In preparation for composing this Fall Koleinu message, I looked back at my last column. It was written in the third week of February and I obviously had no idea what new era we were about to head into. I’m a bit envious of the person who wrote that article—my former self sublimely ignorant of the coronavirus and the impact it would have on our community and each of our lives.

And here we are, nine months later. What’s clear to me in re-reading that column from February is that my message could have been written today! Nothing I wrote about had anything directly to do with physically being in our beloved building—because of course that was implicit, and didn’t need to be pointed out. At that time I wrote about how we are each huddled in our own homes. Distant gatherings have disappeared and months our opportunities for outdoor connection have been lost. As we head into the winter and the challenges of physical separation.

With the inspired leadership of Rav Claudia, Susan Diller, and Rav Tiferet we have adapted and grown to meet the challenges of physical separation. Our teens and their families celebrate intimate and meaningful B’nei Mitzvah. Our Hesed and Inclusion leaders and volunteers continue to innovate and respond in ways that are meaningful to the needs of our community members, and we make new intergenerational connections. We watch movies, discuss books, and confront racial injustice. We join in prayer and connection at Boker Tov TBZ and on Shabbat—both evening and morning services. We are once again having Kiddush Talks — although you have to make your own tuna and egg salad! And, so importantly, our members continue to make TBZ a priority for their charitable giving.

Even with all of this successful adaptation, there are two challenges that still confront us. One is “Zoom fatigue” or even “Zoom avoidance”. Some folks aren’t plugging into the virtual world we offer because they don’t want to engage in this way with TBZ after a week filled with work Zooming. And others have let us know they can’t due to limited technical resources or ability. The reality of this physically distanced time is that Zoom and streaming are the best ways to stay connected to all of our programming, and we have invested in new systems to ensure a quality experience. If Zooming into TBZ isn’t working for you, please let us know how we can help you stay connected. We have been and will continue to work with those in need of technical assistance, so if this is still an area where you need help please call the office.

The other significant challenge is the isolation of physically distancing. In the warmer months we had the opportunity to walk together, meet at the Gann farm or in Cleveland Circle, or sit in the sukkah with others. As we head into the winter months our opportunities for outdoor distant gatherings have disappeared and we are each huddled in our own homes. While this isolation can be challenging
for all of us, it is our members who live alone who face the darkest times. Living alone during normal times allows for independence and self-reliance. During Covid times “alone” turns to “lonely”. We each need to reach out to connect and support one another on a regular basis. My biggest worry is that we get to the next season of warmth and discover that we have left people behind, alone and lonely, to suffer without the connection of community.

Make a commitment to reach out and connect to 1 or 2 people each week and make a difference in both of your lives for doing so.

Please enjoy this issue of Koleinu and the many contributions of our staff and congregants.

I want to wish you all a healthy and safe winter, connected to TBZ and to each other.

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Celebrating TBZ Heroes

Save the Date and Join Us for the Annual Synagogue Council of Massachusetts GALA

Thursday Evening, December 3 @ 7:00pm

Celebrating heroes who have made a difference in our congregations during the pandemic—including three TBZ Heroes:

Amira Sky Barnett
Learn more about Amira’s involvement with Kesher Ha-Dorot on page 5.

Amy Bullock
Learn more about Amy’s involvement with Hesed on page 7.

Adam Teller
Learn more about Adam’s involvement with Boker Tov TBZ on page 10.

For more information & Gala Registration:
www.synagoguecouncil.org/gala-winter-2020-landing-page
AGING IN COMMUNITY

by Muriel Heiberger

This initiative for those 55+ was launched last November with the aim of exploring how TBZ could sustain and nourish us as we age. And then came the pandemic! Realizing that our population was especially vulnerable due to age and health conditions, we sponsored several conversations on topics such as Building Resilience, Grandparenting in the time of Covid, and a special program, “Covid 19 & Us”, about keeping ourselves healthy and safe as MA approached phase three of Reopening. Our “in house” expert, Dr. Rebecca Weintraub, gave a slide presentation moving from the big picture—Covid worldwide—to the particulars of what activities were least and most risky for the elderly.

We also offered social and cultural gatherings including our monthly AIC Film Club meetings, Dr. Ruth Nemzoff’s conversation on Parenting our Adult Children, and Rabbi Laura Geller’s book talk on Getting Good at Getting Older where, using a Maimonides text, we looked at the different types of friendships, and how friendships change as we age.

In December we will have a program “Streamline Your Stuff (So Your Loved Ones Don’t Have to”) with guest speaker Hildy Neumann, Organizing Consultant.

Looking ahead...As the days become more wintry, and many of us are confined to our homes, we are hoping to create more virtual opportunities for building community and connectedness at TBZ. We are exploring the idea of creating special interest groups (sigs), which will meet regularly to talk, or share interests with other members of TBZ. Ideas which have been suggested by members of TBZ include: A Play Reading Group, groups which meet regularly on specific topics such as: dilemmas posed by aging, when to retire, where to live; loneliness and isolation, end-of-life issues, legacy. We are looking for volunteers who might lead groups, either a one-time zoom gathering or an ongoing group conversation. Suggestions or Questions? Contact us at: Muriel Heiberger (murielh@comcast.net,) or Suzanne Gelber (savtasuz@gmail.com).

Family Table

From Marilyn Glazer

Food insecurity in our community has grown worse due to the COVID-19 pandemic. The best step all of us can take is to take advantage of the wish list link to make purchases of food and send it directly to the Family Table site at JF&CS in Waltham.

Here is the link:
https://www.amazon.com/hz/wishlist/ls/774ZQP6Y4FMX/ref=nav_wishlist_lists_1?encoding=UTF8&type=wishlist

or contact Marilyn Glazer, mglazerw@comcast.net
We all have our memories from Friday, March 13th, 2020, what we were doing, who we heard it from, and what our reaction was when we heard that our country was shutting down. At first, it felt like a two week vacation from our mid year busy life, and we were all excited. We had absolutely no idea what was coming our way.

In April, my dad and I were in the car talking about how crazy everything had become, how long our world has been shut down. And that is when the idea of Kesher Ha-Dorot started. We knew that it was very hard on a lot of people in our community who lived alone. They were used to having TBZ as their way of socializing. But now, they were scared to leave their own house. We wanted them to know that they were not alone.

That next week my dad and I, along with Rav Claudia, Sara Smolover, and Rav Tiferet, all worked to get this project together and ready to go. We got lists of people who might want to receive contact with the younger generation, we formed emails to send out to people who might want to have contact with the people in the older generation, and after many emails and spreadsheets we were ready to go.

Right away, everyone launched into a great start. I, myself had a buddy, Diane Balser and we got very close. We were emailing and calling almost every day. We really built a good connection. This made me start to think about how there are many members of TBZ, I and my friends who are also members of TBZ really don’t know. As the program went on through April we got so many great stories from others who were doing the Kesher Ha-Dorot program and their buddies. At the end of April, I was contacted about the spring fundraiser for TBZ. My buddy and I were going to do a video interview, along with a few others, about how the program has been going and to let others in the community know about it. From then on, we have been sticking with it and have expanded it a little more. This Rosh-Hashanah, we contacted all who had participated in Kesher Ha-Dorot and asked if they would be interested in sending out New Year’s cards to other people who were not necessarily their buddy.

Finally, it has been a really amazing opportunity for me, along with others to be able to reach out to a generation that we hadn’t really connected to yet and to really get to know them, building friendships.

Feeling lonely or alone?
Need help connecting during this challenging time?
We want to help! Please contact hesed@tbzbrookline.org
(All communication is confidential.)
The TBZ Racial Justice blog, “What We’re Talking About: Conversations About Racial Justice and Anti-Racism” was launched early this fall. The blog was the idea of the Racial Justice Working Group, and Rav Tiferet has been instrumental in guiding us to get it off the ground.

We hope this blog can serve as a catalyst for discussion at this important time of racial reckoning. In each post, a TBZ member will introduce and share a resource that changed how they thought about a racial justice issue. The posts may also include reflection questions and will invite readers to share their responses in the comments section.

To help our community grow in its ability to have “courageous conversations” and develop the awareness that can lead us to meaningful action, we need you. We need you to share your thoughts and responses in the comments section of the blog—and to share ideas that you have for future posts.

The link to the blog is: https://tbztalkingrjblog.wordpress.com/— and you can become a subscriber and get the blog delivered to your email by subscribing in the box at the bottom of the HOME page. If you have a resource or an idea for a blog post, you can send your submission to: racialjusticeblog@tbzbrookline.org

We look forward to opening our hearts and minds together.

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ME’AH EXPERIENCE

by Barbara Kellman

A year ago, B.P.E., (before the pandemic era), when classes were in person and people greeted each other with handshakes and hugs, my husband and I signed up for Brookline Collaborative Me’ah - the two year, one-hundred hour course offered by Hebrew College—to study Jewish history. We meet weekly for 2 1/2 hours. The material is rich, dense, and provocative, and the faculty enthusiastic and knowledgeable. The four semesters are: Hebrew Bible, Rabbinics, Medieval, and Modern (17th c. forward) Judaism.

The range of backgrounds and perspective of the students is broad and diverse. My husband, a self-taught historian, had very little Jewish education. I had more Jewish education but we are both learning a lot. There are doctoral level scholars in the class and others like us. As always, you get back what you put in – he does more reading and gets more detail; I enjoy the broad brush. We joined the class with our friends, TBZ members Beth and Mitch Harris and found other TBZ’ers as well as folks from the broader community. We are on Zoom now…far from meeting in the towns and crowds of Judea or Egypt or Babylon …. but it is a rich experience that I encourage you to consider.

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HESED AND INCLUSION: Supporting Our Community

The summer has come and gone but it will not soon be forgotten. Everyday seemed to bring more upsetting news—about the pandemic, political polarization, wildfires and other signs of climate change, as well as a long overdue racial reckoning. Some of us were able to find comfort in the company of family and friends during socially distanced walks and outdoor gatherings in the warm summer sun. Many of us enjoyed being with each other during Shabbat services, the wonderful High Holiday programming and other on-line and in-person TBZ offerings. Now, winter is approaching. We’ve just had our first snowfall and darkness comes an hour earlier. All of us will be spending more time indoors and some of us, especially those who live alone, may feel more isolated. Those of us coping with mental health issues, our own or in our family, may be especially concerned about what the coming months will bring.

We want you to know that the Inclusion Committee and the Hesed Committee are working together to support all of our members. Learn more about our TBZ Hero Amy Bullock and the efforts of the Hesed group on page 3. We are available to speak, come visit (socially distanced of course!), or do shopping for anyone who is feeling isolated. We can also help you if you are feeling technologically challenged with logging onto Zoom or any of the on-line programs that TBZ is offering.

Please reach out and let us know if you, or someone you know, may be in need of any support. You can contact the Inclusion Committee chairs, Sue Brent and Danya Handelsman, at: inclusion@tbzbrookline.org or the Hesed Committee at hesed@tbzbrookline.org. All communications are kept confidential.

In the last issue of the Koleinu, we shared the following article: Mental Illness in Our Jewish Community. We strongly recommend it. We also invite you to read the following two articles, which may offer insight and support during this challenging time:

- https://www.helpguide.org/articles/depression/coping-with-depression.htm

Additionally, the Ruderman Synagogue Inclusion Project (www.rudermanfoundation.org) has a wealth of information and articles on mental illness. We are also planning to hold an informational session in which we will invite mental health professional(s) to address the issue of mental illness during the time of the pandemic. We hope you can join us.

ROSH HODESH

Happy 5781—TBZ’s Rosh Hodesh Group has held its opening meeting of the new year and we are happy to have Rav Tiferet leading us along with members co-leading with her. We would love to invite people who experience the world as women to join us as we celebrate the new month together with song, prayer, learning and sharing. To learn more about how you can join us, contact Rav Tiferet at ravtiferet@tbzbrookline.org.
We are proud to announce the launch of TBZ’s very own online art show website: www.tbzonlineartshow.com - a place that showcases the artistic talents of our members, young and old alike. The idea to create the online art show grew out of recent events.

My art career began after I retired, seven years ago from a 20-year career as a social worker, to become a sculptor. In March 2020 I was scheduled to participate in an indoor art show at the Attleboro Art Museum. Of course the in-person show had to be cancelled due to the Covid pandemic. The museum decided to put the show online and the response was terrific. At that time, we were all desperate for some nice distractions and this show did just that.

After seeing the success of the Attleboro online show, I thought something similar would work well at TBZ given the number of talented artists in the community. I approached Rav Tiferet with my idea and she enthusiastically supported moving forward.

Next I recruited Susan Schneider, a wonderful landscape painter in her own right, and David Neiman to work on this project with me. One of our goals was to offer the TBZ community a new way to understand its members. Susan, David and I worked to recruit artists, collect their images and write-ups and set up the website. The three of us feel like we’ve made all these new friends at TBZ because we’ve spent so much time reading about their lives, their artistic journeys and seeing their artwork up close and personal.

The twenty-four artists in this show, ranging in age from 9 to 73+, use many different mediums including sculpture, photography, painting, ceramics and fibers. Take your time to visit each artist’s webpage. Read their stories and enjoy the artwork. Some of the artwork is for sale, so if you are interested in purchasing something, please contact the artist directly. One piece has already been sold! And please leave your comments about the show using the ‘CONTACT US’ page.

Virtual Art Exhibition
from Allen Spivak

Title of Artwork: Silhouette Reflection
by Leora Blouwolff

Title of Artwork: Ark to Our Future Generations
by David Strauss

Title of Artwork: See the Ocean for the Fish
by Carol Glass
NISHMAT HAYYIM

Meditations for Hanukkah

It is customary to use the minutes after candle lighting to meditate on the light of the candles just lit. Following Rabbi Shefa Gold, we would like to suggest eight meditations you might like to try, one for each night of Hanukkah. Our teacher, Rabbi Shefa, tells us that we can rededicate the holy on Hanukkah by repairing our inner Temple. She says: Hanukkah celebrates the rededication of the ancient Holy Temple where our ancestors worshipped. Each year we recall the “great miracle that happened there”.

1ST NIGHT
The power of light to pierce the darkness is the focus of the first night. It is natural to see the power of light and dark in the natural world around us. Contemplate how we appreciate the passing of light to darkness.

2ND NIGHT
This year the 2nd night is erev Shabbat, as we light the hannukiyah before the Shabbat candles, contemplate how the candles of Shabbat provide an opportunity every week for rededication for our souls. Think about how Shabbat can enhance your life.

3RD NIGHT
We see and sense the power of birthing, both physical and spiritual. From two comes three overcoming duality. Contemplate the ways in which you overcome duality in your life; how you overcome the either/or way of thinking that prevents synthesis within ourselves.

4TH NIGHT
Sense the growing light as we are halfway through the journey of rededication. Use this night to sit and contemplate how you are faring so far. What still seems difficult? Sit with either the difficulty or the serenity this practice has engendered in you.

5TH NIGHT
We begin to contemplate what it really means to bring enlightenment into ourselves and the world. As the light grows we can sense our own power to make change. Contemplate on those areas within yourself and your surroundings that will benefit from more light.

6TH NIGHT
Sense how much we depend on light. Consider the struggle we are in to save our planet from the irresponsible use of all manner of fuels that have come to alter our climates and pollute our air. Contemplate on your own fuel habits and how you can join others in this struggle.

7TH NIGHT
Sense that we are still in the realm of the natural, the seven days of Creation. Contemplate the way you are natural in your behaviors and where you take on an unnatural poses or persona. Contemplate the fear and anxiety underlying these postures.

8TH NIGHT
We have crossed the threshold to the transcendent, that which is beyond the natural boundaries. Sense the extraordinary in your life. Contemplate those times when you felt connected to something larger than yourself. Celebrate your capacity to rise up in the fullness of your light and the light of the Divine.
Boker Tov TBZ!

Boker Tov TBZ!

Four reasons why Boker Tov TBZ is so important to me:

The beautiful prayers. We sing together some of the loveliest morning prayers. This creates a beautiful aesthetic experience that envelops me and warms my heart, deepening my connection with God and myself.

The beautiful group. Each morning I join a wonderful group of people, now very dear to me. We are committed not just to praying together, but to each other personally. We chat, celebrate our joys, and support each other through difficult times.

The beautiful feeling. All this combines to form a feeling of connectedness and peace that accompanies me wherever I am.

The beautiful souls. In the community-led service, the prayer is led by a different person every day, each with her/his own spirituality. I love getting to know and being enriched by the beautiful souls around me.

-Adam Teller

A way to begin the day

I have come to really love and count on Boker Tov TBZ as a way to begin most weekdays. I love the morning prayers and the camaraderie that has developed among the regulars. It is one of the adaptations to this strange era that helps make life bearable in the time of corona. Each person who leads brings a unique voice and perspective to the davening. It is a warm and welcoming group. Join us!

-Lev Friedman

Part of my morning routine

Once stay-at-home and covid social-distancing was in place, I returned to doing my Tai Chi Chih practice at home daily to start my day and added Boker Tov TBZ to my routine. Every weekday we meet on Zoom for morning prayer minyan and kibbitz (hang out) afterwards in breakout rooms. My routine – Tai Chi Chih+ prayer + then my own coffee club / coffee klatch, all in the comfort of my home – has sustained me, body and soul and heart.

For those who haven’t yet experienced TBZ’s morning minyan (and yes, coffee, for the 8 am starting time is recommended), perhaps this will push you into checking us out some day soon. Hope to ‘see’ you there.

-Annie Braudy

Check Happenings for the Zoom link to join.
Email Beth: behrenreich@tbzbrookline.org to be added to the Boker Tov email list.
A powerful connection to prayer

Our Boker Tov TBZ has become a way I can balance the need to be physically distanced from our Community with the feeling of closeness to our TBZ Community and to Adonai. In the beginning, I found the morning ritual comforting, as it also reminded me of my father’s daily practice of davening before breakfast. Believe me when I say that I NEVER expected to have that become a part of my life. But each morning when I join the Zoom, I feel that I am connecting to my father and our ancestors as I use my father’s siddur (prayer book) to recite the Amidah and the Mourner’s Kaddish. And I am experiencing new and powerful connections to prayers that have been reciting for almost 65 years, finding they are bringing me a new sense of comfort and closeness.

- Rachel Goodman

A space to focus on prayer during difficult times.

Prior to participating in Boker Tov TBZ, I never would have imagined engaging in prayer before work! Although my attendance is not always regular (and I am working on that) it provides a wonderful space to focus on prayer, kavanah, and mutual support during difficult and challenging times.

- Debbie Lipton

Greeting the day with gratitude

Every day in the Boker Tov group we begin by considering how grateful we are to be here, not at all the way I have been used to starting my day. Two weeks ago, I found myself in a particular setting, hopeless and scared. We had recently touched on the 23rd Psalm, so I called a member of the group and asked her to read the Psalm to me, remembering its comfort. When she got to the lines about goodness and mercy, I was transported back to Boker Tov and a real acknowledgement of how blessed my life has been and is. The practice of gratitude itself is a gift for which I am grateful. Boker Tov, kids!

- Judith Klau

Support and uplifting each other

Boker Tov TBZ feels like a resilient rope that we extend to each other, so we can all be supported and uplifted. It is a rope made of many individual threads, that seamlessly intertwine and interconnect. It offers more strength than any individual thread as it lifts me up to start the day and carries me on my way.

- Jonthan Klein
On October 18, I celebrated my bat mitzvah...5 months behind schedule. My original date was May 24 but the Covid-19 pandemic was in its early days and cases were surging. At that time, no gatherings were happening in person (not even small numbers of people were allowed in the sanctuary) so we decided to postpone until the fall with the hope that life would have returned to normal and we could have our friends and families join us in person at TBZ to celebrate together.

I had already learned my parsha and I was worried about starting all over with the reading for my new date but Rav Claudia was very flexible and supportive. She said that I could still do my original parsha plus we would add in an extra aliyah from the new date. Being flexible turned out to be really important when having a bat mitzvah during a pandemic. All of the plans were conditional -- nearly every decision and plan had the caveat that it was based on current conditions and could be different on the actual day of the event.

By the time my bat mitzvah arrived, the pandemic was still on and our hopes of a “normal” bat mitzvah were dashed but circumstances were better than in the spring. We were able to have my service in the sanctuary and we could have 20 people (including my family), plus the rabbis and other TBZ people who helped with the day for a total of 25 people. The rest of our friends, family and community joined on Zoom or Youtube.

There were both good and bad things about my bat mitzvah. On the good side, even though we had a small number of people with us in person, there was a real feeling of support, friendship and warmth and I felt a connection to everyone who was there. It was fun seeing people’s faces on the screen and there were a lot of people who live far away who wouldn’t have attended in person and they were able to join us because of the virtual option. My family also got to have a lot of roles in the service because of the restrictions on how many people can touch things -- only my family’s pod could touch the candies or the Torah so my brother got to gather up all of the candies and my sister lifted the Torah! Another bonus was that Rav Claudia is limiting how much time people are inside together so the service was shorter than usual. A few people from the TBZ community came by the temple when the service ended and it was so nice to see them. We also found ways to make the day special and just right for me. My mom cooked my favorite meal for lunch and my family watched the Sound of Music together. At the end of the day, my extended family had a Zoom call and we did a slideshow, played Jessica Jeopardy and had cake.

There were also some disappointments. I missed my cousins, aunts, uncles, and grandparents. All of them live outside Massachusetts and none of them were able to travel to be with us. For the rehearsals, two were done virtually so there was only one opportunity to rehearse with the Torah. I also didn’t get to walk around the sanctuary holding the Torah. And although it was exciting to get my TBZ name tag, there isn’t going to be anywhere to wear it for quite some time. It was also hard to decide who to include in the sanctuary and it was stressful to have to pick some friends and leave out others. Even though the most important part of a bat mitzvah is the service, I still missed having a party.

For other families planning a b-mitzvah during the pandemic, I have a few tips. First, do as many of the little things that make the day special as you would during a non-pandemic b’mitzvah — like buying a new dress and getting a fancy cake. Second, find ways to celebrate with people. This can be in person following covid precautions or virtually, like a get-

(Continued on next page)
together on Zoom. Third, don’t get to set on anything because things change and you have to stay flexible and open to doing things differently. Fourth, if you’re attending a b-mitzvah virtually, send a note to the family afterwards - it’s like going up to the family at the kiddush and saying mazel tov (my mom really liked the emails coming in all day long!). Lastly, rest assured that Rav Claudia and all the people at TBZ have figured out how to make pandemic b-mitzvahs run smoothly, safely, and still feel really special.

A Fig Tree for TBZ
by Sarah Fendrick, Development Committee Chair

I am asked sometimes what is “development” at TBZ and why, in addition to paying dues, is it important to donate to the High Holiday Appeal, the Spring Kiddush Fundraiser, onegs, etc. Especially these days, since we are sitting in our homes tuning into zoomShul instead of praying, celebrating, learning and connecting in our beautiful building, why does TBZ need our extra financial support?

This famous midrash gives a bit of insight into why we need to develop our community’s financial commitment and resilience. It is an adaptation of a parable found in the Talmud:

“In Roman times, as the Emperor Hadrian was riding through the Galilee, he noticed a very old man planting a fig tree in his garden. The Emperor stopped to speak to him, “Old man, why are you planting that tree? The time to plant it was many years ago, when you were young, so the tree could bear you fruit for your old age. It’s too late now. At your stage of life, you can’t hope to live to taste its fruit.”

The old man answered, “It is out of our hands to know the future. But we can still cultivate hope for the future. Perhaps I may still live long enough to taste the fruit of the fig tree but if not, this tree will be for my son, as my father left the fruit trees of his labour for me.”

Doing development at TBZ is a bit like planting a fig tree. We hope we will be able to enjoy the fruit in our lifetime, but if not we know we are also cultivating the land for future generations. By planting the tree, we show our belief in the future; by giving personally meaningful donations, we demonstrate belief in TBZ.

Those of us doing this work for TBZ want you to know that although it isn’t an “easy” thing to “ask” you for money, we really believe in the work we are doing. For us, TBZ isn’t just a community; it’s a cause. We want our fundraising to be successful so that TBZ can be around for a long, long time — for each of you and our generations to come.
ELEVATING IN SANCTITY

by Rav Claudia

I am grateful without measure to our TBZ community and all we have done together, even though we continue to be physically apart.

Last March, when we had to close our building to all in-person programming, we thought it would be for a couple of weeks, perhaps a month. We never imagined we would become experts on Zoom, or live-streaming, or remote cameras and microphones. We had to stretch our creativity and our imaginations to create and then to experience the High Holidays as we have never had to before.

The morning of Yom Kippur as I walked to shul, dressed in white, I was struck by how sad I felt. I knew I would “see” you all on the big screen TV that now stands in our sanctuary where you would have all been. On that screen, I knew I would see you, each in your individual Zoom squares. I knew that I would feel your presence in my heart and I would profoundly miss your physical being. I still do.

And yet, I also know that the ways we have strengthened each other has been immense and invaluable.

It has been complex, hard, and sometimes exhausting to lead, especially during the first months of shut-down last spring when my children were at home and we had to rethink everything we do at TBZ. It was, and is, your love, your support, your trust and your faith in me that has sustained and nourished me. I thank you, deeply and gratefully.

As winter nears and the days get shorter and colder, we know these coming months will not be easy. Covid-19 will continue to keep us apart.

As Hanukkah is approaching I want to share a teaching about the way and the reason we light candles as we do: There was a famous disagreement between the schools of Shammai and Hillel regarding the way to light Hanukkah candles.

ביטת שמאי אמרו: ים ראשון מדליק שמונה,
מכאן ואילך מותח הוולך.
ביטת חל 할י אמרו: ים ראשון מדליק אחת, מכאן ואילך מוסיפים הוולך.

TBZBROOKLINE.ORG
Beit Shammai teaches that on the first day, all eight lights are lit and thereafter they are gradually reduced; Beit Hillel says that on the first day one light is lit and thereafter they are progressively increased and this is the way we light candles on Hanukkah. The rabbis give different reasoning for this, but the one that I think can inspire us the most is the one given by Beit Hillel: it says that the reason we start with one and then continue adding lights is because of the concept of “Ma’alin BeKodesh ve Lo Moridin.” We elevate in sanctity, we do not diminish in it.

For me, this is the center of Hanukkah: we elevate sanctity and holiness. Each day when we add one more candle we are adding the potential for deeper and higher experiences of holiness. The lights add together, they glow brighter when lit together than each one alone. In the darkest of winters, we not only bring light, we add light and we shine brighter together.

When we have an intention of elevating and expanding sanctity and holiness, when we create more light, each day, and when we bring each of our small lights into our world, we are living in community. We are, and I am, blessed to be part of this TBZ community -- a community that invites us, encourages us, and challenges us to expand our light and holiness.

TBZ has welcomed close to 30 new households since February 2020. A testament to the kind of community we are and a testament to the people looking to be part of communities that are relevant and joyful and that can be of support during this time. Please join me welcoming our new members. (See page 23 for a list of names.) as they add their lights to ours.

Winter nears, and you are not alone. We are here for you. I am here for you. Please do not hesitate to contact me, if you need any support in the coming months. **We have put together full and rich programs, services and opportunities for all ages over the months of December, January and February (check pages 18-22).** We hope that the programming and the many ways to get involved provide a source of inspiration and illumination.

Every morning at Boker Tov TBZ (our daily gathering of prayer, meditation and community) we invite all to take a moment to practice gratitude. For me the practice of daily gratitude has been what has sustained me during these challenging times— from the start of the pandemic to now. Articulating the small things I am grateful for and the big things I am grateful for, has helped me to hold onto the light of each day. It has helped me to expand holiness and not diminish it, for myself and for those around me.

I send my blessings and my hopes that this winter we can expand in light and holiness, that we add, each day, one more candle that can light our way until we meet together in spirit and in person.
We are tiny fragments of the Universal Soul and it is within the very nature of existence that we taste its frailty.

Covid is a power that impresses upon us and on future generations the fickleness of humanity within the vastness of Nature.

Let it guide us to a new sense of self and our relation to the other and help us fashion a world that mitigates our power.

Covid 19 you have come as a plague, grief and pain in your continuous rumblings.

You are a plague that has overwhelmed the most vulnerable, those who have been marked by hostility and indifference.

Covid, you have uncovered our weaknesses and lack of preparation, what you leave behind is carnage and disorder.

Within the confines of Covid’s contours we have fashioned a life in shelter.

Those blessed with life’s comforts are annoyed, while those in difficult circumstances are cast to the curb.

The fruits of confinement will ripen over time and our rapacious natures will be subdued.

Will we return to our habitual norms of contempt for the nature of our existential challenges?

Covid 19 you have spread through the world to humble us; to teach us gratitude for all that we have; to alert us to all who are in need.

Is Covid 19 a tragic curse waiting to be turned into a blessing; a blessing of pursuing new priorities; a blessing of new kinds of listening, a new mode of exploring new possibilities within ourselves and others?

O Covid, help us find opportunities within your darkness, within your invisibility, within your mystery.

When we hear your Voice, Covid 19, warning us not to take all that we have for granted, we are hearing the Divine Voice that lives within us.

The Divine Voice reverberates within us as we look to a future of repair and recovery that will make demands of our generation and for many to come.

Covid will be conquered if we unite in our struggles.

Covid 19, you are a teacher of lessons to be learned and of challenges we must take on.
Out-of-doors: Elul Havruta

By Diane O’Donoghue

The month of Elul is often considered a time of introspection, of teshuvah, of preparation. We associate it with a specific notion of time in the Jewish calendar, but what about place? In many ways the work of Elul occurs in what could be considered “relational space,” whether that is within ourselves or between us and those to whom we may reach out and connect. But as a setting, a certain kind of location, the spirit of Elul may feel less vivid. So, in a time when we are vigilant about being too closely connected in physical space, it was especially sweet to have a “placing” of the month occur for three of us who were part of “Elul Havruta” this year. As one of the outreach initiatives during the pandemic, this project matched TBZ members who expressed interest with others who lived relatively near to them. Participants received a series of weekly questions and thoughts from Rav Tiferet that could serve as a springboard for shared discussion through the month.

Living close enough to gather physically, I would meet my study partners, Sarah Langer and Rachel Lawent, each shabbat in Elul and sit together with them — appropriately distanced and masked — in the quiet, green space of Radcliffe Yard on the Harvard campus. The absence of students and visitors was striking, allowing us to fill the place around us with conversations about the holidays of our past and present, our insights and aspirations, and the challenges and the potentials of this moment for each of us. There was something special about the possibility of being together, and something, maybe a little ineffable, about thinking about Elul in the sunlight (mostly) of those early fall days. I assumed the specialness was born of this COVID-19 moment, when we all must stay apart, but there is in fact a tradition that specifies Elul as a time for thinking about being together while being outside. The first Chabad Rebbe, Schneur Zalman of Liadi, had likened our relationship to the divine presence in Elul to a ruler who invites those in their care to come out and meet them in a field, where there was increased accessibility, more chance for direct experience - a very different “royal” space than in a palace. To Sarah and Rachel, my havrutot in this year’s Elul field, there was a sense of both closeness and vastness that inspires me to imagine this month differently from now on, a gift born of a very difficult moment in time, and thus all the more meaningful.

Shabbat

by Lindsey Rosen

I shall arise and pack a picnic basket and go to Decordova sculpture park with my cloth full of braided bread and wine to sweeten our voices.
And as we sing zimrot, the nations shall pause and “not lift up their voices and we shall not make war any more.”
We shall entwine our fingers like the clownfish and the anemone, you with your white moustache and ponytail
I will pick black-eyed Susans and white daisies to share.
The white-tailed fawn shall watch us from afar.
A rose rush of cardinal ahead and the chortling dove will hide their faces from us and sing.

And we shall lie below cumulous clouds, and I shall inhale the fresh scent of white pine and the salt scent of a man.
Like the small green watermelons on the vine, friendship ripens to its sweet rose taste when the Shabbat shadows braid in the dappled shade like our own fingers and the sun smiles lambent on us with her light.
Looking Forward to Winter Programming @ TBZ!

December 2020-February 2021
All programs subject to change.

To sign up and for more information go to TBZ’s programming webpage:
https://tbzwinter2020programming.wordpress.com
or call TBZ: 617-566-8171

SHABBAT

We are excited to offer weekly Shabbat programs and services at TBZ for all ages!

Kabbalat Shabbat, Every Friday - Now at 5:30 pm
Zoom: www.tinyurl.com/TBZSanctuary

🎵 Nariya: Sing Out Shabbat, 3rd Friday night 🎵
Dec 18, Jan 15, Feb 19, 5:30pm
Sign up to receive the Zoom link. Information can be found on the website, Happenings or call the TBZ office.

Shabbat Morning services, Every Saturday 10am
Zoom: www.tinyurl.com/TBZSanctuary

WonderMinyan, 1st and 3rd Shabbat of the month
Dec 5, 19, Jan 2, 16, Feb 6, 20
Twice a month, we immerse our youth in the joy, spirituality, and the meanings of our Jewish prayer traditions in age-appropriate ways.

10:00-10:30 pre-schoolers - led by Rav Tiferet & Galya Berenbaum
10:45-11:15 K-4th Graders - led by Rav Tiferet
11:15-12:00 5-7th Graders - with Rabbinical Student Josh Greenberg

Kiddush Talks

2nd Shabbat after services, 11:45pm following Shabbat morning service
An opportunity to learn about issues and organizations that matter to our TBZ community

- Dec 12: Robert Trestan, Executive Director of ADL’s Boston office
- Jan 9: TBZ’s Jewish Youth Climate Movement
- Feb 13: Jewish Disability Awareness and Inclusion
HANUKKAH WITH TBZ
DECEMBER 10 - 17

We look forward to celebrating and connecting during Hanukkah!

If you haven’t received your Hanukkah gift bag sponsored by the Inclusion Committee please call the office.

Light The Lights! Hanukkah on the Steps @ TBZ
Every Night (Except Friday) @ 5:30pm
Dress warmly and join us in person or join from home via live stream!

Virtual Events:
All virtual events will include an opportunity for candle lighting together.
Visit “Hanukkah” on our Programming webpage for more info:
https://tbzwinter2020programming.wordpress.com

First Night- Thursday, Dec 10, 6:30-7:30pm
You Are Not Alone: Confronting Winter Loneliness and Isolation
facilitated by Rav Claudia and Marjie Sokoll

Second Night - Friday, Dec 11, 5:30pm
Kabbalat Shabbat live stream from TBZ (no in-person candle lighting)

Third Night - Saturday, Dec 12, 5:30pm
“Rock” of Ages Hanukkah Concert on the Steps at TBZ (in-person and virtual)

Fourth Night - Sunday, Dec 13
Greater Boston Jews of Color Hanukkah Celebration, co-sponsored by TBZ, Time TBA
& Community Meeting, 3:30pm

Fifth Night - Monday, Dec 14, 7:00pm
Rav Tiferet's weekly Kabbalah class: Hanukkah edition.

Sixth Night - Tuesday, Dec 15, 7:00pm
Hanukkah Class with Rabbi Ebn Leader

Seventh Night- Wednesday, Dec 16, 5:00pm
Beit Rabban Family Candlelighting

Eighth Night - Thursday, Dec 17, 7:30-8:30pm
An Evening with Professor Elisa New on Nobel Prize for Literature: Louise Glück
Hebrew through Torah with Rabbi Sam
Sunday mornings, 10:30am, through February.
The sessions will use Hebrew text with English translation. Knowledge of the aleph-bet and a basic ability to read Hebrew is suggested but not required. The series will not follow the weekly parasha cycle.

TBZ Leyning Lab - Learn How to Chant Torah
with TBZ member Rabbi Mona Strick
Tuesday nights, 7:00-8:00pm, Starts Jan 5
Interested in learning how to chant Torah and join TBZ’s roster of readers? In our 8-10 week class on Zoom we will learn the nusach (traditional melody) for reading Torah used in our TBZ community. By the end of our class you will know how to sing each cantillation symbol and how to prepare for chanting a section of Torah reading. Participants should be able to read Hebrew.

Mizmor Le’David: Psalms with Rav Claudia
Thursdays, Jan 14, 21, 28 & Feb 4
Join Rav Claudia in a four-week exploration of the Book of Psalms. In these sessions we will look at specific psalms and discuss how they can be a tool for grounding and spiritual support in our lives.

Ehyeh Asher Ehyeh:
Exploring the Many Names of God
Mondays, 7:00pm
Join Rav Tiferet in a weekly exploration of the book Sha’arei Orah, Gates of Light. This 13th century text of Kabbalah takes readers on a journey through the Ten Sefirot, exploring how different names, symbol clusters and manifestations of the Divine align with the sefirot.

Weekly Torah Study
with Rabbinic Intern Tyler Dratch
Wednesdays, 7:30pm
Join for a weekly Torah Study on the weekly Parasha.

Racial Justice Workshop
“My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies” by Resmaa Menakem, Facilitated by Beilah Ross, Dates and more information TBA

ON-GOING PROGRAMS
FOR CHILDREN

JLIT (Jewish Leaders in Training):
8th grade program at TBZ, meets every Monday.

Beit Rabban: TBZ’s religious school. Meets every Wednesday. Contact Rav Tiferet for more information.

B’nei Mitzvah Group, Sundays, Dec 6, Jan 10, Feb 7
Parents and Children preparing for their celebration of B’nei Mitzvah at TBZ meet monthly. For more information contact Beth Ehreneriech.

Hazon’s Jewish Youth Climate Movement @ TBZ
Come learn more at their Kiddush Talk on January 9th.
Boker Tov TBZ- Monday through Fridays 8am
Check pages 10-11 for more information.

Men's Group, Every Sunday evening, 7pm
TBZ’s Men’s group aims to explore men’s roles in a rapidly changing society and to examine issues of mutual concern while engaging with other men on intellectual, spiritual and emotional levels.

Rosh Hodesh, Dec 20, Jan 17, Feb 14, 6:30pm
led by Rav Tiferet and TBZ women
Each month, we provide a welcoming place each month for TBZ women to meet and share their experiences as Jewish women with a different theme each month. See page 7 for more.

Book Club
Dec 13: Strangers and Cousins by Leah Hager Cohen
Jan 10: Life of David by Robert Pinsky
Feb 7: The Man who Never Stops Sleeping by Aharon Apelfeld
Monthly meetings on Sunday evenings at TBZ feature lively discussions of books by or about Jewish people, alternating fiction and non-fiction selections. Please join us at any time during the year by contacting the Coordinator at tbzbookclub@tbzbrookline.org

TBZ Therapists’ Connection, Every Other Thursday
Therapy is typically a place where the focus is on the client’s concerns and the therapist usually does not share her or his personal stories or information. Do we bring our personal stories and/or ways of coping into the session? Or focus only on the client’s concerns? Are there any “right” ways of doing this? Come be part of the discussion. If you are interested in participating, contact Jenny Berz: jberz@gmail.com

21-Day Racial Equity Habit-Building Challenge
The Racial Justice Working Group also invites you to participate in the 21-Day Racial Equity Challenge, from the American Bar Association. These 21 “assignments” include readings, videos, and podcasts, and focus on the Black experience of racism in America. We’re organizing participants into groups of 4 who work through the challenge together, meeting on-line once a week. Please reach out to Susan Bookbinder (susanbookbinder@comcast.net) for more information.
Annual Synagogue Council of Massachusetts Gala
December 3, 7:00pm
SCM will be Celebrating Heroes of each community, including three TBZ Heroes: Amira Sky Gergen-Barnett, Amy Bullock and Adam Teller. See Page 3 for more. For more information and to sign up go to: https://www.synagoguecouncil.org

An afternoon with Dasee Berkowitz,
Author of Becoming a Soulful Parent
Sunday December 6, 2:00pm
Becoming a Soulful Parent asks questions to help you explore the contours of your inner life, developing your internal compass as you lead your family with love and wisdom.

It is Time to Talk about Death
with Rav Claudia & Katherine Gergen Barnett
January 7, 2020 8-9:30 pm
Join Rav Claudia and Dr. Katherine Gergen Barnett for an engaging evening discussion on the importance of having conversations with our loved ones about our end of life wishes, ways to have these conversations, and an opportunity to reflect on our own wishes.

Tu B’Shvat - January 27 6:00pm
with Hazon CEO, Nigel Savage
“Our Torah is a “tree of life” because, just as trees grow and flourish and nourish us, so too we hope that Jewish tradition and the Jewish people will grow and flourish and nourish the world” says Nigel. Join us as we learn with him and celebrate the New Year of the Trees.

An Evening with Tommy Schnurmacher, author of
Makeup Tips From Auschwitz:
How Vanity Saved My Mother’s Life
Date to be announced.
This is a story of being a child of a Survivor and how the relationship between parents and children change as they age, especially as dementia creeps in.

A Conversation with Steve Hassan,
author of Freedom of Mind and Cult of Trump.
Dates TBA

Looking Forward to Spring!

Purim
Purim marks one year since our community last gathered fully. We don’t know if we will be virtual or in person yet, but it’s not too early to start thinking about how to make a time of true celebration and joy.
Stay tuned for a planning meeting.

10th Annual Women’s Retreat
This year, we will be celebrating our women in March, during International Women’s Month. Instead of a one-day women’s retreat we plan to have a week of programming for women. First Planning Meeting in January.

After Abel & Other Stories
with Rav Claudia and Leah Hager Cohen, March 1, 8, 15, 22, 7:30pm.
Join Rav Claudia and author Leah Hager Cohen exploring together the book: After Abel & other stories by Michal Lemberger. This Book retells nine biblical stories from the perspective of a pivotal woman. Rav Claudia and Leah will read with the group both the biblical text as well as the book. More information to come.
CONDOLENCES

• To Barbara Sternfield, her son Brett and their family on the death of her ex-husband Eddie Sternfield.
• To Tali Buechler Walters, Peter Buechler and their family on the death of Tali’s father, Fliegle Martin Walters.
• To Jonathan Klein, Amy Schottenfels and their family on the death of Jonathan’s mother, Esther Bayla Small.
• To Amy Calpan and Geoffrey Lewis on the death of Amy’s mother, Barbara Caplan.
• To Anne Freeh Engel, Samuel Engel and their family on the death of Anne’s father, William Freeh.
• To Lise Stern and her family on the death of her father, Michael Stern.
• To Donald Goldman and his family on the death of his wife, Carol Goldman.
• To Molly Silver, Marty Teicher and their family on the death of Molly’s mother, Ruth Lee Silver.
• To Meryl Finkel, Joel Feldman and their family on the death of Meryl’s mother, Marilyn Finkel.
• To Mark and Yelena Dwortzan and their family on the death of Mark’s brother, David Dwortzan.
• To Paula and John Sinclair and their family on the death of Paula’s father, David Tovia Lowenthal.
• To Aviva, Benjamin and Martha Selling and their entire family on the death of their father, Dr. Ben Selling.
• To Ellen Foust and Rabbi Jeff Foust on the death of Ellen’s mother, Rozz Rusinow.
• To Melinda Strauss and her family on the death of her father, Walter Nadel.
• To David and Naomi Cherenson on the death of David’s father, Robert Jack Cherenson.
• To Mort Berenson on the death of his sister, Bernice Etcoff.
• To Sharon Bauer and her family on the death of her husband, David Breakstone.
• To Cindy Kaplan and her family on the death of her father, Larry Kaplan.
• To Jonathan and Lauren Garlick and their family on the death of Jonathan’s mother, Anita B. Garlick.
• To Connie Rabinovitz on the death of her husband, Marty Rabinovitz.
• To Debbie Gardner on the death of her aunt, Rose Spector
• To Brina Waldoks Ives and Ian Ives and their family on the death of Ian’s father, Steven Ives.
• To Joel Berenbaum on the death of his uncle, Dr. Morton Berenbaum.
• To Janet Echelman and David Feldman, and their family on the death of Janet’s brother, Michael Echelman and on the death of her stepfather, William Fleece.
• To Evelyn Frankford on the death of her cousin, Susan Greenwood.
• To Jonathan Solomon and Irene Abrams and their family on the death of Jonathan’s father, Julius Solomon.

May their souls be bound up in the Bonds of Eternal life.

Hamakom Yinhem Etam Um-Shem Avraham Etzion Yirushalayim.
DONATIONS

FEBRUARY 26-OCTOBER 30, 2020

Laura Stein & Alexander Pincus
Barbara Stein & Yaron Pincus
To Rabbi Lev and Joyce Freidman on the birth of a grandson, Oren Samuel Friedman Allen

YAHZEIT DONATIONS

Leah Abrahams
Roberta Isberg & Seth Alper
Laurie Alpert & Barry Weiss
Esira Annenberg
Rick Bankhead & Kemper Thompson
Lydia Baumrind
Mort Berenson
Mark Bloiger
Susan Bookbinder
Lilly Pelzman & Jeffrey Borenstein
Phyllis Brawarsky & Noah Fasten
David Breakstone
Ron Canetti & Ronit Rubinfeld
Judith Caplan
Randi Cohen & Bill Coblenz
Naomi Cotter
Aaron & Jan Darsa
Rachel DiBella
Marcia Dector
Karen Barr & Andrew Engel

FEBRUARY 26-OCTOBER 30, 2020

L’Chaim

• To Jan and Aaron Darsa on the birth of a granddaughter.
• To Matan BenYishay and Rabbi Jen Gubitz on their wedding.
• To Linda and Len Rosen on the birth of a granddaughter, Mariana Rosofsky Rosen.
• To Barbara Sternfield on the wedding of her son Brett to Michelle.
• To Jay Zagorsky and Kim Meyers on the wedding of their son Josh to Christine Tian.
• To Alan Shapiro and Priscilla Harmel on the birth of a grandson, Noah Lev.

DONATIONS

Beth Badik
Phillip Bakalchuk
Rick Bankhead & Kemper Thompson
Lori Bernstein
Barry Blum
Susan Bookbinder
Sheri Brown
Beth Burnham
Gary Cohen
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Jacob & Rosalind Joffe
Robert & Susie Kaim
Leezah Kapuler & Svetlana Mondrus
William & Judith Kates
Josie Kates
To Rabbi Lev and Joyce Freidman on the birth of a grandson, Oren Samuel Friedman Allen

SPRING KIDDUSH FUNDRAISER

Leah Abrahams
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Katherine Gergen Barnett & Mark Barnett
Steve & Teri Barnett
David Barry & Ahitza Gonzalez
Richard Bennett & Deb Gaffin
Matan & Jen BenYishay
Lewis Berk & Lucila Halperin
COMMUNITY MEETING & HANNUKAH CELEBRATION

Please join us on the Fourth Night
Sunday Dec 13, 3:30pm
For our bi-annual community meeting

Hear about the state of the shul and elect
our new slate of directors

and Celebrate Hannukah together!

TEMPLE BETH ZION
1566 Beacon Street
Brookline, MA 02446

ADDRESS SERVICE REQUESTED