Virtual Services Connect and Expand the Shirat Hayam Community

Since 2020, Covid has significantly affected Jewish religious practice nationwide, and Shirat Hayam is no exception. Almost overnight, services — especially minyanim — went virtual by necessity. For many, the inability to gather in-person — the very essence and meaning of “congregation” — is a hardship for which no amount of technology can compensate.

Nonetheless, this sudden shift has not been without its silver linings. For some locals, the convenience of attending services, study sessions and programming from their cozy homes has been a plus, especially during those cold, dark and snowy months. For others who live far beyond Shirat’s Swampscott location, virtual programming has made it possible for them to participate in services that they otherwise wouldn’t have access to, and feel part of the community.

“Shirat Hayam has been a leader in accessibility. We removed stairs from the bima, revamped our Shabbat service, and began Shulcasting almost two decades ago. Investing in new technologies like Zoom, microphones, and webcams, while expanding the array of virtual experiences, is a natural expression of our commitment to making a dynamic Judaism and Jewish community available to all,” said Rabbi Michael Ragozin.

A few congregants from CSH who regularly attend online services shared their thoughts and experiences with the New Wave (for which we thank them).

Arlene Braverman, of Natick, regularly attends Friday night and Saturday morning Shabbat services, usually via Facebook Live. She has been impressed with Shirat’s remote services, particularly the Renewal service. Despite not having set foot in the physical building since becoming a member, she still feels connected to the community.

Remote participation has made it possible for her to attend services with her mother, Diana Edelman, also a CSH member, who lives full-time in California. Although she misses the one-on-one informal and impromptu conversations with congregants, “I love not having to commute to and from shul,” Arinne said.

She believes strongly that people looking to join a synagogue should consider more than just its geographical convenience. Her own search took her quite a while. With the pandemic and the sudden possibility of remote attendance, she expanded her search from local to nationwide.

She ultimately chose CSH specifically because of its clergy. “I’m a member at CSH because of Rabbi Michael’s leadership, dedication, and inspiration, and because of Cantor Sarah’s warmth and the way her beautiful voice uplifts my Shabbat experience,” Arinne said.

She first met Rabbi Michael when she was Executive Director of Northeastern University Hillel and he contacted her to offer his support after reading an article about Hillel’s fight against BDS and the surge in campus antisemitism. Later, he invited her to partner on CSH’s Campus Antisemitism Task Force training.

“I was so impressed by his leadership and vision. Rabbi Michael and CSH took action and gave the community’s youth concrete skills and tools to recognize and report antisemitism at a time when there was a real vacuum,” she explained.

Her mother, Diana Edelman, tries to join Friday Shabbat services weekly and often attends the Saturday morning Renewal service, sometimes staying for Nosh & Drash and the Torah service. Since she lives in California, remote is her only option to be part of the CSH congregation.

“I only wish Shirat Hayam were local or I lived near Swampscott,” she said.

Although Diana belonged to a local, in-person Reform synagogue, it wasn’t the right fit for her. At her daughter Arinne’s suggestion, she checked out a Shirat Hayam Shabbat service on Zoom and found what she was looking for. After confirming that remote access was not just a temporary response to Covid and would continue even when worship returned to in-person services, she joined.

She would like to attend in-person, but recognizes that is not a viable option. “I would prefer to interact with other members so I would have a sense of belonging to a community or extended family,” she said.
A full and complete Shabbat morning is like a triathlon: prayer, Torah, and fellowship. Throughout the pandemic, we’ve been able to participate fully in the first two events — prayer and Torah — but fellowship has been limited to a cup of coffee.

Beginning April 30, that changed. Kiddush lunch is back! We’ve got delicious bagels, tuna salad, egg salad, a yogurt bar, fresh fruit, our famous chocolate chip cookies, coffee and more. And, to be inclusive of those not eating indoors, we purchased and erected a massive new tent on the patio.

The food is excellent and nourishing. At the same time, it facilitates fellowship. Not only do people want to stay and socialize, but a proper bagel (tough on the outside, chewy on the inside) must be chewed, bite by bite. It takes time, and in that time people sit and talk with one another.

Not everyone can or wants to complete the Shabbat triathlon. Some of us have our favorite “event.” Given that each component — prayer, Torah, and fellowship — is important, no one should feel ashamed to participate only in Kiddush, nor should anyone disparage people for doing so.

So, please join us. The best Kiddush on the North Shore (maybe all of Boston) will be served all summer long.

Thank you to all who make Kiddush lunch possible, including: Barri Stein for making it amazing each week, the Friday volunteers who prepare all the food, Ruth Estrich for ordering the tent, David Zion for his assistance with staffing and food supply, and Eridania and the kitchen staff.
I feel so lucky that Shirat Hayam is literally at the foot of the sea. The waves of the ocean teach us many things. In the words of Ecclesiastes: A season is set for everything, a time for every experience under heaven. A wave comes in, a wave goes out. A hard time comes in and goes out. A new year comes in and goes out. How quickly this year has come in and out for me!

I think of prayer melody also as a wave, one that carries the meaning of the text in and our intention out. We let the music carry us like a wave into a new feeling or new state of being. How then can even a wordless melody (nigun) act as a wave? A nigun has even more capability to carry us anywhere because it follows no map of words that steer us in a particular direction. A nigun can take us to an unknown destination and carry us back safely to shore, to be the person that blesses others and to live the life that brings us the most fulfillment.

Many blessings, Cantor Sarah

---

Calling All Kids!!!
Kids’ Choir Starts Tuesday, August 16

Join Cantor Sarah on Tuesday, August 16 at 3:15 pm for the first rehearsal of the Shirat Hayam Kids’ Choir. Open to all children, teens and young adults from 1st grade through high school. Email Cantor Sarah at CantorSarah@Shirathayam.org for more information or to sign up.

---

Message from the President

At the recent annual meeting, I spoke to everyone of my gratitude for your radical support over the last year, and how together, we have met or exceeded many of our goals. It has been a year filled with unexpected losses. It has also been a year of unexpected blessings. Our clergy, our staff, our board members and our congregants have all worked together to create unprecedented results during these unprecedented times. We have been creative, we have been generous, we have honored our past and are continuing to generate renewed meaning and joy in our present. As we move into the delights of the summer months and we ask you all to renew your commitment to Shirat Hayam, I will once again remind you that inflation and the uncertainty of the stock market and fears of a recession that we are all thinking about individually will also be impacting Shirat Hayam collectively. As we all dig a little deeper to fill our cars and our homes with the fuel we need to live our lives, I invite everyone to join us at Shirat Hayam as often as you can to fill your soul’s tank. The Tree of Life is in full bloom. I am so grateful that we can be together and share our wild and precious lives here at the sea.

Warmly,
Ruth Estrich
Virtual Services

Continued from page 1

Despite some annoyances (remote participants singing out of sync or not muting themselves while carrying on personal conversations during services), she likes the convenience and flexibility of remote attendance, especially the ability to mute her own microphone and video camera.

“Remote attendance provides me with the chance to participate in a service and enjoy the music, singing, spirituality and d’var Torah,” Diana said.

Donna Revman also enjoys remote Zoom services. She lives in Charlotte, North Carolina but grew up in Marblehead, where she and her family attended Temple Israel. Even after she left the area, she always returned to Temple Israel and, after the merger, Shirat Hayam, for the High Holy Days. When she couldn’t attend in person, she would watch the services on Shulcast.

She started attending minyan after her mother, Sylvia Revman z”l, passed away. “It was a way my sister in Massachusetts, my brother in New York, and I in North Carolina could honor my mother together during shloshim,” she said.

She usually attends evening minyan Tuesday through Thursday. She likes the Zoom services because they are more interactive than the Shulcast. “It gives me the opportunity to see the people attending, with a chance to say hello before and after the service, and even the ability to participate sometimes by leading one of the responsive reading sections,” she said.

Holly Strogoff lives in Florida. She began attending the evening minyan services weekly after her father passed away. “I knew I wanted to honor him by saying kaddish, but I wasn’t sure how this would work,” she said.

She spoke with Rabbi Michael, who mentioned that the minyan takes place on Zoom. “I live in South Florida, but don’t feel connected to any synagogue in particular here, so I was (and am) grateful to participate in services in the community where I was raised,” she said.

When she signed on to attend her first service, she was immediately welcomed into the group. “Although sometimes Zoom can seem impersonal, I found the services to be warm and welcoming. Even though I didn’t attend on a regular basis, since I started attending these minyan services, I have found comfort in the connection and plan to continue to attending,” Holly added.

Marblehead Teen Arielle Mogolesko Raised Money for JNF and Spent a Semester Studying in Israel

Arielle Mogolesko, 17 and a junior at Marblehead High School, raised over $5,000 for Israel’s Fire and Rescue Services as part of the Jewish National Fund-USA’s Dream Israel Teen Travel Initiative. The program, in partnership with the Boruchin Center, provides high school students with the life-shaping opportunity to study abroad in a long-term Israel program.

Students who participate in the fundraising opportunity receive a grant of up to $7,500 towards a study program in Israel.

Arielle spent her Fall 2021 semester at the Alexander Mass High School in Israel. She chose the Fire and Rescue Services after seeing how busy they were in Spring 2021 during the Gaza conflict. “I wanted to provide help to those who risk their lives daily for Israel’s residents,” she said. “Dream Israel gave me the opportunity to study abroad in Israel for four months, fulfilling a personal dream.”

Arielle’s parents are Ilana and Greg Mogolesko and her grandparents, also CSH members, are Gail and Jerry Gerson. Stay tuned for the September New Wave, where Arielle will be the featured congregational spotlight interview.

Keiko Zoll Responded to the Baby Formula Shortage with a Simple Solution to a Complex Problem

Keiko Zoll

Shirat Hayam former board member and member of Tzedek LaKol: Justice for All committee, Keiko Zoll was in the news with her brilliant and compassionate response to the recent baby formula shortage.

Outraged and disgusted by reports of people price gouging formula online, the Director of Communications for Boston Schools Fund sat down at her computer after work and started building a website to connect families who need formula with those who have excess or surplus formula to donate.

She emphasizes that freeformulaexchange.com is 100 percent free. Users must create an account to access its database, but no money exchanges hands. “It was important to me to design a solution that removed the marketplace from the transaction,” the activist, advocate and volunteer stressed. “Cost shouldn’t be a barrier to feeding children.”

Just before midnight on Friday, May 13, the Free Formula Exchange website went live. Zoll sent an email to 300 personal and professional contacts in her network announcing its launch. Overnight, a few dozen requests trickled in with only one or two donors. By the end of the first week, there were 10,000 requests and 1,000 from all over the country.

“While this platform doesn’t increase the supply of formula, it does leverage existing supply that most people don’t realize they have access to,” she said.

For more information and to request or donate formula, visit freeformulaexchange.com or follow @FormulaExchange on Twitter, Facebook and Instagram.
From the desk of Andrea Bernard, Director, Center for Early Education:

**Spring is in full swing at the CEE!**

Officer Reen from the Swampscott Police Department stopped by for a boat ride and high fives. We love when the SPD comes by for a visit. Thank you to Officer Reen, and the SPD for spending extra special time with us.

Did someone say “Splat Art???” Preschool outdoor curriculum is everywhere… literally! Some projects are just too messy for the indoors, so we save them for outside. Our friends in the Library Room are experimenting with speed, velocity, and you guessed it… paint! Soak a ball in your favorite color and toss it at a blank canvas. You will be amazed at what the children learn through hands-on splatter experiences such as this. Exploration and experimentation are key factors in a developmentally appropriate learning environment. Our children love to learn because we make learning fun!!!

Searching for worms is one of our favorite past times. By searching for worms, we learn about the world around us… or specifically, the world under us. Gardening can make you feel peaceful and content. Looking for worms can have that same calming effect.

CJE News

From the desk of Janis Knight, Director, Center for Jewish Education:

Our final Tuesday at CJE included a Teddy Bear wedding, a terrific opportunity for students to see and participate in a Jewish wedding experience. Rabbi Michael and Cantor Sarah made it special under the chuppah, and Israeli dance teacher Aviva Summer taught us how to dance at a simcha! Special thanks to Maddy Gelb for handcrafting the bears’ tallitot.

Becky’s Book Club Announces 2022-2023 Selections

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 are open to the community. Summer is the perfect time to start reading these outstanding selections!

- **Sep. 12:** The Netanyahus: An Account of a Minor and Ultimately Even Negligible Episode in The History of A Very Famous Family by Joshua Cohen
- **Oct. 17:** The Lincoln Highway by Amor Towles
- **Nov. 14:** Oh William! by Elizabeth Strout
- **Dec. 12:** Harry Potter and the Sorcerer’s Stone by JK Rowling
- **Jan. 9:** People Love Dead Jews by Dara Horn
- **Feb. 13:** A Pigeon and A Boy by Meir Shalev (Translated by Evan Fallenberg)
- **Mar. 13:** The Song of the Jade Lily by Kristy Manning
- **Apr. 17:** Crossroads by Jonathan Franzen
- **May 8:** Hidden Valley Road by Robert Kolker
- **June 12:** Crying in H Mart by Michelle Zauner
CONDOLENCES

Our deepest condolences to those who have passed away.

Members:

Ruth Ross
May 3, 2022

Barbara Abramson
May 18, 2022
Wife of Sidney Abramson z’l
Mother of Hope Abramson

Toby Bell
June 1, 2022
Wife of Aaron Bell z’l

Relatives of Members:

Dorothy Pickering
May 18, 2022
Sister of Arnold Shuman

Melvin Black
June 2, 2022
Father of Heidi Smyth

BRODY MINYAN FUND

In celebration of the engagement of Melissa Rosnic, granddaughter of Linda and Arnie Dubinsky from Doris Villa

In honor of our grandson, Samuel Morgen, graduating from Swampscott High School from Lee and Joe Henson

In memory of Harry Rich, brother of Murry Rich from Herb Goldberg; Arlene and Herb Leventhal; Shelley Sackett

In memory of Melvin Rich, brother of Stanley Rich from Kate Boroten; Herb Goldberg

In memory of Jerrold Rosen from Shelley Sackett and Lenny Rotman

In memory of
Father, Gregory Gilbert from Alan Gilbert
Father, Philip Brenner from Beverly Shapiro
Father, Irving Kaplan from Bobby Kaplan

In memory of
Grandfather, Philip Lewis from Constance Lewis
Grandfather, George Kramer from Deborah McWade

Husband, Rene Villa from Doris Villa
Brother-in-law, Samuel Kabatchnick from Eli Talkov

Husband, Henry Barbanel from Frances Barbanel
Mother, Winifred Levin from Harold Levin

Father, David Goldberg from Ina Hoffman
All my loved ones from Irene Gilberg

Cousin, Jerry Gilman from Jackie Rosenfield

Husband, Lawrence G. Alexander from Jane Alexander
Father, Albert Levine from Joel Levine

Father, Nathan Weiner from Leah Gallo
Sister, Kathleen Frank from Lee Henson

Father, Samuel Ross Husband, Melvin Ellin Father-in-law, Norman Ellin from Libby Ellin

Mother, Margaret Stark Father, H. Henry Stark Aunt, Rose Kohn All those who perished in the Holocaust from Madeline Stark

Father, Bernard Greenbaum from Maurice Greenbaum
Mother, Anne Broder from Maxine Friedman

Father, Sherman Eidelman from Michael Eidelman

Wife, Donna Gold Gulko from Paul Gulko

Mother, Esther Gross from Pearl Greenbaum

Grandfather, Philip Brodsky Grandmother, Sarah Kagan Aunt, Rose Michelson

Brother, Michael Kagan from Robin Cooper
Father, Myer Bornstein from Ruth Kahn

Mother, Lillian Gerber from Sally Hooker

Mother, Jane Lee Cohen Sackett Grandmother, Ruth Cohen Grandfather, Morris Sackett Great-grandmother, Dora Moskowitz from Shelley Sackett

Father, Jack Nee from Stacey Gordon

Grandmother, Sylvia Reiman from Stephanie Katz
Father, Bernard Kline
Grandmother, Esther Kline from Susan Kline

Mother-in-law, Dorothy Sloane from Toby Sloane
Mother, Inge Losch from Yvonne Weinsberg

BURT AND BECKY SHEPARD SCHOLARSHIP FUND

In appreciation of Susan Rood Jolin’s successful surgery

In memory of Ruth Ross from Ruth and Shea Rood

In memory of
Father, Samuel Rood Husband, Melvin Ellin Father-in-law, Norman Ellin from Libby Ellin

Father, Edward Lovins from Susan Weiner

CENTER FOR JEWISH EDUCATION

In memory of Neil Cooper, husband of Deanna Cooper

In memory of Marlene Spiller, mother of Sherry Jammalio from Lori and Larry Groipen

In memory of
Mother, Selma Siskind from Beverly Kahn

GENERAL FUND

In appreciation of CSH from Arthur Gluck

In honor of Evan and Ari Finamore, grandsons of Gloria Sax, becoming B’nei Mitzvah from Arlene and David Addis

In honor of Lila Segal, granddaughter of Marilyn and Jacob Segal, reading Torah from Lois Sargent

In honor of Jerry Gerson’s special birthday from Louise Chudnowsky

In memory of Harry Rich, brother of Murry Rich from Carla Greenberg

In memory of Melvin Rich, brother of Stanley Rich from Ellen and Dick Alexander; Carla Greenberg; Shari and Ron Pressman

In memory of Margie Somers, wife of Jerome Somers from Gloria Sax

In memory of
Brother, Mitchell Comins from Edye Baker
Mother, Lillian Berenson Uncle, Richard Young Aunt, Pearl Greenpoon from Marilyn Cramer

Father, Max Kirstein from Phyllis Kaplan
Grandmother, Ruth Goldberg from Robin Blake
Parents, Esther and Saul Bloch from Stephan Bloch

HOWARD STEVEN FEFFER SCHOLARSHIP FUND

In memory of
Brother, Howard Steven Feffer Mother, Edith Feffer from Judith Feffer

KIDDUSH FUND

In honor of our granddaughter, Lila Segal, reading Torah at Shirat Hayam from Marilyn and Jacob Segal

In honor of Charlotte Fine’s granddaughter, Alexandra, graduating from Duke University and her grandson, Paul, graduating from high school from Barbara and Ron Gilefsky

In honor of Gloria Sax’s grandsons, Evan and Ari Finamore, becoming B’nei Mitzvah from Sandra and Jeffrey Hirshberg

In honor of Michelle and Brian Cohen receiving the Bennett Solomon Community Leadership Award from Epstein Hillel School

In memory of Harry Rich, brother of Murry Rich from Stanley Rich

In memory of Melvin Rich, brother of Stanley Rich from Marsha Gerber

In memory of
Grandmother, Anna Levine from Avrah Parker
Mother, Ida Epstein Father, Hyman Epstein from Arthur Epstein

Mother, Bertha Schwartz Sister, Judy Weinstein from Arthur Schwartz

Mother, Ruth Tolpin from Barbara Vinick

Our mom, Sandy Feinstein Yackolow, on what would have been her 77th birthday from Barry Yackolow and Susan Yackolow

Aunt, Sarah Fagan from Bernard Handis

Husband, Joseph Weisman from Bette Ann Weisman

Father, Richard Young Aunt, Lillian Berenson Aunt, Pearl Greenpoon from Cheryl Schwartz

Father, Joseph Weisman from Claudia Rodenstein

Father, Morris Abramoff from Debra Brooks

Mother, Marjorie Bresner from Edward Bresner

Father, Solomon Bloom from Esther Salinsky

Mother, Rhoda Rosenfield from Gila Namias

Husband, Robert Weiss from Jane Weiss

Mother, Ida Pekin Aunt, Rose Pekin Uncle, Jacob Leamon from Joan Rich

Mother, Edith Weitzner from Judith Tarlow

Mother, Ann Bekritsky from Linda Siegel

Mother, Gertrude Freedman from Marcia Kalman

Donations May 1 – 31, 2022

Congregation Shirat Hayam | 781.599.8005 | www.shirathayam.org
## SHIR CHESED FUND
In appreciation of all that Shir Chessed does from Ann Pendexter
In appreciation of Team Margie From Barry Yackolow; Susan Yackolow
In memory of Dorothy Pickering, sister of Arnold Shuman from Susan and Larry Goldberg; Karen and Mark Meyer and Family
In memory of Harry Rich, brother of Murry Rich from Sheila and Stan Rich

### In memory of
- Father, Nathan Leidner from Charles Leidner
- Friend, Evee Gelles from Doris Villa
- Father, Arthur Goldstein from Karen Madersky

### SHIR LANU
In memory of Dorothy Pickering, sister of Arnold Shuman from Helaine and Jim Hazlett
In memory of Barbara Abramson from Marla and Philip Gay

### RABBI’S DISCRETIONARY FUND
In appreciation of the Aliyah given to me by Rabbi Michael from Ann Jean Flaxer
In appreciation of Rabbi Michael from Beth and Marc Andler; Barry Yackolow; Susan Yackolow
In appreciation of the Passover Zoom Seder from Diana Caplan
In memory of Leonard Lieberson from Clifford Wolk

### IN MEMORY OF
- Mother, Helen Lewkowicz from Eileen Trebin
- Aunt, Bessie Goldberg from Michael Waldman

### RITUAL FUND
In memory of
- Father, Lewis Mendelsohn from Alvah Parker
- Husband, Gerald Perlow from Carolyn Perlow
- Mother, Bertha Barkan Levy from Sanford Levy
- Mother, Sylvia Revman, Grandmother, Rose Fingerman Uncle, Dick Goldberg from Donna Revman
- Mother, Vera E. Swartz from Rita Swartz

## CSH Annual Meeting Recap
On Tuesday, May 24th, we held the seventeenth annual congregational meeting of Congregation Shirat Hayam, attended by approximately sixty congregants, half of which were in-person and half of which were remotely attending via Zoom.

The two major topics presented were 1) last year’s financial results and the coming year’s budget and 2) the presentation of the coming year’s slate of officers.

The proposed slate of officers was presented by Mark Messenger, the Board of Directors’ Past President and chair of the Leadership Development Committee. The slate was approved unanimously. Stephanie Greenberg, Corey Lewis, and Keiko Zoll, whose board terms have ended, were all thanked for their service. Rabbi Michael installed the officers, and following the meeting adjournment, the in-person attendees retired to the newly erected tent for an ice cream social.

## Congregational Spotlight (Continued from Page 8)
time, I met some amazing friends. The most powerful thing I have experienced at CSH is the minyan experience. At a sad time, I am thankful for all the comfort I found in new friends and that community. From this we even started a mah jongg group, taking lessons with a CSH member for 16 weeks; then we played at CSH twice a week for many years before COVID. The friends and connections I made at that time will be with me always, and keeps me at CSH.

A few years back (pre-Covid) there was a concern that the nightly minyan service might be eliminated due to low attendance. Rabbi Michael reached out to the congregation and there was an overwhelming response to keep the minyan going. I volunteered at that time to be the Tuesday night minyan captain. In this role, I reached out to those expressing an interest to ask that they commit to a time to come to minyan. It could be one night, a week, or a month, whatever they could commit to. The first night 40 people showed up!! And going forward, there was never a Tuesday when there wasn’t an in-person minyan. I learned two things – people want to be asked, and the minyan is a very important part of CSH.

**Why did you decide to join the board of CSH?**

When I attended Temple Emanuel in Andover, my sister convinced me to be the youth group advisor. In that capacity, which I loved, I was given a seat on the board and I enjoyed being involved in the discussions of the running of the temple (I didn’t have a voting seat).

At this time, I decided to accept the invitation to join the CSH Board because I would like to be more involved with the direction of CSH. I really think we need to get back to the basics and traditions of our faith so that kids of today will have their own history to grow from in the future as Jews.

I look forward to being on the CSH Board and also to a day hopefully soon where we can gather together post-COVID.

## Congregation Shirat Hayam Board of Directors 2022-2024

<table>
<thead>
<tr>
<th>Executive Committee: May 2022 — May 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
</tr>
<tr>
<td>1st Vice President</td>
</tr>
<tr>
<td>2nd Vice President</td>
</tr>
<tr>
<td>3rd Vice President</td>
</tr>
<tr>
<td>Treasurer</td>
</tr>
<tr>
<td>Secretary</td>
</tr>
<tr>
<td>Member-at-Large</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Board of Directors New Term - May 2022 — 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
</tr>
<tr>
<td>1st Vice President</td>
</tr>
<tr>
<td>2nd Vice President</td>
</tr>
<tr>
<td>3rd Vice President</td>
</tr>
<tr>
<td>Treasurer</td>
</tr>
<tr>
<td>Secretary</td>
</tr>
<tr>
<td>Member-at-Large</td>
</tr>
<tr>
<td>*New board member</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Board of Directors Continuing Term - May 2022 — 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
</tr>
<tr>
<td>1st Vice President</td>
</tr>
<tr>
<td>2nd Vice President</td>
</tr>
<tr>
<td>3rd Vice President</td>
</tr>
<tr>
<td>Treasurer</td>
</tr>
<tr>
<td>Secretary</td>
</tr>
<tr>
<td>Member-at-Large</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TZEDEK LAKOL - RACIAL JUSTICE INITIATIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>In appreciation from Lisa Beslin</td>
</tr>
<tr>
<td>In memory of Barbara Abramson from Phyllis Snyder</td>
</tr>
</tbody>
</table>

**Donations**

<table>
<thead>
<tr>
<th>Donations</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Sandra Goldstein*</td>
</tr>
<tr>
<td>- Lori Kreevoy</td>
</tr>
<tr>
<td>- Jay Mahler</td>
</tr>
<tr>
<td>- Jeffrey Oringer</td>
</tr>
<tr>
<td>- Eric Osattin</td>
</tr>
<tr>
<td>- Joan Rosenthal</td>
</tr>
<tr>
<td>- Barbara Sidman</td>
</tr>
<tr>
<td>- Michael Smerka</td>
</tr>
<tr>
<td>- JR Young</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Board of Directors New Term - May 2022 — 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
</tr>
<tr>
<td>1st Vice President</td>
</tr>
<tr>
<td>2nd Vice President</td>
</tr>
<tr>
<td>3rd Vice President</td>
</tr>
<tr>
<td>Treasurer</td>
</tr>
<tr>
<td>Secretary</td>
</tr>
<tr>
<td>Member-at-Large</td>
</tr>
<tr>
<td>*New board member</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Board of Directors Continuing Term - May 2022 — 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
</tr>
<tr>
<td>1st Vice President</td>
</tr>
<tr>
<td>2nd Vice President</td>
</tr>
<tr>
<td>3rd Vice President</td>
</tr>
<tr>
<td>Treasurer</td>
</tr>
<tr>
<td>Secretary</td>
</tr>
<tr>
<td>Member-at-Large</td>
</tr>
</tbody>
</table>

**New board member**
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, Sandra Goldstein shares her thoughts about Shirat Hayam and its special, personal meaning.

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

I was born in Malden, MA, and spent my first summer at three-months-old in a very small cottage on Revere Beach with my family and cousins. The cottage had three bedrooms and there were 4 adults and 6-8 kids (depending on which cousins were spending the summer with us). After that summer, we moved to Medford where I lived for 30 years. But I always had a connection to Malden, since my grandfather had a grocery store (Home Cash Market) there, which my father and uncle took over after my grandfather passed.

We belonged to Temple Shalom in Medford, a Conservative temple, where I attended Hebrew school three days a week. I had my Bat Mitzvah there in the days when girls became a bat mitzvah on Friday nights only, with an oneg shabbat of pastry, fruit and coffee (which was turned on before sunset). I loved going to high holiday services and sitting next to my Dad, and also spending time with my friends at Junior Congregation services, which were supervised by the Cantor’s wife, Mrs. Lew. I grew up in a very “traditional” home where all holidays were celebrated to the fullest, always centered around lots of family.

I was very involved in BBYO, being a chapter president and regional vice president during my high school years. I loved the connections and friendships I made throughout BBYO, many of which still exist, especially living here on the North Shore.

After my dad passed away in 1980, we started to attend Temple Emanuel in Andover, because that’s where my sister, her husband and 2 children attended services. It has always been important to me to attend temple with family. While Temple Emanuel is a Reform Synagogue, they did have what I often referred to as a “Conservative flavor” in their customs and traditions.

Tell us a little about yourself and your family.

I’m single with a wonderful brother and sister. My sister has two married children with 7 kids between them. And as all my friends and family know, those 7 are my everything!! I also have numerous first and second cousins in the area that I’m very close with. I’m so grateful that my parents encouraged family togetherness and that we have continued that through our adulthood and families.

I am an attorney, but this wasn’t my first career. I always wanted to be an attorney, but didn’t want to go to law school right after undergrad. So, out of college with a finance degree, I got a job in healthcare finance. I was a hospital budget manager for 12 years. During that time I met an attorney who earned her law degree at night. While working full time at Deaconess-Waltham Hospital, I went to Suffolk Law School 4 nights a week for 4 years. While it sounds like a lot (and it was), I loved it! I’m currently a solo practitioner real estate attorney having been in my practice for 21 years. I assist people in buying and selling homes and I love what I do because I help people find their “happy place.”

In my spare time, I love to knit, play mah jongg, go to the theatre, spend time at the beach, and anything that involves spending time with my friends and family.

What first brought you to CSH?

I moved to Salem in 1991 because it is close to the ocean and I have lots of relatives in the area. When I decided to join a temple, CSH seemed the right one since it is a Conservative temple and I have many cousins in the community. While I attended a Reform synagogue for many years in Andover, I have always felt my roots from growing up in Medford to be part of a Conservative temple. I enjoy the services and the welcoming atmosphere of CSH.

What keeps you at CSH? What’s special to you?

Having so much family at CSH keeps me here as well as the many friends I’ve made at CSH. Shortly after joining CSH, my mom passed away. I started going to the daily minyan to say Kaddish and at that