



Chesed is often defined as “acts of loving kindness.” As winter turns to spring and we emerge into the sunshine from our many bundled layers, we are reminded that there are many opportunities for chesed in our community. The Beth El Blood Drive is an important example. 14 million units of red cells are transfused every year in the United States and 38% of Americans are eligible to donate blood. Yet only 7% participate. Dana and Amy Shapiro are committed to growing that number. Join them on April 28 for the next Beth El Blood Drive.

# EVERYTHING I NEEDED TO KNOW I Learned in Kindergarten

By Rabbi Alexander Davis



My office shares a wall with an Aleph Preschool classroom. It must be a thin wall because I can plainly hear the voices of the children and teachers next door. I hear them singing and playing and praying. Luckily, since these are the pre-K children, I rarely hear them crying. But there is one thing I hear over and over. I hear the teachers say, "Use your words, please. Use your words."

Little children need daily reminders to "use their words." Rather than hit another child, we tell them to use their words. Rather than grab and take, they tell them to use their words to say, "Please may I have." Rather than running away in sadness or anger, we encourage our children to use their words to explain what is wrong. With love and wisdom, our Aleph School teachers

instill this lesson in our children. But it's a lesson people of all ages constantly need to learn. That's why I don't mind the thin office wall. I too need the reminder.

The founder of chasidism, the Baal Shem Tov (18th C., Eastern Europe), taught that each of us is born with a fixed number of words to speak over the course of our lifetimes. When we have spoken the last of these words, we die. Since we don't know how many words we have allotted, we should be judicious with what we say and how we say it.

Imagine living with that consciousness! Imagine if there was a *Fitbit* that counted our words each day and provided a summary each evening of the words we spoke, words of kindness, anger, encouragement, gossip, profanity, holiness. That's would get our souls and our society in shape.

So often we talk just to talk. We say things for the sake of saying things. Rabbi Rami Shapiro, a previous Beth El scholar-in-resident, cautions us to slow down our normal pace of communication and strive to speak with mindfulness. He tells the story of a friend who was honored with an award. He was so happy for his friend that he shared the news with others who knew the award winner. They too were excited. But within minutes of mentioning the award, someone reminded the group of a time when this person was less than helpful, less than kind.

There was nothing wrong with sharing the good news. Unfortunately, Shapiro admits, he was slow in catching the conversation before it turned and the gossip began. "Does this mean you can never talk about people," he asks in *The Sacred Art of Lovingkindness*. "No. It means that you can never talk about people without being very careful about what you say and how you say it." Thus, Shapiro advises we ask ourselves three questions before speaking: 1) Is it true? 2) Is it kind? 3) Is it necessary?

With Pesach approaching, this lesson is particularly relevant. On Pesach, we sit around our yontif table with family and friends. We talk and tell stories. That is as it should be. Afterall, the name Pesach is said to be an abbreviation for "*peh sach*, the conversant mouth." At the same time, Pesach calls upon us to free ourselves of Pharaoh whose name is short for "peh-ra, evil mouth."

On the holiday and throughout the year, let us practice what we learned in kindergarten- to use our words carefully. With kindness on our tongues, may we thus taste the beginning of redemption.

# What Does Chesed Really Mean?

By Rabbi Avi S. Olitzky



Those familiar with the notion that there are 613 mitzvot often can break it down, at least conceptually, to 248 positive (“Thou Shalt”) commandments and 365 negative (“Thou Shalt Not”) commandments. Rabbinic tradition usually compares the negative commandments to the days of the week and the positive commandments to the parts of the body. However, there is another 248 that is not readily apparent: the word *chesed* appears in the Tanakh 248 times.

Since we usually translate the word *chesed* as kindness, this would be poetically charming, suggesting that each performance of a positive mitzvah should be done with kindness at its core. However, the only reason we translate *chesed* as kindness (and mercy and similar words) is because 400 years ago, that’s how the King James Version of the Bible translated the word (based on the earlier Coverdale Bible).

That is not to say that kindness is explicitly incorrect. However, there may be a better translation for this word.

For example, Mishnah Berakhot 5:1 teaches:

חֲסִידִים הָרְאוּשׁוּנִים הָיוּ שׁוֹהִיִּם שָׁעָה אַחַת וּמִתְפַּלְלִים, כְּדֵי שְׂיִכְוְנוּ אֶת לְבָבָם לְמִקּוּם

The original pious ones used to wait one hour and then pray, in order to direct their hearts towards the Omnipresent.

This translation suggests that *chesed* (as in *chasidim*) means pious ones, not kind ones.

And the etymology of the word suggests just the same—that is, *chesed* is more about eagerness and heavy desire.

This also informs our understanding of *gemilut chasadim*, which we usually translate as acts of lovingkindness. In fact, Rabbi Simlai (Babylonian Talmud Sotah 14a) teaches that the Torah begins and ends with *gemilut chasadim*. At its beginning, God makes clothing for Adam and Eve and at its end God buried Moses. Instead of focusing on the kindness of God’s actions, we should focus on the zealotry and quickness to which God attends humanity and those who serve God. Positive fulfillment with intention and fervor.

We understand that God is Omniscient—all-knowing, supreme in awareness. But we are not so all-knowing. Reframing the notion that the 248 positive mitzvot are supposed to be performed as an act of *chesed*, we can suggest that God doesn’t want us *only* to be kind. God wants us to be aware. God wants us to be eager. God wants us to be passionate. God wants us to be informed.

The definition of *chesed*, therefore, is to be informed about the needs of the community and eagerly seek to address them.



# Is it Chesed...or Not?

**Based on the teachings of Rabbi David Jaffe in his Tikkun Middot Curriculum, for the Institute of Jewish Spirituality**

.....  
By Cantor Audrey Abrams

When we think of the middah of chesed (the character trait of kindness), we usually think of all the nice things that we do for others or that others do for us: visiting someone in the hospital, cooking for a shiva house, inviting guests and strangers to our home, volunteering to help feed those with food insecurity and more. Rabbi Hama (3rd century, Ancient Israel) taught that God created the world through chesed and it is our job to sustain the world, emulate God, by keeping a constant flow of chesed – one good, kind act at a time. Maimonides teaches that chesed done with the self is what truly sustains society (Mishneh Torah, Laws of Mourning 14:1). Giving money (tzedakah) to worthy causes is of course important and necessary, however, the performance of acts of kindness to individuals is what keeps us in contact with others. No matter how small the act – even greeting every person with a pleasant face (Shamai, Pirkei Avot 1:15) – is considered an act of chesed and contributes to the building, creating and repairing of the world.

There is, however, such a thing as “unbalanced chesed.” These are acts that someone considers to be chesed but instead does not respect the needs of the recipient, leaves the giver burnt out and depleted of energy, and therefore is not in anyone’s best interest. The giver needs to really “see” the needs of the other, as it is written, “God paid close attention to them and did not hide God’s eyes” (Exodus 2:25). We might think we’re doing the right thing, but perhaps it not so. Our ego might be involved unknowingly. We might be doing for others when we really need to be setting boundaries in order to extend kindness to ourselves. And sometimes, as hard as it might be, the best chesed is doing nothing at all.

Rabbi David Jaffe, in his Tikkun Middot curriculum for the Institute of Jewish Spirituality writes:

Often, we only see our own needs projected onto the other when we want to give. A well-known example from international aid circles is the case of the well-meaning young man who wanted to help poor African children. He started a non-profit organization to collect and donate t-shirts. His assumption was that everyone in the U.S. has extra t-shirts and people in Africa lack clothes, so let’s donate our t-shirts. After a huge number of t-shirts were collected and shipped to Africa, the international aid community prevailed on him to stop because people did not need the shirts in the places he sent them. His free t-shirts also endangered the fragile local economy by undermining demand for locally produced clothing. This type of unbounded, harmful chesed can be prevented by...making the effort to truly see and hear what the other needs.

The saying, “No good deed goes unpunished,” is a reminder that as much as we might want to do good, we must stop and first consider: Is the act really needed? Do I really have the capacity to give? Is it the most effective use of my time and energy in offering help? Reviewing these questions helps ensure that the chesed I perform will truly help sustain the world.

Our congregants, Norma and Steve Kaplan are certainly building the world on kindness and love by giving of themselves in so many ways. Beth El cooks and serves a meal at Loaves and Fishes every other month with the other synagogues in Minneapolis. Norma and Steve have helped to finance Beth El’s portion of this project for more than several years. Norma volunteers two times a week at STEP. And Steve has been integrally involved at Nellie Stone Johnson School in North Minneapolis as part of the Sheridan Story project that feeds children at risk in public schools throughout the Twin Cities. And these are only some of the things in which they’ve been involved! One act at a time, Steve and Norma are helping to repair the world.



# Title

.....  
By Lennie Kaufman

waiting info



# New Members

**PLEASE WELCOME**

Etta & Don Bernstein

---

Julia & Robert Dulin

---

Betty Sue & David Lipschultz

---

Randy Victor & Andy Steinfeldt

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*Julia & Robert Dulin*

# The Value of Teaching Middot

By Karen Burton, Director of Aleph Preschool



Chesed is just one of the many Middot (Values) we teach our children and incorporate into our daily curriculum at Aleph Preschool. We know what chesed is—what it feels like, what actions we associate with it and why we are drawn to it. But putting the concept into specific words for young children can be difficult. Therefore, we give our children the tools they need, through activities such as role playing, art, mindfulness, movement, and personal reflection. We want children to notice how it feels to be a certain way, and how their feelings and actions affect themselves and others.

We encourage our children to be mindful, to be considerate to one another, to be patient, to say kind words, to help each other and they will gradually learn to manage their feelings and connect how their actions may impact someone else's feelings. Children are given opportunities throughout the day to share with their friends during play, to include their friends in activities and to say kind words to one another.

In the classroom, we build on acts of kindness and make modifications for differing age groups. For example, when a classmate is home from school sick, the young toddlers will make a giant "get well soon" card for their friend. The older toddlers will make individual cards and the preschool age group will send a class video wishing their friend a *refuah sheleimah* (full recovery). The eldest group, Pre-K, will each call their friend at home, inquiring how they are feeling and sharing how much they are missed.

Throughout the year there are many opportunities on a larger scale for our children to share kindness with others including visiting residents at the Shalom Home, making "Get Well" cards for the clergy to take to the hospitals, creating colorful cards and pictures for the National Guard and donating fruits and vegetables from our community garden to the local food shelf, STEP. These are just a few examples of the numerous ways in which our children demonstrate their acts of kindness by giving back to the community.

As parents and educators, we are given this wonderful responsibility to help our children form meaningful relationships and to foster their interests and opportunities to practice acts of kindness. Kindness truly makes our world a better place.

We give our children the tools they need, through activities such as role playing, art, mindfulness, movement, and personal reflection.



# Creating Moments from Boredom

By Amanda Awend

I am constantly inspired by our community and by the people I work with at Beth El Synagogue, sometimes in the most unexpected ways. Once last year, I stopped into the Aleph Preschool office and saw Adrienne Berman, Aleph Preschool's Early Childhood Professional Growth Specialist, working while her son Zachary amazingly kept himself busy while sitting on the office floor. Sitting next to him was a box labeled "What to do When You're Bored", and Adrienne explained to me that any time her children would say they were bored they would draw a piece of paper from this box and do whatever was on that piece of paper. I thought this was pure genius and decided to bring this idea home to my family. Together with my children, we created our very own version, which we called the "Bored Bag."

Naturally, during the most recent polar vortex, when most of us were confined to our homes for 3 days, we revisited the "Bored Bag." In addition to sorting our baseball cards and drawing more pictures, we were having conversations about how lucky we were to have warm clothes and a warm home. So, we decided to add some new material into our "Bored Bag." We drew more inspiration from some of the great service projects that we participated in at Beth El Synagogue and also at the Family Service Fair at the Sabes JCC earlier this year. We remembered collecting socks for Loaves and Fishes, and making projects for the residents at the Sholom Home, assembling birthday bags for families experiencing economic insecurity, and packing bags for the homeless to keep in our car which contained socks, chapstick, a granola bar, and a personal note. These were all active and engaging ways for us to participate in *gemilut hasadim*, acts of loving-kindness, and now we were going to bring these ideas home.

Some of the new ideas that we added to our "Bored Bag" were:

- Go through your closet and drawers and make a clothing donation bag of clothes that are too small
- Make a picture for Great Grandpa (who lives in Cleveland and is 103 years old!)
- Go through the pantry and collect any duplicate cans that can be donated to a food shelf.

Participating in these acts of kindness can be simple and meaningful but also truly important when teaching our children the importance of love, kindness, and giving. When you can participate in these acts together as a family, you show your children that these Jewish values can be for all ages. In addition to simply being a "time filler", this "Bored Bag" created some truly meaningful experiences for me and my family. This really is a great idea for every family to have in their home, and I encourage you to create one that is personal to you and your family. Thank you again to Adrienne for sharing this brilliant idea with me!

Participating in these acts of kindness can be simple and meaningful but also truly important when teaching our children the importance of love, kindness, and giving.



# Mitzvah Goreret Mitzvah One Mitzvah Leads to Another.

By Mary Baumgarten, Education Director



I have always firmly believed that “mitzvah goreret mitzvah,” one mitzvah leads to another. I am privileged to be a witness to this happening, over and over again.

Recently, our Mitzvah Corps participants visited Perspectives in St. Louis Park. Perspectives supports women and their children who are in crisis. They also have a Kids Café which provides

healthy meals for children. This café is partially run by kids.

After learning about the work of Perspectives, our 8th grader Mitzvah Corps participants had the opportunity to interact with the resident children at Perspectives and then to volunteer in the Kids' Café.

Following this visit, two of our 8th graders researched how they could volunteer at Perspectives on their own. “Mitzvah goreret mitzvah,” one mitzvah leads to another.

Here is another example: As part of a mitzvah project, one of our bat mitzvah students wrote cards to some of our elderly and ill congregants. In one case, a beautiful and ongoing relationship ensued.

The senior was so touched, she wrote a letter of appreciation back to the bat mitzvah student explaining what her outreach has meant to her: “Your first letter to me came as a surprise. I enjoyed it so much that I felt it needed a reply. Then we kept exchanging letters and you invited me to your Bat Mitzvah. Due to health reasons I had stopped going to Beth El last year.”

“Your mitzvah letter not only made me find a way to go back to Beth El on Shabbat, it also helped the woman who brought me there. You see, she had also not been to Beth El in over a year and she was able to be there on the very Yahrzeit of her father’s passing and say Kaddish for him.”

Performing mitzvot is amazing. They benefit the recipient(s) and interestingly enough, they often benefit the doer even more. “Mitzvah goreret mitzvah,” one mitzvah leads to another. You can count on it!



## Torat Chesed – The Torah Of Kindness

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

When considering the connection between kindness (chesed) and the study of Torah, the Talmud [BT, Sukkah 49b] suggests that teaching Torah to others is itself an act of chesed. This could be why our Sages required parents to teach Torah to their children – to perpetuate kindness in the world through the simple act of learning. It is also fascinating that the Talmud asserts that parents must also teach their children to swim. OK...Torah I understand, but to swim?? What is the connection between these two seemingly unrelated rabbinic requirements?

You could say that both skills provide children with the means to succeed – swimming represents mastery over challenges within the physical world, while Torah represents the opportunities for personal growth within the spiritual world.

It is remarkable that the Sages draw a direct relationship between Torah and water. The Midrash teaches us, “Words of Torah are like water. As water reaches from one end of the world to the other, so Torah reaches from one end of the world to the other. As water gives life to the world, so Torah gives life to the world...As water revives man’s spirit, so Torah revives man’s spirit...And, as with water, if one doesn’t know how to swim in it, he will end up by drowning; so with words of Torah: if one doesn’t know how to swim in them and teach them, they will drown in the end.”

At Talmud Torah, we are committed to providing our children with a wide variety of Jewish skills and experiences that will serve them well, so they can confidently “swim” in the sea of Jewish life, now and into the future. And yet, how do we approach being able to drink in all that the Torah has to offer? How do we transmit the ability for our children to benefit from

the wellspring of knowledge and chesed that potentially pours out of our tradition?

Rabbi Ismar Schorsch, the former Chancellor of the Jewish Theological Seminary in New York, advocated that education is the answer when he wrote the following: “The effects of Torah as the source of life for the Jewish people work only as long as people can read it. If its language becomes as impenetrable as hieroglyphics, it risks turning the synagogue into a museum and its teachers into intermediaries. Serious education and lifelong study are what transform inert letters into life-giving water. The greatest danger to Judaism has always been illiteracy, which is why our Talmudic sages insisted that “The world itself rests on the breath of children in school [BT, Shabbat 119b].”

Rabbi Schorsch makes a compelling argument in support of life-long learning, beginning with planting the seeds of Torah within our children. Our job is to teach them to navigate the waters of Jewish tradition, to teach them to swim confidently, to give them the tools to be able to drink in enough to keep them hydrated, but not so much that they will drown in the process. What shall we give them to stay afloat? At Talmud Torah, our answer is Hebrew language, Israel, customs and practices, tefillah and texts, music, culture, history, and holidays...these are all parts of the essential life-raft of torat chesed, (the teaching of kindness) that we provide for our students! We are in the business of creating a place where Torah can flow in, and Jews can flow out. We infuse the essence of Torah and chesed into our next generation by fulfilling our communal and educational mission: providing our children and their families with the tools for living intentionally Jewish lives!



# Olam Chesed Yibaneh

By Yonah Davis, Chapter Co-President

This year at USY conventions, we began singing a new nigun - *Olam Chesed Yibaneh* (we must build a world of chesed). This beautiful song perfectly illustrates the connection of USY and chesed. We plan our programming with chesed as a central component. From our monthly Social Action and Tikkun Olam (repairing the world) evening programming to volunteer experiences with the Abraham Joshua Heschel Honor Society, chesed is infused throughout the USY experience.

In his curriculum about Judaism, Rabbi Jonathan Sacks notes that, "While tzedakah is giving with our material resources, chesed is giving of ourselves, with our time and with our hearts." Although monetary donations in the form of tzedakah are extremely valuable, as teenagers with limited resources, chesed opportunities are often much more personally impactful.

On a blistering cold afternoon, I left school and drove a few minutes down the road to the Sholom Home. Volunteering with my USY friends, we mingled with residents and helped serve drinks and pizza. For me, our monthly volunteering opportunities with the Heschel Society provide the chance to take a step back from the grind of daily life and appreciate all the good in the world.

Often, I find myself getting caught up in the details. I focus on what is going wrong and on

the trivial minutiae of daily life. Volunteering helps me recognize and appreciate how lucky I am. While writing letters to veterans or making tie blankets during a lounge night to donate to a children's hospital, I am prompted to take a step back and fully realize that despite daily challenges, we are very fortunate. I feel more fulfilled through hands-on acts of chesed than by dropping a coin in a jar.

To me, USY is a catalyst for chesed. As the schedules of teenagers become increasingly more hectic, it is difficult to block out intentional time to engage in acts of chesed. Other priorities like school work and extracurriculars seem to take precedence and push gemilut chesed to the back burner. USY provides teens a framework through which to re-prioritize chesed and infuse it in daily life.

As we close our USY conventions by singing *Olam Chesed Yibaneh*, I am reminded of why I initially got involved with USY. In addition to building lifelong friendships and participating in engaging programming, USY gave me the platform to create positive change. Chesed is not just about volunteering, it is about giving your heart to something you are passionate about. For me, USY is synonymous with chesed.

Through USY, we move past simply singing *Olam Chesed Yibaneh* and begin the hard work of repairing this world and building a new one.

If you are interested in a leadership position in USY or getting involved, please contact Rabbi Olitzky to learn more.



# B'nai Mitzvah



April 13, 2019 / 8 Nisan 5779  
Metzora/Shabbat HaGadol

## HENRY AARON SALITA

חיים בן יעקב וחווה

Son of Sarah & Jack Salita

*Henry has worked very diligently to prepare for his bar mitzvah and is excited to share this special day with his friends and family.*



April 13, 2019 / 8 Nisan 5779  
Metzora/Shabbat HaGadol

## OLIVER JOE SALITA

מאיר בן יעקב וחווה

Son of Sarah & Jack Salita

*Oliver is excited for his bar mitzvah and has worked hard to prepare for this day. We cannot wait to celebrate the big day.*



May 4, 2019 / 29 Nisan 5779  
Achrei Mot

## DAHLIA A.J. HERMAN

אהבה יעל בת שלום אהרן וליבה

Daughter of Liba & Jeff Herman

*Dahlia's commitment to becoming a bat mitzvah at the traditional age of 12 years old was met with genuine conviction. A caring and thoughtful soul, Dahlia values her connection to Judaism and the world around her. She is looking forward to celebrating with family and friends this Spring.*



May 18, 2019 / 13 Iyyar 5779  
Emor

## ABIGAIL HANNAH MEISLER

אביגיל בת אריאל ומיכל

Daughter of Michele & Seth Meisler

*Abby is looking forward to celebrating her bat mitzvah with her extended family as the last of the cousins to reach this milestone. She is a great friend and a very caring person and we hope she stays connected to her Jewish roots into adulthood.*



May 25, 2019 / 20 Iyyar 5779  
Behar

## ELIANA PHYLLIS WOLFE

אליענה בת ירדן ויפה

Daughter of Yarden & Jill Wolfe

*Eliana is a kind, caring and energetic daughter. She has worked very hard for her bat mitzvah and is looking forward to celebrating with family and friends.*



June 1, 2019 / 27 Iyyar 5779  
Bechukotai

## BEATRICE ANN MOLDOW

נחמה בת אורן ואביגיל

Daughter of Owen Moldow & Abigail Loyd

*We are impressed with Beatrice's learning and growth as she becomes bat mitzvah. She looks forward to sharing this day with Ben and celebrating with her friends and family.*



June 1, 2019 / 27 Iyyar 5779  
Bechukotai

## BENJAMIN BRADSHAW SIMPSON

בנימין בן גיל ואלכסנדרה

Son of Greg & Amanda Simpson

*Ben embraced his journey into becoming a bar mitzvah with humor and tenacity. He is excited to share his date with Beatrice and we are so proud.*



June 15, 2019 / 12 Sivan 5779  
Naso

## ADDISON LINDSAY MIRVISS

אליענה ליאת בת מנשה חיים וברכה בתיה

Daughter of Carolyn & John Mirviss

*Addie is a motivated and determined person. She has worked very hard on her studies for her bat mitzvah, and we are extremely proud of her and her accomplishments.*



## Family Trip to Israel

*In December, Rabbi Davis led 38 people from 10 families on a Family Trip to Israel with Rabbi Rob Kahn as their guide. They covered politics, history, geology, theology and of course left time for shopping and dining as they took in the sights, sounds, and tastes of Israel. If you are interested in a future Family Trip to Israel, contact Rabbi Davis.*



*On top of Masada*



*Chariot Races at Caesarea*





*Overlooking the Kinneret from the Golan Heights*



*Coffee in a Bedouin tent*



*With our Roma tour guide on Masada*

## Elegant Dining and Mitzvah Bakers



*4 Chefs prepared 8 delectable courses at the 6th Annual Tu B'Shevat Seder!*



*Today Rabah to all of our Loaves & Fishes volunteers who served dinner to those in need on December 24!*



*We had a great team of bakers who prepared 450 rugelach for this year's BEMA Coffeehouse Concert!*



# Community Learning @ The WELL



*It has been a winter full of creating during Mindful Tuesday's Art for the Heart program!*

*Professor Oren Gross spoke to a packed house in his 4 series lecture: Legal Aspects of the Arab-Israeli Conflict*



*Zehorit Heilicher and Rabbi Davis brought together a tasty combination of recipes and Torah in their workshops Cooking Through the Jewish Diaspora and Following the Spice Trail!*





## It's Good for Us

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By Jan Hamilton, Congregational Nurse

I recently read "Into the Magic Shop" by Dr. James Coty. The book is Dr. Coty's story. He grew up in a poor and dysfunctional family but had a fortuitous meeting with a kind woman named Ruth in a magic shop at the age of twelve. Over the period of a summer, Ruth taught him the "tricks" he needed to learn in order to succeed in life. What she taught him we would now call mindfulness and visualization, which he was motivated to practice, given his desire to escape his situation. Jim overcame great odds to graduate from college, enter medical school, and become a well-respected neurosurgeon.

Ruth also taught him lessons of the heart which he was too young to grasp at the time. It took some of what we would call life lessons before he understood that taming and focusing the mind to achieve one's goals must be teamed with the wisdom and insight of an open heart for true success and healing. After this was learned, he began to fulfill his promise to Ruth that he would teach what she had taught him to others.

While a professor of Neurosurgery at Stanford University, he began connecting with other professionals who were interested in doing research on the connection between the brain and the heart. The result of their collaboration is a non-profit called the Center for Compassion and Altruism Research and Education (CCARE). What they have done is to add scientific verification to what we have learned in our spiritual traditions and know intuitively; namely, that loving kindness and compassion are good for us. In addition, the Center is educating people who can then carry this information to other parts of the world where it's needed. We heal our wounds by helping other people heal theirs.

You may have heard health professionals say that what's good for the heart is good for the brain.....and vice versa. It's true!

We heal our wounds by  
helping other people heal theirs.



## MAZAL TOV TO MEMBERS WITH UPCOMING MILESTONE ANNIVERSARIES

NAME.....	DATE .....	YRS
Barbara & Joel Handler.....	May 20 .....	40
Dina & Lev Buslovich .....	May 22 .....	25
Rebecca & Harrison Malinoff.....	May 24 .....	10
Michelle Liszt Sandals & Nathan Sandals .....	May 25 .....	5
Pam & Paul Bernstein.....	May 28 .....	25
Deborah & Todd Lehman .....	May 29 .....	25
Amy & Chuck Segelbaum .....	May 29 .....	25
Abbey & Seth Baker .....	May 30 .....	15
Michelle Bigelow & Bruce Fraser .....	May 30 .....	15
Chera & Travis Engstrom .....	May 30 .....	15
Sorah & Robert Blumenfeld.....	June 1 .....	50
Fay & Stephen Gold .....	June 2 .....	45
Nancy & Todd Lurie .....	June 3 .....	35
Nancy & David Goldstein.....	June 7 .....	55
Judith & Ryan Herman .....	June 13 .....	20
Hillary Aronow & Aaron Goldish.....	June 15 .....	5
Ginny & Ray Levi .....	June 16 .....	45
Stacey & Gary Bush.....	June 17 .....	40
Mary Jane & Skip Shapiro .....	June 17 .....	40
Judith & Moe Sherman.....	June 17 .....	60
Nina Bacaner & Eric Ganz .....	June 18 .....	30
Florence & Elias Eisenberg .....	June 19 .....	70
Naomi Hoffman & Loren Bach .....	June 21 .....	10
Elena & Matt Levitt .....	June 21 .....	10
Charlene & Michael Plitman .....	June 21 .....	60
Anne & Stephan Devitt.....	June 24 .....	40
Louise & Jerry Ribnick .....	June 24 .....	40
Michelle & Ben Levich.....	June 27 .....	15
Roberta & Merrill Fischbein .....	June 28 .....	60
Sara & Boris Zuk .....	June 30 .....	45

*If you would like to ensure your (or your loved one's) simchah is acknowledged in future publications, please contact the Beth El Office at 952.873.7300 or info@bethelsynagogue.org.*

## Mazal Tov to...

Jessica Grodin & Seth Ozer on the birth of their daughter, Ayla Samone born on September 6, 2018. Mazal Tov to proud grandparents Elaine Niman, Marty & Elizabeth Grodin and Annette & Richard Ozer and to proud great grandfather Jack Ozer.

Jamie & Jason Saxon on the birth of their son, Brody Emerson born on November 15, 2018.

Liz & Geoff Sudit on the birth of their twins, Gillian and Blake born on November 19, 2018.

Lauren & Matt Sarnak on the birth of their son, Logan Alexander born on November 19, 2018.

Diana & Michael Braverman on the birth of their daughter, Natalie born on December 6, 2018.

Elise & Ian Radtke-Rosen on the birth of their daughter, Willa Ren born on December 30, 2018. Mazal Tov to proud grandparents Diana & Gary Rosen and great grandmother Sally Rosen.

Erin & David Waller on the birth of their son, Jack Mason born on January 3. Mazal Tov to proud grandparents Michelle & Steve Waller and great grandparents Janice & Bruce Waller.

Sara & Jonathan Confeld on the birth of their daughter, Maime Jack born on January 4, 2019. Mazal Tov to proud grandparents Michelle & Steve Waller and Freda Kramer Confeld & Kent Confeld and to proud great grandparents Janice & Bernice Waller.

Susan & Robert Yost on the birth of their son, Benjamin Nathan born on January 18, 2019.

Jody & Fred Rappaport on the birth of their daughter, Sydney Schay born on January 27, 2019.

## Condolences to...

**Nanette (Jim) Greenfield** on the loss of her sister, Deborah Forkins

**Harvey (Marilyn) Chanen** on the loss of his sister, Mary Chanen Smith

**Friends and Family** on the loss of **Daniel Frisch**

**Deb (Byron) Wiberdink** on the loss of her mother, **Elissa Heilicher**

**Naomi (Joel) Oxman** on the loss of her mother, Sarah Younger

**Marilyn Lapidés, Jeanne (Jeff) Stein and Judy Witebsky** on the loss of their husband and father, and brother **Gerald Lapidés**

**Richard Hoffman** on the loss of his significant other, Marlene Solomon

**Arnie (Helen) Seltzer** on the loss of his father, Max Seltzer

**Friends and Family** on the loss of **Merna Goldetsky**

**Judie (Marvin) Liszt** on the loss of her brother in law, **Barry Goldstein**

**Jean Rivkin** on the loss of her brother, Arthur Kliffer

**Sander Goldfine** on the loss of his mother, Irene Goldfine

**Sheldon Resig, Jon (Bridget) Resig and Mike (Vika) Resig** on the loss of their wife and mother, **Helen Resig**

**Richard (Nancy) Grobovsky** on the loss of his mother, Shirley Grobovsky

**Friends and Family** on the loss of **Miriam Zukerman**

**Shirley (Arnold) Kaplan** on the loss of her brother, Henry Gimbal

**Saul (Diane) Mashaal** on the loss of his sister, Andrée Kaplan

*With heavy hearts we mourn the loss of these loved ones within our community. This reflects the losses in our community through January 31, 2019.*

# Charitable Giving

*Ensuring the vitality of our congregation now and in the future*

## What Will Your Final Act Be?

By Matt Walzer, Director of Charitable Giving



We use the term Chesed Shel Emet (True Kindness) to refer to the way we care for our deceased – these include things like ritual washing and proper burial. We refer to it in this way because it can be considered the purest form of kindness one can provide for someone since the deceased cannot offer thanks in return for the kindness they are receiving.

This has me thinking further about how even our departed loved ones are able to perform their own act of Chesed Shel Emet. “How is this possible?” you may ask. Well, it really comes down to one word – **legacy**.

When someone can think about the legacy they want to leave, and how it impacts the things that matter to them, they create an opportunity for Chesed Shel Emet after their passing. In fact, this type of chesed could be an encore of sorts given their life has come to an end and that their final act will have been to do something deeply impactful. This is unique in that a recipient is unable to offer gratitude for the kindness of the deceased – furthering the pure chesed and creating positivity in both directions.

It was an encore indeed for Mayer Krupp Z”L, who provided for a gift from his estate to create the Faye Z”L and Mayer Krupp Z”L Educational Fund, not only ensuring that he and his late wife’s memory will only be for a blessing, but that in doing so they will help educate generation of Jews to come at Beth El. This type of impact is precisely the result of the “reverse” Chesed Shel Emet about which our tradition teaches. And really, that’s the nature of legacy.

The word legacy can be big (or even scary) for many people. We’re here to ease that conversation and to help people perform their own acts of kindness. And, we hope that when we have an opportunity to talk about the difference that you can make, we can demystify the conversation and make your act of conducting a mitzvah a positive one.

## 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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*This list reflects donations made as of 1/14/19.*

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# 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.

APRIL	
5 - 7	Scholar In Residence Rabbi Matt Berkowitz
7	Aleph Preschool Pasta Party
19	Community Biur Chametz with the St Louis Park Mayor and Fire Department
20-27	Pesach
MAY	
2	Yom HaShoah
8	Yom HaZikaron
9	Yom HaAtzMa'ut
19	National Speaker Series
23	Aleph Preschool Pre-K Graduation
JUNE	
2	Trucksploration
9-10	Shavu'ot (Stillman Torah Scholar In Residence)
30	Common Sound Concert
SUMMER LOOKING AHEAD	
August 11	Tisha B'Av

## SUMMER DARSHANIM

DATE .....	SPEAKER
6/1/2019.....	Tiny Treasures
6/8/2019.....	Stillman / Shavuot
6/15/2019.....	Pastor Paul Baudhuin
6/22/2019.....	Dick Spiegel
6/29/2019.....	David Grossman
7/6/2019.....	Greg Simpson
7/13/2019.....	Josh and Robyn Awend
7/20/2019.....	Shirley Lerner
7/27/2019.....	Marlene Bukstein
8/3/2019.....	Jessi Heidelberg
8/10/2019.....	Harriette Burstein
8/17/2019.....	Lior Shragg
8/24/2019.....	Haylee Davis
8/31/2019.....	Wendy Goldberg



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