



Congregation Dorshei Tzedek

A Jewish Reconstructionist Community

Nissan/Iyar 5776 May 2016

60 Highland Street, West Newton, Massachusetts 02465
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The Journey

by Rabbi Toba Spitzer



THE MONTH of May is, this year, right in the middle of a period of time called *sefirat ha'omer*, the counting of the omer. These are the weeks from Passover to Shavuot, a journey from the experience of liberation to the receiving of Torah. According to rabbinic tradition, seven weeks after being freed from bondage in Egypt, the Israelites arrived at Mount Sinai, where they received holy laws and teachings. We relive this mythic journey each year as we count the days from Passover to the holiday of Shavuot.

I have been thinking a lot about the metaphor of “journey” in these weeks following the death of my spouse, Gina. Grief is many things, but “journey” is one word which captures a lot. My experience changes day to day, even moment to moment; like a journey, this is not a static experience. And while it is not a linear process, I do have a sense of forward movement, with all of its attendant ups and downs. And like the Israelites’ journey through the wilderness, this grieving business is not easy, yet not all terrible either. A journey ultimately takes us to a new place, where new

insights become available, and I know that I will emerge from this experience with newfound understandings and strengths.

A colleague who lost a child a few years ago sent me an article that he had found helpful in his grieving, called “New Ways to Think About Grief,” by Ruth David Konigsberg (*Time magazine*, January 24, 2011, <http://content.time.com/time/magazine/article/0,9171,2042372,00.html>). In it, Konigsberg challenges a number of beliefs about grief that have taken hold in American culture, ever since the publication of Elisabeth Kubler-Ross’ *On Death and Dying* in 1969. Primary among those beliefs is the notion of “stages” that a person must pass through to appropriately process one’s grief. Accompanying this is the conviction that the expression of “dark emotions”—especially anger—is essential to a healthy grieving process. Konigsberg cites a large body of research that undermines both of those ideas, and she challenges the notion that there is such a thing as “grief work” that one must do in order to move on. Rather, for most people, “grief is not a series of steps that ultimately deposit us at a psychological finish line but rather

continued on next page



Desert journey. Photo by Barry Ingber.

INSIDE:

- 3 Shabbat and Holidays
- 4 Community
- 6 Tikkun Olam
- 7 Chesed
- 8 Nativ Lev
- 9 Learning
- 10 Calendar
- 11 Events
- 12 Reconstructionist News

a grab bag of symptoms that come and go and, eventually, simply lift.”

What I find most comforting in the article is Konigsberg’s assertion that:

“researchers have now identified specific patterns to grief’s intensity and duration. And what they have found is that the worst of grief is usually over within about six months...What we do know is that while loss is forever, acute grief is not.”

As Konigsberg notes, there is something liberating in not having to hew to some expected pattern of emotions or behavior. She opens up the possibility of just being open to whatever arises in each moment, with the knowledge that however difficult any of those moments might be, there is light on the horizon.

As I think about my own journey at this time, I appreciate the notion that there is an easier time ahead—a “somewhere better” on the horizon—and that there is nothing I particularly have to do along the way other than stay present to what is happening, with some measure of compassion for my own experience.

My companions on this journey are many. I have come to think of sadness as

my companion—something I shouldn’t (and can’t) push away, but which also doesn’t rule every moment of the day. I have human companions—friends, family, community—who give me ongoing sustenance and support. And I have my sense of connection to Gina and to God, which interestingly have become somewhat intertwined: a deep sense of connection to the Beloved which I cannot access in any concrete or physical ways, but can sense both within me and in the world around me.

I remain very grateful to this community for your love and support through these difficult weeks and months. Gina loved Dorshei Tzedek so much, and I feel as if her spirit still moves here with us: her humor, her commitment to community, her passion for life. I am thrilled that we are going to be honoring Gina’s memory and celebrating her dedication to teaching and learning at our *Tikkun Leil Shavuot* next month, on June 11 (see page 12 for details). In the meantime, may we all find insight, wisdom and strength in our journeys from the slavery of *Mitzrayim*, the “narrow place,” to that moment of receiving Torah, of gaining new understanding and insight for the sake of a world transformed.

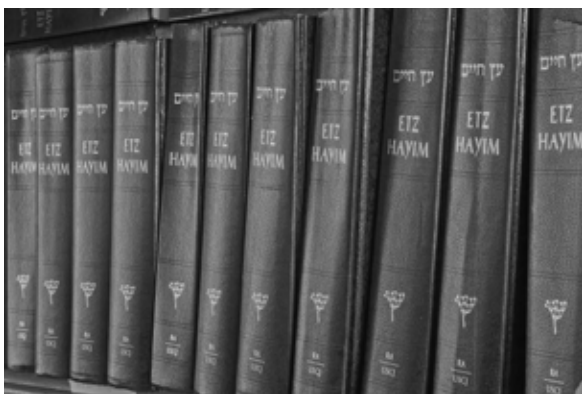


Photo by Vivienne Shein

Rabbinic Liaison Committee

The Rabbinic Liaison Committee exists to ensure the maintenance of a good working relationship between our rabbi and the congregation. While congregants are always welcome and encouraged to discuss questions or concerns directly with Rabbi Toba, they may at times feel more comfortable talking to the Rabbinic Liaison committee. Issues raised by congregants are discussed confidentially and, when appropriate, are shared with the Rabbi in a constructive manner. To discuss a question or concern, contact **Cindy Shulak-Rome**, Rabbinic Liaison Chair at cbsrome@comcast.net.

CDT

Dorshei Tzedek is a Reconstructionist Congregation dedicated to creating a caring and inclusive community, and to enhancing Jewish practice and learning in the lives of our members.

Board

Staff

Rabbi Toba Spitzer

Interim Education Director: Alison Lobron
Director of Congregational Learning: Shahar Colt
Administrative Director: Marla Lichtman
Administrative Assistant: Shaena Grossman

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Nediv Lev: Mark Paley
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Rabbinic Liaison: Cindy Shulak-Rome
Ritual: Marion Ross and Laurie Goldman
Space: Noam Shore
Tikkun Olam: Bonnie Tenneriello
Website: Dan Halbert

Newsletter

The CDT Newsletter is published monthly with a July-August summer issue. Email articles, events, and photos to dtnews@dorsheitzedek.org by the 10th of the month for the following month’s issue. For questions, email us at the same address.

Volunteer Staff: Danny Shain (chair), Josette Akresh-Gonzales, John Holohan, Barry Ingber, Barbara Pittel, Vivienne Shein (photographer), Emily Shumsky, Michael Singer.

Shabbat and Holidays

SHABBAT UNPLUGGED

FRIDAY AND SATURDAY, MAY 13 AND 14

While every Shabbat is an opportunity to “unplug,” this is our yearly opportunity as a community to take the invitation that Shabbat offers us: to “be” rather than “do”; to turn our attention from the world of consumption to the realm of reflection; to unplug from those things—our computers or workplaces or cars—that keep us harried or stressed or tied into the busyness of our lives. It’s an opportunity to enjoy a Shabbat meal with family and friends, enjoy a Shabbat service, take a walk or an afternoon nap. Whether you join in a CDT activity or rest at home, take the opportunity to unplug this Shabbat! Activities include:

Friday night:

Erev Shabbat community potlucks throughout Newton and other CDT neighborhoods. Sign up on the CDT website for a potluck Shabbat dinner, for all types of households and in different neighborhoods! Or host your own and invite a friend or two. Booklets with Shabbat blessings and erev Shabbat songs are available at CDT; contact Marla Lichtman (admindirector@dorsheitzedek.org) to make arrangements to pick them up.

Saturday:

Shabbat Morning Torah Study - 8:45 am: Torah study with Rabbi Toba.

Shabbat Morning Services - 9:45 am: Join us for this special service, featuring our *Kitah Hay* and *Kitah Vav* classes (5th-6th grades), who will join Rabbi Toba to help lead the morning service. In addition, we will be celebrating our high school seniors, honoring them with a special aliyah to the Torah, as well as remembering Jill Volk on the occasion of her *yahrzeit*.

Kiddush lunch at noon! Whether or not you attend services, come join us for a community lunch.

Shabbat Afternoon: Read a book, meditate, take a walk or a nap!

Sunset Potluck & Havdallah on the Water - 6:00-9:00 pm

Fisher-Gomberg home, Auburndale

We’ll close Shabbat Unplugged with a potluck meal and havdallah afloat! All are welcome to come by beginning at 6pm for a vegetarian potluck dinner and some casual canoeing and kayaking on the Charles River. Around 8:30pm, we’ll all paddle onto the river with our Havdallah candles and spices for a very special Havdallah service on the water. In case of rain, dinner and Havdallah will be indoors. RSVPs are requested so that we can make sure we have enough boats and candles (dfgomberg@gmail.com). If you happen to have a canoe or kayak, or a Havdallah candle and/or spices, it would be great if you would bring them, but it’s fine to just come with a vegetarian dinner contribution. The Gombergs will provide drinks and desserts (and boats, paddles, and life jackets!) All ages welcome. If you’d rather just watch from the shore, you can join the photography crew or the unofficial rescue crew!

OR close the day with the **CDT Film Club** - See page 11 for details.

ALL-AGES EREV SHABBAT SERVICE

Fridays, May 6, June 10

6:00 pm, candle lighting and potluck dinner;

6:45 pm, service

Join us each month for this fun, musical, all-ages celebration of Shabbat! We begin with candle-lighting and the Shabbat blessings at 6:00 pm, followed by a vegetarian potluck dinner (please bring a main dish or salad, enough for 15-20 people; drinks and dessert provided). A musical service begins at 6:45 pm, followed by dessert at 7:30 pm. Services geared towards kids aged 3-8, but all are welcome!

SHABBAT MORNING TORAH STUDY

Saturdays, May 14, June 18, 8:45 am, Library

With Rabbi Toba Spitzer

Each month before the Shabbat morning service, we will explore *parashat hashavua*, the weekly Torah portion, through the lens of commentaries, both traditional and contemporary. No prior experience necessary. Bring your own caffeinated beverage!

GOT SHABBAT

Saturday, May 21, 9:45 am-noon

For our final Got Shabbat of the year, we have a wonderful lineup of activities for all ages. We’ll begin together with morning blessings and psalm-songs from 9:45-10:15 am, and then kids and adults will have a variety of workshops to choose from, including yoga adventure, art, drumming, and adult text study with **Susie Tanchel**. Stay tuned for details!

We’ll gather together at 11:20am for a dramatic Torah reading and closing blessing, followed by a festive kiddush lunch for all at noon.

*Got way too much Shabbat for one page!
Bnei Mitzvah and holidays on page 5.*

Unless noted otherwise, all Shabbat programs are held at the Dorshei Tzedek prayer space: 60 Highland Street in The Second Church of Newton, West Newton. Shabbat morning services are held weekly, starting at 9:45 am. Free childcare is available during Shabbat morning services in room 112. For the comfort and health of our members and guests, we ask everyone attending our services to avoid wearing fragrances (perfume, cologne, hair and body sprays).

Community

MAZEL TOV

Mazel tov to **Mark Paley & Rachel Davenport**, on their wedding in March!

Mazel tov to **Marjorie Feld**, for being promoted to full professor at Babson College, the first woman to achieve this distinction in her division.

TODAH RABBAH

A heartfelt Todah Rabbah to **Joel Reider** who so ably and quickly repaired our sanctuary screen.

Todah Rabbah to the CDT Board and Past Presidents who generously donated new flowers for the bima in honor of Gina Fried.

A huge thank you to everyone who helped make our Purim celebration so wonderful! In no particular order:

To **Ilana Mainelli** and **Emily Mathis** for making sure the hamantashen got to FUSN.

To **Alex Sugerman Brozan** for procuring the adult prizes, and **Andy Cohen & Todd Carmody** and the CDT Brews crew for making Purim beer.

To **Bill Schorr** for leading the “ma’ariv” shtik and MCing throughout.

To **Nathan Aranow** for setting up the sound system.

To **Tal Shalom Kobi** for music and programming for the younger set.

To **Laurie Goldman, Susan Moser**, and **Ora Gladstone** for Megillah reading and song leading (and to **Shalev** and **Shirel** for holding the signs.)

To **James Kaplan** for writing the spiel.

To **Alison Lobron** for fearless spiel leadership and to all the spielers for being amazing: **Sheree Galpert, Doug Hersh, Esther Kohn, Andrew Sofer, John Holohan, Susan Silberberg, Corinne Lofchie, Leila Zisk, Anna & Eleanor Kaplan, Spencer Goldman, Jane Robinson, Shira Lobron, Ayla Kobi, Tamar Arons-Brann, Rita Hackett, Merav Opher**, and **Liam Opher-Michaels**, with music by **Tal Shalom Kobi** and **Nathan Aranow**.

To our Administrative staff **Marla** and **Shaena** for ordering hamatashen and notifying all the volunteers, and to **Shahar Colt** for making sure everything came together.

Todah rabbah to everyone who helped with *kiddush* or holiday programs in March and April, including setup and cleanup for our Purim party:

Diana Perretta—*in memory of her husband & parents*, **Peter Shapiro, Richard Cohen, Fran Malino, Linda Schiller & Steve Robins, Madeline Steinberg & Mitch Feuer, Bob Warren, Abby Cohen, Jordan Namerow, Bobby Kleinberg, Tatjana Meschede & Dani Krasa, Janet Boguslaw, Amy Dain & Misha Dudnik,**

Margo Michaels, Michael Singer, Alissa & Gerry Leonard, Sandy Goodman & Sue Weil, Barbara Shatkin & Andy Littman, Diana & Richard Gomberg, Carolyn Fine Friedman—*in memory of Sara Fine & Jerry Friedman*, **Elaine Pollack, Mark Yurkofsky, Phoebe Cushman, Theresa St. John-Siegel, Todd Carmody, Ellen Hemley & Mark Bronstein, Susan Nitkin & Jeffrey Marcus, Steve Zisk, Barbara & Elliot Pittel**—*in memory of Edith Bushman*, **Stephanie & Nem Hackett.**

Please notify the Newsletter of life cycle events, significant accomplishments, or other moments you would like to share with the community. (See page 2 for details.)

CDT MEMBERS MEETING SAVE THE DATE!

Sunday, June 5

5:30 pm - Pizza (and alternative) dinner

6:15-8:00 pm - Meeting

We hope at least one representative from each CDT household will be present as we vote on a budget and Board for the coming year, and hear updates on all facets of the congregation's activities. Childcare will be provided.



Erica Streit-Kaplan picks her prize at the Purim Party.
Photo by Vivienne Shein.

CDT MEN'S SOFTBALL LEAGUE

by Elliot Pittel, Team Captain

The CDT Softball team has a full schedule in May with two home games and two away games. The home games are on May 8th and May 22nd at Forte Field, 235 California Street, Newton. Enjoy a game and support the Tzedekmen.

VISIT CDT FACES!

Every week, more and more members are adding their pictures to CDT's online photo gallery. Check it out and start connecting member names and faces! It's easy to find in the member's area of the CDT website!

What? Your photo's not up yet? Detailed instructions for uploading photos are at

<http://dorsheitzedek.org/members/member-photos>.

Don't miss out!

MOCA MATTERS

We did it again! The Members of a Certain Age (MOCA) Game Night on March 19 was another success. This year participants were treated to mahjong lessons by **Phyllis Kantor**. **Alan Epstein** again offered his ever popular bridge tutorial. Others games were played as well. Everyone enjoyed themselves and, of course, the snacks were great.

On another note, we did hold the first meeting (hopefully) of a knitters group where some pulled out unfinished projects from years ago and others offered help where needed. Still in the planning stage may be a talk and a day trip to an as yet undisclosed destination. Stay tuned for more to come.

Shabbat and Holidays (continued)

BAT MITZVAH OF DANI EVE IMPERATO

Saturday, May 7

Please join us for the bat mitzvah of **Dani Eve Imperato**. Dani is a 7th grader at Bigelow Middle School in Newton, and is a member of Girls Who Code. She enjoys studying piano, ukulele, hip hop dance, and tennis. For her Tikkum Olam project, Dani has been volunteering at the Brighton headquarters of Cradles to Crayon, working in the warehouse assembling backpacks filled with clothing, games, and school supplies for children in need across Massachusetts. After the service, please stay for a traditional kiddush lunch. —*Sami O'Reilly and Robert Imperato*

BAT MITZVAH OF AMALIA MEIRLEYN MIRELES-SHORR

Saturday, May 28

Amalia Meirleyn Mireles-Shorr is the proud daughter of two lovely parents. Her loyalties are with family, friends, MAGCON, and the Red Sox, though not necessarily in that order. She enjoys playing soccer, water volleyball, and basketball, and she welcomes you to join her and her family on May 28 at 9:45 am as she becomes a Bat Mitzvah. Kiddush luncheon to follow. —*Tania Mireles and Bill Shorr*



Wall of Stones from the Nowy Dwor Mazowiecki Cemetery Memorial. Photo from website.

YOM HASHOAH/HOLOCAUST REMEMBRANCE DAY THE NOWY DWOR PROJECT

with David Wluka

Wednesday evening, May 4, 7:30-9:00 pm
60 Highland Street, CDT Sanctuary

After the transport of the last 4,000 Jews from the Nowy Dwor Ghetto (in Poland) in May of 1942 to Auschwitz, the Jewish cemetery in Nowy Dwor was all but destroyed. Graves were plundered of their concrete caskets and headstones, and the earth mined as a gravel pit. The Nowy Dwor Jewish Memorial project was established in an effort to preserve and protect the Jewish cemetery, and create a memorial to the once-thriving Jewish community of Nowy Dwor. David Wluka of Sharon, a descendant of residents of Nowy Dwor, will share with us the story of the town and the Memorial Project.

Shavuot

Saturday evening, June 11, 8:00 pm-midnight
60 Highland Street, West Newton

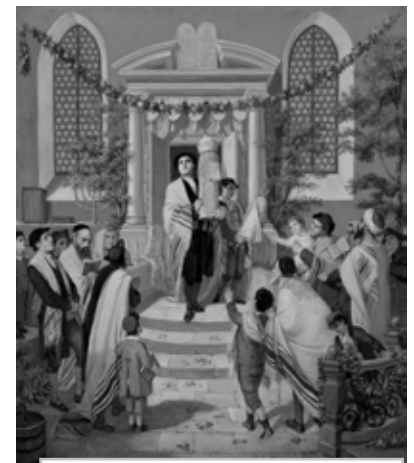
This year, as we celebrate the mythic moment of receiving Torah on Mount Sinai, we will dedicate our learning to the memory of beloved rebbetzin Gina Fried, *zichronah l'vracha*. It is traditional to usher in the holiday of Shavuot with all-night Torah study, and this evening we will both honor Gina's gifts as a teacher and celebrate the rabbinic ordination of our Director of Congregational Learning, **Shahar Colt**! So come learn with us.

8:00pm Keynote talk with CDT's own **Fran Malino**, director of Jewish Studies at Wellesley College, on "Jewish Sisters in Muslim Lands: The Teachers of the Alliance Israélite Universelle."

The Alliance Israélite Universelle, an international Jewish organization established in 1860, created a network of schools to educate Jewish girls and boys living in North Africa and the Middle East. We shall explore the goals, self-identity, struggles and accomplishments of the young women who founded and directed these schools.

8:50pm: Havdallah and champagne toast to Shahar!

9:15pm-midnight: Join with the teachers from the CDT community for an evening of learning of all sorts—text study, yoga, blintz making, meditation, and more! Stay tuned for details.



Shavuot by Moritz Daniel Oppenheim (1879). Public domain.

Tikkun Olam

The Tikkun Olam Committee will meet on Thursday, June 2 at 7:30 pm. Join us to catch up on the many social justice programs and educational events we're involved with, and to bring your own ideas to the table.

RMV SANCTIONS BILL SIGNED INTO LAW

By Alan Epstein

The CDT Criminal Justice task force of the Tikkun Olam committee was instrumental in getting a law passed that would alleviate a major stumbling block for formerly incarcerated citizens returning to society. In the past, upon release people would have to wait up to 5 years and pay up to \$500 to have their driver's license reinstated. In most cases this significantly impacted their ability to get jobs, take care of family and lead productive lives. The new law removes this impediment.

Our task force worked closely with GBIO targeting this unjust rule starting in 2014. We learned many useful strategies in this effort. For one thing, relationships with elected officials do pay off in getting them to listen and pay attention to us. They also respond to the quantity and topics of our communications with them. Even supporters of legislation need our calls and emails, if for no other reason than to provide appreciation for their efforts, and political cover when they take unpopular votes.

Finally, progress can be made when large numbers of people are all pulling in the same direction. Many CDT-ers joined the effort and made a difference along with countless others in GBIO congregations across the region. Various criminal justice advocacy organizations have begun to recognize how significant GBIO is in this struggle, and appreciate the leverage of so many of us participating. Already GBIO has been credited with moving Speaker DeLeo to agree to the Council of State Government's study of the Massachusetts criminal justice system that is likely to produce additional progressive legislation starting in January, 2017. There is more work ahead of us, but for now, we can all take stock of our efforts and appreciate a job well done.

RESPONSE TO SAM WILLIAMS TALK AT MARCH 26TH SERVICES

By Lauren Gibbs

An enthusiastic crowd of CDT members heard Sam Williams speak during services on March 26 about his life, both behind bars and afterwards as a formerly incarcerated person. Sam spoke of "the mess" in his life growing up, how he spent time with "the wrong crowd" in his youth, how he went to jail for the first time at 17 before his 11-year sentence for stabbing someone to death, and about being in solitary confinement at times while in prison.

At a certain point in his time in prison, Sam realized that he needed to reverse his situation. It took him time, a lot of hard work, emotional rewiring and a serious commitment to heal. He took classes while in prison and later on became religious. He realized that he wanted to contribute his time to helping other young men get educated, learn to do for themselves, and help others. Sam has spent the two decades following his jail sentence in the field of human services after getting a college degree and a master's in City Planning. He has worked both with formerly incarcerated men and with young men, helping them turn their lives around, leave the gangland track, and stop perpetuating violent behaviors. He is a teacher and public speaker, and has a daughter in college. He spoke of many of the people he knows being killed in the streets. He believes young people can find structure and adults who can hold them accountable and provide a positive vision for the future.

Sam is also a poet, and read a poem he had written at the end of his speech on the bima. A sentence from that poem: "Let's build bridges for a lifetime with a broader scope."

CDT was so glad to have Sam visit with us and share his perspective. Many of us found him very moving. CDT members interested in issue of criminal justice and prison reform are invited to join the CDT Criminal Justice Task force.

SAVE THE DATE: GBIO SPRING ACTION

Tuesday, May 24

The GBIO Spring Action will take place on May 24, and CDT has pledged to have 20 congregants in attendance. We can do it and you can be a part of the GBIO experience, so save the date!

JOIN THE CDT TEAM IN THE 20TH ANNUAL MOTHER'S DAY WALK FOR PEACE

Sunday morning, May 8

The Mother's Day Walk is a celebration of our potential to create communities where all families can live in peace and all children are valued. More than that, the Mother's Day Walk is a commitment to do the work necessary to bring that vision of peace to life. We are walking to raise \$600,000 so that we can sustain the Louis D. Brown Peace Institute as a center of healing, teaching, and learning for families impacted by murder, grief, trauma, and loss. Walk with us toward peace, this Mother's Day, Sunday, May 8, 2016!

If interested, please contact **Abby Cohen** at abby.cohen@verizon.net.

PRISON BOOK PROGRAM VOLUNTEER OPPORTUNITY

Tuesday, May 3, 6:30-9:00 pm

United First Parish Church, Quincy, MA

The CDT Criminal Justice Reform Committee is organizing a volunteer session at the Prison Book Program (PBP), which supplies individuals and groups of prisoners with quality reading material. Volunteers will be given an overview of the PBP and training in the volunteer work, which involves filling prisoners' book requests and packaging the books. Travel by T is recommended, as PBP is located right across the street from the "Quincy Center" stop on the Red Line, in the basement of the United First Parish Church. If you are interested in volunteering on May 3, please contact **Barbara Shatkin** (bfshatkin@aol.com).

Chesed

Ask the Chesed Coordinators...

Q : DEAR CHESED Coordinators,
What does it mean when someone requests a “gluten free” (gf) meal? Is it just no challah for a Shabbat dinner??

A : AVOIDING CHALLAH is a start since gluten is a protein present in wheat, barley, rye and some other grains. People who are gluten intolerant or sensitive need to avoid gluten to various degrees. People with Celiac disease need to avoid gluten completely.

Chesed has guidelines to help you prepare meals for members with Celiac disease, or alternatively, names of local restaurants where celiac level gluten free take out food can be picked up.

Members love home cooking and the following foods are fine for gluten sensitive folks:

- Potatoes—both white and sweet potatoes
- Squash and corn
- rice and quinoa
- Vegetables
- Fruits
- Tofu
- Meat, chicken and fish
- Soft cheeses
- Herbs
- Gluten free pastas with the gf “hechsher”

If you are preparing food for a member with Celiac all traces of gluten residue must be removed from any pots, surfaces, utensils etc, used in food preparation. Food should not be prepared near sources of gluten such as bread or flour. A crumb can make a difference to someone.

For more information and if you have any questions, please feel free to email **Susan Nitkin** at suenits@gmail.com.

Our congregation values chesed, acts of loving-kindness. The Chesed Committee coordinates our community's response for members who are in need of support, such as at the time of a birth or adoption, illness, death, or other significant life change. Some of the types of things we coordinate include meals, grocery shopping, and transportation for a medical appointment.

If you have a major life cycle event or illness or injury, contact **Rabbi Toba Spitzer** at rabbi@dorsheitzedek.org or call 617-965-0330.

The Chesed coordinators for May are **Eileen Morrison** and **Debbie Saltzman**. You can use chesed@dorsheitzedek.org to contact them.

We post Chesed tasks online on the LotsaHelpingHands (LHH) calendar.

Sign up for LHH at: <http://tinyurl.com/SignUpLHH>.

Forgot your LHH password? Go to <http://tinyurl.com/GetPsWrdLHH>.

Rabbi Toba is available to talk about any spiritual, religious, or personal issues that you might want to discuss. To schedule an appointment, please contact her (confidentially) at rabbi@dorsheitzedek.org or 617-965-0330. She does not check email or voicemail on Shabbat (Friday evening through Saturday evening) or on Mondays (her day off). For congregants experiencing financial difficulties, help is available through the Rabbi's Discretionary Fund. This fund is administered solely by the rabbi and is completely confidential.

The Chesed Committee would like to thank everyone who did acts of chesed last month.

REFUAH SH'LEYMAH

We send blessings of healing to **Ruby Cohen** and **Lisa Hirsch**.

CONDOLENCES

We extend our deepest sympathies to **Jessica Keimowitz**, **Polly Crozier**, and **Hannah and Miriam**, on the death of Jess' father, Robert I. Keimowitz; may his memory be for a blessing.

Yahrzeit

This month we remember beloved CDT founder Jill Volk, whose 9th yahrzeit falls on May 19. We will remember Jill at Shabbat morning services on May 14. May her memory be for a blessing.

MOURNING AT CDT

As a reference, CDT members have created the brochure “Finding Comfort, Giving Support: A Guide to Mourning at Congregation Dorshei Tzedek,” available on the resource table in our sanctuary and on our website at: www.dorsheitzedek.org/sites/default/files/managed/mourning-2010.pdf.



Photo by Ellie Goldberg

Nediv Lev

We gratefully acknowledge the following contributions.

GENERAL FUND

Correction (In a previous newsletter, the name of Rachel's father was listed incorrectly. We apologize for the error.):

Gertrude Nemeth and Rachel Nemeth Cohen—*in memory of Leonard I. Nemeth*

Barbara Beck—*in memory of Edith and Irving Beck; in memory of Stephen Beck*

Diane Becker—*in memory of my husband's yahrzeit and in memory of Gina Fried*

Susan Bernstein—*in honor of Toba Spitzer*

Miriam Bronstein—*in memory of Gina Fried*

Stacey Chacker—*in memory of Gina Fried*

Deborah & Alan Cohen—*in loving memory of Gina Fried*

Janice Cole

Vilunya Diskin—*in memory of Gina Fried*

Lauren Gibbs—*in memory of Gina Fried and in honor of Rabbi Toba*

Sharon Gorberg and John Holohan—*in memory of Gina Fried and in honor of Rabbi Toba*

Marjorie Feld and Michael Fein—*in memory of Rosalind Sperling Feld*

Ora Gladstone—*in honor of Marion Ross & Louise Enoch, in thanks for their remarkably wise leadership of our Wise Aging group.*

Diana and Richard Fisher Gomberg—*in honor of Gina Fried*

Laurie Gould

Beth and Jeffrey Green—*in memory of Eitan Shalom Green*

Becca Gutman

Carol Hemley—*in honor of granddaughter Emma Weisberg's college graduation*

Betsy Hinden and Karen Wasserman

Barbara Huggins

Jen Kaplan and Susie Tanchel—*in honor of Marla's 10th anniversary at CDT*

Steffi and Eric Karp—*in honor of the generosity of CDT members who helped us furnish our son's apartment: Jeff Kichen, Bonnie Tenneriello & Andrew Sofer, Sharon Gorberg & John Holohan*

Linda and Peter Katz

Danielle Klainberg and Mark Rosenberg

Esther Kohn

Dianne Lior—*in memory of Gina Fried*

Amy Mazur—*in memory of Marvin I. and Rhoda H. Mazur*

Ruth Ann Fisher Mendel—*in memory of Gina Fried*

Shirley Milgrom—*in memory of Esther Milgrom*

Tania Mireles and Bill Shorr—*in memory of Marilyn Jacobs Shorr and Bernard Shorr*

Carla Naumburg and Josh Herzig-Marx—*in Loving Memory of Gina Fried, and with gratitude and love for Rabbi Toba*

Miranda Phillips and Robert Kleinberg

Elliot Pittel—*in memory of Aaron Pittel*

Sharon Sevransky and Jeff Goldman

Barbara Shatkin and Andrew Littman

Celia Snyder—*in honor of Ellie Baron and Kate DeBethune, in thanks for their gift of a camera to me*

Lauren and Andrew Stefano

Alan Teperow

Jonathan Weisberg and Debby Hemley

Ellen White—*in memory of Gina, Rabbi Toba's wife*

CAMP JRF FUND

Cindy Shulak-Rome and Dan Rome—*in memory of Gina Fried*

RABBI'S DISCRETIONARY FUND

Haralie Alpert—*in memory of Gina Fried*

Elaine Landes and David Felson—*in memory of Gina Fried*

Michael Luckens and Sharon Schumack—*in honor of Louise Enoch and Marion Ross*

Fran Malino—*in recognition of Rabbi Toba's brilliance and inner strength.*

Carla Naumburg and Josh Herzig-Marx

Deborah Waber—*in memory of Gina Fried*

SCHOOL FUND

RETREAT FUND

There are many ways to financially support Congregation Dorshei Tzedek, including contributions to the General Fund or to targeted funds. The Rabbi's Discretionary Fund is not part of the congregation's operating expenses and is administered solely by the rabbi. Monies in this fund are used for *tzedakah* in the greater community, for special needs of the congregation (e.g., to buy books or help pay for an adult education program), and, most important, to help out congregants in need. The Jill Volk Teacher Development Fund provides scholarships for teachers in the Dorshei Tzedek religious school to receive professional development and training. Jill was one of the founders of our school and one of its first teachers; this fund allows her love of Jewish learning to continue to enrich our community.

HOLY BOOKS FUND

JILL VOLK TEACHER DEVELOPMENT FUND

Matilda and Ed Bruckner—*in memory of Gina Fried. May her memory be for a blessing.*

Wendy Buglio—*in memory of Gina Fried*

Ora Gladstone—*in memory of Gina Fried*

Laurie Gould and Stephen Ansolabehere—*in memory of Gina Fried*

Jen Kaplan and Susie Tanchel—*in memory of Gina Fried*

Steffi and Eric Karp—*in loving memory of our dear Gina*

Nancy Kaufman-Cohen—*in loving memory of Gina Fried by the Kaufman-Cohen family*

Ruth and Arnold Kaufman—*in memory of Gina Fried*

Jess Keimowitz and Polly Crozier—*in memory of Gina Fried*

Hope Kellman—*in memory of Gina Fried*

Nancy Kreimer—*in memory of Gina Fried*

Marla Lichtman—*in memory of Gina Fried*

Hilary Marcus and Jonathan Magaziner—*in memory of Gina Fried*

Sharon Sevransky and Jeff Goldman—*in memory of Gina Fried*

Barbara Shatkin and Andrew Littman—*in memory of Gina Fried*

Carole Slipowitz and Dan Halbert—*in memory of Gina Fried*

Nessa Spitzer—*in memory of Gina Fried*

Madeline Steinberg and Mitchell Feuer—*in memory of Gina Fried*

BUILDING FUND

Alissa and Gerry Leonard—*in memory of Susannah Elkin Zisk and Sol Elkin*

Learning

Religious School Notes

Kitah Zayin Volunteers for Family Table in Memory of Gina

By Amalia Mireles-Shorr and Rita Hackett

We, the Kitah Zayin (7th Grade) Class at CDT Religious School, brainstormed a list of things we could do to honor Morah Gina's memory. We decided we wanted something hands-on to do and chose Family Table. We decided hands-on because we wanted to do something that would help right then. Family Table is a place where volunteers pack and deliver groceries for Jewish and non-Jewish families. We (Amalia, Dani, Max, Rita, and Simon) packed bags and delivered food for six different families in Brighton, Watertown, and Waltham.

We took three different cars and all went to Family Table at Jewish Family and Children's Services to pack the bags and then went our separate ways. There were a lot of people packing, and we had to make our way through the crowd. We packed about four bags



Amalia and Rita on delivery day.

If you have questions, concerns or feedback about the CDT Religious School and would like to connect with the parent-run Children's Education Committee, feel free to email CEC@dorsheitzedek.org or reach out to any of us individually: Erica Streit-Kaplan (Chair), Andy Stefano, Audra Karp, Becca Gutman, Emily Shumsky & Tania Mireles.

for each person and the content varied depending on what the person/family wanted. Also, some were kosher, some were not. After that we delivered the packages to each home. In our case the two people lived in the same apartment complex with the same first name. Walking through the lobby the different people sitting down looked very happy to see young people. Overall it was a good feeling to see how grateful the people were, and we could tell that even when they didn't speak much English. We hope to go again.

Note: Gina Fried taught this terrific group of students when they were in 4th grade. The students were delighted to have Gina as a teacher again in 7th grade. When Gina went on medical leave in November, Miranda Phillips graciously stepped in to teach Kitah Zayin for the remainder of the year.

During the months of Gina's illness and in the wake of her passing, Miranda guided the students in thinking about how they could celebrate their teacher and honor her memory. Together they chose to do a day of service at Family Table in Gina's memory.

MINDFUL MORNINGS

Thursday mornings, 8:30-9:15 am
60 Highland Street, Library

This weekly gathering combines guided and silent meditation to develop our capacity for mindful awareness, and to help us cultivate qualities of patience, gratitude, and compassion. On the first Thursday of each month, **Karen Arnold** will lead a meditation based on the weekly Torah portion. On the second Thursday of each month, **Rabbi Toba Spitzer** will incorporate chant (the singing of simple Hebrew phrases from liturgy and biblical texts) as well as mindfulness meditation. At other sessions, **Carole Slipowitz** and other CDT members will facilitate the meditation. All are welcome, whether experienced in meditation or not.

No need to make a weekly commitment; join us when you're able! For more information, please contact: mindful-mornings@dorsheitzedek.org.

Another Successful Wise Aging Group Session

By Marion Ross

Are the older years a time of decline or a time for discovery? A second Wise Aging group at CDT recently completed its 12-session exploration of the opportunities and challenges of growing older. A group of thirteen men and women from their early sixties through late eighties confronted such issues as changing bodies, loss, and death, and expanded their sense of possibility as they reflected on relationships, spiritual qualities and the legacies they hope to leave.

Guided by *Wise Aging-Living with Joy, Resilience and Spirit* by Rabbi Rachel Cowan and Dr. Linda Thal, and facilitated by **Louise Enoch** and **Marion Ross**, the group used text study, Jewish sources, conversation, meditation, and writing to engage fully in this developmental process of growing older.

Participants learned that while loss is part of aging, this season of life also offers opportunities to grow in wisdom and discover new sources of joy.

CDT Calendar

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNLESS NOTED OTHERWISE, ALL SHABBAT PROGRAMS ARE HELD AT THE DORSHEI TZEDEK PRAYER SPACE: 60 HIGHLAND STREET IN THE SECOND CHURCH OF NEWTON, WEST NEWTON.						April 30 Shabbat Morning Service 9:45am-12pm
1 Religious School Open House JCDS 9:30am-11am Religious School Classes for Alef-Zayin (Gr. 1-7) JCDS 9:30am-12pm CDT Men's Softball Game 10:00am 25 Ledge Rock Way, Acton	2	3 Religious School Classes for Gimmel, Dalet and Hey/Vav (Gr. 3-6) Meets at FUSN 3:45 - 5:45pm CDT Prison Book Program Volunteer Session 6:30-9pm 1306 Hancock St, Quincy	4 Exploring the Bible with Dr. Sanford Goldfless 2-4pm Participants' homes Yom Hashoah/Holocaust Remembrance Day Program 7:30-9pm Sanctuary	5 Mindful Mornings 8:30-9:15am Library	6 All-Ages Erev Shabbat Service/Potluck & Kitah Dalet Siyyum 6pm	7 Shabbat Morning Service & Bat Mitzvah of Dani Imperato 9:45am-12pm
8 Mother's Day Walk for Peace 8am Fields Corner Religious School Classes for Alef-Zayin (Gr. 1-7) JCDS 9:30am-12pm CDT Men's Softball Game 10:00am Forte Field, Newton	9	10 Religious School Classes for Gimmel, Dalet and Hey/Vav (Gr. 3-6) Meets at FUSN 3:45 - 5:45pm	11 Exploring the Bible with Dr. Sanford Goldfless 2-4pm Participants' homes CDT Executive Board Meeting 7:30pm EB Members' homes	12 Mindful Mornings 8:30-9:15am Library	13 Erev Shabbat Community Potlucks CDT Members' homes SHABBAT UNPLUGGED!	14 Shabbat Morning Torah Study with Rabbi Toba Spitzer 8:45-9:40am Shabbat Morning Service, Kitah Hay/Vav Siyyum, & High School Graduates' Kiddush 9:45am-1pm CDT Film Club: Green Prince Potluck at 6pm, Movie/Discussion at 7pm Home of Elaine Landes & David Felson Havdallah on the Water 6-9pm, Fisher-Gomberg home
15 Last Day of Religious School Classes for Nitzanim-Zayin (Pre-K - Gr.7) JCDS 9:30am-12pm CDT Men's Softball Game 10:00am 1 Morse Rd., Sudbury	16	17	18 Exploring the Bible with Dr. Sanford Goldfless 2-4pm Participants' homes CDT Board Meeting 7-9pm 60 Highland St, Rm 111	19 Mindful Mornings 8:30-9:15am Library	20	21 "Got Shabbat?" Morning Service (including Tot Shabbat) 9:45am-12pm CDT Hikes the Blue Hills 1:30pm
22 CDT Men's Softball Game 10:00am Forte Field, Newton Understanding Race Book Discussion 7-9pm 60 Highland St, Rm 111	23 GBIO Action Day 7pm	24	25 Exploring the Bible with Dr. Sanford Goldfless 2-4pm Participants' homes	26 Mindful Mornings 8:30-9:15am Library	27	28 Shabbat Morning Service & Bat Mitzvah of Amalia Mireles-Shorr 9:45am-12pm
29	30	31 June 1	June 1	2 Mindful Mornings 8:30-9:15am Library Tikkun Olam Meeting 7:30pm Living Room	3	4 Shabbat Morning Service 9:45am-12pm

KIDDUSH ASSIGNMENTS

APR 30 Shabbat Morning Service: Steven Siegel / Lisa Chedekel & Isabel Morais / Marcia Okun

MAY 6 All-ages Erev Shabbat Service & Potluck: Ilana Joy Streit / Denise Yurkofsky / Jordan Namerow / David Greenberg

MAY 7 Shabbat Morning Service & Bat Mitzvah of Dani Imperato: Sanctuary Cleanup: Gail Pressberg / Rebecca Pomerantz; Ushers: Tania Mireles & Bill Shorr

MAY 14 Shabbat Morning Service: Ruth Paris / Miriam Bronstein / Cindy Marshall & Kathy Pillsbury

MAY 21 "Got Shabbat?" Morning Service: Stacey Chacker—in memory of Fred Chacker / Nancy Gertz—in memory of Junius "Babe" Gertz / Doug Hersch / Marsha & Philip Klein / Sarah Hartman / Dianne Lior / Wendy Gedanken / Tal Shalom Kobi / Emily Shumsky

MAY 28 Shabbat Morning Service & Bat Mitzvah of Amalia Mireles-Shorr: Sanctuary Cleanup: Jonathan Magaziner / Alyssa Cohen; Kiddush Setup: Michael Fein & Marjorie Feld / Susan Bernstein / Michael Brann & Michele Arons / Gail Harris; Kiddush Cleanup: Marc Steinberg & Linda Hsu / Kristin Butcher / Leah Diskin / David Reider / Marsha Klein; Ushers: Sami O'Reilly, Robert Imperato, & Dani Imperato

JUN 4 Shabbat Morning Service: Josette Akresh-Gonzales & Michael Gonzales / Benita Danzing & Nathan Aronow

Kiddush Note: The complete kiddush and holiday assignment schedule is available in the members' calendar on our website. When notified of your dates, please be sure to put them into your personal calendars. The whole congregation counts on your participation in kiddush and each assigned person is needed and expected to show up. Thank you!

Parents of students in 5th, 6th, 7th & 8th grades, who generally help out with B'nei Mitzvah kiddush, ushering and sanctuary clean-up, can primarily find their names listed on B'nei Mitzvah dates.

No Fragrances, Please. So that Dorshei Tzedek events are accessible to all of our members and guests, we ask that people refrain from wearing fragrances (perfumes, scented oils, colognes, etc.) to all CDT events. While pleasant to some, fragrances can cause illness to those who are chemically sensitive. Thank you for your understanding and flexibility.

Events

CDT FILM CLUB

Saturday, May 14

6:00 pm, potluck; 7:00 pm, movie, followed by group discussion
Home of Elaine Landes & David Felson

Green Prince (2014, 101 min, Hebrew and English)

Mosab Hassan Yousef, the son of a top leader in Palestine's militant Hamas movement, spends a decade working as a mole for Israeli intelligence. In this gripping true-life drama, Yousef lives each day in immediate danger of torture and execution. —Netflix

Feel free to come for any part of the evening. If you're coming to the potluck, please bring a main dish, salad or dessert to share. Due to space constraints, this event is only for members and their families.

UNDERSTANDING RACE BOOK DISCUSSION

Sunday, May 22, 7-9:00 pm

The Understanding Race committee will be continuing the ongoing congregational dialogue on systemic racism with a discussion of the book *Between the World and Me* by Ta-Nehisi Coates. Participation in prior discussions is not necessary. Contact **Debby Saltzman** to RSVP or with any questions (dlsaltzman@aol.com).

CDT HIKE THE BLUE HILLS

Saturday afternoon, May 21

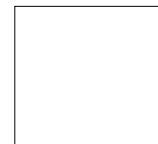
Join CDT Hikes as we hike the Blue Hills. We're going to be hiking in the north central part of the Blue Hills, near the Chickatawbut Observation Tower and on part of the Skyline Trail. The trail can be steep and rocky at times. We expect to hike for 2-3 hours.

We will meet at the CDT parking lot promptly after kiddush at 1pm for carpooling. If you don't want to carpool meet us at the parking lot (see below) at 1:30 pm, but parking may be tight so try to carpool. Dogs are allowed. As always, wear sturdy shoes, dress in layers and bring a water bottle. And, as always, no RSVP is necessary - just show up! In case of bad weather, we post to the CDT listserv by 10am if we are going to cancel.

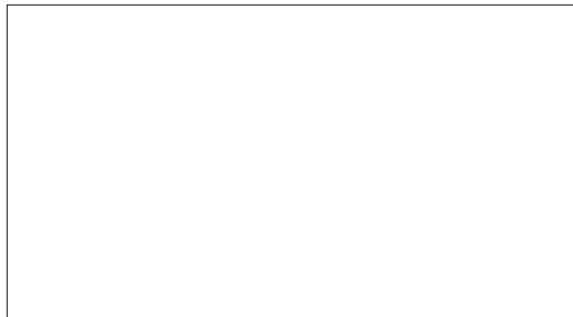
Directions to the Blue Hills parking area from Newton:

Take 95S until it turns into to 93N. About 4 miles after the 95/93 merger, take the State Route 28 exit toward Milton. Continue on Randolph Ave for 1.4 miles. Turn Right on Chickatawbut Road. In a little less than a mile there will be a parking area and trailhead.

Questions? Contact Diana (dfgomborg@gmail.com), Richard (richardgomborg@gmail.com), Marc (marc@metaphasia.com), or Stuart (SLS@SnyderLegal.com).



Address correction requested



Reconstructionist News

No'ar Hadash Teen Kallah Inspires Teens to Tell Their Stories

By Lily Gomberg

The weekend of April 8-10, eighth through twelfth graders from across North America had the opportunity to attend the exciting No'ar Hadash North American Teen Kallah, held this year in Philadelphia, PA. This year, the Kallah was a platform for teens to discuss the importance of stories.

On Friday night, teens explored the challenges, morals, connections, and questions that made up their own stories through creative peer-led programming. On Saturday, they learned about the story of historical Philadelphia, visiting sites such as the Liberty Bell. They also considered the story of Reconstructionism through a thoughtful large-group question and answer period with Rabbi Isaac Saposnik, which touched on the history of anti-semitism, the state of American Jewry, and the setup of the Jewish Reconstructionist Communities. On Sunday morning, teens examined old stories in a new way, by rapping Torah stories with Matt Bar from Bible Raps.

The No'ar Hadash North American Teen Kallah is a unique opportunity each year for teens to connect and form community with each other. The unique friendships that are forged and fostered at Kallah are central to the teenagers' developing sense of community and to their connection to Judaism through this community.

Next year, Kallah will be held in New York City, the dates TBA.

If you have any questions about Kallah, email **Lily Gomberg** at lilygomberg@yahoo.com or **Brianna Spatz** at bspatz@rrc.edu.



Lily Gomberg and her Teen Kallah, all braided together like a Teen Challah!