Torah Yoga at Shirat Hayam - Meeting People Where They Are Spiritually

By 2007, the one-year-old Renewal service had taken hold at CSH, attracting a devoted group of regular attendees. However, many of them left right after that service, according to Marla Gay, then Director of Congregational Life. “Engaging those on the fringe who were looking for a spiritual home was the goal,” Gay said. Ariela HaLevi, then CSH Rabbi HaLevi’s wife, was a certified yoga teacher and able to create meditations based on a Jewish theme or Torah parsha of the week. She began to offer “Torah Yoga,” and a steady group began attending.

Eventually, the Shabbat Synaplex schedule evolved, with options for people to come to yoga and then enter the sanctuary and stay for rest of the service and rabbi’s talk (by then the “dress code” had been relaxed), the Ruach Rally and lunch. “It was about building community and meeting people where they were spiritually,” Gay added. “It was never about replacing our traditional service, but about additive change.”

Since 2015, the same year Rabbi Michael arrived, Stacie Nardizzi has led Torah Yoga at Shirat Saturday mornings at 10 am, bringing with her a wealth of experience in yoga, dance, mindfulness practice. Stacie generously agreed to share with New Wave readers some details about her life, her yoga practice and what Torah Yoga means to her.

**NW: Where did you grow up?**

SN: From the age of five, I lived near Phoenix, AZ (my family was originally from Virginia and Michigan). I moved to CA for college (Scripps College) and then to San Francisco for graduate studies in classical theatre with The Drama Studio London at Berkeley, after which I had a steady acting career in theatre for 16 years in the San Francisco Bay Area and Los Angeles. My husband and I moved to the Boston area in 1999.

**NW: What sparked your interest in yoga?**

SN: Since I was very young, I’ve always been involved in dance. This led to Feldenkrais (an Israeli mindful movement therapy), Alexander Technique (movement training), ballet, and, gradually, yoga. As an avid child athlete, stretching, mindfulness and body awareness entered my life at an early age.

I started practicing yoga more formally before the birth of our first daughter, Ariella. Initially, my practice was based on the Bikram Yoga philosophy. But, when I took my first Iyengar class here in Marblehead with my teacher and mentor, Elizabeth O’Shea Sullivan of Marblehead’s Yoga Bodhi, I felt as though I was “home.” The importance Iyengar places on alignment and accessibility made so much sense to me. This became my priority focus in my own practice as well as in my voice as a teacher of yoga.

**NW: What was your path to deciding to get certified as a yoga teacher?**

SN: I was at a crossroads being a new mother and putting my acting career on hold. I was fortunate to not have to work full-time while raising our young family, but I also have a huge creative drive that makes me “me” and needed to be fulfilled.

I had taken my daughter to a birthday party where a young woman was holding a yoga class for the kids at the party. Ariella was almost 4-years-old. Seeing and feeling her and her sister’s joy gave me an

Continued on page 4
RABBI'S CORNER

Jewcurious

On a recent Sunday afternoon at Phillips’ Beach, I was having my first in-depth conversation with another preschool parent. He expressed appreciation for the sense of community among the Jewish people and a curiosity to explore Judaism further. However, having seen a video where Israelis affirm conversion but add the caveat, “… for the right reasons,” he asked, “Community isn’t a legitimate reason to convert, right?”

Actually, community, or by corollary, family, is indeed a legitimate reason to convert. For many intermarried adults with young children, the initial catalyst for formally exploring Judaism is a desire for alignment within their own family, a sense of full belonging within the closest of communal units. Secondarily, having committed to raise Jewish children, they want to be more knowledgeable. Ultimately, the sense of belonging and authenticity is achieved through marrying knowledge of Judaism with Jewish practices.

But what about someone who is single or their spouse isn’t Jewish? Should they be denied the blessings of community, that crucial sense of belonging, shared values, mutual support, shared history and destiny that enriches our lives? No. And given the experience of adults with children, I’m confident that if their journey includes conversion, they will discover that Jewish practices (Shabbat, holidays, tzedakah, hesed, etc.) are fundamental to community and meaningful in their own right.

At Shirat Hayam, we embraced intermarried families. We hired an intermarried Cantor and made the spouse of another religious tradition a full-member of the congregation. We celebrate interfaith aufrufs at the bima. We appreciate people for who they are and welcome the diversity that enriches our communal experience.

At the same time, the doors into Judaism are open wide to all. Shirat Hayam welcomes everyone, whether motivated by desire for community or attraction to Jewish values or spiritual practices. A commitment to conversion is not required. The Jewishly curious and those curious about conversion are especially invited to explore with us.

If you know someone of another religious background who's curious about Judaism, please encourage them to contact me. I’m eager to chat with them. They can call me at (781) 599-8005 or schedule a meeting with me online at https://calendly.com/rabbiragozin. Furthermore, please invite them to join my North Shore clergy colleagues for the free program, “A Preview of Introduction to Judaism” via Zoom on four Thursdays beginning May 26. See https://bit.ly/taste-lappin for details.

Save the Date!

It is the custom of Shavuot to eat dairy and celebrate the giving of the Torah.

Saturday, June 4, 2022
Congregation Shirat Hayam
7:00 pm Shavuot Service
7:30 pm Tasting & Judging begins

Open to all!

Tasters and bakers needed!
To register to bake, please email Barri@Shirathayam.org by June 1.

Shavuot Cheesecake Bake Off

The Great Shavuot Cheesecake

Rally (CJE & B’nei Mitzvah leaders)

Healing Service, Talk, Ruach (approx.) Coffee Schmooze

Shabbat Synaplex

9:00 am Renewal Service and Traditional Shacharit Minyan (with various musicians and service leaders)

9:00-11:30 am Center for Jewish Education

10:00 am Torah Service, Torah Yoga with Stacie Nardizzi, Nosh & Drash

11:15 am Mourner’s Kaddish, Healing Service, Talk, Ruach Rally (CJE & B’nei Mitzvah days only)

12 pm (approx.) Coffee Schmooze

See our website calendar (https://shirathayam.shulcloud.com/calendar) for a complete schedule of upcoming Traditional Shacharit leaders, Renewal guest musicians and Nosh & Drash leaders.

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Cantor's News

When Just Our Presence Is A Gift

My job as a Cantor brings together so many elements. Music, prayer, comfort, healing, teaching, connection, tradition are just a few. It is rewarding to see the joy that music brings to people in good times – what could be a more joyous moment than singing “Siman Tov and Mazel Tov” after my Bar Mitzvah student finishes his lengthy Haftarah as he is pelted by pieces of Sunkist fruit gems? While it is easy to see how music elevates in times of happiness, I always underestimate the consolation music brings to those in hard times too. The outpouring of thanks I receive from the family after singing few selections at a funeral or an unveiling has showed me how music and prayer do move the soul towards comfort. Visiting someone who is in a hospital or other residential care facility could be intimidating. What can my little baritone ukulele and I do for someone in medical need? Yet, music can and does bring comfort to me in stressful times. So, in turn, I can utilize my presence and music to bring that same comfort to others. I am called as part of the Jewish community to do so. We can all choose to shake away our doubts, and remember that our presence can truly be a gift to others.

Many Blessings,
Cantor Sarah

Message from the President

The thing about life is that there are so many aspects of it that we don’t and can’t control. We can’t impact the weather report or the political report or someone else’s choices. We can’t control the next COVID variant, or the other drivers on the road. So many of the circumstances of our lives are beyond our influence, let alone our control. In fact, the older we get, the less control we seem to have, both personally and globally. From our aging bodies to the vanishing arctic permafrost, change seems to be the only constant, and we humans tend to get mightily attached to the way things are or to the way we hope they will be. Yet, while I cannot control many of my life’s circumstances, I absolutely can control how I respond to those circumstances. I can make the best choices I can in the face of the circumstances that I experience. I have found that if I look hard enough, I can find the silver lining in every circumstance. I can find the lesson, the opportunity, the joy in every day, in every breath. No matter what. I can remember to let go of my attachments, to change my mind about how to think about what happens and to always remember that life doesn’t happen TO me, it happens FOR me.

Warmly,
Ruth Estrich

B’not Mitzvah Sisters Celebrated Their Tenth Anniversary

On Shabbat HaGadol, April 9, 2022 (8 Nissan 5782), the B’not sisters celebrated the anniversary of their Nov. 7, 2012 Bat Mitzvah. They dedicated the service to Cantor Emil Berkovits z”l, “our beloved spiritual leader and friend, who saw in us what we could not imagine.” and honored Dara Fruchter, Gloria Sax and Michele Tamaren, who couldn’t join them.
Torah Yoga
Continued from page 1

idea: Why not work with children of all ages and teach yoga? I could take my children with me and they could experience a yoga practice while I taught. It was a balanced marriage of raising my children and working. I am a natural teacher. The practice came to me easily as I had always been immersed in some type of dance, body awareness movement, and ultimately my own practice.

I have two certifications: YogaKids International as a Registered Yoga Teacher and Child Specialist (RYT-435) and Yoga Bodhi as an RYT-200 Adult Certified Teacher. I have been teaching in the Boston and North Shore areas since 2008 and established my own business, “YogaKids North Shore in 2009.” I subsequently founded “EveryBody Yoga,” an Iyengar-inspired style of practice in 2014 to reach students of all ages and abilities seeking a mindful yoga practice.

NW: How does Torah Yoga differ from “regular” yoga?

SN: I have always felt my religion came through in my yoga practice and teaching.

It’s hard to explain. Rabbi Michael once said to me, “You are teaching your true Torah.” I have always held those words deeply in my heart. Torah Yoga is based on a theme, and that is my favorite way to teach. I create a “mind map” around a certain Jewish holiday, theme, Torah parsha, or universal idea that is relevant in our lives each week. To be honest, I teach “regular” yoga like this also, just more subliminally. Most regular yoga classes simply target a body part for the class (hips, back, etc.), but I found a deeper connection with body-heart-mind-soul connection as a teacher. So, even in my regular classes, I teach a balance of body-mind-soul — just without the Jewish themes.

NW: What are the challenges and rewards of teaching Torah Yoga?

That is a great question. I try to bring my truthful and present self to each class I facilitate. That is the best that I can ask and expect of myself. I have to walk the walk. I bring humor and resilience into my teaching. I’ve faced health challenges, injuries, physical rehab, and family loss. I bring my “human self” into my teaching. My students experience that. I offer my authentic self to share my life experiences and hopefully turn them into an opportunity for others to reflect in their own practice. To create a forgiving, non-judgmental, unconditionally accepting and inclusive practice is the most we can ask for. I am blessed. I am embraced by the CSH yoga community, and that is the greatest reward of all. Torah Yoga is Yoga. It is all one.

NW: Does your Judaism affect your practice and/or teaching?

SN: I was brought up extremely conservative. I went away from my religion for a while and practiced Zen Buddhism in Berkeley, CA. I am Jewish, but I also embrace Buddha and the cultural aspects of raising an interfaith family where the beautiful intersections of Judaism and Italian Catholicism meet in unison. I met and married an incredibly spiritual man, John, who is neither Jewish nor religious, but truly in tune with the spiritual self.

While I believe my being Jewish helps as a fundamental foundation of understanding an approach to facilitating Torah Yoga, I don’t believe it alone defines me as a yoga and mindfulness teacher. Yet there is also no doubt that being Jewish adds a salient layer to my contribution as a Torah Yoga teacher.

Stacie has worked at Boston University for 9 years. She currently holds a position in Executive Education at Questrom School of Business, where she has taught yoga and mindfulness since 2013. She will earn an EdM. (Masters of Education) from BU Wheelock College School of Education and Applied Human Development this month.

Among Torah Yoga’s fans are Diane Knox, Sarah Plymate Ragozin, Rabbi Michael’s wife and Peter Fruendenberger, Cantor Sarah’s husband. “Stacie’s warmth, knowledge about yoga, patience and kindness is so welcoming each Shabbat, and it’s something I look forward to each week. Her class allows me to feel spiritual and a part of the Shirat community in a less traditional way,” Diane said.

Sarah received her certification in Vinyasa and Meditation in 2020 through Solstice Power Yoga and frequently substitutes for Stacie. She has observed that people come to yoga for different reasons. For some, it’s a great workout and stretch. For others, it’s a mindfulness practice that helps them become more attuned to their minds and bodies.

Sarah sees a real connection between Jewish and Buddhist philosophies and cultures and enjoys preparing to teach Torah Yoga. “I read over the parsha, look for a golden nugget to share and then figure out how to create connections through the physical practice,” she said.

Peter appreciates Sarah’s approach. “As fun as it is to sweat and struggle while in a harder level class, I enjoy the pace of Torah yoga. It reminds me of restorative yoga with the vibe and gentle stretching poses. I like having the spiritual aspect because it can put your mind in the right place to relax,” he said.

Stacie couldn’t agree more. “Torah Yoga is about intentionally bringing your spirituality onto the mat as a way of connecting to a practice that aligns body-mind-heart-soul on Shabbat,” she said.

Yoga for Healing Raised Funds for Ukraine

Over 20 people showed up on their mats for an Evening of Compassion led by Sarah Plymate Ragozin on April 6. Participants enjoyed a relaxing yin yoga class followed by drinks, snacks and schmoozing. All donations benefitted the Ukraine Crisis Appeal of the JCC Krakow.

Becky’s Book Club

Join Becky’s Book Club facilitator and leader, Amy Cohn, for CSH monthly discussions. Named in memory of Becky Shepard z”l, who started the CSH congregational book club and passed away in 2014, the meetings take place on Zoom and are open to the community. The group will discuss Hamnet by Maggie O’Farrell on May 9 (In 1580’s England, during the Black Plague, a young Latin tutor (Shakespeare) falls in love with an extraordinary, eccentric young woman in this exceptional historical novel).

All meetings start at 7:30 pm. after minyan. Live Zoom link is available at shirathayam.org. Go to the Get Involved tab, click Affinity Groups and then click Becky’s Book Club.

June 13: Gateway to The Moon by Mary Morris
From the desk of Janis Knight, Director, Center for Jewish Education:
The CJE students packed soup kit bags for elderly and poor Jews in the Ukraine recently. Using a recipe given to us by Action for Post-Soviet Jewry, student teams put together a nourishing and delicious mix of beans, barley, rice, and spices. Each bag then received a card with messages of encouragement in Ukrainian, Russian, and English.

Purim this year was a wonderful experience in so many ways! Our team of volunteers prepared 500 Mishloach Manot gift bags which were delivered (or mailed) to every family in the congregation. 20 volunteers drove 25 routes prepared by Rabbi Michael, and CSH set a new record in donations to fund the effort. (They made me send those follow-up emails every 2 days—so sorry, but so effective!) Barri and Cheryl led the project with enthusiasm and great taste (weren't those curated Jelly Belly candies fantastic?).

Our Purim evening festivities were especially sweet as we had not been together in-person for so long. To see over 150 attendees costumed and laughing as the Rabbi and I struggled through our Taylor Swift solos was so much fun, as our masterful kid’s choir, Ruach Band and the full cohort of shpiel-players followed the inspired directions of our writer and producer, the one and only Cantor Sarah. The kids’ costume parade took us all outside to the sweetest event of all - the Hamentashen Bake Off. Paige Goloboy won for best looking hamentashen and Richard, Lynn and Kerstin Caesar won for best tasting. We all won for best eating!

Thanks to the staff, clergy and many congregants of all ages who helped with the planning, execution and enjoyment of the best Purim I have ever experienced, with or without goldfish! 
Ruth Estrich (AKA Queen Esther)
President, Congregation Shirat Hayam

From the desk of Andrea Bernard, Director, Center for Early Education:
Our preschool group is experimenting with texture and color! Finger painting on plastic wrap allows children to observe primary colors mixing to create new colors. We talk about how the paint feels on our fingers and hands. Asking open ended questions such as, “How does the paint feel?” gives the children an opportunity to use expressive words, like “squishy, slippery, smooth, silky.” Often times when people think of education, they think of facts that children must know or information that children must remember. Here at the CEE we embrace the deeper levels of learning. We ask open ending questions that begin with “why” and “how.” This may look like simple finger painting, but when we ask children to explore, predict and explain, we promote development of the critical thinking process as children learn to navigate the world around them.

Wes Goldberg helps younger student Cooper Nathan measure spices.

6th grade boys create cards to accompany the kits.
L-R: Noah Smerka, Zack Chipman, Sam Meyers, Ilan Hod

CEE preschoolers explore the world through hands-on learning.
CONDOLENCES

Our deepest condolences to those who have passed away.

Relatives of Members:

Hela Gleitman Gil
March 3, 2022
Mother of Aryeh Gil

Eleanor Lesser
March 18, 2022
Mother of Susan Cohen

2022 PURIM

In appreciation of the Mishloach Manot bags of treats from Barbara Goldberg; Arlene and Herb Leventhal; Bea Lipsky; Bernice Lieberson; Rachelle and Michael Rosenbaum; Beverly and Melvin (Sonny) Shapiro; Leeta Sinrich

In appreciation of Ruth Estrich’s presidency from Beverly and Melvin (Sonny) Shapiro

BRODY MINYAN FUND

Get well wishes for Ann Segal from Brenda and Shelly Cohen; Susan and Larry Weiner

In appreciation of Natalie White from Susan Weiner

In honor of Ann Segal from Alvah Parker

In memory of
Father, Morris Germain from Arlene Germain
Sister, Elizabeth Handis from Bernard Handis
Grandmother, Ida Patt from Beverly Shapiro

Husband and father, Michael Greenberg from Carla Greenberg; Mindi Greenberg
Father, Ira Rosenberg from David Rosenberg
Mother, Mollie Cutler from Diane Hart
Father, Gordon Rothstein from Elaine Sandler
Mother, Ruth Dinerman from Gerald Dinerman
Father, David Goldberg from Herb Goldberg
Father, Eli Barnett from Jodie Barnett
Husband, Ira Rosenberg from Judy Rosenberg

Grandfather, David Gartz from Karen Hirsch
Grandfather, Donald Roos from Karen Rosenberg
Mother-in-law, Phyllis Dunn from Linda Dunn

Grandmother, Mindel Greenbaum from Maurice Greenbaum
Uncle and great uncle, Mason Kantrowitz from Natalie White; Sheryl White Vincent
Mother, Eva Hurst
Father, Abraham Hurst from Phyllis Dinerman
Mother, Dorothy Selby from Robert Selby
Uncle, Abraham Simon from Sandra Spector
Sister, Dorothy Trotsky from Sanford Levy
Parents, Elaine and Frank Garron from Sondra Kupersmith
Father, Edward Tattlebaum
Father-in-law, George Sloane from Toby Sloane

BURT & BECKY SHEPARD SCHOLARSHIP FUND

In appreciation of the Mishloach Manot bags in honor of Cantor Sarah’s ordination in memory of Philip Linsky in memory of Leonard Lieberson from Ruth and Shea Rood

CENTER FOR JEWISH EDUCATION

In memory of Eleanor Lesser, mother of Susan Cohen from Debra and Richard Fishkin; Lori and Larry Groipen
In memory of Marjorie Gladstone, sister of Martha Germain from Lori and Larry Groipen
In memory of Jerry Kaplan from Sandra and Stuart Osattin

In memory of
Grandparents, Fannie and Abraham Siskind from Beverly Kahn

GENERAL FUND

For Ukraine from Susan and Larry Goldberg; Linda Kleeman and Jeffrey Oringer; Darlene and Richard Pachter; Ann Pendereter; Margery Shapiro
Get well wishes for Diana Caplan from Phyllis Sagan

In appreciation of the Mishloach Manot bags from Jackie Rosenfield
In honor of the birth of my great grandchildren: Otto Robert Shaw; Piper Quinn Driscoll; Wesley Scott Petrosici from Bea Lipsky
In honor of the birth of our granddaughter, Gilda Shea Eidelman from Phyllis and Michael Eidelman
In memory of Laura Bendetson, mother of Carol Shube from Bea Lipsky; Sandy and Arnie Shuman
In memory of Eleanor Lesser, mother of Susan Cohen from Iszy and Howie Abrams; Caryn and Barry Cohen; Phyllis Sagan
In memory of Stephen Goldberg, brother of Myrna Davis from Louise Chudnofsky; Fran Pearlman
In memory of Hela Gleitman Gil, mother of Arye Gil from Kate Boren; Susan and Michael Cohen
In memory of Philip Linsky from Phyllis and Michael Eidelman

KIDDUSH FUND

Get well wishes for Ann Segal from Charlotte Fine
In appreciation of Barri Stein from Susan Weiner
In celebration of our special birthdays from Reggie and Lew Weinstein
In honor of Evelyn Ponn’s 90th birthday from Ruth and Eric Kahn
In memory of Hela Gleitman Gil, mother of Arye Gil from Ellen and Richard Alexander; Dawn Ehrlich; Marsa Gerber; Beverly Kahn; Lindsey and Eli Naparstek; Donna and Barry Zeff
In memory of Eleanor Lesser, mother of Susan Cohen from Diane and Ed Knopf
In memory of Bernard Shavelson from Ruth and Eric Kahn

In memory of
Grandfather, Louis Levine from Alvah Parker
Grandmother, Dora Dlugin from Bernice Lieberson
Brother, Leon Berlow from Bette Ann Weisman
Father-in-law, Oscar Perlow from Carolyn Perlow
Grandmother, Adele Germain from Susan and Larry Weiner
Sister, Sandra Germain from Beverly Weinberg; Fannie Fine from Charlotte Fine
Father and father-in-law, H. Gregory Alexander from Ellen and Richard Alexander; Elizabeth Stevenson
Mother, Esther Barton from Enid Gold
Father, Louis Klevin from Gail Klevin Gelb
Father, Bernard Kaplan from Harriett Katzken
Father, Edward Isaac Siegel from Herbert Siegel
Grandmother, Minnie Pekin from Joane Rich
Mother, Natalie Hotz from Joyce Rosenthal
Father, Aaron Weitzen from Judy Tarlow
Grandmother, Jean Gartz from Karen Hirsch
Father, Bernard Kaplan from Marlene Goldberg
Husband, David Goldberg from Martin Goldberg

Husband, Bernard Kaplan from Miriam Kaplan
Mother, Vivian Weisman from Ellen Weisman
Son, Louis Patkin from Phyliss Patkin
Father, Murray Selby from Robert Selby
Mother, Samuel Freedman from Robyn Mintzer
Mother, Fay Bonfeld from Rosalind Goldberg
Father, H. Gregory Alexander A loved one, Beryl Alexander from Susan Willis
Mother, Rose Grover from Thelma Gibbs

POLONSKY BUILDING FUND

In memory of
Father, Abraham Freedman from Norma and Sherman Freedman

RABBI’S DISCRETIONARY FUND

In appreciation of Rabbi Michael from Bethany and Moshe Rodit; Susan and Larry Weiner
In memory of Naguib Orfaly, father of George Orfaly from Dawn Ehrlich
In memory of Leonard Lieberson from Phyllis and Howard Kaplan

In memory of
Father, Morris Lewkowicz from Eileen Trebbin
Father, Julius Baal from Bertha Karol from Jacob Baal
Mother, Evelyn Weinberg White from Joan and Michael Waldman
Husband, Robert Marder from Judy Marder

RITUAL FUND

In celebration of Natalie White’s special birthday from Susan and Larry Goldberg
In memory of Eleanor Lesser, mother of Susan Cohen from Valerie and Alan Gilbert

In memory of
Husband, Alan Wulf from Judi Wulf
Mother, Ann Krinsky from Lesley Munick

6 | NEW WAVE | Congregation Shirat Hayam | 781.599.8005 | www.shirathayam.org
Women’s Seder Put a New Twist on an Ancient Story

On Sunday, April 3, CSH and the JCCNS teamed up with The Braid (formerly the Jewish Women’s Theater) to put on a hybrid Women’s Seder that interwove Zoomed professional story performances with the text of the women’s Haggadah the team created. This year’s theme was “Journeys to Liberation – Transcendence, Acceptance, and Freedom to Reveal Our True Identities.” The Haggadah stressed inclusivity, particularly of Jews of Color, LGBTQ+ Jews, Jews of choice and others with the goal of expanding awareness of what being a Jewish woman is and can be in all communities.

Aria and Cantor Sarah Freudenberger and Janis Knight led the uplifting seder.

“Passover is a time for examining what enslaves us. Sometimes, it is our own internalized Pharoah hat we serve,” one of the storytellers shared.

Over 70 women attended and all left with a smile on their lips and a tear in their eye. Director of CJE, Janis Knight, led a magnificent seder, accompanied by Cantor Sarah and Aria Freudenberger.

Tzedek LaKol Update

On Saturday, March 26, Congregation Shirat Hayam’s justice initiative, Tzedek LaKol, hosted an important event with speakers Salem Mayor Kim Driscoll and CSH member and Chair of the Salem Board of Health Dr. Jeremy Schiller. Over 100 attended in person with an additional 20 on Zoom.

Dr. Schiller explained that his Board conducted serious, intense research with great deliberation before offering its latest recommendations for vaccine and mask mandates at their recent meeting. After the meeting, he and other members of the Board of Health became victims of hate-filled antisemitic threats and emails, he said. There was even a protest in front of his home.

Dr. Schiller reached out to Mayor Driscoll, who immediately responded, declaring that any type of hate-filled behavior will not be tolerated in Salem. These incidents were reported to the police and the ADL. Dr. Schiller then spoke of the importance of volunteering and giving back to one’s community. He believes that people need to speak out when they witness acts of hate. Mayor Driscoll recounted incidents of antisemitism and hatred in our community’s schools and public places. These acts demanded immediate intervention and action, she said.

Tzedek LaKol will sponsor a Nosh & Drash on Saturday, May 14th featuring Rabbi Margie Klein Ronkin, the Executive Director of the Essex County Community Organization. ECCO is a network of 59 congregations and the North Shore Labor Council that work to create a world where everybody belongs, everyone can thrive, and we all have a say in the decisions that affect our lives. In addition to directing ECCO, Rabbi Margie is the founder of Kavod Boston, a multi-ethnic, multi-racial community led by young Jews, committed to each other and to building a liberated world for all people, and served as rabbi of Congregation Sha’arei Shalom in Ashland, MA for 7 years. A graduate of Yale, Rabbi Margie is co-editor of “Righteous Indignation: A Jewish Call for Justice.” She has appeared in the New York Times, The Boston Globe, the LA Times, CNN, and Newsweek for her faith-based social justice work, and was invited to the White House for her leadership.

Please join Tzedek LaKol in standing up and speaking out against all hate and injustice. Raise our collective voices in declaring “We Shall Not Be Silent!”

For more information and to get involved, contact Barbara Sidman at Barbara.Sidman@gmail.com.
Every issue, the New Wave spotlights congregants as a way to help us get to know each other by putting a face with a name. This month, Lynne Krasker shares her thoughts about Shirat Hayam and its special, personal meaning for her and her family.

Where did you grow up? What role did religion and synagogue life play in your childhood and young adulthood?

I grew up in Wakefield. I attended a reform religious school but spent the High Holidays and other religious observances at my grandparents’ conservative temple. I have fond memories of the conservative shul! However, religious school and everything it encompassed, didn’t resonate with me. I fought my parents about attending; the overall approach of that institution to Jewish learning left a lot to be desired. I wish I had a place like CSH when I was growing up — one that encouraged questions and made learning fun and applicable to life today.

I was extremely involved in NFTY, (The Reform Jewish Youth Movement) and I made some wonderful lifelong friends through the organization. When I had my own children, I swore to my husband that I would not fight with them about exploring their religion.

Interestingly enough, I wound up working in the Jewish community for nearly 20 years, quite by happenstance. That connection to the Jewish communal world has ended up being invigorating, enlightening and spiritual.

I first started as an events manager at the New Center for Arts and Culture, which was destined to be one of the five museums built on the land made available in downtown Boston from the Big Dig Project. The New Center has now morphed into JArts. After the New Center, I worked as the Director of Public Programming and Community Outreach at The Vilna Shul, Boston’s Center for Jewish Culture. The Vilna, for me, was the perfect intersection of old and new, and culture and religion.

Tell us a little about yourself and your family.

My husband, Eugene, and I recently moved to Swampscott from Wakefield to be closer to Epstein Hillel School, which our two girls, Savannah (7) and Emory (9) attend. They absolutely love the school, and I appreciate its approach to Jewish life and learning. We have a border collie, Oreo, who you will see us walking and hiking with regularly. Eugene is a public school teacher at Lynn Classical High School. We met at the gym in Packard’s Corner, Allston. I actually worked for that gym (at a different location) running their aquatics program until the pandemic shut it down completely. I still occasionally teach swimming and I am thrilled that my girls love to swim as much as I do.

What do you do for work?

I am the Executive Director of SPUR, Inc., a local nonprofit that focuses on creating volunteer opportunities for people in Lynn, Marblehead, Salem and Swampscott to give back in tangible ways. I find the work rewarding and meaningful, and it truly is a pleasure to work with people and agencies from the community. I also serve as the North Shore PJ Library Manager for Lappin Foundation. Leaving The Vilna, I was a bit apprehensive to leave working in the Jewish world, as that was how I personally identified with my Jewish community. Serving as PJ Library Manager helps me to stay connected to the Jewish professional world and also pursue my dreams of making a difference in my local area. The Lappin Foundation is a truly unique resource to this community, and I am honored to be a part of their team.

What first brought you to CSH?

In 2021, for the first time since my children were born, I didn’t have to work on the Jewish High Holidays (the biggest downside to working in the Jewish professional world was working on all the Jewish holidays). At first, my children were really upset that we all weren’t going to The Vilna like we had in past years, but we found this an opportunity to create a new community and network for ourselves. We found CSH to be welcoming, warm, and friendly. The kids loved Camp Rosh Hashanah and Camp Yom Kippur and felt right at home with their friends. I loved how I could bring them in for Shacharit services and answer their questions without feeling like we had to be silent the entire time.

Continued on page 7