

HaShomer

MARCH 2010

Congregation Beth Shalom

ADAR/NISSAN 5770

Schedule of Services

March 2010

Adar/Nissan 5770

Friday, March 5, 8:00 pm

Simcha/Shabbat Service

Led by **Danielle Snailer**

Saturday, March 6

Torah Study 9:00 am

Shabbat Service 10:00 am

Led by **Stuart Snow**

Caleb Cohen Bar Mitzvah

Torah: Ki Tisa

Friday, March 12, 8:00 pm

Saturday, March 13

Torah Study 9:00 am

Shabbat Service 10:00 am

Led by **Cantor Sheri Allen**

Torah: Vayakhel-Pekudei

Friday, March 19

Tot Shabbat 6:30 pm

Family Service 7:30 pm

Led by **Cantor Sheri Allen**

Saturday, March 20

Torah Study 9:00 am

Shabbat Service 10:00 am

Led by **Stuart Snow**

Torah: Vayikra

Friday, March 26, 8:00 pm

Led by **NinthGrade**

Saturday, March 27

Torah Study 9:00 am

Shabbat Service 10:00 am

Led by **Cantor Sheri Allen**

Torah: Tzav

Tuesday, March 30, 6:00 pm

Community Passover Seder

Led by **Rabbi Jordan Parr**

My Two Shekels

Every year at this time I start having “The Dream:” my adult equivalent of the dream I used to have for years after I graduated college, where I showed up to take a final and realized I hadn’t ever attended the class. In this dream, it’s the day before Pesach, and I’ve realized that I’ve done nothing to prepare for it either.

I’m standing in my kitchen, hyperventilating with panic, wondering how I’m going to kasher every cabinet and appliance, haul out the Pesach dishes, and prepare seder dinner, all in 24 hours. I wake up in a cold sweat, grateful that it was only a dream, but mindful that that time is quickly approaching.

In our home, Pesach preparation is a big job. Kind of like studying for those college finals. It takes much advance planning, and even more elbow grease. The whole family gets involved.

The kids are required to purge their room of clutter as well as crumbs, and each has their assigned task in the kitchen. Now that Rebekah is the only child living at home, she’s had to pick up some of the slack, which pleases her to no end (yes, that was a touch of sarcasm).

Richard and I spend some exciting Saturday nights emptying the fridge of edible items as well as shelves and bins. The highlight of the evening is hauling the fridge away from the wall and vacuuming the year’s worth of dust balls that have accumulated behind it. And you’ve never really lived until you’ve been on your hands and knees removing crumbs from cracks in your baseboards with toothpicks and a toothbrush!

As much as I dread the whole cleaning process, I’ve got to admit that I do feel spiritually uplifted when the house, at least for a few brief moments, is clean and de-cluttered, the seder table is set, the meal prepared, and once again, as we’ve been doing for several decades together now, our family has the honor of welcoming guests into our home to celebrate the New Year of our Freedom. I don’t think it would be quite as meaningful to me if I didn’t go through the month-long preparation process either.

I know it doesn’t compare to the slavery that our ancestors endured, but working to make a home “chometz free” (free of all leavened food) is no easy task. But this extended version of Jewish spring cleaning helps me once again look at what I really need to make my house a home, and what I can live without. And discarding that which weighs you down - those things that clutter up your life, from the big things that are in your way, to the crumbs that you have to crouch down to notice - is, frankly, cathartic.

Once again, I marvel at the brilliance of our Torah. Each year we have a prescribed opportunity to get rid of excess physical and mental baggage, and, once again, start anew with a clean house and a clean slate. We are then free to truly relax, relive our history at the seder table, and appreciate what is truly valuable in our lives.

Chag Pesach Sameach,



Check out:

**Congregation Beth Shalom
Arlington on Facebook!**

**Lynne Jacobs has been doing a
terrific job updating the page.
It's a great way to connect with
current and past CBS members.**

– Cantor Sheri Allen

Views from Kabbalah:

Perception of Reality

Perhaps the most surprising concepts one finds in his initial encounter with Kabbalah is the concept of Perception of Reality. If it were not for Einstein's Theory of Relativity and the theory of Quantum Physics, Kabbalah's teaching on the perception of reality would be rejected at the outset. However, as science progresses, the views from Kabbalah regarding the correct perception of reality gains more credibility, even among scientists.

As discussed in an earlier column, our souls are pieces of one created unified soul (kli). To enable the *Kli* to be correct voluntarily, the spiritual structure of *Adam ha Rishon* (The First Man) was shattered into numerous particles. These particles are the individual souls that clothe our bodies in this world. The result of the shattering is that each person is confined to his or her egoistic desire, oblivious to others and feeling only oneself.

This was not a physical breakage but a breakage of our desires and senses. We still exist today in the World of Einsof (world of creation) but we are unable to sense it properly because we lack the "Sixth Sense" (spiritual sense) due to the breakage of the soul. Kabbalah enables us to regain that missing spiritual sense and view reality as created in the World of Einsof.

For example, in order to watch the blockbuster movie *Avatar* (which I have not seen yet) as intended by its creator, one needs to put on special glasses. Why? Because our five physical senses in their natural form cannot capture the "true reality" portrayed in that movie. Kabbalah is the method which enables us to develop the "special glasses" to experience the World of Einsof.

In his "Introduction to the Book of Zohar," the greatest modern Kabbalist Baal HaSulam explains that our perception of reality is like a movie created by an internal photographic machine, on a screen in the back of our brains. **We do not see something that really exists outside ourselves. There is nothing real outside us.** Our eye responds to stimulants and what we "see" is a reaction to those stimulants, which takes place in our brains.

Kabbalists refer to our world as the Imaginary World. Therefore, if we want to change our reality, we can only do so by changing ourselves. What surprises new students of Kabbalah is how little we really know about ourselves.

As Baal HaSulam writes: "Even our essence we do not know what it is. I feel and know that I take space in the world, that I am a solid body and I am warm and I think... but if you ask me what is my essence...? – I do not know what to answer you."

Human beings can regain the spiritual sense lost as a result of the breakage of the soul only using their free will and not from nature. The term "sense" is somewhat misleading in this case because what we need to develop is not re-

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HaShomer

is published monthly by Congregation Beth Shalom
1212 Thannisch Drive, Arlington, TX 76011-4848
Vol. XXVI, Issue 6, March 2010

Editor: Hy Siegel Editorial Assistance: Janet Aaronson

Sisterhood

Next weekend, Marian Feld will lead a wonderful book review for Sisterhood at her home on March 7 at 2:00 pm. Marian will discuss *The Triumph of Deborah* by the Israeli author Eva Etzioni-Halevy.

I mention this upcoming program not just to invite everyone to attend, but also to remind women congregants that the people of Israel have a long heritage of women in important leadership and multilayered positions! Deborah herself was a charismatic prophetess and passionate judge—who also guided the victorious military defense of ancient Israel against Canaanite onslaughts!

Here at CBS, your Sisterhood Board is a group of women who also practice multi-layered leadership skills. We also weave together many talents to create a vibrant Sisterhood and to contribute to the on-going life of our religious community. Board membership also offers unique personal opportunities for growth in leadership skills and, importantly, the formation of wonderful friendships that can last a lifetime.

Later this year, the Southwest District Biennial Convention will be held in Dallas. Beth Shalom Sisterhood encourages all its board members to attend the inspirational leadership training events and practical nuts-and-bolts workshops at this convention. Every woman who goes to a WRJ convention returns simply awed by the collective energy of dedicated and passionate Jewish women.

Just now, the nominating committee for next year's Sisterhood Board is organizing. As out-going Sisterhood President, I plan to chair this committee. So, consider the blessing and joys that can come to you through Beth Shalom Sisterhood Board membership or through being part of the WRJ SouthWest District Board.

If you are interested in Sisterhood Board membership, either here at CBS or at the SWDistrict level, call me at 817-416-1408 or email me at lordflyte@verizon.net. We are truly stronger, wiser, and religiously richer by being together!

– *Miriam Ward*
Sisterhood President

President's Note

Due to a desire expressed by a number of our members, the board of trustees has voted to change the time of Friday Night Shabbat services. Starting March 26, 2010, all Friday Night Shabbat services will be a 7:30 p.m. Since our once a month 7:30 p.m. Family Shabbat Service has been consistently the best-attended Friday night service, it was the feeling of the board that moving Friday Night Shabbat services to 7:30 p.m. might help boost attendance. This change in service time has the additional benefit of now having all Friday Night Shabbat services held at the same time; 7:30 p.m.



– *Barry Goldfarb*
President, Congregation Beth Shalom

Sisterhood

If you were lucky enough on Saturday, January 30th to enjoy the *Sushi and Drinks* night in person, then you already know what amazing hosts Christine and Gene Posnock are. I would like to thank them again for opening up their beautiful home to us and for all the hard work they did to make the evening a success.

We also cannot forget the people who helped fill our stomachs with the most delicious flavors: Rochelle Bekerman, Miriam Benibib, Fran Kreindler, and Miriam Ward. Thank you as well to Jennifer Daley for being there to welcome everyone. Finally congratulations to Barry Stevens and Christine Posnock on winning the drawing of a sushi starter kit.

Now, how should one end a long day? At Studio Movie Grill with *Sisters and a Movie*. On Thursday, February 4th, a group of Sisters dined, drank, laughed, and enjoyed the feature, *When in Rome*.

After many, many, many date changes, we decided that on Thursday, February 11th, Marian Feld would host an evening of *Learning to Play Mah Jongg* for those of us who still do not know the secrets of playing. But Mother Nature had different plans. That day, DFW broke the all-time snow-fall record; so needless to say, we cancelled and decided to reschedule. **New date TBA.**

Bubbe's Kitchen Club was very excited to be learning Queen Esther's Best Hamantashin Recipe. Miriam Ward had the honor of teaching the class on Wednesday, February 24th. Stay tuned next month to find out how yummy it was.

Programs to look forward to in March include: Book Review of *The Triumph of Deborah* by Eva Etzioni-Halevy, at the house of Marian Feld (Sunday, March 7th, at 2pm); Fiddler at Bass Hall, Sunday, March 14th, at 2pm; and *Nosh and Schmooze with Sisters* (Monday, March 22nd, at 11:30 a.m.).

New Sisterhood Members

**Karen Blair, Debra Crook Kaplan,
Angela Markson, Trish San Antonio,
Seena Stevens, Lili Weiner, Connie Kallenberg**

We are thrilled to welcome you all! If you haven't joined us yet, it's not too late. Please call or email Fram Kreindler (817-561-7021; franejk@tx.rr.com) so we can get you on board.

Please see below for the yummy recipes you've been asking for, from our January Sushi Night!

– Yael Sasley, VP Programming

Great Asian Cabbage Salad

(serves 8-10)

Salad:

- 1 head cabbage, shredded
- 4-6 green onions, finely chopped
- 2 packages Ramen soup noodles (Oriental flavor)
- 4 Tblspns sliced toasted almonds
- 4 Tblspns toasted sesame seeds
- (Target sells them already toasted!)

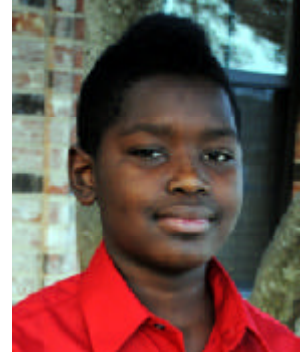
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B'nai Mitzvah

Caleb Cohen

The Cohen family invites you to join us as our son, Caleb, becomes Bar Mitzvah on Saturday, March 6, 2010 at 10:00 a.m. Caleb is very excited and thrilled to be able to be counted as an adult to participate in services.

Caleb was born in St. Petersburg Florida. For those of you who haven't heard the story, he was the classic "offer you can't refuse" and we were lucky enough to adopt him into our family when he was two weeks old. Heather, Marah, mom and all his extended family welcomed him with love, excitement and lots of attention.



He has grown into a very respectful, intelligent, and active teenager. Caleb is a 7th-grade student at Byrd Middle School in Duncanville. He enjoys watching and playing sports. He has been playing soccer since he was first able to walk, following his sister around to all her games. He is a member of a select club soccer team that he enjoys very much. Caleb is a great team player, always willing to assist and support his teammates and coaches.

We want to thank Congregation Beth Shalom for welcoming Caleb into their family, and especially his tutor, Barbara Berner for all her time and patience in working with Caleb and encouraging him to fulfill his Jewish legacy of becoming Bar Mitzvah. Caleb hopes all of Beth Shalom congregation will join in sharing this simcha.

Would you like to honor someone's good deed, honor a birthday, special occasion or send condolences? You can do this with a donation that benefits Congregation Beth Shalom.

You may indicate a fund of your choice, or leave it to the discretion of the executive director to select it for you. Donation forms are available on the website (www.bethshalom.org) or from the CBS office.

If the recipient is not a member of Congregation Beth Shalom, please be sure to include their address.

Congregation Beth Shalom Sisterhood Gift Shop

**Wonderful Gifts for All Your
Friends and Family Members.**

Judaica, Books, Objets d'Art, More!

**We support the works of Israeli artists.
Support CBS through the Sisterhood Gift Shop.**

On Life and Death

My significant other (SO) says I go to a lot of funerals. When you get as old as I am, that's a fact of life. Now I know what my father was doing when he checked the obituary pages of the paper every morning. He joked that he was just checking to make sure that his name wasn't there.

Today, I went to a really tough funeral. Maybe the toughest I have attended recently. My parents and my brother have been gone for over ten years. Those were part of life. I expected to lose my parents some day. I remember talking to my mother when I was a kid about my worries that she would die. Losing my brother, who was 3 years younger than me was both traumatic and difficult.

The reason that today's funeral was so difficult was that Joe Weinberg was a lifelong friend of mine. We were in Hebrew School, Sunday School and AZA together. What's more important, we sat next to each other in services and harmonized the melodies for many years. In some ways, he was me. This funeral was personal.

The rabbi did what he always did. He started with his quote from Ecclesiastes about a time to be born and a time to die. (Can't argue about that.) He read some words from psalms about what defines a great human being and he said they applied to Joe. Joe's son-in-law said a lot of nice things and I was grateful to hear many things that I didn't know. At the gravesite, I said the Kaddish prayer and shoveled some dirt on the coffin.

These things brought to mind the importance of Jewish tradition in just living your life. We were following tradition to console the mourners and today, I was in mourning. The small congregation was doing its part to make us all feel better and maybe it worked. I think that I feel better tonight than I would if I had read the notice and just not attended.

My uncle, Harry Rubin, who served on the Chevra Kadisha for his whole life, said that the best mitzvah is burying a person because it is the only favor that you can do that you never expect to be paid back. That is not totally true. I expect that someone reading this will throw some dirt on my coffin some day. Thanks in advance.

– *Sherwin Rubin*

You can advertise in

HaShomer

the monthly newsletter of
Congregation Beth Shalom

Ad Rates: (Business Card Size)

1 month - \$25 3 months - \$65

6 months - \$120 12 months - \$225

Contact the CBS office for information 817-860-5448

Dear Fellow Beth Shalom Members,

Our biggest fundraising event of the year is getting under way!

Saturday, May 1, 2010

12th Annual Congregation Beth Shalom Gala

Chef Philippe Lecoq will astound us with a gourmet meal
And a lot more surprises throughout the evening!

Opportunities abound for everyone to join in our celebration for the success of Congregation Beth Shalom and Camp Impact.

Have fun and raise money by:

- ✧ Attending the Gala
- ✧ Inviting several non-member couples to share in the magic of the night
- ✧ Gathering at least two new items to be sold at the Gala.
(Forms are available through the office)
- ✧ Selling raffle tickets. The winner will be announced at the Gala
- ✧ Joining our fabulous team to help with this year's preparation
- ✧ Becoming a corporate or individual sponsor
- ✧ Making a financial contribution if you cannot attend the Gala!

If you would like to be a part of our 12th Gala Event, please call
Jan or Howard Weiss at 972-679-2265.

Be part of the excitement as we celebrate with our friends and guests at 6:00 p.m.
on Saturday, May 1, 2010. Thanks in advance for your support!

*Shalom,
The CBS Gala Committee*

Religious School

Calendar For March

- 3 Mid-Week Hebrew
- 7 Religious School
- 10 Mid-Week Hebrew
- 14 No Religious School, Spring Break
- 17 No Mid-Week Hebrew, Spring Break
- 21 No Religious School, Spring Break
- 24 Mid-Week Hebrew
- 28 Religious School, Model Seder
- 31 No Mid-Week Hebrew, 2nd Day Passover

Upcoming Events in March

- 5 Erev Shabbat & Simcha Service
- 6 Torah Study and Shabbat Morning Service; Caleb Cohen Bar Mitzvah
- 7 Religious School, Camp Impact Meeting, Sisterhood Book Review
- 9 Sisterhood Meeting
- 10 Hebrew School
- 12 Erev Shabbat Service
- 13 Torah Study and Shabbat Morning Service
- 19 Erev Shabbat Service
- 20 Torah Study and Shabbat Morning Service
- 21 Sylvia Gray Chaverim
- 22 Nosh and Schmooze with Sisters
- 24 Hebrew School
- 26 Erev Shabbat Service
- 27 Torah Study and Shabbat Morning Service
- 28 Religious School, Passover Model Seder
- 29 Passover Seder - First Night
- 30 Community Passover Seder

See calendar for additional items and times

Sisterhood Passover Card

New this year from Sisterhood!

This year you will have the opportunity to wish our congregation a joyous Passover by adding your name to the Sisterhood Passover card, featuring artwork by our own Julie Eisenfeld.

Final deadline for form and payment is Friday, March 12. Checks for \$10 should be made payable to Sisterhood. Blank cards are available for \$2.00 each.

Watch for an order form in your email/mail, or contact the Beth Shalom office (817-860-5448) for more information or for an order form.



Has your email address changed?

Please be sure to notify the CBS office if you are not receiving your News Blasts!
Thanks! janetaa@bethshalom.org

Sylvia Gray Chaverim

Invite you to join them for
Cards and Games

Sunday, March 21, 12:30 p.m.
in the Social Hall at Beth Shalom

**Watch for a Flyer Announcing
The March Program**

There is no charge for this event; your donation, however, would be greatly appreciated.
Please make your check payable to CBS.

Call or email your lunch order to:

Rosalie Cagan, 817-684-7197, ccagan@tx.rr.com

Sylvia Gray Chaverim made possible through a grant from the Jewish Federation of Fort Worth and Tarrant County. You need not be a member of Congregation Beth Shalom to participate in the Sylvia Gray Chaverim.

Daytimers Presents:

**A Trip to the AT&T
Performing Arts Center
To Tour Both the Winspear Opera House
and the Wily Theatre**

Wednesday, March 17, 12 noon
**Meet at the Intermodal Transportation
Center, 9th and Jones**

Catch the 12:15 p.m. train to Union Station, then transfer to Dart.

There is a four block walk to the AT&T Center. The hour-and-a-half tour will include both the Winspear Opera House and the Wily Theatre. Lunch and bottled water will be delivered to the ITC to enjoy at the tables on the train. Return will be on either the 3:50 or 4:35 p.m. train depending on what time the tour is concluded.

Lunch, catered by Jason's Deli, \$10.00
Trip only, \$5.00 per person

For information/reservations contact: Barbara Rubin, 817-927-2736, or Sylvia Wexler, 817-294-1129.
The Sylvia Wolens Jewish Daytimers is a program of Beth-El Congregation with support from the Jewish Federation.

ADVANTAGE EYECARE

MARK SCHWARTZ, O.D.
ARLENE SCHWARTZ, O.D.

MAYFAIR VILLAGE
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HURST, TEXAS 76054
817-788-2020

If you can't read this, you need to see us.

Views from Kabbalah

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ally a new sense but a new intention – the intention to receive in order to bestow as expressed by the adage “love thy neighbor as yourself.”

Changing our intention from receiving egoistically to receiving altruistically transforms us from creatures who are opposite from the Creator to creatures living in the image of the Creator. Being like the Creator gives us the “new glasses” that enables us to perceive and feel the abundant reality of the thought of creation, the World of Einsof.

Let us complete this explanation with a specific example. In the movie “What the #@*% Do We Know” (This movie is a good illustration of this topic and a proof that even our public opinion makers are catching on with the fundamental ideas of Kabbalah.), Dr. Candace Pert explains that if one’s inner reality does not include a certain image, he cannot see that image outside himself.

As an example, she tells the story about the Indians who were standing in 1492 CE at the ocean shore watching Columbus’ fleet approaching. According to common views, the Indians could not see the ships sailing in front of them.

Dr. Pert explained that the Indians could not see the ships because their inner reality did not include images of ships. Only the medicine man discovers the ships when he saw the ripples of water and tried to imagine what could possibly cause it. After describing what he saw to the rest of the tribe, they could all see it.

This illustrates a basic concept of Kabbalah that in order to experience a certain reality, we need to develop our inner vessel (Kli). Our inner vessel does not observe an external reality, it creates it.

– Dr. Jossef Perl

Sources:

www.kabbalahlearningcenter.info: Interactive online classes in true Kabbalah (in English) based on the writings of Rabbi Shimeon Bar Yochai (Zohar), Ari and Baal HaSulam.

www.kab.tv/eng/: A TV channel with English translation from Hebrew, which provides Kabbalah-related programs, including discussions, lessons, music, childrens programs, womens programs and more.

Yiddishkeit

Retaining a sense of Jewishness

There has been a dearth of literature coming out of Jewish authors this past few months. Even my favorite Jewbook sites have not had any books of interest. So instead I am going to discuss a book about writing, more specifically about a writer.

Bernard Malamud was a son of a poor Jewish immigrant (is there any other kind of Jewish immigrant?) He studies to become a teacher and twice fails the teaching exams. He asks two different Jewish women to marry him and he is turned down by both because they did not think he would provide properly for them.

Eventually he gets a job as a census clerk, marries a nice Catholic woman and moves to Oregon to teach at Oregon State University, the only college that would give him a job. But the school will not allow him to teach creative writing, his area of expertise.

Birthdays

March 2

Henry Smith
Beatrice Stein

March 5

Jeffrey Friedensohn
Sydney Lowenthal

March 6

Joshua Jessup
Scarlett Spindler
Beth Walkup

March 7

Larry Levy
Stephanie Levy
Agnes Mishkin

March 8

Rob Berg
Daniel Burke
Benjamin Jetty
Ethan Jetty
Michael Lecoq
Michael Sherwin

March 9

Bryon Adinoff

March 10

Mandy Donovitz
Mark Shtreyzman

March 11

Larry Fleischer
Chloe Pelletier

March 12

Lindsay Kapin

March 13

Gerald Jacobs

March 16

Liron Caplan
Sarah Fernandes

March 17

Suzi Kapin
Seena Stevens

March 18

Emma Weiss

March 20

Jan Weiss

March 22

Samara Sasley

March 23

Lance Friedensohn
David Udes

March 24

Candace Eisenfeld
Jim Ward

March 25

Matthew Burke
Fran Kreindler

March 26

Eric Kreindler
Marc Thomas

March 27

Shamir Caplan

March 28

Sam Weiger

March 30

David Bekerman

March 31

Harold Mandel
Johnny Sudbury

Anniversaries

March 9

Rosalie & Carl Cagan

March 10

Rochelle & Joe Bekerman

March 15

Michele & Jeff Rothschild

March 17

Debra & Henry Kaplan
Sheryl & Stephen Robertson
(20)

Trish & Randy San Antonio

March 20

Miriam Benabib & Oscar
Flores

March 24

Sharon & Marty Wichter

March 27

Christine & Eugene Posnock

March 31

Shelley & Steve Sternblitz

During his lifetime Malamud wrote some of the most important fiction and short stories of his era. The stories *Angel Levine*, *The German Refugee*, *The Jewbird*, *The Silver Crown* and *Lady of the Lake* are all considered classics. But it is three of his novels that best represent his writing skills.

First is *The Apprentice*, a story of an immigrant working in a grocery store. Next is probably the best baseball story ever written, *The Natural*. Last is *The Fixer* a terrifying tale of anti-Semitism in Tsarist Russia. For this book he received the Pulitzer Prize.

Philip Davis’ book, Bernard Malamud is much more than a biography. It goes into the writer’s mind and shows how he developed stories and characters. It tells how life affects art and art affects life. Just like Roy Hobbs, Philip Davis hits this one out of the ball park.

– Dr. K

oygevalt@sbcglobal.net

Donations

(Received prior to February 16)

BUILDING FUND

In memory of Benjamin Epstein
from Toni and Norm Epstein
In memory of Jack Kirshbaum
from Ruth and Burt Friedman
In honor of Janet and Jerry Aaronson's 40th
wedding anniversary; in honor of Scott and
Judy Cote's newest addition; in memory of
Richard Cook and Henry Kasten
from Alice and Steve Ginsburgh
In loving memory of Esther Siegel Schatten
from Hy Siegel

GENERAL FUND

In memory of Abraham Glickman
from Karen and John Blair
Wishing good health to Frank Weiner
from Shelley and Steve Sternblitz

CAMP IMPACT FUND

In memory of Rose L. Gross
from Leslie and Lee Schulman
in memory of Hilda Needleman and
Philip Needleman
from Seena and Barry Stevens

MORTGAGE REDUCTION FUND

In memory of David Feld, Lee Wenokur,
Henry Kasten, Bill Mason, Richard Cook,
Ethel Newell Flack and Bessie Kahn Mandel;
in honor of the birthdays of: Larry Bushner,
Philippe Lecoq, Stuart Snow, and Jim Kravetz;
in honor of the anniversaries of: Martine and
Larry Thomas, Dolores and Barry Schneider,
from Harold Mandel and Sharon Self
In memory of Carolyn Finkelstein
from Dolores and Barry Schneider

ONEG/KIDDUSH FUND

In memory of Abraham Glickman
from Karen and John Blair
In memory of Rose Golden
from Andrea and Stuart Snow
In memory of Odette Egyes
from Bea Stein

RABBI'S DISCRETIONARY FUND

In memory of Beatrice Vogel Goodman
from Larry and Mary Goodman

IRA UDES MEMORIAL BIMAH FUND

Wishing good health to David Snow
from Shelley and Steve Sternblitz

Community-Wide Mitzvah Day - April 25

All four synagogues in Tarrant County will participate in the community-wide Mitzvah Day event on **Sunday, April 25, 2010**. The kickoff to the projects will be at 9:00 a.m. in the Great Hall at Beth-El Congregation. The event will begin with a breakfast of bagels, cream cheese, coffee, and juice, followed by a short prayer service.

This will be followed by Mitzvah Day activities. The Carter Bloodmobile will be in front of Temple Beth-El from 9:30 a.m. to 2:30 p.m. Some of the organizations we will provide assistance to include: Mission Arlington, Meals on Wheels, Tarrant Food Bank, and Habitat for Humanity.

Organizations that benefit from Mitzvah Day can use clothing in good repair, shoes, small household appli-

ances, books, shampoo, soap, combs and brushes, toothbrushes and toothpaste.

This is a family event, so bring the entire family for a day of fun and fulfillment in pursuit of Tikkun Olam. Students who want to participate will be granted an excused absence from CBS Sunday School.

Further details about the volunteer opportunities will be available in a registration flyer you will be receiving soon, and the April Hashomer.

If you have any questions about the community-wide Mitzvah Day event, please contact Ben Weiger at **817-860-5165**, or via email at weiger@sbcglobal.net.

– *Ben Weiger*
Social Action Committee Chair

Annual Community Passover Seder

Please join Rabbi Jordan Parr and our congregational family for our Annual Community Seder, on **Tuesday, March 30, at 6:00 p.m.**

Paid reservations are required by March 10.

Adults: \$25 Children (ages 4-10) \$10

Watch for the flyer in your email/mail or contact the Beth Shalom office (817-860-5448) for more information.

Yahrzeits

March 5-6

Suzanne Pfaeizer Cook
Irving Rein*
George Coplin*
Sadie Rosen
Sylvia Halbert
Aaron Sternstein
Gertrude Malkowsky
Joseph Robertson

March 12-13

Fanny Nancy Finkelstein*
Florence F. Katz*
Chaya Leder
Israel Solomon*
Howard Neil Maurer*
Irwin Paderewski*
Jake Scharg
Harold Grossman
Lewis Lackman*
Bella Needleman
Rowland Berthoff
Wallace Printz*
Albert Hirschman*
Fannie Milner*
David Wildman
Ruth Goldsmith*
Anne Lefer*

March 19-20

Arlene Godfrey*
Joseph Lazovick*
Meyer Cohen
Shaoul Haim ben Ezra Israel
Howard Koven*
Joan Dunn
Beila Buckbinder Spindler
Josef Spindler
Jack Zimmerman
Richard Simon Cook
S. William Flack*
Robert Milner*
David Meyer Rubin*

March 26-27

Beatrice Mandelstein*
Sadie Knee Sternstein
Harry O. Miller*
William Grodin
Charlene Longoria*
Dolores Fratina
Eva Weiss
Isidor Landsberg
Lillian Lazovick

* Memorial Plaque in Sanctuary



*The Congregation records
with sorrow the passing of:*

Beatrice Kohn,
beloved wife of Mickey Kohn (OBM)

Sisterhood

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Dressing: ½ cup vegetable oil

4 Tblspns sugar
3 Tblspns vinegar
2-3 teaspns soy sauce
1 flavor packet from Oriental Ramen noodles
¼ teaspn black pepper (optional)
½ teaspn powdered ginger (optional, but I always use)

Directions:

In a large bowl, combine cabbage and onions.
In a separate bowl, combine oil, sugar, vinegar, soy sauce, Oriental flavor packet, pepper, and ginger and mix thoroughly.
Chill all until ready to serve.
Break ramen noodles into little pieces (I put them in a large Ziploc and pound away with an ice cream scoop.)
When ready to serve, add broken ramen noodles, toasted almonds, and toasted sesame seeds.
Pour dressing over all.
Toss to mix well.....ENJOY!

Sesame Noodles

1 Lb. Asian noodles (or linguini)
2 Tbs. sesame oil
6 Tbs. soy sauce
6 Tbs. rice vinegar
2 tsp. minced garlic
4 Tbs. sugar
1/3 Cup oil
¼ Tsp. chili sauce*
2 Tbs. sesame paste* (from the Asian market NOT tahina)

1 large cucumber sliced in half lengthwise and seeded.

Then cut in half crosswise and julienne 1 bunch scallions sliced crosswise.

Boil the noodles 'til *al dente* and drain, rinse with cold water and shake off excess water. Toss with the sesame oil in a large bowl and set aside. In a small saucepan bring the soy sauce, vinegar, garlic and sugar to a boil till sugar dissolves. Remove from heat and add oil, chili sauce and sesame paste and stir to blend. While sauce is still hot mix with the noodles and chill. Just before serving mix in the cucumbers and scallions. *Add more to taste.

Edamame Dip

1-1/2 cups frozen shelled edamame (green soybeans), thawed and cooked
1/2 cup water
1/4 cup chopped red onion
3 tablespoons chopped fresh cilantro
2 tablespoons rice vinegar
1 tablespoon olive oil
1/2 teaspoon salt
1-1/2 teaspoons chili garlic sauce (such as Lee Kum Kee)
1 (16-ounce) can cannellini beans or other white beans, drained

From the *New York Times* Millennium Edition

Back in the mid-nineties a Jewish advertising executive in New York came up with an idea. What if the *New York Times* – considered the world's most prestigious newspaper – listed the weekly Shabbat candle lighting time each week? Sure, someone would have to pay for the space. But imagine the Jewish awareness and pride that might result from such a prominent mention of the Jewish Shabbat each week.

The advertising executive got in touch with a Jewish philanthropist and sold him on the idea. It cost almost two thousand dollars a week. But he did it. And for the next five years, each Friday, Jews around the world would see 'Jewish Women: Shabbat candle lighting time this Friday is ...'.

Eventually the philanthropist had to cut back on a number of his projects. And in June 1999, the little Shabbat notice stopped appearing in the *Friday Times*, and from that week on it never appeared again.

Except once.

On January 1, 2000, the *NY Times* ran a Millennium edition. It was a special issue that featured three front pages. One had the news from January 1, 1900. The second was the actual news of the day, January 1, 2000. And then they had a third front page, projecting future events of January 1, 2100.

This fictional page included things like a welcome to the fifty-first state: Cuba, as well as a discussion as to whether robots should be allowed to vote. And so on.

And in addition to the fascinating articles, there was one more thing. Down on the bottom of the Year 2100 front page was the candle lighting time in New York for January 1, 2100. Nobody paid for it. It was just put in by the *Times*.

When the production manager of the *New York Times* – an Irish Catholic – was asked about it, his answer was right on the mark. And it speaks to the eternity of our people. And to the power of the Jewish tradition and its women.

The production manager explained: "We don't know what will happen in the year 2100. It is impossible to predict the future. But of one thing you can be certain, that in the year 2100 Jewish women will be lighting Shabbos candles.

– *From the Internet . Thanks to Larry Long*



CBS Mission Statement:

Congregation Beth Shalom is a Reform Jewish community; warm and caring, welcoming of all, rich in tradition, committed to G-d and Israel, devoted to life-long learning, Jewish programs and spiritual growth.

CBS Vision Statement:

Congregation Beth Shalom strives to be the center for strong Jewish spiritual growth in the Mid-Cities community, where our members engage in the study of Torah, the warmth and friendship that evolves through our Jewish way of life, and our commitment to Tikkun Olam.