

Congregation Chaverim

Chai Lights Newsletter

MAZEL TOV CHAVERIM Graduates and All Stars!



High School Graduates

Ben Helming

Sydney Anderson

Delaney Barrow

Souleiman Bangoura

Noah Richter



College Graduates

Bradley Feig

Madison Barrow

Brennen Feder was accepted to be a part of The University of Arizona Bobcats Senior Honorary. This organization is 99 years old and was created to preserve the unity and welfare of the University. Every year, 13 rising seniors are selected out of the 8,000+ senior class for this honor. Most visibly, the Bobcats are in charge of the homecoming bonfire, lighting of A Mountain, selecting homecoming royalty, and working with the University President.

Rachel Freedberg was awarded the Valor Scholar Award. A year long, paid focused clinical residency for BSN, students between their junior and senior years who have excelled in their studies. She has been placed in the emergency room at the VA hospital in San Diego and will be working along side with a registered nurse for 800 hours doing hands-on clinical skills.

Rabbi's Message



Flag Day June 14, 2020

I am a two flag person; I honor the “Stars and Stripes” of the country of my birth and residence and the “Magen David” of the country of my soul, with deep respect and regard. On Flag Day, June 14th, I won't be actually unfurling the flag or saying the pledge of allegiance or singing the Star Spangled Banner; rather, I will be unfurling the meaning of the flag, what it symbolizes to me as a citizen of this country, this land, our land, as we live this great challenge, the covid19 pandemic.

I will be pondering the significance of its colors. The white stripes were chosen to represent “purity and innocence, the red stripes, hardiness and valor.” The blue background stands for “vigilance, perseverance and justice.” Before the pandemic, when I looked at the white stripes, I saw the billowy cloud puffs, moving rapidly across the big blue of our western skies. Sometimes, the white reminded me of a glittery expanse of a snowy Colorado field, pure and unblemished with possibility or the waxy softness of a saguaro in bloom. White is my color for wisdom; the white hairs of my wise elders, the white spread of the page of a book, holding the letters of knowledge, mystery and inspiration. White is the fragrance of a spring night, delicious with jasmine, gardenia and orange blossom. White intrigues me because it is all colors and no color; the wonder of the rainbow revealed. The original flag designers meant white for purity and innocence; we, the people, setting out with the pure and innocent goals of creating a republic of states united; a togetherness of purpose, a government of the people, by the people, for the people.

The red stripes of the flag speak to me of blood. When I think about the copious amounts of blood that have been spilled during the many wars that our country has fought in, I feel overwhelmed with grief and gratitude. The red stripes represent “hardiness and valor.” How do we as citizens manifest this charge to hardiness and valor? How have we stayed the course and been resilient, tough and strong during these days of pandemic? We have witnessed this bravery, this courage in the face of isolation and fear. We have held onto other people with the strength of our voices, the presence of our minds. And we have also witnessed the tears in the flag, the shredding of this banner as many of our fellows did not have health care and we watched, stunned, as racists wandered the land, ‘armed and dangerous’, vomiting their treasure trove of hate and violence.

Flag Day June 14, 2020 cont'd

The blue background stood for “vigilance, perseverance and justice.” When one unfurls a flag, one must be vigilant about protecting what that piece of cloth means. Cloth is flimsy; the wind can blow it to tatters. How do we watch over the Torah of our United States, the Constitution and the Bill of Rights, with care and attention? How do we keep on and carry on with “Vigah” and diligence?

In the Haggadah, on Seder night, we read: in every generation, a person is obligated to look upon themselves as if they had personally been delivered from Egypt. How do we be vigilant for this flag and all that it represents? In every generation, a person is obligated to look upon themselves as if they had personally stood in Independence Hall and signed the Declaration of Independence and helped craft the Constitution and added each one of the Bill of Rights. Rabbi Joseph Soloveitchik wrote, “The power stored up within us humans is exceedingly great, that is all encompassing, but all too often slumbers within and does not bestir itself from its deep sleep...Awake ye slumberers from your sleep! Realize, actualize yourselves, your own potentialities and go forth and meet your G-d!”

Is it ever appropriate to fly the flag upside down? Yes, one may fly the flag upside down, but only in an emergency. It means, “Help me! I am in trouble!” So, are we in trouble? Well, yes, and no. A suggestion: on June 14 do this: Pause for the Pledge. At 4 pm Pacific time, say the Pledge of Allegiance with your family then talk about what it means to each one of you; how do you make it be a land of liberty and justice for all?

With the blessing of shalom,

Rabbi Stephanie S. Aaron



Attention Journalists and Aspiring Journalists

Reminder Material for the newsletter is due Electronically on the 5th of the Month prior to Publication.

NEWSLETTER deadline is the 5th on each Month

July 2020 Rabbi's Letter

“We Know How, Right Here, Right Now, We Can Do This, We Know How!”

I write these words near the end of May; how can I know what July will hold? I cannot. I am grasping the prophet Jeremiah's words: “There is hope for the future. 31:16”, strongly in my heart and writing on. Hope says that in July, the days of the pandemic have waned and we are going forward cautiously, with masks at hand, being careful—that is full of care—for and with one another.

During the days of the pandemic, we learned that it was a time to be sisters and brothers and humans to each other; that it was a time to recognize what we have harvested: the mitzvot we have done, sharing our food with people who have none and are hungry. We know how, right here, right now, we can do this, we know how! There are people in our Tucson who are hungry, right here, right now. Donate to the Community Food Bank or Mazon, a Jewish Response to Hunger. Some folks in our country have been turning their Free Little Libraries into Free Little Food Banks. We know how, right here, right now, we can do this, we know how!

What is the harvest we want to share? Our acts of kindness, we gather them, acknowledging what Pirkei Avot teaches: the world stands upon three things: Torah, sacred study, Avodah, prayer and sacred work and G'milut Chasadim; acts of loving kindness. Rabbi Kerry Olitzsky taught: the giving of lovingkindness is not limited by any boundaries...it is only limited by the size and strength of our hearts.” Our hearts are big; our strength, great! Let's multiply our kindness; we know how, right here, right now, we know how! Facetime with a friend or family member. Text 1,000 hugs and smiles. E-mail some love and cheer and a story of sharing and joy.

Help someone else find shelter—a person without a home, a person who needs shelter from the sadness of loneliness. Send a card to someone who is isolated because of illness. Send a sympathy card to someone whose loved one has died. How many ways can you say, “Shalom, I am here for you.”? We know how to do this, right here, right now, we know how to do this, we know how!

During the pandemic, two of our Chaverimniks sent me strong and helpful words by Megan Craig, “Suddenly I am reminded of William James's essay “On a Certain Blindness in Human Beings,” in which he writes about the difficulty of being present to another person's life. James uses a Robert Louis Stevenson story of young boys who form a secret club of “lantern bearers,” hiding small tin lanterns under their heavy coats as a secret emblem of participation. From the outside, they look just like anyone else hurrying by in the cold night, but when they meet one another they lift the edge of their coats to reveal a hot burning light hanging from a belt loop. I have always loved the image of

July 2020 Rabbi's Letter cont'd

these kids hiding fire, their faces momentarily illuminated to one another in lamplight, triumphant in their allegiance to the game. James was writing about how hard it is to see someone else's inner light—the thing that keeps them illuminated in dark times—especially when we are fixated on our own lives. We pass one another, intent on ourselves and our own problems, never imagining the burning fire under the dark coat.”

We can lift up the heavy coats of our isolation and inability to really see one another. We can reveal our inner lights, the nitsot Elokim, the G-d sparks that shine within, by lifting our heavy coats of mistrust, apathy and ignorance. We don't have to hide our fire; we can soul shine at one another, seeing each other through our eyes of love, caring and compassion. We can do it, right here, right now, we can do it, we know how!

With the blessings of the firey lights of Being,

Rabbi Stephanie S. Aaron

Beit Olam – House of Blessed Memory

IN MEMORIAM

Congregation Chaverim announces with profound sorrow the passing of

Peter Seagle,

loving Husband of Mariam “Mimi” Seagle,
close friend of Rabbi Aaron
on May 25, 2020

Helen Stamford,

Loving Aunt of Andrea Crane
On May 15, 2020

Barry Brownstein

Loving Uncle of Melissa Present
Daughter-in-law of Rabbi Aaron and Jack

Marvin Plattner

Loving Father of Danny Plattner
On April 14, 2020

Poetry On The Bimah, April 2020

Miracles by Walt Whitman Poetry on the Bimah April 2020

As we complete the Hebrew month of Nissan: two teachings to send us forward into Iyyar! Nissan means bud; what did the bud of Nissan unfurl for you in these days of Shelter and Safety? What questions were asked of you? What answers did you live in this month of the bud opening? Nisan also of course, means miracle! In honor of earth day 50 our American poet, Walt Whitman, speaks to us now!

Why, who makes much of a miracle?

As to me I know of nothing else but miracles,

Whether I walk the streets of Manhattan,

Or dart my sight over the roofs of houses toward the sky,

Or wade with naked feet along the beach just in the wedge of the water,

Or stand under trees in the woods, or talk by day with any one I love,

Or look at strangers opposite me riding in the car,

Or watch honey-bees busy around the hive of a summer forenoon,

Or animals feeding in the fields,

Or birds, or the wonderfulness of insects in the air,

Or the wonderfulness of the sundown or of stars shining so quiet and bright,

Or the exquisite delicate thin curve of the new moon in spring;

These with the rest, one and all, are to me miracles,

The whole referring, yet each distinct and in its place.

To me every hour of the light and dark is a miracle,

Every cubic inch of space is a miracle,

Every square yard of the surface of the earth is spread with the same,,

What miracles did you witness in the month of Nisan? What unfolded for you in this time of fright, anxiety, breathlessness? What happened when you remembered the miracle of breath? The gifts of a virtual hug; a the voice of a friend on the phone; the sigh of a loved one; the smile of a stranger? Walt Whitman's words helped keep me focused and strong when so much was volatile and shifting. He reminded be to turn to Creation! And remember the utter beauty and steadiness of moon rise, orange blossom breeze, holding tiny fingers and toes.

Rabbi Stephanie S. Aaron

Poetry On The Bimah May 2020

Shabbat, Today I decide

to turn my eyes to wonder, so that I may see the expanse before me.

Today I decide to see the possibilities of my life,

so that I may open my mind to greatness.

Today I will do one kindness,

so that my heart may become more loving.

Today I will pause to consider,

so that my life may become more deliberate.

Help me, dear G-d, to step

firmly upon a path of consequence,

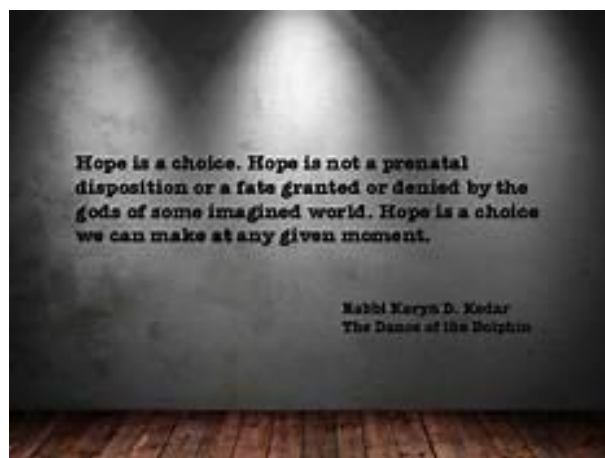
so that I may make my life a prayer of

goodness and compassion, splendor and light.

I ask for a life of meaning, a sense of purpose,

Today, this Shabbas, today.

Rabbi Kayrn Kedar slight edits by Rabbi Aaron



Poetry On The Bimah June 2020

This poem was written by Wilfrid Noyce after he ascended Mt Everest on May 23, 1953. But this poem breathes me awake in June 2020, as we are beginning to just take small steps forward, as we attempt to catch our breaths as the pandemic eases or so we pray.

Breathless

Heart aches,

lungs pant

dry air

sorry, scant,

Legs lift—

why at all?

Loose drift,

heavy fall.

Prod the snow

easiest way;

a flat step

is holiday.

Look up,

far stone

many miles

far, alone.

Grind breath

once more then on;

don't look up

till journey's done.

Must look up,

glasses dim.

Wrench of hand,

faltering limb

Pause one step,

breath swings back;

swallow once,

throat gone slack.

Go on

to far stone;

don't look up,

count steps done.

One step,

one heart beat,

stone no nearer

dragging feet.

Heart aches,

lungs pant

dry air

sorry, scant.

Wilfrid Noyce



Poetry On The Bimah June 2020

Perhaps the mountain we climbed during this pandemic was not Mt Everest, but the dangers and the stresses were real. Our hearts ached for one another and for the human beings who struggled in horrible panic and pain to take breath. We had to keep reminding ourselves not to “look up” which is code for don’t look too far forward into the unknown; remember to patiently grind out one more breath; remember not to falter in fear. We had to remind ourselves to count steps done...was there an easy way? “Grind breath once more then on...count steps done...one step, one heart-beat, stone no nearer.” Who was with you when you were dragging yourself along during this time; when you felt helpless, when you couldn’t recognize your own life? How did you shelter during this time on the mountain? I often opened Tehillim, the Book of Psalms, which anciently gifts us with strength for the road. My soul is quiet, Awaiting G-d. Psalm 62:2 For with You is the Source of Life, in Your light, we see light. Psalm 36:10 Shiviti HaShem I place G-d always before me. Psalm 16:8 You are my safe place, my refuge...(You say) I will enlighten you and teach you on which path you should walk; I shall counsel you for My eye is upon you. Psalm 32:7, 8

Rabbi Stephanie S. Aaron



What's Happening in June 2020

Beit T'fillah House of Prayer

Friday, June 5th 6:00PM Early Zoom Shabbat Service
With Rabbi Aaron

Saturday, June 13th 9:00AM Torah Study
10:00AM Meditative Service
With Rabbi Aaron

Friday, June 19th 7:00PM Zoom Shabbat Service
W/Rabbi Aaron

Children's House of Learning

July 17th Early Hebrew School Registration

What's Happening in July 2020

Friday, July 3rd 6:00PM Early Shabbat Service
7:00PM Shabbat Service
With Rabbi Aaron

Saturday, July 11th 9:00AM Torah Study
10:00AM Meditative Service
With Rabbi Aaron

Friday, July 17th 7:00PM Shabbat Service
With Rabbi Aaron

Children's House of Learning

July 17th Early Hebrew School Registration

Congregation Chaverim Facebook's Page

<https://www.facebook.com/ChaverimTucson/>



Be sure to like Congregation Chaverim on Facebook. Stay up-to-date with the latest and greatest synagogue! Please follow our page and share with family and friends. In addition, you can see service and programming events. Along with photos of our vibrant welcoming, multi-generational community.

Shalom, Brennen Feder
Editor

Life Cycle Events in May-June-July 2020

Anniversaries

MAY

- 2 Jeri Goldblatt & Hans Bradshaw
- 6 Gary & Andrea Malis
- 14 Eric & Karen Peters
- 15 Rachel Oestreich & Eric Zerull
- 22 Kevin & Ali Mendel
- 25 Barry & Janie Herr
- 25 Emily & Dustin Pendleton
- 26 Danny & Sabrina Plattner
- 29 Eric & Nancy Freedberg

JUNE

- 1 Cherie & Oded Lamdan
- 3 Richard & Yvonne Morris
- 4 Allycyn & Rex Jacobs
- 10 Samuel & Linda Yalkowsky
- 15 Dana & Jeff Gilmore
- 16 Heather & David Alberts
- 17 Gary Emerson & Laury Goll
- 17 Joshua & Naomi Tor
- 18 Tim & Angelle Alberts
- 18 Bruce Helming & Suzanne Baron Helming
- 19 Neil & Ilana Markowitz
- 20 Elliot & Lorraine Glicksman
- 24 Richard & Elise Oestreich

JULY

- 2 Michael & Judy Marks
- 2 Shell & Stan McCallum
- 7 Dr. Pam Lotke & Dr. Alex Cronin
- 22 Javier & Debbie De la Rosa
- 28 Leisy & Michael Wyman

Yeladim Birthdays

MAY

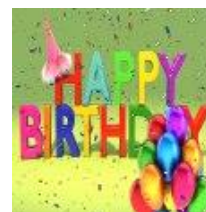
- 1 Benjamin Helming
- 7 Hewitt Meier
- 11 Ezra Mandel
- 16 Elijah Bradshaw
- 20 Josephine Tor
- 23 Henry Fink
- 28 Bailey Linder
- 28 Joshua Robert Eisenberg

JUNE

- 5 Paxton Clark
- 14 Zeke Bradshaw
- 20 Vera Hunter
- 22 Aisha O'Neil

JULY

- 9 Taraji Berryhill
- 22 Naomi G Holtzman
- 24 Abigail Hanley



Adult Birthdays

MAY

- 2 Daniel Hofstadter
- 2 Nancy Tepper
- 2 Jasmine Berger
- 6 Lisa Barrow
- 8 Yvonne Morris
- 10 Sara Cash

JUNE

- 1 David Gibbs
- 1 Marc Goodman
- 1 Grace Weiss
- 2 Ann Tumarkin
- 7 David Putt
- 8 Gabrielle Giffords

Adult Birthdays, Cont'd.

MAY

11 Linda Yalkowsky
11 Malcolm Dombrowski
11 Julian Dombrowski
11 Eric De La Rosa
12 Julia Braun
17 Cynthia Feig
18 Jim Harrison
18 Randy Emerson
19 Jada Cash
23 Barbara Holtzman
25 Karen Peters
25 Maya Luria
28 Jeff Monger



JUNE

9 Debbie De La Rosa
11 Toni Esquibel
13 Audrey Levy
15 Richmond Fenn
15 Elise Konigsberg
17 Diane Ealy
17 Steve Randall
21 Joyce Cook
22 Braden Vincent
22 Isaac Dombrowski
23 John Barrow
26 Michael Wyman
26 Rabbi Stephanie Aaron
28 Brad Feder
28 Sara Hofstadter
28 Sandra Snyder

JULY

2 John O'Dowd
4 Sabrina Plattner
7 Kathy Gerst
11 Jerry Braun
13 Harold Loewenheim
13 Madison Barrow
17 Ellie Emerson
17 Maya Collier
19 Mike Cracovaner
20 Michael Richter
23 Allycyn Jacobs
24 Jeff Gilmore

JULY

25 Nancy Kumble Fenn
25 Paul Rubin
26 Jim Mackie
26 Stephanie Bernstein
28 Miriam Galilee
28 Gennady Sare
30 Hans Bradshaw
30 Naomi Tor
31 Pam Nirenberg
31 Reyna Sanchez
31 Earl Surwit

Happy Birthday from your



friends at Congregation Chaverim!!!

Congregation Chaverim

5901 East 2nd Street

Tucson, Arizona 85711

Tel: (520) 320-1015

www.chaverim.net

admin@chaverim.net

Stephanie S. Aaron, Rabbi

Bonnie Sherman, Office Admin/Accountant
Suzanne Baron Helming, Secretary

June 1, 2020
July 1, 2020

9 Sivan – 8 Tamuz 5780
9 Tamuz – 10 Av 5780