

Occasionally, our Aleph Preschool students walk around the building searching for and counting mezuzot. And there are many of all shapes and sizes to find! Some are fixed to doorposts (pictured), others are in display cases in the Learning Center. Still others can be found for sale in our Women's League Gift Shop!

Physically, a mezuzah marks a point of transition from inside to outside or from one room to another. There are spiritual mezuzot as well. When we welcome a new baby or send a child off to college, celebrate an accomplishment or mourn a loss, we pass through a doorway of our life.

This edition of the Shofar continues this year's theme of transition. Change can be hard or scary. The mezuzah reminds us it is also holy.



Working for God

By Rabbi Alexander Davis and Rabbi Avi Olitzky



Once, when Joshua was near Jericho, he looked up and saw a man standing before him. Joshua asked him, "Are you one of us or our enemies?" He replied, "I am captain of the Lord's host." Joshua threw himself down to the ground and, prostrating himself, said to him, "What does my lord say to his servant?" The captain answered, "Remove your sandals from your feet, for the place where you stand is holy." And Joshua did so. (Joshua 5:13-15)

We have been thinking about this passage recently because it reminds us of Beth El.

In this scene, the Israelites are at a point of transition. Having wandered in the desert for forty years, they have now entered the Land of Israel and are looking to settle the Land. Just then, Joshua meets an unnamed man.

While the text says "man," from the context, it is clear that it is an angel. In fact, the rabbis explain that until now, God was travelling with the Israelite, supporting them on their journey. But now, God hands the reigns over to this man, captain of an army of angels, who will assist Joshua and the Israelites in conquering the Land.

Like Joshua, this is a time of transition at Beth El. And we are blessed to have an army of people- our staff- to support us in this next stage of our growth. The Hebrew word for "the Lord's host" is related to the word staff (tzvaot and tzevet).

But there are two important differences between Joshua's time and ours. First, in terms of our staff, we are far from a large army. We are small, too small in fact. Because of budget cuts, our staff is working extra hard. Second, in the passage the man is nameless. For us, it is important that we appreciate each staff member for the gifts they bring and efforts they make for the congregation.

It is for this reason that we are excited for the special recognition we are offering one former staff member. Adele Vinekor worked as assistant to Rabbis Aronson and Abelson. Her son, Bruce, is honoring his mother's longtime commitment to Beth El with a tribute including a photograph of Adele that will hang in the office area.

Our assistants and really all of our staff are critical for the proper functioning of our shul. That message is reinforced in the above story where Joshua asks the man if he is friend or foe. The man responds, "I work for God." Our staff does holy work ensuring that Beth El is holy ground on which are fortunate to dwell.



Beth El's New "Caring Community" (BECC)

By Cantor Audrey Abrams

In one of my mussar va'adot (groups), we are studying the qualities of bitachon and emunah (faith and trustworthiness, respectively). We find ourselves wrestling with questions regarding the differences between the two qualities: What do we think of blind faith? What gets in our way of having faith? How can we be trustworthy, so others have faith in us, and on and on? These concepts are complex. And when you throw God in the mix, it becomes even more confusing.

There are many areas in life in which most of us do not question. We trust a certain car company so we buy a car from that company and have faith that our vehicle will run. We trust our doctor and put our faith in her to take care of our medical needs. We have faith there will be hot water in the shower, food in the grocery store, the sun will rise and set. And what of relationships – family, co-workers, friends? We must act in a trustworthy manner so they will have faith in us. I often hear people say when something difficult happens in their lives, "I now know who my real friends are." These are the friends who stuck by them through tough times and didn't disappear.

Stability is a cornerstone for these qualities. Facing challenges and facing change, we turn inward and have to trust ourselves- our strength and our own Godly qualities- to pull us through. In times of change, we must believe in our abilities and begin the process of creating new stability.

Trust and faithfulness are not a theoretical topic.

As you may recall, in the High Holiday Shofar, I spoke about the restructuring of the Yad V'Lev (Hand in Heart) committee. I wrote about the need to relaunch an initiative that Midge Frailich and Jo Ann Welfring Gruesner so lovingly developed and managed from approximately

1998 – 2015. This initiative provided that crucial element of stability for congregants in need. It offered care and support to many through meals, rides, visiting, odd jobs, and more. This was, and continues to be, an important goal of our community.

Today, we are restructuring and rebuilding the program to achieve that vision. We changed the name to "Caring Community" to indicate that this is the responsibility of not just a small "committee" but of our entire community. This name change speaks to our aspiration to truly be a community that shows it cares - to indicate that we can trust one another to be there for each other.

Led by a small committee of individuals, we are starting modestly- providing meals to those facing difficulty or loss. Eventually, as we trust ourselves to be able to meet these needs, we hope to provide additional services. We will be using volunteer management software to make it easier to sign up to help. We are recruiting cooking and delivery captains, each of whom will have their own team, and will be trained in February and March with full force cooking and delivering beginning after Pesach at the end of April.

If you are able to be part of this initiative, in any capacity- as a captain, team member, etc., please contact Jenny Hage at Jenhage@gmail.com, or me at Aabrams@bethelsynagogue.org and we will pass on the information to the right people.

We as a Beth El community must make it our goal to be trustworthy that we might instill faith in others when they need it most. It is my hope, that one day soon everyone in our Beth El family will grow in trust and faith inspired by the acts of kindness of fellow Beth El-ers.



Row The Boat!! Transitioning Together to a Brighter and Better Future

By Steven Sanderson, Beth El President



There are several Hebrew words for “transition”. *Ma’avar* is found in Isaiah (23:10) describing the passing through land “as a stream”. The word *lvri* (Hebrew) comes from the same root as *Ma’avar*. We are a people who are flexible and transition for our needs. Coincidentally, *Ma’abarot* were immigrant and refugee camps set up in Israel during the 1950’s. Employing the homonym—*Me’avar*, meaning *from our past*, we learn from our experiences and move into our collective future.

Another word is *Chiluf*. Described in the 90th psalm, it is reference to the transitions we have with loss recalled during the Yizkor service.

And related to the word *shannah* (year), is *Shinui*. Another biblical word for change it is also the name of an Israeli political party.

Year after year, Beth El undergoes transition. This is a healthy process for all synagogues. I am proud of our board, administration and clergy. In the last few years we have transitioned to a stronger and more viable Beth El. We keep our *oars in the water* and continue to *improve our best* (see below!).

Row The Boat, Ski-U-Mah, and Go Gophers! I love the University of Minnesota. And proud of our football program. Academically, athletically, socially and spiritually, the Golden Gophers of the gridiron have experienced a remarkable change and renaissance. Under the direction of Coach PJ Fleck, the three year transition to success is not only a remarkable 11-2 record this season (most wins since 1904). More importantly, a team record GPA of 3.29, over 1500 community service hours, and a relentless dedication to developing young men with positive and appropriate life skills. More than a just a football program, it has been a cultural re-boot affecting all aspects of the players lives. In turn, a source of pride and leadership for our University and State. And it is based upon employing the *Row The Boat* philosophy.

So, what is Row The Boat (RTB)?

There are three parts: the Oar, Boat and Compass. The oar is the energy one brings to life, family, and community. It’s the power and individual talents all of us contribute. We use the oar to row. Notably, as we row our backs are to the future. As a result, we look to our past, transitioning and learning (*Ma’avar* and *Me’avar*) obtaining knowledge, experience and wisdom.

Next is the boat. It encounters the waves, rocks, uncertainty and losses we experience in life. The boat gives us a vessel for *Chiluf*. It provides us a haven to change, grow, and achieve. The boat is increasingly sturdy as more and more are on board supporting one another and rowing together.

Lastly, is the compass. Our ultimate direction relies on a compass with not only who is on our boat but how we comport ourselves and what we believe.

With a never give up mantra we commit to fixing what needs to be fixed. And when we do something well we’re dedicated to making it even better—*improving our best!* It’s what we do at Beth Er—all members of our team, our congregants, lay leaders, administration and clergy. Learning from one another and our past we transition into our collective future. Our ship is Beth El and our future is bright—We Row The Boat!!

New Members

PLEASE WELCOME

Katrina & Ari Lowell

Merav Silverman &
Ian Ramsay and Nava



Katrina & Ari Lowell



*Merav Silverman & Ian Ramsay
and Nava*



Ready or Not, Here We Come!

By Jody Moreimi

The word “change” can drum up a lot of different emotions in people. Some people run away from it. They enjoy knowing what is expected and what is going to happen next. Others embrace it, wanting to try something different and experience something new. However you feel about change, hold on tight because, here comes the new Beth El Youth Department offering exciting opportunities for all people from Kindergarten through Young Adults!

After over twelve years of teaching elementary school, I am not sure what pulled me to take on the position of the new, and first ever, Director of Youth Engagement, Enrichment, and Informal Education, but I am very glad I did! Beth El United Synagogue Youth (USY) has been around since Rabbi Abelson started it in 1948. We were the first ever USY chapter and we are still going strong. That’s a huge feat but, in order to keep us strong, there needs to be a change. This change starts with a new vision in youth engagement, fostered by my working with our new Informal Youth Engagement Steering Committee (iYES) in order to reimagine what it looks like to have a thriving Youth Department.

All youth in our community should have a place in which they can go to feel welcomed, comfortable,

and safe; this is my goal. In the coming years, we will offer more exciting and diverse programs, learning opportunities, community outreach experiences, and a place to strengthen ties to Jewish identity for all people as young as kindergarten up through young adults.

Beth El has been home to my family for over four generations; I attended Aleph Preschool, TaRBuT, and USY, my father was the synagogue president, we were the first wedding to use the Learning Center, and I now have two children attending Aleph Preschool. I love the synagogue and know that, with your help, we can foster a love of this community in people of all ages regardless of which school or camp they attend(ed) or how involved or welcomed they have previously felt in the youth department. Change can take time. I appreciate the support and feedback I have received since starting this position and I look forward to hearing more. Please do not hesitate to contact me for any reason.

As we used to say when I was a USY member: our goal is, and will continue to be, “To learn, to Teach, to Do!” Keep an eye out for new programs and opportunities coming your way, whatever age you are!

All youth in our community should have a place in which they can go to feel welcomed, comfortable, and safe; this is my goal.



Aleph Preschool Transitions From One Holiday To The Next

By Karen Burton, Director of Aleph Preschool



As we flow through the year at Aleph Preschool, we take time along the way to pause, prepare, celebrate and enjoy with great enthusiasm each Holiday that arrives on our doorstep. December brought Chanukah, a time for joy and celebrations, rejoicing together during the eight days, lighting the candles on our menorahs each night, and illuminating our hearts and the world around us.

During this busy month, our preschoolers had fun making and baking Chanukah cookies, creating beautiful menorahs and some classes even tried their hand at making potato latkes. Many new songs were learned and old traditional songs were sung and I just loved to hear the children humming and singing as they were walking through the corridors, not knowing how proud I was to hear them sing.

The celebrations for Chanukah continued with a wonderful family Winter Shabbat Dinner, including delicious traditional Chanukah foods we all love and enjoy. The children played "Spin the Dreidel", one of their favorite holiday games and immersed themselves in Chanukah stories at the reading corner.

Before we knew it, we were back at school following winter break, transitioning into winter and getting ready for Tu B'Shevat. The 15th of Shevat on the Jewish calendar is the day that marks the beginning of a "new year" for trees. The birthday of the trees. This day marks the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. Our children learn how we compare ourselves to trees. We are nurtured by our deep family roots just like the roots of a tree and like the trees produce fruits, we too share the Mitzvot (goods deeds) we have learned with the world. We celebrate Tu B'Shevat by eating special fruits from Israel including grapes, figs, pomegranates, olives, dates and carob. We look forward with great anticipation to the "Seder" (meal) where all the kiddos get to taste the special fruits and learn how and where they are grown and how and when they are harvested.

Following Tu B'shevat, we will move on to the next Holiday, Purim. But we are not there yet. Stay tuned.....

I just loved to hear the children humming and singing as they were walking through the corridors.



The Evolving Puzzle

Yoni Binus, Head of School, Heilicher Minneapolis Jewish Day School



Imagine trying to solve a puzzle that changes its rules, goals, or even structure every five minutes. Just as you are beginning to see patterns, understand the guidelines, and develop a theory as to how to solve it, the landscape completely jumbles and you must form new understandings and new strategies. I think it is safe to say that this theoretical experience is not unlike the unique and wondrous and, at times, downright frustrating path of parenthood.

Childhood and adolescence are dynamic life stages full of constant changes and never ending transitions. The transitions can also mean both tangible (pickups and drop offs, car seats, new clothes, new technology) and less tangible (the constant tension between dependence and independence, the stresses of juggling new attitudes, likes and dislikes, and schedules) transitions for parents and whole families. All of these byproducts of change can add up to overwhelming challenges that families experience at different times, in different ways, and to different extremes. While this experience is part of the wild ride that is parenthood, here are a few things that might be helpful as you encounter these natural but sometimes overpowering ebbs and flows.

Seek advice from your school. Your child's school will have a wealth of resources and knowledge for you. No, the staff there cannot see into the future or perfectly diagnose a problem, but they have seen hundreds and thousands of students before. I believe that the first step, even if it is not academic-related, necessarily, is to use your school as a resource and give things time to unfold.

Be patient. However much time you are thinking things need to unfold or evolve or improve or become just the new normal, multiply it by ten. People need time and space to go through transitions. Also, it is important to be patient with yourself, as a parent. It is so hard to not be perfect at something and for results to be outside your control.

Focus on values. Beth El's website states: A vibrant home where Judaism is lived: community is family, learning inspires action, prayer touches the heart, and deeds repair the world. These are just some of the values that a synagogue or a Jewish or religious family can live by. A family can have their values articulated just as clearly and return to those for guidance in times of transition.

Try to enjoy it all. This is obviously easier said than done, but if I have learned anything as a long-time educator it is that the journey of parenthood and watching children grow up flies by in an instant.

I started by taking about an ever changing puzzle and I think the analogy is solid, but there is a critical flaw in it that I want to end with. Try to remember that no matter who your child is their own human (unlike an actual puzzle.) Your job is to give them the love and tools they need to be competent, confident, and whole independent adults, but, along the way, they are still having their own emotional, psychological, and spiritual experience that only they can truly understand.



WE ARE YOUR SCHOOL!

By Hazzan Jeremy Lipton, Head of School Talmud Torah of Minneapolis



"It's hard to believe that it's already been 125 years." These are the opening words of Talmud Torah's newly-released 125th-Anniversary Video, produced in recognition of our significant Twin Cities milestone. Just as our Jewish community has been in a constant state of growth and transition, so too has your school. And yet, through all of the transformative changes that we have all experienced throughout the years, some things remain the same. A case in point is seen in the Star Tribune article, published on Sunday, March 3, 1907, under the heading "The Talmud Torah Succeeds:"

"The Talmud Torah of North Minneapolis established an institution in 1893 for the purposes of providing for the Jewish education of this and future generations of Jews. Should this provision be neglected it would not be long before Jews and Judaism

would share the fate of other ancient peoples whose traces are now scarcely discernible...The object is not merely to teach the children Hebrew, that in itself is the least, but to teach them religion and morality, and a love for their people, and to revive the national sentiment that has laid dormant for so long in the Jewish heart...The institution should have as much commendation and material support that can be given, for it is here that the Jewish spirit of the future, in whose hands the fate of Judaism rests, is instilled."

Sound familiar? 125 years ago, our founding leadership recognized the same challenges and aspired to the same results as we do today. The echo of their voices resounds in what many members of the community have recently said about your school:

"Talmud Torah has no bigger responsibility than to prepare the next generation of Twin Cities' Jews to be knowledgeable, ethical Jewish citizens and leaders...We're committed as a community to teaching the next generation what it means to be Jews" [Dan Weiss]. "In the mid-1940s (following the end of the war) our parents realized that we had to solidify our Jewish education and our Jewish connections" [Norman Pink]. "Talmud Torah helps me connect with my friends and connect more with Judaism...You can learn a lot while still playing fun games" [Eliana Weiss, 5th grade student]. "They are the ones who continue to develop our raw material that will become our Jewish community in the future" [Mike Fiterman]. "It's helping me develop something that I don't know that's inside of me, so that I can find a better me" [Zachary Berman, 3rd grade student].

With your partnership, we continue to serve as an access point, engaging our community's families and students of all backgrounds in educational experiences that provide the foundation and lifelong tools for living an intentionally Jewish life. We accomplish this through nurturing relationships and building skills. Together, we create a space for everyone to learn and succeed through our remarkable educators and unique, hands-on experiences.

"We thank the Jewish parents of our community for the last 125 years, for not only making sure that this institution is here, but to make sure that it is embraced and recognized over the years as one of the best Talmud Torahs in the country" [Mike Fiterman].

We are your school...come learn and celebrate with us!!

*Hazzan Jeremy Lipton, Head of School
Talmud Torah of Minneapolis*

P.S. To view our 125th-Anniversary Video, please visit our website: www.talmudtorahmpls.org.



The Soup Session

By Rabbi Alexander Davis

"What's your favorite kind of soup?" I asked.

"Carrot ginger," one said. "Potato leek," another called out. And of course, matzah ball soup was a group favorite.

"How do you make it?" I continued.

With that, an 11-year-old student launched into a detailed and animated lecture on how to make matzah ball soup. Hardly taking a breath, she discussed the ingredients, the process, the flavor profile and more. At the end, we all gave her a round of applause.

No, this was not a recipe exchange. It was a class for fifth grade b'nai mitzvah students and their parents.

During the first few months of our Fiterman B'nai Mitzvah Program, Cantor Abrams and I meet with these families on Shabbat to orient them to our program and more importantly, to discuss what it means to become a bar/bat mitzvah. Instituted five years ago, this program has proved to be a wonderful way for families to create community and to begin the journey to adulthood. Over the weeks, we study what are rites of passage are, discuss what it means to be a Jew and better understand our relationship to Torah and tefilah.

In this "soup" session, I introduced the study of musar. Like making soup that calls for measuring out ingredients, we learned that we must measure our soul traits and cultivate the right amount patience, lovingkindness, generosity, sincerity, etc.

These measurements of character traits are called middot. And as the author of Orchot Tzadikim (14th C, Spain) teaches, "If you do not have good middot, you cannot have Torah and mitzvot, because the entire Torah is dependent on good middot."

In this session, we learned that middot are the foundation of a life of mitzvot. They are the first essential step to becoming a bar/bat mitzvah. And we look forward to guiding these families to raising children to adulthood with just the right measure of sympathy, humility, trustworthiness, etc. to be a blessing to our community.

5th Grade Family Experience

By Simon Glaser

While this is actually our second time through the B'nai Mitzvah program, in some ways it seems like the first. When we moved to this community three and one-half years ago, our older daughter, Mabel, was already in sixth grade. She had started her Jewish education elsewhere, but things were different at Beth El, and the teachers and clergy did an outstanding job getting her ready in only two years, rather than the regular three. They also did an outstanding job in helping us to integrate into this community. But this time feels different.

Our second daughter, Dorothy, was able to start the program with the rest of her fifth grade class, and now we can see that the B'nai Mitzvah program at Beth El is truly a family affair. Our initial intake meeting was a whirlwind - it included short, informative meetings with Rabbi Davis, Cantor Abrams, and Education Director Mary Baumgarten. There was a lot of information to digest, and a large binder in which to keep it. In other circumstances, a lot of that information may have gotten lost in a pile somewhere, but fortunately handling busy and even forgetful parents is nothing new to the planners of the program.

In the Fall, a series of family sessions held during Shabbat services have helped us, parents and our daughter, to work through expectations and logistics. Equally importantly, these sessions have allowed us to form connections with other families, and experience a bit of Jewish education at the same time. This has resulted in a greater understanding of what our daughter is experiencing, as well as a number of new friendships and dinner invitations. Dorothy's Bat Mitzvah date seems at once distant and impossibly near, but we feel a sense of ease. Actually, we feel shepherded through this process, part of a close community, and confident in the knowledge that we know what they are doing, and they really know what they are doing.



Shabbaton - December 6-8, Herzl Camp



Mitzvah Corps Visit to JFCS: Packing toiletry items for teens



Mitzvah Corps Visit to Perspectives: Baking zucchini brownies at their Kids' Café

B'nai Mitzvah



April 18, 2020 / 24 Nisan 5780
Sh'mini

TORII DAVID SCHMIDT

מתן דוד בן נפתלי

Son of Dan & Leslie Schmidt

Torii is a determined student who approached his bar mitzvah studies with diligence, care and respect. We look forward to watching him enter Jewish adulthood.



April 25, 2020 / 1 Iyar 5780
Tazria/Metzora (Shabbat Rosh Chodesh)

KAREN SARAH DWORSKY

חיה שרה בת ירחם ונשמה

Daughter of Jay & Nancy Dworsky

Karen is a thoughtful, caring and bright young lady. She has approached her bat mitzvah studies with a sense of pride and purpose. We look forward to watching her enter Jewish adulthood.



May 9, 2020 / 15 Iyar 5780
Emor

MICAH MALAMUD SCHOENBERGER

מיכה בן שלום חיים וליבא

Son of Louise & Steven Schoenberger

We are proud of Micah and the person he has become. His bar mitzvah provides an opportunity to combine his love for learning and passion for Judaism.



May 16, 2020 / 22 Iyar 5780
B'har/Bechukotai

SOPHIA ROSE SEGAL

שושנה בת יונתן דוד וריסה בתיה

Daughter of Raleigh & Jon Segal

Sophia has been working hard towards this milestone with enthusiasm and joy. She consistently demonstrates a love for learning and pride in being Jewish. We are so proud of her.



May 23, 2020 / 29 Iyar 5780
Bamidbar (Shabbat Machar Chodesh)

JULIANA MAYA VEGAS

גבריאלה מתוקה בת יעקב ורחל יהודית

Daughter of John & Rachael Vegas

Juliana has continued her bat mitzvah studies in Texas while adapting to a new school and making new friends. We are proud of her accomplishments!



Preston's Story

BY PRESTON KIEFFER

"My name is Preston and I just started TaRBuT, the first part of Beth El's B'nai Mitzvah Program.

The journey is just beginning...

At first, my TaRBuT class seemed hard but once I got into it and stuck with it, I knew I could do it. I have been surprised at how well I have done and I love getting new stickers to show my progress. I work at home with my Dad to practice. He's cool and knows Hebrew!

I have enjoyed getting to know some new kids (like Jonah). I used to know Jonah when we were 2 years old and now it's good to be back together again.

It's exciting for me to be on this journey.



Another Successful 5th- 6th Grade Shabbaton at Herzl Camp

By Mary Baumgarten, Education Director



Upon returning home from our 5th- 6th Grade Shabbaton in December, one of our 5th grade boys, who was leary about participating in the Shabbaton (truthfully, he didn't want to go and was coerced into going by his parents), and who had never been to overnight camp, had an interesting interchange with his mom. He asked: "Mom, you wanted me to go to Herzl for one week, right? Don't they have anything longer than that?"

What we had hoped would happen, did happen. This has happened before, and I am confident that it will happen again.

Our Shabbaton is such a positive and impactful experience that kids who have never slept away from home, never attended any overnight camp, turn the corner because of our Shabbaton. They can't wait to go to overnight camp, an experience in which we wholeheartedly believe in and support. Our theme for the weekend was "My Judaism" and many of our activities evolved around this theme.

Cantor Abrams, Jody Moreimi and I watched with joy as our 45 participants took part in the variety of activities that we had planned for them. At the end of our time together, they told us that they loved the food, their new friends, playing Minute to Win It, going to the Beit Ruach (gym), painting their t-shirt with "Beth El Bar/Bat Mitzvah Class of _____," and the talent show.

They also loved services with Cantor Abrams, preparing infomercials dealing with scenes from the Torah portion, and preparing skits about being Jewish and becoming a Bar/Bat Mitzvah.

Most of them slept the entire day after returning home. Their weekend away was like a dream. There's always next year, though, with more opportunities to take part in another phenomenal Beth El Shabbaton.

They can't wait to go to overnight camp, an experience in which we wholeheartedly believe in and support.



PRAYER: Why? What? How?

By Cantor Abrams

Why do we pray?

Why did the rabbis set up a system for us to pray three times each day, before we eat, after we eat, before we go to sleep? To make us crazy? No, to help us remember. "Remember what?" you might ask. That we are part of something bigger. That we need to stop and notice all that is amazing in this world. That we need to express our gratitude for all we have and all there is. It is too easy to mindlessly go through our lives and forget. We pray to remember.

What do we pray?

What if we don't understand the prayers in the siddur? What if we aren't in synagogue? What if we don't know the "right" prayers? The answer here is simple: Make it up. Prayers come from the heart. The siddur is a guide. An order (siddur comes from the word, seder, which means order). And in its simplest form, the order is: wake up and express gratitude for life and miracles; sing songs of praise to the Creator about creation; realize we are graced with unconditional love from God and affirm our belief in the One God; renew our faith that we will be "redeemed" and brought out of difficult times; offer whatever words are in our hearts. Amen!

How do we pray?

How ever we want to. In silence; screaming in the forest; alone; with others; in song; in poem; in a simple expression of thanks.

The challenge: bring prayer into our daily lives.

Perhaps take the "order" of the siddur and write our own prayers. Set a timer on our phones and when it dings, stop and notice everything around. When we wake up grumpy, remind ourselves how lucky we are to wake up at all. When we look in the mirror, see the face of God looking back...AND, see the face of God in everyone around us. If we do these things, we will be praying. And the world will be a better place.

OUR B'NAI MITZVAH September 2019-January 2020

Lauren Fraser	Ellie Londer
Olivia Hymanson	Isaac Sanders
Gabe Kristal	Jacob Weissr

YAD CHAZAKAH RECIPIENTS (HONORED FOR READING TORAH)

Randi Anderson	Ruby Livon
Chris Brand	Larry Pepper
Ella Chester	Sarah Rappaport
Leo Dworsky	Nina Shragg
Haya Fine	Eitan Weinstein
Jenny Hage	Dana Yugend- Pepper
Rachel Klein	Naomi Zuk-Fisher
Danny Levey	

TaRBuT Students and Teachers of the Month

TEACHERS

1st Year
Noah Bulgatz
Mabel Glaser

2nd Year
Noa Gross
Daniel Grossman

3rd Year
Leo Dworsky
Lucy Rendelman

Rimonim
Libby Cohen

STUDENTS

1st Year
Matthew Binder
Addie Prottas
Laila Schoenberger

2nd Year
Dahlia Karch
Nathan Lewis
Torii Schmidt

3rd Year
Olivia Chandler
Sophia Moldo
Ilan Schein

Rimonim
Leah Grossman

Mazal Tov to Members with upcoming Milestone Anniversaries

NAME.....	DATE.....	YRS
Helen & Rick Siegel	1-February.....	50
Anthony & Alli Rubin.....	5-February.....	15
Mikhail & Rima Dvorkin	28-February.....	40
Leon & Eta Lehman	28-February.....	60
Naomi & Joel Oxman.....	3-March.....	35
Meir & Blanche Amar.....	10-March.....	35
James & Maida Fruen	17-March.....	35
Howard & Bea Kampf.....	22-March.....	50
Philip & Phyllis Garon	22-March.....	50
Howard & Deborah Carp.....	23-March.....	45
Steven & Louise Schoenberger.....	26-March.....	15
Robert & Elayne Walensky.....	28-March.....	55
Gary & Laura Katz.....	2-April.....	25
Max & Lori Kurman	3-April.....	15
Larry & Barbara Parks	5-April.....	50
Terry & Harry Cohen.....	11-April.....	55
Howard & Beverly Radin.....	12-April.....	45
Helene & Dennis Konn	25-April.....	55
Bruce & Karen Blumenthal	2-May.....	55
Jeff & Sandy Rudoy.....	10-May.....	50
Bradley & Terri Eisenberg.....	11-May.....	45
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Mazal Tov to...

Erin & Dan Hammer on the birth of their daughter, Jorie Elizabeth born on October 10, 2019.

Blair & Daniel Goldstein on the birth of their son, Bodie Pierce born on November 15, 2019. Mazal Tov to grandmother Sally Forbes Friedman.

Marni & Ted Koshiol on the birth of their son, Max Aaron born on November 29, 2019.

Anna Sandor & Abraham Shanedling on the birth of their son, Jonah Stern born on November 29. Mazal Tov to proud grandparents Janet & Stan Shanedling.

Emily & Michael Stern on the birth of their son, Ethan born on December 1, 2019.

Laura & David Stern on the birth of their daughter, Hannah Rose born on December 2, 2019.

Liz & William Levin on the birth of their son, Sidney Richard born on December 3, 2019.

Hillary Aronow & Aaron Goldish on the birth of their son, Louis Samuel born on December 10, 2019. Mazal Tov to proud grandparents Bonnie Bongard Goldish & Gary Goldish.

Allison & Justin Sweet on the birth of their son, Joshua Paul born on December 13, 2019. Mazal Tov to proud grandparents Geri & Jeff Sweet and great grandmother Kaye Goldberg.

Whitney & Adam Magy on the birth of their son, Henry James born on December 22. Mazal Tov to proud grandparents Susie & David Magy.

Dori & Daniel Goldfarb on the birth of their son, Levi Isaac born on January 5, 2020. Mazal Tov to proud grandparents Sarah & Jeff Braverman, Laurie Goldfarb, and Ken Goldfarb & Sharilyn Rien.

Condolences to...

Friends and Family on the loss of Markle Karlen

Trudii Anderson and Melissa (Steven Hanovich) Mark on the loss of their husband and father **Merle Mark**

Robert Shragg and Marty (Wendy) Shragg on the loss of their wife and mother **Sarah Shragg**

Diane Weisberg, Brian (Julie) Wesiberg, Jodi (Dan) Rosen and Carolyn (John) Mirviss on the loss of their husband and father **Burton Weisberg**

Friends and Family on the loss of **Marvin Goldberg**

Marilyn Weisberg on the loss her husband, **Martin Weisberg**

Marsha Finkelstein on the loss of her husband, **Stanley Finkelstein**

Michael (Paula) Flom on the loss of his mother, Evelyn Flom

Ray Fishman and Sara (Dave Jurisz) Grimaldi on the loss of their wife and mother **Myra Fishman**

Rollye (Chuck) Rinkey, Mildred Ingber and Bernice Heiligman on the loss of their father and brother Samuel Harris

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Corinne Feinberg and Carrie (Jerry) Gottstein on the loss of their husband and brother **Thomas Feinberg**

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Amy (Dan) Weiss on the loss of her father, **Michael Goldstein**

Stacey (David) Spencer on the loss of her father, **Aaron Pinkus**



In January, the Aleph Preschool hosted it's first ever Mini-Masters Hand Crafted Mini Golf tournament. Parents enjoyed an evening of fun playing 18 holes of Mini Golf throughout the Synagogue while raising money to support the Aleph Preschool.



Rabbi Noah Greenberg, Artist in Residence from Tsfat, Israel, taught 40 students in the Keshet Tefillin Workshop. Together they created 40 sets of handcrafted, kosher tefillin and learned together as a community.



We welcomed Daniel Jones, author of The Report, as our speaker for Heroes Among Us on January 9, 2020.

TZEDAKAH

Tribute donations to Beth El funds honor friends and family, commemoration of significant events, memorialize loved ones and provide essential support to the congregation. Endowment funds provide permanent funding where needed most or for a specific purpose. Endowment funds are held in the Beth El Foundation. Funds for immediate use are used to support specific programs or projects, are for general use and are spent in their entirety. To make a donation, or to establish a new fund through our Foundation, please contact Matt Walzer at 952.873.7309 or at foundation@bethelsynagogue.org.

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Sol Torodor
Sonia Kaiser
Sophie Klein
Stanley Malmon
Stanley Schwimmer
Terry Goldberg
Vera Makarenko
Wesley Siegel
William Itman
William Laiderman
Yordis Hirschorn



PURIM
CARNIVAL

Sunday, March 8 | 11:00 am – 1:00 pm

> Family fun for all ages 1-101!
> Games, Prizes, Raffles, Food

**MEGILLAH READING AND SHPIEL:
MR. ROGERS PRESENTS: A BEAUTIFUL DAY IN
THE NEIGHBORHOOD OF SHUSHAN**


Monday, March 9 | 7:00 pm

> Singing, Dancing and bad acting! Every year...
Amazingly Awesome!

> Show off your creativity and come in costume!

**Following the Megillah Reading and Shpiel
8:30 – 9:45**

> Family Dance Party in the Gruman Social Hall
> Adult Wine Tasting in the Learning Center
> Delicious Ice Cream in the Ring Lobby
> Yummy Women's League Hamantaschen



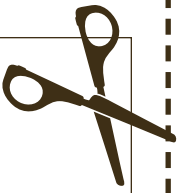
WORST JOKES MEGILLAH READING:

Tuesday, March 10 | 7:00 am

Fullfill the Four Mitzvot of Purim –

1. Hear the Megillah Reading
2. Partake in a Festive Purim Meal
3. Send Gifts (Mishloach Manot) AND
4. Give Gifts to the Poor (Matanot l'Evyonim)





UPCOMING AT BETH EL

Below is a sampling of only some of the upcoming events at the synagogue. Please mark your calendar and plan to attend. Look for more details in future *Hakol* and *Kesher* publications, and as always, feel free to call the Welcome Desk at 952.873.7300 for additional information.

MARCH	
1-3	AIPAC Policy Conference
8	USY Purim Carnival
9	Megillah Reading and Purim Shpiel: Mayhem in Shushan – An Orenstein Retrospective
10	Worst Jokes Megillah Reading
28	Scholar In Residence – Natalie Belsky
APRIL	
9-16	Pesach
MAY	
17	Trucksploration
21	Aleph Preschool Graduation
29-30	Shavuot – Yizkor Recited
SUMMER LOOKING AHEAD	
July 30	Tisha B’Av
Sept 1	End of Summer Picnic

Beth El Connected (B.E. Connected) Groups



B.E. Connected Groups is a self-directed group of participants with similar interests who form a small community of friends to socialize and enjoy Jewish living. We hope that your B.E. Connected Group becomes an extended family with lifelong friendships.

B.E. Connected Groups Program is open to all and provides a wonderful opportunity to meet new people and enjoy Jewish experiences together.

For more information, please contact Liz Rappaport, Director of Engagement & Programming Operations, at lrappaport@bethelsynagogue.org or 952.873.7314.



Beth El
SYNAGOGUE

5225 Barry Street West
St. Louis Park, MN 55416-1901
www.besyn.org

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SAVE THE DATE

Pesach Second Seder

APRIL 9
BETH EL SYNAGOGUE

Watch for more
details and registration
information coming soon!

