

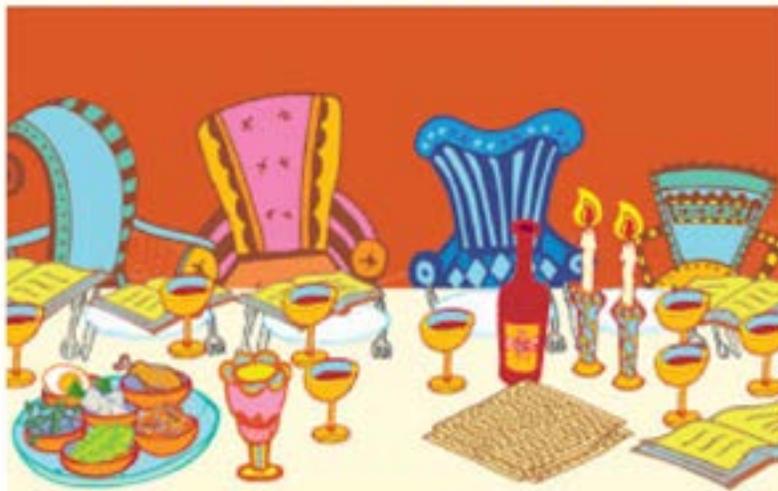
Chai Lights

April Issue

Congregation Beth Shalom

CYBER SEDER

Thursday, April 9th @ 5:30pm



Join Rabbi Nancy And Your CBS Family
For Our **First** Virtual Seder

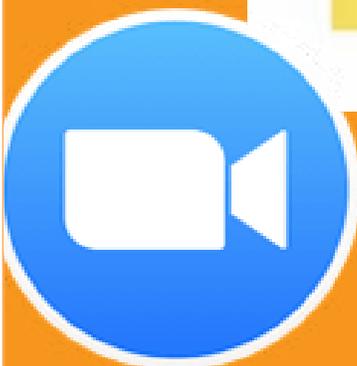
You only need:

A Seder Plate, Wine or Grape Juice, A Cup for Miriam and One For Elijah

Meeting Opens @ 5:30pm, Services @ 6:00, Service Ends @ 6:30pm

Click here
for Zoom
link to Seder

Click here
to download
Haggadah



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Ma Nishtana?

What makes this Passover different from all others?



This is the Passover none of us have ever experienced. It is the same story we know, retelling of our exodus from slavery in Egypt. However, as Elana Newstone points out (New York Times Opinion 3/30/2020) it seems as though each aspect of the story and rituals now seem almost cruelly ironic.

In the Exodus, we were leaving what had become 'home' in Egypt. Now we self-quarantine inside our homes. We speak of the plagues that ultimately saved us, and now we are all the victims of the pandemic caution. For Passover cleaning, we are to clear our homes of all non-Passover food, except of course, many of us just spent hours and dollars gathering just in case. And worst of all, many of us love Passover as a time when loved ones flock together, and this year we cannot. When the Haggadah begins with the words, "Let all who are hungry, come and eat," we know that means not within six feet.

And yet, there will still be Passover. It is our resilience, our stiff necked obstinance that comes shining through

with the afikomen in hand and the mirth of Dayenu in our voices. Passover, our central holiday of freedom has proven throughout the generations that it can generate new meaning and solace in circumstances even more extreme than what we are living through now.

The Hebrew word Pesach, comes from the meaning “to skip.” The angel of death skipped over the houses of the enslaved Israelites who were striving for freedom. This year Pesach, the skipping over, is our ability to do the most unusual of all, innovate in quarantine, a seder will bring meaning to our lives and comfort to our souls. And with the blessings from above, next year’s Passover will be a celebration like no other.

In the meantime, to prepare for Passover 2020, this is what we need to know. It is customary to do a serious spring cleaning and also to remove edible chametz from our kitchens. That means the food that has leavening. The yeast that rises is what makes chametz, well, chametz. Spiritually it represents arrogance that we are in control of everything. Clearly the corona virus has clarified that made it clear that we are not the ones dealing the cards, but we can play our hands.

In order to escape the narrowness of Mitzrayim (the root of which means narrow straights) we remove the symbolic puffiness so that we can get through.

Practically speaking, either bag up the chometz foods (pasta, breads, cereals) and put into grocery bags. Traditionally Jewish people “sell” their Passover inedible foods to a non-Jewish friend or neighbor for a very small amount of currency. At the end of the holiday we would return the currency and the bagged food would returns to us.

In these unprecedented times, a sign of faith may be giving some or all of the Passover forbidden foods to the food bank so that those who are hungry truly can eat.

Another chametz suggestion is to gather up clothes we no longer wear and prepare them for give away. Releasing that which we no longer need and providing something for others is a mitzvah.

For the CBS Zoom seder

Zoom is a means of using our computers to connect with one another. Even Orthodox rabbis in Jerusalem have given special dispensation for people to use Zoom video conferencing on Seder night to connect with one another. However, families must turn on their device and open the Zoom app before sundown to comply with the prohibition on the use of electricity, computers and phones on holidays.

The rabbis said this was “to remove the sadness from seniors and the elderly and to give them motivation to keep fighting”.

If you have a computer and would like to know how to get the Zoom app and utilize it, we have a number of CBS folks with the deep pockets of patience to walk you through. It makes them feel useful to help.

For our CBS Zoom Seder: You will need two candles and matches. Wine cup and grape juice or wine, Matza, horseradish (but if you cannot find it, this year wasabi is fine) parsley for dipping, salt water, a roasted shank bone, and a roasted egg. For those who choose a vegan seder plate, use a roasted beet instead of bone, and since the egg represents fertility and renewal, a flower of spring can be used.

Friends, of course we are disappointed because we cannot celebrate the way we're used to. But we also remember matza, the unleavened cracker we eat because Jews rushed out of their homes before their bread could rise? Our entire holiday is rooted in glorifying a moment when life unfolded in very unexpected ways — and human beings found meaning, even liberation, in it.

Passover 2020 will come only once so we might as well embrace it and as our DNA teaches, be resilient. May this Passover be one of profound meaning and inspiration. And next year in Jerusalem!

With love and strength
Rabbi Nancy

A handwritten signature in blue ink that reads "Rabbi Nancy". The signature is written in a cursive, flowing style.

A Time for Reflection

Hello! Good to be chatting with you again!
Life has been a bit different these days...but you already know that. One of the things I was thinking about today is how Shabbat is so different – so distance, yet so close to the way we should be spending it.



On a recent Friday night, I attended a Zoom pre-Service Oneg and saw the faces of many that I missed so! I didn't realize how much I missed them until I saw them again! Many were with us at Purim, which now seems like a lifetime ago. Following this Oneg, Dave and I watched a YouTube Friday Night Services video with Rabbi Nancy sharing with us the blessings and the messages that we needed to hear so much. So distance, yet so close and the way we should be spending it.

Then, on the next day, I attended a Zoom Torah Study. Again, a very new experience, but a very comforting one as well. Being with many that I knew and some new faces – we actually had someone join us from Chicago. We couldn't do that on a typical Saturday morning! So distance, yet so close and the way we should be spending it. Shabbat is meant for us to slow down, to rest, to reflect. Blessings are counted and lessons are learned from the week's Torah portion. Torah comforts me. I find hope, connection, peace and guidance to help me in these unusual times that we are living in. Torah gives me strength when I am needing it the most.

I talk to my 94 year old mother daily on the phone and see her once a week to provide her groceries. She is doing really well but she is getting lonely. I know that she misses her family visits. I video chatted with my son, daughter-in-law & my 16 month old granddaughter last week. Her beautiful face lit up when she saw her "zayde"...oh and her bubbe too! I miss them so but my faith helps me to understand this and accept this day by day. We need to stay sheltered, we need to stay safe, and we need to stay healthy.

This isn't going to last forever...we all know this. We take this journey one day at a time. We introduce technology into our daily lives that we typically would not use, but are so thankful that we have it. And we look to Torah for lessons, for answers, and for comfort in times that we are going through.

I hope to see you very, very soon.

Take care,
Roberta Malkin

CYBERLIVING



HELP US BY

Joining members of our talented community who are coming together to offer a series of classes, on different topics, and are donating 100% of the funds to CBS.

Contact Carol Schreiber administrator@cbshalom.org
with your ideas

You can choose to present these on ZOOM or make individual videos and send them to: rick@cbshalom.online

CYBERLIVING WITH CBS

Find The Clickable Icons To All Services
and Events At:

cbshalom.org/cyberfaith

Shabbat Service

Friday 4/3 @ 6:00 PM First Friday Family Shabbat
with special guests Sharyn and Elliott Gardner

Every Friday @ 7:00 PM

Video on Congregation Beth Shalom YOUTUBE

Torah Study

Every Saturday @ 9:00 AM

with Rabbi Nancy

Via ZOOM Meeting

Havdalah

Saturday 4/4 @ 8:00 PM

with special guest Leah Zarchy

Every Saturday @ 8:00 PM with Rabbi Nancy

Video on Congregation Beth Shalom YOUTUBE

Coffee with Rabbi Nancy

Every Monday @ 9:00 AM

Via ZOOM Meeting

Sharing With Our CBS Family

The Cooking Crew

Vegan Recipes From The Davis Porter
Family [Here](#)

Healthy Cooking Recipes With Holly Ilfield
[Here](#)

Taco Tuesday With Rick Snyder [Here](#)



For Your Listening Pleasure

Jeff Swatt Plays The Oud [Here](#)

Rabbi Nancy Sings Passover [Here](#)

Kabbalah Corner

With Education Director Benjamin [Yudin](#)

A Kabbalistic View Of The Passover Seder
[Here](#)



All Available at CBShalom.org/cyberfaith

Congregation Beth Shalom

Neshama Program

The Heart and Soul of Jewish Education



Our Vision

Our education program's vision is to provide an environment where each child's soul and abilities are celebrated. We nurture our children's and teen's love for learning our Jewish history, traditions and Hebrew language so that they integrate Jewish values for a life of kindness and fulfillment.

Our Program

Focuses on **upbeat teachings to provide a heart-based** understanding of Judaism in a fun environment.

Relies on **active learning principles** that utilize discussion, movement, team projects, family, art, music and more.

Groups children across an age continuum to allow for **peer learning and development of diverse friendships**.

Provides opportunities for children and teens to practice **tikkun olam** (healing the world) and to expand their **learning by exploring the community at large**.

Engages the **whole family** toward building a strong congregational community for children.

Offers Hebrew language learning in a **flexible schedule and personalized format** such as online and onsite tutoring sessions.

Neshama Program "An Introduction" Video

ONLINE APRIL 15th at cbshalom.org

April Yahrzeits

Ethel Marks Josephs
Paul Finkle
Herman Capitman
Dorothy Robby
Robert Freedman
Mychelle Karlton
Belle Jaffe Dressler
Anna Ruth Kahn
Harold Dames
Gertrude Lewis
William Gardener
Jonas Babitz
Lillian McCord
William Pinion
Lillian Ziv
Edna Brenin
Ed Johnson
Bernard Schultz
Harry Kaplow
Robert Spivak
Alfred Spivak
Rita Backer
Irving Schultz
Robert Bennett, Sr.
Alex Sandronsky
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Beatrice Korn
Leon Korn
Rose L. Cohn
Lawrence Milton Davis
Grace Weiss
Richard Arbit
Leon Michel
Julian Kaplan
Sam Tabachnick
Francis Rosenberg
Carolyn Vollmer
Esther Azen
David Massoth

Jacqui Evans
Helen Doneger
John Sellaro
Jeffrey Nathan
Sigmund Rosenblum
Daniel Halpert
Abe J. Harris
Patricia Frey
Leah Ostrow Canter
Reta Malkin
Edythe Asch
Charles Greenstein
Edna Cohen
Sally Selma Nathan
Rae Golub
Rose Duke
George Michel
Gary Halfant
Estelle Klipp
Harry Cousin
Maurice M. Rifkin
John Clark
Albert Elias
Julia Bos
Thomas P. Ballard
David Clarke
Harry Zarchy
Morris David Canter
Mota Beryl
Belle Udane
Claude S. Ray
Lawrence Katz
Saul T. Benjamin
Sarah Ammer
Zelda Segall
Sheldon Rosenberg
Morton Landau
Judith Cowen
Jules Michel

Lillian Beverly
Evadale Young
Israel Staviv
Ivan Levin
Max Paykel
Eva Hochstat
Evelyn Eisenstat
Larry Vigor
Helen Smith

*May their
memory be forever
a blessing*

MINE EYES HAVE SEEN THE GLORY - by Laura Garfinkel

Our Fathers who art in heaven,
hallowed be your names.
I have given myself fully
to the sacred year of mourning.
Completed the physical and emotional tasks
required of me and for me.
With these unveilings, I open my eyes
to the Spring wonderment of my life.
Like recitation of the Sh'ma each Friday,
hand over eyes renewing faith,
showing trust and complete surrender,
I now open those same eyes
to all the possibility and opportunity.
To the people there are to love
and the life there is to lead.
I have done my due diligence.
I have fully grieved and
thus marks the spot to turn a corner
to set myself free.
To look to the color and light and future,
as we enter this time of Easter and Passover,
cleansing feet and cleaning homes.
A time of rebirth and Spring.
Dying and Resurrection.
Candlelight turns to sunlight.
Freedom of those who would be slaves and
from the constraints of our minds and hearts.
Spring giving us freesias, tulips, daffodils and crocus
where thoughtful gardeners remembered
to plan and to plant Fall bulbs.
Spring reminds us that
we reap what we sow and
that the preoccupation of the Fall
shows in the absence of what
could have been in the Spring.
I will not regret,
I will tend my garden and
try to notice and embrace
each season as it comes . and then let it go again
as one passes to the next.

April Birthdays and Anniversaries

Marcy Merrill
Miriam Noble
Timothy Noble
David Malkin
Katie Braverman
Jim Warner
Alvin Paykel
Blake Saksenberg
Benjamin Cornfield
Cindy Attia
Karen Brandt
Grace Wallach
Zoe Grossman
David Seidenwurm
Leo Bernstein Newman
Joel Elias
Brian Sullivan
Amalia Birch
Norman Black
Katherine Henderson
Aaron Forman
Paige Plank
Carol Klein
Hannah Davidson
Jessica Kurtz
Gilbert Simon
Janet Radding
Benjamin Sol Meyer
Katrina Dolenga-Schwartz
Sarah Garfinkel
David Ginsburg
Santiago Rodriguez
Julia Davis Porter
Joanne Bekhour
Brian Sullivan
Nicole Lawrence
Mari Golub

Leah Ezekiel
Carol Klein
Evan Schardl
Katherine Henderson
Karen Elkins
Steven Black
Debra Compson
Natalie Duke
Tatyana Kagan
Norman Black
Misha Igra
Eliza Wechsler-Azen
David Meyer
Hyman Tabachnick
Richard Nicoles
Sandra Biren
Donald Parks
Alison Black
Karen Wolf
Karen Elkins
Jeffrey Leibenhaut
Jacob Sandman
Angela Ezekiel

ANNIVERSARIES

Jan Hagen & Mike Hagen

ONE NIGHT
IN THE

Tropics

New Date
6.28.20



Life & Legacy Donors

Thank you for committing to a lasting contribution for the future of CBS!

Add your name to the list of people who are assuring Jewish tomorrows!

For more information about the Life & Legacy Program and how to participate, please contact the office to get connected to one of our Legacy Team Members.

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Marlo Dewing

Dana Drukler

Jack & Angela Ezekiel

Alla Gamarnik & Joel Blank

Laura & Len Garfinkel

Ivan Gennis (z"l)

Monica Gershonzon

Mario Giacomotto

David Ginsburg

Mauria Hirning

Holly Ifeld

Lydia Inghram

Jenny Jeffrey

Steve Jeffrey

Linda ER Jones

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Judy Lewis

Steve Lewis

Terry Luedtke

Dave & Roberta Malkin

Sheree & David Meyer

Arika & Jonathan Mills

Dean Mirdle

Deborah Nelson

Scott Parrish

Jean Rubin

Tivon Schardl

Andrea Segal

Miriam Simon

Ron Simon

Deon Stein

Elizabeth Stein

Ann Marie Steinke

Jana & Brian Uslan

Rabbi Nancy Wechsler

Karen Wolf

Wendy Wilson

Sheila Wolfe & Chris Drouin

Wendy & Saul Zales

LIFE & LEGACY is a partnership program of the Harold Grinspoon Foundation (HGF) that assists communities across North America, through partnerships with Jewish Federations and Foundations, to promote after-lifetime giving to benefit Jewish day schools, synagogues, social service organizations and other Jewish entities. Through training, support and monetary incentives, LIFE & LEGACY motivates Jewish organizations to secure legacy gifts, steward donors and integrate legacy giving into the philanthropic culture of the Jewish community.



Yes, EVERYONE can be a Life & Legacy donor!



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Join us 9:00 am
On Saturdays
for Torah Study

We focus upon efforts of peace
and reconciliation within each
parasha.

Remember a Loved One
with a Yahrzeit Plaque



Only \$250

Contact office@cbshalom.org
for guidelines and details.

Please visit the back page to contribute to
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There are many from which to choose—
what is your passion? Help sustain Jewish
programming!





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Name _____

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Send to:

CBS

4746 El Camino Ave.

Carmichael, CA

95864

ATTN: Chai Lights

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Please support the local businesses in our neighborhood.**

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(916) 514-0830



4120 El Camino Ave.
Sacramento, CA 95821
916-588-2701
www.crossfitlococho.com



CBS is proud to announce its adoption of *Mishkan HaNefesh*, the new two volume *Machzor* for the Days of Awe.

**One set of *Mishkan HaNefesh*
is only \$50!
\$100 "buys" one set for you
and one set for the congregation.**

All donations will be acknowledged with a bookplate in the prayer books.

Donations should be made to CBS (Religious Practices Committee) and should identify the "New *Machzorim*" as the purpose of your donation.



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Amazon contributes to CBS when you connect to them through our link. It costs you nothing and benefits the congregation.

Go to smile.amazon.com. The first time you go there, it will ask you to choose your Charity. Our Temple Charity name is listed as Sacramento Jewish Fellowship of Carmichael. That's about all!

- ⇒ Select to support Sacramento Jewish Fellowship
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Jewish Federation of the Sacramento Region is now accepting donations for its Kosher Food Pantry.

- All goods should be non-perishable and have a kosher symbol.
- Items may be delivered to the Federation office at 2130 21st Street, Sacramento. We also accept toiletries and Judaica items.
We always need:
 - ⇒ Pasta/sauce
 - ⇒ Breakfast cereal
 - ⇒ Tuna
 - ⇒ Canned fruits and vegetables
 - ⇒ Peanut Butter
 - ⇒ Crackers



Friday Night Shabbat Services:

1st Fridays: 6:00 pm 2nd, 3rd, 4th, & 5th Fridays: 7:00 pm

Saturday Morning Torah Study:

9:00 am

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To insure proper recognition, please use this tribute form when sending your tribute.

Please return completed form to CBS Office