We practice radical hospitality!

If you have given to Lev, our Annual Campaign, thank you.

We are more than half-way to reaching our goal of $250,000 by April 30.

Help us continue to provide the amazing services, programs and events CSH has become recognized for.

LEV Initiative
Give from Your Heart

Community Carnival
Purim!
at JCC - March 4

Purim!
at CSH - March 7
see page 4

CJE Passover
Candy Sale!!
Stop by for an order form. Lots of choices!!

Second Night Seder
at CSH, April 7

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Recently the Jewish Journal re-printed an article, originally run elsewhere, called “Dumbing Down Judaism” (you can find it at www.RabbiB.com).

It was a conversation with a Talmud professor of mine from Rabbinical School, Dr. Aryeh Cohen, in which he disparages current synagogue and Jewish institutional outreach, programming and education. In his estimation this is “dumbed down Judaism” or, as I’ve heard it called elsewhere, “Judaism-Lite”. Although Dr. Cohen and I have never spoken about CSH and our myriad of innovative and inspirational outreach, programmatic and educational initiatives - I’m certain that he would not approve (nor will he be writing a blurb on my upcoming book Ruakh: Reviving The Jewish Spirit, which I co-authored with Ellen Frankel and expect to be published with Jewish Lights Publications this spring).

Synaplex, Ruach Rally, Limud Shabbat (kids’ Synaplex), Scotch & Schmooze, Healing Havurah, Movies and Midrash, Tzofim (scouts), the Yoga Minyan, Sex In The Texts, Isha L’Isha: Women’s Rosh Chodesh Group, Magic Minyan, Simchat Shabbat, Renewal Minyan and on and on and on….. Suffice to say, Dr. Cohen will not be joining us in real time or on the Shulcast anytime soon. And that’s OK. It takes all kinds of Jews and all types of expressions of Judaism to create a vibrant, dynamic, sustainable and frankly authentic Judaism. I love that there are frum (traditional) shiblach (small, informal shuls). And I adore that there are massive, looming, formal Reform Temples - and everything in between. There is no one way to be Jewish, no one brand or practice or expression that trumps all. At CSH we set out to span the spectrum and if we had a frum crowd - and I look forward to the day we do - we would provide a place and space for them within our congregational family to be sure.

But the fact of the matter is that what CSH, and a handful of other Jewish congregations and institutions across the country, are doing is not “dumbing down” Judaism or making it Judaism-Lite. The truth - most Jews have walked away not from Judaism-Lite but Judaism-Heavy: heavy, Dark, Musty, Tired, Angry, Legalistic, Judgmental, Unwelcoming. The vast majority of Jews I know beyond the CSH walls have walked away, married out, formally converted or return out of coercion and under in-law duress twice a year max (and maybe a seder and one night of Chanukah thrown in for good measure). Many had three days a week, four days a week, five days a week Hebrew school. Many had Jewish day school educations. Almost all had regular synagogue attendance leading to a B’nai Mitzvah. Do a hand poll, take a head count, ask around or open your eyes and it’s clear, it didn’t work, they are nowhere to be found. Judaism-Heavy, not Judaism-Lite, is what drove away a generation, or two, or three of Jews.

So what is the answer? Not dumbed down, watered down Judaism-Lite. That’s not why we have hundreds joining us for a wild celebration of the soul every single Shabbat, or thousands more on line every single week. Jews will return, have returned, are returning in droves but not to “Judaism-Heavy” or “Judaism-Lite,” but rather “Judaism-Light,” - the light of spirit, joy, vibrancy, passion, creativity, hospitality and ruach.

It’s still about Torah. It’s still about Tefilah. It’s still about tradition. Come check out our newly inspired upcoming events: Shabbat Olam, Purim - American Idol Style or Second Night Pesach Jam Session and you’ll see that the values are the same, but the way we convey them must be modern, accessible, loving, inspired, vibrant and alive. This is not a marketing ploy. This is not about entertainment or Niellsonberg ratings. Synagogues and Jewish institutions are crumbling in the shadows of “we’ve always done it that way” or the abyss of “it’s their fault, the Jews in the Pews (or lack thereof) for not being interested in our services or joining our shul” that is casting the darkness upon our Jewish communities today.

It’s not about doing less. Rather, its about doing whatever we do and doing it with meaning.

It’s not about forgoing the tradition of always opting for the “spiritual.” Rather, it’s about finding the...
According to our tradition, our first born son does not belong to us unless he had been properly and legally attained.

A ceremony of Pidyon HaBen, or redemption of the first born son, is a mitzvah in Judaism whereby a Jewish first born son is redeemed by use of silver coins from his birth-state of sanctity. The redemption is attained by giving five silver coins to a Kohen.

The Shulkhan Arukh, the Laws of Ethics, states that when a Jewish woman gives birth to a “firstborn male” by natural means, then the child must be “redeemed”. The father of the child must “redeem” the child from a Kohen representing the original Temple priesthood, for the sum of five silver Shekels (here we use 5 silver dollars). The procedure does not apply when the father is a Kohen or Levite, and does not normally apply when the mother is the daughter of one. This redemption ceremony is performed when at least thirty days have passed since the child’s birth. If the 30th day falls on Shabbat or a festival, the redemption is delayed, because any sort of business transaction is not allowed.

In the traditional ceremony, the father brings the child to the Kohen and recites a formula, or responds to ritual questions, indicating that this is the Israelite mother’s firstborn son and he has come to redeem him as commanded in the Torah (Number 3:49). The Kohen asks the father which he would rather have, the child or the five silver shekels which he must pay. The father states that he prefers the child to the money, (I can already hear a parent saying: “Can I return him to the rightful owner”?) then he recites a blessing and hands over five silver coins (or an equivalent amount of total silver). The Kohen holds the coins over the child and declares that the redemption price is received and accepted in place of the child. He then blesses the child and returns him to the custody of his family. The ceremony traditionally takes place before a minyan of 10 men. There are traditions where the child is sometimes presented on a silver tray, surrounded by jewelry lent for the occasion by women in attendance. The event is followed by a Se’udat Mitzvah, a festive meal. Yes, there is a party!

This ceremony, Pidyon HaBen, is a relatively rare one. It is not performed if the first born is a girl, born by caesarian section, preceded by a miscarriage, or if either parent is a descendant of a Kohen or a Levi. It should be noted that if a first born son reaches bar mitzvah age without having been redeemed, he is responsible for this mitzvah himself as soon as possible.

It was also noted that in a recent ceremony in Brazil’s largest city has proved it’s never too late to pay your dues. Moishe Urmen, 67, Chaim Bramdes, 20, and Marcelo Stilman, 19, all stood in the synagogue at Beit Chabad Brooklin in S. Paulo to perform a ritual typically reserved for 30-day-old first born baby boys, a Pidyon HaBen.

L’Shalom,
Cantor Emil
“By the time a child is eight or nine, he has developed a passion for his own music that is even stronger than his passions for procrastination and weird clothes.”

- Bill Cosby -

I still remember each duet that my childhood cantor performed with his prized singers, note for note. My favorite one, “v’hu yashmienu,” came from Boro Park, Brooklyn, where my cantor grew up. I would return home each week from shul, lock myself in my room, and sing both parts of the duet, pretending to be both cantor and child soloist. Today, as a cantor myself, I continue the tradition of singing that duet, as well as other more contemporary melodies, with child soloists and kids’ choir. For those of you who attended our High Holy Day services this year, as well as our first Shabbat Olam service in December, you certainly remember the innocent yet soulful voice of our 6th grader, Livia Alperin. One of my greatest goals as a cantor is to pass on the inspiration and joy that I found in Jewish music as a child. And the best way I know to pass this on is exactly how it was passed on to me: by exposing these young singers to synagogue music and Jewish learning, through “performance.”

I have learned both from childhood and professional experience that through performance in synagogue, children develop a positive connection to shul and internalize the music and liturgy of our people. Moreover, they experience the “traditional service” in a thoroughly enjoyable way. They are not bored because they are actively engaged in the service in an artistic manner. From their perspectives, they are not “learning,” they are singing and having fun.

Last month, we began rehearsals of our new children’s choir, “iShir” (iSing). We had a great turn-out and we hope to have our debut during the mussaf service on Shabbat Shirah (February 4)! These kids have a tremendous love of music, and it pours out of them at every rehearsal. The choir is open to all children, grades 2-6, and it is never too late to join us; we meet every Wednesday from 3:30-4:30 in the sanctuary. The only thing your kids need to bring is their passion for music!

L’Shalom,

Cantor Elana

PURIM!

Calling all musicians, parody writers, singers, actors, dancers, tightrope walkers, etc… Talent needed for this year’s CSH Purim celebration, “Persia’s Got Talent!”

Create your own 3 minute version of a selection from the Purim story and share it with us on Purim, March 7. We are looking for all types of acts, open to all ages and all talents.

Check out the link on our website: http://www.shirathayam.org/article.aspx?id=94489280748 to see what’s available. If you need assistance with your act (music, writing, etc.), or would like to offer your assistance to a group,

Email me! CantorElana@ShiratHayam.org
Shabbat Olam

The community is invited to

Kabbalat Shabbat

featuring International Jewish Music

(no charge to attend service only)

followed by an

Italian Shabbat Dinner

Dinner - $18.00 a person/$10.00 kids under 10

at Shirat Hayam

Friday, February 3

Service begins at 6:00 pm

RSVP* for dinner by February 1 to: CSH@ShiratHayam.org
or 781.599.8005, or mail your check to CSH,
55 Atlantic Avenue, Swampscott 01907

You may also make your reservations online by clicking on the calendar link on the CSH website.

*Sorry, we are unable to accept walk-ins and payment at the door.

Partially funded from your heart by The Lev Initiative

Shabbat Around the World
You will notice a new page at the end of this edition of The WAVE titled “TEAM CSH”. When we started to gather all the names of those who are part of our team, it was really an eye-opener!! Over 100 people here, consider it their “job” to serve our CSH family in one way or another!! For some, it is their “day job” and they get paid to do it, but their passions far exceed their paycheck. Many of the names you see listed under Team CSH are volunteers who have their jobs and their lives to live but spend so much of their time, effort and passion here at CSH.

We decided that we would identify our Board of Directors, our Preschool and Hebrew School teachers and Madrichim and our Clergy and Staff as the general make-up of TEAM CSH. We want you to know who the leadership is here and who you can approach if you need help or direction in any way. We have an email for our Preschool, our Hebrew School, our Lay Leadership and for each member of our Staff. Please NEVER feel uncomfortable to reach out to anyone of these to voice your concerns or to say thank you. All emails will be directed to the relevant people, we promise you that. We also have set up a special confidential email address, TalkToUs@ShiratHayam.org, that will come directly to me. Share your thoughts with me about what we are doing right, what we need to do better, and what we should be doing, as well as any other issues you would like to address. This is a confidential email address and will go no further than you want it to…I give you my word.

But there are so many more of you that are on TEAM CSH...as Committee Chairs and members, event planners and workers, parents who help out at Hebrew School, Preschool or Daycare functions daily. Way too many to list…and THAT is a WONDERFUL problem to have!!

These are people who work so hard to make CSH a place of learning, socializing, and amazing spirituality. A place where our members want to be, not have to be. A place where we make new friends, experience Simchas and share in the exhilaration of our successes. A place where we come to find solace and the warmth of a hug from those who truly care about us and our family. A “safe haven” from the craziness of the world around us.

In most organizations, especially non-profit organizations, the 80%-20% rule usually applies to the group of people who are “active” within the organization. 20% are active and the other 80% are not!!! Let’s define active: moving about, working, busy - full of or involved in busy activity, doing something - carrying out, or able to carry out an action or process, having an effect, showing involvement or energy. Some adjectives of “active” are: lively, energetic, vigorous, dynamic, in force, functioning, effective, in action, involved, enthusiastic!! I think it is fair to say that we have MANY in our family, on our Staff, acting as our lay leaders, and volunteers that fit this description. These words also define who we are as a shul, from the perspective of the community at large as well as within.

Something tells us, this is very contagious and upon the next review, we will see even more involvement from our membership…YES, we will NEVER be satisfied!!!!!

Boston is very fortunate to have many winning sports teams that are “winners” in their sport. Why, as of this writing, we may be crowning yet another Super Bowl Champion (or not!!!). Well the North Shore has yet another Champion team they can be proud of...TEAM CSH…and there is room on our roster for you!!!

L’shalom,
Bob
Having served for eight months as co-chairs of the board of directors, we are constantly amazed at the wonderful changes that have been implemented at CSH since we began our term in May. We are very thankful to be working with a hard-working staff, gifted clergy, committed volunteers and a dedicated board of directors!

DID YOU KNOW: We have an exciting new children’s choir led by Cantor Elana?

DID YOU KNOW: Our membership committee has put together a series of Shabbat dinners for prospective new members and is creating a host family system for all our new or potential members?

DID YOU KNOW: Our expanded preschool/daycare program is bursting at the seams—our new infant daycare program is full and we have 34 more preschool children than we did last year?

DID YOU KNOW: We have a new education committee charged with overseeing and supporting our existing education programs and conceiving and implementing new programming for congregants of all ages and interests? If you are interested in working on school curriculum, evaluations and creating visionary lifelong education, please talk to CEO Bob Krentzman or education committee chair Howie Abrams about joining this committee.

DID YOU KNOW: We have a new monthly minyan program for our youngest children? (Requirement: you must be under the age of three and accompanied by an adult!)

DID YOU KNOW: We are now able to do our own in-house printing? Don’t you love the color we have added to our communications!

DID YOU KNOW: Our Lev program is year-round? We are still raising money toward reaching our $250,000.00 goal by April 30. Thanks to the generous support of our congregants, we are more than halfway to our annual goal. If you have not made your Lev donation, it is not too late!

DID YOU KNOW: Our synaguide program is up and running again? Each Shabbat, our synaguides greet everyone who passes through our doors and provides a welcoming dose of CSH radical hospitality. Thank you to Fran Levy-Frieman, who was our first synaguide this year. If you are interested in becoming a Shabbat Synaguide, please contact Susan Goldberg for more information.

DID YOU KNOW: Registration for preschool and summer camp has begun? Tell a friend about our wonderful school and summer camp. For applications, see our Preschool Director, Leslie Rooks Sack.

DID YOU KNOW: Shabbat Olam Italy is heading our way? Join us on February 3 for another musical night to remember.

DID YOU KNOW: The name of this incredible new bulletin “The WAVE” was the suggestion of our CJE Director, Jed Filler.

DID YOU KNOW: Together with Zuzzim, CSH is working on a business directory for our members?

DID YOU KNOW: The building’s heating and air conditioning systems are undergoing a major upgrade to ensure the comfort of everyone in the building?

DID YOU KNOW: Cantor Elana and Raphael have started a social group for 20 and 30-somethings? The kickoff event is cosmic bowling at Metro Bowl in Peabody followed by dinner at the Cantor’s house on Saturday, February 4.

DID YOU KNOW: Plans for the Purim and the Second Night Seder are well under way? Stay tuned for all the details you won’t want to miss.

DID YOU KNOW: Congregant Joel Langsam is starting a singles group for 40 and 50 somethings?

DID YOU KNOW: Congregant Betty Ross is getting a congregation wide recycling program off the ground?

DID YOU KNOW: Cantor Emil has been spotted around town with his car top down and it is February??!!!

DON’T YOU LOVE: CSH??!!!

Share your thoughts and ideas with us!

Melissa and Andy
Leslie Rooks Sack, Preschool Director
Registration is underway!

The Preschool children, their siblings and parents, and our teachers had a great time last month at our Preschool Family Pasta Night! Cantors Elana Rozenfeld and Emil Berkovits joined with the children as they began the night singing for their families, with Marcy Yellin leading with her beautiful voice and guitar. Rabbi HaLevi welcomed everyone and led us all in the motzi before we enjoyed yummy food, prepared by Chefs Custodian Robert Monegro and Barri Stein, Director of Events and Facility. Then everyone was entertained by an Irish Step Dancing Troupe, led by Pattie Hunter, which included Preschool alumnae Alice and Jane Michigan, daughters of Preschool Teacher and Shabbat Babysitter Alison Michigan. The night could not have been as successful as it was without all the behind-the-scenes help from Preschool moms Julie Berman, Jennifer Bookman, Randi Goodwin, Mikaela Levine and Rebecca Metaxatos and, of course, Custodian Gus Ventura.

February is here and with it brings lots of new learning fun for the children in our Preschool! This includes learning about the holiday of Tu B’Shevat, while we all read stories about trees, create tree projects, and sing about the important roles trees have in all our lives! Stop by to view the children’s creations! The children will be discussing the meaning of democracy and fairness as we celebrate Presidents’ Day. Preschool will join with CJE in a ‘Camp Fair’, to be held right in the CSH lobby on Saturday, February 11, beginning at 11:45 a.m. This is a wonderful opportunity to learn about various quality camping programs – both daytime and overnight – for children of all ages! We welcome parents and children to learn about our Preschool’s Summerthing day camp, with optional early morning hours, and continuing with our PlayCare program, offering daycare options from 7:30 a.m. - 6:00 p.m. daily, 5 days per week, for children 6 months – 7 years of age. It is amazing how our Preschool becomes transformed into a camp, loaded with innovative, weekly thematic activities.

If you happen to be in the building just before February vacation starts, you may very well see lots of sleepy children (and teachers!) as we all enjoy our annual February Pajama Day at School!

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 -
Hebrew with Rachel Jacobson -
Music with Dara Vanremoortel

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 Congregation members.

For more information about CSH PRESCHOOL, contact Leslie Rooks Sack, 781.598.3311, or email: Leslie@ShiratHayam.org
Jed Filler, MAJCS, Education Director
Shalom Chaverim:

Last week there was an article in the Jewish Journal written by David Suissa entitled “Dumbing Down Judaism.” In the article he asserts that we have misspent our community energy, priorities, and dollars to entertain and ‘bring back’ the unaffiliated Jews to our institutions. He says, “...by coddling and pandering to keep Jews from leaving the faith, we have trivialized our faith and turned it into fluff.” He points to examples like: “Not crazy about doing Shabbat? Come Friday night for a fabulous musical and social experience” and “never been to the Holy Land? …no problem … it’s your birthright and you can go for free.”

On the other hand, by ‘limiting’ Judaism to only those who can pass some arbitrary test of knowledge and/or practice ensures not only a significantly smaller number of Jews, but also the bleak future of a parade of successively smaller numbers of Jews, ending in our eventual extinction.

Those are some fairly harsh words on both sides of the argument!

But ahh – that sound of we Jews arguing with one another about who is the most authentic, or most watered down, or everything in-between feels familiar. It SHOULD be a comforting sound, since we have been doing it for five thousand years.

And that my friends is, I believe, one of the secrets to our longevity. No matter how many times and how many ways the demise of the Jewish people has been sought after by political and religious ‘leaders’ in the world, we have endured, and some say even flourished.

Judaism is the only faith that combines theology with nationality. It is the only religion which allows its members to doubt, and even dispute belief in God. You can’t be a Christian and an atheist, or a Muslim and an agnostic. Our primary texts (Torah, Bible, and Talmud) speak in fairly equal parts about instructions for religious worship and secular living.

Conversations about one are even interrupted by instructions about the other!

This duality is even contained within our own name – B’nai Yisrael. When Jacob changes his name to Yisrael it follows an entire evening of a struggle with an angel of God. When the angel blesses Jacob before departing, he tells Jacob that “you shall be called Yisrael, for you have struggled with man and God and prevailed.”

This struggle has been the key to our continued survival and encouraged us to evolve over time. Our continued struggle to understand the nature and relationship between ourselves, our fellow humans, and the divine, promote a self-renewing of our covenantal relationship with God and each other.

What’s the better course of action – creating a large number of Jews who don’t have a clue as to what being Jewish means, or limiting the number of Jews to a much smaller group of those who are super knowledgeable and observant?

I say neither is the better course – but instead believe deeply that what keeps us growing, breathing, learning, yearning, and connecting to one another and that which is greater than ourselves is the continuing conversations about what being a Jew should and/or does mean to each of us.

L’shalom,
Jed

Calling all Bubbes and Zadies! We need your loving and experienced hands and minds in our classrooms on Saturday mornings! If you would like to help out in our PK, K, and 1st grade classes, let us know! We need helping hands for projects, helping voices for stories, and helping hearts for everything! Let us know if you can join us!
Meet Our Teachers

Preschool
Cheryl Schwartz

My name is Cheryl Schwartz and I teach the “class in the library” at Shirat Hayam Preschool. In addition, I am the Judaic Coordinator (or the coordinator of all things Jewish!) for the Preschool, and I substitute teach and do “special events” for the Hebrew School! I am busy, and I love it!

I am a “townie”: I grew up in Swampscott and attended Temple Beth El. In fact, I met my husband, Arthur, when we were in Hebrew School together, on Breed Street in Lynn. (and yes, we were married at Temple Beth El!) I am a graduate of Lesley College, and have taught in public school, private Hebrew day school, and for over 25 years have been teaching at the preschool level, originally at Temple Beth El, then as teacher/director of Temple Israel’s Preschool, and now at Shirat Hayam. I am constantly taking courses given by Hebrew College, and love attending the CAJE conference in the summer -- a great way to connect with other Jewish preschool teachers.

I love my 5-year-olds! You will often find us deep in flour, either baking or making our own play dough; finger painting with shaving cream or chocolate pudding; or creating an edible sukkah or menorah or other yummy snack! The messier the project, the more I like it! The quiet of the classroom on Friday mornings, when the children are thinking about someone who will get their special Shabbat wishes, is my favorite part of the week. And the best part of my job? - when I get a bear hug, or a note that says “I love you.”

I have 3 (almost) grown children, Mark, Naomi and Scott, (all graduates of Temple Beth El Preschool) and they all live close enough to stop at the house for a bite to eat, to grab a cookie from the freezer, or to use the washing machine! When I am not planning school projects, I love to read, knit, bake cookies and go for long walks.

When you are in the building, be sure to stop in our classroom. We love visitors, and always have a “nosh” on hand for company (just like a good Jewish home!).

CJE
Jason P. Stark

I’m Jason P. Stark. I have been a member of the Jewish community of the North Shore my entire life. I grew up in Swampscott and was a member of Temple Beth El, which my grandparents, H. Henry and Margaret Stark (z”l) helped found. I became Bar Mitzvah and was active in USY during my teen years. I left the area to earn my Bachelor’s Degree in Behavioral Science and returned to complete my Master’s Degree in Education in 2005. During that time, my grandmother Margret fell and I moved home to help care for her. During college I walked away from actively participating in Judaism, but her death motivated me to return. Through Rabbi B, Cantor Emil and our CJE Director Jed Filler, I rediscovered my place in Judaism and became immersed in the Shirat Hayam culture. I help with Gabbai duties during Shabbat and frequently lead minyan. Most of you probably recognize me as the bassist in the Ruach Rally Band. Secularly, I teach United States and World History at the high school level.

My own personal journey influences my teaching of your children. In 6th grade, our content is Jewish History. I trace the evolution of Judaism from biblical times through the Shoah (Holocaust) and Israeli Independence. Instead of just a chronological series of facts, I attempt to get our students to understand their place in the current world (both secular and religious) with an appreciation for the journey of our ancestors and the path they have forged for us. I also teach our 7th grade B’nai Mitzvah class. While the chazzans work on their Hebrew, I teach issues of social justice and Judaism’s views on issues that these students will face in the world as adults. Some topics we cover are Animal Rights, The Death Penalty, General Ethics and Society and Bullying.

One of my favorite duties is working with the Madrechim. Our goal is to give the students some useful skills in whatever path they choose after they leave us and give them the opportunity to stay involved in Judaism and be role models for our younger students.
Events Calendar

February 5th – Snow Tubing at Amesbury Sports Park
February 19th – 24th – Habitat For Humanity, North Carolina
March 3rd – Improv Asylum
April – Date and Event to be confirmed
April 22nd – J-Serve
May 20th – Jam Space Beach Jam

Lounge Dates

February - 2, 9, 16 @ TEE
March - 1, 8, 15, 22, 29 @ CSH
April - 5, 12, 26 @ TEE
May - 3, 10, 17, 24, 31 @ CSH

Junior Lounge

February 7 @ TEE
March 6 @ CSH
April 3 @ TEE
May 1 @ CSH

SMARTY YAiSH (grades 8 & 9)

Summer trip to the UK

SMARTY YAiSH is inviting you to learn more about an upcoming trip to the UK for teens currently in grades 8 and 9.

We will be joining an Israeli teen group from Sderot (near the Gaza Strip) by attending a non-denominational Jewish summer camp run by the JLGB, an organization that I personally used to belong to.

We will then be joining our new Israeli friends as we see the Best of Britain, and spend 5 days touring London and the surrounding areas. The good news is that your teens will have an authentic tour guide. ME!

There will be an information session at Temple Emanu-El on Wednesday, February 1st from 7:00 - 8:00. (In the Fellowship Room) - open to all SMARTY YAiSH families.

As always, if you have any questions, please do not hesitate to ask.

Cheers

Darren Benedick
SMARTY YAiSH Youth Director
smartyyaish@gmail.com

Babysitters Wanted!

Congregation Shirat Hayam is creating a Babysitting Directory for parents, and we are looking for teens with babysitting experience. If your teen has previous experience as a babysitter, or is interested in getting some experience, then we are asking you to email smartyyaish@gmail.com with the following information, which will be made available to parents on a request basis:

Full Name, Age, Current Grade, Town, Cell Phone (or primary number, Teens email address (if checked), Driver’s License (yes or no), Current youth involvement, Babysitting experience (years and months), Babysitting age range, Availability (which days and which times), School vacation availability. Please also provide the name and contact information of a reference.
Marla Gay, Director
Ma Nishmah? What’s Happening?

Thank you! We received so much wonderful feedback about “The Wave.” Any criticism was truly constructive and helpful. This will always be a work in progress and I encourage you to let me know what we’re doing well and how we can improve.

We had some very successful programs last month with the Family Life Movies & Mexican Food and Yoga Havdallah. Book Club, Spirited Sisters, Rosh Hodesh, Mahjong and Brotherhood breakfast had their loyal attendees, and some new faces too. Zuzzim sponsored a networking event that will be the first of many.

February has exciting things to look forward to as well. Shabbat Olam, Simchat Shabbat, Baking with Bubbe, Magic Minyan, Lunch & Learn with a speaker from AIPAC, The Holiness of Bread, Movies & Midrash, Spirited Sisters, Rosh Hodesh, Book Club, Mahjong, Rabbi B teaching Torah Hub at the JCC, Bowling and dinner with Cantor Elana for those in their 20s and 30s (sadly, I passed that milestone a while ago..). All those things and Shabbat Synaplex™ weekly too. “How do we do it?” you ask. Easy. We have a fantastic team that makes these things happen and you all keep coming out! It never ceases to amaze me how all of our programs and events attract the most interesting people. You bring your energy, which rubs off on everyone involved. Last month, on Martin Luther King weekend, we thought it would be a quiet Shabbat. Boy, were we ever wrong. 250+ people showed up. Just amazing.

Are we doing too much? Absolutely not. We’re looking to do more. Planning for Educational Programs in the spring is under way. You might want to leave Thursday nights open so you don’t miss anything that we’re planning for you.

Please mark your calendars now for a few of the major events in March: March 4 is our community-wide Purim Carnival at the JCC; March 7 will be a fun night celebrating Purim at CSH. Adults and kids - get your costumes ready. There will be prizes for the best costume for a grown-up. March 9 and 10 is the CSH Shabbat Olam Shabbaton (see pages 18 and 19).

Thank you for supporting all of our services, programs and events. We do this for you. If you haven’t been here in a while, I just have one question... What are you waiting for? We’re waiting for YOU!

I look forward to seeing you soon.

L’hitraot,

Marla

PS - Did I ask you to save the date for our annual second night seder? April 7th - watch for more information coming soon! Bring your family here - why cook when you can dance?
Barri Stein, Director of Events and Facility

The Wave is an exciting new beginning for us here at Shirat Hayam. As the Director of Events and Facility at Congregation Shirat Hayam, I am the behind the scenes faceless person who most of you know only from my name on emails and from my New York accent on the phone answering machine. For those of you who I meet for the first time the reaction usually is, “So, you are a female!?” or “So, you are THE Barri Stein.” I am delighted to be able to share my job and my perspective with you via this new space in The Wave.

My path to my current position actually began with Temple Beth El, one of the two temples that merged to form Shirat Hayam. I started working in the office at Beth El in 1999 and was fortunate to continue working through the merger and now with Shirat Hayam. I was originally the Office Manager, and due to our incredible growth, my job became a bit more focused and I now have the title of Director of Events and Facility.

So, what exactly does that mean? To start with, I oversee any event from an outside party who rents our facility. For our members, I work with families and individuals (in conjunction with clergy) for lifecycle events, whether it is to celebrate or honor life. This includes baby namings (or bris), birthday celebrations, anniversaries, B’nai Mitzvah, AufRufs, Weddings, and even Funerals and Yahrzeit anniversaries. Also, I am privileged to be part of a phenomenal team here at Shirat Hayam that produces incredible programs and services.

I oversee both the Temple Beth El and Temple Israel sections of the Congregation Shirat Hayam Cemetery on Lowell Street in Peabody. We are very fortunate to have had adjacent properties before the merger, and now both sections have been joined. I can assist you with plot purchases, keeping your information current and grave maintenance.

Many of you are surprised to know that our Shabbat Café is prepared in-house. While I do oversee the menu, inventory and preparation of the meal, we couldn’t do what we do without the incredible volunteers and staff that we have as part of our Shirat Hayam family.

Also, as part of my job, I have been in charge of keeping the building in working order and, for those of you who come frequently, you know what a monumental task this is. You never know if you’ll need a winter coat or a bathing suit in the same day while attending our Shabbat services, but ultimately we hope to keep everything up and running.

Over the next few months, I will hope to inform you about what I/we do here and how your membership in Shirat Hayam entitles you to many wonderful privileges. Obviously, the more you share your life with us, the more we feel we are family. I look forward to working with you all. My job obviously crosses over many paths so I may still answer the phone when you call, or assist you in a variety other ways. Please call me or just say “hi” the next time I come out from “behind the scenes.”

Barri
Welcome to Shirat Hayam Family Life!

Chair: Mikaela Levine

Family Life activities are a wonderful way to meet other families with young children. We hope you will take advantage of some (or all!) of the great programs we are planning. If you would like to get involved or have any questions, please don’t hesitate to contact me!

Hope to see you soon ~

Mikaela Levine - familylife@shirathayam.org

Baking with Bubbe!

Join CSH Family Life Committee
Sunday, February 5, 10:30 am

Calling all bubbes! Calling all budding pastry chefs (age 8 and under)! Join us for our second annual Baking with Bubbes event! Grab your rolling pin and join us at Shirat Hayam for a sweet morning of baking homemade rugelach and braiding a traditional challah. 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 January 30th) would help us plan, walk-in bakers are welcome!

Also - Tu B’Shevat program for the big kids! See next page...

Family Life Programs!

Save these dates...

February 5, Sunday  Baking with Bubbe (kids under 8)
February 5, Sunday  Tu B’Shevat planting (kids 8-12)
February 10, Friday  Simchat Shabbat*
March 4, Sunday  Community Purim Carnival
March 16, Friday  Simchat Shabbat*
March 25, Sunday  Roller Skating (kids 8-12)
April 27, Friday  Simchat Shabbat Kibbutz Experience*
May 20, Sunday  Luau w/ Bonfire

*Todah Rabah... Thank you to Ariel Wallen and Robyn Mintzer for the wildly successful Movies & Mexican Program!

*All of our Simchat Shabbat programs will have a tikkun olam element.
Tu B’Shevat

For ages 8 - 12!!!!
Join us on Sunday,
February 5, 10:30 am
for an AWESOME
Tu B'Shevat experience!

Make your own JNF box; play Tu
B'Shevat Pictionary with your friends;
plant parsley (to be used at your family’s
Passover Seder!); relax with a short movie. We look forward to seeing you!!
(Parents are welcome to join us, but it is optional!)

Simchat Shabbat ~ Friday, February 10 at 6:00 pm
Birthday in a Box!

Come celebrate birthdays with us. We will have a Kabbalat
Shabbat service followed by pizza, cake and ice cream, and
perhaps a game or two!

This celebration is in honor of the Birthday Wishes program
(www.birthdaywishes.org), an organization that provides birthday
parties for homeless children.

Our goal is to create two birthday boxes providing a complete
party for two children. Let's do a sports theme for a 5 year old
boy and a princess theme for a 3 year old girl.

We need all of the items on the list below to complete the box. This list is in the Evite* from the Family Life
Committee. You can check there to see how much is still needed, or please bring unwrapped toys for children
under age 16 (gift cards to Target, gamestop, Old Navy are great too!)

Donations are not required for participation
*If you aren't on our Evite list, let us know and we’d love to add you! Email: FamilyLife@ShiratHayam.org.

Cake mix, Frosting, Disposable Cake pan, Box of Candles, Tablecloth, Paper Plates, Paper Napkins, Plastic
spoons or forks, Juice boxes (pack of 8), Package party hats, Decorations: streamers, balloons, blowers
Extra Fun Items: stickers, jewelry, card games, Birthday Gifts. (new, unused and unwrapped) 5 year old boy
Birthday Gifts. (new, unused and unwrapped) 3 year old girl
Shabbat Experience @ CSH

**Babysitting**

*Ages up to 4*

*Downstairs Playroom*

An adult must remain in the building.

*8:30 -11:50 am, weekly*

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

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**Limud Shabbat**

*Kids’ CJE Experience*

*Center for Education*

*Ages 4 and up*

*9:00 - noon weekly*

*Tzofim for CHA students, 10:00 am*

For a full schedule of Limud Shabbat activities, please contact Jed Filler, Education Director, at: CJE@ShiratHayam.org

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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>Tefillah Studio</td>
</tr>
<tr>
<td>8:45 - 9:50 am</td>
<td>Renewal</td>
<td>Rabbi HaLevi</td>
<td>Tefillah Studio</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Traditional Morning Shacharit</td>
<td>Cantor Berkovits</td>
<td>Sanctuary</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Torah Service</td>
<td>Rabbi HaLevi, Cantor Rozenfeld and Cantor Berkovits</td>
<td>Sanctuary</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Yoga Minyan</td>
<td>Ariel 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>Sanctuary</td>
</tr>
<tr>
<td>11:25 am</td>
<td>R³ - 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 - noon

**Ruach Rally**

Concluding prayers and Kiddush/Motzi

**Community Shabbat Café at noon**

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 Chapel 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’seukei 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.

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.

Tzofim - on Limud Shabbat days - for CHA students:

Designed as an Israel-based learning and experiential program, Tzofim meets on Shabbat from 10:00 am to noon. Students will participate in a variety of activities and subject areas, including Ulpan (spoken Hebrew), Israeli culture, Tefillah (prayer), and modern Israeli music and art.

Nosh and Drash

Pick up your “nosh” at the Boker Tov Café and enjoy a Torah study session in the social hall with the following guest scholars for February:

4 - Rabbi Howard Kosovske; 11 - Dr. Harvey Zarren; 18 and 25 - Rabbi Mark Golub

Service Schedule

Daily Minyan

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

Presidents’ Day - Regular minyan times

Shabbat

Friday evenings: 6:00 pm; Saturday mornings begin at 8:30 am (see Synaplex schedule)
Saturday evenings: 6:00 pm

Candle Lighting

February:

3 ...............4:41
10 ..............4:50
17 ..............4:59
24 .............5:08
Shabbat Olam

Shabbaton Weekend - March 9 & 10

featuring Serge Etele from Cameroon
in partnership with Kulanu

A weekend of music, prayer & education

~Friday, 6:00 pm - Shabbat Olam Service
   in conjunction with the Boston Jewish Music Festival
   followed by Shabbat Dinner with a taste of Cameroon
   $25/adult ~ $10/kids 10 and under
~Saturday at Shabbat Café - Speaker
   No charge, just introduce yourself!
   ~Saturday 7:00 pm - Havdallah, supper and
     multi-media presentation by Serge
     $18/adult ~ $8/kids 10 and under

Both, Friday night dinner and Saturday Havdallah
$40/adult ~ $15 kids 10 and under

Paid reservations must be received by March 5. We are unable to accept payment at the door.
Reservations may be made online at ShiratHayam.org beginning February 5.
Serge Etele is 31 and the spiritual leader of the vibrant emerging Jewish community of Beth Yeshourun in Saa, Cameroon, Central Africa.

Since 1998, Serge educated himself about Judaism, Hebrew language and Jewish liturgy online, and has been providing Judaism and Torah studies to his community, as well as Hebrew classes. In 2009, he managed to contact rabbis and Jewish organizations in Europe and America to pursue the community’s desire to become Jews and to explore conversion. He then discovered and contacted Kulanu and since then, Kulanu has been happy working with him and supporting his community. Rabbi Gerald and Rabbi Bonita Sussman came back from Cameroon last year very impressed by this amazing community.

Serge is an informatician; he maintains the two websites of his community (one in French and another in English). He also helps in maintaining Kulanu’s website.

Serge is also a farmer. He grows cocoa with his father.

He is also a human rights activist in his country and is the founder and president of a nonprofit human rights and educational organization called Elite Jeune Internationale (International Young Elite). Through this organization, which began in 2007, he created a program to teach human rights and tikkun olam values in schools. He is married and has one daughter.

After obtaining his Baccalaureate in Mathematics and Biology from the Classical High School of Abong-Mbang in eastern Cameroon, he devoted himself to earning various skills online in domains such as computing, human rights, Judaism and foreign languages (English, Hebrew), etc. Serge is the son of the head of the community and he dreams of becoming a rabbi to serve his community in Cameroon.

He also plays guitar and drums. He is excited to be visiting America and having the opportunity to speak about his community to American audiences and learning more about American Jewish education, and visiting diverse Jewish communities and institutions. This will be his first time visiting truly Jewish communities.

He is devoted to his community, trying to find ways for communal conversions of its members and also has a lot of ideas to enhance its economic development.

Serge Etele, Kulanu’s speaker, with his daughter.
Photo credit: Rabbi Bonita Sussman

Kulanu ~All Of Us~

Kulanu ("All of Us" in Hebrew), founded in 1994, is a non-profit organization which supports isolated and emerging Jewish communities around the world, many of whom have long been disconnected from the worldwide Jewish community.

Kulanu engages with these dispersed groups and individuals through networking and support. They raise awareness and support for emerging communities through education, research, and publications about their histories and traditions. Their connections help all of us enrich our Jewish lives.

Visit bostonjewishmusicfestival.org for more of the events taking place from March 1-11 throughout Greater Boston.
Condolences to

Tim and Debbie Gabe on the loss of Tim’s father, Dr. Jack J. Gabe, grandfather of Jenna and Mara Gabe

Bob and Jacqueline Myerson and Shirley and Joseph Kessler on the loss of Bob and Shirley’s brother-in-law, Al Levine

David and Michelle Myerson on the loss of David’s uncle, Al Levine

Refuah Sh’lemah
- Get well to

Boris Richman, Bernie Siskind, Faylyn Levine, Sidney Strome, Carolyn Friedman

Donations

RABBI’S DISCRETIONARY FUND

With great appreciation and gratitude for the gentle, caring support of Rabbi B
by Marjorie, Randy, Phyllis and Stanley Patkin

In memory of Valerie Gilbert’s mother, Belle Gerber
In honor of Alan and Valerie Gilbert’s daughter, Sari’s marriage to Billy Rudolph
by The Turkanis family

In appreciation of Rabbi HaLevi’s caring
by Joan Garfield

In memory of:
Father, Saul Kauder
Mother, Rosalind Kauder
by David Kauder

Sister-in-law, Bernice Theran
by Harriet and Fred Abel

Mother, Bess Morris
Brother, Bernard Morris
by Faylyn Levine

CANTOR ELANA’S DISCRETIONARY FUND

In celebration of Mark Levy adopting Rachel Kidd Levy and Dylan Levy
by Marla Levy

CANTOR EMIL’S DISCRETIONARY FUND

Get well wishes to Sidney Strome
by Madeline Stark and Family

In honor of Cantor Emil, thank you for the Aliyahs
by Natalie White

In memory of Pauline Orloff’s sister, Marietta Weiner
by Phil and Elaine Sevinor

In memory of:
Sister, Esther Lubell
Mother, Dora Freedman
by Elaine Sevinor

CSH PRESCHOOL FUND

In honor of Sari Gilbert’s wedding
by Joel and Barbara Levine

In memory of Sam Denbo’s brother, Eugene
by Beverly A. Kahn and family

In memory of Valerie Gilbert’s mother, Belle Gerber
by Shari and Al Losano; Beverly A. Kahn and family

In honor of the wedding of Valerie and Alan Gilbert’s daughter, Sari to Billy Rudolph
by Jim and Helaine Hazlett

In memory of Jessica Chaffin’s mother, Peggy Chaffin
In memory of Karen Rivers’ son, Stephen Corelle
by Beverly A. Kahn and Family

In memory of:
Grandfather, Louis Lipsky
by Beverly Kahn

CENTER FOR JEWISH EDUCATION FUND

In honor of Rand and Arnold Bergman’s daughters’ engagements, Shira Bergman to Michael Cohen and Devra Bergman to Bradley Posner
by Helaine and Harvey Cotton

GENERAL FUND

In memory of Sylvia Gelb
by Elise and Richard Rothbard

Thank you to CSH for accommodating us on Yom Kippur
by Marc and Rhea Levin

In honor of Judy and Ira Rosenberg’s 50th Wedding Anniversary and Ira’s 75th birthday
by Roz and Brian Moore, Anne and Bob Selby and Harriett and Ralph Kaplan
<table>
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<tr>
<th>MINYAN FUND</th>
<th>KIDDUSH FUND</th>
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<tr>
<td>In memory of Richard Gelb’s parents, Harry and Sylvia Gelb by Alice and Charles Leidner</td>
<td>In memory of Richard Gelb’s parents, Sylvia and Harold Gelb by Valerie and Alan Gilbert; Bette and Dan Shoreman</td>
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<td>In memory of Selma Sherman by Norma Brooks</td>
<td>In memory of Robert Myerson’s sister, Elsie Pastan by Lois and Bobby Kaplan</td>
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<td>A donation has been made by Jay Epstein and Stephanie Simon</td>
<td>Get well wishes to Sidney Strome by Reggie and Lew Weinstein; Sy and Marilyn Fishman</td>
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<td>In honor of Toby and Carl Sloane for their recognition by Israel Bonds by Nancy and Herb Miller</td>
<td>In honor of my sister, Miriam Ostrovitz’s birthday by Harriet Sussman</td>
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<td>In honor of Cantor Elana Rozenfeld’s new home Get well wishes to Sidney Strome by Natalie White; Murray and Jill Goodman</td>
<td>In memory of Valerie Gilbert’s mother, Belle Gerber by Gavin Mitchell Lepler; Harriett and Ralph Kaplan</td>
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<td>In honor of Madeline Stark’s new granddaughter, Avery Margret Stark by Norman and Sylvia Revman; Murray and Jill Goodman</td>
<td>In memory of Anita Tevrow, to the Andler Family by Harriett and Ralph Kaplan</td>
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<td>In memory of Eugene Denbo, brother of Sam Denbo by Sandy and Carl Shalit; Murray and Jill Goodman</td>
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<td>In memory of Marilyn and Sonny Stoll’s very special birthdays by Helaine and Harvey Cotton</td>
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<td>In honor of Lou Rudolph’s special birthday by Harriett and Ralph Kaplan</td>
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<td>Mother, Gail Silverman by Marc Alperin</td>
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<td>Granddaughter, Marissa Broady by Louise Chudnofsky</td>
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<td>Father, Mark Solov by Frances Solov</td>
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<td>Aunt, Ida Goldstein by Myra Gulko</td>
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<td>Father-in-law, Benjamin Tenenbaum by Joann Tenenbaum</td>
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<td>Mother, Ida Woogmaster by Barbara Gilefsky</td>
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<td>Husband, Lester Harris by Mildred Harris</td>
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<td>Father, Joseph Rosenthal by Marla Belostock</td>
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<td>Aunt, Gertrude Gilberg by Mildred Finkle</td>
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<td>Father, Martin Liebman by Lois Kaplan</td>
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<td>Aunt, Sylvia Price by Merri Gordon</td>
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<td>Mother, Doris Abrams by Deanna Cooper</td>
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<td>Grandmother, Marguerite Michel by Albert Namias</td>
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<td>Mother, Esther Sandler by Beatrice Lipsky</td>
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<td>Brother, Gunther Kahn by Eric Kahn</td>
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<td>Mother, Shirley Cutler by Audrey Weinstein</td>
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<td>Sister, Jean Siegel by Edith Spector</td>
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<td>Father, Abraham Goodman by Murray Goodman</td>
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<td>Father, Samuel Barron by Ruth Lunder</td>
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<td>Mother, Anna Sandler First wife, Ruth Sandler by Arthur Sandler</td>
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<td>Father, Joseph Cohen by Sandra Osattin</td>
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<td>Husband, Joseph Bean by Marjorie Bean</td>
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In memory of:

Mother, Shirley Flanzbaum
  by Barbara Meyer

Mother-in-law, Wilma Alexander
  by Elizabeth Alexander Stevenson

Grandmother, Jenny Markowitz
  Cousin, Beth Berman
  by Marla Belostock

Father, Frank Stahl
  by Shirley Merken

Brother, Harold Barr
  by Grace Tutman

Sister, Helen Cohen
Brother, Allen Gam
  by Frances Gam

Father, Nathan Danberg
  by Sheila Taymore

Wife, Eunice Epstein
  by Arthur Epstein

Mother, Jeannette Schnelwar
  by Alan Schnelwar

Grandmother, Sadie Stockman
  by Phyllis Kaplan

Grandfather, Isaac Kaplan
  by Howard Kaplan

Husband, Bernard Hershberg
  by Beatrice Hershberg

Father, Harry Samuels
  by Helaine Bershad

Father, Henry Rosen
  Wife, Barbara Rosen
  by J. Myron Rosen

Mother, Sadie Rafey
  Sister-in-law, Dora Keay
  by Anita Rimer

Mother, Isabelle Ablow
  by Herbert Ablow

Uncle, Eli Gartz
  by Doris Hirsch

Father, Edward Bekritsky
  by Linda Siegel

Mother, Wilma Alexander
  by Susan Willis

Father-in-law, Louis Lipsky
  by Bernard Siskind

Mother, Ruth White
  by Dan White

Father, Louis Strome
  by Sidney Strome

Father, Arthur Itzkowitz
  by Doreen Godes

Brother, Alan Cashman

Grandmother, Beatrice Newman
  by Robert Cashman

Father, Jacob Sher
  by Richard Sher

Father, Jack Namias
  by Albert Namias

Husband, Harvey Litman

Mother, Celia Silverman
  by Diana Litman

Father, Samuel Ribok
  by Barbara Goldberg

Father, Morris Gould
  by Sylvia Brown

Father, Samuel White
  by Jerome White

CHESED FUND

In memory of Amy and Graham Tonkonogy’s mother and grandmother, Sybil Tonkonogy
  by Marla and Philip Gay and family

TORAH FUND

In memory of:

Sister, Judith Keisman
  by Frances Goldfield

Grandfather, Harry Osattin
  by Marion and Bob Garfinkel and family

HENRY MERKEN TALLIT MEMORIAL FUND

Get well wishes to Sidney Strome
  by Elaine Merken

HOWARD STEVEN FEFFER MEMORIAL SCHOLARSHIP FUND

Get well wishes to Sidney Strome
  by Elaine Merken

In memory of:

Father, Sidney Feffer
  by Mr. and Mrs. Lawrence Feffer

BLUESTEIN MEMORIAL ROSE GARDEN FUND

In memory of:

Father, Samuel Breitman
  by Evelyn Ginsburg

TIKVAH FUND

In memory of Bob and Jacqui Myerson’s sister, Elsie Pastan
  by Sidney and Beatrice Strome

In memory of Laura Kurzco’s father

Wishing Mimi Oliver a speedy recovery
  by Marcy and Ben Yellin

BURT SHEPARD SCHOLARSHIP FUND

A donation has been made by Jay Epstein and Stephanie Simon

In memory of Samuel Denbo’s brother, Eugene Denbo
Wishes for a speedy recovery to Sidney Strome

In memory of Valerie Gilbert’s mother, Belle Gerber

In honor of Arnold and Rand Bergman’s daughters’ engagements

In honor of the birth of Steve and Betty Ross’s granddaughter
  by Burt and Becky Shepard
PROGRAMMING
Michael and Kimberly Kramer
Arthur and Millie Oslon
Joan Garfield
Amanda Clayman and Thomas Levenberg
Paul and Beth Tassinari
David and Rori Brodsky
Phyllis Sagan
Marvin Cashman
Diana Litman
Joel and Stephanie Cohen
Amy and Nate Dalton
Steven and Cindy Bailen
Sandra Feinstein Yackolow
Heleene and David Fink
Andrew and Nancy Leader-Cramer
Zach and Allison Halpern
Rabbi Ken and Sue Weiss
Harvey and Helaine Cotton
Jerry and Lois Ogan
Herb and Nancy Miller
Harold and Carol Levin
CJE
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Mitchell and Leah Jacobson
Jed and Lisa Filler
MUSIC
Natalie White
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BABYSITTING
Andy and Melissa Caplan
SHABBAT CAFÉ
Shari Kane
Bette and Dan Shoreman
YOGA MINYAN
Bradley York
COUNCIL OF SAGES
Sherman and Norma Freedman
SHABBAT SYNAPLEX
Mark and Karen Meyer and family
Steven Levy
MAGIC MINYAN
Rebecca and Laura Brochstein
RENEWAL
Joyce Lew
TECHNOLOGY
Sandra and Arnold Shuman
PRESCHOOL
Gerald and Gail Gerson
December 15 - January 13
Kvelling... Family Announcements

Marion and Bob Garfinkel (left) celebrated their Fiftieth Wedding Anniversary at a surprise party with family and friends.

Adam Leventhal, PhD, grandson of Herbert and Eleanor Schultz, received an award from the American Psychological Association for the most outstanding young researcher in the field of psychopharmacology and substance abuse.

Mim Ostrovitz celebrated a special birthday

Selma Sherr celebrated a special birthday

Barbara and Ron Gilefsky’s daughter, Erica, is engaged to David Kyrouz

Jerry Zackin’s granddaughter, Katie Zackin, is engaged to Christian Skorik

Toby and Carl Sloane were honored by the State of Israel Bonds

Send us your simchas! With our new format, 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.

Magic Minyan

A new Shabbat Synaplex™ option for families with children up to 3 years of age Saturday, February 11

Once a month (to start), we will be offering a new program on Saturday mornings. It’s Magic Moments with Marcy - designed for Shabbat! How much better can it get? From 10:45 to 11:30 am, families with children 3 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!

Ila Sabino, Jessica Gelb, Laura Brochstein and Janna Schwartz
Shabbat Café Sponsors

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

Ralph and Harriett Kaplan in honor of their sixty-fourth wedding anniversary
Becky and Michael Voorwinde, Betty, Steve and Ilyse Ross in honor of the naming of their daughter, granddaughter and niece, Miriam Zahava Voorwinde
Jill and Murray Goodman in honor of Murray chanting Haftarah
Cindy and Steve Bailen in celebration of their daughter Kara’s tenth birthday
Madeline Stark in honor of the naming of her granddaughter, Avery Margret Stark

The Congregation Shirat Hayam Shabbat Café Fund helps support our Shabbat luncheons, and is a meaningful and thoughtful way to celebrate a simcha or honor, remember a loved one, or commemorate a yahrzeit. For information about sponsoring or co-sponsoring a Shabbat Café, please

Todah Rabah

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

Torah Readers: Diane Levin, Murray Goodman, Natalie White, Elaine Merken
Haftarah Chanters: Mark Korson, Murray Goodman, Howie Abrams, Bob Milamed

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

CSH Minyannaires

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


*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, especially in the winter months.

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.
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.

An Evening with Two Survivors of Genocide
Stephan Lewy, Holocaust Survivor and Liberator,
and Jasmine Cesic, Bosnia

Monday, March 12, 2012 (March 19 snow date) 6:30 - 8:00 P.M.
Temple Ner Tamid, Lowell St., Peabody, MA
Students in grades 7-12 are encouraged to attend with their parents.

Open to the Public
Reservations suggested. Please call 978-531-8288 or email holcoastctrbn@yahoo.com.

Sponsored by The Holocaust Center, Boston North Inc.
Hosted by Temple Ner Tamid and The Men’s Club

Isha L’Isha Women’s Rosh Hodesh Group

Join Cantor Elana Rozenfeld as we explore Abraham Joshua Heschel’s “The Sabbath.” We will discuss enriching the home Shabbat experience by connecting your own personal spirituality to Judaism.

This program is open to all women who share the desire to enrich their spiritual lives through study from a woman’s point of view.

For more information, please contact Barbara Sidman at: barbarasidman@comcast.net.

No prior Hebrew or Judaic knowledge required. All women are welcome.
Attend one, some or all on the following Tuesday evenings at 7:30 pm at Shirat Hayam:
February 21; March 27; April 17; May 22; June 19
B’ruchim HaBaim  
Welcome to the newest members of the Shirat Hayam family:

Rabbi Mark Golub
Eyal Oren and Heather Cerar
Asher & Leila
Suzanne and Nicholas Titus
Merissa, Brittney, Robert and Logan

CSH Book Club

7:30 pm on the following Monday evenings:

<table>
<thead>
<tr>
<th>Date</th>
<th>Book Title</th>
<th>Author</th>
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<tbody>
<tr>
<td>February 20</td>
<td>The Lacuna</td>
<td>by Barbara Kingsolver</td>
</tr>
<tr>
<td>March 19</td>
<td>Room</td>
<td>by Emma Donoghue</td>
</tr>
<tr>
<td>April 16</td>
<td>Three Weismans of Westport</td>
<td>by Cathleen Schine</td>
</tr>
<tr>
<td>May 21</td>
<td>Finding Nouf</td>
<td>by Zoe Ferraris</td>
</tr>
<tr>
<td>June 18</td>
<td>Invisible Wall</td>
<td>by Harry Bernstein</td>
</tr>
</tbody>
</table>

The CSH Book Club is open to the community - please join us.
For more information, email Becky Shepard at: shepardb@aol.com.

Spirited Sisters: Circle at the Sea

Come celebrate the joy of Judaism, and the soul connection and support of our sister seekers. Together we will share in spiritual conversation and exploration. We will sing, dance, study, observe, play and share from the heart as we touch into mystical, magical, meaningful women’s experiences and deep gifts of our foremothers.

The circle meets monthly and will be led by those of us who wish to share our gifts, talents and interests in this co-created gathering. You are invited to attend one or all. All women are welcome and no Hebrew is necessary.

On the following Sunday evenings, once a month - 7:00 to 9:00 pm at CSH: February 26 (new date); March 18; April 15; May 20; June 17

For more information, please contact: Mimi at: healthenergy@verizon.net or 781-631-0318.
Rabbi B, Judaism Light, continued from page 2...

intersection between tradition and spirit and living, parking ourselves at that crossroads.

Our people are lost in the dark and it is our job as Jewish leaders and professionals to throw open the curtains, dust off the lampshades and shine a spotlight onto authentic Judaism, inspirational Judaism, a Judaism of possibility, hope, optimism, fearlessness, joy and Ruakh. It’s not about Judaism-Lite, or Judaism-Heavy, but Judaism-Light.

Reclaim Judaism-Light, reclaim the Ruakh and you can be assured Jews will be inspired, our synagogues will thrive, our institutions will flourish and our people will daven, study, sing, dance, drum, chant and even Down Dog their way back home.

Chodesh Tov,
Rabbi B

Welcome...

The Shirat Hayam family would like to welcome Noah Hartman to the community. Noah will take over as Head of School at Cohen Hillel Academy in July 2012, succeeding Ken Shulman, who is retiring as Head of School.

Noah comes to Hillel Academy from the nationally renowned Doris and Alex Weber Jewish Community High School in Atlanta, GA, where he is currently Dean of Student Life and the Arts. Among his many accomplishments, Noah has led the development of experiential education at the Weber School, which exposes learners to real life applications of the information and concepts they study in the classroom. Noah brings his passion for excellence, innovative vision, strong leadership skills, and engaging personality to the North Shore where he will strive to make Hillel Academy the premier school in the Boston area.

“Nothen Hillel Academy exemplifies the best in education. In addition to its rigorous and challenging curriculum, Hillel encourages students to dream, to take risks, and to recognize learning as a lifelong pursuit,” said Hartman. “My goal is to ensure that we are the leader in defining excellence. We must provide our students with the skills and confidence to thrive wherever they go, work with other leaders to harness our potential as a community, and ensure a bright and successful Jewish future for our children. I am eager to build on the strong foundation established by Ken Schulman, and lead Hillel Academy forward in its next phase of growth.”

Noah received his MA in Education from New York University, a MA in Jewish Education from the Jewish Theological Seminary, and completed the prestigious Day School Leadership Training Institute fellowship program. In addition, Noah has enjoyed success as a classroom teacher in public and independent schools at the elementary, middle and high school levels, and is an avid musician. Noah and his wife, Anna, an award-winning early childhood educator in her own right, have two children, Josiah, 5, and Juniper, 3.
Shalom Yogis and Future Yogis-to-be!

It is with great excitement that I am writing our first yoga article for the Shirat Hayam Wave.

I have been asked many times, "Is yoga Jewish?" I thought this would be a good time to address how some integrate their Jewish practice with their yoga practice.

The following is an article by Rabbi Miryam Klotz. She is Director of Yoga and Lay Programs at the Institute for Jewish Spirituality and co-director and co-founder of the Yoga and Jewish Spirituality Teacher Training Institute at Elat Chayyim/Isabella Freedman Jewish Retreat Center. She is also a certified yoga instructor.

Asanas in the Service of Adonai by Rabbi Myriam Klotz (originally published in The Huffington Post, August 20, 2010).


Jewish Yoga sessions can be so profoundly healing and nourishing for a Jewish yogi. When we can hear sacred Jewish phrases or teachings offered just at those moments when we are most alive and attuned to the deeper strata of our cells and our souls, we can be stirred towards spiritual growth and transformation. I find that through practicing “asana” (Sanskrit word literally meaning “taking one’s seat”) one can open to “Adonai” (one of the many names of God, reflecting Awareness and Consciousness itself). When a Jewish insight is taught in the context of the deeply intentional, physical work of asana practice, a formerly abstract point can take on concrete meaning in a person’s life so that they can feel then connected Jewishly where before they had not. This often has impact beyond the yoga mat - how we treat our beloveds, our community members, our students and teachers, our friends. It just may help us be more effective in living our Jewish values in accordance with our deepest beliefs and desires.

Yoga is a means through which I can come to “sit in the House of God,” as it says in Psalm 27 (a psalm Jews recite daily during this month of Elul as we prepare for the New Year ahead). I know of no other way to “sit in the House of God” than to start with where I actually am and to pay attention. Cultivating this kind of awareness on the yoga mat is strengthened mightily when I can bring to my conscious intention that I desire as to “sit” not just with myself, but with God, in “God’s House.” That awareness stirs my soul to attention even as I am highly aware of the placement of the ankle bones and the inner arch of the feet in a simple seated pose. In this integrative kind of moment, “Asana” and “Adonai” reverberate in meaningful (if silent) discourse, albeit through simultaneous and different vernaculars. My own bodily experience and “language” is the site of that conversation.

“B’chol darechecha daeyhu,” “In all your ways, know God,” is a Jewish teaching highly valued in both religious and spiritual circles. It implies that for a person with spiritual or religious intention, every aspect of one’s life is an avenue through which one can wake up. Yoga master BKS Iyengar has written that through yoga you can wake up every cell of the body and that each cell carries within it vast intelligence. As one becomes through this physical practice more aware of and skillful at partnering with this sacred intelligence running through the body, one is in effect embodying a fuller actualization of the Jewish teaching, “In all your ways (not just some of them, some of the time, as codified in a way you are habituated to), know God.”

To be clear, Jewish Yoga does not take the place of Jewish practice as a whole nor of a steady diet of asana practice on the mat. But by practicing Jewish Yoga, some will experience the spiritual and religious depth of a child’s pose bowing gesture (a “prayer of the body”) on Yom Kippur as a meaningful way to pray. Or when one chants a Hebrew phrase on the yoga mat or sets an intention to place God before oneself (in one’s mind’s eye and in the cellular awareness running throughout the body) during an asana session, one’s yoga practice can become itself an expression of personal prayer that has not been experienced (yet?) in shul. These kinds of transformative experiences are shared by some, like myself, who find inspiration and strength for their Jewish lives through asana practice which is, yes, resonant with silent intimations and sometimes chanted declarations of “Adonai.”

If you have been wondering about the Yoga Minyan, come give it a try! We have all levels, beginners and advanced students. We have all age groups. All we ask is that you open your mind and breathe! Discover your Jewish neshama (soul) through a weekly Jewish body prayer we call yoga. It is a wonderful way to release stress and engage deeper in Shabbat.

Namaste, Ariela

Yoga with Ariela
**Lunch and Learn**
Saturday, February 11, following Shabbat Cafe

*The United States and Israel: Shared Values, Shared Vision*

The United States and Israel share an abiding friendship, grounded in our shared values as democracies and our shared vision for the future. Security, democracy, equality, liberty, peace—these are the values which have bound both nations and continue to be the ideals which unite them as allies.

You are cordially invited to attend an off-the-record lunch & learn with AIPAC Area Director Jacob Baime. Jacob will discuss the value of the U.S.-Israel relationship, present a Washington perspective on what is occurring in the Middle East, and evaluate the current state of U.S.-Israel relations. He will focus on Congress, the White House, and how pro-Israel Americans can keep Israel safe by participating in the American political process.

Baime serves as Area Director in AIPAC’s New England Region. He previously served as National Field Director in AIPAC’s Washington, D.C. headquarters. Named AIPAC Advocate of the Year in 2006, Jacob was AIPAC’s Campus Liaison at Brandeis University where he earned a B.A. in American Studies and History. Prior to joining AIPAC, Jacob held a number of professional and lay positions on local, state, and national political campaigns.

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**Need a ride to Logan?**

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If you are a CSH member and live in Lynn, Swampscott, Marblehead or Salem, call Don Hurwitz at 617.966.1611 for your 1-4 passenger ride to Logan. Please let Don know that you are a CSH member and notify him at least 24 hours in advance.
### 2012 Advertising Rates

**Congregation Shirat Hayam Wave**

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If you place a color ad (for the annual rate) before February 15, you will receive a 10% discount from the above prices. Contact Marla Gay at: 781.599.8005 or Marla@ShiratHayam.org
The Wave

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The Wave
Council of Sages
Marion Garfinkel, Chair

The Council of Sages are very busy making plans for the winter and spring. If you have any programming ideas, please let me know by contacting Marla at 781.599.8005 or Email: Marla@ShiratHayam.org.

Please join us for a planning meeting on one or all of the following dates. All meetings are at 10:00 am:

*Thursday, February 23 and Wednesday, April 11*

Marion

movies and midrash

with Rabbi B

Film TBA - will have a connection to Tu B’Shevat and nature...

*Thursday, February 9 at 11:30 am*

RSVP for lunch - 781.599.8005 or CSH@ShiratHayam.org
CJE Madrichim

Rosie Berman
Rebecca Fine
Ariel Friedman
Anna Godes
Gennifer Greenberg
Alexa Hamelburg
Leslie Hirshberg
Matt Jepsky
Michael Katzen
Ellyn Needel
Justyn Needel
Zack Michaels
Melissa Resnic

Brett Resnick
Jenna Resnick
Austin Sagan
Roie Shemesh
Jared Solomon
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Elizabeth Strager
Stephanie Strager
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Center for Jewish Education
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Direct Line: 781.346.6075
Jed Filler, Director of Education
jf@shirathayam.org
Ann Navon, CJE Program Coordinator
Ann@ShiratHayam.org

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Karynn Needel
Leslie Ogan
Ronald Pressman
Julie Sagan
Hal Schwartz
*Joseph Selby, Membership
Janet Weinstein-Zanger
Wendy Wicks
*Executive Committee
## What’s happening...

### February

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<td>Brotherhood Breakfast</td>
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<td>CIE Tuesday</td>
<td>3:30 PM</td>
<td>Ishir Kids Choir Practice</td>
<td>4:00 PM</td>
<td>CIE Lab</td>
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<td>7:30 PM</td>
<td>Isha L’Shana Rosh Hadesh Group</td>
<td>4:00 PM</td>
<td>CIE Lab</td>
<td>11:30 AM</td>
<td>Movies &amp; Mishloach Minyan with Rabbi B - RSVP</td>
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<td>CIE Tuesday with 7th Grade</td>
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<td>The Holiness of Bread</td>
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<td>7:00 PM</td>
<td>Spirited Sisters Circle</td>
<td>4:00 PM</td>
<td>CIE Tuesday with 7th Grade</td>
<td>4:00 PM</td>
<td>CIE Lab</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>7:30 PM</td>
<td>Board Meeting</td>
<td>7:30 PM</td>
<td>Kol Isha Women’s Choir Practice</td>
</tr>
</tbody>
</table>

To access the interactive CSH calendar online, visit: [www.ShiratHayam.org/connections/calendar.php](http://www.ShiratHayam.org/connections/calendar.php)
Why is a challah braided, round, and sometimes even baked with a key on it?
Would you like to become an expert on challah?
Would you like to learn how to make and bake the ultimate beautiful challah? Join us for

**The Holiness of Bread**

In this two session hands-on course, we will cover the fundamentals of challah, baking as a science, an art and a religious act.

Taught by our own resident expert bread-maker

**Rabbi Howard Kossove**

Wednesday evenings at CSH, February 8th and 15th
7:30 – 9:00 pm, $30.00 a person

Class is limited to 18 people, so enroll early for this exciting and fun experience!

CSH@ShiratHayam.org