Congregation Chaverim
CHAI LIGHTS NEWSLETTER

March Mitzvah of the Month:

Mitzvah g'dolah li-h'yot b'simcha tahmeed

Being in Joy Always

Family Tree of Happiness, Satchi Art

The Legacy of the Olympics: A Re-Vision

BY
RABBI STEPHANIE AARON

In September 2016, I pondered the meaning of the Olympics; what follows are a blending of that vision and our current reality. The days of the Olympics; a time to celebrate strength and endurance, teamwork and courage, the qualities that unite us as human beings…we see ourselves during these few weeks through the lens of what connects us: bright circles of color looped together in perfect balance. We glimpse through the beauty, the grace, the bold brilliance of the athletes, the possibility of a world at peace. Where the common ground is not strife, but concord; where we recognize each other as human beings striving for a world we can live in together. A world we as Jews envision and work towards; we call it tikkun ha'olam, repairing and perfecting the world.

Vancouver Olympics 2010 © Sergeibach

The Olympics, through a haze of dop-ing scandals and troops seemingly poised for war, I began thinking about another Olympics that happened in a world posed on the brink of disaster; the 1936 Olympics and Jesse Owens. His greatness was not just his running, but his humanity. He said, "Find the good; it is all around you. Find it; showcase it and you'll start believing in it." Chazal, our sages, taught: in every person you meet, look for the nikudah tovah, the point of essential goodness; notice it; magnify it; bring that goodness into your interaction with every person. Hinei mah tov, how good it is when we find the good; magnify it; and make it part of our every encounter with one another and the great good world around us.

Jesse Owens and Olympian friend Carl Ludwig "Luz" Long. Long, a German athlete who died fighting on the side of his homeland in World War II, gave Owens performance advice during the Olympics that helped Owens win a gold medal for the long jump. © Bettemann/GettyImages

Olympic gymnast Mary Lou Retton said, "Each of us has a fire in our heart for something. It's our goal in life to find it and keep it lit." Each of us have nitsot Elohai, sparks from the Holy One that illuminate our paths. We each have our individual fires in our hearts; our goals in life that we must keep lit. And we have the fires we light together in each others' hearts; our collective goals that we keep lit so that our communities may flourish. This is our time to turn towards our synagogue, our Chaverim, and remember the collective fires that burn here; our goals together to build a holy community.

Olympic Track and Field star, Wilma Rudolph wrote, "Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion. The potential for greatness lives within each of us." The Olympics remind us to dream, to dream hugely; and to be grateful for the ways that our dreams inspire and ignite us. As Rudolph urges us to notice: the potential for greatness lives within each of us. Dream on a grand scale, Chaverimniks; live lives of holy greatness.

And Olympic wrestler, Dan Gable said, "Gold medals aren't really made of gold, they're made of sweat, determination and a hard-to-find alloy called guts." May we, each one of us as members of Chaverim, as citizens of this town, our Tucson, and this country, the United States of America, have the sweat, the determination and that hard-to-find alloy called guts, to make our town a place where we are all safe, sheltered, fed and cherished. As we move carefully closer to one another may we be surrounded by the blessings of family and friendship and work that satisfies and lives that make a difference. May we understand how powerful we each are as human beings, each gifted with purpose, presence and possibilities, singular and irreplaceable; each a spark of the Holy One. May the mitzvah work we do together illuminate all of our lives and make the shalom we seek; the sense of wholeness and completeness we pursue; the harmony we must not allow to elude us.

With the blessings of shalom,

Rabbi Stephanie S. Aaron

Beit Tefillah - House of Prayer

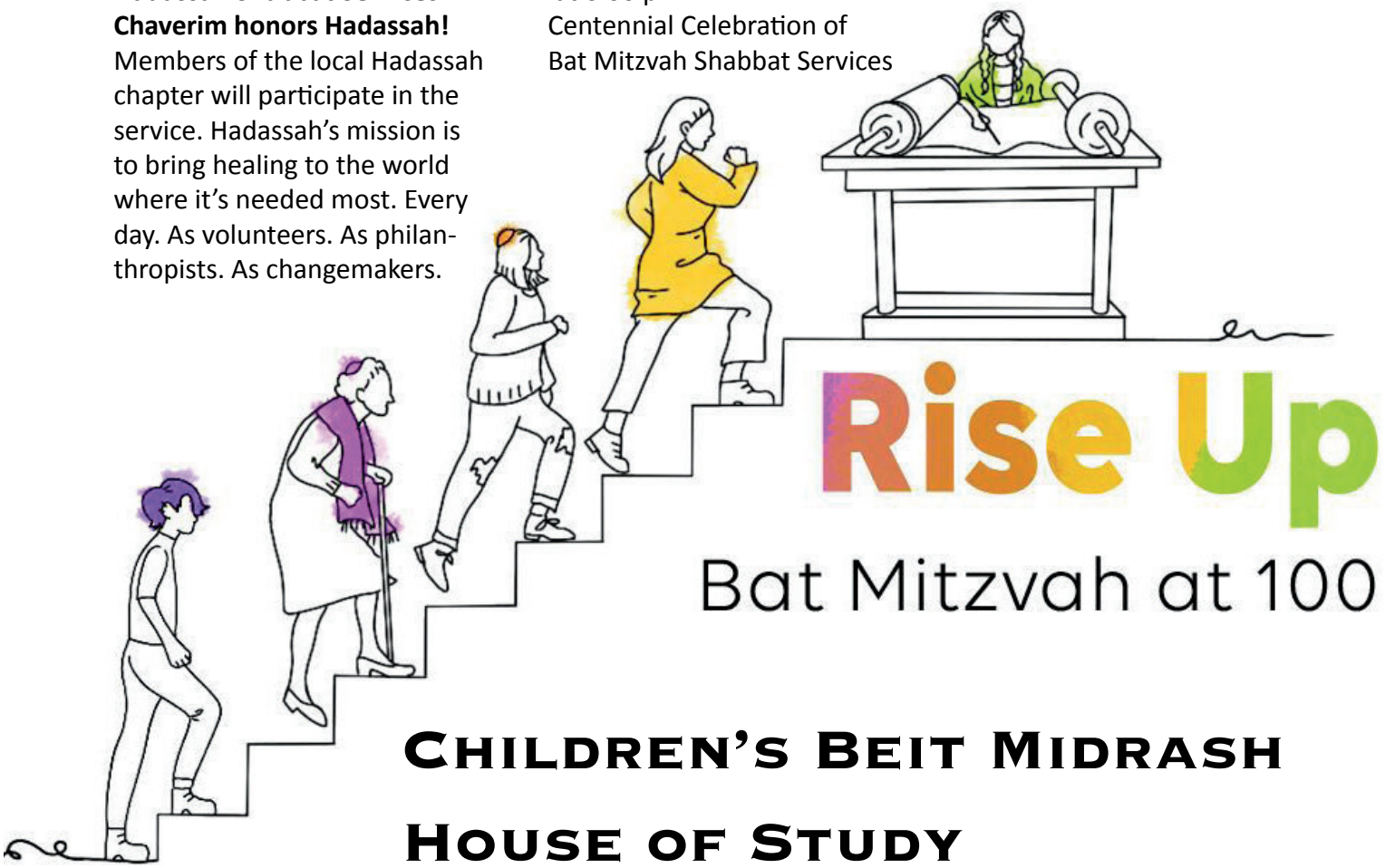
Friday, March 4:
Early Shabbat Services
at 6:00 p.m.
Shabbat Services
at 7:00 p.m.

Friday, March 11:
at 7:00 p.m.
Hadassah Shabbat Services:
Chaverim honors Hadassah!
Members of the local Hadassah chapter will participate in the service. Hadassah's mission is to bring healing to the world where it's needed most. Every day. As volunteers. As philanthropists. As changemakers.

Saturday, March 12
at 10:00 a.m.
Shabbat Morning Services
Paige Feldman will be called to the Torah as a Bat Mitzvah

Friday, March 18:
Shabbat Services
at 6:00 p.m.
Centennial Celebration of
Bat Mitzvah Shabbat Services

Saturday, March 19:
at 10:00 a.m.
Nole Katz will be called to the Torah as a Bar Mitzvah



Children's Beit Midrash
House of Study

Hebrew School:

Monday, March 7 at 4:30 to 6:00 p.m.
Monday, March 14 at 4:30 to 6:00 p.m.
Monday, March 21 at 4:30 to 6:00 p.m.
Monday, March 28 at 4:30 to 6:00 p.m.

All classes available on Zoom only.

Beit Midrash:

Sunday, March 6 at 10:00 to 11:30 a.m.
Sunday, March 20 at 10:00 to 11:30 a.m.

All classes will be in person with masks.

Illustration: Tessa W., Grade 12, Beaverton, OR
Photo below: © Julien Lienard

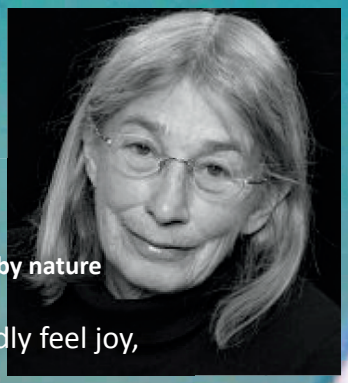
Sun makes the day new.
Tiny green plants emerge from earth.
Birds are singing the sky into place.
There is nowhere else I want to be but here.
I lean into the rhythm of your heart to see where it will take us.
We gallop into a warm, southern wind.
I link my legs to yours and we ride together,
Toward the ancient encampment of our relatives.

Where have you been? They ask.
And what has taken you so long?
That night after eating, singing, and dancing
We lay together under the stars.
We know ourselves to be part of mystery.
It is unspeakable.
It is everlasting.
It is for keeps.

For Keeps

by Joy Harjo

The internationally renowned performer and writer of the Muscogee (Creek) Nation is serving her second terms as the 23rd Poet Laureat of the United States.



Don’t Hesitate

by Mary Oliver
Pulitzer Prize-winning poet inspired by nature

If you suddenly and unexpectedly feel joy,
don’t hesitate,
Give in to it.
There are plenty of lives and whole towns
destroyed or about to be.
We are not wise, and not very often kind.
And much can never be redeemed.
Still, life has some possibility left.
Perhaps this is its way of fighting back,
that sometimes something happens better
than all the riches or power in the world.
It could be anything,
but very likely you notice it in the instant
when love begins.
Anyway, that’s often the case.
Anyway, whatever it is, don’t be afraid of its
plenty.
Joy is not made to be a crumb.

Joy

by Clarissa Scott Delaney
Black educator, poet, and social worker

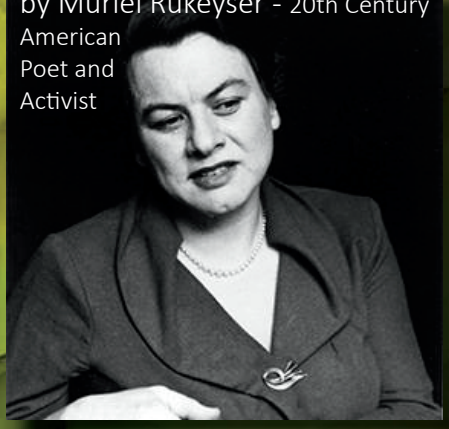
Joy shakes me like the wind that lifts a sail,
like the roistering wind
that laughs through stalwart pines.
It floods me like the sun
On rain-drenched trees
That flash with silver and green.

I abandon myself to joy—
I laugh—I sing.
Too long have I walked a desolate way,
Too long stumbled down a maze
Bewildered.

Raindrops on Pine Needles © Art Wolfe

Elegy in Joy

by Muriel Rukeyser - 20th Century American Poet and Activist



We tell beginnings: for the flesh and the answer,
or the look, the lake in the eye that knows,
for the despair that flows down in widest rivers,
cloud of home; and also the green tree of grace,
all in the leaf, in the love that gives us ourselves.

The word of nourishment passes through the women,
soldiers and orchards rooted in constellations,
white towers, eyes of children:
saying in time of war What shall we feed?
I cannot say the end.

Nourish beginnings, let us nourish beginnings.
Not all things are blest, but the
Seeds of all things are blest.
The blessing is in the seed.

This moment, this seed, the wave of the sea, this look, this instant of love.
Years over wars and an imagining of peace. Or the expiation journey
toward peace which is many wishes flaming together,
fierce pure life, the many-living home.
Love that gives us ourselves, in the world known to all
new techniques for the healing of the wound,
and the unknown world.
One life, or the faring stars.

Once Upon A Seedling painting by PM Farinas;
Muriel Rukeyser portrait © Rollie McKenna

ADULT BEIT MIDRASH

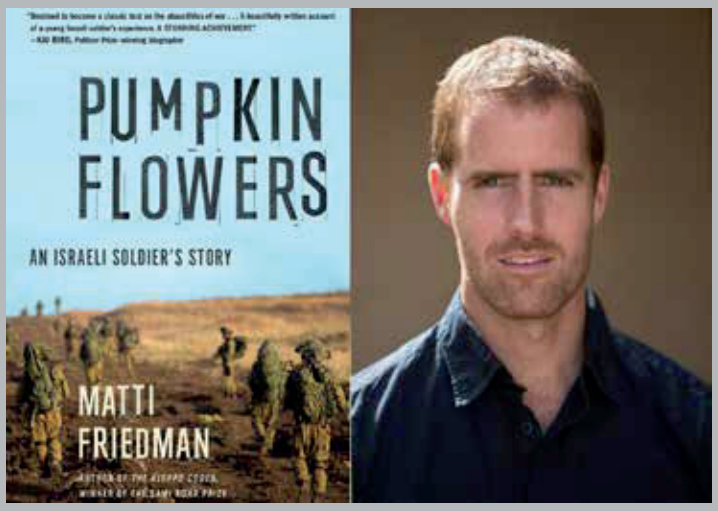
A Century of Jewish Books Book Club

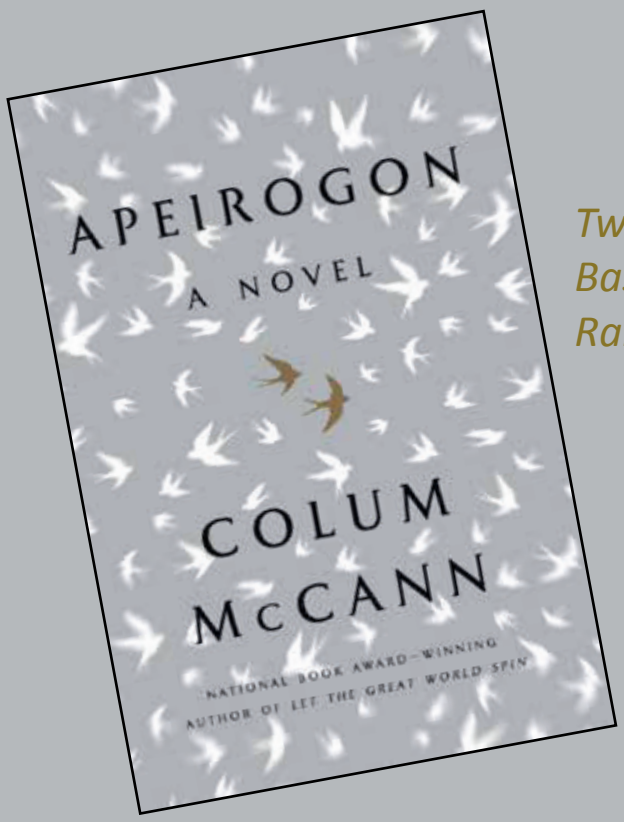
Join the lively discussions on Zoom!

A soldier's story of a forgotten war.

by Matti Friedman

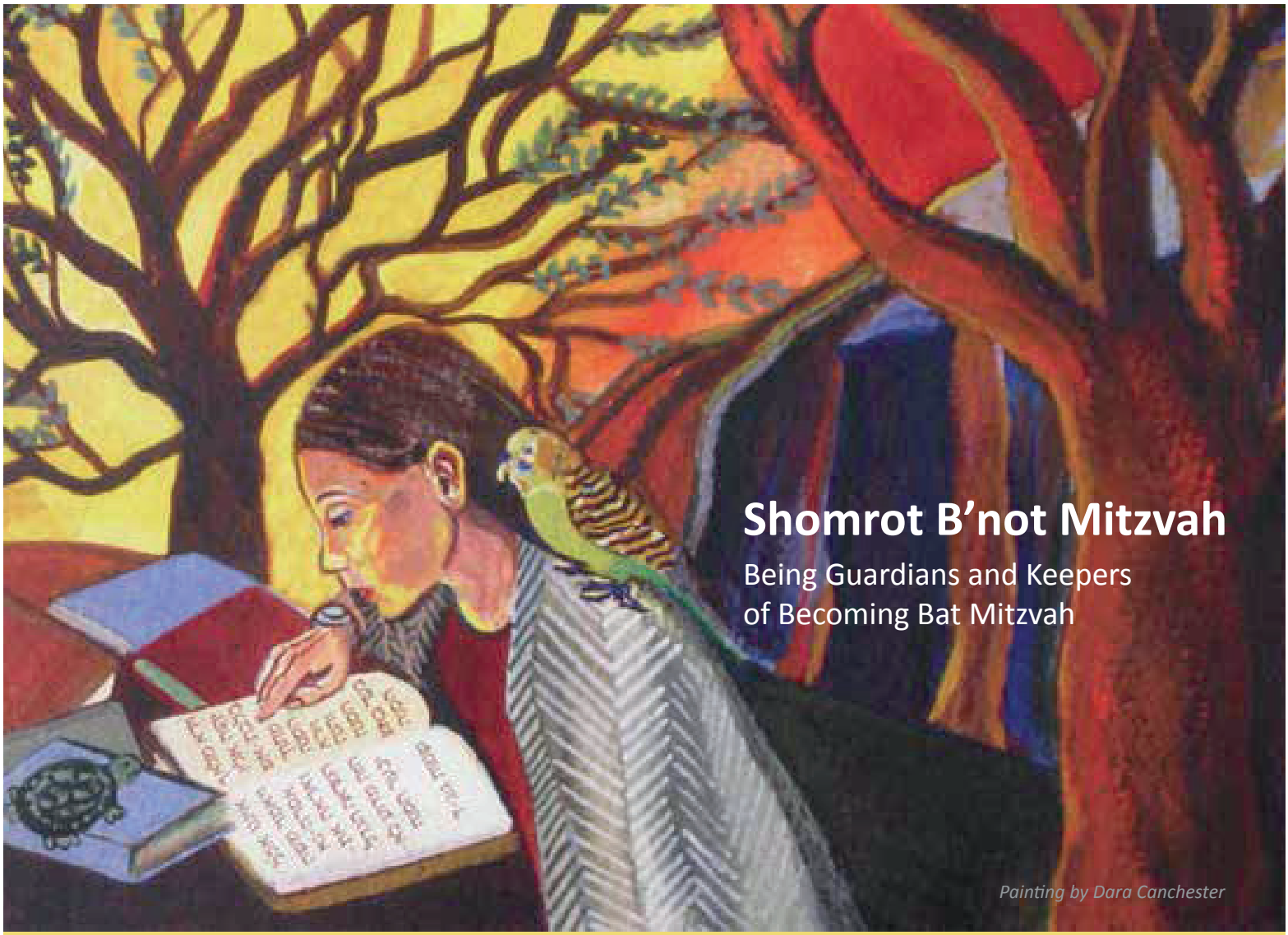
Wednesday
March 9, 2022
at 6:45 p.m.





Two real-life men — a Palestinian, Bassam Aramin, and an Israeli, Rami Elhanan — united by grief.

Wednesday
April 13, 2022
at 6:45 p.m.



On March 18, 1922, Judith Kaplan became the first bat mitzvah at SAJ, Society for the Advancement of Judaism in NYC. On Friday night March 18, 2022, the bat mitzvah ceremony is 100 years old! SAJ is still a thriving synagogue in NYC and they have put out the call for us to celebrate this significant milestone in the life of the Jewish people: Bat Mitzvah at 100, Rise Up!

We are rising up here at Chaverim in several ways. First, we are gathering a list of all of the girls and women who have become bat mitzvah at Chaverim. Second, we are inviting women and girls who have become bat mitzvah at other synagogues to also send their names. Please send your name, date of bat mitzvah and location of bat mitzvah directly to Rabbi Aaron at rabbisaaron@gmail.com. We are also collecting bat mitzvah stories. What is yours? Please send it to Rabbi Aaron.

1977 - Mollie Holtzman Hipp October 7, 1977 Parashat Bereishit

1978 - Audrey Saul Lewis April 7, 1978 Parashat Tazria

1979 - Billie Holtzman Maas January 20, 1979 Parashat Sh'mot
Andrea Heiman November 24, 1979 Parashat Toledot

1980 - Brenda Arlene Schulman April 26, 1980 Parashat Acharei /Mot Kedoshim

1981 - Sabrina Alberts Plattner August 29, 1981 Parashat Re'eh

1982 - Jill Beigel Kohl October 9, 1982 Simchat Torah

1985 - Kacey Lynn Siegel June 22, 1985 Parashat Korach

1986 - Maria Catherine Raven March 15, 1986 Parashat Pekudei
Geulah Ghinis, Moscow, Russia, Maria's Bat Mitzvah Twin

1987 - Aileen R. Botwin October 24, 1987 Parashat Lech L'cha, Havdallah
Margo Bloom Davis April 25, 1987 Parashat Tazria, Havdallah

1990 - Megan Eve Addis August 18, 1990 Parashat Re'eh

1991 - Rachel Schneyer March 16, 1991 Parashat Vayikra
Sara Nixon-Kirschner December 28, 1991

1993 - Sarah Johanna Sparks Bramley October 9, 1993 Parashat Bereshit

1994 - Jessica Lewis Woods February 25, 1994 Parashat Ki Tissa
Kimberly Ami Thompson April 9, 1994 Parashat Shemini
Mika Shiner April 23, 1994 Parashat Emor, Havdallah
Katie Michelle McCarthy June 25, 1994 Parashat Balak

1996 - Rachel Oestreich February 3, 1996 Parashat Beshallach
Emily Schwartz May 25, 1996 Parashat Aseret HaDibrot Shavuot
Beth Kleiman June 15, 1996 Parashat Shelach L'cha

1997 - Marci Rose Handler May 31, 1997 Parashat Bechukkothai
Cara Cahill Frost June 7, 1997 Parashat Bemidbar
Jessi Mackie Taylor June 21, 1997 Parashat Be'ha'a'lo'techa
Alissa Lauren Love September 27, 1997 Parashat Vayelech
Rebecca Pitts October 25,1997 Parashat Bereishit
Naomi Prairie Present December 20, 1997 Parashat VaYeshev

1998 - Monica Putt January 24, 1998 Parashat Vaera
Miriam Gordon February 7, 1998 Beshallach
Anna Jennie Millstone March 7, 1998 Parashat Tetzaveh
Clare Braun March 14, 1998 Parashat Ki Tissa
Stephanie Rachel Schwartz December 26, 1998 Parashat Vayiggash

Reading Torah by Sharon Feldstein

1999 - Leslie Jan Kleiman April 24, 1999 Parashat Kedoshim
Erica Mackie June 26, 1999 Parashat Chukat/Balak
Jessica Lee Savage November 6, 1999 Parashat Chayei Sarah

2000 - Claire Zeigler February 12, 2000 Parashat Terumah
Kerry Lauren Lakin April 8, 2000 Parashat Metzorah Havdallah
Marni Rayne Casetta October 14, 2000 Parashat Succot
Rebecca Crow, Maria Heckman, Gerri Koen, Judy Moses
Rebecca Perry Mandel September 16, 2000 Parashat Ki Tavo
November 11, 2000 Parashat Lech L'cha
Jordan Handler December 2, 2000 Parashat Toledot

2001 - Lia Marion Griesser May 28, 2001 Parashat Aseret Hadibrot Shavuot
Elise Brittany Marsh June 23, 2001 Parashat Korach
Rachael Michelle Adelstein June 30, 2001
Courtney Lu Fenton October 6, 2001 Parashat Bereishit Havdallah

2002 - Erin Mahrt April 6, 2002 Parashat Tazria Havdalah
Ellie Maas August 31, 2002 Parashat Nitzavim/Vayeilech
Hannah B. Rose McCallum October 12, 2002 Parashat Noach
Katie and Elyse Pincus November 30, 2002 Parashat Vayeshev

2003 - Linnea Beth Linde January 25, 2003 Parashat Yitro
Alexa Elizabeth Shalit May, 3, 2003 Parashat Emor Havdallah
Terry Cahill Frost, Sheila Kantor, Dauree Zickerman, Lynda Zwinger May 10, 2003 Parashat Emor

2004 - Lauren Woltman November 13, 2004 Parashat Toledot
Sandra Wortzel December 4, 2004 Parashat Vayashev

2005 - Hannah Michelle Emerson January 8, 2005 Parashat Vaera
Brenna and Weslyn Kimberlin August 6, 2005 Parashat Ma'a'sei

2006 - Zoe Sara Peretz March 25, 2006 Parashat Vayakhel/Pekudei
Sarah Hofstadter August 5, 2006 Parashat Vaethanan
Charlotte Hafstadter August 5, 2006 Parashat Vaethanan

2007 - Eleanor Rose Emerson January 13, 2007 Parashat Sh'mot
Laura Cassman November 17, 2007 Parashat Vayetze

2008 - Ital Ironstone February 16, 2008 Parashat Tetzaveh
Shira Maas April 12, 2008 Parashat Metzora
Zoe and Nicole Korklan August 30, 2008 Parashat Re'eh
Lani Olivia Tuller October 25, 2008 Parashat Bereishit

2009 - Liana Hofstadter March 21, 2009 Parashat Vayakhel/Pekudei
Cassidy Fenton May 9, 2009 Parashat Behar Havdalah

2010 - Emily Rose Feig March 20, 2010 Parashat Vayikra
Maya Collier May 1, 2021 Parashat Emor
Ellie Mackie June 19, 2010 Parashat Hukkat

2011 - Madison Barrow May 14, 2011 Parashat Behar
Zoe Holtzman and Rebecca Hipp September 24, 2011 Parashat Nitzavim/Vayelech
Sophie Plattner October 15, 2011 Hol HaMoed Succot
Rachel Sydney Freedberg October 22, 2011 Parashat Bereishit
Ellie Boling November 19, 2011 Parashat Chayei Sarah
Emily Morgan Peters December 31, 2011 Parashat

2012 - Chelsea Madison Evic January 21, 2012 Parashat Bo
Caitlin Belle Giles December 22, 2012 Parashat Vayechi Havdallah

2013 - Emma Plattner October 26, 2013 Parashat Chayei Sarah
Sophie Holtzman and Lola Maas December 26, 2013 Parashat Beshallach Jerusalem, Israel

2014 - Ann Tumarkin January 11, 2014 Parashat Beshallach
Juliet Webster January 31, 2014 Parashat Terumah
Natalie Feldman June 14, 2014 Parashat Shelach L'cha
Kelsey Luria, z"l, August 16, 2014 Parashat Ekev
Emberly Brynn Davis October 18, 2014 Parashat Bereishit

2015 - Sydney Jordan Andresen March 21, 2015 Parashat Vayikra

2017 - Delaney Barrow January 7, 2017 Parashat Vayiggash
Naomi Grace Holtzman March 25, 2017 Parashat Vayakhel/Pekudei
Arielle Micole Sare September 2, 2017 Parashat Ki Teitzei

2021 - Averi Soulliard November 13, 2021 Parashat Vayeitzei
Leila O'Dowd November 20, 2021 Parashat Vayishlach
Stella Swade November 26, 2021 Parashat Vayeshev
Gabby Giffords, Suzy Gershman, Amanda Freed, Joni Jones
November 27, 2021 Parashat Vayeshev

B'not Mitzvah at other synagogues

1979 - Suzanne Baron Helming August 25, 1979 Parashat Shoftim Temple Israel of Hollywood, Hollywood, CA

1981 - Randie Collier May 2, 1981 Parashat Kedoshim Congregation Emanuel B'nai Jeshrun, Milwaukee, WI

1982 - Sam Giles March 13, 1982 Parashat Ki Tissa Temple Menorah Redondo Beach, CA

1983 - Kim Boling October 29, 1983 Parashat Chayei Sarah

1988 - Adrienne Rosalie Sonder May 7, 1988 Parashat Emor Temple Emanu El, Tucson, AZ

1995 - Ann ReVelle April 29, 1995 Parashat Acharei Mot Los Alamos Jewish Center
Nanci Freedberg September 8, 2007 Temple Emanu El Tucson, AZ

2002 - Rosalie Rellin May 10, 2002 Parashat Bemidbar Congregation Emanuel B'nai Jeshrun, Milwaukee, WI

2021 - Rebecca Adler November 6, 2021 Parashat Toledot

We need your dates; Rabbi can fill in your Torah portion!

Stephanie Bernstein
Jesse Bluestein
Julia Braun
Alison and Hayley Comrie
Corinna Doyle
Melissa Fenn
Helena and Veronica Goldberg
Pamela Heiman
Hila Lamdan
Rebecca Mervis
Mollie Monger
Allysa and Rachael Montgomery
Carly Oseran
Jessica Oseran
Lucia Poster
Lucy Raven
Rachel Richter
Lisa and Stacy Scheff
Arielle Stone
Katie Sullivan
Victoria Yatsenko
Katie Weitzner

Beit Olam - House of Blessed Memory

Our thoughts and prayers are with the family of Paula Grossman:

Beloved mother of Louis Grossman, Eric Grossman and Casonti McClure, and Harrie and Jeffrey Handler, z"l;
Loving grandmother of Marci and Devon, Scott and Briana, Jordan and Justin and Chad and Randi and Michael;
Treasured great grandmother of her four great grandies

May she rest in Shalom.

Our thoughts and prayers are with the family of Gordie Hixon:

Beloved husband of Angela Hixon, dear friend of Cynthia Busby

May he rest in Shalom.

Our thoughts and prayers are with the family of Jeffrey Handler:

Beloved husband of Harrie,
Loving father of Marci and Devon, Scott and Brianna, and Jordan and Justin
Treasured grandfather of Delaney

May he rest in Shalom.

Our thoughts and prayers are with the family of John Crow:

Beloved husband of Rebecca,
Loving father of David (Michelle), Ilana (John) and Megan (Michael),
Treasured grandfather of Helen, Eli, Sam, Leila, Arielle, Etai and Noa

May he rest in Shalom.

Nakatssuna Lake Japan © Comyu Matsuoka

Beit Kehillah – House of Community

Did you know . . .

. . . if you shop at Office Depot OfficeMax and give Chaverim's phone number (520-320-1015) at checkout, we will receive rebate and recycling credits from your purchases? This works for copy services also. We use these credits to purchase office supplies. Thank you!

. . . if you drop off your used ink-jet cartridges at the office or in the white mailbox, Chaverim can recycle them for credit at Office Depot OfficeMax? Thank you!

. . . when you make a purchase on Amazon.com, Chaverim can get five percent of the cost? Before you shop, first click on the "amazonsmile" link at the bottom of Chaverim's home page (www.chaverim.net). Follow the prompts and fill in your account information (or create a new account), and then you will be directed to your Amazon account as usual. There is no added cost!

Material for the newsletter is due electronically on the fifth of the month prior to publication.

Congregation Chaverim Facebook's Page

(www.facebook.com/ChaverimTucson/)

Be sure to like 👍Congregation Chaverim on Facebook! Stay up-to-date with the happenings at Tucson's greatest synagogue! Please follow our page and share with family and friends. Check out services and events along with photos of our vibrant, welcoming multigenerational community!

Red Moon in Spring painting by Cathy McMurray

MARCH ADULT BIRTHDAYS

7	Karen Balch	17	Neal Cash	21	Dorothy Kret
7	Allison Richter	17	Patrick Webster	21	Christopher Atlas
8	Helena Goldberg	20	Patrick Mueller	21	Amanda Taylor
9	Barney Holtzman	20	Martha Baron	22	Randie Collier
9	Davita Mueller	21	Leonore Comrie	26	Danny Plattner
15	Ellen Fenster	21	Nancy Glicksman	26	Shelley Schwartz
16	David Lex	21	Judy Sensibar	30	Julie Fenn
16	Heather Alberts				

MARCH ANNIVERSARIES

Jim and Elysa Mackie	March 5
Andrew and Leonore Comrie	March 6
Allen and Jacqueline Brailey	March 29

YELADIM

Rachel Davenport	March 6, 2001
Lance Evic	March 8, 2000
Julian Boling	March 16, 2001
Christopher Atlas	March 21, 1993
Brayden Pendleton	March 25, 2016
Owen Abramson	March 29, 2013
Leo Helming	March 30, 2004

Beit Todah House of Thanks

Philip Balch March of the Living Teen Scholar

Beverly Louis in honor of Gabby Giffords' bat mitzvah

Rabbi Aaron's Discretionary Fund

Judith Brown in memory of Miriam and Richard Brown
Lillian Essex in gratitude of Rabbi
Pam Nirenberg in memory of John Crow
Ilene Scannell in memory of her sister Shelby Roseman and parents Ted and Shirley Karnofsky

L'Chaim General Fund

Joshua and Anita Goldberg
Julie Linde
Shelley and Bob Schwartz in memory of Herbert Wasserman, uncle of Shelley Schwartz, and Florence Schwartz, mother of Bob Schwartz
Judith Weiser in memory of John Crow

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Board Certified Anesthesiologist

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Stephanie S. Aaron, Rabbi

Mitzvah of the Month:

Mitzvah g'dolah li-h'yot b'simcha tahmeed

Being in Joy Always

May we understand how powerful we each are as human beings, each gifted with purpose, presence and possibilities, singular and irreplaceable; each a spark of the Holy One. ~ Rabbi Aaron

Friendship, Warmth, Inspiration, Spirituality, Community

Board Members:

Allen Brailey
Suzanne Baron Helming
Rick Oestreich
Alma Hernandez
Consuelo Hernandez
Suzy Gershman
Ann ReVelle

March 2022

30 Shevat – 27 Adar 5782

Dancing Trees by Oliver Wong