

March-April 2023 | Volume 67, Issue 4 | Adar-Nisan-Iyar



March Worship Schedule

Friday, March 3 - Shabbat Tetzaveh

5:00 pm Munchkin Minyan – Haines Chapel

5:30 pm Shabbat Family Dinner – Social Hall

6:30 pm K, 1 & 2 Grades Family Shabbat Worship – Gitlin Sanctuary – *Live Stream*

Saturday, March 4

9:00 am Shabbat Worship with the Bat Mitzvah of Marly Jade Gartside, daughter of Robert and Wendy Gartside

9:30 am Torah Study

11:00 am Shabbat Worship with the Bat Mitzvah of Emily Bella Forti, daughter of Matthew and Sarah Forti – *Live* Stream

Monday, March 6 - Erev Purim

4:30 pm Preschool Purim Pizza Party (RSVP required)

5:30 pm Purim Schpiel, Megillah Reading & Worship Service and Brotherhood Scotch Garden

Friday, March 10 - Shabbat Ki-Tissa

7:30 pm Shabbat Worship – Facebook Live & Live Stream

Saturday, March 11

9:30 am Torah Study

11:00 am Shabbat Worship

5:30 pm Havdalah Service with the Bar Mitzvah of Ian Matthew Stein, son of Robert and Charla Stein

Friday, March 17-Shabbat Vayakhel-Pekudei

7:30 pm Shabbat Worship with the Adult Choir – Facebook Live & Live Stream

Saturday, March 18

9:30 am Torah Study

11:00 am Shabbat Worship with the Bar Mitzvah of Hayden Chase Downer, son of Melissa Downer and Nigel Downer – *Live Stream*

5:30 pm Havdalah Service with the Bat Mitzvah of Stevie Paige Altman, daughter of Ben and Rebecca Altman

Friday, March 24 - Shabbat Vayikra

7:30 pm Shabbat Worship – Facebook Live & Live Stream

Saturday, March 25

9:00 am Shabbat Worship with the Bat Mitzvah of Grace Benoff, daughter of Bart and Sarah Benoff

9:30 am Torah Study

11:00 am Shabbat Worship with the Bat Mitzvah of Skylar Jane Rostolsky, daughter of Brad Rostolsky and Jennifer Udis – *Live Stream*

Sunday, March 26

2:00 pm Sisterhood Unity Seder

Friday, March 31 – Shabbat Tzav

7:30 pm Shabbat Worship – Facebook Live & Live Stream

April Worship Schedule

Saturday, April 1

9:30 am Torah Study

11:00 am Shabbat Worship with the Bar Mitzvah of Colden Karl, son of Michael and Tovah Karl – *Live Stream*

Thursday, April 6 - Passover

9:00 am Passover Worship with kosherfor-Passover brunch to follow

6:00 pm 2nd Night Community Seder with Rabbi Jason Bonder (RSVP required)

Friday, April 7 - Shabbat Pesach

5:00 pm Munchkin Minyan 6:30 pm Family Shabbat Worship – Facebook Live & Live Stream

Saturday, April 8

9:30 am Torah Study 11:00 am Shabbat Worship

Wednesday, April 12 – Last Day of Passover

9:00 am Last Day of Passover Service with Yizkor and Dedication of Memorial Plaques with kosher-for-Passover brunch to follow

Friday, April 14 – Shabbat Shemini

7:30 pm Shabbat Worship – Facebook Live & Live Stream

Saturday, April 15

9:00 am Shabbat Worship with the Bat Mitzvah of Sophie Maribel Sauer, daughter of Jonathan and Sarah Sauer

9:30 am Torah Study

11:00 am Shabbat Worship with the Bar Mitzvah of Joshua Ari Levin, son of Jay and Allison Levin

Friday, April 21 Shabbat Tazria-Metzora

7:30 pm Shabbat Worship – Facebook Live & Live Stream

Saturday, April 22

9:00 am Shabbat Worship with the Bat Mitzvah of Zoe Reese Brownstein, daughter of Ira and Jennifer Brownstein

9:30 am Torah Study

11:00 am Shabbat Worship with the Bat Mitzvah of Liv Harper Steinberg, daughter of Matthew and Rachel Steinberg

Friday, April 28 Shabbat Aharei Mot-Kedoshim

5:00 pm Young Family Israel 75 Party with RAK-DAN 6:15 pm Israel 75 Pre-Neg

7:30 pm Shabbat Worship celebrating Yom Ha'atzmaut

Saturday, April 29

9:30 am Torah Study 11:00 am Shabbat Worship with the Bat Mitzvah of Samantha Lynn Silverman, daughter of Michael and Rebecca Silverman – *Live Stream*

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Change Here and Abroad

Rabbi Gregory S. Marx, Senior Rabbi

Wonderful new things are afoot at Beth Or. As we all know, Rabbi Jason Bonder has been named Senior Rabbi Successor. He will officially take the position of Senior Rabbi on July 1, 2024. I am thrilled about this choice. The synagogue leadership recognizes, as do I, his tremendous skill, heart and wisdom. He cares about each and every one of us and will take Beth Or to ever greater heights. I ask all of you to honor his dedication to Judaism and the Jewish people. Second, Cantor Murley has been officially named as Cantor of our community. Of course, she has been with us for over ten years, but in that capacity, she has deferred to Cantor Green. Now she is the lead Cantor of our community. Again,



Rabbi Gregory S. Marx

I could not be happier that she has

From the Rabbi's Desk

been officially named Beth Or's Cantor. In the fall of 2023, Rabbi Bonder, Leslie Weiss, the incoming president and I, look forward to

installing her on a Friday night. Lastly, we all are thrilled to welcome Robin Minkoff as our Executive Director. She has big shoes to fill, but from everything I know about her, she will excel in this position.

Not all new things, however are to be celebrated. Honestly, I am not thrilled about the changes in Israeli leadership. Prime Minister Netanyahu has partnered with the most extreme politicians in Israeli history. Israel has always been a bastion of Jewish values, led by leaders like Menachem Begin, David Ben Gurion, Yitzhak Rabin, Shimon Perez and Golda Meir. Netanyahu, in my opinion is different from Israel's previous leaders, as he is more concerned about his political future and dodging criminal charges than he is about taking Israel to new heights. He has aligned himself with some of the most fringe right figures in Israeli history.

Having said that, I need to say something very important to me, when it comes to Israel. **Regardless of who heads the government, I will never abandon the state of Israel.** I support Israel and her people, and her right to exist, irrespective of who is head of state. Israel's history is not only biblical, it contemporary. The streets of every Israeli town are not only named after Abraham and Sarah but also named after Theodore Hertzl and Avshalom Feinberg (look him up.) My heart still rejoices when I walk her streets and spend time with my people.

Sadly, no other country is slated for destruction like Israel is. Of the hundreds of countries who are members of the UN, only Israel is targeted for destruction by the likes of Iran, Hezbollah and Hamas. Only Israel fights for its right to exist. And why is that? It is because Israel is the only Jewish state in the world. Ireland does not fight to exist. Germany does not fight to exist. Only Israel does. Only Israel is called an apartheid state on college campuses. When women are targeted for death in Iran for a perceived lack of modesty, when Muslims are segregated, re-educated and discriminated against in China, when there is no freedom of speech in North Korea and Russia wages war on Ukraine, the college campuses turn their ire only against Israel. Our children have to walk past "Israeli Apartheid Walls," Israeli academics are shunned and Jewish students are discriminated against because they "dare" to support Israel.

I will stand with Israel regardless of who is in office. I am a proud progressive Zionist and will never turn my back on Israel. I am proud of our students who do not turn away from their homeland even under blistering pressure.

Change can be wonderful and daunting all at the same time. I welcome the change to the leadership of Beth Or. I do not embrace the change in Israel's new government. One thing, however, will never change; my constant love of this sacred community, Beth Or and my historic homeland, Israel.

President's Corner

Our NEW Leadership Team is Forming!

Gwen Silverstein, Beth Or President

Dear Congregation Beth Or Members,

I have three pieces of wonderful news to share with you all.

First, it is with great pride and excitement that we announce the promotion of our beloved Associate Rabbi, Jason Bonder, to Senior Rabbi effective July 1, 2024.

Rabbi Bonder has been a valued member of our community for 4+ years, and the Board is thrilled to recognize his achievements and hard work by his well-deserved promotion to this important role.

As Associate Rabbi, Rabbi Bonder has demonstrated a passion for Jewish life and learning, while providing inspiring leadership and guidance to our members. He has played an integral role in the growth and development of our congregation, and we are confident that he will continue to do so in his new role as Senior Rabbi.

We are proud to have Rabbi Bonder as a part of our community, and look forward to his continued influence on our journey as Jews.

Second, it is with great pleasure that I announce that our Interim Cantor, Jaime Murley will now be serving as our permanent cantor. Cantor Murley has been with us since 2012. During that time, working with Cantor Green, she has made a significant impact on our community, providing inspiring and uplifting music to enhance our worship services and special events, and engaging our children through a love of music.

As our Cantor, Cantor Murley will continue to lead us in song and prayer, providing spiritual and musical guidance to congregants of all ages. She will also work closely with our rabbis and other members of our staff to create meaningful and memorable worship experiences for our community.

The board and I are thrilled to have Cantor Murley as a permanent part of our community and clergy leadership team.

Lastly, it is with great excitement that I announce the appointment of our new Executive Director, Robin Minkoff.

Robin brings with her a wealth of experience and knowledge, having served in leadership roles in various non-profit organizations over the past 20+ years. In her previous positions, Robin has demonstrated a commitment to building strong, vibrant communities through effective management, innovative programming, and a focus on collaboration.

I am confident she will bring that same passion and dedication to our congregation and help us continue to thrive as a community.

As Executive Director, Robin Minkoff will be responsible for overseeing the day-to-day operations of the synagogue, working closely with our clergy, lay leaders, staff, and members to ensure that we are meeting the needs of the community. She will also play a key role in the development and implementation of our strategic plan, helping us to build a strong and sustainable future for our congregation.

Please join me in congratulating Rabbi Bonder on his promotion to Senior Rabbi effective July 1, 2024, commending Cantor Murley on her new permanent role as Cantor, effective July 2023 and welcoming Robin Minkoff as our Executive Director, effective June 2023.

I am looking forward to future events and installations to celebrate with all of you.

L'Shalom

— Gwen



Gwen Silverstein



Rabbi Jason Bonder

From the Rabbi's Desk

For Jewish people and our families, a trip to Israel is not a visit or a vacation. It is a return home. It is an entrance into the place that makes us who we are.

The Power Of Immersion

Rabbi Jason Bonder, Associate Rabbi

In December of 2022 I had the privilege of leading my first congregational trip to Israel. I was astonished to see how much my fellow travelers learned in only ten days. Yes, we filled almost every second of the trip with tours and events. Yes, we had a tour guide who knew everything about everything (our amazing tour guide, Meirav, speaks five languages), but I don't think that is what made the trip transformative. It was the magic of immersion that made it so powerful.

It is one thing to read Hebrew out of a book. It is quite another to hear it spoken all around you. It is one thing to see a photograph of a beautiful Israeli landscape. It is more powerful to see the landscape with your own eyes, knowing that you are standing in the same place where ancient Israelites stood

thousands of years ago. For Jewish people and our families, a trip to Israel is not a visit or a vacation. It is a return home. It is an entrance into the place that makes us who we are.

The two paragraphs above are most certainly an unabashed advertisement to travel to Israel with Congregation Beth Or. Rabbi and Laurie Marx are leading a trip this summer. It will be the last trip they lead before Rabbi Marx becomes our Rabbi Emeritus. I hope to lead a trip again very soon. Come join us for an experience that will change your life.

Jewish tradition has embraced the idea of immersive learning long before Jews were living in America. Two thousand years ago, the ancient rabbis knew well that learning the story of Passover from a book wouldn't be the same as experiencing it and so the Passover Seder was born. Instead of reading about unleavened bread, we eat matzah. Instead of reading about the bitterness of slavery, we taste the bitter herbs. Instead of telling our children that our ancestors were slaves in Egypt, we place ourselves in the story. "In each generation," says the Haggadah, "a person is obligated to see themselves as if they personally left Egypt."

A Seder, by design, is immersive. We dive into an ancient story and we make it come alive in our time and place. Here are a few ways to make your Seder more immersive:

- 1. Use costumes to act out the Passover story.
- 2. Place pictures of the landscapes of Egypt and Israel on your Seder table.
- **3.** Place a map of the region and a globe on your table to help people understand where these stories take place in relation to where we are.
- **4.** Recline on a pillow to celebrate our freedom, but also leave a walking stick and sandals in the corner of the room to remind people of that night in Egypt when the Israelites had to leave at any given moment.
- **5.** Try baking your own matzah. Here is a Youtube video to guide you from the Jewish Education Group, BimBam: https://www.youtube.com/watch?v=YWQTngCvMwI

Wishing you a very happy, immersive Passover!

Havah Nashirah (Let Us Sing a Song)



Jaime Murley



Cantor Jaime Murley, Interim Cantor and Junior Choir Director

I want this month's article to recognize the amazing work of the choirs at Beth Or. We have two groups...a junior choir and an adult choir. This is my first year working with the adult choir and I have to say what a fantastic joy it has been collaborating with this incredible group of people and musicians. With the support of their director, Roland Woehr, this year's High Holy Day season was truly a magical experience for me. They also did an incredible job at Shabbat Shirah, the Sabbath of Song, when they performed original music of our very own Roland. It was clear that evening, what a special relationship the choir has with its director.

I would be remiss if I didn't also point out a few wonderful people in the choir whose help has been invaluable to me. Paul Snyderman, who acts as music librarian, and Ellen Werther, who helps with communication, has made this year of transition seamless for me. I was completely surprised and delighted when they stepped up to help me navigate the workings of this well-oiled machine. I could not be more grateful for their kindness, patience, and help!

The junior choir has also blown me away this year. Covid had almost obliterated the group. By the time we were ready to bring the junior choir back after more than a two year hiatus, many of the kids had either been too young to have been able to be in the choir, or aged out during the Covid years. In the fall of this year, we basically started from scratch. I'm thrilled to report that we now have more than forty kids involved with junior choir and they are stronger and have more *ruach* than ever! With my teen assistant Gabby Miller at my side on Sunday mornings and Family Shabbat, the junior choir has learned over 50 songs this year! They performed for the High Holy Days, Sukkot, Simchat Torah, all the Family Shabbat Services and even showed up with a last minute call to sing at the vigil for Tyre Nichols.

This time of year is a favorite for the Junior Choir... Purim Schpiel time!! Since I've been leading the Junior choir, our Purim Schpiel themes have been "the 80's", "Hamilton", "Animal themed", "Greatest Showman", "Covid-themed", and "Marvel." This year we decided to try something totally different... A Sesame Street themed schpiel: something our littlest people in the Early Childhood Center will enjoy, but told in a way that will offer nostalgic fun for congregants of all ages! Be sure to catch performances on either Sunday, March 5 in the morning, or Monday, March 6 in the evening. I know you will be blown away once again by this amazing and talented group of young people.

If you are interested in joining any of our singing groups, please don't hesitate to reach out. This is actually a perfect time of year to start singing with our choirs so that you have less "catching up" to do when it comes to learning the High Holy Day music in the fall. So, please don't wait! You can reach out to me at jmurley@bethor.org with any questions.





Important School Dates

Friday, March 3 K, 1, and 2 Family Shabbat

Sunday, March 5 No Rishon – Purim Carnival

Sunday, March 5Purim Carnival

Sunday, March 5 Purim Schpiel 10:10 am -10:40 am

Sunday, March 12 2nd Grade Family Ed

Sunday, March 12Daylight Saving Time begins

Sunday, March 19 5th Grade Family Ed

Sunday, March 26 K, 1, 2 Model Seder

Sunday, March 26 No Rishon

Sunday, April 2
No Rishon

Sunday, April 2 No Sunday – Passover

Sunday, April 9 No Rishon

Sunday, April 9 No Sunday – Spring Break

Sunday, April 23 Chag Siddur for 3rd Grade

Sunday, April 30 4th Grade Naming

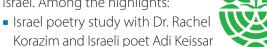
Sunday, April 30Taste of Religious School Program

Religious School **NEWS**

Israel Education for Educators

Aaron Nielsenshultz, Director of Religious School

At the beginning of February, I took the second step in the year-long Venture Israel Fellowship through Jewish Learning Venture and the Jewish Federation of Philadelphia. This step took me to Israel for a week with other educators from the Philadelphia area working with master educator Jonny Ariel. We met with speakers from all across the range of Israel to increase our educational portfolios and to gain insight into the full complexity of Israel. Among the highlights:









CONGREGATION BETH OR

- Learning with Pnina Falego Agenyahu, who came to Israel in Operation Moses; Vadim Blumin, who left the former Soviet republic of Ukraine in 1990 and Ayala Dekel, who grew up in a religious settler home and now works for the Bina secular yeshiva
- Planting trees in Naot Kedumim
- Security briefing with Helit Barel, former Director of the Israel National Security Council
- Political cartoons with Shay Charka
- Geopolitical tour of Jerusalem and its neighborhoods with Dr. Eran Tzidkiyahu
- East Jerusalem's Educational Bookstore with Mahmoud Muna
- Panel conversation between Rabbi Alex Israel and Dr. Salim Munayer
- Beit Avi Chai with Hadas Wolf-Yitzhak
- Food workshop and art with Shlomit and Nissimi Naim-Noar

I'll be working on bringing more in-depth Jewish education to our students over the next year, and this was an incredible start!



Aaron plants a tree for Tu B'Shevat • credit: Rabbi Abe Friedman



Aaron, Rabbi Sam Hollander, and Elana Rivel at Machane Yehuda in Jerusalem • credit: Rabbi Abe Friedman



Fellowship participants in Nissimi and Shlomit's Talpiyot • credit: Shlomit Nissimi

The CECE's BIGGEST Fundraiser of the Year

Sara Baum, Early Childhood Director

This year we will come together once again to raise money for our wonderful school. This will be our 15th year we grab our dabbers and yell out, "BINGO!" On Wednesday, March 22 in the Rosenfeld Social Hall, the CECE BINGO Night will take place. This night of BINGO and raffle baskets has been a favorite of many. Tickets are available now. It is a fun way to support the Zipporah S. Abramson Center for Early Childhood Education. Through this wonderful event we are able to provide scholarships, new materials for our classrooms and exciting programing for our children. Grab your friends and come join us for this amazing evening!

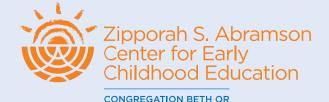


Sara Baum

Mark your calendars with these important dates coming up in the next few months:

March and April

- March 3 Munchkin Minyan honoring our 3 year olds and teachers
- March 3 CECE Purim Parade
- March 22 CECE 15th Annual BINGO Night
- March 27 CECE Passover experience
- March 28 CECE Passover Model Seder, 4's
- March 29 CECE Passover Model Seder, 3's
- April 7 CECE Spring break, Intersession for full time children
- **April 6** CECE Closed for Passover
- April 12 CECE Closed for Passover
- April 24-28 CECE Israel Week



15th ANNUAL

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WEDNESDAY, MARCH 22 IN THE SOCIAL HALL

RESERVE YOUR SPOT TODAY!

Pick up a registration form at the CECE Office \$65 for VIP Ticket • \$35 Standard Ticket

RSVP Deadline: March 10

Benefiting Zipporah S. Abramson Center for Early Childhood Education (CECE) at Congregation Beth Or

Israel...

Jillian Peskin, Director of Member & Youth Engagement

In May of 2008, at age 23, I was lucky enough to be a participant on a free trip to Israel, called Birthright. I had never been to Israel before; I didn't know many people I was travelling with; I had no idea what to expect. Seeing Israel for the first time is a magical experience, knowing that the ground I walked on was walked on by Jews for millions of years. Seeing the rich history, combined with modern culture truly took my breath away. On top of that, I was immersed in a group of people at my age and stage of life. I went on to make best friends from this trip. One friend was a bridesmaid in my wedding and now our children have playdates! It was such a profound experience in my life — and it was free — a true blessing!



Jillian Peskin

Fast forward to 2011. I was again a participant in an Israel trip — this time on a young leadership mission through Jewish Federation called Israel360. Again I made lifelong friends,

but this time I got to see much more of Israel. We got to visit the green line and meet with people living in hostile neighborhoods. We went to Sde Boker (a kibbutz in the Negev) and saw the grave of Ben Gurion. We went to a kibbutz where they were growing grape tomatoes (first invented in Israel!). We volunteered in Israel's sister city and shared meals with the residents. This trip was another life changing experience!



From there I was blessed to be a leader on four Birthright trips to the Holy Land! While I thought that seeing Israel for the first time was pure magic — I didn't know it could get better! **Seeing Israel through someone else's eyes for the first time is amazing.** I am so blessed to have helped people learn to love the land I call a second home and make lifelong friendships (and 2 marriages!!). These are all experiences I will treasure for the rest of my life and hope to pass on to my children.

Here we are in 2023. Israel is still complicated. We are seeing the other side of Covid. Everything is expensive. LOTS of young American Jews want to go to Israel for free. Summer Birthright registration opened this past February and closed 2 days later — which is unheard of! They had a record number of applicants — many of whom are reaching the top of the age limit because they missed going during the thick of the pandemic. Many trip organizers closed during the pandemic. The cost per person for each trip has almost tripled, meaning there are less available spots. I am sure many of you reading this know someone who is affected by these sad circumstances.

What can you do? Sadly, not much — but here are a few tips:

- Keep an eye out in September when Birthright Israel opens winter trip registration.
- Choose a trip organizer who is pluralistic in their mission. (please reach out if you need help)
- If the applicant is a college student see if their Hillel is running a trip.
- Be patient

If this opportunity presents itself to you, your children, or grandchildren — don't wait — GO! This year we celebrate 75 years of the State of Israel — it is a true gift not to be taken for granted.

DREAM 2 DEEDS Success!

Rachel Shapiro, Youth Engagement Advisor

Students were given the opportunity to take part in a new initiative; Dreams 2 Deeds. The synagogue, in its generosity, has budgeted \$18,000 to be given towards social service projects. We gave the opportunity to our teens (Grades 10-12) to apply to propose an action plan to give back to a cause or organization of their choosing. Our first student to complete her program was Allie Winegrad. Read below to hear more about her successful event:

Last week I hosted a tea party to spread an awareness of epilepsy. The tea party is named after Marty and Marsha, a couple who was always involved in the Epilepsy Foundation of Eastern Pennsylvania. The EFEPA is a non-profit organization that raises money and awareness for epilepsy. At the event, there was a presentation with facts about epilepsy, seizures, and how to recognize one. There was food, brain games and tea for everyone to enjoy!



Rachel Shapiro

With help from Rabbi Marx and Rachel Shapiro, I was able to create this event to help spread awareness. With the questions asked after the presentation, everyone learned something new. I am happy that I could help educate people about epilepsy and seizures. Most people are not that educated, so it motivated me to help people understand because it is a brain

condition that affects over 3 million Americans. Whether you have epilepsy, a family member, friend, or you do not know anyone, I think it is important to understand the condition and the different seizures and be able to recognize when someone is having one so you best know how to help. We have also donated money to help a child with epilepsy attend Camp Achieve, a camp where children with epilepsy can go and have fun! We also donated money to go to teaching seizure recognition and first aid to a school district in Eastern PA, to keep teachers and students knowledgeable should someone have a seizure. Thank you to everyone who made this event successful as it was exciting and wonderful to do this mitzvah!









Meet Our B'nai Mitzvah Students

Marly Gartside

March 4

For my Mitzvah Project I decided to support **Meals That Matter** that supports **KleinLife Jewish Community Center** by making 150 meals for people less fortunate than we are. My Mom, Dad and sister and three of my friends

came together in the Beth Or kitchen



to prepare, cook and package 150 meals. For those who are interested, you can contact Beth Or for details about volunteering. This project is important to me because I love to help people who don't have as much as I do. All people deserve healthy meals and shouldn't have to worry where their next meal is coming from.

Emily Forti

March 4

For my Mitzvah Project, I am focusing my efforts to help reduce hunger locally and around the world. This is important to me because no one should have to go hungry.



First, I chose to raise money for **One Acre Fund** (www.oneacrefund.org).

Farmers in Africa struggle to grow enough crops to feed their families. I created a cookbook with recipes my family and I contributed. My goal is to distribute cookbooks and encourage recipients to donate to help African farmers. If you're interested in a recipe book, please email *EmilyBatMitzvah2023@gmail.com* to request an order form.

I'm also donating time each month to the **Jewish Relief Agency**, www.jewishrelief.org. JRA is a food bank where I pack boxes with food that JRA provides. Then, I help deliver the boxes to those in need. I love delivering because I enjoy seeing faces light up when I distribute the boxes.

lan Stein

March 11

For my Mitzvah Project, I chose to volunteer and support *Special Olympics Pennsylvania*. I volunteered at their Fall Festival on Villanova's campus. I cheered on soccer players and supported the athletes who were competing for the gold medal. It was nice to see people



with intellectual disabilities have the opportunity to play the sport that I enjoy. Special Olympics gives people with intellectual disabilities the opportunity to play sports, while experiencing joy and friendship with other athletes and the community. I enjoyed being part of that community and getting to know the athletes.

Another part of my Mitzvah Project is to help raise money for Special Olympics Pennsylvania by participating in the Polar Plunge. On February 11, I jumped into the icy cold pool outside Citizens Bank Park. My motivation for jumping into the water was to support the idea that everyone can have the opportunity to play the sport that they love no matter their abilities. It was a very cold day but was a lot of fun!

Hayden Downer

March 18

For my Mitzvah Project, I decided I wanted to do something that involved sports, since they have always been an important part of who I am. Luckily, I found **Leveling the Playing Field**, which is an organization that

gives underprivileged communities



equipment to play sports through financial donations and donations of lightly-used sports equipment. Even though Leveling the Playing Field has its home base in Maryland, I went to a local branch of the organization in Sharon Hill, Pennsylvania, to help sort and stock equipment so it could be sent out to communities across the country. It was a great experience, and I felt really good about helping that organization that gives other kids and teens like me the opportunity to receive much-needed equipment to play sports. If others would like to help this worthy cause, please consider donating your time at the Sharon Hill, PA, warehouse or organize a gently-used equipment drive of your own on the Leveling the Playing Field website: www.levelingtheplayingfield.org

Stevie Altman

March 18

For my Bat Mitzvah Project, I am raising money for **JAFI** (the Jewish Agency for Israel), which has been working tirelessly to rescue the Jewish community in Ukraine. As the conflict lingers, they continue to coordinate massive relief efforts and enable Aliyah



(immigration to Israel) and to other countries for those fleeing to safety.

Please help to support their amazing efforts by donating here: https://www.jafina.org/emotional-and-mental-health-support-for-ukranian-jews

Colden Karl

April 1

For my Mitzvah Project, I am raising money for **Autism Society of America** (**ASA**) because I know people with autism, including my uncle, and I want to make sure that everyone gets the help they need and deserve. ASA provides resources to families, helps kids



get access to support in school and helps adults find jobs.

One in forty four children have been diagnosed with autism and it's the fastest growing developmental disorder in the United States. It impacts a person's social skills, communication, relationships and the ability to control their behavior. People with autism can be affected in various ways. Some people can have improved social/communication skills and some people, like my Uncle Adam, might be non-verbal. Please help by donating at: https://bit.ly/ColdenKarl

Sophie Sauer

April 15

Did you know that dogs can make an incredible impact on the world? For my Mitzvah Project, I have decided to raise awareness and money for the **Penn Vet Working Dog Center** (**PVWDC**). PVWDC started a year after 9/11 and serves as a national research and development center for detection



dogs. When the dogs come in as puppies, PVWDC finds out their strengths and trains them for the job that best matches their abilities. The main jobs are search/rescue; they also train dogs to be detection, cancer sniffing and airport security dogs. PVWDC relies 100% on donations to fund their program. Because I love dogs so much, I'm helping PVWDC by donating supplies and money to help these hard-working doggies. Thank you for helping me help PVWDC help dogs help people! Go to this link to donate: https://giving.apps.upenn.edu/fund?program=VT2&fund=602320

Joshua Levin April 15

For my Mitzvah Project, I am raising awareness and money for the **Israel ParaSport Center**. I was fortunate enough to visit the center with my family in Israel in December where I was able to witness the magic and impact of this organization firsthand. The center offers programs and opportunities for



kids and adults to help them overcome their disabilities, primarily through sports. They run professional sports leagues, including wheelchair basketball and rugby along with Paralympic sports such as table tennis, wheelchair tennis and boccia. I met 13-year-old Yohonatan who plays international table tennis, and I found it cool to play against him and understand how he overcame his disability through sports. I am creating a video of my experience at the center and trying to raise money for a new wheelchair by creating a March Madness bracket. For more information and to donate, please visit my personal page at: https://afiscd.org/JoshLevinMitzvahProject

Liv Steinberg April 22

I chose to support **Mitzvah Circle** for my Mitzvah Project. Mitzvah Circle is a local organization that was created to fill the gaps and provide items for families who are not covered by government assistance such as clothing, diapers and toiletries - items that people need every



day, but cannot afford to buy. I have been volunteering my time at the Mitzvah Circle warehouse, along with different groups of friends to put together care packages for families. I also created an Amazon wish list to help provide Mitzvah Circle with critical items. To access my wish list and support Mitzvah Circle visit, https://www.amazon.com/hz/wishlist/ls/3K3Z2G1TT6P0A?ref_=wl_share





Join us!

Saturday, April 22, 6pm – 10pm Dress code: Casual Party

Enjoy an evening of casino games, dancing, raffles, delicious food & drink, laughter and friendship — while supporting Beth Or!

RSVP Deadline: April 10. Purchase your tickets now – we expect this event to sell out quickly!

EVENT TICKETS \$125/person

Includes:

Casino Games, Dancing, Food & Drink per person \$250 value in Chips per person (Chips have no cash value and may be redeemed for Raffle Tickets to enter to win high-value prizes at the event.)

SPONSORSHIPS

Event | \$5,000

Includes:

- Listing on Promotional Materials (if desired)
- On-site Signage at Event
- Eight (8) Event Tickets + \$1,000 value in Chips for each quest + 80 Raffle Tickets
- Logo placement on Event Photo Backdrop

Dance Floor or Bar Sponsor | \$3,600

Includes:

- On-site Signage at Dance Floor or Bar
- Four (4) Event Tickets + \$750 value in Chips for each quest + 40 Raffle Tickets
- Logo placement on Event Photo Backdrop

Roulette or Money Wheel Sponsor | \$2,400

Includes:

- On-site Signage at Roulette or Money Wheel
- Four (4) Event Tickets + \$500 value in Chips for each guest
- Logo placement on Event Photo Backdrop

Table Sponsor | \$1,500

Includes:

- On-site Signage at Table
- Two (2) Tickets + \$500 value in Chips for each guest
- Logo placement on Event Photo Backdrop

Sponsorship Questions: Contact Jennie Nerenberg, brucenjen@verizon.net

RAFFLE BASKETS

Help enhance our raffle prizes by donating experience-related items, i.e. a few days from your Airbnb, tickets to a show or sporting event from your season tickets, personal chef for a dinner party, round of golf at your club, personal training session, etc. Donating raffle items is a great way to promote your business/brand, too!

Contact Jillian Peskin, jpeskin@bethor.org for more information or to make arrangements for your donation.



EASY ON-LINE RSVP & PAYMENT: www.bethor.org/form/vegasnight2023 Deadline: 4/10

Spring Fundraiser Questions: Contact Jeff Harris, jeff.r.harris@gmail.com, Carly Bromberg, carlybromberg@gmail.com or Jillian Peskin, jpeskin@bethor.org.



Project Planet Earth

We can't do everything, but each of us can do something

In early February, the Social Action and Building and Grounds Committees met to

discuss a new initiative, Project Planet Earth. The big-picture goal was to explore ways to contribute to a healthier environment and share that information with the Beth Or community.

Rabbi Bonder set the stage with a D'var Torah that touched on the 7th day of creation. It was that 7th day of rest that completed creation. And so shall we remind ourselves that after we work the earth for six days, it needs a rest too.

We invite you to partake in this Project, whether it's contributing ideas on practical ways to reuse, recycle and purchase products with the environment in mind, joining our Committee to plan a 2024 Planet Earth Eco-Fair, or learning about steps our Building and Grounds Committee takes to reduce energy use. We start with a note from Lynn Levy, who jump-started this Committee with

a conversation about a 'bar' of dish soap versus liquid dish soap in a plastic bottle!

From the desk of Lynn Levy:

According to the UN Environment Programme (UNEP), 300 million tons of plastic is produced every year, and not all of it is recycled. That's equivalent to the weight of the entire human population. It is up to us as consumers to understand the impact that our plastic consumption is having on the environment. Here are some lesser-known facts:

- 1. Only 9% of all plastic produced is recycled
- 2. 2 million plastic bags are used every minute worldwide
- 3. Single-use plastics are illegal in some parts of the world
- **4.** Every minute of every day a truckload of plastic is dumped into the ocean
- 5. 73% of beach litter worldwide is plastic
- 6. One million plastic bottles are bought every minute
- 7. There could be more plastic than fish in the ocean by 2050
- 8. Up to 95% of plastic polluting oceans is carried by 10 rivers
- 9. 99% of seabirds will be eating plastic by 2050
- 10. The average person eats 70,000 microplastics each year
- 11. The average time that a plastic bag is used is just 12 minutes
- 12. Over the past 50 years, world plastic production has doubled

There is greater awareness of the problems with single use plastic products such as water bottles, grocery bags and straws. In our house, we try to find products to replace other plastics. Below, I'm passing along changes we have made in our kitchen:

- Switch from liquid dish soap to a bar of dish soap (we use Meliora).
- Use bamboo based scrub brush to eliminate use of plastic sponges. Keep a sponge made of recycled plastic and walnut shells as backup.
- Replace plastic wrap with glass containers and stash reusable containers or Bee's Wrap. Bee's Wrap is a
 reusable wrap with a one-year shelf life made of beeswax and other natural products. Simply give it a
 rinse in cold water and dry in the dish drainer.

You can find these types of products with a simple google search or at retailers such as Amazon, Whole Foods and Giant. I hope you will check your kitchen for ways to reduce your use of plastics and other single use products. We would like to hear any environmentally friendly tips you have as well. Please feel free to email me at hannahsmom4ever@comcast.net.





SOCIALACTION,

Federation's Community Mitzvah Day at Beth Or Sunday, April 23, 11 am - 2 pm

When Federation approached Rabbi Marx about Beth Or being a hub for their Israel 75 Community Mitzvah Day, the answer was easy. Within a few days, three mitzvah activities were lined up! We hope you will join us in welcoming members of the greater community as we host an open house of mitzvah-making, with the following activities:

- Create sleeping mats for displaced individuals, led by Bev Weinberg and Integrate for Good.
- Make tie-knot blankets for Fox Chase Cancer Center, led by Faye Benshetler.
- Assemble personal care kits for transitional housing residents at Project Home, led by Susy Krimker and Margie Chachkin.

See you soon!

Social Action Co-chairs

Susy Krimker susykrimker@bethor.org

Margie Chachkin chachkin@aol.com





FROM THE BETH OR MENTAL HEALTH TASK FORCE

March Is Self-Injury Awareness Month

March is Self-Injury Awareness month and the perfect opportunity to discuss what self-injury is and how to support someone who struggles with injuring. Self-Injury, or Self-harm, is any deliberate and non-suicidal act that causes physical harm to one's body. There are a multitude of reasons why one may harm theirself and it can occur in any population. Self-injury does not discriminate by age, gender, race, religion, or any other qualifier. In most cases the injuring is triggered or caused by an inability to cope with emotions or stressors. While the act of injuring may temporarily relieve the emotional distress, it is often times followed by a period of shame or quilt and that can start the cycle over again.

Warning Signs to Look For:

- New or unexplained scars
- Fresh wounds (cuts, burns, scratches, bruises, etc)
- Keeping or hoarding tools, such as sharp objects
- Wearing clothing to cover wounds that may be inappropriate for weather
- Excessive accessories that are not due to a fashion statement
- Claiming frequent accidents or making excuses for accidents that don't quite match the wound
- Spending excessive time alone
- Difficulties in relationships
- Questioning their role in the world, reason to live
- Impulsive or unstable behavior
- Mood instability
- Feelings of helplessness, hopelessness, or worthlessness
- Low self-esteem
- Expressing negative feelings towards self

How to Help Someone Who is Self-Injuring:

Often times someone who is self-harming is struggling with much deeper stressors or emotional difficulties. This can be lifestyle stressors, home stressors, or underlying mental illness. Because of this, the best thing you can do to support someone you love who is self-injuring is by helping them get the appropriate help. Therapy is vital to recovery and depending on the severity of injury and underlying causes there are a variety of treatment levels available ranging from weekly outpatient talk therapy to inpatient psychiatric hospitalization. The focus of these therapies will not only be to identify triggers and help understand the underlying causes of self-injury, but to teach appropriate coping skills to use when the urge or need to injure occurs. The best first step is to contact a counselor and set up an appointment. They can help assess the proper level of treatment and start you or your loved one on the road to recovery. Article credit: Lodestone Center for Behavioral Health



- Let's Talk: Our Children Sunday, March 12, 9:30 am 10:30 am
- Let's Talk: Anxiety Monday, April 24, 7 pm 8 pm

For more information about upcoming programs or if you have a topic you would like the Mental Health Task Force to cover, please contact Judy Kurtis LCSW. CCTP at jkurtis@verizon.net.



Beth Or Brotherhood

Brotherhood's Bringing Back Wine Sales for Passover!

Doug Burtnick, Brotherhood President



Doug Burtnick



As they say, life's too short for bad wine!

Family gatherings are back in style and Brotherhood has just the right wine for everyone's taste. This year we will offer 6-8 different types of Kosher wine for sale at a number of in-person gatherings at Beth Or including Religious School pick up times, Lifelong Learning events and even the Purim Schpiel on March 6.

Why buy from Brotherhood, you might ask? We source our wine from a huge wine distributor, KosherWines.com. From there we can get kosher wines from all over the world, made from just about any variety of grape, and in just about any price range. In short, we can help you get the perfect wine for your gathering no matter what your taste. Make your four glasses of wine during the seder a true pleasure. Check the website calendar and your weekly email for exact times and dates.

Back to the why...Wine plays a vital role in our worship, ushering in the Sabbath, inviting Elijah to our seder. It is, in so many ways, used as an invitation and to welcome people into our homes and our lives. And, the Kosher wines we source come from Israel and other places you might not expect where

small wine makers are putting their all into making delicious offerings for us. Consider welcoming people into your lives and supporting Kosher wine makers at the same time. These are not the kosher wines of your childhood.

Brotherhood benefits as well from KosherWines.com's Give Back Program when you make a purchase directly online using this link: http://bit.ly/BethOrBrotherhood (You can also access the link by clicking on the kosher wine logo at the bottom right corner of the Beth Or website homepage). Brotherhood receives five percent of the revenue.

We thank you for supporting Brotherhood, for welcoming your guests with products that support Jewish wine makers and for leaving the Concord grape wine on the shelf, far from your lips.

KOSHER WINE SALES

Now you can purchase kosher wine all year long & benefit Beth Or! Use the Beth Or affiliate link on *kosherwine.com: http://bit.ly/BethOrBrotherhood* or click the KosherWine symbol on the bottom right side of the Beth Or website home page, "Connect With Us" section.



5% of all sales given back to Brotherhood to benefit Beth Or programming!

Questions? Contact info@bethorbrotherhood.org.

Beth Or Sisterhood

Rising to Challenges, Fueling Interest and Steadily Growing

Melisa Lubinski, Sisterhood President

Nothing makes me smile more than seeing new faces at Sisterhood programs and meetings. Don't get me wrong. My Sisters, many of whom I have known for over 10 years, have been very important in my life and have enhanced my time spent here with my extended Beth Or family. A familiar comfort warms me when I see them walk through the door. I know when I enter any service, program or event, I will know folks and many smiles will be exchanged. With new members, there is a different feeling. Excitement builds, knowing they seek something and hopefully, we are able to provide it for them. Also, optimism that we can learn something from them, as well. We love to listen. We love to try new things or put a spin on traditions and modernize them.

Two years ago, when I came on board as Sisterhood President, I knew our world had shifted and people's priorities were changing as to how they spent their time. Sisterhood's desire to continue to help repair our world did not stop; it just changed how we approached our goals. We bridged and collaborated with other Beth Or auxiliaries to broaden programming and reach out to different groups of women to share who we are, what we can accomplish at Beth Or and what we are capable of offering them. We have done that successfully through The Pink Event, Book Talks, C4C Canasta Club and the launching of the C4C Spirits Club. Seeing new faces at all these events continues to motivate Sisterhood because we recognize there are women we have yet to touch. We keep trying. We know our good work matters. Each time we put the call out to volunteers



Melisa Lubinski



for help, that call is enthusiastically answered. Feeling enthusiasm and energy from the community recharges us and we face our next event with renewed vigor.

Sisterhood continues reaching out to all the women of Beth Or. We are seeing the fruits of our labor. Growing membership, increased Facebook followers, more clicks in Sisterhood's email communications all tell us we are making gains in connecting. Many new volunteers participated in our both our Sisterhood Shabbat service and our Shabbaton music service. Women want to contribute, connect, and be a part of something positive. Recently, during Canasta Club, a table of women exchanged phone numbers after the game. Something small, but it speaks volumes to me.

More upcoming opportunities to connect, share and learn with Sisterhood include the annual **Unity Seder – March 26**, **Pet Fest – April 16**, and our **Thank You to Volunteers Event – May 21**. Everyone knows who won the famous race between the hare and the tortoise, right? Slow and steady always wins. Stick with Beth Or's winning team... Sisterhood.

Please Support the

Proceeds Benefit Beth Or Sisterhood Programs

Hours: For a personal appointment, contact Bobbi Adair, Bobbifadair@gmail.com, 215-896-4787 or Holly Green, 215-805-8597

Current Hours: Sunday, 9:30 am – 12:30 pm • Friday 10 am - 12 pm

Discounts available for Sisterhood Members & Beth Or Staff | Great Monthly Sales & New Arrivals

Lifelong Learning



Tuesday, March 14 • 6:30 pm – 9 pm

Join us for our annual night of interactive learning, thought provoking topics and hands-on activities! This free program will take place in-person at Beth Or.

RSVP by Thursday, March 9:

https://www.bethor.org/form/beitsefercafe2023

Contact Barbara Murtha, *bmurtha@bethor.org*, 215,646-5806, ext. 220 if you have any questions or need help with your on-line registration.

SCHEDULE & CLASSES

SESSION 1 | 6:30pm - 7:30pm

☑ The Experience of a Navy Chaplain in Combat: Desert Storm and Iraq 2008 • Instructor: Rabbi Jon Cutler

Rabbi Cutler will discuss his experiences as the only Jewish chaplain serving Marines and Sailors in Saudi Arabia and Kuwait during the Desert Storm. And he will also discuss his experience as command chaplain for the 3rd Marine Air Wing and Jewish chaplain in Iraq in 2008 and what it was like to minister to military personnel who are constantly confronting the real issues of life and death in war.

✓ Oy, Oy, Oy and a Bottle of Rum: Jewish Pirates from the Maccabees to the Battle of New Orleans Instructor: Rabbi Lance Sussman

"Truth," Mark Twain asserted, "is stranger than fiction" and certainly that was the case when Ed Kritzler published his path-breaking 2009 study, Jewish Pirates of the Caribbean. In this class, we will review the general history of piracy, its role in the development of modern transatlantic economies and debunk the romanticizing of piracy before looking at the limited but curious history of Jewish pirates from the Hasmonean Period to the War of 1812. We may not find buried treasure but it will be an adventure!

☑ Intro to Israel: The 6-Day War • Instructor: Rabbi Jason Bonder

In six days, the course of Israel's history shifted in unfathomable ways. We will examine the events of the 6-Day War & the ramifications felt to this very day.

☑ Cooking with Gass: Fresh & Healthy Recipes • Instructor: Alyson Gass

Using all of the colors of the rainbow, we will create the most delicious, fun, fresh, healthy & easy dishes. Note: Due to space restrictions in the kitchen, this class is limited to the first 35 who RSVP.

BREAK | 7:30pm - 8pm

Come to the Spain Lobby to relax & schmooze between sessions. Enjoy savory & sweet light fare.

SESSION 2 | 8pm - 9pm

▼ The Last Supper of Jesus Christ: Real or Fiction • Instructor: Rabbi Jon Cutler

We will examine the Gospels describing the last supper and compare and contrast with Jewish sources. Did Jesus' last supper take place when he was alive or was it created by the writers of the Gospels at a later time for a specific purpose?

✓ Hidden in Plain Sight: A First Look at Ukrainian Jewish History • Instructor: Rabbi Lance Sussman

Given its long history of antisemitism, who would have ever thought that Ukraine would be led by a heroic Jewish President in its current fight for freedom and survival? In this presentation, we pull back the curtain on the largely unknown, complex history of Jews and Judaism in Ukraine and discuss the factors which have "veiled" the Ukrainian Jewish experience. How is it that so many Jewish leaders from the Baal Shem Tov (founder of Hasidic Judaism) to Sholem Aleichem to Golda Meir are all Ukrainian Jews and yet, we know so little about the context which produced them or our own ancestors who came from Ukraine to America by the thousands? Join us for this initial probe into the complex world of the Ukrainian Jewish experience.

☑ I Too, Dream Like Joseph • Instructor: Rabbi Jason Bonder

Why has the Jewish stories persisted all these years? May it's because we will inside of them. Join us as we examine our relationship to our Jewish stories through the music of Israeli musician, Hanan Ben Ari.

To review the biographies of our guest instructors, please visit: https://www.bethor.org/event/beitsefercafe2023.html.

Beit Sefer Café is funded by the Allen Apter Lifelong Learning Endowment Fund. This program is free for Beth Or members, \$50 suggested donation for non-members.



Jake Toyberman

GET CONNECTEDBusiness & Career Network

The Next Get Connected

My wife Irina and I have been members of Beth Or for over 5 years. Both our children, Matthew (13) and Charlie (Charlotte 8) have attended preschool and Sunday school at Beth Or. I enjoy being a part of the Brotherhood. And, now I look forward to taking over the reign from Evan Segal as the new Chair of Get Connected, Beth Or's Business and Career Network. I would encourage every member to find a group in Beth Or whom they can connect with. Your involvement will personally pay back great dividends by

establishing lasting relationships and friendships.

My professional experience consists of working in banks for over 15 years. For the last four years, I have been helping buyers, sellers, and investors to buy and sell their assets as a realtor.

As a connector of professionals, it is a pleasure to assist others in achieving their professional and personal goals. It is a wonderful feeling when a small gesture, like an introduction to the right person, can amplify someone's success. I get great joy in seeing others succeed.

I look forward to helping Get Connected grow within our Beth Or community. Every member of Beth Or can utilize the group to network and spread their professional message, business opportunities, and employment opportunities that come across. Please contact me if you would like more information about Get Connected or, better yet, come to one of our networking meet-ups which are posted on the web calendar and advertised in the weekly Chai Lights emails.

Jake Toyberman, Chair

email: jtoyberman@homestarrinc.com

cell: 267-607-9090



Beth Or **Events**

APEX

APEX Brunch

Sunday, March 26 • 10 am - 12 pm

Join your friends from APEX for brunch followed by a discussion with Fred Dugan. Fred will continue the saga of the Civil War with information about how the lives of two great men, Abraham Lincoln and Ulysses S Grant, resonate in our lives today. Brunch is free with RSVP to Barbara Murtha, bmurtha@bethor.org, by March 22. \$10/person with late RSVP or at the door.

ART GALLERY

Exhibit Opening: Featured Artist - Fanny Chodosh Friday, April 14 • following Shabbat Worship

The Olitzsky Gallery welcomes the wonderful Israeli-inspired art of Fanny Chodosh. Fanny was born in Israel and immigrated to the United States, where she graduated from Penn State University with a degree in Fine Art. Her art depicts Jewish themes and demonstrates a deep love for the Jewish ancestral homeland.). Fanny's art embraces the color and



movement inherent to her Jewish-Morrocan heritage and revolves around Jewish themes such as Shabbat, holidays, biblical stories, archeology, and scenes of nature from the hills of Israel and Jerusalem. She is drawn to the Old City of Jerusalem in particular, and works to capture the nuance of old meeting new, ancient meeting modern life, as well as Israeli culture and music. Fanny's exhibit continues until Wednesday, June 7.

BROTHERHOOD/SISTERHOOD EVENTS

Annual Women's Unity Seder Sunday, March 26 • 1 pm - 3 pm

Join with Sisters from different faiths as we celebrate the Festival of Freedom with a special Haggadah. This event is free but advance RSVP is required by 3/22 to Ellen Mirbach, semirbach@gmail.com. Contact Lori Motis, lorimotis@aol.com, with any questions.

Pet Fest

Sunday, April 16 • 12 pm - 2 pm (Raindate Sunday, May 7)

Bring your best pal to Beth Or for a fun, outdoor event including pet-related vendors, pet arts & crafts, photo booth, community groups & demos, pet rescues & more! All are invited for this event sponsored by Beth Or Sisterhood. Parents are encouraged to bring your leashed pet with you for Religious School drop off/pick up.



LIFELONG LEARNING

Beit Sefer Café

Tuesday, March 14 • 6:30 pm - 9 pm

See page 17 for details. RSVP by March 9: www.bethor.org/form/beitsefercafe2023.



SPECIAL EVENTS

Red Cross Blood Drive Sunday, March 19 • 9 am - 2 pm

Your help is needed! The Red Cross is experiencing its worst blood shortage in over a decade. Blood supply levels are currently dangerously low. Donating blood makes you a triple lifesaver. Do you know someone who has never donated before? Please encourage them to make an appointment with you (must be age 17+ or 16 with parental consent form). Thanks to our generous congregants, Beth Or is consistently one of the top donation locations in the area. Register online via the link of the website calendar for the time slot of your choice, or contact Stu Briefer at smbriefer@gmail.com or 215-661-9990 and he will register you. This event is sponsored by Brotherhood.

Beth Or 2022-23 Jewish Book Lovers Discussion: The Matchmaker's Gift

Wednesday, March 22 • 7 pm



Our third book in the Beth Or Book Lovers 2022-23 series is The Matchmaker's Gift by Linda Loigman. Read the book and then come to Beth Or for a lively discussion. RSVP to Dottie Singer, ds1403@hotmail.com and let her know whether you are participating in person or on Zoom. She will share the Zoom link if you are participating remotely.

Beth Or **Events**

Talking with Beth Or Mental Health Experts

Let's Talk about our Children

Sunday, March 12 • 9:30 am - 10:30 am

Parents/caregivers are invited to join us while children attend Religious School for an informal discussion where members of our Mental Health Task Force will share information and strategies based on topics attendees want to pursue as well as topics they have developed pertaining to issues and struggles our children may face in social settings both outside and in the school setting and how they relate to relationships for both the parents and the child. Contact Judy Kurtis LCSW, CCTP, jkurtis@verizon.net to RSVP by 3/10. Walk-ins welcome and encouraged.

Let's Talk about Anxiety

Monday, April 24 • 7 pm

Do you experience difficulty relaxing, concentrating or sleeping? Are you constantly worrying about your health, money, or family issues? Occasional bouts of anxiety are a normal part of life, but it seems many of us are experiencing more anxiety than ever before. Come to Beth Or to join Michelle Schwartz, LCSW for an indepth discussion as to why anxiety is on the rise. Learn to differentiate between what's normal and abnormal, treatment options, as well as easy, accessible coping tools. Contact Judy Kurtis LCSW, CCTP, jkurtis@verizon.net to RSVP by 4/23. Walk-ins welcome, too!

Beth Or's 2023 Spring Fundraiser: Vegas Nights Saturday, April 22 • 6 pm – 10 pm

See page 11 for details or visit www.bethor.org/vegasnight2023.

BETH OR TRAVEL

Travel to Israel with Rabbi Gregory & Laurie Marx

June 19 - 30, 2023

Join Rabbi and Laurie for this special trip to Israel designed for Vatikum — 2nd timers! This will be the last excursion to the Holy Land led by the Marx's prior to Rabbi's retirement. Contact Rabbi Marx, gmarx@bethor. org, 215-646-5806 ext 222 with any questions or Barbara



Murtha, bmurtha@bethor.org or 215-646-5908, ext 220 for a brochure with the complete itinerary and pricing. Reservation and payment deadline: April 19.

SHABBAT AND HOLIDAY EVENTS



First Friday Shabbat Friday, March 3 & April 7

Munchkin Minyan • 5 pm - 5:30 pm

Bring your preschool age children to enjoy a short, song & story filled service in the Haines Memorial Chapel led by Rabbi Bonder & Cantor Murley. All young families are welcome. Our 3 years olds are featured on 3/3 and our 2 years olds are featured on 4/7. No RSVP required.

Family Shabbat Dinner • 5:30 pm - 6:30 pm

Join us between Munchkin Minyan and Family Shabbat Worship for a traditional Shabbat dinner. This is a great opportunity for families with children in preschool – 6th grade to get together and celebrate Shabbat. Dinner is catered by Pumpernick's. Cost: \$18/adult; \$5/child. Must RSVP in advance. Check weekly Chai Lights or web calendar for RSVP. (Please note — there is no family dinner in April due to Passover.)

Family Shabbat Worship • 6:30 pm

The junior choir performs at every Family Shabbat service. Our Kindergarten, 1st & 2nd grade students are highlighted in March.

PURIM

Purim Carnival

Sunday, March 5 • 10 am - 1 pm

Join us for our annual Purim Carnival benefitting the Beth Or Youth Group. This year's theme is Sesame Street. Come as your most beloved character or choose another favorite costume! Enjoy moon bounces, spin art, carnival games, food, sand art, balloon animals, airbrush apparel, hamantashen and much more! Wristband pricing: 1/\$20; 2/\$35, 3/\$55, 4/\$65 includes all games and crafts (some exclusions apply.) Food sold separately.



Beth Or **Events**

Mishloach Manot Snack Bag Packing for Manna's Market

Friday, March 3 • following Shabbat Worship Service

Come to the Rosenfeld Social Hall after services for our traditional Purim Mitzvah for the entire family of packing snack bags filled with 2,500 lbs of non-perishable essentials to give to Manna's Market to help those who are food insecure.

Erev Purim

Monday, March 6

Pre-school Purim Pizza Party • 4:30 pm - 5:30 pm

Includes a song session with Cantor Murley, carnival games and hamantashen dessert. Look for RSVP in weekly email.

Purim Schpiel, Megillah Reading & Worship Service • 5:30 pm – 6:30 pm

Watch a Sesame Street themed Purim Schpiel performed by the Junior Choir followed by the Megillah reading and a brief worship service. Adults can enjoy beverages at the Brotherhood Scotch Garden in the back of the sanctuary and everyone can enjoy delicious hamantashen.

PASSOVER

1st Day Passover Worship Service with Brunch to Follow Thursday, April 6 • 9 am

2nd Night Community Passover Seder

Thursday, April 6 • 6 pm

Join Rabbi Bonder in the Rosenfeld Social Hall as he leads an in-person Community Seder. Check the website calendar listing and weekly email for complete details, menu, cost and RSVP.

Passover Service and Yizkor with Brunch to Follow Wednesday, April 12 • 9 am

YOM HA'ATZMAUT

Israel is turning 75 and we are celebrating at Beth Or!

Community Wide Israel 75 Mitzvah Day

Sunday, April 23 • 11 am - 2 pm

Join us as we participate in the Jewish Federation of Greater Philadelphia's Community-wide Israel 75 Mitzvah Day by bringing the Jewish value of chesed (loving-kindness) to our neighbors in need in an open-house setting, with three mitzvah projects to choose from: (1) Create sleeping mats for displaced



individuals living in our city streets, hosted by Integrate for Good; (2) Assemble personal care kits for Project Home's 18 supportive housing residences; (3) Make tie-knot blankets for patients at Fox Chase Cancer Center.

All supplies will be provided. We welcome donations of plastic bags (for sleeping mats), and personal care items (bar soap, body wash, body wipes, toothpaste, toothbrushes, shampoo, deodorant, lip balm, pocket-size tissues, travel-size first-aid kits, hand sanitizer, foot healing cream, and socks). RSVP required by 4/14. Visit the website calendar listing or refer to your weekly email for RSVP link. Please contact Social Action Committee Chairs, Susy Krimker, susykrimker@gmail.com or Margie Chachkin, chachkin@aol.com with any questions.

Yom Ha'Atzmaut Shabbat Friday, April 28

iuay, April 20

Young Family Israeli Party • 5 pm – 6:15 pm

Join us as we celebrates Israel's 75th birthday! Dance with RAK-DAN and enjoy crafts, junior choir performance, and a special Israeli dinner. This program is geared toward families with pre-school and K-6 children. Look for RSVP in weekly emails.

Israel 75 Pre-Neg • 6:15 pm -7:30 pm

Enjoy Israeli food and music while celebrating 75 years of the holy land! No RSVP required.

Shabbat Worship celebrating Yom Ha'Atzmaut • 7:30 pm

Israeli Youth Charity Brunch honoring Congregation President, Gwen Silverstein

Sunday, April 30 • 10 am

Details and RSVP to come soon!

SAVE THE DATE

Shabbat Worship honoring Amy Abrams Friday, May 19 • 7:30 pm

Please join us for a Shabbat service filled with special surprises as we celebrate our beloved Executive Director, Amy Abrams, before her retirement in June. An enhanced Oneg follows, sponsored by Brotherhood and Sisterhood.





Celebrating Your Simcha

Our beautiful building provides the perfect place to celebrate your family's simchas.

Our catering partners on the Approved Caterer List — shown below and published on our website (www.bethor.org) stand ready to provide delicious food for your event. They can provide menu options at a range of prices designed to meet your specific needs and budget.

We hope that you will consider having your celebrations at Beth Or. To learn more about hosting an event at Beth Or, please contact Amy Abrams or Jillian Peskin at 215-646-5806.

Approved Caterer List — 2022/23

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Judith Moritz, mother of Rena Klein Henry Litvin, uncle of Ellen Svitek & Andrea Sklenar

Mindi Newman, sister-in-law of Edie Newman

Mazel Tov

Engagement of Samantha Moed, daughter of Howard & Wendy Moed, to Jonathan Kasman

Engagement of Allison Roth, granddaughter of Wilma Lorber, to Joshua Swedelson

Engagement of Molly Harris, daughter of Mark & Ellen Harris, to Ryan Knouse

Wedding of Neil Pohl & Judy Anderson Wedding of Michelle Gross, daughter of Steven & Genevieve Gross, to Gregory Bailey

Birth of Ava Rose Schmerling, daughter of Bruce & Ariel Schmerling, granddaughter of Rick & Gigi Baum, niece of Jenna Baum & David Migdal, Kadie & Jeffrey Cook, Sara Baum & Josh Millman Birth of Ellie Rose Hill, granddaughter of Ira & Carolyn Bilofsky

Baby Naming of Willow Fiona Paul, granddaughter of Ilene Schneller & niece of Dana Marion

Baby Naming of Brady James Curry, grandson of Rich & Toby Sterling

Bat Mitzvah of Marly Gartside

Bat Mitzvah of Emily Forti

Bar Mitzvah of Ian Stein

Bar Mitzvah of Hayden Downer

Bat Mitzvah of Stevie Altman
Bat Mitzvah of Grace Benoff
Bat Mitzvah of Skylar Rostolsky
Bar Mitzvah of Colden Karl
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Additional January Donation

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January 20 • Brotherhood in honor of Shabbat Worship Honoring Brotherhood

March Donations

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March 3 • Robert & Wendy Gartside in honor of Marly Gartside's Bat Mitzvah Matthew & Sarah Forti in honor of Emily Forti's Bat Mitzvah

March 10 • Robert & Charla Stein in honor of Ian Stein's Bar Mitzvah

March 17 • Melissa Downer in honor of Hayden Downer's Bar Mitzvah Ben & Rebecca Altman in honor of Stevie Altman's Bat Mitzvah

March 24 • Bart & Sarah Benoff in honor of Grace Benoff's Bat Mitzvah Brad Rostolsky & Jennifer Udis in honor of Skylar Rostolsky's Bat Mitzvah March 31 • Michael & Tovah Karl in honor of Colden Karl's Bar Mitzvah

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April 21 • Ira & Jennifer Brownstein in honor of Zoe Brownstein's Bat Mitzvah Matthew & Rachel Steinberg in honor of Liv Steinberg's Bat Mitzvah

April 28 • Michael & Rebecca Silverman in honor of Samantha Silverman's Bat Mitzvah Ben & Rebecca Altman in honor of Stevie Altman's Bat Mitzvah



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