



THE TENT

Congregation Beth Jacob's Monthly Newsletter
July, 2026



CBJ Calendar of Upcoming Events:

July 3, 7:00 pm: Erev Shabbat Service - Zoom Only. Because of the holiday weekend, we will be joining with Congregation Beth Shalom Rodfe Zedek in Chester, Connecticut. for this Shabbat service. See The Weekly Update for the Zoom link that will be used to access this service.

July 10, Shabbat Outdoor Service, with Rachmiel, at the Pinehills Amphitheater (hybrid)
6:00pm - Bring your own picnic dinner
7:00pm - Casual Shabbat service
The Oneg is being hosted by Deb and Dave Dauer and Mark Streifer and Rhonda Spigel

NEW! July 13 and July 27th, 1:30-2:30 pm: Singing Workshop with Cantor Lanie Katzew in the Crafts Room at the Plymouth Public Library (See the flyer!) rsvp@cbjplymouth.org

July 13, 7:00pm: Sisterhood meeting (Zoom)

July 17, 7:00 pm: Erev Shabbat/Tisha B'Av Service (Zoom only)

July 22, 8:00 pm: Tish B'Av small congregations Lament and Learning Session (Zoom) Rabbi Mills will be teaching as part of this event.

Saturday, July 26, 10:15am:- Shabbat Morning Service with TorahStudy and bagel brunch in the Board Room of the Plymouth Public Library (in person only) The bagel brunch is being sponsored by Sisterhood

Please RSVP, even if you are a regular, if you are planning to attend. rsvp@cbjplymouth.org

July 31, Erev Shabbat/Marriage Reconsecration Tu B'Av Service with Foods of Love Potluck Dinner at Christ Church (Hybrid)

Tu Bishvat is the Israeli equivalent of Valentine's Day. If you are celebrating an anniversary with a multiple of 5 years and would like to reconsecrate your wedding vows, please contact Rabbi Mills at cbjplymouthrabbi@gmail.com

6:00pm: Foods of Love Potluck Dinner [SIGN UP HERE](#)

7:00pm Erev Shabbat Service

The Oneg is being hosted by families celebrating marriage reconsecrations.

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

CONGREGATION BETH JACOB INVITES YOU TO

A SHABBAT

IN THE PINEHILLS

Friday, July 10, 2026

At the Pinehills Village Green Amphitheater
We will gather near the tree and picnic tables
Parking is off Exchange Street, across from
the Market & Long Ridge Wine & Spirits

6:00 pm: Bring your own lawnchairs,
blankets, and a picnic dinner

(perhaps take-out from the Market)

7:00 pm Short camp-style Service led
by CBJ's Rabbi Estelle Mills and our
guitar-playing soloist Rachmiel Klein
followed by an Oneg Shabbat and
Schmoozing

www.CBJplymouth.org



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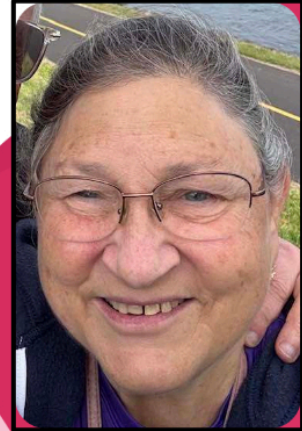
An Amazing Opportunity to
learn with one of the nation's
best cantors!

Singing Workshop

with Cantor Katzew
Mondays July 13 & 27
2:30- 3:30 pm

Come learn the Reform liturgy and
tunes to Shabbat morning services
with one of North America's premier
cantors: Cantor Lanie Katzew

In the Craft room of
the Plymouth Library



RSVP @ rsvp@cbjplymouth.org

DON'T MISS THIS!

RSVP NOW!

Celebrate with Congregation Beth Jacob

TU B'AV

The Jewish Holiday of Love

Friday, July 31st
Potluck Dinner @ 6 pm
featuring Foods of Love
Services at 7 pm

Special Marriage Reconsecrations

May your love be as bright as the full moon of Tu B'Av.

Service at Christ Church

[Sign Up HERE for the Tu B'Av Potluck Supper!](#)

Appropriate Foods for Tu b'Av:

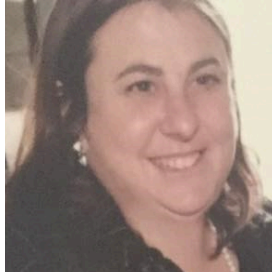
Chocolate dessert
Chocolate covered strawberries
Spaghetti
Salad made with hearts of palm
A dish with figs
A spicy dish
Apple dessert
Honey salmon

Your favorite romantic main dish of choice

Your favorite romantic salad of choice

Your favorite romantic dessert of choice

Plus any other romantic foods you can think of !



REFLECTIONS FROM THE RABBI

The parallelism in our tradition is astonishing. We are just about to begin counting to 49 for the second time this year. The Jewish observance of Tisha B'Av, commemorating the destruction of the Temple and several other tragedies that befell the Jewish people, occurs on Thursday July 24th this year. We will be commemorating it during Zoom services on Friday, July 17.

The coming of Tisha B'Av alerts us that there are only 7 weeks, or 49 days, until Rosh Hashanah. Seven weeks is a familiar period of time in Judaism as there are also seven weeks between Pesach and Shavuot (the 49 days are known as the Counting of the Omer). Rabbi David Markus wrote that the parallelism between these two seasons of our year "extends to the themes of the festivals, which we now recapitulate in reverse. In the spring we move from liberation (Pesach) to revelation (Shavuot). As summer reaches its mid-point, Tisha B'Av focuses us on what's buried in darkness (revelation) while Rosh Hashanah will open wide the gates of spiritual renewal (liberation). Our summer/ fall journey is our spring journey in reverse".

The seven weeks from Tisha B'Av to Rosh Hashanah are also known as the Seven Weeks of Consolation. During these second forty-nine days, we are moving from the spiritual low point of our year toward a new beginning. Or in other words, after recalling destruction and brokenness on Tisha b'Av, we begin to prepare ourselves for healing and comfort from the pain we have endured. Our tradition teaches that during the seven weeks of consolation we should begin preparing for Rosh Hashanah by asking ourselves: "What do I need to do and feel and think during these next 49 days in order to begin the new year with an open heart, ready to be transformed?" Tisha B'Av reminds us yearly of the hurt that tearing down and destruction cause. Rather than destroying, let our words and deeds bring more goodness into the world and build others up. There are enough challenges in this world which tear people down.

The seven weeks from the destruction of the Temple (Tisha B'Av) to the New Year (Rosh Hashanah) are symbolic of the seven days of creation. God created the world out of darkness and chaos. We are created in God's image and like God we also can create light and order from destruction. During this year's seven weeks of consolation, let us strive to create a new beginning for ourselves and our world. This past year, our world has been plagued by pain due to death, sickness, by divisiveness and so much more. Our world may even seem more chaotic than usual, but out of the chaos of this year and our world, let us try to remember the power to create the world anew is always in our hands. The seven weeks from Tisha B'Av to Rosh Hashanah come every year serving as a reminder that every year brings the possibility of new beginnings.

Warmly,
Rabbi Estelle Mills

MEMBERSHIP NEWS



Welcome to Our Newest Member! Madeline Boskey, Ph.D.

Madeline holds a Ph.D. degree in Developmental Psychology. She is an early literacy advocate, as well as a versatile editorial professional with a background in child development and research. She has worked on the development of educational materials for children, teachers, and parents, including products for preschool through high school markets.

To explore Madeline's published books (and to borrow them), [click HERE](#).

Madeline has been a member of Sisterhood for the past couple of years. With her professional background as an author and a freelance writer, we hope that we can interest her in helping to create and publish CBJ's newsletters.

Welcome to CBJ, Madeline!

Mazel Tov to Ron Elowitz!

Ron and Cherylynn Elowitz live in New Jersey and are Associate members of CBJ. Ron completed his Doctorate in May and graduated on May 16th. He already holds 4 Masters Degrees and now considers his formal education to be complete! Well done, Ron! Mazel Tov!

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.](#)

Adult Education

The Final Session in this Series of Social Action Programs From the Jewish Perspective Offered by Laasok

The Jewish tradition offers us powerful language for affirming, protecting, and advocating for trans and queer civil rights - and it is more important than ever to have the tools to bring a faith voice for equality to the table. At our June 8th session, we learned about the current landscape facing the LGBTQ+ community, how to understand what the Jewish tradition has to teach about defending LGBTQ+ rights, and ways to identify concrete action steps for this moment.

Oh No! Did You Miss the Bus?



Did you miss the presentation by Rabbi Micah Buck, entitled “Protecting LGBTQ+ Rights: A Jewish View?” No worries!

[Click HERE](#) or on the link below for the YouTube recording.

<https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox?projector=1>

תשעה באב 5786
LAMENT & LEARNING
FOR TISHA B'AV

Wednesday, July 22

8 PM Eastern | 7 PM Central | 6 PM Mountain | 5 PM Pacific

Join us on **Zoom** for a
Tisha b'Av commemoration/study
with other URJ small congregations.

During the program, we will learn with
rabbis from across the country, read from
Lamentations, and discuss the power of
remembrance on this night of Tisha B'Av.



developed as a collaborative project of small URJ congregations

Lament and Learning for Tisha b'Av
with URJ Small Congregations

Wednesday,, July 22nd at 8:00 pm

On Zoom

FREE

REGISTRATION LINK:

<https://form.jotform.com/261690114528052>

(Rabbi Mills will be teaching as part of this event)

Five misfortunes befell our ancestors ... On the ninth of Av it was decreed that our ancestors should not enter the Land [of Israel], the Temple was destroyed the first and second time, Bethar was captured and the city [Jerusalem] was plowed.

-Mishnah Ta'anit 4:6

We feel the weight of these calamities as we read the book of Lamentations and learn with rabbis from small congregations across the country. We honor and we remember, connecting our past to our present. As Reform Jews, we experience Tisha b'Av as a day to remember the brokenness of our world and to strengthen our resolve to do acts of tikkun/repair in our own day and age.

Join us for this free event on Zoom: On Wednesday, July 22nd at 8pm Eastern

Here is the Zoom information.

Topic: Lament and Learning for Tisha b'Av

Time: Jul 22, 2026 08:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84253280298?pwd=xtqNDx9t9UmnWuBQbyeAiaPlz4li24.1>



**TEACHING FOR TISHA B'AV: FOODS ON A FAST DAY?
TISHA B'AV 2026**

1. **INTRODUCTION:** Many of us are probably familiar with the common Jewish joke: "They tried to kill us. They failed. Let's eat!". It's attributed to comedian Alan King. This phrase humorously highlights the recurring theme of survival against persecution that underlies many of our holidays such as Passover, Purim, and Hanukkah. This joke is one way to recognize our people's resilience and survival. It turns our difficult past into a reason to gather, feast, and express gratitude for continued existence. Yet, even when our enemies succeeded at murdering thousands of Jews, which we commemorate with memorial days like that of Yom HaShoah and tonight's observance of Tisha B'av, we have developed foods that help us remember and highlight our resilience as a people and our perennial attitude that this too will pass and that we must continue to have faith in God and hope in the future of Judaism. So for Tisha B'av, a more appropriate

rendering of Alan King's joke might be "the Babylonians and the Romans hated us, they tried to kill us, they succeeded in killing many of us — so instead of eating, let's fast," and yet the foods we eat to begin and end our fast are no less symbolic than the foods we eat on our other holy days.

2. Before I get into what specific foods are symbolic for Tisha B'av, I want to share some of the reasons why **FOOD IS IMPORTANT IN JUDAISM**. The smells, the tastes that our parents, grandparents and great grandparents knew and shared with us at holidays are part of the heritage and community which binds us together. Arguments about the 'best' recipe for chicken soup or whether matzah balls should be hard or soft are important because food evokes memories that truly help keep our tradition alive. It is what is most remembered about holiday celebrations, not why we celebrate that holiday, but the smell and taste of the traditional foods. Some say we, Jews, are obsessed with food. Think about it: Not only does the Torah give us the laws of kashrut and regulate what we as Jews are allowed to eat on a daily basis, but it is also full of food references. Adam and Eve are expelled from the Garden of Eden because of a forbidden fruit. Cain killed his brother Abel because God favored Abel's offering of fat from an animal over his brother's offering of fruits of the soil). Isaac favored Esau "because he did eat of his venison" (Genesis 25:28). Jacob offered to give Esau a bowl of lentil stew in exchange for his birthright and Esau agreed. Jacob and his sons travelled to Egypt to buy grains because of a great famine in Canaan. While in prison, Joseph interpreted the dreams of Pharaoh's cup bearer and baker. Later he saved Egypt from famine by solving Pharaoh's dream and having him store vast quantities of grain. The story of Passover centers on how we had to leave Egypt in a hurry, and had to take with us unleavened bread. In the desert, we were fed manna for 40 years. Even our promised land is referred to as "the land of milk and honey." Food is just everywhere in the Torah. Food punctuates the joy, the togetherness and sometimes the sadness that affected our ancestors and it definitely helps us to form Jewish memories. We may be referred to as the people of the book but we are just as much the people of the food. There is no way we can practice Judaism religiously or culturally without food. You can't celebrate Passover without eating matzah, nor can you observe Yom Kippur properly without fasting. Every celebration of every Jewish holiday is connected to a meal, even our fast days. With so many references to food in our sacred texts, we are taught that even so mundane a thing as eating can be holy. Yet, it is our forefathers and mothers who helped us appreciate the holiday meals and recipes, nurturing our love for food ... and in turn Judaism, by making much of the food both delicious and memorable.

3. In Judaism, death and mourning, and our fast days have food associated with them. **Symbolism has developed around what foods we eat to begin and/or to break the fast.** Tisha B'av is one of six public fasts in Judaism, two major and four minor. Just in case you are interested, the two major fasts are Yom Kippur and Tisha b'Av. The minor fasts are the Fast of Esther, the Fast of Gedaliah, The Tenth of Tevet (Asara b'Tevet) and the Seventeenth of Tammuz. Our tradition connects symbolic dishes and customs

to help us with our grief, whether it's personal or public. Meals of condolence are served by others as part of the healing process, a custom that is centuries old.

4. Tisha b'Av is the scheduled yahrzeit for our shared losses as a community. For some, the mourning begins three weeks beforehand, on the 17th day of the month of Tammuz. This time is called "Bayn Ha Metsarim," and those who observe it abstain from alcohol, eating meat and attending joyous celebrations, such as weddings. On Tisha b'Av, meat restrictions carry over through to the following day to reflect how long the temple continued to burn after its destruction. For this reason, we typically only eat dairy and vegetarian dishes both before the fast and when we break this fast. The meal before the fast, called *Seudah Hamafseket*, typically includes a round challah, a hard-boiled egg, and water. The round foods symbolize the cycle of life. Some traditions involve eating it while sitting on the floor, symbolizing mourning. Lentils and other round foods are also associated with mourning.

5. The Foods for Tisha B'av: Like with most of our holiday related foods, differences arose between Ashkenazi and Sephardic Jews.

For Ashkenazi Jews:

- **Bread:** Often a simple, dry bread, sometimes dipped in ashes.
- **Hard-boiled egg:** Represents the circle of life and mourning. According to myjewishlearning.com, the hardening of the egg through cooking represents our need to stiffen and steady ourselves when a death occurs. The fact that it remains fully sealed within the shell reminds us to stay solitary, undistracted from our grief.
- **Round pastries:** Like bagels which are thought of as the Jewish comfort food.

For Sephardic and Mizrahi Jews:

- **Lentils:** A traditional food for mourning, symbolizing closure and reflection.
- **Other legumes:** Like beans, which also have no "eye" or openings, symbolizing the mourner's state. Additionally, the no eye symbolizes that the person can no longer see or be seen. Without a mouth either, they remind mourners that they do not need to speak when in a state of deep sorrow.
- **Mujadara:** A Middle Eastern, Moroccan, dish of lentils and rice.
- **Ka'ak:** a ring-shaped pita sprinkled with sesame seeds.
- **Kishari:** An Egyptian layered lentil and rice dish, with noodles, fava beans and chickpeas, covered with tomato sauce. .
- **Round Bourkas:** cheese or spinach filled pastries.



**SAVE THE DATE AND GET READY TO CELEBRATE TU b'AV
(Israeli Valentine's Day) on July 31st!**

If you are celebrating a wedding anniversary in a multiple of 5 this year and would like to reconsecrate your wedding vows, please contact Rabbi Mills at cbjplymouthrabbi@gmail.com.

What is Tu b'Av?

Tu B'Av, the 15th of the Hebrew month of Av, is an ancient Jewish holiday that has evolved into a modern-day celebration of love, matchmaking, and renewal. Falling just six days after the solemn fast of Tisha B'Av, it marks a transition from mourning to joy.

Ancient Traditions and Origins
Dancing in the Vineyards: According to the Talmud, in ancient times, unmarried women of Jerusalem would dress in white and go out to dance in the vineyards under the full moon.
Borrowed Clothing: Women famously wore borrowed white dresses. This beautiful custom ensured that no one was embarrassed or excluded for not owning fine clothing, leveling the playing field for all women in the community.
Matchmaking: Unmarried men would join the festivities to find a wife. As the women danced, they called out to the men to look beyond outward beauty and focus on finding a partner with good family values.

Historical Milestones
Tu B'Av historically marked several auspicious events of reconciliation and national unity in Jewish tradition:
Healing of Rifts: It celebrated the day the tribes of Israel were once again permitted to intermarry, following temporary bans meant to preserve tribal land boundaries.
Entering the Promised Land: It commemorates the end of the generation-long decree that the Israelites who left Egypt would die in the desert.
End of the Wood-Cutting Season: It also marked the end of the summer season for cutting wood for the Temple altar, often celebrated with festive gatherings.

Modern Celebrations
Today, Tu B'Av is widely known as the "Jewish Valentine's Day" and features a mix of romantic and community-focused traditions:
Romantic Gestures: Couples exchange gifts like flowers and chocolates, and celebrate with romantic dinners or moonlit picnics.
Weddings and Proposals: It is considered an highly auspicious date for marriages, engagements, and vow renewals.
Cultural Festivals: In Israel, many cities and communities host outdoor music festivals, concerts, and dancing to celebrate the holiday.



**Tu B'Av (Israeli Valentine's Day!)
Celebrate Love and Romance!
July 31st
Foods of Love Potluck Dinner at 6:00 pm
Erev Shabbat Service at 7:00**

Calling all couples celebrating an anniversary of a multiple of 5 in 2026 (10, 15, 20,...50, 55, 60)!

Come participate in a special wedding reconsecration ceremony on the Jewish holiday of Tu B'Av. This holiday, often referred to as the Jewish Valentine's day, is traditionally associated with romantic themes. It celebrates love and relationships, making it an ideal occasion for a marriage vow renewal ceremony, a custom that has developed in recent years both in the United States and Israel.

Rabbi Mills invites all couples celebrating an anniversary in the multiple of 5 to contact her to participate in a marriage reconsecration on Friday evening July 31st at 7 pm.. There will be a "foods of love" potluck dinner preceding the service at 6 pm

Please email Rabbi Mills at cbjplymouthrabbi@gmail.com if you wish to renew your vows that evening



Study the Weekly Torah Portion from a Mussar Approach with Rabbi Mills
Thursdays, from 7:00-8:00 pm (by Zoom)
You Are Welcome to Join at Any Time!

On Thursday evenings, Rabbi Mills has been leading a Torah study class that approaches each weekly Torah portion using the Jewish spiritual practice of Mussar, which focuses on personal ethical and spiritual growth, aims to cultivate virtues and improve one's character. It emphasizes self-reflection and mindful actions 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.

The class is interactive, with participants encouraged to share their experiences and insights with each other. Strong bonds of friendship have developed since the class started in early January, as we have met each week and learned more about each other. And perhaps that is one of the most important teachings: Discovering the importance of knowing and caring about others in our Jewish family and our community at large.

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

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



Our historic synagogue building on Pleasant Street was sold on June 1st, and the closing on our purchase of the site at 279 Summer Street was on June 10th. Our Capital Campaign is off and running! We ask every CBJ family to contribute as much as you comfortably can to transform our vision for a new synagogue building into a reality. Small donations are just as important as larger ones, since large corporate donors analyze the percentage of participation from members before they determine how much they are willing to contribute. Together, we as a community can secure Plymouth's Jewish future and enable CBJ to grow as we continue on our journey to our new home!

You can make pledges and donations online through our web site ([CLICK HERE](#)) or old fashioned checks still work. Please feel free to contact our Co-Presidents, Devon Fernald and Dianne Bluestein, (president@cbjplymouth.org) if you have any questions, would like to discuss the Campaign, or commit to a pledge or donation.

Thank You to All Donors!

Thank you to our congregants and friends of CBJ who have already contributed to our Building Fund or who have pledged to make donations in the future. **Please remember that CBJ is now a certified 501 3(c) non-profit organization, so Qualified Charitable Donations (QCDs) may be made from your IRA Required Minimum Distributions.**

CBJ Is In The News!



In the June issue of **Stroll**, The Pinehills magazine that is distributed to all Pinehills residents, there is a wonderful full page article, written by our member and Pinehills resident, Barbara Aharoni, about the history of CBJ, its founders, the contributions that early Jewish settlers made to the economy of Plymouth, as well as the sale of our synagogue building, and plans for our new temple. [CLICK HERE TO READ IT.](#)



Pinehills residents and dedicated members of CBJ Front Row, left to right: David Dauer, Debbie Dauer, Barbara Aharoni, Laura Treppel, Rhonda Spigel, Mark Streifer, and Fred Sarke Back Row, left to right: Arnold Weiss, Harry Shamir, Jerry Treppel

CONGREGATION BETH JACOB: A LEGACY WITH A NEW LOCATION

BY BARBARA AHARONI, EVENT PHOTOS BY BOB WARNER

FOR 113 YEARS in Plymouth center there has been a small, two-story white building with black shutters, on the corner of Pleasant and Water Street extension that area Jewish families have called their spiritual home: Congregation Beth Jacob. Looking toward its future growth, in January the historic synagogue building was sold.

Fundraising is currently underway to build a new much larger, technically advanced, and fully accessible modern synagogue with ample parking spaces on purchased land just two miles away. The congregation of close to 100 families is grateful for the generosity of The Church of the Pilgrimage and Christ Church who have graciously welcomed them to share their spaces until the new building is completed.

Congregation Beth Jacob's members today include several relatives of the 40 founding families, including a great and

great-great grandchild of one of the first members. Originally peddlers, when they decided to settle here, they became shopkeepers and store owners. They established businesses selling dry goods such as clothing, shoes, housewares, hardware and groceries. Some bought and sold real estate, established apartment buildings for newcomers, and built homes as well as the synagogue. There were also tradesmen such as tailors, seamstresses, cobblers and cattlemen. Many became factory workers at the Cordage Company, the many woolen mills, and the Plymouth Stove Foundry. Jewish professionals such as doctors and lawyers—even the first local veterinarian—eventually settled in Plymouth and Kingston. In this way, although a smaller minority than the Italian or Portuguese immigrants, the Jews of Plymouth made an important contribution to its economy and culture.



Congregation Beth Jacob's original building



The congregation's original dedication in 1913

There are two additional articles, the first about CBJ's Kick Off event (with photos) as well as a long article about Pinehills residents Barbara Aharoni and Harry Shamir and their long-time relationship with CBJ.

[To see the page with these articles, click HERE.](#)



Past President of CBJ,
Ronnie Hirshorn



A captivated audience listening in to the evening's presentation

KICK OFF TO FUNDRAISING!

Pinehills resident Debbie Dauer invited Stroll to Congregation Beth Jacob's premiere fundraising celebration as the close and welcoming community looks ahead to building a modern synagogue—and finding a new home.



Great Islander and longtime CBJ member Fred Sarke, in blue



Guests enjoyed a lovely food spread, donated by a number of Plymouth restaurants and markets, according to Debbie Dauer, Pinehills resident, CBJ member, and Event Co-Chair. Additionally, The Market at Pinehills donated a sandwich platter and Long Ridge Wine & Spirits donated a very generous gift of



CBJ Membership Chair Barbara Aharoni and her husband, Harry Shamir, Pinehills residents and Plimothians since 1970!

MEANINGFUL LIVING

Several Pinehillians are temple members. One such resident is Great Islander Barbara Aharoni, who has been a very active member since she moved to Plymouth in 1970.

Barbara worked at the former Jordan Hospital for 37 years and together with her husband, Harry Shamir, moved to Pinehills from a neighborhood close to the hospital in 2013.

Barbara believes being involved in a synagogue is a way of meaningful living from cradle to grave. The temple has provided an active Jewish community that Barbara and her husband sought in Plymouth. They have found it to be the perfect place to develop long-lasting, meaningful friendships and where members are able to engage in current conversations relevant to the Jewish community, and participate in social action. This multigenerational community worships and celebrates life cycle events together, as members become an extended family. There is an active religious school as well as numerous social events throughout the year.

Congregation Beth Jacob welcomes you to come check them out at any of their upcoming summer events including Shabbat at the Pinehills (details TBD).

Anyone wishing to attend the September New Year High Holiday services for the first time are welcome guests. If interested, visit our website: cbjplymouth.org or contact Barbara by email at ahabubs@gmail.com.

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.

For information about registration for the 2026-2027 school year, please contact Rabbi Mills at cbjplymouthrabbi@gmail.com.

**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.



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](#).



**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.

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)



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!

We are also looking for a person to serve on the CBJ Board as Recording Secretary. This position entails recording the Minutes for the monthly Board meetings, providing a written summary of issues discussed, motions made and decisions voted upon by the Board.

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 in 2026!
Oneg Sponsors/Hosts Are Needed for July 24th (Tisha B'Av), and
August 7th.**

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) 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 volunteered to sponsor or host an Oneg this month:

- July 10: Debbie and Dave Dauer; and Mark Streifer and Rhonda Spigel
- July 31: The families celebrating marriage reconfirmations
- August 21: Lucas and Kaitlyn Woods on the occasion of Max's Bar Mitzvah

Thank You

תודה רבה

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

Building Fund Donations:

- Jennifer Palan
- Judith & Allan Sherman - in appreciation of Mark Streifer's help
- Andre & Michelle Tirella Ventura

Yahrzeit Remembrances:

Allan & Judith Sherman - in memory of Jack Luftman's mother, Ruth Luftman

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.](#)



Mi Sheiberach (Prayers for Healing)

We pray for the Healing and Recovery of the following people, as well as all of those throughout the world who are suffering from violence, war and famine:

Ina Lashin
Joseph Keller
Tracey Gutman
John R. Sore
Susan Basiri
Mary Ellen Dalgren
Maryann Leonard
Sandy Magnes Silverman
Julian Lindquist
Erin Sullivan
Linda Dauber
Susan Penchansky
Callan Crowley
Lynne Matson

Leslie Portney
Lauren DeFranzo
Nan Noble
Len Kaplan
Marilyn Levine
Chris Davis
Ruth Anne Repking
Meredith Hoffman
Marlene Benjamin
Susan Moore
Trisha Brown
Carolyn Kniffen
Ronnie Hirschhorn
Jeffrey Smith
Rabbi Lawrence Silverman

[To hear the beautiful song, Heal Us Now, performed by Hazamir Hasharon, click here.](#)



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

July

2 Esther Aranowitz	17 Jacob Veiner
2 Joseph Feinberg	18 Joseph Carlin
4 Harry Minsky	18 Robin Goldstein
4 Jack Minsky	18 Selma Kent
4 Katherine P. Toabe	19 Samuel Koblantz
5 Melinda Hightower	20 Fay Meltzer
5 Selma Leopold	22 David Kaufman
7 Roslyn Jarmel	22 Bert Sternfield
9 Toby Freedman Aharoni	24 Judah James Evans
9 Mary Cohen	25 Louis K. Kaplow
10 Helen L. Shiff	25 Mary Kaplowitz
11 Elizabeth Greene	25 Devorah Sectors
12 Norman Hollander	26 Elizabeth Epstein
12 Melvin "Manny" Mann	26 Jacob S. Shiff
14 Gladys Reuben	28 Anne McTiernan
14 Mary Edith Goldstein	29 Abraham Sherman
15 Meyer Cohen	29 Minnie Steinberg
17 Julius Cohen	30 Gunnar Carlson
17 Jean Sackheim Feinberg	31 Hyman Sheff
17 Rebecca Lavine	

May their memory forever abide as a blessing.

Yahrzeit Donations

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



Food Bank Donations to Families in Need

The need for food assistance is greater than ever in the Plymouth area, The Supplemental Nutrition Assistance Program (SNAP) has had no government funding since November of 2024, affecting 41.7 million Americans who depend on SNAP to feed their children and themselves, including our seniors.

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 when you attend services in person.

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.**



The Next Sisterhood Meeting Monday, July 13, 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=dHd6LzZmSTRJZ2J6VmM2WIBZempXZz09>

Meeting ID: 818 8510 6141 Passcode: 579857

**The Next Sisterhood Program
August 6th
Join Us for a Potluck Lunch
At the home of Robin and Gary Gersten!**



Robin has graciously offered to host a summer potluck lunch at her beautiful waterfront home (with a swimming pool) on August 6th! Thank you, Robin!

To avoid having a balanced selection of foods for the potluck lunch (who wants all salads and no desserts, or vice versa?) please sign up and indicate whether you will be bringing a protein, a salad, a side dish (kugel?), fruit, or a beverage (flavored water, or maybe wine? Why not!).

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.



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 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!

Recipe for Molten Mocha Cinnamon Chocolate Cookies (for Tu B'Av)



This recipe is so easy, and the dough will be stored in your freezer so you can easily bake a few any time your chocolate craving strikes! Although chocolate has always been associated with love and romance (Montezuma was purported to drink 50 glasses of chili-laced chocolate a day to make him passionate) it is really the Theobromide in cocoa (often found in asthma inhalers) coupled with caffeine that makes one feel amorous. And the Aztecs aside, there were many Jews in history responsible for the production of chocolate as far back as the 1680s when Benjamin d'Acosta De Andrade developed a method to process cocoa beans so that they could be shipped from South America and ultimately transformed into liquid gold or later, in 1847, into the first eating chocolate.

Famous Jewish chocolate artisans included Franz Sacher, a Jewish Viennese apprentice baker who created the now-famous Sachertorte in 1832. Eli Fromenchenko opened the Elite Chocolate Company in Ramat Gan, Israel, in 1933. In 1938, another Viennese Jew, Stephen Klein, immigrated to New York and opened the first kosher chocolate shop—Barton's Salon de Chocolate. And in Israel today, suitors from all over Israel flock to the café called Max Brenner to buy chocolates for the lucky women they will woo on Tu B'Av!

The following recipe is a modern take on the ubiquitous molten chocolate cake but in cookie form. The taste is fantastic but the real treat is that you make the dough, shape it into balls and then freeze them. When you want to serve them, you can pop the frozen balls onto a cookie sheet and bake them for a mere 6-8 minutes. The result is a rich cookie that is firm on the outside and oozes delicious cinnamon and coffee-scented filling when bitten into. You, and your love, will enjoy these, I promise.

Molten Mocha Cinnamon Chocolate Cookies

Yield: About 2 dozen cookies

Ingredients

10 ounces bittersweet chocolate

4 Tablespoons unsalted butter

¼ cup all purpose flour

¼ teaspoon baking powder

¼ teaspoon salt

2 large eggs

¾ cup sugar

½ teaspoon instant espresso

¼ teaspoon ground cinnamon

1 teaspoon vanilla extract

¾ cup semi-sweet chocolate, either chips or chopped ¼ inch pieces

Directions:

1. Combine the 10 ounces of chocolate and the butter in a one-quart glass bowl. Microwave this mixture on high for 1 minute. Stir. Microwave for another 30 seconds. Remove, stir until all chocolate is melted and set aside.
2. Mix the flour, baking powder and salt in a small bowl and set aside.
3. Beat eggs and sugar in a mixing bowl until light and lemon colored. Add the espresso, cinnamon and vanilla and beat to combine.
4. Add the chocolate mixture to the mixing bowl and beat until all egg mixture is incorporated.
5. Add the flour mixture and mix only until there is no flour visible. Stir in the chopped chocolate or chips. Remove beaters and scrape down sides of bowl. Refrigerate in bowl for 15 minutes.
6. Using a 1 Tablespoon portion scoop or a rounded measuring spoon, place dough onto a parchment- or foil-lined cookie sheet.
7. Freeze dough uncovered until very hard. When frozen, remove individual dough balls to a Ziplock freezer bag and freeze until ready to bake.

8. To bake: Pre-heat oven to 350°F. Place frozen mounds of dough onto a lined cookie sheet and bake for 6-8 minutes (depending on size of the balls) or until the tops of the cookie are firm but very soft to the touch. Cookies will harden a little as they cool.

9. Let cookies cool for 5 minutes if you want them to be hot and gooey; longer if you want them to hold their shape a little better.

Note: Baked cookies may be refrigerated and then re-heated in a microwave for 20 seconds on high. However, cold, baked cookies are like a cross between a cookie and a truffle and quite delicious!