Nosh & Drash More Popular Than Yoga?

On a recent Shabbat morning, as one congregant left the Nosh & Drash session, she was overheard saying “These presenters have been so great lately, I haven’t been going to yoga. And I was a regular!”

Nosh & Drash, where speakers lead a teaching discussion about any topic that both interests them and touches on Judaism, is an integral part of Shirat’s Shabbat Synaplex™ from 10 a.m. until 11 a.m. Often they explore the week’s parsha; just as often, they focus on a timely current event or a compelling personal story that expands our awareness and invites us to connect to one another.

If you haven’t tried a Nosh & Drash, here’s a sampling of what you missed and what you can look forward to:

- Dan Urman, who is an expert on American politics and the Supreme Court, spoke about the relationship between the Supreme Court and organized religion. He wowed his audience when he charted trends in Supreme Court jurisprudence, ending with a prediction that the Court will uphold a large cross in Maryland as a secular symbol “even though everyone I know thinks the cross has a religious meaning.”

- Rabbi Darby Leigh, who was born deaf, spoke about his deep relationship with music and the role it played on his spiritual journey towards the rabbinate. He wove together personal stories of deafness, rock and roll, dreadlocks and an appreciation for the Rastfarian religion and reggae culture.

- “Spirituality and Healing” was the topic of the Nosh & Drash by McLean Hospital Spiritual and Mental Health Department lead therapist and social activist, Hadassah Margolis. She leads therapy groups at McLean and elsewhere, helping people and communities transform themselves through dialogue, reflection and common action. She gave a D’var Torah on the Parsha Bo, drawing parallels between the spiritual

A sampling of Nosh & Drash participants:

- Dan Urman on the relationship between organized religion and the Supreme Court
- Rabbi Darby Leigh on the role music played on his spirituality
- Dr. Ryan Zaklin on how cannabis connects the mind, body and spirit
- Hadassah Margolis on how to find spirituality and healing in the Torah
- David Tucker on finding peace, strength and equanimity in the face of challenges
- Rabbi Howard Kosovske on current issues through a Jewish lens
- Noam Sender on mystical tradition and ancient music and musical instruments
- Elon Strickler on Everything and Anything AIPAC
- Dr. Harvey Zarren on finding tools for living based on Torah and human biology

May Calendar

THURSDAY, MAY 2
7:30 pm Rosh Hodesh Group for Women

FRIDAY, MAY 3
6:00 pm Kabbalat Shabbat

SATURDAY, MAY 4
Shabbat Synaplex™
Bat Mitzvah of Jasmina Kurtovic

FRIDAY, MAY 10
6:00 pm Kabbalat Shabbat

SATURDAY, MAY 11
Shabbat Synaplex™
CJE “Shadow a Friend”

WEDNESDAY, MAY 15
10 am & 7:30 pm Rabbi Adult Ed - Book of Samuel

FRIDAY, MAY 17
5:30 pm Holy Happy Hour Minyan
5:30 pm Young Families Shabbat at JCCNS

SATURDAY, MAY 18
Shabbat Synaplex™
CJE Teacher Appreciation (Final Session)
6:00 pm Bar Mitzvah of Jacob Bourne

SUNDAY, MAY 19
5:00 pm Campus Anti-Semitism Task Force at JCC

MONDAY, MAY 20
7:30 pm Becky’s Book Club: Before We Were Yours by Lisa Wingate

THURSDAY, MAY 23
7:30 pm CSH Annual Meeting

FRIDAY, MAY 24
6:00 pm Kabbalat Shabbat

SATURDAY, MAY 25
Shabbat Synaplex™

WEDNESDAY, MAY 29
10 am & 7:30 pm Rabbi Adult Ed - Book of Samuel

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Rabbi’s Corner

First Impressions

One night in early March, I had the honor of leading evening minyan. We concluded the service and folks were beginning to leave. In walked a young man. He had yarzheit for his grandmother. The service was over; we no longer had a minyan. What should we do? Fortunately, My Brother’s Table was holding their annual gala in our social hall and Barbara Sidman, Renee Sidman, and Bethani Hipsh (if I recall correctly) interrupted their dinners to re-make the minyan. We recited a psalm and the young man said Kaddish.

As our conversation unfolded, he shared that he lives close to Boston and had schlepped to the North Shore for a Torah study class. Unbeknownst to him, the class had been cancelled months ago. “You’re in luck!” I said. “Tonight I’m teaching the Book of Samuel. Why don’t you stick around?” He stayed and has returned to Shirat Hayam multiple times over the past few weeks.

“Receive every person with a cheerful countenance” (Pirkei Avot 1:15) Shammai taught over two millennia before cell phones, social media, and screens. His words are even more important today. How much are we comforted when a cheerful face greets us, and how good does it make us feel when our own smile elicits a smile back?

Each of us has a light within ourselves, a light that is unlocked when we take the time to show another person that we care, that they’re important to us. Our biggest challenge today is that we too often go against our natural “wiring” and ignore our God-like impulse to greet people with a cheerful face and to show them kindness. But our biggest opportunity, and what distinguishes us, is whether, in that moment, we’re able to pause, recognize the situation, and interrupt the rhythm of our life to reach out to another person.

As we launch T’rumot HaLev, Gifts of the Heart (our voluntary commitment membership program), let us recommit ourselves to the Shirat Hayam theme and credo of radical hospitality. Let us all take the time to show visitors (and each other) that we see them and feel enriched by their presence in our community. Together, we can amplify the culture of radical hospitality that makes us a sacred — and special — community.

Nosh & Drash

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healing needs of her mentally ill clients and the Israelis, who were ending a 430-year cycle of trauma-inducing slavery.

On another Shabbat, spirituality was approached from the medical side when Dr. Ryan D. Zaklin spoke about “Integrative Medical Marijuana: How Cannabis Connects the Mind, Body and Spirit.” His medical practice seeks to restore patients to their “natural state of balance” through mind-body medicine, yoga, and energy, herbal and cannabis medicines.

David Tucker, a frequent speaker, is an artist-photographer who immerses himself in all things spiritual, from meditation and religion to prayer and psychology. His talks explore ways to find peace, strength and equanimity, especially in the face of life’s difficult challenges.

If these topics have whetted your appetite, then be sure to watch your weekly email, This Week @ CSH*, for future Nosh & Drashes.

Coming up in May are: Rabbi Howard Kosovske (May 11), who loves all flavors Judaism and speaks with knowledge and thoughtfulness about current issues through a Jewish lens; Noam Sender (May 18), an acupuncturist, gifted musician and teacher specializing in hand percussion and ancient wind instruments, who has been a student of mystical traditions for almost 40 years, and Harvey Zarren (May 25 and June 1) will speak about tools for living.

June so far will include Elon Strickler from AIPAC, who will succeed Danielle Harsip as Boston Area Director. The Shir Lanu Inclusion committee will sponsor an LGBTQ Nosh & Drash.

* If you don’t get our weekly email, please email Barri@ShiratHayam.org.
Recently, I was teaching Hevenu Shalom Alechem to our superb guitarist Lautaro Mantilla. Lautaro - who hails from Bogota, Colombia - smiled and said, “So, Alty, you put Hebrew words on a Christian song?” I thought he was joking, but he wasn’t. I explained that Hevenu Shalom Alechem is a traditional Jewish tune and one of many that Hispanic churches worldwide have appropriated using new lyrics. Lautaro was floored, but shouldn’t have been.

Cross cultural song borrowing has been happening since time immemorial. Hatikvah is based on a 1875 Czech folk song, which is based on a Ukrainian tune, based on a Romanian, based on a Polish etc…. going back at least to a 16th Century Italian song. Beethoven uses Kol Nidre’s first three musical motifs in his 1826 String Quartet No. 14. After listening to this piece, you’ll be wondering which shul in Vienna Ludwig belonged to.

So you’re thinking it might be the other way around? Nope. Kol Nidre’s melody predates Beethoven by a couple of centuries. But almost certainly Kol Nidre made many stops along its own journey, picking up and dropping off musical ideas. This is the history of folk music. People singing a good melody around a dinner table, campfire or in a house of worship. Then it’s re-sung in the next town, and travelers bring it to distant shores, adding and subtracting words and parts. It’s a cultural stew.

At Shabbat services last month I presented a song, Mishenichnas Adar, that celebrates the unique joy of Adar (the month of Purim). I learned this beautiful tune as a boy in my Orthodox yeshiva. I was surprised to learn from a congregant that this melody was taken from a 1940 song called “Pick a Bale of Cotton,” which depicts the African American slave experience. Considering how this melody may have been an actual slave work song (coupled with this country’s history of black songwriter exploitation), I needed time to reflect and do a little research.

Most musicologists and folklorists believe Huddie Ledbetter (the 1940 credited songwriter) did not write this piece. Music historians debate whether this was an actual slave work song. Some folklorists believe this melody traveled the folkways path - taking disparate fragments and weaving them together over time. Can a melody be extracted from its historical lyrics to create something new and meaningful? You bet, and most of it comes down to intention - kavanah.

When we sing “Wade in the Water” at our upcoming Shirat Hayam Seder on April 20th, I will smile, knowing African-Americans borrowed my people’s story of slavery and freedom and set it to their own melody to express their story. And then we borrowed that melody to re-tell our own story. Hallelujah!
Purim Spiel!

It was a wild and wooly Purim on Wednesday, March 20 as more than 200 Purim revelers of all ages gathered to dine, hear the Megillah read, and make merry at the 2019 Queen Esther’s Masquerade Ball (Purim party). Cantor Alty and the Ruach Band sang and performed original songs composed by Cantor Alty. The climax of the evening was a parody of “Brave,” sung by 3rd graders Meredith Kreevoy and Maddy Gelb. Special thanks to Tom Spisak and Janis Knight for the photos.

The Spiel Crew: Maddy Gelb, Meredith Kreevoy, Janis Knight, Tom Spisak, Philip Gay, Cantor Alty, Jay Mahler (behind), Jason Stark, and Michael Smerka rock the Purim night away.

Lila Schwartz makes a regal Queen Esther.

Ann Segal and Rabbi Michael read the Megillah.

Howie Abrams clearly enjoying Purim with granddaughters Riley (seated) and Taylor Bennet.


Coby McEachern holds a balloon made by Kenny the Clown.
Women’s Seder Celebrated The Haggadah’s “Hidden and Invisible Women”

On Thursday, March 28, Janis Knight led a seder for 35 women and two songleaders (Marcy Yellin and Susan Federspiel) based on a Haggadah she redacted and created that focused on the six women who were integral to the Redemption but whose names are never noted in the Haggadah: Shifra & Puah (the midwives); Yocheved; Bat-Ya (Pharaoh’s daughter); Miriam, and Tzipporah (Moses’ Wife). The evening combined song, poetry, prayer, guided conversations and sharing — and a sumptuous potluck dinner.

Chapel Ark Gets a New Look

While leading morning minyan, Ann Segal discovered that the curtain inside the chapel ark was torn and therefore incapable of “protecting the Torahs.” She worked with a local seamstress to sew a new one after she and Janice Levine went to Zimman’s to pick out new fabric. Thanks, Ann!

Shir Chased Celebrates 6-Month Milestone

On Sunday, March 10, the Shir Chesed (Loving-kindness) committee celebrated its 6-month milestone with a potluck dinner and member meeting. Co-chairs Bethany Roditi and Karen Madorsky reported that every team (there are 10) was able to offer its services to a family who had suffered a loss. They shared PJs (Pride and Joys) by reading thank you notes from some recipients. Under discussion as future activities are sending cards, creating a knitting circle and creating a way to offer Bikkur Holim (comforting the sick) to those returning home from the hospital or rehab. Other projects include sending Rosh Hashanah greetings and honey and setting up an online meal train. For more information, contact Bethanyroditi@gmail.com or Karen. madorksy@gmail.com

Men’s Club Matzoh Making

Seven people enjoyed the Men’s Club Matzoh Making on Tuesday evening, March 26.
**CONDOLENCES**

Our deepest condolences to those who have passed away.

**MEMBER:**

Ira Rosenberg 3/28/2019
Husband of Judy Rosenberg
Father of David Rosenberg

**DONATIONS**

**BRODY MINYAN FUND**

In memory of Mary Valle, mother of Susan Goldberg
by Natalie White

**In memory of**

Father, Morris Germain
by Arlene Germain

First husband, Abraham Gold
by Sandra Gold-Shalit

Mother, Madeline Sidell
by Ruth Goldenberg

Husband, Michael Greenberg
by Carla Greenberg

Father, Michael Greenberg
by Mindi Greenberg

Father, Jacob Gulko
by Paul Gulko

Sister, Elizabeth Handis
by Bernard Handis

Mother, Ethel Fishman
by Evelyn Handis

Mother, Mollie Cutter
by Diane Hart

Husband, Bernard Kaplan
by Miriam Kaplan

Father, Aaron Levin
by Harold Levin

Husband, Marvin Meyer
by Barbara Meyer

Father, Louis Morrison
by Joel Morrison

Husband, father and grandfather,
Eugene Poster
by Cynthia Poster and family

**GENERAL FUND**

Christopher & Jennifer Hockert

In memory of Ira Rosenberg
by Jeff & Beth Kasten; Alan & Barbara Sidman

In memory of Mary Valle, mother of Susan Goldberg
by Bob & Jackie Myerson; Phyllis Sagan; Peter & Beth Shribman; Larry & Mim Shutzer

Wishing Scott Tamaren a speedy recovery
by Marcia and Ira Nozik

Wishing a speedy recovery for Dan White
by Phyllis Sagan

**IN MEMORY OF**

Father, Shepard Salinsky
by Dawn Ehrlich

Niece, Dena Lehman
by Bunny Gorfinkle

Father, Theodore Kaplan
by Howard Kaplan

Mother, Ida Gruzen
by Phyllis Kaplan

Father, Jacob Freedman
by June Salny

Grandfather, Jacob Freedman
by Stephen Salny

Father, Greg Alexander, MD
by Susan Willis

**CEMETERY FUND**

In memory of Ira Rosenberg
by Richard & Elise Rothbard

**CENTER FOR EARLY EDUCATION FUND**

For outdoor classroom
by Andrea Bernard

In memory of Mary Valle, mother of Susan Goldberg
by Larry & Lori Groipen; Beverly Kahn

**FEFFER SCHOLARSHIP FUND**

**IN MEMORY OF**

Grandfather, Samuel Zoll
by Larry Feffer

**KIDDUSH FUND**

In honor of Gloria Sax’s granddaughter, Zoe Finamore,
becoming a Bat Mitzvah
by David & Arlene Addis; Jeff & Sandy Hirshberg; Charles & Alice Leidner; Lois Ogan; Annette Callum

In memory of Mary Valle, mother of Susan Goldberg
by Richard & Ellen Alexander; Bobby & Lois Kaplan; Charles & Alice Leidner; David & Susan Kauder; Diane Levin & Stephen Hicks; Jerry Rosen

In honor of Craig Davis’ retirement
by Louise Chudnowsky

In memory of Ellie Bearak, mother of Steven Bearak
by Dawn Ehrlich

In honor of Carla Greenberg’s new grandson
by Jeff & Sandy Hirshberg

In memory of Bernice Insuik, mother of Gary Insuik
by Bobby & Lois Kaplan

In memory of Ira Rosenberg
by Harold & Judith Kramer; Murry & Joan Rich; Arthur & Cheryl Schwartz; Lewis & Reggie Weinstein

In memory of Margery Schwartz, mother of Sheila Rich
In honor of Lois Ogan’s special birthday
by Charles & Alice Leidner

Get well soon to Gary Kreppel
by Randi Levenson

**IN MEMORY OF**

Husband, Fred Abel
by Harriet Abel

Father, Julius Bailen
by Jack Bailen

Mother, Bertha Karol
by Ann Bailen

Mother-in-law, Bee Baker
by Edye Baker

Grandfather, George Cashman
by Robert Cashman

Grandmother, Jean Gartz
by Karen Hirsch

Aunt, Kayla Schachter
by Sandy Hirshberg

Father, Bernard Kaplan
by Harryette Katzen

Father, Irving Rosenkranz
by Alice Leidner

Grandmother, Dora Dlugin
by Bunny Lieberson

Husband, Robert Marder
by Judith Marder
In memory of Ira Rosenberg
by Robert & Shelley Freedman; Philip & Marla Gay

In memory of Mary Valle, mother of Susan Goldberg
by Michael & Wendy Dubinsky; Philip & Marla Gay

In memory of Margery Schwartz, mother of Sheila Rich
by Alan Goldstein

In memory of Mary Valle, mother of Susan Goldberg
by Albert & Gila Namias

In memory of
Father, Lawrence Collier
by Deborah Collier

Father, Sydney Comins
by Stuart Comins

Brother, Eric Medoff
by Jyles Medoff

In memory of
Father, Paul Sheiber
by Amy Gold

Father, Morris Lewkowicz
by Eileen Trebbin

In memory of Marilyn Fishman, mother of Robin Godine, Rhonda Fishman, and Harriet Fishman
by Ellen Fishman

In memory of
Mother, Sylvia Goldstein
by Karen Madorsky

Father, Joseph Halpren
by Diane Rubtchinsky

In memory of
Mother-in-law, Ida Garfinkel
by Marion Garfinkel & family

In memory of
a friend, Greg O’Gorham
In memory of a friend, Rebecca Bruno
by Alisa Alvarez
The Interview

CONGREGATIONAL SPOTLIGHT

Meet Jan Brodie

In every issue, The New Wave spotlights a congregant as a way to help us get to know each other better by putting a face with a name. This month Jan Brodie shares his story.

Where did you grow up and tell us about your family?

My sister and I grew up in Washington D.C. I have four children: RaeAnn and Jeremy (7 daughters between them), Joel (one son) and Melissa (28), who lives locally.

What was your upbringing like religiously?

For my first eight years, our community outside D.C. was predominantly Christian and we celebrated both Christmas and Chanukah. My parents were not religious, and our upbringing wasn’t religious. My only insight into Judaism was attending Jewish Sunday school. We moved to a more Jewish community when I was nine because my parents wanted me to become a Bar Mitzvah. They let me choose the synagogue. I chose a conservative synagogue, Adas Israel, because my friends were there. Because I started late (fourth grade) learning Hebrew, I needed to catch up. I enjoyed synagogue and went regularly with my friends every Saturday attending Junior Congregation Services. I continued my Jewish education through confirmation and took leadership roles in United Synagogue Youth, first in our chapter and later at a regional level. I also enjoyed Young Judaea programs. For me, these were also social environments where I made many new friends in an environment that made me proud of my religion.

Briefly describe your professional involvement in the Jewish Community.

My Uncle Myron, of blessed memory, was a respected national Jewish communal professional and was the Executive Director for the Greater Miami Jewish Federation. With his counsel, I decided to become a Jewish Communal Professional in what was then the United Jewish Appeal (later the Jewish Federations of North America). I was a communal professional in the Federation field for nearly 28 years, serving as Campaign Director, Associate Executive and Executive Director. I worked in Washington, D.C.; Memphis TN; North Shore MA and Merrimack Valley, MA. I truly enjoyed my time and felt good about helping our fellow Jews in need.

What brought you to CSH? How did you become involved?

In 1990, we moved to the North Shore for my work with JFNS. We became members of Temple Israel in Swampscott, which became CSH after the merger. Over the years, and in different communities, I developed a talent for preparing B’nei Mitzvah students with their Hebrew portions (Torah and Haftarah) and prayers. I started doing this at CSH with Cantor Elana and enjoy contributing to these young adults’ successes. In addition, I lead the traditional service on Saturday mornings, as part of the Shabbat Synaplex™, and occasionally chant the Haftarah, too.

What is your favorite part of CSH?

I feel very comfortable being here and it is in that comfort level that I can thrive. I enjoy the mix of traditional and non-traditional in Saturday morning services. What is important to remember is that we want to remain inclusive and welcoming to all, and I believe that the Shabbat Synaplex™ offers a variety of eclectic things to do for the many different folks who enter our doors on a Saturday morning. What started as a vision over ten years ago has become a model for other synagogues to follow. We should feel proud of our trailblazing.

Anything else?

I am proud of my Judaism and the role that I have played. I am grateful for my children and my eight grandchildren. Finally, I am grateful to my wife, Jane Zeller, who plays an important part in my life.