is up to you. The Oneg can be as elaborate or as simple as you like.

Please contact our Oneg Coordinator, Trish Garland ([trishrgarland@gmail.com](mailto:trishrgarland@gmail.com)) if you would like to sponsor or host an Oneg. Trish 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!



Thank You to the following families who have sponsored or hosted an Oneg this year:

April 17: Allan & Judith Sherman - in honor of Allan's 88th birthday and their 62nd wedding anniversary

## MEMBERSHIP NEWS



### MAZEL TOV TO JEFF ISAACSON ON BECOMING A ZAYDE!

Jeff Isaacson's older son and his wife recently gave birth to their first child - Brody Jay Jones-Isaacson - and Jeff acquired a new name: Zayde! Mazel Tov to the entire Isaacson family! May Brody always bring you nachas!



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](mailto:ahabubs@gmail.com). [Click here for a link to CBJ's Application Form.](#)

# Thank You תודה רבה

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

## **Yahrzeit/General Fund:**

Allan & Judith Sherman - in loving memory of Allan's father, Louis Sherman

## **Building Fund:**

David & Deb Dauer  
Merrill & Leslie Portney  
Susan Moore & Roy Zahreciyan

## **Food Warehouse:**

Anne Geller

**Gift Cards Donations:** Jeff Isaacson, our Gift Card Coordinator, recently contributed \$50 to CBJ's General Fund from the purchase of Gift Cards.

## **Rachmiel Klein's Cantorial Services:**

Allan & Judith Sherman



## **Funding for Rachmiel Klein's Monthly Cantorial Performances**

Rachmiel has been a featured songleader at our Shabbat services over the past year, adding a new vibrancy and joy to our worship. His fee is not paid from your dues or from CBJ's General Fund, but is being subsidized by generous donations from a congregant family, together with contributions from the Ray & Milly Russo Fund for Music and the Arts and the Rose Sherman Geller Fund for Jewish Family Life. If you have been enjoying the music of Rachmiel Klein at our services, you may wish to contribute to those funds or make a small monthly donation designated for the funding of Rachmiel's cantorial services. [Click here for a list of funds where donations may be made.](#)

[Click here to make a donation online.](#)



## Food Bank Donations to Families in Need

**The need for food assistance is greater than ever in the Plymouth area,** As of November first, the Supplemental Nutrition Assistance Program (SNAP) has had no government funding. This will affect 41.7 million Americans who depend on SNAP to feed their children and themselves, including our seniors. CBJ Beit Sefer has already been collecting food for Tikkun Olam.

Many of our congregants are anxious to respond to this outrage by donating to our CBJ Food Drive. Below are guidelines for what items are needed most urgently. **Please be aware that for donations to SNAP, the focus is on the quality and safety of canned goods rather than just the expiration date. High-acid canned goods (like tomatoes) are best within 18 months past the date, while low-acid foods (like meats and vegetables) can last 2-5 years or more.** [Click HERE for guidelines for what items are needed most urgently.](#) Please bring non-perishable food items, as well as disposable diapers and personal hygiene items, to the temple Social Hall when you attend services.

**Cash Donations:** If you wish to make a monetary donation, you may do so online [using this link](#), (<https://www.cbjplymouth.org/donate/donate-now>) or you may send a check to Congregation Beth Jacob, PO Box 3284, Plymouth, MA 02361, Attention: Treasurer. **Be sure to note that this is a donation for the Food Bank.**





**Yahrzeits That Will be Observed This Month**  
*(A memorial candle should be lit on the preceding evening.)*

**February, 2026**

- 1 Stephen Goldberg - Suzanne Goldberg's husband
- 1 Mae Hirschhorn - Dan Hirschhorn's mother
- 1 Eva Rosenberg - Laney Kalaminsky's maternal great-aunt
- 2 Sadie Stein - Louis Stein's mother
- 2 Manuel Kalaminsky - Laney Kalaminsky's father
- 3 Arthur Kallman
- 3 Ida B. Resnick - Bernard Resnick's family
- 4 Kay Levenson-Meltzer - Len Meltzer's wife
- 4 Richard Waterman - Dr Earl and Hattie Waterman's son, Rollene Saal's brother
- 9 Abraham Jacob Toabe - Mitchell Toabe's brother
- 10 Rabbi Abraham Hirsch Carlin
- 10 Joseph Solomon Kent - Stacey Berger's father
- 11 Rina Strumsky Shamir - Harry Shamir's first wife
- 12 Sarah Litcofsky
- 13 Saul Dezorett
- 13 Frank Gladstein - Arnold Gladstein father
- 14 Max Kramer
- 14 Barry Levin - Gary Gersten's father
- 14 Helen Rice - Roberta Holler's mother
- 14 Edward Romanow
- 14 Connie Van Tosh - Pat Van Tosh's mother
- 15 Beatrice Feinberg
- 15 Hilda Keil Toabe - Mitchell Toabe's sister-in-law
- 16 Renee Katz - Rabbi Mills Aunt
- 17 Richard Pecorella - Nancy Starr Pecorella's husband
- 17 Ida Penn - Muriel Swartz's aunt
- 17 Morris Resnick
- 18 Charles Shafran
- 19 Jeanne Gurwitch - Bob Gurwitch's mother
- 19 Roberta Lipetz - Irene Sarke's sister-in-law
- 20 Barry Dauer - David Dauer's brother
- 21 Allen Bryan - Lynne Bryan's husband
- 22 David Schwartz - Michael Schwartz's father
- 22 Max Shriber - CBJ Founder; Harriette Minsky's grandfather
- 22 Madelyn Siegel - Rabbi Mills Cousin
- 22 Andrew Smick - Loey Weiss brother
- 22 Rose Leah Yoffe
- 23 Robert Arons

23 Hyman Sherman - past President of CBJ; Rose Geller's brother; Allan Sherman's uncle  
24 Lois Klasky - Phyllis Klasky's mother; Melvin Klasky's wife, Steve Minsk's aunt  
24 Ida Toabe - Mitchell Toabe's mother  
25 Robert Backman - Wendy Wiseman's father  
25 Sally Sarke - Fred Sarke's mother  
27 Edith Keshen Albert - Ruth Albert Shiff's mother  
27 Zena Dreitzer  
27 Samuel Rice - Roberta Holler's father  
28 Frieda Resnick  
28 Ellis Spector - Mitchell Toabe's grandfather  
28 Dinah Van West - Lois Klasky's mother  
28 Terri Wax - Fred Wax's first wife

*May their memory forever abide as a blessing.*

### **Yahrzeit Donations**

[Donations in memory of a loved one may be made here.](#)



**The Next Sisterhood Meeting  
Monday, February 9, at 7:00 pm (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? Please come to the meeting and share your ideas!

**The Zoom link for Sisterhood Meetings:**

<https://us02web.zoom.us/j/81885106141?pwd=dHd6LzMzSTRJZ2J6VmM2WIBZenpXZz09>  
Meeting ID: 818 8510 6141 Passcode: 579857

**Dues for 2026 Are Due!**

**To join Sisterhood or to renew your membership, see below.**

(If you have already paid your dues, Thank You!)

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; and \$54- Diamond level

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

**OR**

You may pay online at <https://my.cheddarup.com/c/cbj-sisterhood/items>

**The Next Planned Sisterhood Program**



**Movie at Plimoth Cinema with Early Dinner Afterwards  
March 5th at 2:00 pm**

Tentative plans are to attend an afternoon movie at the Plimoth Cinema, followed by an early dinner at Aroma. (There will be no program in February.) We don't know yet what films will be shown on March 5th. Details will follow!



## Sisterhood Application Form 2025-2026

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. **You do not have to be a member of CBJ to join our Sisterhood (although we hope that you will!)**

**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.

**NEW! ONLINE PAYMENTS ARE NOW AVAILABLE!**

You may now pay your Sisterhood dues online! [CLICK HERE!](#) Be sure to note that your payment is for Sisterhood dues. Thank you!

## CBJ Gift Card Program



Please support CBJ by purchasing Gift Cards. When you do, CBJ receives a substantial commission and it costs you nothing.

Which popular restaurants and retail firms participate in our Gift Card program? Texas Roadhouse, Panera, Chipotle, Olive Garden, Fridays, Chili's, and 99, along with retail firms such as Stop & Shop, Shaw's, Big Y, Walmart, TJ Maxx, Marshall's, Zappo's Walgreen's, CVS (gift cards can be used to pay for your prescriptions), Home Depot, and hundreds of others.

[Check out this link to get a partial listing.](#)

### You Can Order Gift Cards Online!

To order gift cards online, download the RaiseRight app on your Smartphone or computer. Set up your method of payment. **Enter CBJ's Enrollment Code 3477L3C988L9 which will designate Congregation Beth Jacob as your organization.** The gift cards can be mailed to you, or better yet, they will be available instantly in digital form in your RaiseRight wallet on your phone. Gift cards can also be refilled online. How convenient is that!

### You Can Now Book Travel through RaiseRight!

Make your earnings go the distance! You can now book hotels and car rentals directly through RaiseRight. Enjoy low prices, higher earnings, and the flexibility of booking with a credit or debit card while you raise money for CBJ! More information is available on [RaiseRight.com](http://RaiseRight.com).



## Brotherhood Bowling

### The 1st and 3rd Thursdays of the Month at 3:00 pm at Kingston Ten Pins

We bowl 3 strings and pay only the special rate of \$4.50/string. 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](mailto:scteles@aol.com) or Arnold Gladstein at [aralglad@verizon.net](mailto:aralglad@verizon.net) and let us know if you would like to join us. Is your spouse or significant other welcome? Of course!



## Chocolate Fruit Chunks for Tu Bishvat

These energizing chocolate chunks have a kick to them! These chocolate-coated, dried fruit chunks celebrate the seven species of the land of Israel – two grains and five fruits. This recipe uses six of those foods. Note: Using the cayenne pepper is completely optional!

### INGREDIENTS

- 1 pound dark chocolate, chips or broken into pieces
- 1 cup almonds
- ½ cup raisins, dates, figs, pomegranate, and/or other dried fruit
- 1/8 cup coffee beans
- 2 teaspoons cayenne pepper, to taste (or omit it entirely)
- ½ cup unsweetened cocoa powder
- Wheat cereal, barley cereal, granola, oatmeal, or other cereal (optional)

### DIRECTIONS

1. Line a large baking sheet with parchment paper, aluminum foil, or waxed paper. Melt the chocolate in a large heatproof bowl set over a pan of simmering water. Remove from the heat. In a food processor with the chop blade, combine the almonds, raisins, coffee beans, and cayenne. Pulse until coarsely chopped.
2. Stir the cocoa into the melted chocolate. Once the mixture is even and getting stiff, add the chopped nuts and fruits; keep stirring. Taste to check the spice level.
3. If the mixture is too moist and sticky, add more nuts, granola, or chopped cereal, or wait until firm enough to handle. [Note: Cooling in the refrigerator will firm the mixture faster.] Roll the mixture into balls and place on the prepared baking sheet. Cool completely. Dust with cocoa powder or roll in cocoa nibs. Remove from the baking sheet and store in a covered container.

Yield: Approximately 20 chunks