

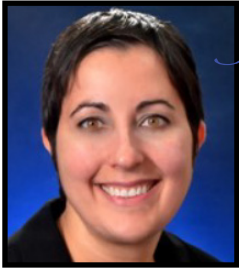
# the SHOEFAR



TEMPLE BET YAM

April 2021

Nisan/Iyar 5781



*from the desk of*

Rabbi Nadia Siritsky, LCSW, BCC

## *Preparing for Revelation*

The period between Passover and Shavuot is an important time for the Jewish people. While Passover marked the start of liberation, the Torah describes the journey from bondage to freedom as a lengthy process: the children of Israel wandered in the wilderness for 40 years.

Rabbinic tradition understands these years as a necessary time of transition and preparation – one of discarding old beliefs and shedding old habits. The years of bondage had taught a culture of blame, fear and resentment. It would take years to shift to trust, accountability and compassion. The underlying message is that beliefs and habits can enslave us or free us; they are often unconscious, but they hold tremendous power.

This is also an important reminder that change does not happen overnight. We are often impatient when change does not happen as quickly as we expect, and we begin to believe that it won't happen. But change happens in stages, and every stage is an important step that can lead us to true transformation.

The rabbis teach that every year, at this time, we should reflect on old habits – to

let go of those that do not help us and work on building new ones. The period between Passover and Shavuot, corresponds to the seven weeks between the exodus from Egypt and the giving of revelation on Mt. Sinai. During this time, many Jews engage in a process called “counting the Omer” which has an ancient Biblical and agricultural basis, but also a spiritual one. It is a time to reflect on the habits and beliefs that keep us from being our best selves.

We frequently speak about the devastating consequences of unhealthy habits such as smoking or addiction. But beliefs can be just as powerful, and like any habit, they can be learned or unlearned. The tendency to find the negative or the positive in any situation is one such “cognition habit.” Can we develop a habit of gratitude? What about our self-talk? Is it compassionate? How often do we tell ourselves: “I am so stupid!” if we make a mistake? What would it look like if we embraced our mistakes as opportunities to learn and grow?

One powerful way to reframe old beliefs, and to acquire a more positive and compassionate outlook, is to begin adopting new spiritual practices that can help to rewire our brains and thought patterns, so that we can come to a place of acceptance-

# THE SHOFAR

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Deadline for submissions is the 15th of the month which precedes the month of the publication. Late submissions will be held for the following issue.

of ourselves and of others. On March 13th, I taught a class that introduced some of the practices and blessings that the rabbis of the Talmud instituted to help us begin to see the world through a sacred lens.

This coming month and through early May, I am excited to be co-leading a special three-part class with our temple member, Clare Collins, who just completed an intensive two year training course on how to teach meditation and mindfulness. Together, we will facilitate this special course to focus on the "saging process" which our rabbis have taught is the essence of revelation. We will prepare ourselves for the holiday of Shavuot by learning the spiritual skills and practices that can help us to re-experience revelation in our own lives.

Regardless of whether you choose to join us for these special Torah lessons (the Saturday morning after we have a Shabbat service), I pray that this period of time between Passover and Shavuot ushers in a time for us to be filled with health and healing, with kindness and wisdom. May our beliefs and habits help us, not hinder us. May we find new ways each day to become ever more compassionate and may the coming holiday of Shavuot lead us all to blessings, revelation and acceptance.





*from the President* – Ruth Kurlandsky

Did you know that the TBY calendar of events and services is on our website, templebetyam.org, and is downloadable to your computer or phone? When the internet first became widely usable, my reaction was amazement at how much information was seekable. Now, many of us are used to “googling” anything and everything! To me, what is remarkable is how much information is available about Jewish things: history, prayers, meaning of holidays, words, phrases, translations, and more.

Why does this come up for this article? The deadline for Shofar articles is the 15th of the previous month. So, while I’m writing this, we’re excited about Pesach. But the Seders will be over by the time you get this edition of the Shofar. So what comes next? Shavuot. Shavua means “week”, and Shavuot is the plural form. Shavuot occurs seven weeks after Pesach. In the Christian world, Pentecost (I just googled the word) refers to the descent of the holy spirit on the followers of Jesus while they were in Jerusalem celebrating the Feast of Weeks, or Shavuot. So: Shavuot occurs on the 50th day after Pesach begins, and Pentecost has been stabilized as the 7th Sunday after Easter.

Traditionally, the days between Pesach and Shavuot are marked by the Counting of the Omer (a measure of grain). During the counting of the Omer, some activities, such as weddings, are not held. But for reasons you can google, weddings are permitted on the 33rd day of the Omer, or “L’ag b’Omer” (Lamed, Gimmel). See my earlier article on Hebrew gematria! Why do some people know a little fact like this? Because it’s our anniversary. I believe there are at least three couples in the TBY crowd whose anniversary is Lag B’Omer. Larry’s and my fiftieth was kind of quiet, at home, serenaded by the St. Augustine Pirates, but the 51st is looking livelier!

What is Shavuot all about? On Pesach (Passover) we celebrate our escape from Egypt and bondage. On Shavuot, we celebrate Matan Torah, the giving of the Torah to all 600,000 of us who were standing at the foot of Mt. Sinai. By the way, our tradition holds that somehow we were all there—all the Jews of today, whether by birth or choice, were at Mt. Sinai together. It’s a holiday that is often overlooked, partly because it falls at the end of the school year, it’s close to Memorial Day in this country, and it’s only a one or two day holiday, not eight days like some others. It also doesn’t have all the food traditions that Pesach does. The only one I know of is the tradition to eat dairy foods, perhaps celebrating our Land of Milk and Honey, the Promised Land, Israel. I vote for Baklava Cheesecake!

And, now that you’ve heard the meaning of Shavua, the greeting at the end of Shabbat, on any Saturday night, is Shavua Tov—may you have a good week.



“Ever heard of vibrate?”

*In Memoriam - May their memory be a blessing*

**April 1st, Hope Shepett**

Daughter of Bernice Cruise

**April 1st, Bernard Snyderman**

Father of Noreen Davis

**April 2nd, Zelig Mirman**

Father of Joe Mirman

**April 3rd, Maria Rubino**

Mother of Teresa Freedman,  
Grandmother of SaraRose Freedman

**April 3rd, Arthur Salinger**

Brother of Ellie Sussman

**April 3rd, Dona Savage-Reidy**

Sister of Barry Savage

**April 4th, Marc Kramer**

Cousin of Barbara Stafford

**April 5th, Alan Goodwin**

Brother of Jane Gray

**April 6th, Molly Fleishman**

Grandmother of Joel Rosenfield

**April 9th, Pauline Meurer**

Grandmother of Gale Zucker

**April 9th, Selwyn (Sully) Savage**

Father of Barry Savage

**April 12th, Richard Angorn**

Husband of Janice Angorn

**April 12th, Harry Rogove**

Father of Art Rogove

**April 12th, Allan Rubin**

Father of Dinah McNamara

**April 13th, Capt. Robert Beskind**

Husband of Renee Beskind

**April 13th, David Robbins**

Father of Carol Gladstone

**April 13th, Leonard Satz**

Brother of Phyllis Greenfield

**April 14th, Lyla Millman**

Aunt of Chuck Meiselman

**April 14th, David Petziner**

Grandfather of Terre Wallach &  
Barbara Carman

**April 15th, Regina Pearce**

Mother of Sue Kinkela

**April 16th, Frances M. Crone**

Mother of Marjorie Pinsker

**April 16th, William S. Shartin**

Father of Iris Goldstone

**April 17th, Samuel Robert Mansell**

Father of Sandi Richmond

**April 17th, Samuel Silverman**

Uncle of Chuck Meiselman

**April 18th, Marvin Perlman**

Father of Benita Sirkin

**April 19th, Raymond Levi**

Father of Barbara Rogove

**April 20th, Aurelienne Aronowitz**

Mother of Jackie Witte, Grandmother of Jennifer Love

**April 20th, Sadie Drimmer**

Grandmother of Terre Wallach & Barbara Carman

**April 20th, Irene Shapiro**

Grandmother of Barbara Stafford

**April 21st, Milt Greenberg**

Beloved friend of Sandi & Arnie Richmond

**April 21st, Sylvia K Schneider**

Mother of Nancy Schachnovsky

**April 22nd, Sara Lustig**

Mother of Marcia Rector

**April 23rd, Michael Levine**

Father of Arnie Levine

**April 24th, Raymond M. Hale Sr.**

Grandfather of Bev Darkatsh

**April 24th, Philip Hershon**

Uncle of Rabbi Fred Raskind

**April 24th, Robert Kasriel**

Father of David Kasriel

**April 24th, Augusta Laser**

Mother of Sheila Lieberman

**April 25th, Ethel Grabowsky**

Mother of Sharon Rice

**April 25th, Sheri McLoughlin**

Cousin of Gary Feldman

**April 25th, Francis Joseph Rhodes**

Father of Cathy Kasriel

**April 26th, Jose Javier Toro**

Father of Alex Toro

**April 29th, Rubin Comisar**

Grandfather of Ileine Hoffman

**April 29th, Raymond M. Hale Jr.**

Uncle of Bev Darkatsh

# *Donations Made To Temple Bet Yam*

## **General Fund**

Sharon & Rod Rice - In memory of Meri McCarthy

Sheila & Larry Lieberman - In memory of Renee Speisman's father,  
Nathan Weinberger

Carol Gladstone - In memory of Arthur Sirkin, beloved former member

Jacqueline Witte - In memory of Meri McCarthy, whose beautiful personality will  
be missed by all who knew her

Earl, Margaret, & Emily Brown - In memory of Meri McCarthy

Joan Guglielmo - In memory of Myron Mensh, Sheldon Beasley, & Meri McCarthy

Patty & Barry Savage - In memory of Meri McCarthy

Keith Schlegel - In memory of Meri McCarthy

Carol Gladstone - In memory of Susan Boone, sister of Marty Cohen

Ellen Mensh - In memory of Meri McCarthy & Susan Boone, sister of  
Marty Cohen

Barbara & Art Rogove - In memory of Meri McCarthy & Susan Boone,  
Marty Cohen's sister

Jane Gray - In memory of Myron Mensh & Meri McCarthy

Marcia Rector - In memory of Meri McCarthy

Earl, Margaret, & Emily Brown - In memory of Marty Cohen's sister Susan Boone

Sue & Frank Kinkela - In memory of Susan Boone, Marty Cohen's sister

Patty & Barry Savage - In memory of Marty Cohen's sister Susan Boone

Barbara Stafford & Rob Armstrong - In memory of Sheldon Beasley &  
Meri McCarthy

Nancy Sorkin - In memory of John Perretti, father of Jen Sherman

## **Religious School Fund**

Carol Gladstone - In memory of Meri McCarthy, loving friend and member

Ileine & Harvey Hoffman - In memory of Meri McCarthy, our vivacious storyteller;  
Marty Cohen's sister, Susan Boone

Phyllis & Leon Feirman - In memory of Meri McCarthy

## *Donations continued*

### **Mitzvah Fund**

Renee & Michael Speisman - In memory of Sheldon Beasley, Myron Mensh, & Meri McCarthy

Sue & Frank Kinkela - In memory of Sandy Jacobson, sister of Frank Kinkela

Judy Rudolph - In memory of Susan Boone, sister of Marty Cohen

Nancy Sorkin- In honor of Jane Seiden & Phyllis Keiser, thank you for my Mitzvah Mob transportation

### **Murray Weiss Fund**

Molly and Kali Grossholz - In memory of Meri McCarthy & Sheldon Beasley

Shelly & Marty Cohen - In memory of Meri McCarthy

Ronnie Botnick - In memory of Meri McCarthy

Susan & Martin Newman - In memory of Nathan Weinberger, father of Renee Speisman

Carol Gladstone - In memory of Nathan Weinberger, father of Renee Speisman

Isabel Sherman- In memory of Maurice Spiegleman & Meri McCarthy

### **Rabbinic Leadership Fund**

Teresa Feedman - In memory of Meri McCarthy

Nancy Sorkin - In memory of Meri McCarthy & Susan Boone, sister of Marty Cohen

Jane & Henry Seiden - In memory of Meri McCarthy, a bright light for TBY

Phyllis & Paul Greenfield - In memory of Meri McCarthy, a dear friend & Sue Boone, sister of Marty Cohen

Cathy & David Kasriel - In memory of Meri McCarthy, Nathan Weinberger, father of Renee Speisman, and Susan Boone, sister of Marty Cohen

### **Rabbi's Discretionary Fund**

Ruth & Larry Kurlandsky - In memory of Meri McCarthy

Ellen & Harold Miller - In memory of Meri McCarthy

### **Sanctuary Fund**

Ronnie Botnick - In memory of Meri McCarthy

## *Let's Celebrate!*

### April Anniversaries

- April 4th, Sharon & Rod Rice, 45th anniversary  
 April 7th, Margaret & Earl Brown, 52nd anniversary  
 April 8th, Carol & Bernie Levy, 48th anniversary  
 April 9th, Elianne & Scott Sims, 15th anniversary  
 April 11th, Stasha & Mark Cohen, 40th anniversary  
 April 14th, Holly & Andrew Guglielmo, 9th anniversary  
 April 22nd, Jaime & Jason Combs, 15th anniversary

### April Birthdays

- |   |                            |
|---|----------------------------|
| April 2nd, Michael Speisman               | April 11th, Sue Kinkela    |
| April 4th, Louise Crawford                | April 16th, Bernice Cruise |
| April 4th, Barry Savage                   | April 18th, Stasha Cohen   |
| April 6th, Frank Kinkela                  | April 20th, David Kasriel  |
| April 7th, Rivkah Fuhrmann, 21st birthday | April 21st, Jake Gruber    |
| April 7th, Stuart Soroka                  | April 23rd, Tom Baar       |
| April 9th, Marty Cohen                    | April 23rd, Ileine Hoffman |
| April 9th, Phyllis Feirman                | April 24th, Robert Pacey   |

## *For Your Information*

**The Sunshine Committee** sends cards or gifts to TBY members or family members who are ill or have had a death in the family. If you know of such a situation, please notify Laura Weiss at (805) 705-6266 or [l.s.weiss@comacast.net](mailto:l.s.weiss@comacast.net).

**Temple Bet Yam Cemetery** – TBY has consecrated a portion of the Craig Memorial Park on Old Moultrie Road. All Temple members are eligible to purchase burial plots in this section for themselves, their spouses, partners, children and parents. Following Reform Jewish philosophy, there are no restrictions concerning burial of non-Jewish family members adjacent to their loved ones.

Those interested in purchasing burial plots as part of their preplanning should contact Craig Memorial Park directly at (904) 824-1672. For further information or questions, contact Marty Cohen at [shelmar826@gmail.com](mailto:shelmar826@gmail.com).

## Donations

The custom of making donations as an expression of prayer traces back to Biblical times and has always been a practice of congregations. The amount given is less important than the deed. At TBY, we have a number of offerings for you to consider when making donations. Here is an explanation of a few of them. Additional funds are listed on our Contribution Form.

**Memorial Board Plaques** – When you purchase a plaque for your loved ones, you memorialize them on our memorial board in the sanctuary, as well as in the Book of Remembrance. All names on the Memorial Board are recognized during the Yizkor Service on Yom Kippur. See the Donation form on our web site, TempleBetYam.org or contact Phyllis Keiser at (904) 797-1508.

**Celebratory Wall** – Celebrate a simcha in your family or honor a TBY member by purchasing a plaque for our commemorative garden wall. For additional information and order forms, please contact Phyllis Keiser at (904) 797-1508.

**Murray Weiss Memorial Fund** – In the spirit of Tzedakah, this fund helps congregants in need. Past gifts have helped pay for dental surgery, medications, enrollment for children in a Jewish summer camp, and past due mortgage payments. Requests are held in the strictest of confidence. For more information, contact Mimi Selig at (904) 461-4316. To make donations, see the Contribution Form on the next page.



## Trees For Israel



We are enjoying huge success with our Trees for Israel. Every tree purchased is not only recognition of some significant event in your life or in the life of someone close to you but is also a mitzvah for Israel and contributes to our Temple fundraising effort. Please use this very important program as a memorial to a friend or loved one or in celebration of a happy occasion for someone dear to you.

Israel's forests are not only a valuable source for water preservation, but are a source for boosting the morale of Israel's citizens by providing a haven in which to put aside the pressures of living in a nation under siege.

JNF will acknowledge every donation with a receipt to the donor and a certificate to the recipient of the honor. Your donation will also benefit Temple Bet Yam with a portion of the donation amount. It is a double Mitzvah.

Trees may be ordered by contacting Toby Weintraub at 904-471-0418. Please provide Toby with your name, address, phone number, the name and address of the person being honored and the name and address of the person you want to receive acknowledgment.

Donations for Trees for Israel are \$18.00 per tree.  
Checks should be made out to Temple Bet Yam.



# CONTRIBUTION FORM

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RABBINIC LEADERSHIP FUND	_____
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*RABBI'S DISCRETIONARY FUND	_____

*\*NOTE: A SEPARATE CHECK IS REQUIRED FOR THE RABBI'S DISCRETIONARY FUND.*

*PLEASE MAKE PAYABLE TO TEMPLE BET YAM, WITH NAME OF FUND ON THE MEMO LINE. THANK YOU.*

## Upcoming Events for April. Mark your calendar!

Please note all services and functions will be via Zoom until further notice.



Tuesday, April 6th, 6:30pm, Board Meeting

Wednesday, April 7th, 3:30pm, Jewish Meditation

Friday, April 9th, 7:30pm, Shabbat Service

Saturday, April, 10th, 11:00am, Torah Portion/Bible Study

Sunday, April 11th, 10:00am, Religious School

Sunday, April 18th, 10:00am, Religious School

Monday, April 19th, 5:00pm, Dining with Dignity

Wednesday, April 21st, 3:30pm, Jewish Meditation

Friday, April 22nd, 1:00pm, Sisterhood book club:  
*The Island of the Sea Women* by Lisa See,  
discussion led by Jackie Witte

Friday, April 23rd, 7:30pm, Shabbat Service

Saturday, April, 24th, 11:00am, Torah Portion/Bible Study

Sunday, April 25th, 10:00am, Religious School

Tuesday, April 27th, 5:00pm, Executive  
Committee Meeting

## More Upcoming Events. Mark your calendar!



Sisterhood's May book club pick is: *The Actress* by Ann Enright.  
Book club will be on May 26th at 1 PM with a discussion led by  
Elaine Stecker.



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