We practice radical hospitality!

The Wave

Tired of singing the winter blues?

The Passover Blues are almost here.

Please join the Shirat Hayam family at the Fourth Annual Second Night Alternative* Passover Seder

led by Rabbi B & Cantor Emil featuring Saul Kaye
Jewish Blues Musician
details on page 5

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There's a new book headed to the marketplace by Dr. Ron Wolfson called, "Relational Judaism: Using the Power of Relationships to Transform the Jewish Community." Dr. Wolfson has been a mentor of mine for quite some time. He also wrote the foreword to Revolution of Jewish Spirit.

In his book, Dr. Wolfson's thesis is this:

People will come to synagogues, Jewish Community Centers, Jewish Federations, and other Jewish organizations for programs, but they will stay for relationships. Programs are wonderful opportunities for community members to gather, to celebrate, to learn. There is nothing "wrong" with programs; every organization has them. But, if the program designers have given no thought to how the experience will offer participants a deeper connection to each other, with the community, and with Judaism itself, then it will likely be another lovely evening, afternoon, or morning ... with little or no lasting impact.

It's not about programs.

It's not about marketing.

It's not about branding, labels, logos, clever titles, websites, or smartphone apps.

It's not even about institutions.

It's about relationships.

That's it. That's not only the subject of my Wave article for the month, perhaps every month, it sums up the calling of this synagogue. (As an aside, I recently gave a sermon on this, "Elevators & Going It Alone." It can be viewed/listened to at www.RabbiB.com.) We are called "Congregation" for this reason. Above all else we are a place for people to congregate, to join together, to be together and to grow in friendship, brother/sisterhood and loving community. The programs we offer, the services we provide, the technology, marketing, messaging - these are all a means, and only a means, to draw closer to family, to community and to God. "It's about relationships."

In the coming weeks we have very many holy days celebrations, simchas, exciting programs, important fundraisers and, of course, our weekly vibrant and inspirational Synaplex with more pathways to connect than ever before. You don't have to come to all of these. You don't have to connect in any particular way. All that matters is that you know this is here for you to connect. We simply want to connect with you and you with this community. No matter who you are (Jew, semi-Jew, non-Jew), no matter where you are (here in real time or at home, a "Jew in the virtual pew"), no matter when you come (just come for Shabbat lunch), all that we work for, hope for, long for is that you come, is that you connect, is that you feel like this is your congregation, this is your community, this is a place, the place, where you belong.

It's all about relationships.

If there is anything I/we can do to further this mission or help you connect, please don't hesitate to be in touch.

Chodesh Tov - Have A Wonderful Month,

Rabbi B

www.RabbiB.com

www.RevolutionOfJewishSpirit.com
In the past, we discussed many areas of rituals of the synagogue and some Jewish symbols. I would, now, like to touch on probably the most obvious in a synagogue service. I am referring to synagogue music. I, personally, cannot imagine having a service without music. It is like Laurel & Hardy or Martin & Lewis or Bagels & Lox. You know what I mean. They just belong together. I remember as a child singing in synagogue choirs we were introduced to cantorial compositions that remained with me for some six decades. Today in a modern congregation we would call that “old music”. I suppose some would also say opera is also “old music”. To me they are both “classical music”. As synagogues and communities change so does the music that becomes part of the “new”. It must change because people change. Reb Shlomo Carlebach, of blessed memory, was the pioneer of the “new”, followed very closely by Debbie Friedman, of blessed memory. These two giants showed the Jewish world that there are so many more ways to express yourself in a prayer. Not that it has never been done before them, but they did bring it front and center in our more modern and up-to-date services. Classical cantorial, as well as opera, are very much alive today, but not in our modern synagogue. They are found in concert halls and opera houses. Today, we have an endless number of composers who create synagogue music - myself included. Those who attend our Musical Kabbalat Shabbat service hear the works of the above mentioned almost exclusively. Are we better off with this new approach? Well, it is more simplified and certainly much more participatory by the congregation. Of course, if one does not attend too often, it really does not make a difference, does it! I do know one thing. Synagogue services and the entire ambiance become a “comfort zone” for those who attend fairly regularly. So, to anyone who has not been to our Musical Kabbalat Shabbat service, stop in. It is a wonderful way to begin Shabbat.

B’Shalom,

Cantor Emil

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**Fast of the Firstborn - Siyyum B’khorim**

Fast of the Firstborn is a unique fast day in Judaism which usually falls on the day before Passover. Usually, the fast is broken at a siyyum celebration (typically made at the conclusion of the morning services), which, according to prevailing custom, creates an atmosphere of rejoicing that overrides the requirement to continue the fast. Unlike most Jewish fast days, only firstborns are required to fast on the Fast of the Firstborn. According to tradition, if a firstborn does not attend a siyyum he/she is obliged to fast until the Seder.

This fast commemorates the salvation of the Israelite firstborns during the Plague of the Firstborn (according to the Book of Exodus, the tenth of the ten plagues wrought upon Ancient Egypt prior to the Exodus of the Children of Israel).

*This year the Fast of the Firstborn falls on Monday, March 25. Services will begin at 7:15 am and end the usual - 8:15 am. Siyyum to follow.*
"The God before whom my fathers Abraham and Isaac did walk, the God who hath been my shepherd all my life long unto this day, the angel who has redeemed me from all evil, bless the lads; and let my name be named in them, and the name of my fathers Abraham and Isaac; and let them grow into a multitude in the midst of the earth." (Genesis 48:15, said nightly in the bedtime shema)

As I write this article, I am preparing to have my first child, (as you read this, I hopefully have just had him!) and while my mind is filled with thoughts and blessings for this baby, I think of these words, bestowed by Jacob to his grandsons: Ephraim and Menashe.

In the beginning of the prayer, Jacob refers to God as his "shepherd," guiding him and protecting him all his life; he wishes the same treatment for his offspring. As a parent-to-be (while I am writing this), I relate perfectly to this idea. I live each day with gratitude for everything and everyone in my life, knowing very well that I, myself, could not have designed, or dreamt up my life and the world I live in. God, my shepherd, paves the way, and I try to follow.

In my opinion, no one is kept from "all harm" or "all evil," as the Hebrew words say, but if we take this description loosely, many of us can relate to it. We all have survived accidents, sickness, loss, etc... and we can only wish that level of protection for our children, for we know that as hard as we try, we cannot protect them from all of the dangers and disappointments in the world and in life.

Jacob then describes God as an angel who has kept him from all harm, much like the shepherd figure he had previously mentioned. In my opinion, no one is kept from "all harm" or "all evil," as the Hebrew words say, but if we take this description loosely, many of us can relate to it. We all have survived accidents, sickness, loss, etc... and we can only wish that level of protection for our children, for we know that as hard as we try, we cannot protect them from all of the dangers and disappointments in the world and in life.

Jacob asks God to bless these children, and to "let [his] name be named unto them." I read this as "let these children embrace my legacy" and he adds, "and the name of my forefathers: Abraham and Isaac." When we studied this text in our weekly Holy Shleppers class (Tuesdays at 7:30, all are welcome!), someone asked, "Why did Jacob say 'the name of my forefathers' and not 'the names of my forefathers,' since he is referring to two people?" Someone else in the class offered an excellent possibility. She said, "maybe the 'name' is a brand, a way of identifying ourselves." While I do not know the intention of this linguistic detail, I love this explanation.

As we teach our children Judaism, and we give them Jewish names at brises and baby namings, we are trying to provide them with a strong Jewish identity: the "brand" of Abraham, Isaac, Jacob, Sarah, Rivkah, Rachel and Leah. This blessing speaks to me both personally as a parent who wants the best for her child, and as a Jew, who wants her child to be grounded in our rich tradition, and to embrace the legacy of those who came before him.

Please feel free to learn this prayer, and to share it with your children and grandchildren at bedtime. If you are reading this article online, click on the recording to hear the melody. If you are reading this in hard copy, please refer to the online version for the recording, or call the office.

I am now beginning a two month maternity leave to take care of our new baby in the very beginning of his life. I will return in May and resume all of my regular activities. I will miss Congregation Shirat Hayam during these two months, but am relieved to know that you are in good hands. If you have any questions for me, please direct them to Cantor Emil, or Marylou at the front desk. See you in May!

L'hitraot,

Cantor Elana
Second Night Alternative* Seder
catered by Bruce Silverlieb, The Party Specialist -
wine, seder plates, gourmet food and... community.

Musical program provided by

Saul Kaye
Ruach guaranteed.

Tuesday evening,
March 26, at 6:00 pm

Congregation Shirat Hayam
55 Atlantic Avenue, Swampscott

*nothing like your Zaydie’s seder, unless, of course, it made you sing the blues...

Members (and their guests) $55/Adult ~ $25 /Kids ages 5 to 10 ~ Under 5, free
Non-members $65/Adult ~ $30/Kids ages 5 to 10 ~ Under 5, free

RSVP by March 11th. Reservations accepted on a space available basis.

Reservations may be made online or by returning the form below.

Yes! I/We look forward to the second night’s seder!
If you require a vegetarian meal, please let us know.

☐ADULT MEMBER* $55 X _____ (# OF TICKETS) = $_______   ☐KIDS AGES 5 - 10  $25 X _____ (# OF TICKETS) = $_______
☐ADULT NON-MEMBER $65 X ____ (# OF TICKETS) = $______ ☐KIDS AGES 5 - 10  $30 X _____ (# OF TICKETS) = $_______
☐UNDER 5 #_____(Please list ages)
☐CHECK ENCLOSED PAYABLE TO: CSH/SEDER   ☐PLEASE BILL MY CREDIT CARD (BELOW)
☐I/We would like to help underwrite the cost of the seder in the amount of $___________

Name  Please list all names included in this reservation.

Address

City State Zip

Phone Email Address

Card Number ☐Visa ☐AMEX ☐MC ☐Discover
Expiration: /__

Please return this form to: CSH Seder, 55 Atlantic Ave., Swampscott, MA 01907
*Guests of CSH members are at member rate. We will do our best to honor seating requests. Please inform us of any allergies.
Robert A. Krentzman, Chief Executive Officer

Are we giving you what you want?

As I enter into my 19th month here at CSH I have come to realize the challenge of balancing our programming calendar, in terms of accomplishing our 2 major initiatives...1) offering our ENTIRE congregation diverse, entertaining, educational and exciting programs, and 2) making sure that we are not producing programs that offer anything less than our full attention and commitment.

Our staff and lay leadership meet regularly to discuss what our programming will be, who they are targeted towards and what our expectations are from them. We want to make sure they are priced accordingly, to allow all that would like to attend, the opportunity to do so.

Neil Chayet, the Israeli Art Show, Saul Kaye concert, Joyful Noise with Joseph Firecrow, our Shabbat Olams, Family Life programs, Yoga Havdalah, Baking with Bubbe, our Second Night Seder (which is going to be AMAZING this year!!), Movies & Midrash, Magic Minyan, World Wide Wrap, The Israel Rally, Scotch and Shmooze, Summer by the Sea and all our “Holiday events”...to name but a few!!!

Are we giving you what YOU and YOUR FAMILY is looking for? Are we giving you a reason to come to CSH for more than our inspiring, inspirational and enriching spiritual experiences or our thought-provoking, challenging and stimulating educational programs? Are we offering you, your children, your grandchildren, the programs that get you excited to attend and be a part of? How do you feel after attending one of our programs? Did you enjoy the experience, the people, was the price worth the event...should it have been less...could it have been more?

We know that your family and personal time is very limited and very coveted. We know that “entertainment” dollars are budgeted very responsibly and with purpose and we know that CSH is but one of many options you have to spend that time and money on. If you come to CSH for a Saturday (or any) night program, we want it to be a special night out for you.

We are very comfortable in taking risks to offer you programs that are “outside the box”...not the “same ol’ same ol’ for instance... we are looking at transforming CSH into a music venue-coffee house for not only Jewish music and artists, but also for secular music. We are considering a “Speaker Series” project featuring interesting, informative and entertaining people and topics. But we also know that there are proven successes that need and will be annual because you expect them and look forward to them.

In the very near future we will be asking you to take a short survey with many of the questions posed above for you to respond to...we want your input...please take the time to respond and please share your valued thoughts, both positive and constructive. EVERY comment will be considered diligently.

Until then, always feel free to email me at Bob@ShiratHayam.org or call me at CSH 781-599-8005. I would love to talk with you in person as well.

We strive to make Congregation Shirat Hayam your hub for all things Jewish...spiritually, educationally and socially. We want you to come here because you want to, not have to. It shouldn’t matter how many times this week you were at CSH, so I do not want to go there for the Saturday night program. If this is a program you will enjoy, you will come to it...because you WANT to!!!

See you soon @ CSH,

Bob
Andy Caplan, CSH Board Chair

CJP is Coming to the North Shore

The Jewish Federation of the North Shore is merging with Combined Jewish Philanthropies. No longer will the North Shore have its own Federation. Instead, we will be part of a much larger agency based out of Boston.

What does the merger mean for us on the North Shore? How will CJP allocate resources on the North Shore? Will our agencies see increases or decreases in their allocations? These questions are on the minds of many of us in the North Shore Jewish community. No one can know for sure, and I have no inside information.

Based on a recent experience with a CJP program, however, the future looks bright. A leadership team from Shirat Hayam recently participated in a Leadership Development Institute (LDI) run by CJP. We were fortunate to be one of four synagogues selected for this program. Although the merger of CJP and Federation is not finalized, CJP proactively allowed Shirat Hayam, a North Shore synagogue, to participate in this valuable program. This, in and of itself, is a good sign.

The training was excellent. A skilled team of trainers led us through six sessions regarding change management. I and my lay leadership team and our clergy learned how to prepare mission and vision statements and how to lead the congregation to achieve the vision and mission. Although the sessions were focused on change in an educational context, the skills we received are generally applicable throughout the synagogue. I anticipate that our training in leadership and change management will serve us well as we build upon the many successes achieved by Shirat Hayam since its founding, and we strive toward new accomplishments.

CJP’s Leadership Development Institute training assures me that CJP has a lot to offer Shirat Hayam and the North Shore Jewish community. As such, I look forward to partnering with CJP post-merger.

We at Shirat Hayam certainly understand the benefits that can be generated by a merger of organizations. Based on our experience in successfully merging our predecessor synagogues to create Shirat Hayam, we know that we cannot passively sit back and assume that the merger will work. Our founders and congregants took an active part in creating Shirat Hayam. They worked tirelessly to achieve our vision of offering multiple pathways to authentic Judaism. Likewise, the merger of the Federation and CJP will work if we all step up, get involved, and help make the new organization a vibrant presence here on the North Shore, as well as throughout the Greater Boston area.

Andy
Leslie Rooks Sack, Preschool Director

The Preschool is quite busy learning and preparing for Passover. The teachers can’t wait to put on their annual Passover Skit for the children. The children will ‘clean chametz’ from their classrooms, and make lots of Passover table necessities to share at their own family and friend seders. Please check in with me and have a visit in our classrooms to see all the Passover decorations, and you will understand all the Passover learning the children will have been involved in.

Don’t forget about our Summerthing Camp program, with lots of options for days, times and interests for children from 3 months ~ 7 years old!

Check out the Summerthing Camp information on pages 22 and 23!

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.

Our Preschool’s own Marcy Yellin was recently selected to participate (again) in The National Songleader Boot Camp in St. Louis. She was a mentor to aspiring Jewish songleaders, as well as receiving special training in leadership roles, which included repertoire teaching, Shira (song) leading, and SLBC presentations. How lucky our children, teachers, clergy and congregation are to have such a knowledgeable and active Songleader like Marcy Yellin as part of our lives!

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 Vanreemoortel

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, 781.598.3311, or email: Leslie@ShiratHayam.org
Jed Filler, MAJCS, Education Director
Shalom Chaverim:

Last month, I promised to share some of the ways to concentrate on the mitzvah in b’nai mitzvah, when there are so many other 'urgent' things about the celebration demanding our attention.

The easiest way we found to keep balanced is to make and keep appointments with the Cantors, Rabbi and me for all the preparation work. That seems straightforward, or at least I always thought it was. After all, it is our job to help the students and their families navigate through the challenges and successfully celebrate this life-cycle event.

But I have discovered firsthand how important it is for my son to keep his appointments. It isn’t just for him, so he can practice and prepare, it is also for us. That was the surprise. It reminded us and kept us in the b’nai mitzvah ‘loop.’ Yes, it’s true; Cantor Emil had to remind me to practice with Aryeh as he prepared. Even a Jewish educator can get distracted! Making time to practice can also be a challenge - things are so busy that it often gets left to the end or pushed away by more pressing concerns. What has worked for us is a regular practice time for us - we have found that using the phone, and even better, skype, for 15 minutes at a time has really helped.

Another way to keep the balance between mitzvah and celebration is to incorporate different mitzvah projects, or aspects of a mitzvah project into the ceremony and celebration. We have done this in a few different ways (many other families have come up with more original ideas as well). Aryeh decided on his mitzvah project early on, and we shared that project with our family as we sent invitations. He will be volunteering time and purchasing supplies for the Northeast Animal Shelter. This is something he cares deeply about, and having adopted our dog from them, he is connected to this as a cause. We set up a ‘razoo’ website (www.razoo.com) to raise money in donations from friends and family, and he will be matching all the donations from his own resources, as well as purchasing supplies. These supplies will also be part of the celebration and will be used as the centerpieces. Many people have used donations as centerpieces, and this is a creative way to put the 'mitzvah' out in front.

Wearing kippot is a part of our minhag (tradition). There are as many types and options of kippot as you can imagine. A few years ago, one of our students became a Bar Mitzvah and supplied beautiful kippot from Guatemala. I thought these were wonderful and worked with Mayaworks (www.mayaworks.com) to get the same kippot which are certified ‘fair trade’ - investing and supporting opportunities for sustainability for marginalized producers and workers in some of the poorest parts of the world.

These are just a couple of our examples, and they are by no means more creative than those of many other families in our community and Jewish world. But they are the ones that are working for us. The most important thing families can do is to discover what works for them. "Putting God on the Guest List" written by Jeffrey K. Salkin is a great resource for B’nai Mitzvah families, as are our Rabbi, Cantors and staff.

I hope that you will consider joining our celebration as Aryeh becomes a Bar Mitzvah on March 23rd here at CSH. Invitation on page 15.

Jed
Meet Our Teachers

**Preschool**

**Sherri Carne**

Hello, my name is Sherri Carne. I co-teach the 3-year-olds with Erin Browning at Shirat Hayam Preschool. I spent most of my life growing up in Peabody, and that is where I now reside. I attended Temple Beth Shalom, where I became a Bat Mitzvah. I am married to my wonderful husband, David, and I am the mom of two adorable boys, Jacob, who is in the 1st grade, and Nathan who attends the 4-year-old class at the Preschool. I hold a degree in Early Childhood Education from North Shore Community College, and have also continued my training through various educational workshops, including inspirational Jewish teaching programs, sponsored by the Robert I. Lappin Charitable Foundation. I have taught preschool and was the Co-Director of a school-age program for over 20 years at the Peabody and Marblehead Jewish Community Centers.

I call our Shirat Hayam Preschool classroom the “Room 1 Family”. Why? Because we really are like a family – I love all the children that enter our room, I love laughing with them, giving lots of hugs, and watching them grow and change. Teaching is truly magical! It’s so rewarding when I see past students and they remember me and the wonderful time we had together in preschool.

When I’m not teaching I love spending time with my family, whether it is at one of my son’s sports games, or just going to the park, or engaging in my favorite pastime - shopping! The activity doesn’t matter - as long as we are together.

I am very lucky to be part of the fabulous team of teachers and administrators at Shirat Hayam Preschool. I am proud to call them “family”.

---

**CJE Josh Zeff, Madrich**

My name is Josh Zeff, and I am a senior at Marblehead High School. I have worked at the Hebrew School for five years as a Hebrew tutor and I enjoy working here because I love working with the children. Also, my work helps the students on their path to their B’nai Mitzvah, and helping them reach this goal seems more meaningful to me than working someplace else. I had fun working here for the past five years, and I’m going to be sad to leave at the end of this year.

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**Rebecca Fine, Madricha**

Hi, my name is Rebecca Fine. I am currently a senior at Swampscott High School and I have been a madricha at Shirat Hayam for three years. My love for children, as well as my Jewish pride, led me to this position as a madricha. Education has always been very important to me and I feel very strongly that every child deserves the opportunity to learn and attend Hebrew School. When I began, I was unaware how rewarding this experience could be. I greatly enjoy watching the children learning about their religion, as well as teaching them to appreciate how special it is to be Jewish. Judaism is very prevalent in my life and I hope to influence the way the students view their religion. Additionally, I feel that I am more than just a teacher. I aim to form personal relationships with each of the children, hoping that I can serve as a positive role model in their lives. Working here has given me the opportunity to give back to my community, which has been a very fulfilling experience.

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I hope everyone had a great February vacation! For those of you who joined us for Fourth & Fifth Grade Day, the Purim celebrations, and/or Roller Skating, it was great seeing you all, and I can’t wait to see you again at our upcoming events! Check out what he have this month here…

Rich Gordon
smartyyaish@gmail.com
781-346-4045

Schedule of Events:

SMARTY YAISH - 8th-12th graders

All March Lounges from 7-9 pm at Congregation Shirat Hayam

Saturday-Sunday, March 2-3 – Loon Mountain overnight trip
Thursday, March 7 - Lounge
Thursday, March 14 – Lounge
Friday, March 15 - Friday night dinner, 6 pm, FREE. Hosted at the home of Bruce and Lori Ehrlich, parents of Jamie Ehrlich, 46 Gerald Road, Marblehead.
Monday, March 18 – Torah Hub for Teens, FREE including dinner, bus leaves from JCC at 5 pm.
Thursday, March 21 – Lounge
Thursday, March 28 – Lounge
Thursday, April 4 – Volunteering at My Brother’s Table, meet at TEE at 4 pm for carpool. If interested, you MUST notify Rich in advance at smartyyaish@gmail.com or 781-346-4045, space is limited. All volunteers are invited to stay for Lounge Night following at TEE.

Junior SMARTY YAISH - 6th-8th graders

Saturday-Sunday, March 2-3 – Loon Mountain overnight trip (8th grade & up)
Wednesday, March 6 – Jr. Lounge, 6:30-8:30 pm, Congregation Shirat Hayam
Sunday, March 10 – Mall Scavenger Hunt, 12-2 pm, Northshore Mall, Peabody. Subject to change.
Monday, March 18 – Torah Hub for Teens, FREE including dinner, bus leaves from JCC at 5 pm. (8th grade & up)
Wednesday, April 3 – Jr. Lounge, 6:30-8:30 pm, Temple Emanu-El
Thursday, April 4 – Volunteering at My Brother’s Table, meet at TEE at 4 pm for carpool. If interested, you MUST notify Rich in advance at smartyyaish@gmail.com or 781-346-4045, space is limited. All volunteers are invited to stay for Lounge Night following at TEE.
Marla Gay, Director

Ma Nishmah? What’s Happening?

Personally, I’d like to have a chat with that groundhog! An early spring - ha! With all the snow on the ground it’s hard to believe we’re planning for Passover. We have an amazing second seder planned for you. If you haven’t been before, now is the time to try it. You should have received your invitation. RSVP... ASAP!

On April 11, we are hosting the North Shore Celebrates Israel65 Event here at CSH. There will be a winetasting, Israeli food tasting and an amazing speaker. If you are able to help with the shopping, food prep or set up, please let me know.

As part of the Israel at 65 celebrations, we are creating a virtual time capsule and asking everyone in the community who has had an Israel experience to share a bit of their story. How do you connect to Israel? Email your stories to northshoresrael65@gmail.com. Share a story, event, picture or a sentence or two. Be a part of the North Shore Israel connection!

L’hitraot,

Marla

CONNECTING THOSE WHO SERVE AND THOSE WHO SUPPORT

The Lone Soldier Project of The Israel Forever Foundation works to inform and spread awareness of Lone Soldiers and the sacrifices they make to defend Israel.

www.thelonesoldierproject.com

DONATE your books & magazines to LONE SOLDIERS in the ISRAEL DEFENSE FORCES

Send your used books, magazines or journals to: The Israel Forever Foundation PO Box 153, Nes Harim ISRAEL 99885 For More information, contact us! anat@israelforever.org

There will be a box in the Shirat Hayam lobby to collect your gently used books, or you can send directly to address on left.

Donations to cover shipping costs will be appreciated.
Barri Stein, Director

For those joining us on Shabbat, our Synaplex works like a well-oiled machine. All the parts working miraculously together like a musical. I thought this month I’d give you a little perspective from my point of view on what it takes to pull off this approximately 4 hours each week with nothing major happening. This list certainly doesn’t even include the prep time by EACH clergy for prayers, Rabbi B’s talk, CJE planning and teacher lesson plans, Shulcasting, Ruach Rally Band and iShir weekly rehearsals, Babysitting, Yoga, Synaguide scheduling, Magic Minyan and Hazan Katan prep and Nosh and Drash teacher planning.

Info is gathered for the Shabbat flyer, it is proofed and copied and folded

Shabbat handout is copied

Custodial help is confirmed

Sanctuary is cleaned and reset for early morning mystic minyan

Social Hall is setup for guesstimated numbers (we really do just guess at how many will show up!)

Nosh and Drash is set up in the Social Hall

Entire Preschool wing is cleaned following the last class on Friday at 6 pm and reset for CJE (different tables and chairs and floor plans) based on a detailed plan

Announcements, Mishebayrach list, Yahrzeit list, Gabbai list and Shloshim list are updated and in place

Front and back doors are cleaned

Tallitot are folded, Flyers and Handouts are replenished and organized

Grape juice is replenished

If needed, Hebrew names for simchas are provided

Front lobby signage is compiled and posted

Food, that has been shopped for earlier in the week, is prepped

1-6 volunteers, in addition to 4-5 staff, partake in Shabbat Cafe prep each week

For an average Shabbat Café of 200 people with a BASIC menu...

15 dozen eggs are cooked and peeled (by hand) and chopped (by hand); 5 cans of tuna (4.4 lbs each) are prepared; Bimah challah and approx. 12 dozen bagels are ordered; 9 lbs. of cream cheese are mixed; 30 tomatoes are sliced; 12 large cucumbers are peeled and sliced; 10 red peppers are sliced; 6 red onions are tearfully sliced; ends of vegetables are sliced for salad; 5 dozen leftover bagels are sliced (by machine) and seasoned by hand for bagel chips; Granola is made in house; 150 chocolate chip cookies are baked; 5 pineapples, 4 cantaloupes, 4 honey dew are sliced, 6 lbs. grapes cleaned and cut; 5 lbs. of strawberries are cut in small pieces for yogurt; 6 lbs. of strawberries are prepped for fruit; large bowl of fruit salad is prepared and pastries are cut for Boker Tov Café; as of recently, foods normally disposed of are readied for CJE to put in Compost

And this doesn’t even include the early morning prep and cleanup done on Saturday following Friday night shabbat services, additional Shabbat Café food prep, CJE breakfast and setup and switching over the Sanctuary, Social Hall, Chapel and Preschool wing for each Synaplex offering. Oy. We hope you thoroughly enjoy your morning with us and have a better understanding of what all the staff do here on Fridays to prepare for Shabbat.

See you on Shabbat,

Barri
Shalom.

Thank you to everyone who has responded so generously to the annual LEV campaign. Your support helps us continue our vibrant programming, services and events. If you did not make your gift at the end of the year, there’s still time! Our annual campaign runs through April 30th!

Every gift is important and meaningful, regardless of the size. We hope that you will speak with your heart and make as generous a donation as you can to Shirat Hayam. You will be doing a mitzvah – practicing lovingkindness – love from the heart – love from the LEV. For that, and for your participation in the life of our Jewish community, we thank you.

With warmest regards,

Melissa       David

Melissa Kaplowitch and David Rosenberg, LEV Co-Chairs

You may also call CEO Bob Krentzman or Director of Congregational Life Marla Gay for assistance.

---

We have until April 30th to reach our goal.
Please consider a gift to LEV.
Give from your heart.

Thank you to the following donors:

**LEV INITIATIVE**

- Nancy and Herb Miller
  In honor of Ralph and Harriett Kaplan’s 65th Wedding Anniversary
  by Harold and Janice Cohen

- In memory of Ruth Rooks’s mother, Anne Kemelman
- In memory of Harriet Diamond
  by Jill and Murray Goodman

**SPIRITUAL PROGRAMMING**

- Christine Koretz
Gan Shirat Hayam

Shalom future Shirat Hayam Gardeners!

We had a vision, and now we are creating a wonderful reality! Our vision was to build a community garden and bring toddlers, sages, and everyone in between, together, to help our garden grow. We had a successful meeting on Tu B’Shevat to gather volunteers together and discuss our future plans to build a successful garden.

We hope you can join us on this exciting project. We are looking for volunteers to plant, build and maintain the garden. There is no experience necessary; only a desire and enthusiasm to create community and educate our children in Jewish gardening.

Jewish gardening is built on the idea that God is a partner with us as we grow our food naturally from the soil. Jewish gardening is a wonderful way to be outside in nature, and connect to the elements. It is also a wonderful way to invigorate our neshomot, our souls: to bring together food from the land, teach others, and join together is truly a holy moment.

We hope that, if you feel inspired, you will consider helping us build our community through Jewish gardening. We are seeking donations to help lower the costs of materials, soil, seeds and fencing, if needed.

B’Shalom,

Ariela Halevi and Jill Goodman, Co-chairs
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 that parents may attend services.

**Limud Shabbat**

*Kids’ CJE Experience*  
Center for Jewish Education  
Ages 4 and up  
9:00 - noon weekly (except Camp Limud days - see CJE schedule)  
*Tzofim for CHA students, 10:00 am*

For a full schedule of Limud 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>Sanctuary</td>
</tr>
<tr>
<td>8:45 - 9:50 am</td>
<td>Renewal Minyan</td>
<td>Rabbi HaLevi 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, and Cantor Berkovits</td>
<td>Sanctuary</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>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>

Cantor Elana will be on maternity leave in March and April.

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**For Everyone - Main Sanctuary**

11:45 am - noon  
**Ruach Rally**

Concluding prayers and Kiddush/Motzi  

**Community Shabbat Cafe at noon**

12:15 pm - Kids’ Kehilla Lounge (see page 26)  
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'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.

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 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.

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.

Magic Minyan and Hazzan Katan 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 and Hazzan Katan with Cantor Elana is on the fourth Saturday for preschoolers and younger.

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 March:

2 - Jed Filler; 9 - Noah Hartman*;
16 - Rabbi Ken Weiss; 23 - Dr. Harvey Zarren

*N Noah is Head of School at Cohen Hillel Academy. This will be his first time “Noshing & Drashing” with CSH.

Service Schedule

Daily Minyan

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

Passover service schedule on page 28

Shabbat

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

Candle Lighting

March:

1 - 5:15; 8 - 5:23; 15 - 6:31;
22 - 6:39; 25 - 6:43*; 29 - 6:47;
31 - 6:50*

*Passover candle lighting
Brotherhood started off the month with our first World Wide Wrap on Sunday, February 3. Several men and women joined us as we wrapped tefillin – along with hundreds of other men’s clubs around the world. Cantor Emil, Rabbi HaLevi, and Rabbi Kosovske were on hand to teach the many newcomers, as well as those who were a little out of practice, how to perform the mitzvah. During the morning service, Rabbi B taught us about the history and significance of tefillin, and answered several questions from the enthusiastic crowd. The morning ended with a delicious breakfast prepared by our own Gary Insuik.

Next up was our now-famous Texas Hold ‘em Poker Night on Wednesday, February 6, coordinated by Max Sontz and Brian Cohen. Brotherhood debuted our brand new official poker chips, complete with CSH logo. Participants enjoyed an assortment of drinks, thanks to the generosity of Kappy’s, and a delicious deli buffet from Larry Levine’s. The night’s big winners were: Martin Orloff (1st), Cy Fishman (2nd), and Lew Weinstein (3rd), and special reward to Burt Shepard for eliminating the most players.

Our Scholarship Committee is preparing for Brotherhood’s annual Senior Scholarship Awards. If you have a student that is graduating from high school, and is matriculating on to college, then please let us know so we can get you an application. We are looking for people to help us with the process. Let us know if you would like to be involved.

Spring is coming soon, and with it we are preparing a community garden at CSH, along with the cooperation of several committees and active members from our congregation. We have opportunities for all ages to get involved, from planting seeds to constructing plant beds, and everything in between.

Finally, join us for breakfast and our monthly Brotherhood planning meeting on Sunday, March 10, at 9:30 am. Or come for minyan at 9:00 am and stay for the meeting.

To keep up with the latest Brotherhood news and events: like us at www.facebook.com/cshbrotherhood and/or send an email to cshbrotherhood@gmail.com to join our mailing list.

Kol Tuv,

Joe Simons, President

Brian Cohen, Vice President
CAMP OUT

Join us in the CSH lobby

Saturday, March 2
between 11:00 am and noon

Many area camps will be showcased. Some representatives will be available to answer your questions.

Learn about your summer options!

Day Camp ~ Overnight Camp ~ ~ Other programs ~

Greg Coles Joins Renewal

Greg will be joining the CSH Renewal service with Rabbi B during Cantor Elana’s maternity leave. If you haven’t heard Greg’s drumming before, you’re in for a treat. If you haven’t joined us for Renewal before, here’s an opportunity to experience something new.

And of course, if you’ve heard Greg AND come to Renewal, then you KNOW how great this will be! See you on Shabbat!

Greg Coles’ Inspiration

“When I think of inspiration I think of what causes me to breathe deeply, to absolutely draw more air and to know that life is worth living and time worth giving. In my case, I am part of a growing dance and drum community that is beautiful, part of a greater whole for sure; but, in its infancy in this area (infancy as it relates to my vision) a marvel to watch and incredibly inspiring.

I am inspired to bring African and Latin dance and drum into the area in such a way that a community of friends and artists is forming that can appreciate the culture, dance the movement, drum the pulse, enjoy the connection and share the experience.”

Greg Coles
We mourn the passing of our member Frances Gam and extend our deepest sympathy to her family and friends.

Condolences to

Michelle and David Myerson on the loss of Michelle’s mother, Helen Brauner
Fern Selesnick-Frisch and Sheldon Frisch on the loss of Fern’s mother, Dr. Elaine Siegel
Miriam and Bob Milamed on the loss of Bob’s brother, Bernard Milamed
Ellen and Steve Frankel on the loss of Ellen’s father, Joe Matz

Refuah Sh’lemah

We will no longer be listing names in print for the refuah sh’lemah/get well section of the Wave. During the Saturday morning Healing Service, names are read and announced.

Send us your information. If you, or someone you know is in need of healing, let us know. We would rather hear from several different people. Please don’t assume someone else has notified us.
Send your information to: CSH@ShiratHayam.org

RABBI’S DISCRETIONARY FUND

In honor of Ralph and Harriett Kaplan’s 65th Wedding Anniversary
In memory of Bernard Siskind
In memory of Ruth Rooks’ mother, Anne Kemelman
In memory of Fern Selesnick-Frisch’s mother, Dr. Elaine Siegel
by Carolyn Perlow
In memory of Harriet Diamond
by Toby and Carl Sloane; Steven and Lorily Forman; Albert and Gila Namias; Carolyn Perlow
In honor of our grandchildren, Max, Hannah and Sarah Chayet and Brett and Linnea Sahlberg
by Neil and Martha Chayet
In grateful appreciation for services rendered to my wife, Harriet Diamond
by Alan Diamond
In memory of Boris Richman
In memory of Gloria Sax’s brother, Paul Goldman
In honor of the publication of Rabbi B and Ellen Frankel’s new book
In honor of all of Rabbi B’s community awards and endeavors
by Stephanie and Joel Cohen
Thank you for CSH’s hospitality and for the aliyah I was honored with
by Stuart and Debora Kirsch
In memory of:
Father, Shepard Salinsky
by Richard Salinsky

CANTOR ELANA’S DISCRETIONARY FUND

In honor of Bernard Siskind and thank you for your support
by the family of Bernard Siskind
In grateful appreciation for services rendered to my wife, Harriet Diamond
by Alan Diamond
In appreciation throughout the year of Cantor Elana
by Stephanie and Joel Cohen
In appreciation of Cantor Elana’s Hazan Katan CD
by Ellen and Dick Alexander

CANTOR EMIL’S DISCRETIONARY FUND

In honor of Cantor Emil receiving an honorary Doctorate of Music from the JTS
In appreciation throughout the year of Cantor Emil
In appreciation of Cantor Emil’s preparation of many past, current and future Torah and Haftorah readers
In appreciation of Cantor Emil’s community endeavors
by Stephanie and Joel Cohen
In appreciation of Cantor Emil’s kind help and encouragement in my continuing studies of Torah
by Diane Levin
In honor of Faith Kramer’s 80th birthday
by Myra Kramer Schnep and Robert Schnep

In memory of:
Father, Shepard Salinsky
by Richard Salinsky
Get well wishes to Ms. Jessica Newman
   by Natalie White and Sheryl White Vincent and family
In honor of Dr. Murray Goodman’s birthday
   by Natalie White
In memory of Bernard Siskind and thank you for your support
   by the family of Bernard Siskind
In grateful appreciation for services rendered to my wife, Harriet Diamond
   by Alan Diamond

CSH PRESCHOOL FUND
In memory of my grandmother, Fannie Siskind, and my grandfather, Abraham Siskind
   by Beverly Kahn
In memory of Harriet Diamond
   by Beverly Kahn and family

CENTER FOR JEWISH EDUCATION FUND
In memory of Francis Goldfield
   by Raymond Cormier
In memory of Harriet Diamond
   by Faith Kimmel

GENERAL FUND
In memory of Ben Zukoff
   by Janice Levine and family
In memory of Roberta Kline
   by Fran Pearlman
In memory of Chuck Sagan
   by Hope, Larry and Josh Zabar
In memory of Harriet Diamond
   by Sally and Carl Hooker; Marilyn and Harry Epstein; Miriam and Robert Milamed; Sheila and David Katz; Sue and Ed Bayard; Arlene and David Addis; Eric and Ruth Kahn; Neil and Deanna Cooper; Marcia Jeffries; Barbara and Ron Gilefsky; Donald and Cynthia Perlman; Stephanie and Joel Cohen
In honor of Rabbi B’s work in the community
   by Christine Koretz
In memory of Bernard Siskind
   by Beatrice and Sidney Lipsky; Stephanie and Joel Cohen
In honor of Harriett and Ralph Kaplan’s 65th Wedding Anniversary
   by Ron and Pat Kafker
With great appreciation to CSH for “radical hospitality”
   by Gary and Michelle Nankin
To Jeff and Sandy Hirshberg on the loss of Jeff’s brothers, Mark and Peter
In honor of the office staff and maintenance crew for “putting it all together”
   by Stephanie and Joel Cohen
In memory of Sylvia Kramer
   by Adell McWade and Susan Surapine; Dr. and Mrs. Michael Davis
In memory of Fern Selesnick-Frisch’s mother, Dr. Elaine Siegel
   by Caryn and Barry Cohen; Susan and Michael Cohen
Wishes for a speedy recovery to Elaine Merken
   by Carol and Samuel Denbo
In memory of Frances Gam
   by Eric and Ruth Kahn

SAMUEL BRODY MINYAN FUND
In memory of Harriet Diamond
   by Robin and Bob Cooper; Eli and Muriel Talkov; Alvah Parker
In honor of Frances Mendelson’s 99th birthday
In memory of Ruth Rooks’ mother, Anne Kemelman
   by Alvah Parker
In memory of Cantor Emil’s beloved mother, Tovah Leah Berkovits
Continuing get well wishes to Herb Leventhal
Continuing get well wishes to Sam Denbo
To all of the CSH Minyanaires for being there
   by Stephanie and Joel Cohen
In memory of Sylvia Kramer
   by Martin Lobel
In loving memory of Chana Dodyk and Ackerman family members and Beno Dodyk and Dodyk family members
   by the Dodyk family

In memory of:
Mother, Rose Pottern
   by Estelle Epstein
Mother, Nadya Shames
   by Aron Mirmelshteyn
Mother, Tillie Handis
   by Bernard Handis
Father, Benjamin Colls
Sister, Rosalyn Weisman
   by Mildred Finkle
Mother, Esther Talkov
   by Eli Talkov
Nephew, Jonathan Ogan  
by Leslie and Robert Ogan
Father, Harry Lipsky  
by Sidney Lipsky
Father, Israel Babbitt  
by Frank Babbitt
Husband, Hyman Sontz  
by Edith Sontz
Father, Hyman Sontz  
by Joseph Sontz
Mother, Audrey Bear  
by Risa Sontz
Mother, Annie Spector  
Father, Oscar Spector  
by Arnold Spector
Mother, Celia Simon  
by Sandra Spector
Grandfather, Joseph Feffer  
by Lawrence Feffer
Mother, Ruth White  
by Dan White
Father, Joseph Rosenthal  
by Marla Belostock
Sister, Bella Grad  
by Eleanor Grad
Grandfather, Harry Berman  
by Natalie White
Mother, Sarah Glazer  
by Myles Glazer
Mother, Minnie Gilefsky  
by Ronald Gilefsky
Mother, Ida Woogmaster  
by Barbara Gilefsky
Grandmother, Bertha Geshwind  
by Eileen Swartz
Mother, Phyllis Dunn  
by Ralph Dunn
Mother, Eva Hurst  
by Phyllis Dinerman
Mother, Edna Bornstein  
by Helaine Cotton
Father, Leo Cohen  
by Barry Cohen
Mother-in-law, Rose Segal  
by Ann Segal
Grandmother, Anna Kirstein  
by Sylvia Revman
Mother, Celia Levy  
by David Levy
Father, Henry Poster  
by Cynthia and Lenny Poster
Father, Max Sontz  
Brother, Charles Sontz  
by Sidney Sontz
Grandmother, Ida Patt  
Mother, Sarah Brenner  
by Beverly Shapiro
Mother, Ida Chaves  
by Mildred Shapiro
Mother, Fay Bonfeld  
by Gail Gerson
Sister, Eva Stone  
by Anne Volovick
Father, Louis Fuchs  
by Roberta Soltz
Mother-in-law, Rose Tenenbaum  
by Joann Tenenbaum
Mother, Florence Lewis  
by Constance Lewis
Grandmother, Lena Brodsky  
by Robert Cooper
Father, Joseph Cutler  
by Audrey Weinstein
Husband, Sidney Kimmel  
by Faith Kimmel
Father-in-law, Oscar Perlow  
by Carolyn Perlow
Mother, Ada Greenbaum  
by Dorothy Tatelman
Mother, Shirley Goldberg  
by Herbert Goldberg

KIDDUSH FUND

In honor of Faith Kramer’s special birthday
by Rose and David Rosenthal
In appreciation of CSH’s radical hospitality
by Elaine Matisoff
In memory of Leon Weinstein’s beloved brother
by Mike, Susan, Josh and Rachel Cohen
In honor of Harriett and Ralph Kaplan’s 65th Wedding Anniversary
In memory of Bernard Siskind
by Susan and Larry Goldberg
In memory of Harriet Diamond
In memory of Bernard Siskind
In memory of Millee Finkle’s son, Bruce Finkle
by Herb and Arlene Leventhal
In honor of Bea Strome for all that she does
by Stephanie and Joel Cohen
In honor of Charles and Alice Leidner’s daughters, Leslie for her new baby and Lauren on her marriage
by Gloria Sax
In memory of Harriet Diamond
  by Jack and Phyllis Karas
In memory of David Tucker’s aunt, Arlene Francis Levin
  by Rand and Arnie Bergman
In honor of my aliyah
  by Michael Bailen
In memory of Bob Milamed’s brother, Bernard
  by Harriet and Fred Abel

**In memory of:**
Mother, Hannah Cukell
  by Wendy Wicks
Father, Ezrel Alperin
  by Marcia Shuman
Husband, Sidney Ostrovitz
  by Miriam Ostrovitz
Mother, Belle Rosenkranz
  by Alice Leidner
Aunt, Rose Kohn
Mother, Margaret Stark
Grandfather, Siegfried Stark
  by Madeline Stark
Father, Joseph Rooks
  by Beth Rooks
Mother-in-Law, Mindel Greenbaum and Jacob Pearl
  by Golda Greenbaum
Father, H. Gregory Alexander
  by Susan Willis
Father, Bert Korson
  by Mark Korson
Father, Charles Firestone
  by James Firestone
Mother, Annie Rosen
Niece, Marsha Neil
  by J. Myron Rosen
Husband, Martin Harris
Mother, Rose Bluestein
  by Janice Kelley
Brother, Allen Rudolph
  by Louis Rudolph
Father, Arthur Itzkowitz
  by Doreen Godes
Father and grandfather, Charles Sagan
  by Scott, Julie, Austin and Mason Sagan
Father, Albert Cherry
  by Ruthann Cohen
Mother, Frances Dillon
  by Nonnie Rubin
Grandfather, Harry Osattin
Sister, Barbara Freedman
  by Bob and Marion Garfinkel and family
Uncle, Velvel Shachter
Uncle, Leo Schachter
Father, Jack Schachter
  by Sandra Hirshberg
Mother, Sura Rozenblum
  by Perlina Levitin
Mother, Anna Lillian
Father, Myer Lillian
Brother, Herbert Lillian
Mother-in-law, Dora Beletz
Father-in-law, Samuel Beletz
  by Melvin Lillian
Son, Peter Mitchell
  by Albert Mitchell
Mother, Sally Tattlebaum
  by Toby Sloane
Brother, Philip Sontz
Brother, Hyman Sontz
  by Sidney Sontz
Mother, Ida Gruzen
  by Phyllis Kaplan
Mother, Gertrude White
  by Jerome White
Mother, Rose Grover
Father, David Grover
  by Thelma Gibbs
Grandmother, Louise Wagner
  by Mr. & Mrs. Thomas DellaCamera
Brother, Leon Berlow
  by Bette Ann Weisman
Mother, Eugenia Zissu
  by Bery Sanford
Father, Joseph Strulovici
  by Bob and Bery Sanford
Mother, Esther Barton
  by Enid Gold
Father, George Cashman
  by Marvin Cashman
Stepfather, Ben Pike
Father, H. Gregory Alexander
  by Richard and Ellen Alexander
Father, Lawrence Abrams
  by Howard Abrams
Mother, Mollie Zolot
  by Elaine Finegold
Sister, Matelda Skolnick
  by Esther Shapiro
Father, Louis Kleven
  by Gail Gelb
Libby and Nelson Kessler are celebrating their 60th wedding anniversary.

Ellen Reifler and Mark Messenger’s daughter, Elizabeth Reifler Messenger, is engaged to marry Austin Jones of Kentucky.

Helaine and Harvey Cotton’s granddaughter, Heather Caruso, is engaged to Ian Jeffries.

Emily Weise and Aviv Hod have a new daughter, Sivan Irene. Big brother is Ilan.

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.
On-going Programs for our kids...

**Magic Minyan**

* A Shabbat Synaplex™ option for families with children up to 3 years of age  
  *Second Saturday of the month 3/9*

It’s Magic Moments with Marcy - designed for Shabbat! How much better can it get? From 10:45 to 11:30 am, families with Preschoolers 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!

---

**Hazzan Katan with Cantor Elana**

* A new Shabbat Synaplex™ option for families with preschool age children  
  *Returns in May*

Cantor Elana will teach prayers and sing songs from 10:45 to 11:30 am, for families with preschool age children (kids must bring an adult with them). Music and prayer with a Shabbat or holiday theme is perfect for preschoolers. 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 new Hazzan Katan (Little Cantors)!

---

*The Wave ~ 55 Atlantic Avenue, Swampscott, MA 01907 ~ 781.599.8005 ~ Fax: 781.599.1860 ~ www.ShiratHayam.org*
It’s not just for preschoolers anymore!

**SUMMERTHING**

@ SHIRAT HAYAM PRESCHOOL

**Sports - Basketball & Soccer**

**LEGOs & American Girl Dolls**

**Yoga • Music • Dance**

**Arts & Crafts**

Kids love our kiddie pools and sprinkler fun!

**Camp Hours:**
9:00 am to 12:00 pm

**Extended Hours:**
Sign up for extended hours prior: from 7:30 am
or after: until 6:00 pm

For more information or to register for **SUMMERTHING CAMP** at Shirat Hayam Preschool
contact Leslie Rooks Sack
Leslie@ShiratHayam.org
or call 781.598.3311
SUMMERTHING CAMP PLUS
at Shirat Hayam Preschool
Not just for preschoolers anymore!
Join us this summer for some fun and original programs.
It’s going to be the BEST summer ever at CSH!!!
Programs for children ages 4 to 7 years

June 24-28
American Girl Doll Week

July 1-5 (no camp on the 4th)
Duct Tape Crafts & Model Building Week

July 8-12
Starwars LEGO Week
Lots of creations with LEGO's

July 15-19
Basketball Week
Kiddie Hoops - A Basketball Development Program by Premier Hoops

July 22-26
Papier Maché Crafts

July 29 - August 2
Drama camp or Puppet Playhouse
Ending with a show

August 5 - 9
Fantasy and Fairies
Building fairy houses in nature

August 12 - 16
By Popular Demand...
American Girl Doll Week II

Camp Hours:
9:00 am to 1:00 pm
Extended Hours:
Sign up for extended hours prior: from 7:30 am, or after: until 6:00 pm

For more information or to register for SUMMERTHING CAMP PLUS at Shirat Hayam Preschool contact Leslie Rooks Sack Leslie@ShiratHayam.org or call 781.598.3311

Congregation Shirat Hayam of the North Shore
55 Atlantic Avenue, Swampscott, MA 01907
781.599.8005 | CSH@ShiratHayam.org
www.ShiratHayam.org
Preschool@ShiratHayam.org

The Wave ~ 55 Atlantic Avenue, Swampscott, MA 01907 ~ 781.599.8005 ~ Fax: 781.599.1860 ~ www.ShiratHayam.org Page 27
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.

2012 Advertising Rates

Congregation Shirat Hayam Wave

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

Holidays 5773/2013

March 25  Passover, First Seder;
April 1 Last Day Passover/Yizkor
April 8  Yom Hashoah
April 15 Yom Hazikaron
April 16 Yom Haatzmaut (Israel’s 65th)
April 28  Lag Ba’omer
May 15  Shavuot (Yizkor)
July 16  Tisha B’Av
September 4 Erev Rosh Hashanah

Passover Service Schedule

Monday, March 25
- 7:15 am Fast of the First Born service
- Passover, First Seder - no evening minyan
  Candle lighting 6:43 pm
Tuesday, March 26 - Day One Passover - 9:00 am service
  Second Seder - no evening minyan
Sunday, March 31 - Candle lighting 6:50 pm
Monday, April 1 Last Day Passover/Yizkor
  9:00 am service
  6:00 pm evening minyan
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C SH Book Club - Everyone’s welcome!

7:30 pm on the following Monday evenings:

| March 18 | Unbroken | by Laura Hillenbrand |
| April 15 | The Tiger’s Wife | by Tea Obreht |
| May 20 | The Glass Room | by Simon Mawer |
| June 17 | Left Neglected | by Lisa Genova |

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

For more information, email Becky Shepard at: shepardb@aol.com.
Girls ages 9-12 and mothers are invited to The Girls' Book Club for a series of great reads and new friends. Books focus on the lives and adventures of American Jewish girls, from a Southern belle during the Civil War to a young ballet dancer of contemporary times. Books include: *The War Within: A Novel of the Civil War* by Carol Matas; *All-of-a-Kind Family Uptown* by Sydney Taylor; *Of Heroes, Hooks and Heirlooms* by Faye Silton; and *Pink Slippers, Bat Mitzvah Blues* by Ferida Wolff. Books and refreshments are free.

The Girls' Book Club will be held on Wednesday evenings, 7-8:15 p.m. at Putnam Pantry, Rte. 1 North, Danvers on the following dates: April 10, June 5, October 2, and December 11.

Books depict the lives of Jewish girls in four periods of American history: the 1860s, the 1910s, the 1950s, and the 1990s. Despite the differences in historical period, these girls struggle with similar questions: what it means to be Jewish in America, how to fit in with other people, and how to be proud of one's distinctiveness. In addition, they apply lessons from Jewish history to their own lives, asserting values of equality, dignity, and social justice. As they come of age as Jews, women, and Americans, these girls demonstrate that they have much to learn from their own heritage, as well as from others they encounter in the world around them, about being true to themselves.

Please RSVP by March 1st to Phyllis Osher at 978-740-4404 or email posher@rilcf.org.

The Girls Book Club is a free program of the Robert. I. Lappin Charitable Foundation and is funded in part by an allocation from the Jewish Federation of the North Shore.
Hope, Peace, Reconciliation & Love: The Messages of Tolerance by Marc Chagall in his Art and Literature

Monday, March 11, 2013
6:30pm
Lynn Campus Gymnasium
300 Broad Street · Lynn
Additional parking available in Lynn NSA garage.

A presentation by:
Vivian R. Jacobson, noted authority and author on Marc Chagall

FREE & open to the public

YOM HASHOAH
Community Commemoration of the Holocaust
Monday, April 8, 2013, 7:00 P.M.
Peabody Veterans Memorial High School, 483 Lowell Street, Peabody
Presentation of the Sonia Schreiber Weitz Upstander Award
Presentation of The Holocaust Center Service Award
posthumously to Sumner Feinstein

Keynote Presentation
PAUL BREINES
Eichmann Trial & Freedom Riders: Lessons for Today

While an undergraduate at University of Wisconsin, hoping to help end race discrimination and degradation in America, Paul Breines participated in the 1961 “Freedom Rides” to Jackson, Mississippi. He feels privileged to share his experiences and discuss the Civil Rights Movement and its possible meanings for today with students of many ages, civic groups, and Jewish and Catholic groups in the greater Boston area.

Survivors and Generations Candle-lighting Ceremony
26th Yankee Division Posting of the Colors
The Gordon College Women’s Choir
Event Chaired by Sandy Weitz & Mary Kiley
For further information, please call The Holocaust Center.
Temples, churches, colleges etc. are invited to co-sponsor this evening.
To place a greeting in the Yom HaShoah Commemorative Book, please call The HCBN.

Are you an alumnus of CYJ in Amherst, NH (03031)?
Our newly formed Alumni Association is looking for you. Please send a quick e-mail to alumni@campyoungjudaea.com with your name and the years you were at CYJ. We are looking forward to re-connecting!
Shabbat Café Sponsors

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

Faith and Sherm Kramer in honor of Faith’s 80th birthday
James and Sarah Patch in honor of the naming of their children, Anastasia, Jaxon and Isaac
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 February:

Torah Readers: Diane Levin, Murray Goodman, Daniel Jacobson, Leah Jacobson

Haftarah Chanters: Murray Goodman, Alan Sidman, Andrea Katz and Joel Cohen (Joel would have if there wasn’t a blizzard!)

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 February:


*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.

*denotes service leaders
Thanks to the generosity of Karen and David Rosenberg, all proceeds from the purchase of “Revolution of Jewish Spirit” at Shirat Hayam will directly benefit the RUAKH at CSH!

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 - 7:00 to 9:00 pm at CSH:
March 3, April 7, May 5 and June 2

For more information, please contact Mimi at: healthenergy@verizon.net or 781-631-0318.

Visit our website!! www.spiritedsisters.org
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Call Marla Gay at 781.599.8005, Ext. 27 or Marla@ShiratHayam.org
Attention High School Seniors

Brotherhood’s annual Scholarship applications will be sent out this month. All CSH high school seniors planning to attend college are invited to apply. Here’s your chance to win a valuable scholarship toward college expenses.

This is not a need-based scholarship. Scholarships will be awarded based on merit, community involvement and participation at Congregation Shirat Hayam.

First Prize: $1,500
Second Prize: $750
Third Prize: $500

We have awards for every qualified applicant - don’t miss out on this opportunity!

Interviews will be held in March. Awards will be presented at a ceremony in April.

These awards are made possible by your generous contributions to the Burt Shepard Scholarship Fund. Please keep this fund in mind when you have a simcha or other occasion to contribute to a great cause.

Juvenile Aid Scholarship

The Juvenile Aid Scholarship Organization offers limited funds for the academic year 2013-14 to a Jewish student* requiring financial assistance in order to further the pursuit of his/her education. The award is available to a student entering the first year of an accredited institution, or to a sophomore, junior or senior at an accredited institution who needs financial assistance in order to continue.

Residents of Lynn, Marblehead, Nahant, Salem and Swampscott are eligible to apply. An application is available in each high school guidance office as well as the business office at Shirat Hayam.

Completed applications must be submitted for consideration no later than April 30, 2013. Let us know of special circumstances: illnesses, parental unemployment, personal needs. We are interested in how you deal with those circumstances; your commitment and dedication.

You may also receive an application by contacting Co-chair Lois Hurwitz at 781-631-7347.

*Our awards are given to Jewish students demonstrating need. Evaluation of your need and the ability of your family to contribute (FAFSA) is required.

The Jewish Family & Children’s Service’s Family Table feeds more than 40 families on the North Shore.

You Can Make a Difference

- The next community food distribution, which benefits more than 40 North Shore families, will be held on Sunday, March 10th.
- We are in need of matzo ball soup and potato pancake mix for Passover, as well as nonperishable, kosher food products, especially raisins, peanut butter and whole grain crackers.
- Drop your donations in the JF&CS Family Table bin located in the CSH lobby.

Thank you for your support.

Shalom,

Bette Shoreman

CSH Family Table Site Coordinator
Prof. David Passig is a futurist, lecturer and consultant who specializes in future technologies and their impact on economic, social and educational systems. He holds a Ph.D. degree in Future Studies from the University of Minnesota. Professor Passig is a faculty member at Bar-Ilan University in Ramat-Gan, Israel where he leads the Graduate Program in Information & Communication Technologies (ICT) and the Virtual Reality Laboratory. Prof. Passig is chair of FutureCode Ltd., and is a member of the Israel National Council for R&D.
CSH Clergy & Staff

Rabbi Baruch HaLevi
RabbiB@ShiratHayam.org
Ext. 14

Cantor Elana Rozenfeld
CantorElana@ShiratHayam.org
Ext. 12

Cantor Emeritus
Emil Berkovits
CantorEmil@ShiratHayam.org
Ext. 13
Direct line: 781.346.6074

Robert A. Krentzman,
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Bob@ShiratHayam.org
Ext. 41

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Rabbi Emeritus
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Youth
Rich Gordon,
Youth Director
SmartyYaish@gmail.com

CSH Preschool
Preschool@ShiratHayam.org
Direct Line: 781.598.3311

Leslie Rooks Sack,
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Leslie@ShiratHayam.org

Debbie Leibowitz,
Assistant Director
Preschool@ShiratHayam.org

Preschool Staff:
Erin Browning
Melissa Caplan
Sherri Carne
Christine Dolan
Sonia D’Oliveria
Marcy Furlong
Nancy Galber
Valerie Gilbert
Stefanie Gladstone
Wendy Lewis
Shari Losanno
Barbara Levine
Kathy Martin
Alison Michigan
Christine O’Donnell
Cheryl Schwartz
Rebecca Sontz
Marcy Yellin

CJE
Center for Jewish Education
CJE@ShiratHayam.org
Direct Line: 781.346.6075

Jed Filler, Director of Education
Jed@ShiratHayam.org
Ext. 24

CJE Staff:
Melissa Caplan
Phyllis Eidelman
Valerie Gilbert
Stefanie Gladstone
Lynne Greenberg
Halie Pica
Cheryl Schwartz
Daphna Shemesh
Rachel Shwartz
Julie F. Silver
Jason Stark
Beth Tassinari
Marcy Yellin

CJE Madrichim

Karly Cohen
Jamie Ehrlich
Rebecca Fine
Ariel Friedman
Anna Godes
Gennifer Greenberg
Alexa Hamburgh
Leslie Hirshberg
Matt Jepsik
Michael Katzen

Justyn Needel
Rebecca Neuman- Hammond
Brett Resnick
Austin Sagan
Kaylie Schiowitz
Roie Shemesh
Jared Solomon
Jesse Tuttle
Josh Zeff

Maintenence
Gus Ventura, Robert Monegro, Eridania Vicioso,
Yanira Romero, Cesar Rivas, Alex Santos, Juan Guzman

Our phone lines will be answered by voicemail between the hours of 1:00 and 3:00 pm. To reach a staff member, you may dial extensions.

Call the main line: 781.599.8005
When prompted, dial extension number.
March 2013

1 Friday
5:00 pm CJE 4th grade Shabbat dinner
6:00 pm Musical Shabbat

2 Saturday
9:00 am Synaplex
9:00 am Limud
10:00 am Tzofim
11:00 am Camp Fair
6:00 pm Yoga Havdallah

3 Sunday
10:00 am Torah Trope Class
7:00 pm Spirited Sisters Circle

4 Monday
6:30 pm Ha’Derech
7:20 pm Mahjong

5 Tuesday
4:00 pm Limud grades 2-6
5:00 pm Tzedakah Club 6th grade

6 Wednesday
4:00 pm Limud Lab
7:30 pm Kol Isha

7 Thursday
7:00 pm SMARTY/YAiSH Lounge at CSH
7:20 pm Mahjong

8 Friday
5:00 pm 5th Grade Shabbat Dinner
6:00 pm Musical Shabbat

9 Saturday
9:00 am Synaplex
9:00 am Limud
10:00 am Tzofim
10:45 am Magic Minyan

10 Sunday
9:30 am Brotherhood planning meeting

11 Monday
7:20 pm Mahjong

12 Tuesday
4:00 pm Limud Lab

13 Wednesday
4:00 pm Limud Lab
7:30 Kol Isha Choir

14 Thursday
7:00 pm SMARTY/YAiSH Lounge at CSH
7:20 pm Mahjong

15 Friday
6:00 pm Kabbalat Shabbat

16 Saturday
Shabbat Synaplex
Limud
Tzofim

17 Monday
7:20 pm Mahjong

18 Tuesday
6:00 pm Ha’Derech at Aviv
7:20 pm Mahjong
7:30 pm Book Club

19 Tuesday
7:30 pm Board meeting

20 Wednesday
4:00 pm Limud Lab
7:30 pm Kol Isha Choir

21 Thursday
7:00 pm SMARTY/YAiSH Lounge at CSH
7:20 pm Mahjong

22 Friday
6:00 pm Musical Shabbat

23 Saturday
9:00 am Synaplex
9:00 am Limud
10:00 am Tzofim

25 Monday
First Seder

26 Tuesday
Second Seder at CSH (see page 5)

28 Thursday
7:00 pm SMARTY/YAiSH Lounge at CSH
7:20 pm Mahjong

30 Saturday
9:00 am Synaplex
9:00 am Limud
10:00 am Tzofim

April 1 Monday
7th Day Passover
9:00 am service with Yizkor
6:00 pm service
Shirat Hayam returns to Israel!

Join Rabbi B on an extraordinary spiritual adventure

December vacation - December 21, 2013 to January 1, 2014

Trip for all ages - plan a bar/bat mitzvah at the southern excavation (above)

Contact marla@shirathayam.org

DATE CHANGE!!