Remembering: The Maurits Kiek Story and Q&A with Director Cheryl Halpern
Sunday, April 11, 4:00pm

Remembering: The Maurits Kiek Story presents the story of one man’s courage to return to Nazi-occupied Europe and serve as a covert MI-9 agent. His unwavering determination to stand up, in the face of overwhelming odds, and fight the perpetrators of evil was acknowledged in The Hague in 2015. He is a hero for us to remember as we, too, are challenged to respond to human injustice and cruelty. The screening will be followed by a discussion with Director Cheryl Halpern.

The Role of the Press in America
Today with Kyra Darnton Grann
The Samuel L. and Jane L. Friedman Lecture on Peace & Understanding
Friday, April 16, 6:00pm

Congregant Kyra Darnton Grann is the executive producer of Retro Report. Retro Report’s mission is to arm the public with a more complete picture of today’s most important stories. They correct the record, expose myths and provide historical context to the fast-paced news of our world today using investigative journalism and narrative storytelling. Kyra came to Retro Report from 60 Minutes, where she produced stories covering everything from the Mexican drug war to counterfeit prescription drugs to the cover up in the death of U.S. Ranger Pat Tillman. Her investigative reporting and storytelling won multiple awards, including a 2012 Peabody Award for a piece exposing fraud in cancer clinical trials. At Retro Report, she has overseen 250 short films with multiple distribution partners ranging from The New York Times to a prime-time PBS show to VICE TV, and has led Retro Report to numerous awards including multiple Emmy award nominations, Edward R. Murrow awards, Webbys, and a 2018 Gerald Loeb award.

Former congregational president William Friedman left a bequest in memory of his parents which allows us to explore the most pressing issues of our day. This lecture bring scholars, activists, politicians, and artists to our congregation to help us explore the intersection of Judaism and the ways that we can bring more peace and understanding to our world.
**Haggadot For Today**

Each year we gather for Passover and use a Haggadah to retell the story of our people’s exodus from Egypt. The theme - the dream - of liberation from oppression is universal. This makes Passover the most celebrated of our festivals. It also allows us to use Passover as an opportunity to tell myriad tales that need to be told, tales of struggle and adversity, tales that pull at our heart strings and speak to the promise of redemption. This year we will once again need to re-invent Passover. And, as we do, we have the chance to take our particular Jewish story and use it to tell the stories of our day that need telling. What stories could we tell? Stories of hunger, poverty, anti-Semitism, childhood, education, women, LGBTQ, justice or any of the hundreds of stories that need telling, the stories that call for the redemption promised in the story of the ancient Israelites freedom.


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**Israel’s 73rd Birthday Events**

**Jewish Rock Radio All Star Yom Ha’atzmaut Celebration**

**Date & Time TBA**

Jewish Rock Radio is producing a huge program in celebration of Israel’s 73rd Birthday that will be broadcast via Zoom in communities all over North America, and features Jewish guest performances by Israeli superstar, David Broza; Nefesh Mountain, Rabbi Josh Warshawsky, Laurie Akers, Rabbi Lisa Silverstein, teens and college students singing in Israel; and, special guest leaders, including Dan Shapiro (Former US Ambassador to Israel), Rabbi Eric Fingerhut (President and CEO of JFNA), and more!

Details will be shared at a later date.

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**Yom Ha’atzmaut Across North America**

2nd Annual

Yom Ha'atzmaut Across America
Live Concert and Fundraiser Benefitting CV-19 Relief

**Yom Ha’atzmaut Across America with Musicians Sheldon Low & Hadar Orshalimy**

**Sunday, April 11, 2:00pm**

Yom Ha’atzmaut Across North America is a live virtual concert experience hosted by Hadar and Sheldon and featuring some of the most recognizable names in Jewish music and leadership around the world. In addition to a joyous celebration of Israeli music, proceeds from Yom Ha’atzmaut Across America support COVID-19 relief.

Viewing details will be shared at a later date.
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**Congregants Hedy Cardozo & Richard Cohen Receive 26th Annual Julian Y. Bernstein Distinguished Service Award**

Congratulations to Social Action Chair Hedy Cardozo, recipient of a Julian Y. Bernstein Distinguished Service Award from the Westchester Jewish Council! Hedy has been leading the temple’s social action and co-chairing our social justice efforts over the past several years, and we are excited she is being recognized for all she has done for our community. Also being recognized is congregant Richard Cohen for his work with AJC Westchester/Fairfield.

Julian Bernstein was a well-known and admired leader in the Westchester Jewish Community. His visionary leadership, guidance, and friendship remain an inspiration to us all. The recipients of this award and the organizations they serve follow in his legacy as they continue to strengthen our community.

Thank you both for your dedication and commitment to the community.
RABBI GOLDSMITH’S MESSAGE

Jamaal Bowman at Sinai

Over recent weeks one of our new Westchester Congregational representatives, Jamaal Bowman, has made some ill-advised remarks about Israel. They center around the Israeli and Palestinian vaccine rollouts and betray an ignorance about the history and facts on the ground. For those facts, I highly recommend a recent piece by AJC CEO David Harris (https://tinyurl.com/AJCBowman). Even with the facts, the question remains: how to deal with Representative Bowman. Some in the Jewish community have taken to verbally attacking him, ascribing ill intent or even anti-Semitism. I do not believe that this reaction is accurate or helpful. Instead, I think that we can find guidance in the Torah.

Right after the excitement of receiving the Torah at Mount Sinai, the text transitions to a rather mundane list of laws. The portion, Mishpatim, lays out laws on issues such as: torts, slavery, homicide, assault, debt, retribution, children, and more. Interesting stuff, but not exciting. That is the way of laws – they matter a great deal, but they are not so exciting. Yet, amidst the legal jargon and seemingly unrelated statutes, we find a pearl of the Torah. When presented with these laws, the entire Israelite nation responds: נַעֲשֶׂ֥ה וְנִשְמָֽע “na’aseh v’nishma,” We will do and then we will understand.” Our tradition finds myriad meanings in these words and their order, meaning that can guide us in working with our new representative.

In one part of the Talmud (Shabbat 88a), Rabbi Elazar teachers that God was incredulous at the people’s declaration of “we will do and then we will understand”. God was upset because the people reacted not like humans, but like angels. “Who told the people the secret of my angels?” exclaimed God. What is this secret? Angels just follow God’s will without thinking or understanding. That is very holy, seemingly ideologically pure – but action without understanding is not very human. Humans want to understand, need to understand. In some of his recent statements on Israel, we see Representative Bowman acting and speaking without the full knowledge. It seems principled and righteous, but it betrays a lack of understanding.

Later in the Talmud, in Kiddushin 40b, we find another approach to this idea, an approach that can guide our interactions with the new congressman.

In debating which is greater, learning or deed, Rabbi Tarfon asserts that deeds are greater. Rabbi Eliezer disagrees, saying that learning is greater. Then a mysterious “someone” settles the debate teaching “that learning is greater, as learning leads to righteous deeds.” Learning, understanding, leads to deeds.

And so, it is not time for attacks or reproach, it is time for education, for helping him understand. As his constituents, he has a vested interest in what we think, in what we believe.

That should be our goal for Representative Bowman. We want him to act. We want him to lead. On so many issues we hold dear his passion will make our district, our country, a better place. Yet, on Israel he has acted without full understanding, to the detriment of his relationship with his constituents, to the potential detriment of the US relationship with Israel. And so, it is not time for attacks or reproach, it is time for education, for helping him understand. As his constituents, he has a vested interest in what we think, in what we believe.

We should reach out to him. We should reach out not only in response to a tweet, but we should reach out proactively to explain where we stand on a range of issues. We should let him know that Torah teaches us that laws are a vital expression of values. And we should tell him about our connection to Israel, our care for it, our concerns with Israel and the ways we hope it will grow and change. We should remind him that Israel, that Zionism, is the liberation movement of the Jewish people, the longest oppressed people. And, simply, we should express to him how much we value bi-partisan support for Israel.

Howard J. Goldsmith, Rabbi
Women’s Study Group Annual Retreat: A 20th Anniversary Celebration

“Grateful thanks for making lemonade out of lemons.”

This was one of many notes of appreciation we received following the Women’s Study Group Winter Weekend, January 29 - 30, when we celebrated the 20th anniversary of the Women’s Study Group Annual Retreat. Although we were not able to hold our usual 24 hour retreat at a country inn, the “warmth around the ‘room’ was palpable” at the two online events, beginning with a Shabbat service with a celebratory slideshow commemorating our 20 retreats (check out some of these pictures on pg. 19). On Saturday afternoon, Director of Education Naomi Fabes led a Tu Bish’vat seder inspired by the Kabbalists of our tradition. As part of the ritual, participants engaged their senses with spices, fruits, and more from a festive package they received in advance, and then toasted with signature cocktails after Havdalah. In the spirit of Tu Bish’vat, the New Year of Trees, many also donated to the planting of a grove of trees in Israel.

All of our retreats have been rooted in Jewish text and study, often with wonderful guest teachers.

Throughout the years we’ve also danced around the dinner table during our Shabbat service, woken up to morning stretch, shared laughter at our pajama parties (well, in the early years), handcrafted beautiful projects, been led in guided imagery, and focused our learning on many diverse topics. Some of the retreat themes have been specifically Jewish, such as: Psalms; Prayer: Women’s Voices Unearthed; and Mussar. Often the themes have had a more universal approach from a Jewish lens: Contemplating Midlife; Exploring Happiness; Engaging our Strengths; Friendship and Love; and many more. The Women’s Study Group is a special and vibrant community within our congregation, and we can’t wait to be back together, God willing, in person.

Meredith Stone, Cantor
Honoring Hineini Students and Their Parents (Zoom)
Friday, March 5, 6:00pm

For our 7th graders in Hineini, it is a year of community service and car pools, b’nei mitzvah ceremonies and boot camp, and lots of studying.

On this evening we will celebrate the dedication and commitment of both our students and their parents who together fill this formative year with meaning, joy, and blessings.

Union Prayer Book Service: A Tribute to Our Reform Heritage (Zoom)
Friday, March 12, 6:00pm

Our congregation began with a group of families committed to worship in the Classical Reform style of the day. Grandeur and transcendence found expression in formal prose and poetry, classical organ music, and a dignified atmosphere. Each year we honor this heritage with our Union Prayer Book Service at which we use this beloved prayer book and familiar music to connect with our past and to consider the ways that beauty and majesty echo not only in the sanctuary, but in the world around us.

Sacred Stories Shabbat (Zoom)
Friday, March 19, 6:00pm

We are inspired by the sacred sparks we see in ordinary and extraordinary stories congregants share with us all. Our thematic Sacred Stories Shabbat services combine congregant reflections with a musical twist, guest speaker, or deeper learning. All of these services inspire as they connect us to each other and our tradition.

Passover Morning Service (Zoom)
Sunday, March 28, 9:00am

We will meet online to celebrate Passover as a sacred occasion with a brief, meaningful morning service. Use this moment of reflection between seders to appreciate the blessings of freedom that we all enjoy.

Passover Yizkor Service (Zoom)
Saturday, April 3, 9:00am

There are four times throughout the year when we traditionally come together as a community to remember those who have passed away: Yom Kippur, Sukkot, Passover and Shavuot. There will be one more Yizkor service following this one in the Hebrew year 5781. The Shavuot Yizkor Memorial Service will take place on Monday, May 17 at 7:30am.

Community Yom HaShoah Service (Zoom)
Wednesday, April 7, 7:30pm

Together as one community with KTI, JCCH, and Community Synagogue of Rye, we gather online for a program of survivor stories of resilience, music, and prayer in remembrance of the six million Jewish lives lost during the Holocaust. Zoom details for the service will be available soon.
It is more important than ever that we continue our acts of tikkun olam (repairing our world) in our communities. Even with ongoing social distancing, there is no shortage of volunteer opportunities to help those in need of support. To learn more about how you can get involved, contact Hedy Cardozo at hedozo@aol.com.

2020-21 Collections

- **September**: High Holy Day Food Drive - DONE!
- **October**: Coats for Hope Coat Drive - DONE!
- **November**: Have A Heart Gift Drive - DONE!
- **December & January**: Afya Collection - DONE!
- **February**: Cereal Drive - DONE!
- **March**: Hope Community Services Food Pantry Drive
- **April/May**: Mitzvah Shabbat New Book & New Pajama Drive
- **June**: Gently Used Backpack Collection for Midnight Run

Social Justice Committee Update

RAC-NY, the New York State Reform Jewish Social Justice Advocacy group has chosen the Less is More State Senate Bill S.1343C/Assembly Bill A5493B to advocate for passage in this legislative session. The bill would remove tripwires that prevent parolees from establishing a productive life after they have completed their prison term. The provisions include preventing parolees from automatically being reincarcerated for technical violations such as missing curfew and instituting earned time credits to shorten terms of parole and incentivize positive action.

Due to COVID-19 restrictions, our lobbying will be virtual and will include office visits, phone calls and rallies.

The Social Justice Committee is excited about working with other congregations throughout New York State to get this important bill passed.

If you would like more information about the bill or how you can become an advocate, contact Hedy Cardozo at hedozo@aol.com or Marcie Aiualasit at maiualasit@c-e-w.org

The COVID-19 Relief Hub for Westchester

Many Westchester residents are struggling due to job loss, anxiety, food insecurity, and other challenges caused by the pandemic. The COVID-19 Relief Hub, a UJA initiative, powered by WJCS, is offering free services to assist Westchester residents and New Yorkers across the five boroughs and Long Island who have critical needs due to the far-reaching impact of the pandemic.

Learn more at https://bit.ly/2NBWBtC
Physically Separate. Always Together.

“When we are no longer able to change a situation, we are challenged to change ourselves.” - Viktor Frankl

One year ago, our community and the world embarked on an uncharted journey, one that twisted and turned monthly, weekly, daily, and even hourly. When we began to hunker down in early spring 2020, no one could have imagined what would follow. I know that I thought that we would stay home for a while, work remotely, participate in distance learning and shop online for a few weeks. My assumption, and I believe the assumption of many, was that these new habits would not have to become a way of life. I certainly did not imagine the devastation that the virus would leave in its wake, shaking our physical and mental wellbeing to the core.

As the days became weeks, I became increasingly concerned about the ability of our students and community members to maintain their safety and sanity in this new reality. That being said, I knew that if any organization could adapt, survive and thrive...it would be our synagogue community. Our dedicated, innovative and insightful leadership, both lay and professional, led the way as we shifted gears from in-person programming to remote services, events, check-ins, gatherings and classes. Our synagogue remained at the center of our community, and provided us with stability, personal connections and a framework for weathering the challenges of the pandemic. While we were ‘Physically Separate,’ we were also ‘Always Together’.

I am especially proud of our mental health workshops, including our “Youth Mental Health Project” and intergenerational outreach “mitzvah” project, both launching in March, that address the feelings of isolation and increased anxiety that many, including our youth, are experiencing.

Beginning on March 1, our teens will meet to learn about and discuss mental health and Judaism. As a follow up, on March 21, our Hineini parents and students will explore how the b’nei mitzvah process has changed during the pandemic. The Jared Dubro Legacy Fund will support these programs. I know that Jared would have been a proponent of these programs and all efforts to address our well-being.

Our tweens and teens will also have the opportunity to perform a very important mitzvah central to Judaism, that of honoring our elders. “Better Together in a Box,” a grant program from Legacy Heritage Fund, will enable our teens to volunteer virtually and safely with members of SPRYE (Staying Put in Rye) and the HHREC (Holocaust and Human Rights Education Center) in an effort to enhance the well-being of these seniors while providing our teens with a sense of purpose and meaning.

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Through the wonder of modern science, a vaccine has been made available to many in our community. Hopefully many more of us will be vaccinated over the course of the coming months and eventually we will resume our “pre-pandemic” lives. We will return to our temple and our sanctuary in-person. At that time we will gather with joy and appreciation and will be able to reflect with pride on all that we have accomplished.

Jane Dubro, Youth Activities & Program Director
ADULT LEARNING & PROGRAMS

Unless otherwise noted, the video Zoom address for programs and services is:
https://tinyurl.com/CEWservices

Worship services may also be viewed on our Facebook page or website. The audio only dial-in is: 1-646-558-8656 (use Meeting ID 914 967 4382).

Mindfulness Meditation with Jane Meryll (Zoom)
Wednesdays, March, 3, 10, 17, 24 & 31 and April 14, 8:00pm
Mindfulness meditation practice embodies loving kindness, forgiveness, and self-compassion for peace from the inside out.

Beit Midrash (Zoom)
Sunday, March 7, 10:30am and Saturdays, March 20, April 10 & 17, 9:00am
We continue our deep exploration of Jewish ideas and the ways they shape us as Reform Jews today, with a special focus on Jewish thought in the late 20th and early 21st Century. Using the recently published book, The New Jewish Cannon, edited by Yehuda Kurtzer and Claire E. Sufrin, we will examine the ways that Jewish thought and ideas have evolved with incredible speed.

Book Clubs (Zoom)
Thursday, March 11, 10:15am
The Story Sisters by Alice Hoffman
Each of three sisters—Elv, Claire, and Meg—has a fate she must meet alone: one on a country road, one in the streets of Paris, and one in the corridors of her own imagination. Inhabiting their world are a charismatic man who cannot tell the truth, a neighbor who is not who he appears to be, a clumsy boy in Paris who falls in love and stays there, a detective who finds his heart’s desire, and a demon who will not let go.

Thursday, April 15, 10:15am
Sacred Shelter: Thirteen Journeys of Homelessness and Healing by Susan Greenfield
Sacred Shelter follows the lives of thirteen formerly homeless people, all of whom have graduated from the life skills empowerment program, an interfaith life skills program for homeless and formerly homeless individuals in New York.
RSVP to Marcie at muiualasit@c-e.w.org.

Alumni Drinks with the Clergy & Naomi (Zoom)
Thursday, March 11, 6:30pm
Sadly, we cannot gather for a drink in person so instead pour yourself a beverage of choice and log on for some time with Rabbi Goldsmith, Cantor Stone, and Naomi Fabes, our new Director of Education. We’ll have some time to catch up along with some Emanu-El themed trivia and other shenanigans. As for that drink: plan to have something that is in someway connected to Emanu-El – extra points for anyone who explains the connection!

Next Step (Zoom)
Sundays, March 14 & April 11, 11:00am
This group of men meet to discuss personal issues that they face in retirement. The bonds of friendship and a deep sense of trust have allowed this group to continue for many years. Next Step is facilitated by Paul Spindel (retired executive). For more information and a special Zoom link, contact Paul at 914-632-1264.

Carl Laemmle Discussion with Director James L. Freedman (Zoom)
Sunday, March 14, 4:00pm
Join director James L. Freedman for a discussion about Carl Laemmle, the German-born Jewish immigrant who founded Universal Pictures and saved over 300 Jewish families from Nazi Germany.

While working in the garment trade, a chance encounter at a nickelodeon set Laemmle on a path which includes initiating the immigration of filmmakers to Hollywood, and establishing Universal City. Laemmle produced successful monster movies, westerns, and comedies. He hired many who would go on to become Hollywood legends, including Walt Disney and John Ford. He also valued the expertise of women and payrolled a high percentage of female directors. Unafraid to tackle social issues, Laemmle championed progressive values and humanitarian causes on and off the screen.

A link to watch the film will be available before the event. RSVP to Jane at jdubro@c-e.w.org or 914-967-4382 x21.
**Racial Justice: Community Read of Caste (Zoom)**  
**Mondays, March 15, 11:30am & April 5, 10:30am**

We continue our congregational engagement with racial justice with a community read of *Caste* by Pulitzer Prize winning author Isabel Wilkerson. Over the course of several months we have delved into this important work examining the ways our society is divided by race. Please note that these sessions will run for 90 minutes.

**Single Malt Torah (Zoom)**  
**Thursday, March 18, 8:00pm**

Grab your favorite beverage and log on for Single Malt Torah with other men from the congregation.

Bring a friend!

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**Political Staffer Meetings Update**

Over the last several months, instead of meeting with staffers from the offices of local representatives, we shifted our focus to conversations with two journalists who cover political news. Our first guest, shortly after the November presidential election, was Andrew Silow-Carroll, Editor-in-Chief of *The Jewish Week*. Andrew reported that President Biden won a vast majority of the American Jewish vote due to his history with many of the major Jewish organizations and his work in the Obama administration on the Iran Deal. Former President Trump held onto his Jewish support from four years ago. Silow-Carroll feels that the Middle East and Jewish agendas will not be a high priority for Biden at the beginning of his term. He predicted that Biden would reverse some of Trump’s actions, and would endorse a two-state solution for Israel and the Palestines as well renewing the US role towards that goal. Biden will have to contend with American Jews from the left and the right in regards to settlements and aid to both Israel and the Palestines. On the local level, Carroll hopes our newly elected congressional representatives, Jamaal Bowman and Mondaire Jones will be open to meetings and discussions on their support of Israel.

Our second meeting, shortly after the January 6 violence at the Capitol, was with congregant Marc Rod, a political reporter for *The Jewish Insider*, a daily newsletter highlighting political and business news in the US and Israel. He has met with 60 of the congressional candidates who ran for election in November.

When the insurrection began, Marc was in the press room at the Capitol with other reporters. They were alerted at 1:20pm of a lockdown caused by a suspicious package in one of the Capitol buildings. He headed for the House and saw the crowds on the East and West sides of the building. When he arrived at the House he did not observe any police presence, and headed for the Senate, where he thought there would be more security. Marc was part of the group who were led to safety in the tunnels. He lost his way at one point, but managed to get to a cafeteria where many of the congressional leaders were being kept safe. He observed a wide range of reactions: anger, fright, shock, resilience and the spirit of camaraderie. Marc saw firsthand the complete breakdown of command that day. When he was asked about the anti-Semitism in the crowd, he responded that QAnon has been spreading anti-Semitic tropes for quite a while. The common theme expressed by both of our guests is that in the new administration we will continue to see infighting in the parties and the usual obstruction from the minority party in Congress.

You can sign up for Jewish Insiders News’ daily newsletter at https://jewishinsider.com to read more of Marc’s reporting.

We look forward to continuing this series, whether on Zoom or in person, and invite all congregants to join in on the conversations.

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**Reflections Workshop with Cantor Stone (Zoom)**  
**Monday, April 26, 12:00pm**

In this workshop, we find out how our daily life experiences, observations and anecdotes can illuminate and give deeper meaning to our prayers. Through writing on various topics, learning about the themes of prayers, and sharing as a group, we will see prayer in a new light and strengthen connections to one another and our tradition.

RSVP to Cantor Stone at 914-967-4382 x19 or mstone@c-ew.org.
Each year, we begin the Passover Seder with some of the most memorable words from our tradition: “This is the bread of affliction which our ancestors ate in the Land of Egypt. Let all who are hungry come and eat.” I, like so many other Jews, am drawn to these words, but even more so, their placement in the Hagaddah because they so obviously state the welcoming and caring nature of our tradition. Before we even begin to retell the story of our own liberation, we make sure to declare that all who are hungry are welcome at our table. In Spain during the 14th century, it was customary for Jews to open the front doors of their homes after setting the Seder table and yelling into the streets, “All who are hungry come and eat!” They literally opened their homes to the poor, and not just the Jewish poor, but anyone and everyone that was impoverished. It wasn’t just about sharing a meal, rather it was about sharing a table, a conversation, an experience, and most importantly, the warmth of community. I imagine a tradition like this wouldn’t hold over well in the 21st century, but our Spanish ancestors were on to something. Not only were they celebrating Passover with a retelling of our story, but more importantly, they were living the words of our story. They put into action the words that we continue to read to this very day.

While I wish we could carry on their legacy, our doors will, unfortunately, remain shut for a second year as we battle our own plague. In just a few weeks, we will ask ourselves, “Why is this night different from all other nights?” when in actuality, this night will look similar to every night before it, for more than a year. So given our current circumstances, how can we translate those words into action and feed those who are hungry?

The United States Census Bureau showed in a recent study that 1 in 4 children could face hunger this year. That number is not only incomprehensible, but it’s jarring and maddening. How is it that in the most prosperous country in the world, 25% of our youth will not have access to food? The pandemic has brought food insecurity to the forefront of our nation and the issues surrounding it continues to grow with every passing day. It’s no secret that this issue is an important one to our community, which is why we continue to come together to care for the hungry in our own neighborhood through canned food drives, educational programs with Feeding Westchester, and volunteering at soup kitchens. This is only one example of how Emanu-El puts the words of our tradition into practice and continues to repair the broken world in which we live by cleaving to the tenet of tikkun olam.

I can’t help but think of the other forms of hunger that humanity is experiencing this year, more than 365 days into social distancing, or for many, social isolation. A study from MIT finds that the longings we feel during this kind of social isolation share a neural basis with the food cravings we feel when hungry. The researchers found that after one day of total isolation, the sight of people having fun together activates the same brain region that lights up when someone who hasn’t eaten all day sees a picture of a plate of cheesy pasta.

According to Stanford University professor of medicine, Abraham Verghese, M.D., “the most important innovation in medicine is the human hand.” What exactly does he mean by that? Touch is powerful. It releases oxytocin, lowers blood pressure and cortisol, and boosts immune responses. To be held is a basic human need, and in this time of COVID-19, many of our family, friends, and neighbors are being deprived of it. Psychologists have a name for this: “skin hunger”. It describes our universal need to be touched and, like true hunger, the health consequences of being starved of it. The first thing we do to a newborn is to plop her or him, skin to skin, right on mom’s chest. From the start, touch is life-giving and is hardwired into our brains as a requirement for survival.

As we head into Passover, I encourage you to think about ways that you can provide social nourishment to those in our community. And though we are still limited in how we engage in physical touch, we have the power to create a space in which our souls can touch.

Naomi Fabes, Director of Education
The Bauman-Greene Pre-K & Kindergarten Program: Chag-in-a-Box!

This program is funded by the generosity of congregant Dr. Caroline Bauman.

Our Pre-K & Kindergarten program is coming right to your home! Each month, you will receive a Chag-in-a-Box, a holiday-themed care package filled with crafts, recipes, and games for you to make Jewish memories with your loved ones.

Sign up online at https://tinyurl.com/cewchagbox
For more information, contact Director of Education Naomi Fabes at nfabes@e-w.org or 914-967-4382 x15.

2020-21 Chag-in-a-Box
Monthly Jewish Holiday Projects
September: Rosh Hashanah & Yom Kippur
October: Sukkot
November: Shabbat
December: Chanukah
January: Tu B'Shvat
February: Purim
March: Passover
April: Yom Ha'Atzmaut
May: Shavuot

B’nei Mitzvah Mazel Tov!

We would like to honor the following students who will become B’nei Mitzvah in March & April:

Jake Gershon
Skylar Kraut
Jacob Resnick

Religious School Open House
Sunday, April 18, 9:00am
Religious School Re-Imagined! With personalized Hebrew instruction and an innovative Sunday program, Emanu-El is the place to be! Tell your friends and neighbors to join us to learn what it means to start your child’s Jewish journey at Emanu-El. Rabbi Goldsmith and Director of Education Naomi Fabes will introduce families to all we offer and take their questions. Can’t make the date? No problem! Contact us and we’ll be happy to speak to you one-on-one.

Tell your friends to save the date!

Save the Dates: B’nei Mitzvah Retreat
Friday, April 30, 6:00pm (in-person/outdoors)
Saturday, May 1, 9:00am (Zoom)
The B’nei Mitzvah retreat will provide our rising 7th graders and their parents an opportunity to connect with other families while learning everything there is to know about b’nei mitzvah at Emanu-El.

All 6th graders are expected to attend both sessions with a parent.

Registration information to come soon.
To RSVP for our youth programming, contact Jane at jdubro@c-e-w.org. Special Zoom links will be emailed to students ahead of each program.

Program for Academy & Youth Group
Mental Health & Judaism with the Youth Mental Health Project (Zoom)
Monday, March 1, 7:00pm

Anxiety and depression among teens have been on the rise for over a decade, and COVID-19 has only added more stress, isolation, and hopelessness to those already complicated feelings. Join us in conversation with Rabbi Laurie Braun from the Youth Mental Health Project as we take a closer look at what Judaism says about mental health while also discussing coping mechanisms to build our own resilience.

Program for Academy: The Steps & Impact of Lillian Wald, Pioneer of New York City's Social Reform Movement (Zoom)
Monday, March 8, 7:00pm

Amid the COVID-19 crisis, Henry Street Settlement continues to carry out the blueprint for public health and service to the New York City community that Lillian Wald laid out in 1893. The current situation has many parallels to the conditions that launched Henry Street Settlement: illness, crowded conditions, low wages, unemployment, and children struggling to learn. At the turn of the 20th century, seeking to serve the most vulnerable, Henry Street Settlement was established to provide affordable health care and a wide range of social services to the Lower East Side’s majority immigrant community. It was - and remains - a place where New Yorkers turn for help.

Program for Hineini, Academy & Youth Group: Where There is No Leader, Strive to be a Leader with Billy Planer (Zoom)
Monday, March 15, 7:00pm

One voice can change the world. We often want to change the world but feel that we are not prepared to be a leader due to age, knowledge, or just being afraid to stand up. Billy Planer, founder of a Jewish program that engages teenagers on issues of the day through the lens of civil rights history, will lead the discussion about becoming comfortable with our voice, and using it.

Program for Hineini, Academy, and Youth Group: A Special Yom HaShoah Program with Holocaust Survivor Isaac Levendel (Zoom)
Monday, April 12, 7:00pm

On the eve of D-Day, Isaac Levendel’s mother left her hiding place on a farm in southern France and never returned. After 40 years, he returned to France in 1990 to find out what had happened to his mother. We will hear about Mr. Levendel’s search for the truth and how he gained access to secret wartime documents laying bare the details of French collaboration and the truth about his mother’s fate.

Program for Academy: Under One Canopy - Remote Jewish Communities Around the Globe with Kulanu (Zoom)
Monday, April 26, 7:00pm

Kulanu means “all of us” in Hebrew. Kulanu is an organization supporting isolated, emerging, and returning Jewish communities in North America, South America, Africa, Europe, and Asia. Some are discovering Judaism for the first time, others reinvigorating a forgotten practice, but all have experienced some kind of disconnection from global Jewry.

Program for Hineini, Academy, and Youth Group: B’nei Mitzvah in the Time of COVID-19 (Zoom)
Sunday, March 21, 10:00am

COVID-19 has completely transformed the way we think about, prepare for, and celebrate the b’nei mitzvah of our children. Join Jane and Amanda in conversation with Randi Silverman, Co-Founder of the Youth Mental Health Project, and Rabbi Laurie Braun, for an interactive discussion as we explore what it means to have a b’nei mitzvah in the time of COVID-19 and what we can learn from re-imagining this ancient Jewish tradition.
Our community offers condolences to
Albert Bright on the death of his wife Barbara Bright
The Herko Family on the death of Robin Herko
James Jond on the death of his brother Steven Jond
The Lieberman Family on the death of Barbara Lieberman
Bruce Nathanson on the death of his mother Florence Nathanson
Don Rappaport on the death of his wife Cassie Rappaport
Joelle Resnick on the death of her sister Elise James
Randi Robinowitz on the death of her mother Florence Silverman
Brian Sinder on the death of his sister Judith S. Cohen
Ruth Weinstein on the death of her husband Marvin Weinstein

Yahrzeit Remembrances for the Memorial Fund

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<td>Bonnie &amp; Samantha Shyer</td>
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ACKNOWLEDGEMENTS

**High Holy Day Memorial Book Donation**
Cathy Lane in memory of Gary Lane

**Annual Fund: 2020-21 Year End Appeal**
Anonymous
Marcie Aiuvalasit
Michael & Denise Barnett
Boris Belilovsky
Adam & Marjory Blinderman
Daniel & Rhonda Chestler
Barrie & Joan Damson
David Fried & Kathy Marks
Robert & Melissa Gaynor
Stacey & William Geller
James & Elaine Glover
Lawrence & Christine Griff
Sondra Grundman
Jack & Melissa Heinberg
Gary & Karen Juster
Gerald & Jeannie Kligman
James & Meredith Kornreich in memory of Alan Epstein
Peter & Meredith Kosann
Yuval & Jana Meron
Steven & Lucille Oppenheim
Joshua Perlman & Yan Yunqing
Kim & Rich Rosenbaum
Harvey Schulweis & Barbara Benerofe
Michelle & Marc Schwartz
JoAnn Terdiman
Nancy Ullman
Eric & Regina Witkin
Savannah Woods & Jeffrey Risman

**Memorial Donation**
Shelly Benerofe in memory of Judith Cohen
Richard & Emily Cohen in memory of Florence Silverman
Richard & Emily Cohen in memory of Alan Epstein
Leslie Davies in memory of Alan Epstein
Terry & Herb Feldman in memory of Judith Cohen
John & Hope Furth in memory of Alan Epstein
James & Elaine Glover in memory of Alan Epstein
James & Elaine Glover in memory of Florence Silverman
Chip & Sheryl Kaye in memory of Barbara Bright
Tom & Peggy LoCastro in memory of Joyce Leitman
Linda Salamon in memory of Judith S. Cohen
Peter Schweitzer & Anne McBride in memory of Alan Epstein
Alana Stevens in memory of Barbara Bright

**Garden of Gratitude Fund**
Andrew & Sara Feinstein in memory of Barbara Bright
Daniel & Linda Forman in memory of Barbara Bright
Peter & Wendy Grabler in memory of Henry Shyer
Louis Monforte in memory of Barbara Bright
Richard & Carol Suarez in memory of Barbara Bright

**General Contributions**
Marcie Aiuvalasit
Richard & Emily Cohen
Arlene Cole
William Colish & Ellen Levitt
Tajara Da
Denise & Nathan Eisler wishing Arlene Cole a speedy recovery
Darren & Jeanne Fogel
The Groothius Family
Richard & Arline Josephberg in honor of Harper Canell becoming Bat Mitzvah
Elaine Losquadro
Robert Mann, Jr. & Barbara Mann
Marcelo & Marcy Modica
Carrie Ratner in honor of Hayden Cohen’s becoming Bat Mitzvah
Reva Rothman
Clifford & Nancy Solomon

**L’Dor V’Dor Capital Campaign**
Christina Baker

**Mortgage Donation**
John & Amy Tanenbaum
Yuval & Jana Meron

**Music Fund**
Lois Falberg & Brian Sinder in memory of Judith S. Cohen
Lois Falberg & Brian Sinder in memory of Greg Benerofe
Lois Falberg & Brian Sinder in memory of Michael Benerofe
David Fried & Kathy Marks
Marcelo & Marcy Modica in thanks to Cantor Stone and in honor of Lucy & Simon Modica becoming B’nei Mitzvah

**Greeting Cards for Sale**
All proceeds will be donated to Emanu-El when you purchase a special sympathy or mazel tov greeting card through the temple office.
Cost: 1 card = $10 or 10 cards = $75
To purchase, contact Dan at 914-967-4382 x11 or doconnor@c-e-w.org.
Jared Dubro Legacy Fund
Michael & Denise Barnett
Shelly Benerofe in memory of Robin Herko
Neil & Loren Canell in memory of Robin Herko
Cindy Nail Salon, Inc. in memory of Robin Herko
Richard & Emily Cohen in memory of Robin Herko
Leslie Davies in memory of Robin Herko
Lois Falberg & Brian Sinder in memory of Robin Herko
James & Elaine Glover in memory of Robin Herko
David Greenberger
Andrea Holland in memory of Jared Dubro
Richard & Arline Josephberg in memory of Robin Herko
Lois Kempler in memory of Robin Herko
Robert & Amy Lindsay in memory of Robin Herko
Tom & Peggy LoCastro in memory of Robin Herko
Denise Mandel-Becker in memory of Robin Herko
Sandra Miller in memory of Robin Herko
Marcelo & Marcy Modica in honor of Jane Dubro
Elyse Nathanson
Mervyn & Judith Richards in memory of Robin Herko
Sam & Jill Sheppard in memory of Robin Herko
Adrienne Shutt in memory of Robin Herko
John & Amy Tanenbaum in memory of Robin Herko
JoAnn Terdiman in memory of Robin Herko
Sylvia Zarr in memory of Robin Herko

Rabbi Goldsmith’s Discretionary Fund
Alfred Bright in memory of Barbara Bright
Richard & Emily Cohen
Elizabeth & Richard Kadin in memory of Alan Epstein
Marcelo & Marcy Modica in thanks to Rabbi Goldsmith
and in honor of Lucy & Simon Modica becoming B’nei Mitzvah
Bruce & Audrey Nathanson in memory of Florence Nathanson
Gil & Kathy Stiefel in thanks for the beautiful Social Action Service
Peggy & David Tanner in memory of Alan Epstein
Arlene Weinberg in memory of Henry & Charlotte Weinberg
Arlene Weinberg in memory of Justin Weinberg
Lewis Weissman in memory of Adrienne Weissman

Women’s Study Group
Marcie Aiuvalasit
Shelly Benerofe
Bill & Hinda Bodinger
John Carton & Wendy Rowden
Richard & Emily Cohen
Naomi & Sherman Fabes
Ann Fliegenspan
Clifford Gevirtz & Alison Lazarus
James & Elaine Glover
John & Madeleine Leigh
Robert & Amy Lindsay
Stephen & Margie McCabe
Jane Meryll
Robert & Randi Robinowitz
Steven Shapiro & Susan Amkraut
Bonnie Shyer
John & Amy Tanenbaum
Maj Wickstrom
Richard & MJ Wolff

Shabbat Music Fund
Neil & Loren Canell

Social Action Fund
Marcie Aiuvalasit
Bruce & Dana Freyer in memory of Irwin M. Freyer
David Fried & Kathy Marks

Donations processed after February 18 will appear in the next bulletin. If you have any questions, please call Abbie at 914-967-4382 x18.
<table>
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<td>Hebrew School Individual Zoom Tutoring: 3:30-4:30pm 5:00-6:30pm T'filah (Zoom): 4:30-5:00pm 7:30pm Board Meeting</td>
<td>8:00pm Mindfulness Meditation</td>
<td>6:00pm Honoring Hineini Students and Their Parents</td>
<td>1:00am Jake Gershon Bar Mitzvah Ceremony</td>
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<td>7</td>
<td>Religious School Pod 1: 9:00-10:15am Pod 2: 10:45am-12:00pm 10:30am Beit Midrash</td>
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<td>Hebrew School Individual Zoom Tutoring: 3:30-4:30pm 5:00-6:30pm T'filah (Zoom): 4:30-5:00pm</td>
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<td>10:15am Book Club</td>
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<td>The Samuel L. and Jane L. Friedman Lecture on Peace &amp; Understanding Shabbat Service</td>
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<td>10:30am</td>
<td>2:00pm Yom Ha’atzmaut Across America</td>
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<td>Pod 1: 9:00-10:15am</td>
<td>7:00pm Academy: Last Session</td>
<td>T’filah (Zoom): 4:30-5:00pm</td>
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<td>Pod 2: 10:45am-12:00pm</td>
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<td>6:00pm 6th Grade Retreat</td>
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20th Annual Women’s Study Group Weekend - from home!

Many women have gathered over the years to learn, bond, reflect, and have fun on our retreats. While we couldn’t gather in person this year, participants were given goodie bags with all one would need for another wonderful Women’s Study Group experience. For those of you who couldn’t make this one, we have our Passover Gathering on Tuesday, March 23 (see front cover for details).

Some retreat pictures from over the years….
Name
Street Address
City, State Zip Code

MARCH - APRIL SHABBAT SERVICES

March 5 (Zoom)
6:00pm Honoring Hineini Students and Their Parents

March 12 (Zoom)
6:00pm Union Prayer Book Service: A Tribute to our Reform Heritage

March 19 (Zoom)
6:00pm Sacred Stories Shabbat

March 26 (Zoom)
6:00pm Shabbat Service

April 2 (Zoom)
6:00pm Lay Led Shabbat Service

April 9 (Zoom)
6:00pm Shabbat Service

April 16 (Zoom)
6:00pm The Samuel L. and Jane L. Friedman Lecture on Peace & Understanding with Kyra Darnton Grann

April 23 (Zoom)
6:00pm Youth Group Shabbat Service

April 30 (Zoom)
6:00pm Shabbat Service

SAVE THE DATE

Silver Linings Virtual Spring Benefit
Thursday, May 13
7:30 - 8:30pm

Celebrate Our Emanu-El Community
Lively Virtual Cocktail Hour
Online Auction & Journal
Interactive Games
& Much More