**Daily Minyan Schedule**

- **Weekday Mornings**: 7:00 a.m.
- **Sunday Mornings**: 9:00 a.m.
- **Weekday Evenings**: 5:40 p.m.

**NO SATURDAY OR SUNDAY EVENING MINYAN**

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**CELEBRATE PURIM**

**Monday, March 9th**

**Purim Carnival and Dinner**

**5:30 - 7:00 pm**

Games for all ages, everyone gets a prize!

Unlimited play: $8/player (plus sibling discounts)

Dinner (dairy) available for purchase.

**Congregational Megillah Reading And Shpiel**

“Totally Rad 80’s” 7:00 pm

Bring your favorite bottle of holiday cheer!

**Preorder dinner and tickets at:**

tinyurl.com/BIOMPurim2020

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More About Beth Israel's Strategic Plan

*see page 2*

Liberation in Our Bones, March 15

*see page 8*
More About Beth Israel's Strategic Plan

You should have recently received a letter announcing the start of our Strategic Planning process at Beth Israel. Our Steering Committee – a small group representing a cross-section of Beth Israel members – met for the first time in early February to kickstart what will be a year-long effort to articulate a vision and strategy for Beth Israel’s next decade. Below are some answers to questions you may have about what’s to come.

Why are we developing a strategic plan now?
It has been nearly two decades since Beth Israel last embarked on a strategic planning effort. Society as a whole has changed radically since then, at least partially driven by advancements in technology. In addition, there are far more options now for people to connect Jewishly, transforming the role that synagogues play in Jewish life. Like synagogues across the country, Beth Israel's membership and school enrollment have declined in recent years. While we have continually adjusted and expanded our programming to meet members' changing needs, we recognize that synagogues in 2020 face a unique set of challenges. We want to make sure that we are proactive so that we are well-positioned to grow and thrive going forward, not only to meet the needs of our current members, but to attract new members as well.

Are we using professional support to help us develop our strategic plan?
The United Synagogue of Conservative Judaism (USCJ) has developed a program – Sulam for Strategic Planners (SSP) – to guide affiliated congregations in developing their own, unique strategic plans. With the assistance of a USCJ facilitator who has worked with dozens of congregations throughout North America, SSP provides the framework that we tailor to Beth Israel to collect data, construct a mission and vision statement, assess community wants and needs, develop a responsive strategic plan, and create an implementable action plan for the future. USCJ charges a nominal amount for this support which we are funding through the Sandy and Howard Bernheim Leadership Initiative, established in memory of their parents, Bertha & Max Bernheim and Sylvia & Samuel Stone. In addition, Aliza Rothenberg, who is chairing our strategic planning process, recently retired from a professional career leading strategic planning functions.

How does the Strategic Planning Process work?
This process has several components, which we'll spell out in the next few issues of The Guide. The initial step is data collection: Members of the Strategic Planning Steering Committee together with our staff are creating a robust “fact book” with information about the Congregation’s membership, demographics and finances over the past 10 years. We also consider how Beth Israel fits into the landscape of the Baltimore Jewish community and its institutions. Following surveys of our members and in person “Community Conversations” that will occur over the next two months, we will identify themes that merit careful focus. These themes help us to define our most pressing concerns for the future.

What tangible results will come from these efforts?
SSP promises concrete “deliverables,” not just “pie-in-the-sky” ideas that we won’t see to fruition. After we go through this process, we’ll be able to define realizable goals and objectives that capitalize on what we currently do well. Our leaders will also have in hand an action plan that is designed to help us achieve those goals.

How can I get involved?
There are several ways our congregants can participate. First, you’ll be invited to take an online survey that asks you questions about your experience as a Beth Israel member. Second, you’ll soon hear about opportunities to participate in “Community Conversations,” small-group discussions lasting 90 minutes that are intended to figure out when and how we’ve been at our best. Third, later this spring, we will be establishing task forces to address specific issues, so please let us know if you wish to serve in this capacity.

Why should I get involved?
The more people we have involved in the process, the greater our chances for success! This is a process that is only strengthened by your involvement.

How can I learn more?
If you have questions about the Strategic Planning process, please call the office at 410 654-0800, or email Aliza Rothenberg, Chairperson, at alizarothenberg@gmail.com.
Thank you to the incredibly talented and patient Matt Chase for hosting our annual PJ Havdalah. This year, we were rocking to Shabbat, Havdalah and kid tunes as we said farewell to Shabbat. Ruthie Rose the Reading Fairy, Cantor Rolnick and Rabbi Ariel donned costumes, sang and danced to make this a magical evening. We were so happy to see so many of our friends there.

We are looking forward to Purim! Calling all Queen Esthers, Mordecais, Kings and Hamans (Boo!). We will be celebrating the holiday at the Preschool Purim Carnival, with the congregation, on March 9 from 5:30-7pm. Come, eat, play games and schmooze with the teachers. Costumes a must! We hope to see you there!

Purim is all about the Hamantashen. Want to help bake? Let us know. We can connect you with one of our classrooms on their special bake day.

Thank you to all of our families and congregants in our school who donate “stuff” to our school! The Remida is a place in our school where teachers and children can go to collect supplies for art and building projects. We also use these items as manipulatives to sort, count and classify.

FALL 2020-2021
Come join our Family! Fall 2020-2021 application forms are now available. Our program welcomes two, three and four year olds into a nurturing environment that promotes social and intellectual growth. Schedules are designed to meet the needs of our families and range from 2-5 days with hours from 7:00am-5:00pm. We also offer a Me Too! class for children 15 to 23 months. Applications are available in the Preschool office or email scaplan@bethisrael-om.org.

PRESCHOOL SCHEDULE
MARCH AND APRIL 2020

| MONDAY, MARCH 9       | Purim Parade – Come to school in costume |
| TUESDAY, MARCH 10     | Purim Parade – Come to school in costume |
| MONDAY, MARCH 16      | Early Childhood Conference – SCHOOL CLOSED |
| THURSDAY, APRIL 2     | Preschool Passover Seder all 2s – Parents and Guests Invited |
| FRIDAY, APRIL 3       | Preschool Passover Seder 3’s, Pre-K- Parents and Guests Invited |
| APRIL 8-APRIL 17      | Passover Break-NO SCHOOL |
| MONDAY, APRIL 20      | SCHOOL REOPENS |
| WEDNESDAY, APRIL 29   | Trike-a-Thon: Yom Haatzma’ut |
For many women, having a baby is among their greatest joys in life. But for 1 in 7 women, childbirth may be followed by a severe form of clinical depression known as postpartum depression (PPD). Mothers with PPD may feel sad, anxious, exhausted, hopeless and unable to care for themselves or their child(ren). Other symptoms include disturbances with sleep and/or concentration, anger, changes in appetite, loss of interest in activities, family and friends, physical aches and pains, difficulty bonding with the baby, and thoughts of harming oneself or the baby. Left untreated, PPD can go on for years and also lead to ongoing sleep, eating, and behavioral challenges for the child. The severity of the symptoms distinguishes PPD from the “baby blues” that affect 4 in 5 new mothers due to the normal feelings of anxiety and fatigue that accompany caring for a newborn.

While PPD may occur anytime in the first year of a baby's life, it most commonly begins within three weeks of childbirth. It can occur in first-time moms as well as in moms who didn’t have it with prior births, and it can impact any new mother no matter their age, race, ethnicity or economic status. There are many causes of PPD, including:

- **Hormones** – After childbirth, the hormones that have been steadily rising during pregnancy suddenly plummet, a change that can cause depression in some women.
- **History of depression** – women who have a personal or family history of depression or other mental illness may be more susceptible to PPD.
- **Stress and other problems** – issues such as unwanted pregnancy, domestic violence, financial strain, substance abuse, medical complications during childbirth, and lack of family support all place women at increased risk of developing PPD.

Fortunately, there is treatment available for women suffering from PPD. For those with mild to moderate symptoms, counseling with a mental health professional is recommended. Two types of therapy have been shown to be the most effective for treating PPD: cognitive behavioral therapy (CBT), through which moms learn to identify and challenge their negative thoughts and change them into more nurturing, productive beliefs, and interpersonal therapy (IPT), which helps moms focus on improving their difficult interpersonal relationships.

For those women with more severe or persistent PPD, medication or a combination of medication and therapy is likely to be necessary. While the most commonly prescribed class of medication for PPD is the selective serotonin reuptake inhibitors (SSRIs), there are a variety of other medications available, including for those also experiencing anxiety. Since each of the medications has their own record of efficacy and potential side effects, mothers experiencing PPD should have a thoughtful discussion with their physician to determine their most appropriate course of treatment.

In March of 2019, the Food and Drug Administration approved a new drug specially created to treat PPD. Brexanolone, also known as Zulresso, is a synthetic form of the hormone allopregnanolone that must be administered via a continuous IV infusion over a 60-hour period in a certified health care facility. While traditional antidepressants may take a few weeks to be most effective, Zulresso works within 48 hours. It is estimated that Zulresso could be effective for up to 30 percent of the 400,000 women who suffer from PPD each year. Unfortunately, the logistical challenges and the drug's expense (averaging $34,000 per patient prior to discounts; coverage by insurance companies is still being evaluated) may make the drug very difficult to access, potentially for those most in need.

Hopefully over time, the access barriers to Zulresso will diminish. In the meantime, raising awareness of PPD and connecting suffering new moms to more traditional forms of treatment can dramatically improve outcomes. Moms with PPD can also benefit from daily exercise (even just a short walk, preferably outside in the fresh air), adequate sleep, help with chores, support from family and friends as well as online and in-person support groups, and something fun or productive to look forward to in their day.

If you or someone you love is struggling with PPD, help is just a click or a phone call away. One local source of support is Sinai Hospital’s Perinatal Outreach Depression Program, which offers depression screening, education, assessments, treatment referrals, phone and group (continued on page 5)
**Fun in the Learning Lab**

We have had a fun-filled winter at our Community Learning Lab! Starting before winter break in December, some of our 2nd through 5th graders experienced what it was like to be a Maccabee at the 2nd-5th grade Retreat. We also had three winners at our fantastically competitive communitywide Dreidel tournament for our pre-Chanukah celebration.

After winter break, we kicked off our new Kitah Zayin (7th grade) Leadership 101 class where we have begun exploring four core values (courage/confidence, active listening, teamwork and open-mindedness) to being a strong leader, through fun interactive classes and amazing guest presenters. We also had a great time celebrating the birthday of the trees at a school-wide Tu BiShevat Seder. Additionally, we celebrated some of the accomplishments of our Kitah Dalet and Gimel students at their special Dalet Havdalah and Gimel Shabbat.

**Upcoming Learning Lab Events**

**Friday, March 6th** - Topsy Turvy TGIF (in honor of Purim) with Potluck dinner. Wear mis-matched clothes and enjoy crazy foods.

**Monday, March 9th** - Purim Carnival, Spiel, and Megillah reading (see p. 1)

**Sunday, March 22nd** - Kitah Bet Siddur Ceremony

**Sunday, March 29th** - Schoolwide Silly Seder

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(continued from page 4)

support. For more information, contact Shelly Bray, LCSW-C, at 410-601-7832 or sbray@lifebridgehealth.org. And please don’t hesitate to be in touch (sshapiro@bethisrael-om.org or 410-654-0800 ext. 263) if I can help connect you or your loved one to resources for treatment and support.

* Some of the information for this article was drawn from the following sources:
  • Chatterjee, Ritu, New Postpartum Depression Drug Could Be Hard to Access for Moms Most in Need, NPR, March 21, 2019
  • Tartakovsky, Margarita, Postpartum Depression Treatment, Psych Central, June 3, 2019, https://psychcentral.com/disorders/postpartum-depression/postpartum-depression-treatment/
  • WebMD, Postpartum Depression: What You Should Know, https://www.webmd.com/depression/postpartum-depression/understanding-postpartum-depr...
LIBERATION IN OUR BONES

An exploration of the themes of Passover told through song & story, inspired by the narratives of Moses and Harriet Tubman

Sunday, March 15 | 4:00-5:30 pm

$7.50 per person by March 10  |  $10 per person at the door
Free for students with ID

To buy tickets online go to tinyurl.com/LiberationinOurBones or call 410-654-0800.

Beth Israel Congregation | Owings Mills, MD

Sponsored by: Sabina and Walter Dorn Education Endowment Fund
UPCOMING EVENTS

THURSDAY, APRIL 23RD
Joint Sisterhood Dinner, hosted by Beth El Congregation (flyer to follow)

SUNDAY, MAY 3RD
Penny’s Plant Sale and Brotherhood Paper Shredding Event

WEDNESDAY, MAY 13TH
End of Year Dinner and Installation.

THURSDAY, MAY 21ST
Federation of Jewish Women’s Organizations of Maryland 104th Annual Convention.
Mazel Tov to Cindy Bradley, of Beth Israel’s Sisterhood, for being honored for the “Women Who Welcome Award”!
The event is being held at Baltimore Hebrew Congregation beginning at 9:30 am with a business meeting.
Luncheon will start 12:00 pm.
The cost is $45.00 a person.
Please contact Sandy Kirsh (pudgiekirsh@gmail.com) if you plan to attend.

Thanks to the generous contributions of Beth Israel Sisterhood and Anita & Jeffrey Meddin, we are happy to announce the installation of a hearing loop in the Herman and Walter Samuelson Chapel! Todah Rabah!
9:30am Breakfast
10:00am Movie Screening and Discussion

Professor Richard Freund

Was there a “good Nazi?” This documentary chronicles the search for evidence of one Nazi officer’s attempt to rescue thousands of Jews in Lithuania. Join Professor Richard Freund and a team of geoscientists in their work to uncover this story of Karl Plagge’s heroism and “moral choices in the most immoral of circumstances.”

Program is free and open to the public

SUNDAY, APRIL 19TH

PLEASE RSVP AT TINYURL.COM/THEGOODNAZI

Sponsored by the Sandy and Howard Bernheim Leadership Initiative in memory of their parents, Bertha & Max Bernheim and Sylvia & Samuel Stone

Harry and Shirley Scherr
Lifelong Beth Israel Members

Honoring our parents/grandparents and celebrating their milestone anniversary. 70 YEARS and going strong.
We love you!
Carol, Steve, Debbie, Kedem, Joey, Jayme, Barb & Steve Scott, Polina, Jami, Jenna & Jason

Get Involved!
Beth Israel in the Community: Habitat for Humanity

Want to help build houses for deserving families? No experience necessary! You can help for all or just part of the day, 8:30am to 3pm.
Our next adventure is Friday, March 13. For more info, please contact Seth Glassman, 443-928-4562 or skgdds@hotmail.com.
Chag Pesach Sameach!
Wednesday, April 8 - Thursday, April 16

Wednesday, April 8 - 1st Seder
Morning Minyan & Siyum Bechorim  7:00am
Burning of Hametz                  8:00–10:00am
NO evening service

Thursday, April 9 – 2nd Seder
Pesach Morning – 1st Day   9:15am
NO evening service

Friday, April 10
Pesach Morning – 2nd Day   9:15am
Kabbalat Shabbat   6:00pm

The Concluding Days:
Tuesday, April 14
Morning Minyan    7:00am
NO evening service

Wednesday, April 15
Pesach Morning – 7th Day   9:15am
NO evening service

Thursday, April 16
Pesach Morning – 8th Day   9:15am
Yizkor recited (approximately) 11:00am
NO evening service
(Pesach ends at 8:05pm)

Fast of the First Born
Tradition requires that the first born of every family fasts on the day before Passover. But at the same time, tradition has also provided a means of avoiding that necessity.

On Wednesday, April 8, we invite all first-born males and females, fathers and mothers, as well as sons and daughters, to worship with us at the minyan and participate in the Siyyum (learning) led by Cantor Jennifer Rolnick, followed by the Seudah (refreshments), which exempt them from fasting.

Basic Preparation
The basic preparation for Pesach involves the removal of all hametz in our possession. Because of the strictness of the hametz prohibitions, much thought and effort are required for the enterprise. Edibles which contain grains or their derivatives and have been exposed to even the slightest amount of moisture are hametz and forbidden on Passover. Wheat, rye, barley, oats, millet, and generally all grain products, as well as food and liquids made from them, are subject to the laws of hametz. Most Ashkenazic authorities have added certain vegetables which look like grain (kitniot): rice, corn, legumes, beans and peas. Non-Passover dishes, pots and hametz should be separated, put aside and marked to prevent accidental use.

I, _______________________________________________
residing at _____________________________________
_____________________________________ do hereby
appoint Rabbi Jay R. Goldstein, the Rabbi of Beth Israel Congregation, 3706 Crondall Lane,
Owings Mills, MD 21117, to be my agent for the purpose of selling my hametz. I accept the definition of hametz as set forth in Jewish law and tradition. This hametz will cease to be mine after 10am on Wednesday, April 8, 2020 and will not revert to my ownership until Thursday April 16, 8:05 pm, when Pesach ends.

No Hametz for You!
Jewish law ordains that during Passover any trace of hametz—leaven—may not be in the possession of a Jew. The Rabbis, therefore, developed a procedure by which hametz and mixtures of hametz may be sold to a non-Jew for the duration of Pesach, and again become the property of the seller following Pesach.

In most cases, the householder authorizes the Rabbi to sell the hametz for him/her and to re-purchase it after the Festival. It is customary to include a donation for Maot Chittim (a charitable gift for the poor) with your request. You may contact Rabbi Goldstein or use the attached coupon.
Book Club

MARCH 2ND | 7:00 PM
We will review
The Secret of Clouds by Alyson Richman
If you would like to come please email
Ellen Naftaniel at ellen894@gmail.com
410-458-9364

We always have fun!

Please join us for
Brotherhood Shabbat
Saturday, March 14
9:30am
Congregational Kiddush to follow

Safely shred your documents at Beth
ANNUAL SHREDDING EVENT
SUNDAY, MAY 3
10:00AM – 12:00PM
$10 per car - suggested minimum donation
Sponsored by Beth Israel Brotherhood
Please visit bethisrael-om.org for more information or call 410-654-0800
Mazal Tov to our March B'nai Mitzvah!

March 7, 2020
JESSICA
LAUREN
daughter ofKaren & Jeffrey Blum

March 21, 2020
JOSEPH
ABRAHAM
son ofDeborah & StuartFeldman

March 28, 2020
TARA
GABRIELLA
daughter ofFelicia & AJStolusky

By Danny Stern

About every five years Jewish leaders travel to Jerusalem to decide on issues affecting the Jewish people. The World Zionist Congress will meet in October 2020.

Five hundred twenty-five delegates are elected worldwide for the Congress. Two hundred delegates are from Israel, 152 from the United States and 173 from the rest of the world.

Beth Israel is represented by Mercaz U.S.A. which is the Zionist Organization of the Conservative Movement. Our job is to turn out the vote so that the Conservative Movement gets a large share of the 152 U.S. delegates. This will result in our receiving a large amount of funds allocated by the Jewish Agency. Nearly one billion total dollars will be available.

You may apply to register at Mercaz2020.org. The voting will take place from January 21, 2020 through March 11, 2020. A small fee of $7.50 will be assessed to cover administrative costs.
Thank You
for Your Contribution

Donations to the
Prayer Book and Bible Fund
K’vod L’Torah Fund
Claire and Ken Sodden Memorial Youth Fund
Camp Scholarship Fund
Goldie Gorn Education Fund
Rachel V. Glaser Fund for Educational Enrichment
Marla Joy Lerner Audio/Video Lending Library
Ted. H. Schweitzer Memorial Fund
Beth Israel Fund
Rabbi Goldstein’s Discretionary Fund
Cantor Rolnick’s Discretionary Fund

may be made by calling the Synagogue office at 410-654-0800
or on-line at www.bethisrael-om.org
Sisterhood Mitzvah Cards may be purchased by calling the Synagogue office at 410-654-0800

Minimum donations:
Rachel V. Glaser Fund for Educational Enrichment, Prayer Book Fund - $18.00
Prayer Book w/Plate - $36.00
Bible Fund - $30.00
Bible w/Plate - $60.00
Claire and Ken Sodden Memorial Youth Fund, Camp Scholarship Fund, Ted. H. Schweitzer Memorial Fund, Goldie Gorn Education Fund, and Beth Israel Fund - $10.00
K’vod L’Torah Fund - $15.00

The custom of sponsoring a Kiddush is a wonderful way to share your joy and at the same time support Beth Israel.

You can honor a person, remember a loved one, or celebrate a simcha. Your sponsorship will appear in the Shabbat Program that week and in the following month’s issue of the Guide.

As a community we delight in each other’s simchas, and would be honored if you share yours with us.

Contact Ann Friedman at 410-654-0800 x210 or afriedman@bethisrael-om.org.

"Bee" Kiddush Conscious

Sisterhood needs your support for Saturday Kiddush. If you would like to supplement the cost of the kiddushim that Sisterhood provides every Shabbat, please contribute to our Bee Kiddush Conscious Fund.

Be a Kiddush BEE!
$10 Worker bee
$18 Builder bee
$36 Hive Supporter bee
$______Other (up to $49*)

Please make checks payable to Beth Israel Sisterhood and indicate that you are contributing to the Sisterhood BEE Kiddush Conscious Fund! Mail your contribution to: Diane Lahn, 28 Beecham Court, Owings Mills, MD 21117.

*Note: If you want to contribute more than $49, please do not send the check to Diane Lahn. Instead, contact Rheta Rosen, 410-654-5258 or bunnyrheta@comcast.net.

Name: _________________________________________________
Phone: _________________________________________________
Address:  _____________________________________________
________________________________________________________
$10_____ $18______ $36______
Other $ _______ (up to $49*)

Thank you to Scott Shindell for his generous donation of new book carts which will hold Beth Israel’s siddurim. His gift to Beth Israel Congregation honors his mother, Brailsford Nixon, a librarian and a reader.
Todah Rabbah!

Sincere thanks and appreciation to those who remember to honor their friends and loved ones through their generous contributions.

BETH ISRAEL FUND
IN HONOR OF
Sharon Snyder’s Special Birthday by Ellie & Allen Cohen
Ira Meier’s Special Birthday by Ellie & Allen Cohen
Judy & Bob Miller’s 60th Wedding Anniversary by Julia & Herbert Livingston
Jerry Chait’s Appointment to the Governor’s Commission on Kidney Disease by Eileen Chait

IN MEMORY OF
Freddie Friedson by Aliza & David Rothenberg, Diane & Howard Burkom, Ellen Jachman and Cindy & Stephen Bradley, Ellie & Allen Cohen, Marion & Howard Katz
Marvin Mervis by Ellen Jachman and Cindy & Stephen Bradley, Ellie & Allen Cohen, Diane & Scott GenIs
Donald Sussman by Robert Herscher, Susan Adeleman
Elaine Tobias by Alan Hoffman
Harold Weiss by Lisa & David Snyder
Jeffrey Rash by Ellen & Max Naftaniel
Zillah Ezra by Ellen Jachman and Cindy & Stephen Bradley
Sylvia Beser by Goldie Teitelbaum

SPEEDY RECOVERY
Judi Dickman-Narrow by Ellen Jachman and Cindy & Stephen Bradley
Ellen Braitman by Ellie & Allen Cohen

CAMP FUND
IN MEMORY OF
Herbert Reines by Aliza & David Rothenberg
Lorna Hoffman by Aliza & David Rothenberg

GOLDIE GORN MEMORIAL EDUCATION FUND
IN HONOR OF
Lois Wolf’s Special Birthday by Judi & Bernie Cataldo, Martin Taubenfeld and Family, Seth & Debbie Glassman
Ira Meier’s Special Birthday by Lois Wolf
Trudy Berman’s Special Birthday by Goldie Teitelbaum
Wulf Berman’s Special Birthday by Goldie Teitelbaum
Sondra Levy’s Special Birthday by Doris Sugar
Eris & Brian Chorney by Joanne & Jared Mandell
Judy & Bob Miller’s 60th Wedding Anniversary by Roz & Henry Foxman
The engagement of David Goldstein and Nina Stein by Mona & Russ Kaufman

IN MEMORY OF
Allan Blumberg by Betty & Herb Aaron, Goldie Teitelbaum, Judi & Bernie Cataldo, Marilyn Schliss, Myra Wittk, Pauline & Barry Dahne, Roz & Henry Foxman, Sandy & Howard Bernheim, Barbara & Allan Sher
Marvin Mervis by Eileen & Jerry Chait, Marilyn Schliss, Sandy & Howard Bernheim
Zillah Ezra by Rebecca Tucker, Roz & Henry Foxman
Neil Alperin by Joanne & Jared Mandell, Trudy & Wulf Berman
Freddie Friedson by Ellen & Max Naftaniel
Harold Weiss by Aliza & David Rothenberg
Leah Hammerman by Ellen & Max Naftaniel
Ronald Sherman by Aliza & David Rothenberg
Donald Sussman by Aliza & David Rothenberg
Sheldon Rubenstein by Marcia Markowitz

SPEEDY RECOVERY
Henry Foxman by Myra Wittk, Trudy & Wulf Berman
Stuart Fine by Sandy & Howard Bernheim
Tami Fine by Roz & Henry Foxman
Marsha Blank by Ellen & Max Naftaniel
Stanley Vinikar by Sandie & Martin Zablen

K’VOD L’TORAH FUND
IN HONOR OF
The Bar Mitzvah of Jane Weiss’ Grandson, Zachary Eckstein by Phyllis & Ralph Hersh

MARLA JOY LERNER LIBRARY FUND
IN MEMORY OF
Allan Blumberg by Gloria Friedman
Donald Sussman by Gloria Friedman
Elizabeth “Betsy” Scarpa by Renee & Brian Lerner

PRAYER BOOK FUND
IN HONOR OF
Lois Wolf’s 80th Birthday by Ellie & Allen Cohen
Ellen Donen’s Special Birthday by Freida Mazur & Lois Krengel

IN MEMORY OF
Marvin Mervis by Beth Israel Brotherhood
Zillah Ezra by Phyllis & Ralph Hersh

PRE SCHOOL FUND
IN HONOR OF
Lois Wolf’s Special Birthday by Arlene Klauff

RACHEL GLASER EDUCATION FUND
IN HONOR OF
The Birth of Rachel & Rick Glaser’s granddaughter, Elana Sharon by Aliza & David Rothenberg
The engagement of Diane & Howard Gartner’s son Todd to Michelle by Harriet & Joel Charkatz
Ira Meier’s Special Birthday by Candi & Carl Boylin
Chanan Rothenberg’s Graduation from College by Rachel & Rick Glaser

IN MEMORY OF
Allan Blumberg by Aliza & David Rothenberg, Michelle & Scott Wendell, Irene & Robert Paller, Rachel & Rick Glaser
Bernard Toback by Aliza & David Rothenberg
Marvin B. Blatt by Aliza & David Rothenberg
Estelle Eisenberg by Aliza & David Rothenberg
J. Max Millstone by Ruthie Block & Dr. Stephen Gandel
Freddie Friedson by Rachel & Rick Glaser
Marvin Mervis by Saundra & David Maddoff

SPEEDY RECOVERY OF
Sheila Kalderon by Rachel & Rick Maddoff

CLAIRE AND KEN SOODEN MEMORIAL YOUTH FUND
IN APPRECIATION OF
Stacey Berman for All Your Help, Care and Concern for our Family by Helen & David BraItman

BETH ISRAEL FUND
IN HONOR OF
Trudy Berman’s Special Birthday by Ilene Blumberg
Wulf Berman’s Special Birthday by Ilene Blumberg
Ira Meier’s Special Birthday by Elaine & Harold Rothman, Helen & David BraItman, Paula & Lou Friedman, Sue & Phil Robin
Marilyn Schloss ‘New Home by Gail Potashnick
The engagement of David Goldstein and Nina Stein by Sue & Phil Robin

IN MEMORY OF
Allan Blumberg by Debby & Jerry Langbaum, Elaine & Harold Rothman, Gail Potashnick, Ileen & Al Bard, Lois Wolf, Nadine & Ray Weinstein, Peggy & Gil Goodman, Shelia & Si Kalderon, Sandra Sobot
Marvin Mervis by Aliza & David Rothenberg, Judi & Bernie Cataldo, Debbie & Seth Glassman
Leah Hammerman by Diane & Howard Gartner, Elaine & Harold Rothman, Ileen & Al Bard, Paula & Lou Friedman
Freddie Friedson by Howard & Diane Gartner, Helen & David BraItman, Paula & Lou Friedman, Sue & Phil Robin
Elizabeth “Betsy” Scarpa by Aliza & David Rothenberg
Bernard Richman by Aliza & David Rothenberg
Harriet Schwartz by Aliza & David Rothenberg
Monroe Sandberg by Nadine & Ray Weinstein
Donald Sussman by Randy & Larry Waskow
Harold Weiss by Debbie & Seth Glassman
Ron Meier by Zaida & Jerry Zablen

SPEEDY RECOVERY
Henry Foxman by the Empty Nester’s Chavurah
Rona Sodden by Charlene Berger
Helen Braitman by Diane & Howard Gartner
Ellie Cohen by Paula & Lou Friedman, Sue & Phil Robin

TED SCHWEITZER FUND
IN MEMORY OF
Manny Steinberg by Aliza & David Rothenberg

STANLEY AND MINNIE HOFFMAN LIBRARY FUND
IN MEMORY OF
Henry Gruenberg by Sharon & Barry Snyder

RABBI GOLDSTEIN’S DISCRETIONARY FUND
IN HONOR OF
Barbara Berg’s “Special Birthday” by Barbara & Dr. Howard Berg
The engagement of David Goldstein and Nina Stein by Helen & David BraItman
Rabbi Goldstein’s Birthday by Vera Kestenberg
Her grandson, Zachary Eckstein becoming a Bar Mitzvah by Jane Weiss

IN MEMORY OF
Allan Blumberg by Ilene Blumberg & Family
Marvin Mervis by Debbie & Doug Hoffman
Sheldon Rubenstein by Beverly Rubenstein & Family
Donald Sussman by Pola & Richard Sussman

Cantor Rolnick’s Discretionary Fund
IN MEMORY OF
Allan Blumberg by Ilene Blumberg & Family

March 2020
Beth Israel Celebrates

Mazal Tov to Congregants celebrating “special” life milestones (birthdays and anniversaries). While every birthday or anniversary is a reason to celebrate, if you are having one ending with a five or a zero, we will automatically list your name. We apologize if our records are incomplete or in error. If you do not want your name listed, please call us at least two months in advance.

MARCH 2020 MILESTONE BIRTHDAYS:

Howard Greenberg
Gary Foote
Philip Block
Fred Sacks
Emanuel Silverstein
Suzanne Kiewe
Heidi Hoffman
Ted Gross
Daniel Stern
Melissa Komenski
Deborah Leibowitz
Herbert Eichler

MARCH 2020 MILESTONE ANNIVERSARIES:

Michele & Scott Wendell
Shirley & Harry Scherr
Diane & Edward Steinberg
Randi & John Buergenthal
Jodi & Dan Dinkin
Deena & Jay Dermer
Harriet & Joel Charkatz

Praised are you, Adonai, our God who rules the universe, granting us life, sustaining us, and enabling us to reach this day.

Beth Israel Mourns

WE MOURN THE LOSS OF:

Neil Alpern  
*Nephew of Norma Samson*

Allan Blumberg  
*Husband of Irene Blumberg*

Roma Cohen  
*Mother of Dr. Bonnie Cohen*

Zillah Ezra  
*Mother of Gabrielle Ezra Jordan*

Freddie Friedson  
*Brother of Helen Silfen*

Irvin Levin  
*Father of Paula Greenberg*

Marvin Mervis  
*Father of Philip Mervis*

Elizabeth Scarpa  
*Sister of William (Bill) Kaplan*


May the Lord comfort and sustain you along with all the mourners of Zion and Jerusalem.

YAHZEIT CONTRIBUTIONS

Eve Bashoff
Esther & Jay Berkowitz
Trudy & Wulfred Berman
Ann Berman
Sandy & Howard Bernheim
Robert Jay Block
Adrienne Block
Heidi Hoffman
Ted Gross
Daniel Stern
Melissa Komenski
Deborah Leibowitz
Herbert Eichler

YIZKOR CONTRIBUTIONS

Lisa P. and David Snyder
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>5 Thursday</td>
<td>12:00 pm Lunch &amp; Learn</td>
</tr>
<tr>
<td>6 Friday</td>
<td>6:00 pm Potluck Dinner</td>
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<tr>
<td></td>
<td>6:45 pm Shabbat Nefesh Service</td>
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<tr>
<td></td>
<td>5:47 pm Candlelighting</td>
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<tr>
<td>7 Saturday</td>
<td>9:30 am Shabbat Morning Service</td>
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<tr>
<td></td>
<td>Bat Mitzvah of Jessica Blum</td>
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<tr>
<td>9 Monday</td>
<td>Erev Purim</td>
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<tr>
<td></td>
<td>5:30 pm Purim Carnival</td>
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<td></td>
<td>7:00 pm Megillah Reading and Spiel</td>
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<tr>
<td>10 Tuesday</td>
<td>Purim</td>
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<td></td>
<td>7:00 am Purim Morning Service</td>
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<tr>
<td>13 Friday</td>
<td>6:00 pm Kabbalat Shabbat</td>
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<tr>
<td></td>
<td>6:54 pm Candlelighting</td>
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<tr>
<td>14 Saturday</td>
<td>9:30 am Brotherhood Shabbat</td>
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<tr>
<td>15 Sunday</td>
<td>PA Workshop</td>
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<td></td>
<td>9:30 am Liberation In Our Bones Program with Marques Hollie (see page 6)</td>
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<tr>
<td>17 Tuesday</td>
<td>6:30 pm Teen Program with 4Front</td>
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<tr>
<td>19 Thursday</td>
<td>12:00 pm Lunch and Learn</td>
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<tr>
<td>20 Friday</td>
<td>6:00 pm Shabbat Nefesh</td>
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<tr>
<td></td>
<td>6:45 pm Congregational Shabbat Dinner</td>
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<td></td>
<td>7:01 pm Candlelighting</td>
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<tr>
<td>21 Saturday</td>
<td>9:30 am Shabbat Morning Service</td>
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<td></td>
<td>Bar Mitzvah of Joseph Blank</td>
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<tr>
<td>22 Sunday</td>
<td>9:30 am Brotherhood Breakfast</td>
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<tr>
<td>27 Friday</td>
<td>6:00 pm Kabbalat Shabbat</td>
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<td></td>
<td>7:08 pm Candlelighting</td>
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<tr>
<td>28 Saturday</td>
<td>9:30 am Shabbat Morning Service</td>
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<td>Bat Mitzvah of Tara Stolusky</td>
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<tr>
<td>29 Sunday</td>
<td>9:00 am BICLL Silly Sweet Seder</td>
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<td></td>
<td>11:00 am Blue Yarmulke Awards Lunch</td>
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</table>

Thank you on behalf of my family for all the support, warm wishes, and kind donations received from my Beth Israel community in memory of my beloved husband Herb Reines. It brought all of us great comfort during this difficult time.

Your thoughtfulness and kindness were greatly appreciated.

With gratitude,

Linda Reines and Family
OFFICERS
Heidi B. Hoffman ................................................. President
Marc Hertzberg ...................................................... Immediate Past President
Scott Gensler ...................................................... Executive Vice President
Saundra Madoff ..................................................... Co-Vice President
Jason Taule .......................................................... Co-Vice President
Ira Bormel .......................................................... Treasurer
Randall Singer ...................................................... Financial Treasurer
Jeff Blum ............................................................ Recording Secretary
Melissa Adler ...................................................... Corresponding Secretary

AFFILIATES
Sandy Kirsh ........................................................ Sisterhood President
AJ Stolusky ........................................................ Brotherhood President
Michelle Bernstein .................................................. P.A. Co-President
Diane Gensler ...................................................... P.A. Co-President
Kathleen Chase ..................................................... P.T.O. Co-President
Sarah Wilen ......................................................... P.T.O. Co-President
Gloria Friedman ................................................... Hazak Co-President
Harriet Shapiro ..................................................... Hazak Co-President
Anna Soucy ........................................................ USY President

PROFESSIONAL STAFF
Jay R. Goldstein ................................................. Rabbi
Jen Rolnick ........................................................ Cantor
Rabbi Ariel Platt ................................................... Director of Education & Engagement
Valerie Thaler, Ph.D. ............................................. Synagogue Director
Sherry Caplan ..................................................... Preschool Director
Becca Rosenfelt ..................................................... Program Coordinator
Marcy Snow ....................................................... Bonim & Machar Advisor
Jacob Rosenbaum ............................................. Kadima Advisor
Roger B. Eisenberg ............................................ Cantor Emeritus
Rachel V. Glaser .................................................. Director of Education Emeritus
Mayer Zimmerman zt”l ......................................... Ritual Director Emeritus

SHLEIMUT TEAM
Sarah Shapiro, Anita Meddin & Harry Baumohl

GABBAIM
Abraham Teitler zt”l, Gabbai Emeritus
Jerome Frankle zt”l, Gabbai Emeritus

Schedule of Shabbat Services

FRIDAY EVENINGS
March 6 (Shabbat Nefesh) ........................................ 6:45pm
March 13, 27 ...................................................... 6:00pm
March 20 (Shabbat Nefesh) ...................................... 6:00pm

SATURDAY MORNINGS
March 7, 21, 28 .................................................. 9:30am
March 14 (Brotherhood Shabbat) ............................ 9:30am

Pesach 2020
April 8 - April 16
Information about Pesach at Beth Israel on page 9!
The Rabbinical Assembly Pesach Guide: Everything you need to know to prepare for Pesach!
https://www.rabbinicalassembly.org/pesah-guide

Affiliated with
United Synagogue of Conservative Judaism