We practice radical hospitality!

The Wave

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Healing, Hope & Renewal
An Evening of Soulful Sound,
Kabbalistic Chant, Universal Prayer
& Spirited Community
Thursday, February 6, 7:30 pm
at Shirat Hayam

Save the date...March 15
Heroes & Villains...
Persian Purim
March 15...
Details coming soon!

A celebration definitely not for children.
Liza and Jay Goldman, Co-chairs

Invitations and details coming soon!
Rabbi Baruch HaLevi

Daily Minyan

CSH offers the only twice daily minyan on the North Shore. It is something we take pride in and want to ensure for anyone and everyone who wants it and needs it. With that said, it is always an ongoing effort to ensure its presence. Frankly, every synagogue that offers multiple daily minyanim (which are fewer and fewer) struggle to make them work, and that is true with us as well, particularly during “snow bird” season. Equally, every shul attempts different ways, programs, initiatives, even gimmicks, to get, or guilt, their membership into attending. And neither guilt nor gimmicks ever work.

In this day and age there are so many demands upon us, as well as so many inspirational activities to choose from, that no amount of guilt, nor any gimmick, no matter how clever, will work to create a viable and sustainable minyan.

With that said - here are two simple ways we can not only maintain our minyan, but equally are as important for us as individual Jews and human beings.

1. **Come to morning or evening minyan when a loved one dies.**

   You can come for a day, for seven days (shiva), thirty days (shloshim) or the first year. It doesn’t have to be all or nothing. Come when you can. Life is complicated and we can only do the best we are able. You won’t be judged and will be made to feel welcome.

   It’s not only good for our minyan - it’s good for you. It will help you process your grief, meet fellow mourners, and give you a few minutes during a busy day to spend a little quiet time reflecting upon the ones you love.

2. **Come to a morning or evening minyan on a loved one’s yahrtzeit.**

   It’s not enough to simply think about our loved ones on the anniversary of their death. As human beings we need to do something, something physical and tangible to demonstrate, and that is the beauty of rituals. As Jews, on the yartzeit of a loved one, we light a candle, give tzedakah and say kaddish. There is something quite special about taking a few minutes out of our life, attending shul, saying Kaddish and saying to God, our loved one and the world - we remember and we will never forget.

   In addition, now with our virtual memorial alcove, we can bring our children or grandchildren with us, visit the alcove and spend a little time looking at their picture, reading their bio, playing some of their favorite music or just sit and reflect or talk about them - a truly, truly beautiful solo or family yahrtzeit ritual and experience.

   No Guilt.
   No Gimmicks.
   No Coercion.
   No Desperation.

Just inspiration. Just a few minutes in the morning or the evening, an opportunity we offer every day, twice a day.

Come join us at daily minyan, 7:30 am Monday - Friday, 7:00 pm Monday - Thursday, Sunday 9:00 am and 6:00 pm and, of course, you can always come say Kaddish, and a whole lot more, on Shabbat.

**Chodesh Tov - Have a great month!**

Rabbi B
Dr. Emil Berkovits, Cantor Emeritus

Music Music Music

As I write this article we, the Jewish world, have just participated in the annual singing of Shirat Hayam, the Song at the Sea. It is the first mention in the Torah of communal prayer in song by the Jewish people. This is one of many special moments in Jewish music. The feelings or emotions that one has, of course, depends on each individual. There are, I am sure, melodies that will carry a person to a certain special place or time. One may remember a melody that a zeidy, a teacher or a cantor sang that would have brought back precious memories. That is the power of music, be it Jewish or not. Sad music is sad to everyone and happy melodies like children's songs make one feel happy. And lullabies work for everyone.

So what is the importance of song in Jewish tradition? Beginning with Moses, Miriam and Deborah, King David sang and wrote many of our Psalms, and the Levites of the Temple sang and played instruments as part of the daily and holiday sacrifices. Music has played a central role in prayer and the ritual life of the Jewish people from Biblical times through the present. Although we have had hundreds of composers of Jewish music the past few centuries and new ones every day, our traditional music roots that we identify as "nusach" mode of prayers will hopefully remain with us till the end of time. In the meantime, we continue to enjoy the melodies of some of the greats of our generation such as Shlomo Carlebach, Debbie Friedman, Craig Taubman, Rick Recht and others, who continue to contribute to our Jewish world of music.

Music does have the power to move us, even without words. Sometimes we are most comfortable with the emotional rush of familiar music and sometimes it is just as thrilling to learn a new tune and open ourselves up to the possibilities of a new memory. Let our prayers come from us with the exultant spirit of a niggun or a special song.

B'Shalom

Cantor Emil

World-Wide Wrap

Sunday, February 2

Come tie one on with Cantor Emil!

Join us at 9:00 am and learn how to use tefillin. We have extras if you don’t have your own. One of our regular minyanairres will be happy to teach you!

Brotherhood will be sponsoring a breakfast following the minyan! (Maybe Burt will make his potatoes!)
On Sunday, January 12th, Cantor Emil and I performed a salon concert at the home of Jill and Murray Goodman. This concert was offered as part of the silent auction during our "Night in Monte Carlo" fundraiser back in November. The Goodmans and their friends joined together to bid on this “item” as a way of supporting Shirat Hayam and also as an opportunity to enjoy good company in music and laughter. Our audience of about twenty-five people (perfect size for salon concert) listened, hummed, clapped and howled as Cantor Emil and I sang a variety of music including: popular Yiddish songs, classical arias, Broadway show tunes, and we concluded the performance as dueling cantors, singing a Jewish parody of “Anything You Can Do (I Can Do Better).” After the concert, everyone shmoozed, ate, and drank. It was an enjoyable night for all who attended.
Eat, Drink and be Mindful
A ladies’ evening of yoga, cocktails & conversation about the Divine Feminine

Tuesday, February 25 at the JCC
Join Ariela HaLevi at 6:45 pm for a spiritual yoga class
and/or at 7:30 pm, join Rabbi HaLevi
for cocktails & conversation.
No charge, membership not required.

RSVP to KBar-Or@jccns.com
Greetings!

On February 11, members of our board and others will be making calls to all of our congregants who have not yet taken the opportunity to make their LEV donation. We are counting on 100% participation. If we can get 100% of our families to participate, we will not only meet, but exceed our funding goal. Help us close our funding gap and allow us to provide you with the amazing services and programs to which you have become accustomed.

We cannot depend on our endowment to support us. The CSH bylaws require us to assess our members if the budget is not balanced. We are optimistic that we can avoid this with your help. Give from your heart. It’s your continued participation that we’re asking for. Let us know that we’re on the right track.

Thank you for supporting Shirat Hayam,

David and Joe

Leadership@ShiratHayam.org
Celebrate Purim with your Shirat Hayam family

Mishloach Manot Program

Order deadline: February 14th
Have you ordered yours yet?

The basket will be all edibles - kosher and nut free. The definites are hamantaschen, kedem wine or juice, candy and whoopee pies. The rest will also be edible - individually wrapped and shelf stable (so nothing that needs refrigeration). And maybe a surprise or two...

Order yours today!!!
Leslie Rooks Sack, Preschool Director

This is the month when we open Preschool registration to the public. If you haven’t yet, please stop by for information about our Infant, Toddler, Preschool, PlayCare (daycare), and Summer programs. We offer many options for children between the ages of 3 months - 5 years, beginning at 7:30 a.m. until 6:00 p.m., 5 days a week, 51 weeks a year!

Thanks to all of the Preschool families for contributing to Shirat Hayam Preschool’s annual fundraiser at Uno Chicago Grill Restaurant in Vinnin Square last month. We know it was quite a TASTY way to show your support!

Last month, we hosted teachers from other Preschools for Inspirational Jewish Teaching, a free program of the Lappin Foundation. This workshop was led by Cantor Gaston Bogomolni, who presented ideas and lessons for celebrating Kabbalat Shabbat and Havdalah in early education classrooms.

Please know that our Preschool children love to meet and greet new friends! If you would like to be part of our Preschool community by reading a story (or two!), sharing a snack with us, celebrating Shabbat on Friday morning with the children, teachers and Rabbi B, Cantors Emil and Elana, our visiting friends from the Aviv Center, and Marcy Yellin and her guitar - or just to spend some time sharing smiles and laughter - please contact me to make arrangements.

Leslie

Preschool Programs

- INFANTS ~ Our new infant program is a huge success. We accept infants from 3 months and up.
- MAGIC MOMENTS ~ a group for children 6 months to 2 years, 9 months, and their “favorite” adult. An “introduction” to Preschool.
- TODDLER MOMENTS ~ a program for toddlers 17 months and up.
- PRESCHOOL ~ classes for 3, 4 and 5 year-olds
- TRANSITIONAL CLASS ~ for those children not quite ready for Kindergarten.

Hours are 7:30 am to 6 pm - join the fun!

Shabbat with Rabbi B, Cantor Elana, Cantor Emil and Marcy Yellin
Hazzan Katan with Cantor Elana
Hebrew with Rachel Jacobson
Music with Dara Vanremonde
Daily Lunch Options, including Spanish, and LOTS OF OTHER FUN ACTIVITIES!

Congregation membership is not required to be part of the Preschool; however, a reduced rate is available for CSH members.

For more information about CSH PRESCHOOL, contact Leslie Rooks Sack at: 781.598.3311, or email: Leslie@ShiratHayam.org
Shalom Chaverim! We celebrated Tu B’shevat in the CJE with all sorts of activities: a special storytime and seder for our grades PK – 1, and a learning program with stations for grades 2-7. We learned about the three different kinds of fruits that we eat: Fruits with hard (inedible) shells, like bananas and oranges, fruits with hard (inedible) pits like dates, figs and olives, and completely edible fruits like grapes (or raisins).

We also had a ‘new’ take on the mixing of red and white grape juice to symbolize the seasons – in addition to the grape juice, we also mixed ice cream to celebrate the seasons: vanilla for winter, chocolate for fall, mint chocolate chip for spring, and strawberry for summer!

L’Shalom
Jed
Hi Everyone.

We are gearing up for an amazing spring season. As far as I’m concerned, once Tu B’Shevat has come and gone, we are in spring mode! On February 6th, join us for “Healing Hope & Renewal,” an evening of soulful sound, Kabbalistic chant, universal prayer and spirited community. On Yom Kippur afternoon, many have asked for that service to happen again during the year. Well, you asked… here you go.

February 9th is the return of Baking with Bubbe. Spend a Sunday morning baking and doing a craft project with your grandchildren, or come and be a rent-a-Bubbe for the morning. Spend time with kids whose Bubbes may live a little too far away. Bubbes, Zaydies, special adults… it’s a great way to spend a February Sunday morning.

February 12th – Rabbi B will be in Florida at the Rosenbergs’. If you did not receive your invitation and are in Florida then, let me know. You can also RSVP to me if you’d like.

February 25th – Ladies, join Ariela and Rabbi B at the JCC for an evening that will begin with yoga and then a discussion with Rabbi B about the Divine Feminine. Have a glass of wine and spirited conversation.

March 15th – Purm. For Adults. Start thinking about your hero or villain costume and plan for a night of festivities. Co-chairs Liza and Jay Goldman have some great things in the works! Invitations will be out soon! This will be the party that everyone’s talking about – don’t miss it!

April 6th – A group from CSH will be meeting at the Emerson Paramount Theater to see the production “Not by Bread Alone,” a performance by the Nalaga’at Theater deaf-blind acting ensemble from Tel Aviv. The first batch of tickets sold out and more will be ordered – get your order in!

May 22, June 5 and 12 – Summer by the Sea adult ed program with Izzi Abrams and Cantor Elana.

July 20th – Tanglewood – travel by air-conditioned bus, have brunch and enjoy a violin performance by Joshua Bell. Space is limited and tickets are selling quickly!

Our new Connections group for widows and widowers is expanding to include all mature singles. The committee is meeting to plan the next event, so watch for more details.

All of these programs are listed in the Wave, so you can get all the details. There is truly something for everyone at CSH – I hope to see you soon!

L’hitraot,

Marla
Kvelling... Family Announcements

Izzi and Howie Abrams have a new granddaughter, Taylor Lauren Bennett
Joan and Murry Rich recently celebrated their 50th Wedding Anniversary
Rabbi Ken and Sue Weiss have a new home

Really? Over 2,000 souls are members of CSH and no one else has any good news to share?

Send us your simchas! We can publish your pictures. New baby, new home, engagement, marriage, anniversary, special birthday, new dog, cat, fish... you get the idea! Share your joy with your CSH family... let’s kvell together!

Send your information (photo optional) to: Marla@ShiratHayam.org.

If you would like to have a card sent to any of the families listed above in honor of their life cycle events, you may make donations online at: www.shirathayam.org or mail your check (minimum $10) payable to CSH, 55 Atlantic Avenue, Swampscott, MA 01907, listing the occasion you are honoring and how you prefer to have the card signed.

Thank you.

Events & Facility

Barri Stein, Director

As a member in good standing of Shirat Hayam, you are entitled to certain privileges for funerals (for full Membership Privileges see www.shirathayam.org).

Full and part-time members are entitled to rabbinic and cantorial officiating at their funeral and at the funeral of their dependent child at no fee, provided the services are held at a locally based funeral home and cemetery or at CSH. This is subject to the clergy’s availability. Beyond the local area, full and part-time members are subject to fees set forth by the Board of Rabbis of Massachusetts for funerals and are administered by the funeral home.

Full and part-time members are offered clergy (or lay-led) shiva minyans in the local area. This is subject to the leader’s availability and must be requested.

Members are entitled to have their funeral or the funeral of dependent children in the sanctuary of CSH at no charge from Monday through Thursday, 9:00 am to 3:00 pm and Friday from 9:00 am to 12:00 pm, subject to the availability of the synagogue. Funerals for members can be held at CSH on a Sunday from 9:00 am to 2:00 pm and the charge is $250.

Members are also entitled to unveiling services (subject to availability), congregational notices, yahrzeit reminders and reduced member rates for cemetery plots.

We encourage you to discuss any or all of these options with me or any of our clergy so that you are aware of your rights as a member of Shirat Hayam.

*Non-members and family members beyond those mentioned above (which includes siblings, parents, non-dependent children...) are considered non-members and are subject to fees as set forth by the Massachusetts Board of Rabbis. Non-members are still permitted to rent of our sanctuary for a funeral and purchase plots at the non-member rates. Please inquire as to more information.
SMARTY YAiSH is the collaborative Jewish youth group of Temple Emanu-El, Marblehead, and Congregation Shirat Hayam, Swampscott. We provide youth programming for Jews in grades 6 - 8 (Jr. SMARTY YAiSH) and 9 - 12 (SMARTY YAiSH).

February Lounge Night will be held at Shirat Hayam. The dates are 2/6, 2/13 and 2/27. Note that there will NOT be Lounge Night held over Presidents’ Day Break. Lounge Night is for anyone grades 9 -12.

Junior Lounge night is open to grades 6 - 8. Junior Lounge in February will be at Shirat Hayam on the 12th from 6:30 pm - 8:30 pm.

We have a special opportunity for 7th and 8th graders in February. JOSTY, the junior youth group of Temple Ohabei Shalom in Brookline, is hosting their annual Shul-In on February 1st - 2nd. This is an exciting opportunity for 7th and 8th graders to get to know other Jewish youth from the Boston area!

Any 9th-12th graders interested in joining the SMARTY YAiSH Leadership Committee should contact Rachael Pass ASAP by phone or e-mail at (781) 346-4045 or smartyyaish@gmail.com. Anyone interested is welcome, but must come committed to serving the youth group now and in the future!

See you soon!

Rachael

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Family Life

Magic Minyan

A Shabbat Synaplex™ option for families with children up to 5 years of age - the first Saturday of the month!
February 1, March 1, April 5, May 3 and June 7

It’s Magic Moments with Marcy - designed for Shabbat! How much better can it get? From 10:45 to 11:30 am, families with Preschool age children and under (kids must bring an adult with them) will enjoy a special musical program that will engage even the babies. Music and movement with a Shabbat or holiday theme is perfect for all the little ones. After the program ends, families will have time to make their way to the sanctuary for the Ruach Rally and enjoy lunch at specially reserved tables for the Magic Minyanettes!

Join us on the first Saturday of the month!
Baking with Bubbe!
Sunday, February 9, 10:30 am

Calling all bubbes! Calling all budding pastry chefs (age 8 and under)!
Join us for our third annual Baking with Bubbe event! Grab your rolling
pin and join us at Shirat Hayam for a sweet morning of baking. We’ll
also have a craft to decorate while we wait for the cookies to bake.
Bring your Bubbe (or Zayde, or anyone else!) or bake with one of the
“borrowed” bubbes who will be on hand. While an RSVP (by February
3rd) would help us plan, walk-in bakers are welcome!

Have a seat.
Get moving.

Chair Yoga is for people of all ages, fitness and mobility levels focusing on
breathing, alignment and balance. This 8 week series will introduce you
to yoga postures for a chair. The chair replaces a yoga mat and allows you
to take full advantage of yoga’s amazing flexibility and health potential.

Join Ariela HaLevi for this new Chair Yoga class
at Shirat Hayam on the following Thursdays:
February 6, 13, 20 and 27; March 6
11:45 am to 12:45 pm

CSH members - $10 a class
Non-members - $12 a class
Join us for a fun and meaningful weekend retreat for families with children with disabilities.

Where: Camp Ramah in New England
Palmer, Massachusetts
When: Friday, March 28 - Sunday, March 30
Cost: $100 for each adult, $50 for each child

Parents will have the opportunity to relax, celebrate Shabbat, and meet other families with similar experiences and exchange ideas and resources. Siblings will participate in group activities together, developing bonds in a safe and supportive environment, and children and young adults with disabilities will enjoy a variety of activities and opportunities for socialization with experienced counselors and staff.

TaliC@campramahne.org • 781-702-5290 x108

The Tikvah Program at Camp Ramah in New England was one of the first summer programs for Jewish children with disabilities. More than 40 years old, the Tikvah Program continues to grow and evolve as it strives to serve campers with a wide range of disabilities, including (but not limited to) cognitive impairments, autism, cerebral palsy and seizure disorders. The Tikvah Program, an integral part of the 800-person Camp Ramah in New England community, consists of three tracks: Amitzim (our camp program), Tochnit Avodah (our vocational training program), and Inclusion.
**Library Corner**

The following books are now available for you to borrow from the CSH Library, located in the Chapel.

Goldman, Ivan G. - *Isaac, a Modern Fable*
This is a knockout of a novel-original, provocative, memorable” - Joan Baum-National Public Radio

Lethem, Jonathan - *Dissident Gardens*
“A dazzling novel from one of our finest writers-an epic yet intimate family saga about three generations of all-American radicals.”

Pogrebin, Letty Cottin - *How To Be Friend to a Friend Who’s Sick*
...is an invaluable guidebook for anyone hoping to rise to the challenges of this most important and demanding passage of friendship.”

Picoult, Jodi - *The Storyteller*
“Picoult brings the horror of the Jewish genocide alive in excruciating and affecting detail.”

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**CSH Book Club - Everyone’s welcome!**

7:30 pm on the following Monday evenings:

February 17 I Am Forbidden by Anouk Markovits
March 17 American Pastoral by Philip Roth
April 28 In the Garden of Beasts by Erik Larsen
May 19 The Immortal Life of Henrietta Lacks by Rebecca Skloot
June 16 The Chaperone by Laura Moriarty

The CSH Book Club is open to the community - please join us.

For more information, email CSH@ShiratHayam.org
Superb acoustic music from around the Jewish world featuring Yaeko Almaleh, the violist for the Klezmer Conservatory Band; with mandolinist/guitarist Brandon Seabrook.

The Boston Jewish Music Festival and Congregation Shirat Hayam present

Yaeko Miranda Elmaleh Quartet

Sunday, March 23
4:00 pm
Congregation Shirat Hayam
55 Atlantic Avenue
Swampscott

Tickets $18 in advance
$20 at the door, $10 students
1.800.838.3006 or at:
bostonjewishmusicfestivalorg
Are you in Florida? Did you receive your invitation for Rabbi B’s visit at the Rosenbergs’? If you did not receive your invitation, that means we don’t have your address or... we didn’t know you’re down there! Call and let us know!! You can also rsvp to Marla Gay at 781.599.8005, Ext. 27.

Attention all Veterans!
Post 220 of the Jewish War Veterans of the North Shore is looking for you! We are holding our annual membership drive this month. The Jewish War Veterans organization is the oldest veterans’ organization in the United States and was founded in 1896 by a group of Jewish Civil War veterans. The goal of those veterans was to combat anti-Semitism and support Jewish veterans. Those goals are no less important today as they were back in 1896. Post 220 is the North Shore Post and is one of the most active Posts in Massachusetts. We meet monthly in Peabody and regularly support programs at the Bedford VA Hospital. If you have served in the military (Active, Reserve or National Guard) you are eligible for membership. The Post is also open to past JWV members in Posts that have dissolved recently or have become inactive. The Post also has a very active auxiliary for the spouses of members. People interested in receiving more information can contact Post Commander Jeffrey Blonder at 781-598-5932 or at jwv.post.220.north.shore@gmail.com.
Shabbat Experience @ CSH

**Babysitting**

*Ages up to 4*

**Downstairs Playroom**

An adult must remain in the building.
9:00 - 11:50 am, weekly

*Babysitting is provided at no charge so that parents may attend services.*

**Limud Shabbat**

**Kids’ CJE Experience**

*Center for Jewish Education*

*Ages 4* and up

9:00 - noon weekly

*Preschool Limud Shabbat is free and open to the community. Registration required.*

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**Traditional and Alternative Service Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Service</th>
<th>Led by</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Early Mystic Minyan</td>
<td>Rabbi HaLevi</td>
<td>Sanctuary</td>
</tr>
<tr>
<td>8:45 - 9:50 am</td>
<td>Renewal Minyan</td>
<td>Rabbi HaLevi, Cantor Rozenfeld and Greg Coles</td>
<td>Sanctuary</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Living Minyan</td>
<td>Cantor Berkovits</td>
<td>Tefillah Studio</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Torah Service</td>
<td>Rabbi HaLevi</td>
<td>Sanctuary</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cantor Rozenfeld and Cantor Berkovits</td>
<td></td>
</tr>
<tr>
<td>10:00 am</td>
<td>Yoga Minyan</td>
<td>Ariela HaLevi</td>
<td>Tefillah Studio</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Nosh &amp; Drash Torah Study</td>
<td>Alternating guest rabbis and scholars</td>
<td>Social Hall</td>
</tr>
<tr>
<td>11:15 am</td>
<td>Healing Havurah</td>
<td>Rabbi HaLevi</td>
<td>Social Hall</td>
</tr>
<tr>
<td>11:25 am</td>
<td>Rabbi’s Ruach Reflections</td>
<td>Rabbi HaLevi</td>
<td>Sanctuary</td>
</tr>
</tbody>
</table>

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**For Everyone - Main Sanctuary**

11:45 am - noon

**Ruach Rally**

Concluding prayers and Kiddush/Motzi

**Community Shabbat Café at noon**

12:15 pm - Kids’ Kehilla Lounge (when Limud is in session)

**12:30 Mini-plex Lunchtime Learning**

**1:30 Mincha Minyan**

Attire is casual.

*We practice radical hospitality.*
**Early Mystic Minyan - 8:30 am**
As it says in the Mishnah, the early mystics would gather together and sit for an hour before even attempting to formally engage in prayer. So too at CSH we offer the Early Mystic Minyan as an option for practitioners of meditation to come and sit as we begin to open up the space of our Sanctuary on Shabbat and of our hearts in the early quiet hours before the crowds arrive. There will be minimal, if any, instruction for the first fifteen minutes. It is a time to gather one’s self and one’s thoughts together through individual prayer without words.

**Renewal Minyan - 8:45 - 9:50 am**
The Renewal Minyan is an attempted synthesis of keva – the traditional structure of tefillah (Jewish prayers) with kavanah – spiritual depth within the prayer itself. During the Renewal Minyan we are committed to traversing the Shabbat morning tefillot structure (Birkot HaShachar, P’seukeye D’Zimrah, Shachrit), but not necessarily davening (praying) each and every prayer along the way. Our aim, again, is to strike a balance between breadth and depth, and within a one hour period that is a fine balance, to be sure.

**Living Minyan: Traditional Prayers and Learning - 9:00 am**
The great thing about being Jewish is to be part of a tradition that is thousands of years old! But if you can’t read Hebrew, don’t know the words, or maybe can’t carry a tune, tradition can feel a little daunting. Would you like to learn more about the traditional morning service that greets the day on Shabbat? Come and join Cantor Emil and friends in a safe, welcoming space to discover the beauty of traditional Jewish liturgy, prayer and song in a user-friendly format. You can build your knowledge and self-confidence, and impress your bubbe or grandchild. Everyone’s invited, including the tone-deaf and non-Hebrew-readers!

**Yoga Minyan - 10:00 am**
A full-body Shabbat experience. Yoga Minyan incorporates yoga practice with a Shabbat theme.

**Nosh and Drash - 10:00 am**
Grab a cup of coffee and nosh at the Boker Tov Café, and join the guest rabbi or scholar for a Torah-based Shabbat learning experience.

**Magic Minyan - 10:45 - 11:30 am**
Musical Shabbat programs for the littlest ones and their grown-ups. Magic Minyan with Marcy (Preschool age and under) is held on the second Saturday of the month.

**Nosh and Drash**
Pick up your “nosh” at the Boker Tov Café and enjoy a Torah study session in the hall with the following guest scholars for February:
1- Jed Filler;
8 - Dr. Harvey Zarren;
15 - Rabbi Ken Weiss;
22 - TBD

**Mini-Plex**
Bring your dessert to the designated table and study with us.
February:
1 and 8 - Cantor Elana
15 and 22 - TBD

**Service Schedule**

**Daily Minyan**
- Monday - Friday mornings: 7:30 am
- Monday - Thursday evenings: 7:00 pm
- Sundays - 9:00 am; 6:00 pm

**Shabbat**
- Friday evenings: 6:00 pm; Saturday mornings begin at 8:30 am (see Synaplex schedule)
- Saturday afternoon mincha: 1:30 pm

**Candle Lighting**
February 7 - 4:46; 14 - 4:56; 21 - 5:05; 28 - 5:13
Condolences, Well Wishes & Donations

We mourn the passing of our members

Robert Garfinkel
Lillian Wacks

and extend our deepest sympathy to their families and friends

Condolences to:

Melissa and Scott Kaplowitch on the loss of Melissa’s grandmother, Adele Cheifetz

Rand Foreman-Bergman and Arnold Bergman on the loss of Rand’s sister, Brion Lissa Forman

Nathaniel and Amy Dalton on the loss of Nate’s mother, Dr. Cecile Kaplan Dalton

Marla and Gary Belostock on the loss of Gary’s brother, Mark

Marion Garfinkel on the loss of her husband, Robert Garfinkel

Cynthia and Lenny Poster on the loss of their brother-in-law, Ralph Dunn

Donations

RABBI’S DISCRETIONARY FUND

In honor of Rabbi B
by Dick Holmes

In memory of Ivy Finn’s grandmother, Esther Finegold

In memory of Melissa Kaplowitch’s grandmother, Adele Cheifetz
by the Stern Family

A donation has been made
by Neil Chayet

Get well wishes to Steve Freiman
by Steve and Ethel Harris

In appreciation of the Rabbi’s kindness at the funeral of my husband, Ralph Dunn
by Linda Dunn

In memory of Robert Garfinkel
by Jonathan and Melissa Sinrich

In memory of: Father, Bernard Schultz
by Rose Schultz Weisthal

Brother, Bernard Morris

Mother, Bess Morris
by Faylyn Levine

CANTOR ELANA’S DISCRETIONARY FUND

In honor of Cantor Elana
by Helaine and James Hazlett

In honor of Cantors Rozenfeld and Berkovits for their wonderful and inspiring Cantors’ Concert
by their most appreciative audience

CANTOR EMIL’S DISCRETIONARY FUND

In honor of Cantors Rozenfeld and Berkovits for their wonderful and inspiring Cantors’ Concert
by their most appreciative audience

In memory of Jeffrey Hirshberg’s father, Dr. Milton Hirshberg

In appreciation of Cantor Emil

In honor of Maury and Donna Levin’s 60th anniversary

In honor of Diane Levin
by Natalie White

Mazal Tov to Joan and Murry Rich on their 50th wedding anniversary

In memory of Mimi Oliver’s father, Mortimer Nelson

In memory of Jeff Hirshberg’s father, Dr. Milton Hirshberg
by Bette and Dan Shoreman

In honor of Cantor Emil
by Helaine and James Hazlett

CSH PRESCHOOL FUND

In memory of Melissa Kaplowitch’s grandmother, Adele Cheifetz

by Leslie Sack and Steven Baratz
CENTER FOR JEWISH EDUCATION FUND
In memory of Mimi Nelson
Oliver’s father, Mortimer Nelson
   by Stephen Hicks & Diane Levin
In memory of Melissa Kaplowitch’s grandmother, Adele Cheifetz
   by Jeffrey and Beth Kasten

GENERAL FUND
In memory of Marc Strager’s father, Norman Strager
   by Karen and David Rosenberg
In memory of Jeffrey Hirshberg’s father, Dr. Milton Hirshberg
In memory of Judi Simmons’ mother, Ellen Greenblatt
   by Joanne and Ed Smith
In honor of Richard and Esther Salinsky for all they do for our Jewish community
In memory of Esther Salinsky’s mother, Helen Bloom
   by Sandra Goldish
In memory of Melissa Kaplowitch’s grandmother, Adele Cheifetz
   by Valerie and Alan Gilbert; Sari and Billy Rudolph; Kate and Dan Urman; Anne and Bob Selby
In honor of Robin and Bob Cooper’s son, Lee’s marriage to Elise Karp
In memory of Chuck Sagan
   by Hope and Larry Zabar
In memory of Robert Garfinkel
   by Robert and Roberta Soltz

SAMUEL BRODY MINYAN FUND
In memory of Jeffrey Hirshberg’s father, Dr. Milton Hirshberg
   by Eli and Muriel Talkov
In memory of Rand Foreman-Bergman’s sister, Brion Lissa Foreman
   by Alice and Charles Leidner
In memory of Melissa Kaplowitch’s grandmother, Adele Cheifetz
   by Valerie and Alan Gilbert; Sari and Billy Rudolph; Kate and Dan Urman; Anne and Bob Selby

In memory of:
Mother, Nadys Shames
   by Aron Mirmelshtein
Father, Israel Shuman
   by Arnold Shuman
Father, Hyman Wintman
   by Bernice Rothbard
Father, Hyman Addis
   by David Addis
Grandfather, Siegfried Stark
Mother, Margaret Stark
   by Madeline Stark
Grandfather, Joseph Feffer
   by Lawrence Feffer
Mother, Lee Stoller
   by Natalie White
Father, Fred Gerber
   by Sally Hooker
Husband, Sidney Ostrovitz
   by Miriam Ostrovitz
Father, Jacob Handis
   by Bernard Handis
Father, Morris Shanker
   by Ruth Shanker
Father, Max Goldstein
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Brother, Irving Zaiger
by Florence Wigetman
Sister, Bella Grad
by Eleanor Grad
Father, Israel Babbitt
by Frank Babbitt

KIDDUSH FUND
In memory of Jeffrey Hirshberg’s father, Dr. Milton Hirshberg
by Nancy and Richard Klayman; Ron and Shari Pressman
In honor of Roz and Sandy Levy’s granddaughter, Noa, becoming a Bat Mitzvah
by Sylvia and Norman Revman
In memory of Melissa Kaplowitch’s grandmother, Adele Cheifetz
by Larry and Susan Goldberg
Get well wishes to Aunt Beulah (Wagman)
by Herb and Audrey Weinstein
In memory of Bob Garfinkel
by Alan and Valerie Gilbert; Bery and Bob Sanford; Phyllis Sagan

In honor of Joan and Murry Rich’s 50th wedding anniversary
by Karen and Mark Meyer and family
Get well wishes to Steve Freiman
by Phyllis Sagan

In memory of:
Mother, Anna Kaplan
by Ralph Kaplan
Brother, Harold Barr
by Grace Tutman
Former husband, Jack Rothbard
by Bernice Rothbard
Sister, Anne Nigrosh
by David Addis
Father, Louis Sher
by Esther Kramer
Father, Seymour Bergman
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**TORAH FUND**

Our heartfelt thanks to Rabbi B, Cantor Emil, Cantor Elana and Barri Stein for all of their support and help while preparing for Jacob Adams to become a Bar Mitzvah. We are forever grateful

  by Marion and Bob Garfinkel and Beth and David Adams

**In memory of:**

Grandmother, Malia Osattin

Sister, Barbara Freedman
  by Marion and Bob Garfinkel and family

**PRAYERBOOK FUND**

In honor of Harry Epstein’s 70th birthday, 2 Etz Hayam Chumashim have been purchased

  by Charlotte and Donald Fine; Diana and Ed Caplan; Lorily and Steve Forman; Nancy and Paul Shrager

**CEMETERY FUND**

Mother, Birdie Clebnik
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**TIKVAH FUND**

In memory of Robert Garfinkel
  by Sidney and Beatrice Strome

**BURT SHEPARD SCHOLARSHIP FUND**

In memory of Jeffrey Hirshberg’s father, Dr. Milton Hirshberg

  by Eddie and Diane Knopf; Gloria Sax

Mazal Tov to Robin and Bob Cooper on their son’s wedding

In memory of Jeff Hirshberg’s father, Dr. Milton Hirshberg

  by Becky and Burt Shepard

Get well wishes to Becky Shepard

  by Alice and Charles Leidner

In memory of Judi Simmons’ mother, Ellen Greenblatt

  by Amy and Jeffrey Sorkin

In memory of Rand Foreman-Bergman’s sister, Brion Lissa Foreman

  by Eddie and Diane Knopf

**LEV INITIATIVE**

In memory of Aimee Bunin’s sister, Nina Bunin

  by David and Michele Tamaren

In memory of Rand Foreman-Bergman’s sister, Brion Lissa Foreman

  by Steve and Ethel Harris

**Memorial Alcove**

**We Remember Them**

Please stop by for a demonstration on how the electronic yahrtzeit board creates a meaningful memorial experience.

If you had a memorial plaque at Temple Beth El or Temple Israel, that name is now listed on the yahrtzeit board. You may add a photo and short bio to that listing at no charge.

Pricing is available for new entries on the board. For more information about how you can create a lasting memorial for your loved ones, or to make an appointment for a demonstration, please contact Marla Gay at 781.599.8005, Ext. 27 or Marla@ShiratHayam.org.
As the snow falls, here's something to look forward to...

**Summer by the Sea**

Unique experiences for the young at heart...

---

**HOME**

**Thursdays, May 22 and June 5**

**Philip Roth - The Ever-Changing Author**

Join Izzi Abrams for a two part program where we will look at two works by Philip Roth, his debut novella, *Goodbye, Columbus*, published when he was 26, and his last work of fiction, *Nemesis*, published in 2010 when he was 77. We will look at Roth as a young man through his early work and see him as an ever-changing author in his later years. It is recommended that you read these two short books for this program. They are both available at the public library or can be ordered through Amazon. We will also be viewing part of *Philip Roth: Unmasked*, a PBS American Masters Program.

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**2014**

**AWAY**

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**NOT BY BREAD ALONE**

*Nalaga'at Theater Deaf-Blind Acting Ensemble at Emerson's Paramount Theater, Boston*

Sunday, April 6, 1:00 pm performance

CSH has reserved a limited number of tickets for this not to be missed show.

$49.00* (no transportation provided)

*If you would like to order your tickets for this performance, contact Marla Gay at: 781.599.8005 Ext. 27 or marla@shirathayam.org

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**Sunday, July 20**

**Tanglewood**

Luxury AIR CONDITIONED coach bus round trip from CSH, Brunch and 2:30 performance:

**BSO, Andris Nelsons, Conductor**

**Joshua Bell, Violin**

$125/person all-inclusive

If accessibility is an issue, please bring a friend to assist you.

Space is limited. Reservations must be accompanied by payment.

*If paying by cash or check, $121.25 (3% discount)

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**First round sold out! Get your name on the waiting list and don’t miss this opportunity!**

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**Izzi Abrams, Fran Levy-Freiman & Phyllis Sagan, Program Co-chairs**
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Todah rabah.
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**Chesed Committee**

*Karynn Needel and Beth Hoffman, Co-chairs*

The Chesed Committee has been very busy lending a hand by providing meals, rides, visits and general emotional support to the congregation, as needed. The committee’s mission is to help congregants and their families in times of crisis. They are the first responders, there to do triage until other “sources” are notified and become available.

If you want to become a part of this GREAT committee, please let us know. There is a little something for everyone to do within the Chesed Committee!

Please contact us if you know of someone in need. We can only help those that we know about.

Thank you!

*Karynn and Beth*

Contact Karynn Needel at: kneedel@comcast.net or Beth Hoffman at: bkh59@hotmail.com.

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**2014 Advertising Rates**

*Congregation Shirat Hayam Wave*

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Contact Marla Gay at: 781.599.8005 or Marla@ShiratHayam.org

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**Holidays 5774**

March 16 Purim
April 14 First Night Passover

Save the date - April 15 - Second Night Seder @ CSH!

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**Yahrtzeits**

If you have a yahrtzeit and plan to say kaddish at CSH, please bring a friend or two. Help make the perfect “10” at minyan.
Shabbat Café Sponsors

Thank you to the following for co-sponsoring the Shabbat Café in January:

- Cindy and Steve Bailen in honor of their daughter Kara’s 12th birthday
- Diane Levin and Stephen Hicks in honor of Diane’s birthday
- Marilyn and Harry Epstein in honor of Harry’s 70th birthday
- Barbara and Alan Sidman in honor of Barbara’s 65th birthday

The Congregation Shirat Hayam Shabbat Café Fund helps support our Shabbat luncheons, and commemorate a yahrzeit. For information about sponsoring or co-sponsoring a Shabbat Café, please contact Barri Stein at: Barri@ShiratHayam.org or 781.599.8005, Ext. 11.

Todah Rabah

Thank you to the following for participating in services in January:

- Torah Readers: Diane Levin, Jill Suskind,
- Haftarah Chanters: Alan Sidman, Diane Levin, Jan Brodie, Joel Cohen

If you would like to read Torah or chant a Haftarah, contact Cantor Emil:
CantorEmil@ShiratHayam.org.

CSH Minyannaires

Thank you to the following members for supporting daily services in December:


*denotes service leaders

We are very fortunate to have the above minyannaires attend when they can. However, please know that making a minyan twice a day is a challenge.

Please consider helping to make a minyan - once a week, once a month or whenever you can. Those needing a minyan to say kaddish would greatly appreciate it.
Hi Friends,

I want to tell you about my experience last year at the AIPAC Policy Conference in Washington, DC. While I was reluctant to go, the thought of hanging out with my cousin, my brother and a few good friends was too good of an opportunity to pass up. This year I am bringing my daughter and son-in-law, Jen and Nick, and Michael Harsip is bringing his daughter, Danielle.

The conference itself was an amazing experience. The emotions I felt and the information I learned can only be compared to those which I experienced during my trip to Israel a few years ago.

When I first heard there were going to be 13,000 Jews in one place, I could only think of a ladies shoe sale at Bloomingdale’s. The pushing, grabbing and entitlement were my big fear. In actuality it was euphoric, enlightening and, most of all, empowering to be in the company of so many people that had one goal and one goal only; to strengthen and solidify the relationship between the US and Israel.

The people at AIPAC understand that Jews support Israel in many ways, but we do live in America and America is a democracy. It is our elected officials that decide to provide funding to support Israel’s defense; it is politicians and appointees that decide to vocally support Israel at the UN and at meetings around the world. It is these same people that will decide how to deal with a nuclear Iran.

AIPAC sends politicians, prospective future government leaders, newly elected representatives, ministers of all faiths, student government leaders, and ethnic/minority leaders to Israel. As many of you know, once you have been to Israel there is no way that you can ignore the contributions that our small country makes to better the world’s health and technology. These trips are the ultimate marketing campaign to continue to gain support for Israel in Congress and with people of all ages, races and faiths.

Even after all these years we still have to continue to educate people and justify Israel’s strategic importance to the US. College students still see pro-Palestinian rallies on campuses, and there are still politicians that campaign on an anti-foreign aid platform. Almost 50% of the US congress is newly elected since 2008 and do not understand or know about the importance of the US-Israel relationship.

Now think about the impact of 13,000 people descending on the nation’s capital from every corner of the US. Think about how important this gathering is to have the Vice President of the United States address this crowd. There were over 340 members of Congress at the Gala dinner (only 2 from Massachusetts). At last year’s event we heard from the Prime Minister of Israel, the Defense Minister, the Israeli Ambassador to the US, and many more. Repeatedly hearing and seeing standing ovations of 13,000 people is mind-blowing.

I want you to think about what is going on in the Middle East: Syria, Egypt, Iran, Iraq, Saudi Arabia, Hamas, Hezbollah, PLO, Palestinian Authority. AIPAC doesn’t care if you are a Democrat or Republican, Liberal or Conservative. The US needs Israel, Israel needs the US, and AIPAC is the means to keep that message going.

I am NOT asking you to donate money; I am not asking you to support AIPAC. I am asking you to join me, my brother, my daughter, son-in-law, my cousin and his daughter, and my friends that attended last year’s conference. Bring your spouses, brothers and sisters and especially your adult children to show support for strong US-Israel relations. If showing support is not your ‘thing,’ then I welcome you to at least come and drink, eat, and hang out with us. You will not be disappointed.

Sign up for this year’s conference at www.aipac.org/pc and below that is a link to highlights from last year. highlights/Best of: http://www.youtube.com/watch?v=KYGyJ2lJYVQ

Thank you,

Larry Groipen
Join Rabbi HaLevi and Shirat Hayam for the trip of a lifetime...

Israel ישראל

July 27 - August 7, 2014

The bus is half full!
Time to make your reservation...

If you are interested, contact Marla Gay at 781.599.8005 Ext. 27, or Email: Marla@ShiratHayam.org
Brotherhood

We delivered 230 meals to seniors on Christmas Day with over 30 volunteers from Shirat Hayam. Thank you to Max Sontz for coordinating this effort!

Our last Brotherhood meeting was well attended. We enjoyed great delicatessen. Thank you to Sam Denbo for bringing the schnapps.

Texas Hold ‘Em Poker Night was a huge success! There was a great turnout with lots of prizes and a good time, as always, was had by all. The next tournament will be in the spring. Congratulations to the winners: 1st: Neil Donnenfeld; 2nd: Richard Gindes; 3rd: Brian Cohen; 4th: Eli Sontz.

Join us:

**February 2 - World-Wide Wrap** - This starts at 9:00 am and will be a part of the morning Minyan. Come learn about Tefillin with Cantor Emil, and participate with thousands of others around the globe. Breakfast will be sponsored by the Brotherhood.

Planning is underway for the annual **CSH and Burt Shepard Scholarship Awards**. These are scholarships that we give out to high school seniors. All applicants must be members in good standing of CSH. More information will follow. Interviews will be held on Sunday, April 20, following morning Minyan. The Awards Breakfast will be on Sunday, May 18. If you wish to contribute, please make checks payable to The Burt Shepard Scholarship Fund. Every little bit helps! If you have not done so already, please contact us, ASAP, if you have an eligible high school senior.

The Brotherhood is always looking for great new ideas for our future programming. Don’t be shy. If you have a notion for a mitzvah or for a fun social event, please do not hesitate to contact us.

The next brotherhood meeting will be on Sunday morning, February 23rd following 9:00 minyan... yes, there will be breakfast!

Thank you,

*Brian Cohen, Brotherhood President*
DONATE
Your Clothing, Shoes and Linens

Donate, Recycle, Don’t Throw Away

All of the following can be donated in any condition as long as it’s clean and dry:

- Pants
- Shorts
- Shirts
- Pajamas
- T-Shirts
- Jerseys
- Sweatshirts
- Sweatpants
- Sweaters
- Jeans
- Dresses
- Skirts
- Coats
- Jackets / Suits
- Undergarments/bras
- Back packs
- Boots
- Shoes
- Slippers
- Belts
- Ties
- Purses
- Hats
- Socks
- Pillows
- Bedding: comforters, sheets, pillow cases, blankets
- Curtains/Draperies
- Table Linens
- Stuffed Animals

It’s not traC$H... for Shirat Hayam it’s caC$H!
100% of the proceeds benefit CSH.
Don’t throw away your clothing and textiles! Drop them off at CSH.
This is an easy fundraiser for CSH and it costs you nothing!

Thank you for your support.

Consult your tax professional for donation eligibility.
Tax receipts available.

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Wayne Trebbin
*Executive Committee

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February 2014

1 Saturday
Full Synaplex, Limud and Mini-Plex
10:45 am Magic Minyan

2 Sunday
9:00 am World Wide Wrap
3 Monday
7:20 pm Mahjong
4 Tuesday
4:00 pm Limud Tuesday
5 Wednesday
3:15 pm iShir
4:00 pm Limud Lab
7:30 pm Kol Ishah
6 Thursday
7:00 pm YAiSH Lounge®CSH
7:30 pm Healing, Hope & Renewal
7 Friday
6:00 pm Kabbalat Shabbat
8 Saturday
Full Synaplex, Limud and Mini-Plex
iShir participates
9 Sunday
10:30 am Baking with Bubbe
10 Monday
7:20 pm Mahjong
11 Tuesday
4:00 pm Limud Tuesday
12 Wednesday
3:15 pm iShir
4:00 pm Limud Lab
6:30 pm Jr. YAiSH Lounge ® CSH
13 Thursday
7:00 pm YAiSH Lounge®CSH
14 Friday
6:00 pm Musical Shabbat
15 Saturday
Full Synaplex, Camp Limud
16 Sunday

17 Monday
7:30 pm Book Club
7:20 pm Mahjong
18 Tuesday
NO Limud Tuesday
7:30 pm Board meeting
19 Wednesday
NO iShir
NO Limud Lab
7:30 pm Kol Ishah
20 Thursday
7:00 pm YAiSH Lounge®CSH
21 Friday
6:00 pm Shabbat Olam
22 Saturday
Full Synaplex and Mini-Plex
NO Limud
23 Monday
7:20 pm Mahjong
24 Tuesday
7:30 pm Ladies’ Program. “Eat, Drink and be Mindful” at the J
25 Wednesday
3:15 pm iShir
4:00 pm Limud Lab
7:30 pm Kol Ishah
26 Thursday
7:00 pm YAiSH Lounge®CSH
27 Friday
6:00 pm Musical Shabbat
28 Saturday
Full Synaplex and Mini-Plex
NO Limud
29 Sunday

To make your LEV contribution, visit: www.ShiratHayam.org/Lev or contact Marla Gay at: Marla@ShiratHayam.org or 781.599.8005, Ext. 27

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It’s simple...

Just click on the link on either our home page at:

www.shirathayam.org

or on the top of your weekly email!