February 2016
Shevat/Adar 1 5776
Volume 10

Congregation Shirat Hayam
Song at the Sea

Tenth Anniversary
We practice radical hospitality!

The Wave

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Writing the Next Chapter in CSH's History

Please join Rabbi Michael Ragozin
on Wednesday, February 10
following 7:00 pm minyan
for a Town-Hall Meeting

Rabbi Michael will present his vision and goals for Shirat Hayam. Together, we will place the next candle in our menorah alongside our flame of radical hospitality, our flame of Shabbat Synaplex™, and all the other community-building, soul-touching moments we experience at the Song at the Sea. Our menorah does burn brightly and will shine even brighter in the future.

SAVE THE DATE

THURSDAY EVENING, JUNE 2

CSH 10TH ANNIVERSARY CELEBRATION!!

YOU WON'T WANT TO MISS THIS ONE!

DETAILS TO FOLLOW...

Rabbi Michael Ragozin

Open Your Heart

My Vision for CSH. Join me on Tuesday, February 10, at 7:30 pm at CSH for a town-hall style presentation of my vision for Shirat Hayam.

"Where is the dwelling of God?" This was the question with which the Rabbi of Kotzk surprised a number of learned Hasidim who happened to be visiting him. They laughed at him: "What a thing to ask! Is not the whole world full of God's glory?" The he answered his own question: "God dwells wherever a person lets God in."

The Kotzker Rebbe was advancing a theology of openness. God can only be present in our lives if we are open to God. Similarly, if I want more joy, uplift, deliverance, transformation, healing, and wholeness in my life, I must open myself to new experiences, practices, and modes of thought.

I recently began the Clergy Leadership Program of the Institute for Jewish Spirituality. The advertised aim of the program is to develop one's spiritual practice and mindful leadership. Not many details are offered in terms of the requirements or practices. Nor was a schedule of the retreat or the participants' names provided in advance. Entering into the program required a degree of openness, which, ultimately, is a requisite for deepening my own spiritual life and the spiritual life of the Jewish community.

When taking on a new spiritual practice it is helpful to have rachmones for oneself. Often translated as compassion, this misses the Semitic connotations. The English word, "compassion," comes from two Latin roots, com- "together" (see com-) + pati "to suffer." Hence, the origin of compassion is "suffering together." However, the Hebrew root resh-het-mem relates to an Arabic cognate meaning, "be soft, gentle," and an Assyrian cognate meaning, "be wide." Thus, the Jewish concept of compassion includes the notion of 1) being soft and gentle and 2) being wide or open.

As we leap into 2016, I invite you to pursue a new practice with openness and compassion for yourself. Let's be open to the Divine Presence and open to new ways of being human. And, along the way, let's be gentle with ourselves and those around us. Together with our hearts open, we can create a culture that nourishes a lifestyle that imbues our lives with blessing and joy, purpose and cadence.

L'Shalom,

Rabbi Michael

World Wide Wrap

Join Rabbi Michael, Cantor Elana and Brotherhood

Sunday, February 7 at 9:00 am

World Wide Wrap! Come participate as shuls from all around the world will be using this same day to teach the ancient tradition of wrapping Tefillin. Extra Tefillin will be provided if you do not already have your own. If you do have a spare set, please bring it with you. This will be incorporated into the morning Minyan which starts at 9:00 am. Breakfast following service to be sponsored by Brotherhood.

Cantor Elana Rozenfeld

Please Join Me

If you have never attended a Shabbat Olam, this is the one to come to. If it was just the beautiful music in the service - dayenu (it would be enough). If it was just the delicious dinner and great company - dayenu! But, we have added the special treat of a speaker following dinner. You definitely don't want to miss this one! Please join me on March 11 for a "trip" to Poland.

L'shalom
Cantor Elana

Shabbat Olam

Katka Reszke (born in 1978 in Wroclaw, Poland) is a Polish-born, U.S.-based writer, documentary filmmaker, photographer and researcher in Jewish history, culture, and identity.

She holds a Doctorate in Jewish Education from the Hebrew University of Jerusalem, a Diploma in Jewish Studies from the Oxford Centre for Hebrew and Jewish Studies, and a Masters in Cultural Studies from the University of Wroclaw, Poland.

She is the author of Return Of The Jew: Identity Narratives of the Third Post-Holocaust Generation of Jews in Poland (2013) and the chief screenwriter of the acclaimed partially animated documentary film Karski & The Lords of Humanity (2015).

As a writer and filmmaker, Reszke specializes in Polish-Jewish history and relations, as well as human rights, social justice, minority and gender issues. Her film director credits include Shimon's Returns, Coming Out Polish Style, This is Not a Fairy Tale, and Magda. She also served as Second Director & Editor of HBO's Trans-Action and as Editor of The Peretzniks and the award-winning Castaways.

Katka Reszke lectures on different aspects of the Polish-Jewish experience at educational and cultural institutions in North America, Europe and Israel. Recipient of fellowships from the Memorial Foundation of Jewish Culture and the Mandel Foundation, Katka is a member of the ROI Community – A Schusterman Initiative, and a contributor to the core exhibition of POLIN – The Museum of the History of Polish Jews.

During the Fall Semester of 2015, Katka serves as Helen Gartner Hammer Scholar-in-Residence at the Hadassah-Brandeis Institute. Her upcoming research-creation project is The Meshugene Effect – a book and an experimental documentary featuring personal narratives of several Polish women, who embark on a pursuit of Jewish identity following an irrational feeling, a hunch about having Jewish ancestry. The project explores cultural and discursive contingencies surrounding religion, gender and authenticity, and how they affect the way we make sense of experiences of memory and transition. All of this set against the landscape of troubled Polish-Jewish history and a new curious Polish-Jewish present.

The community is invited to

Kabbalat Shabbat

featuring International Jewish Music

(no charge to attend service only)

followed by a

POLAND Shabbat Dinner

Dinner - $30.00 a person/$10.00 kids under 10

followed by

Katka Reszke

(speaker only - $18 in advance)

at Shirat Hayam
Friday, March 11
Service begins at 6:00 pm

RSVP for dinner by March 4 to: CSH@ShiratHayam.org
or 781.599.8005, or mail your check to CSH,
55 Atlantic Avenue, Swampscott 01907
Sorry, we are unable to accept walk-ins or payment at the door.

Musicians generously underwritten by Lois and Ken Cohen

Shabbat Around the World

Dr. Howard Abrams, President

Are You Having Fun Yet?

One of the questions I've been asked fairly frequently recently is how it's been for me as president of CSH, something I've actually been asking myself these last 8 months as well, and noticing that I'm not always able to come up with a satisfactory answer. I usually deflect the question with a quick "the perks are great!" or "only 483 days left, but who's counting?" The reality is, of course, much more nuanced.

I catch myself marveling at the energy, stamina and creativity of our clergy and professional staff but wish that I didn't have a (more than) full-time professional life so I could be more of a regular presence to spend more time with them in support of their work. I feel bad when I'm unable to check my email often enough or better use technology well enough to keep on top of the many issues that surface—I'd be satisfied to be as smart as my smartphone that I can never get to work optimally. I wish I had more resources and connections to help us address our financial challenges. I wish I had more answers.

What keeps me going is the people of CSH. We have nurtured a real community that gathers each Shabbat, that care about one another and Judaism in a palpable way. Every single board member has been present, vocal and engaged in the tough issues we need to address. There are so many beautiful children in the building that remind me that the future really counts and we can never forget that. The lifecycle events never cease to touch me - weddings, b'nai mitzvot, baby namings, funerals—all remind me how important CSH is to so many. So I ask myself, how can we engage the interests, passions and skills of our kehilla to make sure we continue to sustain and grow our still young organization?

Our Board of Directors chose leadership development as one of our three areas for focus for this year and, in line with this, are supporting our participation in the United Synagogue of Conservative Judaism's Project Sulam. Under the direction of Rabbi Ragozin and in partnership with Melissa Kaplowitch, our chair of governance and leadership development, 11 of our members have agreed to attend a 6 session curriculum and Shabbat dinners focusing on Jewish learning, organizational knowledge and personal spiritual growth. Please join me in thanking this group for stepping up and wishing them every success with this endeavor. They are: Norman Birnbach, Corey Lewis, Adam Wallen, Carrie Berger, David Finn, Jonathan Heller, Deb Neilan, Amy Powell, Janna Schwartz, Renee Sidman and Matt Weinstein-Zanger.

There, I think I'm starting to have fun again. But then again, there's always tomorrow….

B'Shalom,

Howie

Congregational Life

Marla Gay, Director

Ma Nish'mah? What's Happening?

I'm asked frequently what is the favorite part of my job. That answer is easy. It's the people. I know (almost) every single member of CSH, and if I don't know you, I don't know how that happened!! Stop by my office and say hi! Or better yet, introduce yourself on Shabbat morning. I'm almost always here. I take radical hospitality very seriously. It's the core of who we are and what we do at Shirat Hayam.

I'm also asked what the least favorite part of my job is. That answer is easy too. It's losing the people that I've know in some capacity over the last xx years (not ready to give up my age). This past month has been especially difficult. Our congregational family has experienced an unusual number of losses. I had known Joel Cohen since my family joined Temple Israel over 30 years ago. Bob Milamed was a shining light to this congregation and I loved welcoming him on Shabbat morning. Saying that they'll be missed is an understatement. Sadly, the list goes on and on.

Each loss represents a piece of the history of CSH and its predecessors, Temple Israel and Temple Beth El. The stories that will no longer be told, the memories no longer shared - even the empty seats at Shabbat lunch - all harsh reminders. When CSH was formed, great care was taken in choosing the name. We are Congregation now, not Temple, because this is about the people, not the building.

We have become a thriving congregation with new members joining regularly. It's wonderful to welcome all of them to the CSH family. But we can't forget how we got here. Many of the congregation's elders have passed in just the last ten years since we merged. As they pass, we may remember them from the previous temples, but we have become one congregation - one family and we all feel the losses. We are the stewards of their stories.

Unfortunately, some don't realize the importance of a synagogue community and only join when they "need" to. I would encourage you to do a few things:

1. Invite your friends to join us on a Shabbat morning, at an event, program or class, and meet our community. Bring them for lunch on Shabbat. Show off your CSH family. Tell them they shouldn't wait until they "need" to join. Show them why they would want to join. Anyone who walks through our doors on Shabbat can't believe the energy and joyful Judaism.

2. Participate more. If you haven't stayed for Renewal or Nosh & Drash lately, or if you pick up your kids from CJE and skip the Ruach Rally - please come in. We miss you. Help your kids form a sense of community, and while you're at it, you'll form one too.

3. While you're here, have a conversation with a couple of CSH's elders. They have stories to tell. Let's not wait until it's too late to hear them.

For those of you who have experienced a recent loss, may the memory of your loved ones be a blessing to you.

I hope to see you all soon.

L'hitraot,

Marla

Center for Early Education

Hillary Canner, Preschool Director

We begin the secular New Year with a new name: **The Shirat Hayam Center for Early Education.** "Preschool" just did not begin to define all that we do here. What a wonderful first half of the school year we have had. The children are happy. They are learning new games and new songs. They have settled into their classroom communities and are really sitting at circle, listening attentively to stories, participating in classroom conversations and playing cooperatively with their classroom friends. Our Infant Rooms are close to capacity. There is joy and laughter coming from the Toddler classrooms. We are already taking enrollment for the school year 2016-2017 and registrations are flying in. At the beginning of January we had our inspection for our license renewal for the state. The state inspectors gave us high praise. They loved our teachers, our classrooms and our curriculum. There was an enormous amount of praise for the warm and nurturing environment of our Infant Rooms. Apparently we are ahead of other schools in our understanding and planning for gross motor activities for our infants and toddlers. They came on a Friday and said how nice it was to end the week on such a high note.

As we look toward the end of January we are busy planning for the wonderful holidays ahead. We will be celebrating Tu B'Shevat at the end of January. We love the New Year for Trees and celebrating the idea that spring is already beginning in Israel. The students will be doing all kinds of Tree activities. We will enjoy the fruits from trees, build with wooden blocks, draw with pencils, think about who lives in trees and how trees are so beneficial and necessary for our day-to-day lives.

It may be cold outside but there is great warmth emanating from The Shirat Hayam Center for Early Education.

Hillary

Preschool and Daycare Program

- **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 and Pre-K.
- **EXTENDED PRESCHOOL DAY** with specialized themed activities, including science, baking, music, dance and languages.

Congregation membership is not required to enroll your child in the Preschool/Daycare.

For more information about CSH Center for Early Education, call: 781.598.3311 or email: Hillary@ShiratHayam.org

Center for Jewish Education

Cheryl Schwartz and Beth Tassinari, Co-Directors

One of the things that we constantly struggle with at CJE is how to connect our children and families.

Our students are scattered throughout various public and private schools in the area and our families live as far away as Beverly and as close as next door. When Bar/Bat Mitzvah approaches, many of the students are unfamiliar with others in their class.

To help our students become better acquainted and solidify their friendships, we are going to have our first "not-at-the-synagogue" social event: a bowling afternoon! On Sunday, March 20, from 2:00 pm – 4:00 pm we are inviting students from grades 2, 3, 4 and 5 to join us at King's Lanes in Lynnfield. More information will be forthcoming.

During the month of February, our students will help to feed the hungry by "restocking the shelves". Please watch your mail for more information on how you can help us keep the food pantry well-supplied during the winter months.

Lastly, we have two new community partnership programs for our CJE students: CJP has reached out to us to become a part of the Boston-Haifa Connection program; and the Lappin Foundation will be hosting a tefillin workshop for our oldest students.

Our doors are always open! Stop by to visit a classroom or to join us for community t'filah on Shabbat mornings. We love visitors!

B'shalom,

Cheryl and Beth

Cheryl@shirathayam.org

Beth@shirathayam.org

781.599.8005, ext. 24

College Connection

Dear College Families,

We hope that all our college students (and their parents) survived the first semester!

CSH reaches out to our college students two times per year.

This year, a Hanukkah treat ("Mensch on the Bench" hot chocolate, a dreidel and Hanukkah gelt) was sent to those students whose addresses are on file, and a Purim package will be sent in March.

If you would like your son/daughter to receive a CSH Purim package, and we do not have his/her current college address, please call/email the synagogue office with the appropriate "snail mail" information. (Cheryl@Shirathayam.org or 781-599-8005, ext. 24)

We look forward to staying connected with YOUR student!

THANK YOU!

Cheryl Schwartz, Susan Drooks, College Connection Coordinators

Becky's Book Club at CSH
Everyone's welcome!

7:30 pm on the following Monday evenings:

February 15	The Husband's Secret by Liane Moriarty
March 21	Nine Parts Desire by Geraldine Brooks
April 18	Ten Green Bottles by Vivian Jeanette Kaplan*
May 16	Americanah by Chimamda Ngozi Adichie
June 20	The Prime Ministers by Yehuda Avner

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

For more information, email CSH@ShiratHayam.org

**Please note corrected listing for author.*

B'ruchim HaBaim ~ ברוכים הבאים

Welcome to the newest members of the Shirat Hayam family:

Alexandria and Martin Maron
and Willow

Lisa and Joel Green
William and Isaac

Bethani and Yoni Hipsh
Max and Maya

TODAH RABBAH from Cantor Emil and Lili

Many thanks to each and every person who sent us expressions of condolence through cards, donations or personal calls. We are truly fortunate to have been a part of this wonderful Shirat Hayam family. Thank you once again.

Cantor Emil and Lili Berkovits

Congregation Shirat Hayam Cemetery

Lowell Street, Peabody

Temple Israel and Temple Beth El Sections for Jewish families
Temple Israel and Temple Beth El Interfaith* Sections

*One person must be of Jewish faith

CSH members and their immediate family members - $800 per grave

Non-member - $2,000 per grave

Includes perpetual care (installation of shrubs and stone maintenance additional)

Reseeding/maintenance fee of $250 is waived when deceased is a member in good standing of CSH

Single (limited), two, four, six, and eight grave plots available

For more information or for additional help in making this very important decision, please contact Barri Stein at barri@shirathayam.org or 781.599.8005 ext. 11

Don't leave this decision to your loved ones to make during a difficult time.

Map and site visits are available.

Shabbat Experience @ CSH

Babysitting

Ages up to 4

Downstairs Playroom

An adult must remain in the building.

9:00 -11:50 am, weekly

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

Limud Shabbat

Kids' CJE Experience

Center for Jewish Education

Ages 4 and up*

9:00 - noon weekly

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

Traditional and Alternative Service Schedule for Synaplex™

Time	*Service*	*Led by*	*Location*
8:45 - 9:00 am	Early Mystic Minyan	Philip Gay	Sanctuary
9:00 - 9:50 am	Renewal service	Rabbi Ragozin, Cantor Elana, and Noam Sender	Sanctuary
9:00 am	Traditional service	Jan Brodie	Library
10:00 am	Torah Service/Musaf	Rabbi Ragozin and Cantor Elana	Sanctuary
	Yoga Minyan	Stacie Nardizzi	Chapel
	Nosh & Drash	See schedule next page	Social Hall
11:10 am	Healing Service	Rabbi Ragozin	Sanctuary
11:25 am	Rabbi's Talk	Rabbi Ragozin	Sanctuary
11:45 am	Ruach Rally	Ruach Rally Band	Sanctuary

Concluding prayers and Kiddush/Motzi

synaplex™

Community Shabbat Café at noon

Attire is casual.

We practice radical hospitality.

Alternative Service Information

Early Mystic Minyan - 8:45 am weekly

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. It is a time to gather one's self and one's thoughts together through individual prayer without words, while Native American flute music is played.

Renewal Minyan - 8:45 - 9:50 am weekly

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.

Traditional Minyan: Traditional Prayers 9:00 am weekly

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. Come and join us in a safe, welcoming space to discover the beauty of traditional Jewish liturgy, prayer and song in a user-friendly format.

Yoga Minyan - 10:00 am weekly

A full-body Shabbat experience. Yoga Minyan incorporates yoga practice with a Shabbat theme.

Nosh & Drash - 10:00 am weekly

Grab a cup of coffee and a nosh at the Boker Tov Café, and join the guest scholar for a Torah-based Shabbat learning experience.

Magic Minyan - 10:45 - 11:30 am

Musical Shabbat programs for the littlest ones and their grown-ups. Magic Minyan with Marcy (Preschool age and under) - April 2 and May 14

Yoga

February 6, 13 and 27 with Stacie Nardizzi
February 20 with Nancy Sarles

Nosh & Drash

Pick up your "nosh" at the Boker Tov Café and enjoy a Torah study session in the Social Hall

February

6 - Noam Sender; 13 - Rabbi Ragozin;
20 - Dr. Harvey Zarren; 27 - Noam Sender

Service Schedule

Daily Minyan

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

Shabbat

Friday evenings: 6:00 pm
Saturday mornings begin at 8:45 am (see Synaplex schedule)

Candle Lighting

February

5 - 4:44

12 - 4:53

19 -5:02

26 - 5:11

Kvelling... Family Announcements

Carly Schauer, daughter of Rachel and Cory Schauer, granddaughter of Arlene and Herb Leventhal, became a bat mitzvah

Rebecca and Fischer Birnbach, children of Deborah and Norman Birnbach, became b'nei mitzvah

Judi and Steve Simmons' granddaughter, Emilia Skye Simmons, and grandsons Mason Blake and Andrew Ian Wetmore, were named at CSH. Mason and Andrew are the sons of Jill Wetmore.

Monroe Somer celebrated his 100th birthday

Stephen Resnic, son of Amy and Alan Resnic, grandson of Linda and Arnold Dubinsky, graduated cum laude from Salem State University with a B.S. in Psychology

Carol and Marc Goldenberg haf a new granddaughter, Adeline Gina Slizofski

Arthur Schwartz has a new position at Tufts University Dental School

Bea Strome's granddaughter is engaged to Matthew Kule

Al and Gila Namias's granddaughter, Lea Rhoda Strom, was recently named in New York

Desiree and Arye Gil of Swampscott are delighted to announce the engagement of their daughter, Chantal Gil, to Dr. Alexander Volfovsky. Chantal is the granddaughter of Bery and Bob Sanford. The proposal took place while visiting family at one of their favorite restaurants overlooking the old city of Jerusalem, Israel.

Alexander Volfovsky and Chantal Gil

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

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

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

Shabbat Café Sponsors

Thank you to the following for co-sponsoring the Shabbat Café

Rachel and Cory Schauer in honor of their daughter, Carly, becoming a bat mitzvah

Deborah and Norman Birnbach in honor of their children, Fischer and Rebecca, becoming b'nei mitzvah

Judi and Steve Simmons in honor of the naming of their granddaughter, Emilia Skye Simmons, and grandsons, Mason Blake and Andrew Ian Wetmore

Al and Gila Namias in honor of their granddaughter, Lea Rhoda Strom, in New York

The Lev Initiative and generous donations to the Kiddush/Shabbat Café Fund

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

Torah Readers: Anna Levenberg, Howie Abrams, Ben Birnbach, Norman Birnbach, Deborah Birnbach, Rebecca Birnbach, Fischer Birnbach, Diane Levin, Howie Abrams

Haftarah Chanters: Carly Schauer, Howie Abrams, Alan Sidman, Cantor Elana, Fischer and Rebecca Birnbach, Steve Bailen, Diane Levin

CALLING ALL TORAH AND HAFTORAH READERS

Alan Sidman, Sprtiual Life Chair

One of the great strengths of Shirat Hayam is the strong participation of members in the various services. We are blessed to have lay leaders during the weekly minyans. We also have a group of people who read Torah and chant Haftarot during the Shabbat morning service and special holiday services. All of these folks, consider it an honor to perform these services. Happily, we lose some of these readers in the winter as many are snowbirds. Sadly, we lost some readers who have passed away. Joel Cohen z"l and Bob Milamed z"l were always available to chant Haftarah and read Torah. They will be missed.

I am looking for new people to join this cadre of Torah readers and Haftarah chanters. The Cantor and Rabbi would be happy to help you learn these wonderful skills. There are many in the group who would also help. I was asked many years ago to learn to chant Haftarah, and it has been a great joy of my life to be able to do so on a regular basis at Shirat Hayam.

Please do not hesitate to call the Rabbi, Cantor or me if you would like to discuss your interest in learning these skills. I guarantee you will not regret it.

Shalom,

Alan

Chesed Committee

Nancy Sarles, Chair

Shalom,

Please join our Chesed Committee to assist our congregation members at times, both urgent and ongoing, with the generous energy of our congregation.

Chesed is our opportunity to give and receive a helping hand. Please volunteer for as little as a few hours a year to care for the needs of our members.

Chesed "Reach Out" program is to assist in emergency situations with meals, rides, child care, or Shiva. Chesed "Reach In" program is to address our members' more ongoing needs such as a phone call, a visit, a meal, a ride to services, a new member buddy, new parent outreach, or simply being in touch and lending a helping hand.

I invite you to email me with your name, email address, and phone number where you can be called on to help.

As a Chesed Committee volunteer, there are no meetings. All communications are by email and phone, when needed.

Please call CSH if you have any needs we can help with.

With lovingkindness,

Nancy Sheena Sarles

nlsarles1@gmail.com - 781.631.6416

Caring for Generations
JF&CS
Jewish Family & Children's Service

We need your help!

JF&CS thanks the Center for Jewish Education, CJE, for sponsoring a food drive in February. We encourage you to support this endeavor by bringing your contributions to CSH.

We need help packing and delivering food for our monthly food distributions. The North Shore distributions occur monthly on Sundays at Temple Sinai. This is a wonderful opportunity for you and your family to perform a true mitzvah. For further information, contact Lisa Katz at JF&CS, Family Table Volunteeer Coordinator at: lkatz@jfcsboston.org

Our next food distribution is on Sunday, February 21st.

Thank you for your continued support.

Bette Shoreman

CSH Family Table Site Coordinator

The CSH clothing drive has become a steady source of income for Shirat Hayam while it benefits the community - local and globally. CSH is paid by the weight of the load, so those heavy shoes and drapes you want to get rid of... bring them over! (In addition to clothing and shoes in any condition, you may include decorative pillows, backpacks, purses, belts, hats, bed linens, and stuffed animals... it's not just clothing.

The clothing collection bin is the beginning of a journey into the world of Textile Recycling. The vast majority goes to the used clothing market that supplies affordable clothing, shoes, accessories and household linens to both domestic and developing nations. What cannot be used as wearable clothing is turned into industrial wiping rags. If the material is unsuitable for wiping rags, it gets ground up into tiny fibers that are used for insulation, soundproofing and stuffing. The clothing, shoes and accessories are going to the very same markets that all other charities and clothing collectors go to. In fact on January 27, 2016, The Massachusetts Secretary of Environmental Protection announced a public relations campaign to encourage people of Massachusetts to donate or recycle their clothing, shoes, household textiles and accessories.

So you see, none of it goes to waste. This program has a multi-tier benefit to us, our neighbors, and our global community. Thank you for contributing to its success. Please tell your friends that our bins are always open. Hopefully, spring cleaning is just around the corner. Remember CSH when cleaning out your closets!!

Thank you.

Condolences, Well Wishes & Donations

We mourn the passing of our members

Suzanne Grosz
Joel Cohen
Robert Milamed
Eleanor Schultz

and extend our deepest sympathy to their family and friends

Condolences to:

Stephen Grosz on the loss of his wife, Suzanne

Terry and Mark Berenson on the loss of Terry's morther, Dorothy Corben

Mindy and Timothy McMahon on the loss of Mindy's mother, Paula Berk

Stephanie Cohen on the loss of her husband, Joel

Philip and Barbara Cohen on the loss of Phil's brother, Joel Cohen

Miriam Milamed on the loss of her husband, Robert "Bob" Milamed

Herb Schultz on the loss of his wife, Eleanor

Ethel Schultz on the loss of her sister-in-law, Eleanor Schultz

Heather Glick and Michael Smerka on the loss of Heather's grandmother, Leona (Klein) Glick

Karen Ponchner and Michael Bourne on the loss of Karen's father, Mario Ponchner

Stephanie and Andrew Katz on the loss of Stephanie's father, George Linsky

Philip and Elaine Linsky on the loss of Philip's brother, George Linsky

Sylvia and Norman Revman on the loss of their son-in-law, George Linsky

Donations

RABBI MICHAEL'S DISCRETIONARY FUND

In memory of Irene Solomon's grandson, Joshua Slovin

by Susan and Larry Goldberg

In appreciation of Rabbi Michael's help, guidance and enthusiasm with our daughter Carly's Bat Mitzvah

by Rachel and Corey Schauer

In memory of Dorothy Corben

by Leslie and Bob Ogan

In memory of Joel Cohen

by Bev and Bobby Lockshin; Herb and Audrey Weinstein

In memory of Mindy McMahon's mother, Paula Berk

In memory of Irene Solomon's grandson, Joshua Slovin

In memory of Heidi Smyth's sister, Edie Black-Scherer

In honor of Elyse Knopf's wedding

In memory of Marjorie Patkin's mother, Janet Weiss Aronson

In memory of Robert Jepsky's mother, Susan Jepsky

by Carolyn Perlow

In memory of:

Father, Maurice Myron

by Harriet Abel

CANTOR ELANA'S DISCRETIONARY FUND

In memory of Cantor Emil's father, Cantor Gabriel Berkovits

by Barry and Ellen Turkanis; Susan and Larry Goldberg; Carolyn Perlow

In memory of Joel Cohen

by Carl and Sandy Shalit; Carolyn Perlow; Ethel and Steve Harris

In memory of:

Father, Bernard Siskind

by Beverly A. Kahn

Grandfather, Louis Lipsky

by Beverly A. Kahn

GENERAL FUND

In memory of Marjorie Patkin's mother, Janet Weiss Aronson

by Larry and Lori Groipen

In memory of Steve and Karen Solomon's nephew, Joshua Slovin

by Larry and Lori Groipen; Marc and Beth Andler

In honor of the Rosenbergs' new home and mazel tov to Andrew Rosenberg on becoming a Bar Mitzvah

by The Gabe Family

In honor of the hospitality of Shirat Hayam throughout the Holy Days, thank you

by Yael Seligman

In memory of Cantor Emil's Father, Cantor Gabriel Berkovits

by Marc and Beth Andler

In honor of Roz and Marty Goldberg's grandson Scott's marriage to Jennifer

by Helaine and Harvey Cotton

In honor of Carol and Marc Goldenberg's new granddaughter, Adeline Gina Slizofski

by Helaine and Harvey Cotton

In memory of Terry Berenson's mother, Dorothy Corben

by Lois and Bobby Kaplan

In memory of Cantor Emil's father, Cantor Gabriel Berkovits

by Larry Gendler

In appreciation of CSH over the High Holy Days

by Sandy and Harold Hoffman

With get-well wishes to Ann Segal

by Charlotte and Donald Fine

In appreciation of Congregation Shirat Hayam

by Shari Sarnevitz

In memory of:

Father, Martin Leibman

by Lois Kaplan

Grandmother, Rose Bornstein

by Beth Rooks

SAMUEL BRODY MINYAN FUND

In memory of Marjorie Patkin's mother, Janet Aronson Weiss

by Susan Drooks

In memory of Cantor Emil's father, Cantor Gabriel Berkovits

by Helaine and Jim Hazlett

With wishes for a speedy recovery to Murray Goodman

by Samuel and Carol Denbo

In memory of Joel Cohen

by Gail and Gerald Gerson; Carl and Sandy Shalit; Robin and Bob Cooper; Dawn Ehrlich; Sharon Bennett

In memory of:

Father, Richard Sorkin

by Shari Cashman

Wife, Eunice Epstein

by Arthur Epstein

Brother, Gary Ogan

by Robert Ogan

Grandmother, Rose Goldberg

by Leslie Ogan

Father, Sidney Belostock

by Gary Belostock

Grandmother, Flora Goldstein

by Marsha Feffer

Mother, Isabelle Ablow

by Herbert Ablow

Grandfather, David Levin

by Diane Levin

Father, Samuel Ribok

by Barbara Goldberg

Mother, Lillian Talcove

by Jane Alexander

Mother, Annie Spector

by Arnold Spector

Mother, Helen Bloom

by Esther Salinsky

Mother-in-Law, Rose Fine

by Hyman Sogoloff

Sister, Carol Bieren

by Michael Dubinsky

Father, Herbert Tatelman

by Richard Tatelman

Father, Samuel Forman

by Frances Barbanel

Mother, Beatrice Forman

by Frances Barbanel

Father, Norman Gulko

by Paul Gulko

Wife, Janet Goldberg

Aunt, Ida Goldberg

by Herbert Goldberg

Mother, Sarah Rosenberg

by Toby Bell

Brother, Abraham Rosenberg

by Toby Bell

Father, Mark Solov

by Frances Solov

Father, Arthur Brand

by Dr. Jeffry Brand

Husband, William Tenenbaum

by Joann Tenenbaum

Father, Jack Namias

by Dr. Albert Namias

Sister, Jean Siegel

by Edith Spector

Father, Jacob Hertz

by Leonard Hertz

Brother, Eugene Denbo

by Samuel Denbo

Father, Samuel Chaves

by Mildred Harris

Husband, Lester Harris

by Mildred Harris

Brother, Gunther Kahn

by Eric Kahn

Mother-in-Law, Jenny Poster

Brother-in-Law and Uncle, Ralph Dunn

by Cynthia Poster and Family

Father, Israel Shuman

by Arnold Shuman

Mother, Belle Gerber

by Valerie Gilbert

Brother, Clifton Surette

by Daniel Surette

Mother, Ada Millstein

by Ann Segal

Granddaughter, Marissa Broady

by Louise Chudnofsky

Father, Harry Kemelman

by Ruth Rooks

Father, Harry Soltz

by Robert Soltz

Grandfather, Jack Abrams

by Rhonda Gilberg

Mother, Marian Eakins

by Katherine Borten

Brother, Murray Weinstein

by Reva Surette

Grandmother, Emma Stark

by Madeline Stark

Husband, Ralph Dunn

by Linda Dunn

Father, Max Goldstein

by Myra Gulko

Mother, Lee Stoller

by Natalie White

Grandmother, Ida Razin

Mother, Roberta Kline

by Alan Kline

Father, Max Stone

by Anne Volovick

Father-in-Law, Benjamin Tenenbaum

by Joann Tenenbaum

Mother, Roberta Kline

Grandmother, Ida Razin

by Susan and Cody Kline

Father, Joseph Fishman

by Evelyn Handis

Father, Jacob Handis

by Bernard Handis

Mother, Judith Ogan

by Robert Ogan

Mother, Mollie Goldberg

by Dr. Howard S. Goldberg

Mother, Ruth White

by Dan White

Mother, Sylvia Elowitch

by George Shube

Mother, Ona Henson

by Joseph Henson

Uncle, Hyman Krugman

by Alice Leidner

Grandmother, Evelyn Sackett

Shelley Sackett

Mother, Helen Brauner

by Michelle Myerson

Mother, Nadya Shames

by Aron Mirmelshteyn

Mother, Rose Bornstein

by Norma Rooks

Mother, Rhoda Finegold

by Donald Finegold

Husband, Morris Tabb

by Rose Tabb

Mother, Esther Sandler

by Beatrice Lipsky

Sister, Ruth Kroncek

by Frances Mendelsohn

KIDDUSH FUND

In memory of Cantor Emil's father, Cantor Gabriel Berkovits

by Marjorie Shapiro, Karen and Mark Meyer, Jerry and Lois Ogan, Gloria Sax, Carl and Sandy Shalit, Phyllis Sagan, Jeff and Sandy Hirshberg, Michele and David Tamaren

In memory of Marjorie Patkin's mother, Janet Aronson Weiss

by Arlene and Herb Leventhal, the Gabe Family, Michele and David Tamaren

In honor of Herb and Arlene Leventhal's granddaughter, Carly Schauer, becoming a bat mitzvah

by Helaine and James Hazlett, Charlotte and Donald Fine, Murry and Joan Rich, Reggie and Lew Weinstein, Karen and Mark Meyer and Family

In memory of Irene Solomon's grandson, Joshua Slovin

by Helaine and James Hazlett, Karen and Mark Meyer, Barbara Meyer, Carl and Sandy Shalit, Susan and David Kauder, Phyllis Sagan, Irene Gilberg, Phyllis Patkin

In memory of Steve and Karen Solomon's nephew, Joshua Slovin

by Helaine and James Hazlett, Phyllis Sagan

In memory of Heidi Smyth's sister, Edie Black-Scherer

by Susan and Larry Goldberg, Bobby and Lois Kaplan

In honor of Laine Foutes' 11th Birthday

by Leone Wallace

In memory of Stephen Grosz's wife, Suzanne Grosz

by Phyllis Sagan, Sima Rotenberg

In honor of Susan Goldberg's new business

by Jerry Rosen

In memory of Nancy Sarles's sister, Susan Sarles Brody

by Michele and David Tamaren

In honor of Roz and Marty Goldberg's grandson Scott Goldberg's marriage to Jennifer

by Phyllis Patkin

With get-well wishes to Murray Goodman

by Beatrice Strome; Sandy and Carl Shalit

In honor of Audrey Helzner's special birthday

by Beatrice Strome

In memory of Terry Berenson's mother, Dorothy Corben

by Beatrice Strome, Phyllis Sagan, Samuel and Carol Denbo

In memory of Cantor Gabriel Berkovits

by J. Myron Rosen

In memory of Sylvia Forman

by Marilyn and Harry Epstein

In memory of Dr. Allan Weissman's wife, Bobbi

by J. Myron Rosen

With get-well wishes to Jackie Myerson

by Jerry and Lois Ogan

In honor of Allison Gay's engagement to Guy Lemberg

by Harvey and Helaine Cotton

With get well wishes to Ann Segal

by Charlotte and Donald Fine

In honor of Dr. Arthur Schwartz's new position at Tufts

by Phyllis Sagan

In memory of Mindy McMahon's mother, Paula Berk

by Phyllis Sagan and the Team at Sagan Agency

With get well wishes to Ann Segal

by Reggie and Lew Weinstein

With get-well wishes to Ann Segal

by Dawn Ehrlich; Beatrice Strome

With get-well wishes to Kenneth Sorkin

by Ethel and Steve Harris

With get-well wishes to Sanford Levy

by Beatrice Strome

In memory of Cora Prisco

by Alison Alvarez and Family

To the Leidovitz family, in memory of mother, Gert

by Harriett and Ralph Kaplan

In memory of:

Father, Chester Titchell

by Arlene Leventhal

Grandmother, Jenny Markowitz

by Marla Belostock

Cousin, Beth Berman

by Marla Belostock

Mother-in-Law, Helen Barent

by Jerrold Rosen

Mother, Shirley Goldstein

by Bunny Lieberson

Father, Harry Samuels

by Helaine Bershad

Mother, Frieda Ross

by Libby Ellin

Father, Joseph Cohen

by Sandra Osattin

Father, Norman Rubin

by Sheldon Rubin

Father, Edward Bekritsky

by Linda Siegel

Grandmother, Beatrice Newman

Brother, Alan Cashman

by Robert Cashman

Son, Sheppard Weisman

by Bette Ann Weisman

Grandmother, Marguerite Michel

by Dr. Albert Namias

Grandfather, Julius Glosband

by Daniel Glosband

Sister, Elaine Lewis

by Joyce Rosenthal

Brother, Sheppard Weisman

by Claudia Rodenstein

Uncle, Eli Gertz

by Doris Hirsch

Son, Alan Cashman

by Marvin Cashman

Grandfather, Isaac Kaplan

by Howard Kaplan

Father-in-Law, Louis Strome

by Beatrice Strome

Father, Hyman Karp
by Lois Ogan
Father, Samuel Silverstein
by Marsha Rubin
Father, Hyman Karas
by Dr. Jacob Karas
Mother, Annie Rosen
Wife, Barbara Rosen
Father, Henry Rosen
by J. Myron Rosen
Father, Nathan Danberg
by Sheila Taymore
Father, Frank Stahl
by Shirley Merken
Brother, Harold Barr
by Grace Tuttman
Husband, Melvin Chudnofsky
by Louise Chudnofsky
Father, Isidor Tolpin
by Barbara Vinick
Father-in-Law, Milton Vinick
by Barbara Vinick
Mother, Ida Woogmaster
by Barbara Gilefsky
Father, Saul Kauder
Mother, Rosalind Kauder
by Dr. David Kauder
Brother, Paul Siegel
by Frances Bobroff
Father, Henry Levy
by Susan Kauder
Father, Louis Hotz
by Joyce Rosenthal
Sister, Brion Foreman
by Rand Foreman-Bergman
Father, Seymour Bergman
by Arnold Bergman
Nephew, Jonathan Ogan
by Leslie and Robert Ogan
Grandmother, Sadie Stockman
by Phyllis Kaplan
Mother-in-Law, Wilma Alexander
by Elizabeth Stevenson
Father, Sam Pressman
by Florence Pressman
Mother, Ida Gold
by Beverly Nathan
Father, Albert Cherry
by Ruthann Cohn
Aunt, Ida Goldstein
by Myra Gulko
Father, Samuel Barron
by Ruth Lunder
Father, Morris Shanker
by Ruth Shanker
Sister, Arlene Burtman
by Beatrice Strome
Sister-in-Law, Pearl Brown
by Beatrice Strome
Mother, Shirley Goldberg
by Martin Goldberg
Grandfather, Harry Lipsky
Uncle, Jacob Lipsky
Grandmother, Esther Sandler
Grandfather, Benjamin Sandler
Uncle, Irving Sandler
by Joanne and Ed Smith
Friend, Beverly Richman
by Lois Ogan
Mother, Ellen Greenblatt
by Judi Simmons
Mother, Eleanor Rubin
by Sheldon Rubin
Father, Barnet Kraft
by Frances Pearlman
Husband, Sidney Ostrovitz
by Miriam Ostrovitz
Brother, Irving Zaiger
by Florence Wigetman
Mother, Wilma Alexander
by Dr. Richard and Ellen Alexander
Mother, Esther Gilberg
by Fay Castleman
Mother, Anna Kaplan
by Ralph Kaplan

TORAH FUND

In memory of Cantor Emil's father, Cantor Gabriel Berkovits

In memory of Steve Forman's aunt, Sylvia Allen

by Charlotte and Donald fine

In memory of:

Husband, Robert Garfinkel
Sister-in-Law, Barbara Freedman
Grandfather, Harry Osattin
by Marion Garfinkel and Family

FAMILY PROGRAM FUND

In honor of Alison Gay's engagement to Guy Lemberg
by Alice and Charles Leidner

H. MERKEN TALLIT MEMORIAL FUND

In memory of Dr. Melvin Merken

In memory of Paula Chandler
by Elaine Merken

TREE FUND

In memory of Cantor Emil's father, Cantor Gabriel Berkovits

by Natalie White; Alice and Charles Leidner; Carol and Sam Denbo

In memory of Steve and Karen Solomon's nephew, Joshua Slovin

by Leslie and Bob Ogan

In memory of Irene Solomon's grandson, Joshua Slovin

In honor of Rosalie Levy's 90th Birthday

by Florence and Harry Wigetman

In memory of Joel Cohen

by Donna and Philip Lapatin

In memory of Robert E. Waldron

by Alison Alvarez and Family

BURT SHEPARD SCHOLARSHIP FUND

In honor of Carly Schauer becoming a Bat Mitzvah

With get well wishes for Todd Feinsmith's speedy recovery

by Natalie White

In honor of Rachel Gerber's engagement to Matthew Kule

by Natalie White and Family

In memory of Cantor Emil's father, Cantor Gabriel Berkovits

by Herb Goldberg; Eli and Muriel Talkov; Susan, Larry and Elana Weiner

In honor of Carly Schauer's Bat Mitzvah

by Eli and Muriel Talkov

In memory of Clara Chedavichyus

by Natalie White and Family

With wishes for a speedy recovery to Ann Segal

by Natalie White

With get-well wishes for a speedy recovery, Murray Goodman

by Natalie White and Family

In memory of Philip Gay's father

by Susan, Larry and Elana Weiner

With wishes for a speedy recovery to Ann Segal

by Judith Tarlow

In memory of:

Mother, Dora Freedman

by Elaine Sevinor

PRAYERBOOK FUND

In honor my granddaughter, Rachel Gerber's engagement to Matthew Kule

by Beatrice Strome

CHESED FUND

In memory of William Rosenberg's mother, Rivka Rosenberg

by Carol and Jack Klevan

HOWARD STEVEN FEFFER SCHOLARSHIP FUND

In memory of:

Grandmother, Pauline Feffer

by Lawrence Feffer

SHABBAT OLAM SPONSORSHIP

In honor of a Spring Shabbat Olam

by Ken and Lois Cohen

JACK POLONSKY BUILDING MAINTENANCE FUND

In memory of Cantor Emil's father, Cantor Gabriel Berkovits

by Norma and Sherman Freedman

In memory of:

Mother, Rose Polonsky

by Norma and Sherman Freedman

BREAK-THE-FAST

by Wayne Trebbin

CHAIR PLAQUES

In honor of Warrior Jew, Henry Barbanel

In honor of our children and grandchildren

To honor our parents, Grace and Kenneth Hazlett and Eleanor and Donald Roos

by Helaine and James Hazlett

LEV

by Sara Ewing and Jay Mahler

by Gail and Harvey Zarren

by Edythe Baker

by Izzie and Howie Abrams

by Karen Ponchner and Michael Bourne

by Les and Joanne Rosenberg

In honor of my children, grandchildren and great-grandchildren

by Beatrice Strome

In honor of Esther Salinsky's birthday

by Dawn and Ma June

In memory of our beloved brother, Bert Shuman, husband of Jetty Shuman

by Sandi and Arnie Shuman

In memory of:

Mother, Hester Berman

Mother and Father-in-Laws, Freida and Morris Sinrich

Leeta Sinrich

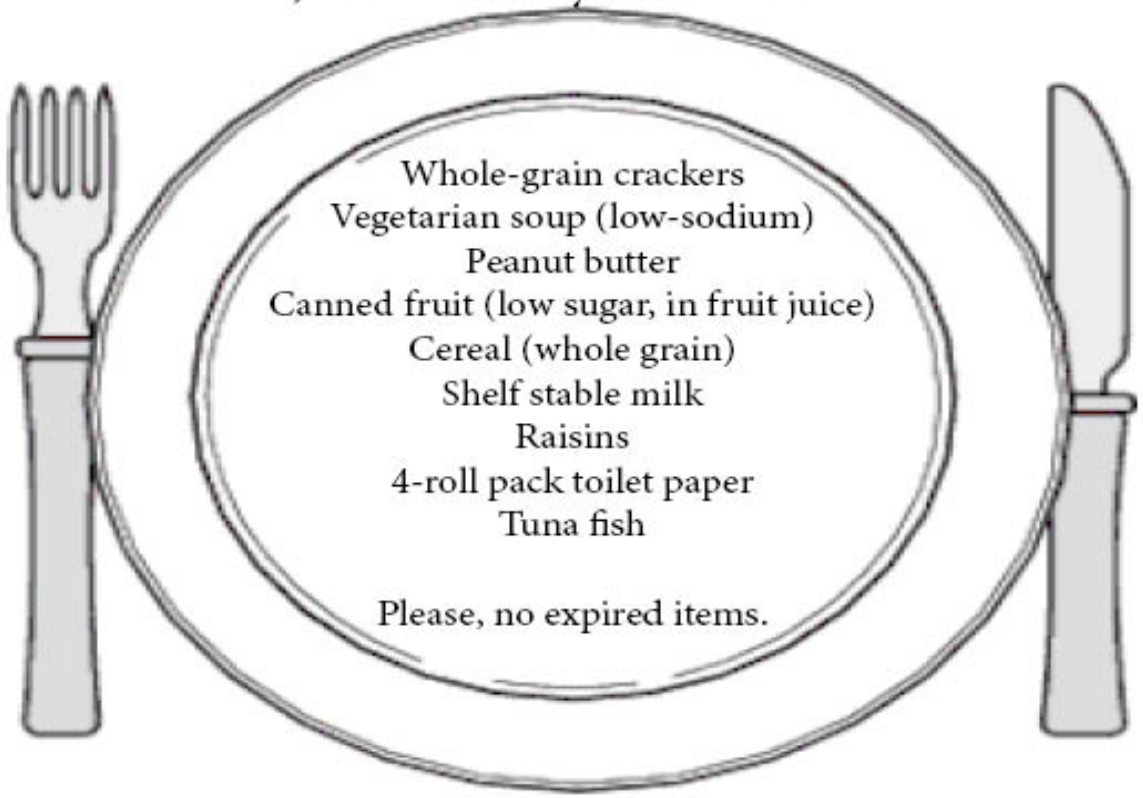
Together, let's address local hunger insecurity, particularly among Jewish families. Please bring the items listed below to Shirat Hayam between **February 7 - 27.** Double your contribution - ask a neighbor to contribute and help spread the word about the good work that Shirat Hayam is doing in our community. Together, let's restock the shelves at JF&CS.

Rabbi Michael

Together, we can help feed the hungry.

RESTOCK THE SHELVES

JF&CS Family Table needs:



FEBRUARY 7-27

Caring for Generations

JF&CS

Jewish Family & Children's Service

JF&CS Family Table, the largest kosher food pantry in New England, provides healthy food on a monthly and emergency basis to families in need. For more information, please contact us at familytable@jfcsboston.org or 781.693.5593 www.jfcsboston.org

שירת הים CONGREGATION SHIRAT HAYAM SONG at the SEA

Congregation Shirat Hayam of the North Shore works year-round in partnership with JF&CS to help feed the hungy. For more information, contact csh@shirathayam.org 781.599.8005 www.shirathayam.org

Why attend daily Minyan?

Barbara Tobin-Forbush and Natalie White, Minyan Leaders

The main reason for attending daily minyan is when there is a loss. Jewish tradition tells us that when there is a death of a parent, spouse, sibling or child that the Kaddish Shalem (mourners kaddish) should be said daily in community for a specified period of time depending on the relationship. This has a dual purpose. For the deceased it is to ease their journey. For the mourner it is to have the support of others. It is a safe place to be. Jewish law requires that it be said "in community" which means that a minimum of 10 Jewish adults be present.

Then we come every year to observe the yahrzeit (anniversary) of our loved one.

For those who attend regularly it is to support the mourners – to be that community.

We have all been "the mourner" at one time or another.

As minyan leaders, congregants often come to us after the service to say thank you and tell us how they feel. Recently one member who came for his mother's yahrzeit said: "When my mother died I came here every day. This is the only shul on the North Shore that maintains a daily minyan." Another gentleman who came partway through the service said: "You saved me – I went to another synagogue first and they didn't have a minyan so I came running here."

Unfortunately there are many times both morning and evening when we do not have a community of 10 and the Mourners Kaddish cannot be said. It is very disappointing for the mourner when this happens.

Please become a member of the community to be there for those who are in mourning or observing a yahrzeit. Come once a week or once a month – come when you can. If you are coming to a meeting or event that starts at 7:30 pm, please make an effort to come in time to help create community. If you are coming for a yahrzeit please ask a friend or two to come as well.

This is a mitzvah that can be easily accomplished – just show up!

B'Shalom,

Barbara and Natalie

Daily Minyan Schedule:

Monday - Friday mornings, 7:30 am

Monday - Thursday evenings, 7:00 pm

Friday evening, 6:00 pm

Sundays, 9:00 am, 6:00 pm

CSH Minyannaires

Thank you to the following members for supporting daily services:

Ellen Alexander, Michael Cohen, Larry Feffer, *Barbara Tobin-Forbush, Herb Goldberg, Sandra Goldstein, Ellen Gordon, Sandy Hirshberg, Don Hurwitz, Jack Karas, Nancy Klayman, Eddie Knopf, Arlene Leventhal, Diane Levin, Roz Levy, Sandy Levy, Steven Levy, *Mark Messenger, Rhonda Preman, Sylvia Revman, Gloria Sax, Ann Segal, *Carl Shalit, Roz Shapiro, *Alan Sidman, Bea Strome, *Eli Talkov, Sue Weiss, *Natalie White

*denotes service leaders

We are very fortunate to have the above minyannaires attend regularly. 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.

Adult Ed

Wayne Trebbin, Chairperson

Introduction to the Great Sea of the Talmud

with Rabbi Howard Kosovske
February 17/18 and 24/25

Of all of the great literary works of Judaism, none has occupied the lives of serious students of Judaism more than the Talmud. We will spend two sessions looking in translation at some relevant and exciting passages of this holy work and gain a feel for what has been (and continues to be) such an important focus of who and what we Jews are.

Join Rabbi Howard Kosovske for a 2-part class on Wednesday evenings, February 17 and 24, or Thursday mornings, February 18 and 25. The Wednesday evening class will be repeated on Thursday morning to accommodate people's schedules.

Morning classes will follow morning minyan at 9:00 am and evening classes will follow evening minyan at 7:30 pm. If you are able to attend minyan before the class, your attendance will be appreciated.

Bar Kokhbah: False Messiah, Brilliant Commander, Totally Defeated and Yet Still Influencing the Destiny of the Jews

with Dr. Wayne Trebbin
Tuesday, March 8, 7:30 pm

This class reviews the life, death and legacy of Bar Kokhbah, who led the Jews into ultimate total defeat at the hands of the Romans. A brutal yet brilliant leader and a false messiah, he nonetheless breathed hope into his people and became the stuff of legends. Despite his total failure, this enigmatic man has left a dynamic legacy that actively affects the Jewish people today.

Class will follow 7:00 pm minyan at 7:30 pm. If you are able to attend minyan before class, your attendance will be appreciated.

Please join us at Shabbat Olam on March 11 (details on page 3). Acclaimed speaker, Katka Reszke will be joining us following dinner. The service is no charge, however dinner and speaker is $30.00 a person (children $10) or if you'd like to join us following dinner, speaker only is $10.00. All payable in advance. Walk-ins or payment at the door cannot be accepted.

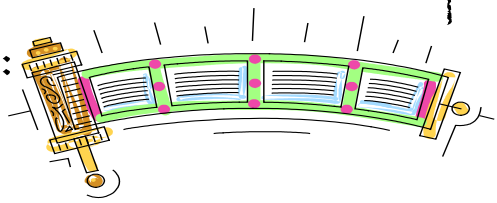
Thank you.

Limmud Learning with Rabbi Michael

Wednesday mornings:
March 9 and March 16, April 13 and 20 at 9:00 - 10:30 am
Wednesday evenings:
March 2 and March 16, April 13 and 20, at 7:30 - 9:00 pm

Please note: Evening sessions are repeated as morning sessions to accommodate schedules. Please try to attend minyan prior to class.

Join Rabbi Michael for an in-depth look at the following topics:



March - The Book of Esther

April - Laws of Pesach

Please let us know if you will be attending, so we can prepare appropriately: csh@shirathayam.org

Watch for more information about the rabbi's May and June classes:

Bible's Buried Treasures!

Shabbat is Here! I'm here. So Where Are You?

submitted by Larry Groipen, CSH Board Member and Lev Chair

Where were you last Saturday between 9 and noon? It was cloudy, raw and gloomy. I was at CSH. As you may recall, during my High Holy Day Lev speech I asked you to come any day that was rainy, cloudy or cold. 200 or more came last week. If you did not come, you missed an inspiring, joyful and bright day.

This is the beginning of a new calendar year, but in the Torah we are reading about the "Passover story." If you had attended the Nosh and Drash you would have heard a lively discussion about why we are reading about Passover now, but celebrating the holiday many months from now. (Ever wonder why?)

Most of us around this time of year make New Year resolutions; we often plan on making changes in our lives. We say we won't be as hard on others, or we will conquer our weight issues, focus more, or reign in anxiety. What if you could be Moses, empowered and encouraged by God and demand that Pharaoh let your "whatever listed above" GO! Wouldn't that be a new twist on resolutions that you made? It might even make keeping them easier.

Attending CSH on Shabbat will stimulate the way you look at life, help you appreciate the day of "being " and not "doing." I look forward to seeing you on Saturday. Any Saturday.

Shabbat Shalom,

Larry

Speaking the Holy Tongue

Understanding the Hebrew of the Renewal Service

Join Rabbi Michael on Shabbat mornings, February 6, 13 and 27, and March 5 from 8:30 - 8:50 am to explore the deeper meaning of the Renewal Service prayers.

Please RSVP so we can prepare the space and materials to csh@shirathayam.org

Mayyim Hayyim

Living Waters Community Mikveh and
Paula Brody & Family Education Center

Mayyim Hayyim is a 21st century creation, a mikveh rooted in ancient tradition, reinvented to serve the Jewish community of today.

A TWO-PART PROGRAM FOR WOMEN

March 17 at 7:30 pm - an evening with Sarah Ragozin at her home

"Becoming Mindful of Passover Preparations"

a preliminary discussion to prepare for our visit to Mayyim Hayyim

Sunday, March 27 at noon, at Mayyim Hayyim

(carpools depart CSH at 11:00 am)

A 90 minute educational program followed by immersions for those who wish.

This two-part program is $40 in advance. Your payment is your reservation. Space is limited. RSVP by Monday, March 14 to CSH@ShiratHayam.org

TORAH HUB

Community Learning on the North Shore

REGISTER AT JCCNS.ORG
OR CONTACT KAREN BAR-OR
AT KBAR-OR@JCCNS.COM.
FREE AND OPEN TO ALL.
(DONATIONS ENCOURAGED.)

JOIN US FOR A FOUR-WEEK SESSION DEDICATED TO EXPLORING AND IDENTIFYING OUR GREATEST JEWISH HEROES FROM BIBLICAL TO TALMUDIC, THROUGH MIDDLE-AGES AND MODERN TIMES!

EACH WEEK A DIFFERENT LOCAL RABBI WILL REVEAL HIS FANTASTIC FOUR.

THURSDAYS, 7:30-9:00PM AT THE JCCNS

- ~~1/21/16 ..... RABBI DAVID COHEN HENRIQUEZ~~
- ~~1/28/16 ..... RABBI YOSSI LIPSKER~~
- 2/4/16 ..... RABBI DAVID MEYER
- 2/11/16 ..... RABBI MICHAEL RAGOZIN

ALL CLASSES WILL BE HELD AT JCCNS, 4 COMMUNITY ROAD, MARBLEHEAD

#SHARE-A-SHABBAT @ SHIRAT HAYAM

Friday, February 5
Kabbalat Shabbat
for families with young children

5:30 pm kid-friendly Shabbat supper
6:00 pm Kabbalat Shabbat
6:30 pm Dessert!

RSVP TO: FamilyLife@ShiratHayam.org

#SHARE-A-PAIR OF PJs
Please bring a new pair of children's pajamas for those in need.

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

Celebrate Purim
with your Shirat Hayam family
Mishloach Manot
Watch your mail for order forms!

New options this year:

For those out of delivery area, for $10.00 we will send a personalized card stating that a basket was sent to a local nursing home in honor of the recipient.

Beautiful Mishloach Manot baskets will be sent to local nursing homes from the Shirat Hayam family. For $5.00, your name will be signed to the card accompanying the basket.

Hello!

Thank you for all your help & support in hosting the 12/29 blood drive! We were extremely pleased with the drive overall, and the willingness of the donors to share this life saving gift.

We had 38 donors register, 5 donors were deferred and 35 units were collected. We also registered 6 first time donors! OUTSTANDING! This will go on to help save up to 105 lives!

Your efforts and those of Congregation Shirat Hayam are greatly appreciated and your support of the community blood program will go a long way toward replenishing blood supplies and ultimately saving lives.

If you have any feedback regarding the drive (planning through execution), please let me know. I'm committed to assuring we have successful drives with the very best donor experience. I very much look forward to working with you again!

Best Regards,

Kerry Valery
Account Manager
American Red Cross
Biomedical Services
781-309-3470 (mobile)
kerry.valery@redcross.org

Give Blood. Give Life.

You can hold the power to save lives in the palm of your hand with the FREE Red Cross Blood Donor App!

Text "BLOODAPP" to 90999 or download it from the App StoreSM or the Google PlayTM store today!

JF&CS
Jewish Family & Children's Service

Caring for Generations for 150 Years

1430 Main Street
Waltham, MA 02451
phone 781-647-JFCS (5327)
fax 781-487-6722
website jfcsboston.org

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* *Immediate Past President*

December 14, 2015

Congregation Shirat Hayam of the North Shore
55 Atlantic Ave.
Swampscott, MA 01907

Dear Congregants of Shirat Hayam,

On behalf of JF&CS Family Table, I want to express our gratitude to Congregants of Shirat Hayam for your thoughtful contributions this past fall, which have been essential during a time when our need is increasing rapidly:

- Ongoing much-needed monthly contributions of peanut butter and whole grain crackers.
- A generous donation by CSH Preschool for our recipient families.
- A tremendous High Holiday food drive, which made sure our families could enjoy nourishing holiday meals.
- An amazing contribution to our Turkey Tzedakah Fund so that our families had a chance to celebrate Thanksgiving.

Your generous tzedakah has been used during the holidays and in general, transforming the spirits of the JF&CS Family Table families from worry to *simcha,* joy. You reassured local needy families that they are surrounded by a compassionate and supportive Jewish community.

A client shares this sentiment:

> "Family Table is more to me than the food deliveries— it is knowing that we are not alone... My youngest son says that he is more proud than ever about being Jewish because of Family Table."

Our recipients are so appreciative for your many years of support and commitment to addressing their nutritional and spiritual needs. With your help they can receive life-sustaining food, personal hygiene products, fresh produce, chicken, and Jewish holiday and ritual items. We look forward to continuing to work with you in the coming New Year.

Thank you,

Lisa Katz
Volunteer Coordinator, JF&CS Family Table

No goods and/or services were furnished in exchange for this contribution. JF&CS is a 501 (c)(3) nonprofit organization.

SUPPORTED BY cjp
United Way
Jewish Federation
Claims Conference
AFCA

Memorial Alcove

We Remember Them

To memorialize your loved one with a listing including English and Hebrew name and date of death, a photograph, a biography and link to other family members on the Electronic Yahrzeit Board the cost is $360.00 for each listing.

If you had a memorial plaque at Temple Beth El, Temple Israel or Anshai Sfard, those names have already been listed on the board. You may add a photograph, biography, and family link to the existing names at no charge.

If you would like more information, a demonstration or if you would like to participate with a memorial tribute for your loved ones, contact Marla Gay, Director of Congregational Life, at 781.599.8005 Ext. 27 or email: Marla@ShiratHayam.org

SAVE THE DATE

ISRAEL BONDS

NORTH SHORE COMMUNITY RECEPTION

IN HONOR OF

ARTHUR AND ESTHER GOLDBERG

MAY 24, 2016 - 5:30 PM

KERNWOOD COUNTRY CLUB
SALEM, MASSACHUSETTS

2016 Advertising Rates - Congregation Shirat Hayam Wave

Size	Monthly Rate	Annual Rate
2 x 3½ (business card size)	$30	$350
4 x 5	$60	$700
8 x 5 (1/2 page)	$125	$1,400
8 x 8	$180	$2,100
Full Page 8 x 11	$225	$2,500

Contact Marla Gay at: 781.599.8005, Ext. 27 or Marla@ShiratHayam.org

Holidays 5776

Erev Purim - March 24
Passover, First Seder - April 22
Yom Hashoah - May 5
Yom Ha'atzma'ut - May 12
Shavuot - June 12
Tisha B'Av - August 14

Team CSH

CSH Clergy & Staff

Rabbi Michael Ragozin
RabbiRagozin@ShiratHayam.org
Ext. 14

Cantor Elana Rozenfeld
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Ext. 12

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Diane@ShiratHayam.org
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Baruch HaLevi

Rabbi Emeritus
Edgar Weinsberg

Cantor Emeritus
Emil Berkovits

Maintenence
Gus Ventura
Eridania Vicioso
Yanira Romero

CSH Preschool

Preschool@ShiratHayam.org
Direct Line: 781.598.3311

Hillary Canner, Director
Hillary@ShiratHayam.org

Preschool Staff:
Marisa Castro
Laura Coleman
Caroline Croyle
Sonia D'Oliveria
Marcy Furlong
Valerie Gilbert
Stefanie Gladstone
Erin Kelley
Erica Kyrouz
Wendy Lewis
Debbie Leibowitz
Kimberly Manley
Casey McCourt
Hope Murdoch
Lindsay O'Brien
Claire O'Donnell
Kelly Porter
Rachel Rosenbaum
Gretchen Row
Rachel Stark
Nancy Terranova
Lindsay Welch

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Leadership@ShiratHayam.org

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Wayne Trebbin

*Executive Committee

CJE

Center for Jewish Education

CJE@ShiratHayam.org
781.599.8005, Ext. 24

Direct Line: 781.346.6075

CJE Co-Directors:

Cheryl Schwartz

Cheryl@ShiratHayam.org

Beth Tassinari

Beth@ShiratHayam.org

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Melissa Caplan
Phyllis Eidelman
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Stefanie Gladstone
Lynne Greenberg
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Noam Sender
Daphna Shemesh
Rachel Shwartz
Rebecca Gil Spiewak
Jason Stark
Marcy Yellin

February 2016

2 Tuesday
3:15 pm iShir
4:00 pm CJE

3 Wednesday
4:00 pm CJE lab
7:30 pm Mahjong for Beginners*

5 Friday
5:30 pm Share-a-Shabbat
6:00 pm Kabbalat Shabbat

6 Saturday
Full Synaplex
CJE Limud
Bar Mitzvah of Liam Conley

7 Sunday

9:00 am World Wide Wrap with Brotherhood breakfast

8 Monday
7:20 pm Mahjong

9 Tuesday
3:15 pm iShir
4:00 pm CJE

10 Wednesday
4:00 pm CJE lab
7:30 pm Rabbi's Town Hall Meeting*

11 Thursday
7:30 pm Rabbi Ragozin @ JCC for Torah Hub

12 Friday
6:00 pm Kabbalat Shabbat

13 Saturday
Full Synaplex
NO CJE Limud

15 Monday
Presidents' Day
Regular Minyan times
7:30 am; 7:00 pm
7:20 pm Mahjong
7:30 pm Becky's Book Club*

16 Tuesday
NO CJE

17 Wednesday
NO CJE Lab
7:30 pm Talmud*

18 Thursday
9:00 am Talmud

19 Friday
6:00 pm Kabbalat Shabbat

20 Saturday
Full Synaplex
NO CJE Limud

22 Monday
7:20 pm Mahjong

23 Tuesday
3:15 pm iShir
4:00 pm CJE
7:30 pm Board Meeting*
Regular session of CSH board meetings are open to CSH members.

24 Wednesday
4:00 pm CJE Lab
7:30 pm Talmud*

25 Thursday
9:00 am Talmud

26 Friday
6:00 pm Kabbalat Shabbat

27 Saturday
Full Synaplex
CJE Limud

29 Monday
7:20 pm Mahjong

*When attending a 7:30 pm program, please make every effort to arrive at 7:00 pm to help make a minyan.

Thank you.

CSH SNOW POLICY*

If Swampscott schools are cancelled or delayed, morning minyan is cancelled.

If Salem State cancels evening classes, weekday evening minyan is cancelled.

For a snow emergency on Shabbat (Friday night or Saturday morning) we will make every attempt to send a congregational email. There will also be a designated extension (#29) with updated information.

We encourage safety first. If your safety is in question, we encourage you to stay home and be safe and warm.

*Preschool and CJE will notify parents of policies/cancellations

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Marla Gay, "The Wave" Publisher
Jerome D. Ogan, "The Wave" Editor

Scotch & Shmooze

"Mahjong for Beginners"

Have you ever wanted to learn how to play Mahjong or need to brush up on your skills? Then come join this women's group on Wednesday, February 3rd, 7:30pm at Shirat Hayam. RSVP to: Sarah Ragozin at: srplymate@gmail.com