



Congregation Dorshei Tzedek

An Affiliate of the Jewish Reconstructionist Movement

Sh'vat/Adar 5777 February 2017

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On the Way

by Rabbi Toba Spitzer



I AM WRITING this column over Martin Luther King, Jr.'s birthday weekend, a week before the inauguration of our new president.

This past Shabbat, I was inspired and challenged by reading words of Dr. King from almost 50 years ago, words that remain sadly relevant today. In his last Sunday sermon, Dr. King spoke of the deep-seated problems of racial and economic injustice, and challenged those who resisted the urgency of making change. He pointed out that “time is neutral,” meaning that change doesn’t come all on its own; rather, we are called to the ongoing, never-ceasing work of social transformation.

It is always around this time of year when we begin reading, in our weekly Torah cy-

cle, the book of Exodus—the great “master narrative” of our people. A few days ago I came across the CDT newsletter from January 2016, and was somewhat surprised to read these words in my column from that month: “I am thinking about the Exodus as I reflect on our current historical moment, and what feels like a lot of challenging news from all around the globe—news of violence, intolerance and hate, environmental degradation, growing poverty and desperation...It is easy to feel like the general human trend these days is decidedly downwards.”

I found those words oddly reassuring: Ah yes, it’s not just in this moment that things feel so difficult! What is perhaps different this year is something that also reassures me: the fact that so many people across

America seem to have “woken up.” Especially among liberal white people, the dawning realization that there is more that is deeply broken in American society than we previously imagined has undermined any passive trust in the inevitable workings of progress. Time, indeed, is neutral; the simple passing of time can bring good or can bring bad. The reality is that until we see clearly the nature and extent of the problems we are facing as a nation—the deeply entrenched structures of institutional racism; the yawning chasm of economic inequality; the ongoing decimation of communities across America from gun violence and opioid addiction and economic dislocation—until we see and face all of this and all of the contradictions these

continued on next page



CDT represented at the Womens' March on January 21, 2017.

Photo credit: Shrijnana Sering

INSIDE:

- 3 Shabbat & Holidays
- 4 Events
- 5 Community
- 6 Learning
- 7 Tikkun Olam
Inclusion Task Force
- 8 Nediv Lev
- 9 Chesed
- 10 Calendar
- 11 Religious School Notes

realities produce, we cannot begin to think about real and lasting solutions.

As I wrote last year, “Reading the Torah gives me a long-view perspective. The Exodus narrative is a masterful account of the complexities of achieving freedom and human fulfillment. It is a story about the slow, complicated development of all the players in that process—Moses, the Israelite people, even the Source of Life Itself, represented by the letters Yud-Hay-Vav-Hay, YHVH, the unpronounceable divine Name. All are complex, all are in a process of becoming, all reflect aspects of ourselves and our contemporary world.”

The Hebrew name of the book of Exodus is *Shemot*, “Names.” Ostensibly this is because of the first verse, a list of the names of the sons of Jacob who descended into Egypt. But “Names” also points to a central theme in the book: the developing identities of all of the major characters. Moses must learn who he is—an Israelite raised as an Egyptian who returns to his people (albeit reluctantly) to help lead them to freedom. He must learn what it means to be a leader. The Israelites struggle to take on a new identity, to grow out of their reality as an enslaved people and into the obligations and opportunities entailed in creat-

ing a free, covenantal society. And YHVH is also “becoming” in this narrative, learning how to come into relationship with an often recalcitrant, difficult slice of humanity. The story as a whole teaches us that it is profoundly difficult to move beyond our limitations and our past experiences, to transform ourselves as individuals and as a collective. Difficult—but also necessary.

If we think of YHVH as the Reality Principle that seeks to move us in the direction of justice and love, then Exodus/Shemot teaches us that we are, at all times, being called to create something new. We are being

called to overcome our own arrogance and fear, and to shlep through the wilderness of our own ignorance and resistance towards someplace better. As individuals, as part of the Jewish people, as Americans, as global citizens, we are being asked to have faith in the transformative power of being on that journey of liberation. There will be setbacks, and frustrations, and getting lost along the way. But there is also the Power of Becoming, *Ehyeh Asher Ehyeh*, that revealed Itself to Moses at the burning bush. Its basic message is this: things don’t have to remain as they are. Justice and love are possible, but only if you make it so. May we learn together how to take the next steps towards that new reality in this new year.

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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

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Rabbinic Liaison Committee

Rabbinic Liaison Committee: The Rabbinic Liaison Committee exists to insure 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**.

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.

Volunteer Staff: John Holohan (chair), Josette Akresh-Gonzales, Barry Ingber, Barbara Pittel, Vivienne Shein (photographer), Michael Singer, Amy Westebbe.

Shabbat & Holidays

ALL-AGES EREV SHABBAT SERVICE

Friday, February 3, March 3, April 7

6:00 pm Candle-lighting & potluck dinner
6:45 pm service

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

CONTEMPLATIVE SHABBAT MORNING SERVICE

February 4

9:45 am-noon

All are welcome for this service combining chant, guided and silent meditation, and Torah study—no previous meditation experience necessary! Rabbi Toba and CDT member Karen Arnold will be leading the service, with a focus on the theme of “heart hardening,” and how we can expand our capacity for compassion for self and others, and deal with our own “inner Pharaoh.” If possible, please arrive no later than 10:00 am for the service, so as not to disrupt the meditation; it is also fine to show up at 11:15 am for the Torah study.

TOT SHABBAT

February 11

10:45-noon

Families with kids aged 0-5 are invited to this monthly Shabbat morning program, led by CDT members, educators and musicians Tal Shalom-Kobi and Susan Moser. Join us in celebrating Shabbat with songs,

stories, crafts, and more! And invite a friend!!

Tot Shabbat is also happening during the January “Got Shabbat” as part of the morning’s program (10:15–11:15 am).

SHABBAT MORNING TORAH STUDY

with Rabbi Toba Spitzer

Saturday mornings, February 11, March 4

8:45 am, Library

All are welcome to explore the weekly Torah portion, with commentaries both traditional and modern. No text study experience necessary! Bring your own caffeinated beverage

BAT MITZVAH OF TEMANA GORDON

Saturday, February 18

9:45am-noon

Please join us as our daughter Temana Rose (Temana Shoshana) is called to the Torah as a Bat Mitzvah. Temana is a seventh grader at Brown Middle School in Newton, and she attends the Gateways program for Jewish Learning. Temana is passionate about animals, and enjoys riding horses and playing with her two dogs and one cat. She loves pop music and is also developing strong tastes about stand-up comedy. Please join us for a festive Kiddush lunch, music, and dancing after the service.

—Kristin Butcher and Scott Gordon

TUBISHVAT AND SHABBAT SHIRA

Friday-Saturday, February 10-11

This year, Tubishvat—the “new year of the trees”—and Shabbat Shira—the “Shabbat of Song”—fall on the same Shabbat. We have lots happening; read on!



TUBISHVAT DINNER AND SHABBAT SHIRA KABBALAT SHABBAT

Friday evening, February 10

6:45pm Candle-lighting and Tubishvat dinner

8:00pm Musical Kabbalat Shabbat

We will combine our celebration with a catered dairy dinner (vegetarian and fish, featuring the seven species associated with the biblical land of Israel) and a musical Kabbalat Shabbat service led by Rabbi Toba and CDT musicians. All are welcome to join us for the Kabbalat Shabbat celebration—an evening of song and dance—even if you are not attending the dinner. All ages welcome (but please note, this is not geared towards young children), and put on your dancing shoes!

continued on page 6

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 111. 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).

Events

UPCOMING CDT COMMUNITY POTLUCKS: SAVE THE DATES!

One of CDT's wonderful traditions are our Erev Shabbat community potluck dinners. Hosted by CDT members in their homes, these dinners offer a wonderful opportunity to connect with old friends, meet new people, eat delicious food, and celebrate the awesomeness of our community!

Mark your calendars for the next two rounds of dinners:

- March 17
- May 12

If you have questions or like to host a dinner on one (or several) of these nights, contact **Melanie** at madler@edc.org. And if a Saturday Havdallah potluck works better for the tots, we're flexible!

All members are welcome! Fun is guaranteed!

CDT FILM CLUB

Saturday, February 18

Home of Helaine and John Carroll

Potluck at 6:00 pm; movie starts at 7:00 pm to be followed by a group discussion

Rabin, The Last Day (2015, 153 min., Hebrew)

Renowned Israeli filmmaker Amos Gitai probes Rabin's assassination, in this provocative drama-documentary hybrid that sheds light on the religious and nationalistic fanaticism that continues to exert a dangerous sway in Israel. —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 (In consideration of members with dietary constraints, if you are making a dish with dairy or wheat elements that can be added later, i.e. salad with cheese or croutons, please keep them separate). Due to space constraints, this event is for members and their families.

We hope you can join us! Contact the co-chairs, **Stan Fleischman** and **Emily Sper**, film-club@dorsheitzedek.org, for more information or if you'd like to host a film.

SAVE THE DATE!

*CDT Retreat—
Friday-Sunday, June 2-4, 2017
Camp Yavneh, NH*



Mark the date! The fabulous CDT retreat is coming, with activities for all ages, and a wonderful opportunity to meet other folks in the CDT community. If you are interested in being part of the organizing committee please contact **Allison Andrews** at drarandrews@gmail.com.

THE CDT RETREAT

by Bill Shorr

- 1) *He lives vicariously - through himself...*
- 2) *She once turned to the wrong page in her siddur, just to see how it felt...*
- 3) *His eyebrows alone have experienced more than the entire minyan of another shul...*
- 4) *Her tzitzit never tangle...*

Who are they?

They're the ones who go to the Most Interesting Retreat In the World.

**The CDT RETREAT 2017.
June 2nd to June 4th.**

Stay Dorshtik, my friends.

SOME DEPOSIT REQUESTED

Retreat runs 3:00 pm ET 6/2/17–11:59am ET 6/4/17 at Camp Yavneh in New Hampshire.

Actual arrival time varies slightly by family. Open to members of CDT 0+.

Employees/officers/directors of Sponsor/Administrator/affiliated entities as well as family/household members are all eligible to participate, and by doing so, will win by definition.

To enter: submit Registration form with deposit within appropriate registration period. Odds of attending will not depend on number of eligible registrations received.

Sponsor: Congregation Dorshei Tzedek of West Newton, MA.

See Official Website for full details, restrictions, and descriptions.

Not Void Even Where Cost is Prohibitive.

Community

Yahrzeit

This month, we remember CDT member Frances Greenberg, whose 12th yahrzeit falls on February 27. We will be remembering Frances at Shabbat morning services, March 4.

REFUAH SHLEYMAH

We send blessings for complete healing to **Dan Karp, Ruby Weinberg, Jaime Wurzel,** and **Susana Wurzel.**

CONDOLENCES

To **Marni Goldstein Caputo**, and to **Tim, Abby, Quinn,** and **Lucy Caputo**, on the death of Marni's stepfather, Alain Bollag. May his memory be for a blessing.

To **Terry Traub**, and to **Rebecca and Malka Pomerantz**, on the death of Terry's father, Sidney Phillip Traub. May his 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 under: <http://dorsheitzedek.org/sites/default/files/managed/mourning-2010.pdf>.

TODAH RABBAH

Today Rabbah to these CDT members for helping with kiddush in December and January:

Phyllis and Bill Kantor, Liz Reisberg, Rob Greenly, Lisa Goodman and Bill Weinreb, Laurie Goldman, Tal Shalom Kobi, Denise Yurkofsky, Susan Moser—*in memory of Kayla and Izzie Moser*, **Arthur Lent, Jamie Tessler**—*in memory of Ted Tessler*, **Linette Liebling**—*in memory of Joel and Zelda Liebling*, **Cindy Shulak-Rome and Dan Rome, Ora Gladstone, Jackie and Stan Fleischman, Corinne Lofchie, Marion Ross, Ami Gordon, Elizabeth Roll,**

Jan Gortler-Small, Noam Shore, Debby and John Saltzman, Laura and Joel Katz

Today Rabbah to these CDT members for their leadership at the Chanukkah party:

Latke Makers: **Susan Silberberg, Pamela Katz, Margo Michaels**

Program Leaders: **Lidia Prunte, Lindsay Popper** for donut making, **Emily Mathis** and **Nina Diecidue** for leading tot programming, **Vered Brooks** for leading crafts, **Bayla Kamens** for leading Israeli Dancing, **Tal Shalom Kobi** for leading the Chanukah band.

Today Rabbah to these CDT members for helping with set-up and clean-up of the Chanukkah party:

Misha Dudnik, Ilana Mainelli, Stacey Chacker, Chagit Steiner and Tom Brown, Debbie Isenberg, Jonathan Weisberg, Jerold Gelfand, Allison Peiser, Steve Siegel, Steve Katz

JOIN CDT FACES NOW!

CDT Faces is CDT's online photo gallery—the place to go to match names with faces, and to finally figure out who that person is who you see everywhere!

If you haven't already done so, please upload your photo to CDT Faces now! It's super easy—any size photo will do. Just go to the Members section of the CDT website, click on CDT Faces, and follow the instructions. You can also contact **Dan (halbert@halwitz.org)** for tech support, or just send him your photo and he'll be happy to upload it for you.

Thanks for your participation! The more people who join, the more useful the resource and the more fun the search!

GESHER INITIATIVE

by **Valerie Graf and Melanie Adler**

As many of you know, earlier this year the CDT Welcoming Committee launched our Geshher Initiative, a buddy program designed to build bridges (*gesherim*) between new member households and the broader CDT community. *Gesherim* are CDT members who can be point people to answer questions, alert their buddy household to upcoming events, attend a CDT event together, and generally just show new member households the CDT "ropes." So far, we have paired up twelve new member households with a *gesher* household!

We would love more volunteers to add to our wonderful pool of *gesherim*. The time commitment is very small, but the potential for helping a new household feel acclimated and connected to the CDT community is significant!

Interested in becoming a *gesher* household? If yes, please send **Valerie (valgraf2011@gmail.com)** or **Melanie (MAdler@edc.org)** an email accompanied by a list of the CDT interests and activities you regularly participate in, so we can make the best match possible.

Learning

NEW CLASS WITH RABBI SHAHAR!

HEBREW READING ADVENTURE: 4 WEEKS!

Tuesday evenings, 7:30-9:30 pm

*Jan. 31, Feb. 7, 14, and 28
60 Highland Street, Library*

This class will provide a thorough introduction to Hebrew reading and text skills. Whether you've never studied the letters before, or it's been a while, this will be a fun and interactive way to jump in, become familiar with Hebrew letters, and start to feel more comfortable looking at texts in Hebrew. Hebrew books will be provided. Please RSVP to **Rabbi Shahar** (dcl@dorsheitzedek.org) so we can provide enough books.

INTRO TO TALMUD: SPRING SESSION

With Rabbi Shahar Colt

*Tuesday evenings, 7:30-9:15 pm
March 7, 14, 21, 28, and April 4
60 Highland Street, Library*

This fall's class on "Chametz and Responsibility in the Talmud" was so much fun that we have to keep going! In this class we will continue to explore the question of what the Talmud is. What did the rabbis think they were doing? What value can we find in encountering these stories and conversations? Whether or not you took the fall course, all are welcome (no previous Talmud experience necessary). Please RSVP to **Rabbi Shahar** (dcl@dorsheitzedek.org) so she can anticipate materials.

SUNDAY MORNING ADULT LEARNING

10:20-11:40 am

JCDS (57 Stanley Avenue in Watertown))

An exciting new component of this year's Sunday morning program is that we are hosting a series of programs open to all adults (and teens too!) in the community. These programs were initiated by parent interest, and are led by members of the CDT community. Each of these programs will run from 10:20-11:45 am. Here's a list:

The Music of Israel: 1917-1947 — March 5 with Hayim Kobi

Mindful Parenting — April 2 with Carla Naumburg

Adoption in the Jewish Community — Please note that this workshop has been rescheduled for May. Date TBD.

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, helping us cultivate qualities of patience, gratitude, clarity and compassion. Each month, Karen Arnold leads a meditation on the first Thursday based on a teaching from the weekly Torah portion, and Rabbi Toba leads a meditation on the second Thursday. Experienced CDT members offer teachings and instructions the other weeks. All are welcome, whatever your level of experience (or lack thereof!). No need to make a weekly commitment; join us when you're able! For more information, please contact mindful-mornings@dorsheitzedek.org.

TUBISHVAT and SHABBAT SHIRA,

continued from page 3

The dinner is by pre-registration only and the sign-up period has ended; please check with the CDT office if you would like to attend and did not register, info@dorsheitzedek.org.

SHABBAT SHIRA SERVICE AND ART RECEPTION

Saturday, February 11

9:45am-noon, service

12:45pm, Art Gallery reception

On this morning, we read from parshat Beshalach—the "Song of the Sea"—when the Israelites crossed to freedom, giving this Shabbat its name. As a celebration of song, CDT Sings! will be adding their voices to our service, singing songs from the Ladino and Sephardic tradition. Come listen and sing along!

The celebration continues after a Kid-dush lunch, at a reception in our gallery space in the sanctuary with CDT member **Lynda Goldberg**, whose oil paintings are on display. Come hear more about the artwork and take some time to enjoy the paintings.

Tikkun Olam

GBIO ACTION

Thursday, February 2

Arrive 6:30 pm, Sharp start 7-9 pm

Bethel AME Church, 40 Walk Hill St,
Jamaica Plain (near the Forest Hills T
station)

Join us as we come together to address,
with key elected officials and stakeholders,
the following critical issues:

- *Criminal Justice*—passage of true Criminal Justice Reform
- *Ending Mandatory Minimums for drug offenses*
- *Pre-trial and Bail Reform*
- *Ending Long Term Solitary Confinement*
- *Eliminate excessive probation and parole fees and fines*
- *Affordable Housing*—the post election implementation of the Boston Community Preservation Act (CPA)
- *Healthcare*—the post election effect on our Massachusetts Universal Health care System (MassHealth)

- *Gun Safety*—update on the “Do Not Stand Idly By” Campaign

The purpose is to continue building power relationships to keep GBIO’s recent work and platforms in the forefront and to move towards winning on our issues.

RSVP today to **Alan** (ade26g@gmail.com) or **Ora** (gladston@brandeis.edu) to reserve a seat!

“13TH” FILM SHOWING AND DISCUSSION

Sunday, February 12, 3-6 pm
60 Highland St, Sanctuary

Join CDT’s Criminal Justice Task Force for a viewing and discussion of “13th,” directed by Ava DuVernay. This important and highly acclaimed documentary film, released in 2016, explores the U.S.’s problem with racism and mass incarceration. It is named for the 13th Amendment to the Constitution, which purportedly abolished slavery, “...except as a punishment

for crime...” Folks who have already seen this important film can join us around 4:45 for the discussion portion of the program. Light refreshments will be served. (The snow date for this program is Sunday, February 19, 3–6 pm).

PRISON BOOK PROGRAM BOOK DONATION PROJECT

By Barbara Shatkin

CDT members will be volunteering at the Prison Book Program on Tuesday, March 7th, from 6:30-9:00 pm. We travel to the program in Quincy Center by T and carpool. Volunteers select books from a collection of donated books that meet prisoners’ written requests, and package books up for mailing. If interested in volunteering, please go to the Prison Book Program sign-up on the CDT website. Questions? Email bfshatkin@aol.com.

Inclusion Task Force

FEBRUARY IS JEWISH DISABILITIES AWARENESS AND INCLUSION MONTH (JDAIM)

by Alison Lobron

This February, synagogues and Jewish communities in the United States and around the world will join together to recognize Jewish Disabilities Awareness and Inclusion Month. JDAIM was established in 2009 by the Jewish Special Education International Consortium. The mission of JDAIM is to unite Jewish communities around the goal of full inclusion of people with disabilities in all aspects of Jewish life.

Here at Dorshei Tzedek, we are working year-round to promote full inclusion of individuals with disabilities within our

community. CDT has a very active Inclusion Task Force. The Task Force has been endeavoring both to address needs of individuals with disabilities and their families, and also to educate the broader community through newsletter articles, conversations, and presentations at congregational gatherings. In addition to increasing accessibility to our congregation as a whole, we’ve also been addressing the needs of children with disabilities at our Religious School. This year, we’ve created the new role of Inclusion Coordinator. With the added support of the Inclusion Coordinator, students with special needs are more able to learn and thrive within our school.

In honor of JDAIM, we will have a special program at CDT’s Religious School about Inclusion on Sunday, February 12. During

Z’man Rishon (Morning Gathering from 9:30–10:00 at JCDS in Watertown), we will use text study and hands-on experience to learn about disabilities, and to think about our own attitudes toward disability. Following Z’man Rishon, at 10am, Alison Lobron (CDT’s Inclusion Coordinator) and Susan Nitkin (Chair of the Inclusion Task Force) will provide a short update on inclusion efforts at the Religious School and in the greater community. They will also speak about plans for this spring and next school year. This event is open to all members of the community. We hope you can join us as we celebrate the efforts of synagogue to become a place that is accessible and welcoming to all.

Nediv Lev

WE GRATEFULLY ACKNOWLEDGE THE FOLLOWING CONTRIBUTIONS.

GENERAL FUND

Alison Andrews—In memory of Irving Cary Andrews

Barbara Beck—In memory of my father, Irving Beck

Matilda and Ed Bruckner—In memory of our parents

Harriet Budd—In memory of Muriel and Louis Budd

Sue Fischlowitz and David Roberts

Judith Kogan and Hugh Wolff

Jennifer Nichols and Jerold Gelfand

Tracey Rogers and Jane Schwartz

Theresa St. John-Siegel and Steve Siegel—In loving memory of Charles St. John, on his 6th yearzeit

Helen Steinberg—In honor of my 2 grandchildren, Ava and Sam Feuer

Madeline Steinberg and Mitchell Feuer

Jamie Tessler—In memory of my parents, Eleanor and Ted Tessler

Sue Weil and Sandy Goodman—In memory of Gina Fried

Maurine Welling—Honoring CDT President Jen Kaplan and Susie Tanchel for the New Year

CAMP JRF FUND

Eve and Ken Shulak—In honor of Cindy Shulak Rome's and Dan Rome's birthdays

RABBI'S DISCRETIONARY FUND

Carol Sklar—In honor of Louise Enoch's and Marion Ross's leadership of Wise Aging

SCHOOL FUND

RETREAT FUND

HOLY BOOKS FUND

JILL VOLK TEACHER DEVELOPMENT FUND

BUILDING 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.

Chesed

THE HEALING POWER OF CHESED: THE “CARE EFFECT”

By Ellie Goldberg

Bikkur Holim is the mitzvah of visiting the sick. I am grateful that our practice of Chesed enables us to fulfill this mitzvah. Indeed, the “Care Effect” gives us the power to make each other feel better.

An article* about the Care Effect describes the research led by Ted Kaptchuk at Harvard Medical School. It shows that patients who feel heard and cared for experience a strong healing effect.

At CDT, there are many ways we all can apply the “Care Effect” when we learn that one of our members is ill. Chesed Coordinators regularly promote gestures of loving-kindness such as a meal, child care, or a ride to a medical appointment. We can also simply share our good wishes:

- Send a written get well card or write an email.
- Make a (brief) phone call or leave a voice message.
- Inquire if family members or caregivers need help with errands or respite.



**(Forget the Placebo Effect: It's the 'Care Effect' That Matters, Nathanael Johnson, 01.18.13 <https://www.wired.com/2013/01/dr-feel-good/>)*

The Chesed Committee would like to thank everyone whose acts of kindness manifest the spirit of Chesed in our community.

The Chesed Coordinators for February are **Ellie Goldberg** and **D.B. Reiff**. Contact them at chesed@dorsheitzedek.org.

We post Chesed tasks online on the LotsaHelpingHands (LHH) calendar. We encourage emails or phone calls between the volunteers and recipient families to confirm arrangements.

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

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



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. 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@DOSHEITZEDEK.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.

CDT Calendar

February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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.</p>			<p>1 Telling Our Stories: A Spiritual Autobiography Workshop with Rabbi Toba Spitzer 7:30pm to 9:00pm</p> <p>CDT Sings Rehearsal 7:30pm</p>	<p>2 Mindful Mornings 8:30am to 9:15am</p>	<p>3 All-Ages Erev Shabbat Service / Potluck Candle lighting and dinner - 6:00pm Service - 6:45pm</p>	<p>4 Contemplative Shabbat Morning Service 9:45am to 12pm</p>
<p>5 Religious School Classes for Nitzanim/Gan-Gr. 6 9:30am to 12:00pm</p>	<p>6</p>	<p>7 Religious School Classes Gr. 3-6 Meets at FUSN 3:45pm to 5:45pm</p> <p>Hebrew Reading Adventure 7:30pm to 9:00pm 60 Highland St Library</p>	<p>8 Telling Our Stories: A Spiritual Autobiography Workshop with Rabbi Toba Spitzer 7:30pm to 9:00pm</p>	<p>9 Mindful Mornings 8:30am to 9:15am</p>	<p>10 Erev Shabbat Shira 8:00pm - 10:00pm</p>	<p>11 Shabbat Morning Torah Study with Rabbi Toba Spitzer 8:45am to 9:40am</p> <p>Shabbat Morning Service 9:45am to 12:00pm</p> <p>Tot Shabbat 10:45am to 12:00pm Room 111</p>
<p>12 Religious School Classes for Nitzanim/Gan-Gr. 6 9:30am to 12:00pm "13th" Film Showing & Discussion 3:00pm to 6:00pm 7th/8th Grade Meeting 5:30pm to 7:30pm</p>	<p>13 Wise Aging Meeting 7:30pm to 8:30pm 60 Highland St Room 111</p>	<p>14 Religious School Classes Gr. 3-6 Meets at FUSN 3:45pm to 5:45pm</p> <p>Hebrew Reading Adventure 7:30pm to 9:00pm 60 Highland St Library</p>	<p>15 Executive Board Meeting 7:30pm to 9:00pm</p>	<p>16 Mindful Mornings 8:30am to 9:15am</p>	<p>17</p>	<p>18 Shabbat Morning Service & Bat Mitzvah of Temana Gordon 9:45am to 12:00pm</p> <p>CDT Film Club 6:00pm</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23 Mindful Mornings 8:30am to 9:15am</p>	<p>24</p>	<p>25 Shabbat Morning Service 9:45am to 12:00pm</p>
<p>26</p>	<p>27</p>	<p>28 Religious School Classes Gr. 3-6 Meets at FUSN 3:45pm to 5:45pm</p> <p>Hebrew Reading Adventure 7:30pm to 9:00pm 60 Highland St Library</p>	<p>March 1</p>	<p>2 Mindful Mornings 8:30am to 9:15am</p>	<p>3 All-Ages Erev Shabbat Service / Potluck Candle lighting and dinner - 6:00pm Service - 6:45pm</p>	<p>4 Shabbat Morning Torah Study with Rabbi Toba Spitzer 8:45am to 9:40am</p> <p>Shabbat Morning Service 9:45am to 12:00pm</p> <p>CDT Film Club 6:00pm</p>

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.

KIDDUSH ASSIGNMENTS

Erev Shabbat, February 3: Andrew Garnett-Cook - CAPTAIN / Nathan Aronow / Amy Dain / Karen Leitner

Shabbat, February 4: Sherry Katz & Mark Farber - CAPTAIN / Cheryl & Jeffrey Sacks

Erev Shabbat, February 10: Sandy Goodman & Sue Weil / Emily Sper

Shabbat, February 11: Ellie Baron & Kate DeBethune / Carole Slipowitz - CAPTAIN & Dan Halbert

Shabbat, February 18: Sanctuary Clean-Up: Sami O'Reilly & Robert Imperato
Ushers: Marni & Tim Caputo

Shabbat, February 25: Liz Carver – *in memory of Harold Carver* & Bryn Austin – *in memory of John Austin* / Amy Westebbe / Lisa Goodwin-Robbins - CAPTAIN

Erev Shabbat, March 3: Janelle Winston / Rebecca Byard / Leah Diskin / Jerold Gelfand

Shabbat, March 4: Jacqui Bloomberg / Benjamin Newman / Jeff Marcus / Bob Warren

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.

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.

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Religious School Notes

by Rabbi Shahar Colt, Director of Congregational Learning

MEET THE TEACHERS

I've asked some teachers to share short introductions of themselves and their teaching.

Introducing **Moreh Joel** (CDT's 6th Grade Teacher)

Hi! My name is Joel Goldstein and I am the teacher for Dorshei Tzedek's kitah vav. Currently, I am a second year Rabbinical student at Hebrew College. Originally from Los Angeles, I worked as an aerospace engineer for several years before changing careers to become a Jewish educator. I currently live in Cambridge with my wife, Rachel, and five-month-old daughter, Yahra.

This year's kitah vav has been a fascinating display of the amazing curiosity and creativity of the kids at CDT. We have been covering two main areas of Jewish learning: a look at some of the major stories in the parts of the Bible post-Torah and an introduction to the world and thought of the Rabbis. Through it all, we have also begun to glimpse the transition from biblical literature to rabbinic literature, picking up skills in reading both sorts of texts along the way.

In particular, the students have taken to reading narratives inside the book of Judges—stories about characters like the judge Deborah, and Samson and Delilah—where they have shown great depth and empathy in understanding the thoughts and motivations of the biblical characters. As this continues, not only will the students have a good grasp of biblical stories, but they will become truly sensitive readers not only of Jewish texts but of all texts that they encounter.

It is a pleasure teaching the kids and I look forward to more great learning as we complete the year.

ROSH CHODESH TEVET: YIDDISH CULTURE PROGRAM

At the beginning of each Hebrew month, our Tuesday religious school classes pause in order to do electives around a theme of the coming month. These Rosh Chodesh programs are also designed to explore the classical Reconstructionist idea that Judaism is an evolving civilization, by engaging with various modalities of Jewish culture, such as art, music, and food. Usually our programs focus on the upcoming holiday, but the month of Tevet doesn't have any major holidays. Instead, on January 3rd we spent the afternoon focusing on Yiddish culture, with guest Yiddish teacher Abby Howell. Among other things, everyone learned to play Twister in Yiddish!



Yum! The Nitzanim/Gan class baked challah on January 8th. This is Miriam Crozier showing her delicious creation.



Congregation Dorshei Tzedek
60 Highland St.
West Newton, MA 02465



Address correction requested



SAVE THE DATE! Purim is coming, Saturday evening March 11, 7pm-9pm.

As the world becomes more Purim-like, we all need a laugh (and a little shot of something), so get your costume ready for our annual *Purim bash*, featuring *Rav Tiffany*, *The Not-Ready-For-Purim-Time* players, and more! If you are interested in participating in the Purim spiel, please be in touch with **James Kaplan**.



Any guesses about the theme of this year's Purim shpiel????