



# Congregation Dorshei Tzedek

An Affiliate of Reconstructing Judaism

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Tishrei/Cheshvan 5783

October 2022



All-ages Outdoor Rosh Hashanah  
5783 Nature Experience

## INTO THE NEW YEAR

Rabbi Toba Spitzer



I'm sure I'm not alone in feeling like my sense of time has been altered in odd ways by the Covid-19 pandemic. Things that I think happened last year happened three years ago; something I thought happened a while ago occurred some time in the past year. The months since the shut-down in March of 2020 have become somewhat of a blur in my mind.

In the midst of the Covid blur, I am grateful for the turning and returning of the Jewish calendar, which is more like a spiral than a linear progression of time. Once again, we are in the month of Tishrei; once again, we are celebrating the High Holydays and Sukkot. But of course this month, this holiday season, is not exactly what it was last year. If measured by our relation to the pandemic, we are in a season of both continued caution and a sense of re-opening. Last year we tiptoed into having in-person High Holydays and Shabbat services, and limited who could join us. This year, we remain masked indoors, but welcome kids back into our services along with all the adults who care to join us.

There has been so much experimentation and learning since those first frenzied weeks in the spring of 2020 as we tried to figure out how to keep a community connected when we couldn't be in one another's physical presence. As I look into this new Jewish year of 5783, I am excited about building on that learning. While some aspects of this year might feel like a "return" (Shabbat morning Torah study! In-person Board meetings!), there is much that is more like a "turn" into something new.

I am particularly interested in learning from all the ways that we not only maintained community, but nourished and grew our community over these past two and half years. In a series of conversations that I developed with the Ritual Committee, which we are calling "Nourishing our Spirits," I've been exploring with a range of CDT members what has nourished our spirits and grounded us since the onset of the pandemic. We've explored this question in connection to our lives in general, and then in connection to CDT in particular.

About a century ago, Rabbi Mordecai Kaplan, the founder of our movement, reflected that if American Jewish life remained centered around the sanctuary on Shabbat mornings, it wouldn't survive. Kaplan believed that vibrant Jewish communal life in a non-Jewish society must have multiple points of entry and connection. While I've known this for a long time, and while CDT has for many years had multiple ways that people have engaged in our community – from Shabbat services to softball, from social justice action to learning, from watching films to going on hikes – there was something about the Covid experience that brought this home to me in new ways. Perhaps it was witnessing how, at the peak of the pandemic, each of our homes became the location for prayer and learning, connected to one another via Zoom. Perhaps it was learning how important the various small group experiences and experiences at CDT meant to many of our members. While the vibrancy of our Shabbat mornings services is still important, the reality is that the strength of our community lies in all the nodes of connection among our members. It is in and through this web of connection, nourished by our commitments to spiritual practices, to learning, to taking action in the world, to caring for one another, to educating our children, that we have and will continue to thrive.

So as we enter into 5783, I invite all of our members, and those who might one day become members (!), to think about where on this web of connection you might like to be. Perhaps you are already highly engaged, and looking forward to a year of new activities. Or maybe you haven't quite figured out where you fit in. Please know that I and the rest of our staff, as well as our Board and committee chairs, are here to help you connect. Check out the flyer for "CDT Community Groups" either on our website or on the literature table at Yom Kippur for some wonderful opportunities, or peruse this newsletter! May we continue to learn and grow together.

## From the Board



## From the Office

### OFFICE HOURS & OCTOBER CLOSURES

The CDT offices at Second Church will be open Monday-Thursday 10:00 am-6:00 pm and Friday 9:00 am-4:00 pm. Please note that our offices will be closed on Yom Kippur (October 5) Sukkot/Indigenous Peoples' Day (October 10), Simchat Torah (October 17), and Friday, October 21.

## Rabbinic Liaison

While congregants are always welcome and encouraged to discuss questions or concerns directly with Rabbi Toba, there are other avenues through which to bring concerns. The Rabbinic Liaison Committee exists to ensure the maintenance of a good working relationship between Rabbi Toba and the congregation. 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 Rabbinic Liaison Chair Cindy Shulak-Rome at [cbsrome@comcast.net](mailto:cbsrome@comcast.net).

The CDT Newsletter is compiled, edited, and designed by the office and published monthly (with a July/August summer issue). Email articles, events, and photos to [dtnews@dorsheitzedek.org](mailto: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: Haralie Alpert (interviewer), Debby Saltzman (copyeditor), and Vivienne Shein (photographer). Please let us know if you'd like to join the team — we especially need photographers and copyeditors!!

## 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.

## Staff & Board

### Staff:

Rabbi Toba Spitzer,  
[t.spitzer@dorsheitzedek.org](mailto:t.spitzer@dorsheitzedek.org)  
Executive Director: Melissa Colten,  
[m.colten@dorsheitzedek.org](mailto:m.colten@dorsheitzedek.org)  
Education Director: Earnest Arky Solomon,  
[e.arkysolomon@dorsheitzedek.org](mailto:e.arkysolomon@dorsheitzedek.org)  
Administrative Assistant: Lise Webbe,  
[l.webbe@dorsheitzedek.org](mailto:l.webbe@dorsheitzedek.org)  
Inclusion Coordinator: Jess Green,  
[j.green@dorsheitzedek.org](mailto:j.green@dorsheitzedek.org)  
Rabbinic Intern: Akiva Nelson,  
[a.nelson@dorsheitzedek.org](mailto:a.nelson@dorsheitzedek.org)

### Executive Committee:

President: Stacey Chacker  
Immediate Past President: Bob Warren  
VP Finance: Jen Levine-Fried  
Secretary: Dan Rome

### Vice-Presidents:

VP Membership: Carole Slipowitz and Marjorie Salvodon  
VP Education: **Vacant — nominate yourself or a friend!**  
VP Tikkun Olam: Tony Broh

### Board Members—at-Large:

Sheree Galpert, Melody Komyerov, Ayelet Lipton, Jenny Sartori, Meryl Epstein, and Rebecca Byard

### Off-Board Chairs:

Children's Education: Becca O'Murchadha  
Chesed: Gail Pressberg  
Nediv Lev: Janice Cole & Ezra Hausman  
Ritual: Marion Ross & Peter Katz  
Rabbinic Liaison: Cindy Shulak-Rome  
Executive Director Liaison: Linette Liebling  
Education Director Liaison: Lissy Medvedow  
Space: Steve Siegel  
Website: Dan Halbert  
Welcoming: **Vacant — nominate yourself or a friend!**



# CDT Celebrates 30 Years

## CDT GALA AND CELEBRATION!

We are very excited about CDT's upcoming Gala on Saturday night, November 5, 2022 at 6:30 pm. You all should have received an invitation for our Gala honoring CDT's 30 years and Rabbi Toba's 25 years of service. Thank you to those who have already purchased tickets. We are hearing a lot of good buzz about the event.



**Saturday, November 5, 2022**  
6:30 pm • Windsor Club  
1601 Beacon St. Waban, MA (Newton)  
*Festive Attire*

*RSVP no later than October 30*

Some questions have arisen that we'll answer here:

### **Q: Is the entire event inside?**

A: The program, dancing, food and drink will be inside, but for those who are more comfortable, there will be tables and chairs set up outside where people can eat.

### **Q: Will masks and COVID testing be required to attend the event?**

A: No, as with other events, we go on the honor system. We ask that if anyone feels sick that morning, to please not attend. Masks will be optional inside.

### **Q: How is the food to be set up?**

A: We are having food stations and passed hors d'oeuvres as well as a dessert buffet in addition to a bar and coffee and tea. If you wish to take any food outside, you are welcome to do so.

### **Q: Is this an adult-only event?**

A: Yes, while we love our children, this event is geared toward adults.

### **Q: Will the event be streamed or recorded?**

A: Sorry, this is an in-person event only.

We hope that many of you will join us in person to celebrate.

Whether you can attend or are unable, we hope that you will make a donation to CDT's Fund for the Future. Our goal is \$36,000.

Put on your party shoes and get ready for the festivities!

Warmly,  
Jen Kaplan & Annette Jacobs  
Gala 2022 Co-chairs

## Interview of the Month

### LOUISE ENOCH – AN ACTIVIST WHO IS AFFECTING SOCIAL CHANGE!

Harlie Alpert



Louise Enoch is our liaison to the Greater Boston Interfaith Organization (GBIO). GBIO identifies social issues, finds people who can make changes to improve these social concerns, and then holds these people accountable. Essentially, GBIO improves people's lives!

#### **Where are you from, and what is your Jewish background?**

I was born on Ocean Parkway and Avenue F in Brooklyn, New York. We did not ever belong to a synagogue. My mother's parents were orthodox. My father's parents were probably also observant. My father saw himself as a humanist and my mother was not interested in being observant.

But the thing that formed my Jewish identity was my camp experience. My parents met at Cejwin Camps, where they both worked. As a matter of fact, Cejwin was connected with the Reconstructionist movement, and Mordecai Kaplan used to come and visit. I would see him walking around with his white beard and his khaki Bermuda shorts.

In the early 20th century, Jewish educators were trying to think of how to keep the children of immigrants connected to Judaism. And they thought summer camp! And you know, when you're at camp, and you're having a good time, and you're bonding with everybody, it becomes a very formative experience. I very much remember those feelings that connected me to Judaism.

When I was in high school, I joined Habonim, which was a Zionist youth group. And then when I was in college, I did my junior year in Jerusalem. These were also very important Jewish experiences for me.

#### **What early influences did you have that took you on the path of becoming an activist?**

I was deeply affected, from a young age, by the Holocaust. It had a big impact on me and it's where I developed the idea of needing to work against oppression wherever it existed. I became very sensitive to issues of prejudice and discrimination.

Also, during High School, I heard Martin Luther King's famous speech "I Have a Dream." As I became a teenager, I became very aware of issues around racism. The Civil Rights Movement was going on in my teenage years, so that also affected me.

#### **What is GBIO and what does it do?**

Our congregation became a member in 2003. I learned a lot of what GBIO does because Alan, my husband, was playing a major role in GBIO around criminal justice reform. I saw very close up what kind of work they were doing, and then later I took on this role of being the liaison person for CDT.

## Interview of the Month (cont.)

GBIO has a specific organizing method. This kind of organizing identifies problems by hearing from the people who are experiencing them and then figuring out who can change things for the better. They then hold those people accountable. GBIO now has 60 member organizations which represent something like 100,000 people. That's a lot of power!



**Can you relate to us a story that demonstrates an accomplishment of GBIO and its volunteers?**

In listening sessions, it came out that a public housing project, The Mildred C. Hailey Apartments in Jamaica Plain, was terribly in

need of repairs and renovations. GBIO was able to ask each mayoral candidate, "Will you pledge \$50 million dollars to renovate the Mildred Hailey project?" When Mayor Michelle Wu was elected, GBIO went back and said, "You said you were going to do that (pledge \$50 million dollars); are you going to do it?" She did in January 2022. She pledged \$50 million dollars!!!

**Can you specifically give us a few suggestions about how CDT members can get involved and make a difference at GBIO?**

People can get involved at many different levels. You can put in as much or as little as you want. Here are some suggestions:

1. Keep informed about what GBIO is doing. I put a little piece every month in our newsletter.
2. Attend what's called "actions" to hold people accountable for making change. Here's where GBIO shows the power it has in the numbers of its members.
3. Make phone calls or write emails. We will ask all of our people to get on board doing that. For example, if an elected

official gets a lot of emails or phone calls, they know they better act.

4. Get involved with any of these 3 campaigns: Affordable Housing, Mental Health and Substance Abuse issues, and the Returning Citizens issue. Each of those has a team working on it and anyone can attend.
5. Attend one of our monthly Core Team meetings.
6. Donate to GBIO

**Can you give us your final thoughts about volunteering for GBIO?**

The main thing I want to say is I feel it's very important work. One reason I've been so involved is because I feel that I'm part of something that's actually accomplishing social change!!

***If you would like to donate to GBIO or the Camp Havaya Fund (which assists families send their children to a Jewish summer camp like the one from Louise's youth), please visit the Giving page of our website at [www.dorsheitzedek.org/giving](http://www.dorsheitzedek.org/giving).***

## Shabbat and Spiritual Practice

We are excited to be gathering again in person for Shabbat services and holiday programs (most are also available on Zoom)!

**COVID Protocols:** For our in-person gatherings, **vaccination/booster shots are required for all those who are eligible aged 5 and older, and masks are required of all persons aged 2 and older** (KN95 or better recommended). Kids too young for vaccination are welcome! Please check our website for ongoing updates about our COVID policies, and see the calendar listing for each service to find information about Zoom links, links to our Shabbat prayerbook, and other information.

**We are fragrance-free:** For the health of our community, we also ask that all those attending programs in person refrain from wearing fragrances, including perfume, hair and body sprays, and other scented products. These cause illness for some of our members, and we appreciate all of our members' and guests' efforts to keep our space fragrance-free.

### ALL-AGES EREV SHABBAT

*Fridays, November 4 & December 9, 6:00 pm-8:00 pm*

*CDT's Fellowship Hall and CDT Sanctuary*

**PLEASE NOTE: Due to the many holidays in October, there is no all-ages service this month**

All are welcome to this fun, musical, all-ages celebration of Shabbat! We begin with candlelighting and the Shabbat blessings at

6 pm, followed by a potluck vegetarian dinner. **In November, please bring a veggie/dairy/fish salad or main dish to share!** Dessert and drinks will be provided. A musical service begins at 6:45 pm, followed by Oneg Shabbat at 7:30 pm. *This service is in-person only.*

On December 9, we'll be joined by special guest Dr. Koach Baruch Frazier, RRC student and prayer leader/musician extraordinaire, as part of a scholar-in-residence weekend!

### SHABBAT MORNING SERVICES

All are welcome to join us every Saturday morning for prayer, song, and Torah beginning at 10 am, and once every month for our musical all-ages erev Shabbat service. Zoom information for each morning service can be found on the CDT website; just click on the calendar link in purple writing on the upper right corner of the homepage.

## Shabbat and Spiritual Practice (cont.)

### Shabbat Shuvah Contemplative Service

Saturday, October 1, 10:00 am-12:00 pm  
CDT Sanctuary and Zoom

For this special Shabbat of “turning” between Rosh Hashanah and Yom Kippur, we will have a special service featuring song and guided and silent meditation, as well as Torah study beginning at 11 am. No meditation experience necessary! We will also be remembering CDT member Zachary Carson on the occasion of his 15th yahrzeit.

### Shabbat Ha'azinu

Saturday, October 8, 6:00 pm-8:00 pm  
CDT Sanctuary and Zoom

As we near the end of our yearly cycle of Torah reading, all are invited to join CDT member-leaders and CDT rabbinic intern Akiva Nelson for this morning of prayer, song and study. This is a wonderful chance to meet Akiva, if you have not yet had a chance to!

### Shabbat Chol Ha'mo'ed Sukkot

Saturday, October 15, 10:00 am-12:00 pm  
CDT Sanctuary and Zoom

All are welcome to join Rabbi Toba in the CDT sanctuary or on Zoom as we celebrate this Shabbat of Sukkot with the songs of Hallel.

We will also be remembering CDT founding member Efrem Goldberg, on the occasion of his 20th yahrzeit.

### Shabbat Bereshit

Saturday, October 22, 10:00 am-12:00 pm  
CDT Sanctuary and Zoom

We begin our reading of the story of Creation this Shabbat! Join Rabbi Toba for Shabbat morning services and Torah discussion.

### Shabbat Noach and Bar Mitzvah of Tsering Komyerov

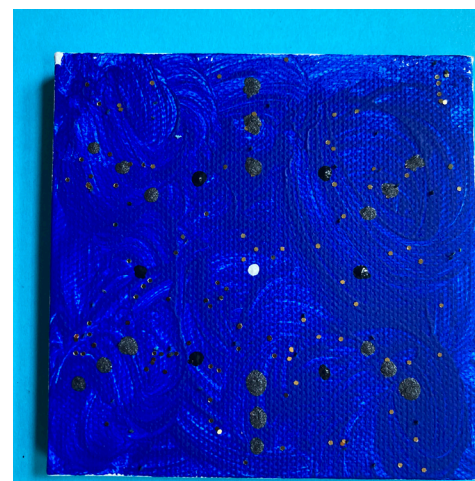
Saturday, October 29, 10:00 am-12:00 pm  
CDT Sanctuary and Zoom

All are welcome to join us in the CDT sanctuary or on Zoom as we call Tsering to the Torah as Bar Mitzvah!

*We are delighted to invite the Dorshei community to join us as our son Tsering is called to the Torah as a Bar Mitzvah on October 29, followed by a Kiddush lunch. Tsering is a 7th grader at the Shady Hill School in Cambridge. Tsering loves to play a variety of sports, including soccer, baseball, and hockey. In his free time, he likes to read, play chess and cello, and listen to music. He also enjoys spending time with his siblings, Tairou and Noa Lielle, and cuddling our dog, Zinabou,*

*and cat, Mochi. We are blessed to celebrate this simcha with our community.*

— Melody and Joshua Komyerov



“Fresh Blue Breeze” by Marjorie Salvodon

## MINDFUL MORNINGS

Tuesdays & Thursdays, 8:30 am-9:15 am  
Zoom

We invite all CDT members to consider joining us for meditation. Mindful Mornings meets Tuesday and Thursday mornings from 8:30–9:15 on Zoom. No meditation experience or regular commitment required. For questions or to find out more, please contact Karen Arnold or Carole Slipowitz.

## High Holydays, Sukkot, and Simchat Torah

### HIGH HOLYDAYS 5783!

Yom Kippur begins the evening of Tuesday, October 4. Our in-person services will be at Gann Academy in Waltham, with all services livestreamed. On Yom Kippur afternoon, there will be an outdoor nature walk, plus in-person and Zoom programming. For more information and to register for all of our adult and family programs, please go to [www.dorsheitzedek.org/high-holydays-5783](http://www.dorsheitzedek.org/high-holydays-5783).

### Sindyanna Gift Packs for the new year!

Give a gift of fair trade, organic and kosher olive oil and honey for the new year, while supporting Sindyanna, the Jewish-Arab women's cooperative in Israel!



Gift packs are \$18 each and contain olive oil, honey, and za'atar spice mix. If you would like to purchase one or more gift packs, please contact Jonathan Rosenthal at [jonathan@just-works.com](mailto:jonathan@just-works.com).

### SUKKOT & SIMCHAT TORAH

Sukkot is the “Festival of the Ingathering,” the Biblical harvest holiday where we celebrate the abundance in our lives while remembering the precariousness of our ancestors' journey through the wilderness. On Sukkot we build and eat our meals in the sukkah, wave the lulav and etrog at services, and are commanded to be joyous — here are some opportunities to do all three!

### Erev Sukkot for All Ages

Sunday, October 9, 4:30 pm-6:30 pm  
CDT Sukkah (Kramer-Zisk backyard, Newton)

People of all ages are invited to join Rabbi Toba in the CDT sukkah as we welcome the Sukkot holiday — bring a picnic dinner!

**4:30 pm** — All are welcome to gather in the Sukkah with Rabbi Toba to schmooze, shake the lulav, and make some sukkah decorations!

### 5:00 pm-5:40 pm — Sukkot Workshops

*Sukkot Art Project with Rabbi Emily Mathis:*  
Kids and families are invited to join Rabbi Emily for a Sukkot art project. Kids will use



# High Holydays, Sukkot, and Simchat Torah (cont.)

hammers and pegs to decorate pumpkins for the Sukkah with fall foliage. This activity is for all ages!

## *Learning with Akiva Nelson:*

Adults and teens are invited to join Rabbinic Intern Akiva Nelson for a conversation about impermanence and our connection to the ground beneath us, bringing together rabbinic text with indigenous wisdom in celebration of both Sukkot and Indigenous People's Day.

## **5:40 pm — Welcoming Sukkot**

We will gather with Rabbi Toba in the sukkah to welcome the Sukkot holiday, with songs and a story and special blessings.

## **6:00 pm — Erev Sukkot Picnic**

Bring your own harvest dinner to eat in the sukkah! Drinks and dessert will be provided.

## **Sukkot Morning Service**

Monday, October 10, 10:00 am-12:00 pm  
CDT Sukkah

Bring your lulav and etrog for this musical morning service, as we sing Hallel, study a bit of Torah, and celebrate the fall harvest holiday! Kids welcome.



## **Simchat Torah Celebration**

Sunday, October 16, 7:00 pm-8:30 pm  
CDT Sanctuary

We close the "season of our rejoicing" with a celebration of Torah, as we complete one cycle of reading and turn the scroll back to the beginning. Come join us for "Torah Quiz" (with prizes!), festive klezmer music, and dancing with the Torah scrolls, for adults and kids of all ages.

## CDT Groups and Events

### **CDT FILM CLUB**

Saturday, October 8, 8:00 pm-9:00 pm  
Zoom

Please join us for a discussion of *The Midnight Orchestra*! Watch the film on your own any time before the discussion. Look for the Zoom link on the CDT Calendar.

*The Midnight Orchestra* (2016, 1 hr 42 min, free on Tubitv): After leaving Morocco amidst racial tensions spurred by the Yom Kippur war, the son of a once famous Jewish musician travels to his home country to bury his father. As he meets the members of the band, his life unexpectedly transforms.

Contact [filmclub@dorsheitzedek.org](mailto:filmclub@dorsheitzedek.org) with questions, film suggestions, if you'd like to lead the discussion about a particular film, or to be put on our mailing list.



"Floating Lands" by Marjorie Salvodon

### **AVELUT: SUPPORT FOR THOSE IN MOURNING**

Tuesday, October 11, 7:30 pm-9:15 pm  
Zoom

All CDT members who are in the various stages of mourning are welcome to attend as we support one another, reflect on loss on the occasion of a *yahrzeit*, and remember the legacies of the loved ones we carry with us. Drop-ins are always welcome anytime. For more information, please contact Nancy Gertz at [nancy.gertz@gmail.com](mailto:nancy.gertz@gmail.com) or Dianne Lior at [dianne.lior@gmail.com](mailto:dianne.lior@gmail.com).

### **CDT MEN'S GROUP**

Monday, October 17, 8:00 pm-9:00 pm  
Zoom

The CDT Men's Group meets on the third Monday of each month and is open to anyone who identifies with manhood. Contact Dan Rome at [dan.rome.md@gmail.com](mailto:dan.rome.md@gmail.com) for more information.

### **MENTAL HEALTH AND THE ARTS PROGRAMMING**

Saturday, October 22, 2:00-4:00 pm  
The Arnold Arboretum (125 Arborway, Boston)

Join us for an hour of forest bathing and haiku

writing in the lovely Arnold Arboretum! We will meet on October 22 (rain date: October 29) at 2 pm at the Mendum Street Gate of the Arboretum (Roslindale). Please bring a pen, a notebook, and a blanket or chair if you would like to sit. Sketchers also welcome! This excursion is part of CDT's Arts and Mental Health initiative (see page 9 for details).

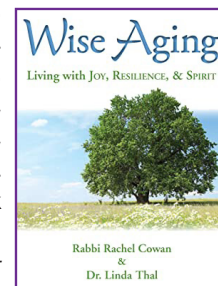
Recommended for ages 13+. For more information, contact Andrew Sofer.

### **WISE AGING**

Sundays, October 23, November 6 & 20, December 4 & 18, & January 8, 3:00 pm-4:00 pm

A new Wise Aging group will begin on October 23rd and will meet via Zoom at 3:00 pm every other Sunday.

The group will be led by CDT member Dr. Carol Hausman and will include discussion, journaling, *hevruta*, meditation and more. We will use the book *Wise Aging: Living with Joy, Resilience, and Spirit* by Rachel Cowan and Linda Thal. Call or email Carol at 202.494.1935 or [cpopky@gmail.com](mailto:cpopky@gmail.com) if you wish to join.



## Learning

### SHABBAT MORNING TORAH STUDY WITH RABBI TOBA

*Shabbat mornings, October 15, November 19, & December 17, 9:00 am-9:45 am  
60 Highland St (in-person only)*

Shabbat morning Torah study is back! We will meet in person in the fall before Shabbat morning services, and then shift to Zoom in the winter months, beginning in January. All are welcome to join Rabbi Toba at the Second

Church for an exploration of the weekly Torah portion, using commentaries both ancient and new. No Torah study experience required! Bring your own caffeinated beverage, and a mask.

### THE MYSTICAL ORIGINS OF JEWISH MEDITATION

*With CDT Rabbinic Intern Akiva Nelson*

*Mondays (and one Tuesday), October 24, November 1, 7, & 14, 7:30 pm-8:45 pm  
Zoom*

What if someone told you that Jewish mystics

have been meditating for hundreds, if not thousands, of years, and their practice has very little (if anything) to do with Buddhism? Well, surprise surprise, it's true! If you're curious to explore ancient Jewish mystical practices and see how they might enrich your spiritual life, join Rabbinic Intern Akiva Nelson for "The Mystical Origins of Jewish Meditation," a 4-session CDT adult learning class. Email [a.nelson@dorsheitzedek.org](mailto:a.nelson@dorsheitzedek.org) with questions and interest.

### REPARATIONS AND COMMUNAL TESHUVAH II

*Wednesday, November 2, 7:30 pm-8:45 pm  
Zoom*

All are welcome to join Rabbi Toba and CDT member Linda Kramer, our representative to the Reconstructing Judaism Plenum, as we continue our study of reparations and our movement's proposed resolution on this topic. In this session, we will explore reparations for the vast loss of life, land and culture experienced by Native American peoples as a result of European settlement of

this country, using video and materials from RJ's "Day of Learning" on reparations.

### FROM METAPHOR TO PRACTICE: AN EXPLORATION

*Wednesdays, November 30, December 7, 14, & 21, 7:30 pm-8:45 pm  
Zoom*

Working with Rabbi Toba's new book, *God is Here: Reimagining the Divine*, we will explore how different metaphors for understanding and experiencing the sacred can shape our spiritual and ethical practices, on both an individual and communal level. How might experiencing God/liness as Water, as Rock, as Fire, as Becoming, affect the ways we pray? Work for justice? Care for one another? Join Rabbi Toba as we come up with answers to these questions and more!

Copies of *God is Here* are available from the CDT office for \$20 or can be purchased online; please be in touch with Rabbi Toba if purchasing the book is an obstacle.

## Community

### NEW MEMBER WELCOME

A warm welcome to new members Jan Fogel, Deborah Levenson, and Pamela Blau & Gordie Fellman! And a warm welcome *back* to Ellen Lubell & David Nathan!

### MAZEL TOV

Mazel tov to Moth Fayngold and their family on becoming B'Mitzvah!

Mazel tov to Jodi Sugerman-Brozan on being selected by Boston Mayor Michelle Wu as Co-Deputy Chief for the new Cabinet for Worker Empowerment!

Mazel tov to Carla Naumburg on the publication of her book, *You Are Not a Sh\*tty Parent: How to Practice Self-Compassion and Give Yourself a Break*, from Workman Publishing!

### TODAH RABAH

Thank you to all those who provided Kiddush in September:

Dan Halbert, Matthew Valleau, Emily Shumsky, Ami & Jonathan Gordon, Jo Ann & Michael Feldstein, Miriam & Mark Bronstein, Amy Dain Charles & Wendy Frankston, Carol Sklar (in memory of Frances Sklar), Sandy Goodman & Sue Weil, and Erica Streit-Kaplan (in memory of Ilse and Kurt Weinberg).

### REFUAH SHLEYMAH

We send blessings of healing to Earnest Arky Solomon, Anya Rhodes, Jaime Wurzel, Emelia Webbe, Gail Pressberg, Harriet Budd, and Ellen Pashall.

### YAHREZEIT

This month we remember these CDT members:

Zachary Carson, whose 15th yahrzeit falls on October 1. We will remember Zach at Shabbat Shuvah services on October 1; may his memory be for a blessing.

Founding member Efrem Goldberg, whose 20th yahrzeit falls on October 9. We will remember Efrem at Shabbat morning services on October 15; may his memory be for a blessing.

Shari Zimble, whose 14th yahrzeit falls on October 19. We will remember Shari at Shabbat morning services on October 22; 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 [dorsheitzedek.org/mourning](https://dorsheitzedek.org/mourning).*



## Artist of the Month

### MARJORIE SALVODON



Photo courtesy of  
Marjorie's daughter,  
Carmel Schafer

magazines, album covers, homes, tap-taps (small, colorful vans that provide public transportation in Haiti), and clothing.

Making art enables me to engage with ideas, experiences and images that resonate for me personally and for the different communities to which I belong. Art illuminates the world through the languages of text, texture, color, sound, form — sparking my joy as I weave together memory, human connection, and beauty.

"The Long Goodbye"



Since childhood I've been fascinated by visual imagery found anywhere and everywhere — streets, buildings, subways, museums,



"Golden"

## Tikkun Olam

### CDT INVOLVEMENT WITH PARTAKERS PROGRAMS

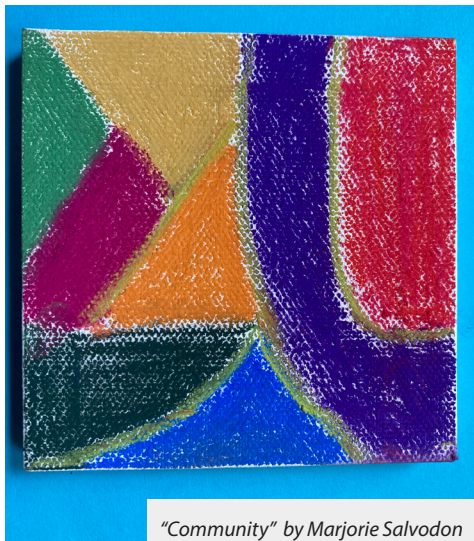
Barbara Shatkin

During the past several years, two CDT Partakers groups mentored incarcerated students in BU's College Behind Bars programs. Before COVID, volunteer mentors visited their mentees monthly for social and academic support, but those in-person visits ended during the pandemic. Late in the pandemic, periodic video sessions were scheduled between Angie Jefferson, the Partakers mentee who had been working with her team since 2017, and her team. Unfortunately, one of the Partaker mentoring groups lost contact with its mentee during the pandemic.

Following the establishment of an Integrity Review Board by DA Rachael Rollins and with the help of a new attorney, Angie's legal case was reviewed. A large number of CDT congregants attended her status hearing and Team Angie volunteers submitted documents

in support of Angie's parole and attended her Parole Board hearing in April of this year. As reported last month in the CDT Bulletin, Angie was released from prison in July to the New Beginning Re-Entry Services.

Contrary to what was reported in last month's newsletter, Team Angie mentors recently decided to continue to support Angie as a mentoring team in Partakers' new re-entry mentoring program, the Partakers Empowerment Program (PEP).



"Community" by Marjorie Salvodon

PEP was launched in 2021 and is being run in partnership with the Brandeis Educational Justice Initiative. The PEP program is designed to teach returning citizens curriculum related to their re-entry into the community, including topics such as financing housing and rent payment, computer technology, employee rights, and topics relevant to thriving in the community post-incarceration. Team Angie volunteers have already met with Angie several times via Zoom as part of PEP and will do so for the duration of the 14 week-program. In addition, the group plans to have dinner with Angie in early October, seeing her in-person for the first time in more than two years.



# Reconstructing Judaism Movement

## REPARATIONS RESOLUTION

Linda Kramer

Our larger movement, Reconstructing Judaism, has undertaken a major commitment to addressing systemic racism in our country and beyond. In March 2021 the board of Governors of RJ voted on a 5 year strategic plan and identified 5 key goals, one of which is to "join and lead Jewish efforts to dismantle systemic racism, and to advance racial diversity, equity and inclusion within the Reconstructionist movement". As part of this work, RJ is looking closely at reparations, a nationwide movement to acknowledge, address, and repair the evils perpetuated against BIPOC since our country's inception.

RJ has published a four page resolution on reparations that outlines the harms done and our Jewish commitment to address them.

Organizationally, three bodies within RJ need to vote on this resolution: the Board of Governors, the Plenum and the Joint Tikkun Olam Commission. CDT has one vote on the plenum, and we will have opportunities for both Board and membership conversations in November and December. As the new plenum rep, taking over from Lissy Medevow, I will bring our vote to the Plenum meeting in December. We encourage all CDT members to familiarize themselves with the proposal. You can see the proposal in the Members section

of the CDT website under "Congregation Documents."

The resolution is a changing document, and mostly involves acknowledging historical truths and Jewish commitments to Justice. In terms of action, thus far RJ says "we are committed to ... advocating for institutional local and federal legislation, including but not limited to HR 40, the Commission to Study and Develop Reparation Proposals for African Americans Act, first introduced by the late US Rep John Conyers in 1989." CDT will hold an evening of learning about reparations on Wednesday November 2 at 7:30 pm. We hope to see you there!

## Inclusion

### CDT ARTS AND MENTAL HEALTH PILOT PROJECT

Joanna Marcus (Artistic Coordinator) and Susan Nitkin

We are excited to announce that the very first program for the CDT Arts and Mental Health Pilot Project is planned for Oct 22 at 2:00, with a rain date of Oct 29. Stay tuned for more information and a link to register, which will be shared on the CDT members' calendar and by CDT-Announce email.

The CDT Arts and Mental Health Pilot Project for the year 5783 was initiated by Melissa Colten, Executive Director, and was imagined and planned by a working group this past summer (thank you Andrew Sofer, Benjamin Newman, Elliot Pittel, Esther Dudnik, and Thea Breite!). The big idea is that we will integrate the arts and mental health by providing opportunities, in the form of workshops, for artistic exploration and personal growth. Workshops are designed for CDT members with a wide range of comfort levels doing art, from lifelong artists to folks who don't necessarily think of themselves as artists but want to try something new! We will use different forms of art (poetry, painting, music, and more) as inspiration for expressing stories, emotions, and states of being.

While the connection to mental health will look different for each workshop, the underlying idea is that art in and of itself is good for our mental health. When a person engages in art or is present for another person's sharing of their art, an unexpected feeling, idea, or helpful insight may arise during the process. CDT's new initiative will provide space for these kinds of experiences.

Workshops will be presented and facilitated by CDT member volunteers, who will create programming with the help of either the artistic coordinator or a teaching artist. Each workshop will begin in a group setting, which we believe will nurture relationships and deepen community connections. Following an introduction there will be time for solitary artistic exploration (materials will be provided), and then we will come back together so those who want to share their art and their experience creating their art may do so. Accommodations will be made for folks who want to spend more of their time alone rather than with the group. Over time, artistic offerings will be created that will be accessible in different forms, both for those who are not able to get to a physical location and want to participate in an online group experience, and for individuals who wish to do these artistic activities on their own, either at home or somewhere else.

Our goals for the this first stage of the project are:

1. Help more people see that they can engage in art, and that art is healing,
2. Create fun and low-pressure spaces for people to try something new,
3. Provide opportunities for intergenerational connection through artistic activities,
4. Strengthen the safety net our community provides, and
5. Shift the focus from creating a beautiful product to the artistic process itself.

Diversity statements:

- Mental health belongs to everyone. The Arts and Mental Health Pilot Project acknowledges the diversity of views, feelings, life experiences, and intercultural meanings of mental health and of psychiatric illness.
- If you prefer to process information about this project in a way other than reading this announcement, please reach out to Susan Nitkin [suenits@gmail.com](mailto:suenits@gmail.com) or Joanna Marcus [joanna.marcus15@gmail.com](mailto:joanna.marcus15@gmail.com).
- To request accommodations for any of the workshops you are interested in, please contact Susan or Joanna!

This pilot project is funded by a grant from the Ruderman Synagogue Inclusion Project (RSIP).

# Chesed

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 Rabbi Toba (confidentially) at [t.spitzer@dorsheitzedek.org](mailto:t.spitzer@dorsheitzedek.org). Rabbi Toba does not check email 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 completely confidential. For pastoral support while Rabbi Toba is away, please contact [chesed@dorsheitzedek.org](mailto:chesed@dorsheitzedek.org) to get in touch with "on call" rabbis.

## RECIPES FOR CHESED

Ellie Goldberg

Our congregation values Chesed, acts of loving-kindness. Our gestures of practical comfort and caring acknowledge each other's life cycle events or stressful times as we commit to building a caring community.

One gesture of Chesed is to provide a meal. At this link, <https://tinyurl.com/ChesedRecipe>, find CDT's Chesed Committee's favorite recipes as well as suggestions for sources for

foods that are free of gluten, nuts, dairy, and other allergenic items.

To update our information, we invite you to contribute your favorite recipes, food sources and websites so we can all learn from each other. Forward your suggestions to the Chesed Committee at [chesed@dorsheitzedek.org](mailto:chesed@dorsheitzedek.org).

We use the Lotsa Helping Hands website to facilitate alerts for Chesed volunteers. Please sign up by creating a login at CDT Chesed Caring Community: <https://tinyurl.com/LHH2022>



The Chesed Committee thanks everyone whose acts of kindness manifest the spirit of Chesed in our community. Please contact the Chesed Coordinators if you have a request for Chesed at [chesed@dorsheitzedek.org](mailto:chesed@dorsheitzedek.org).

## Nediv Lev

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; 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 importantly, to help out congregants in need. **We gratefully acknowledge the following contributions:**

### 30TH ANNIVERSARY GALA DONATIONS

Jacqui Bloomberg & Liz Gray  
Joann Breuer  
Helaine & John Carroll  
Emily Cowan  
Sandy Goodman & Sue Weil  
Jen Levine-Fried  
Tatjana Meschede & Dani Krasa  
Liz Reisberg

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Joan Green Breuer  
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Barbara Harris  
Debbie Isenberg

Jamie Tessler  
Matthew Valleau & Michael Gnozzio  
Kaj Wilson

### GENERAL FUND

Steffi Aronson Karp & Eric Karp  
Susan Bernstein — *In memory of Diane and Norman Bernstein*  
Corinne Lofchie & Noam Shore  
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Amy Pollack-Howard & George Howard  
Rachel & Chad Pytel  
Rachele Rosi & Adam Kessel  
Tal Shalom-Kobi & Hayim Kobi

### NEDIV LEV

Sheree Galpert — *With thanks to Karen Arnold for uplifting the High Holydays with CDT Sings; In honor of Matthew Valleau and his beautiful High Holydays singing; In honor of Amy Mazur receiving the Extraordinary Leader Award!*

### RABBI'S DISCRETIONARY FUND

Zelda Gamson  
Gail Goldman — *With thanks to my daughter Laurie for keeping the flame*

### HIGH HOLYDAYS DONATIONS

Michele Aghassi & Kim Springer  
Allison Andrews & Arthur Lent  
Joan Autio & Stephen Gomperts

### SCHOOL FUND

Marjorie Feld & Michael Fine — *With thanks to Betsy Hinden and Karen Wasserman, for all of their guidance and compassion over the years*

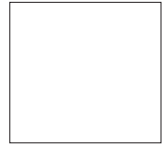


# October 2022 • Tishrei/Cheshvan 5783

| Sun  | Mon   | Tues   | Wed  | Thu  | Fri   | Sat  |
|--|---|--|--|--|---|--|
| <b>2 Tishrei 7</b><br><br>9:30 am Sunday Religious School  | <b>3 Tishrei 8</b><br><br>7:00 pm Voter Mobilization project: making postcard packets for volunteers            | <b>4 Tishrei 9</b><br><b>Erev Yom Kippur</b><br>8:30 am Mindful Mornings<br>6:30 pm Kol Nidre service<br>6:45 pm Kol Nidre Children's Program                                  | <b>5 Tishrei 10</b><br><b>Yom Kippur</b><br><b>Office Closed</b><br>9:30 am Yom Kippur morning service<br>10:00 am Yom Kippur Shorashim (Roots) service<br>10:00 am Yom Kippur family service<br>10:00 am Yom Kippur teen program for 8th grade and up<br>12:30 pm Musaf<br>12:30 pm Nature Walk<br>2:00 pm Yom Kippur afternoon programming<br>5:15 pm Mincha/Eleh Ezkereh<br>6:30 pm Neilah & Break-fast | <b>6 Tishrei 11</b><br><br>8:30 am Mindful Mornings                                      | <b>7 Tishrei 12</b>   | <b>8 Tishrei 13</b><br><b>Ha'Azinu</b><br>10:00 am Shabbat Morning Services<br>8:00 pm Film Club Discussion: "The Midnight Orchestra"                                  |
| <b>9 Tishrei 14</b><br><br>4:30 pm All-Ages Erev Sukkot Program & Picnic   | <b>10 Tishrei 15</b><br><b>Sukkot</b><br><b>Office Closed</b><br>10:00 am Sukkot Morning Service                | <b>11 Tishrei 16</b><br><br>8:30 am Mindful Mornings<br>4:00 pm Tuesday Religious School<br>7:30 pm Avelut   | <b>12 Tishrei 17</b>   | <b>13 Tishrei 18</b><br><br>8:30 am Mindful Mornings<br>6:00 pm Kulam: 8th Grade Program | <b>14 Tishrei 19</b>  | <b>15 Tishrei 20</b><br><br>9:00 am Shabbat Morning Torah Study with Rabbi Toba<br>10:00 am Chol Ha'mo'ed Sukkot Shabbat Service<br>12:45 pm Discussion: The Sum of Us |
| <b>16 Tishrei 21</b><br><br>9:30 am Kitah Vav Family Ed<br>9:30 am Sunday Religious School<br>7:00 pm Simchat Torah Celebration                                | <b>17 Tishrei 22</b><br><b>Simchat Torah</b><br><b>Office Closed</b><br>8:00 pm CDT Men's Group                 | <b>18 Tishrei 23</b><br><br>8:30 am Mindful Mornings<br>4:00 pm Tuesday Religious School   | <b>19 Tishrei 24</b>   | <b>20 Tishrei 25</b><br><br>8:30 am Mindful Mornings                                     | <b>21 Tishrei 26</b>  | <b>22 Tishrei 27</b><br><b>Bereshit</b><br>10:00 am Shabbat Morning Services<br>2:00 pm Mental Health and the Arts Programming   |
| <b>23 Tishrei 28</b><br><br>9:30 am Nitzanim Sunday Religious School<br>9:30 am Sunday Religious School<br>9:30 am Kitah Dalet Family Ed<br>3:00 pm Wise Aging | <b>24 Tishrei 29</b><br><br>7:30 pm The Mystical Origins of Jewish Meditation with Rabbinic Intern Akiva Nelson | <b>25 Tishrei 30</b><br><br>8:30 am Mindful Mornings<br>4:00 pm Tuesday Religious School   | <b>26 Cheshvan 1</b>   | <b>27 Cheshvan 2</b><br><br>8:30 am Mindful Mornings<br>6:00 pm Usher / Greeter Training | <b>28 Cheshvan 3</b><br><br>7:45 pm Rabbi Toba speaks at Temple Hillel B'nai Torah's as Annual Allen J. Workers Memorial Lecturer | <b>29 Cheshvan 4</b><br><b>Noach</b><br>10:00 am Shabbat Morning Service & Bar Mitzvah of Tsering Komyerov   |
| <b>30 Cheshvan 5</b><br><br>9:30 am Kitah Alef Family Ed<br>9:30 am Sunday Religious School<br>9:30 am Kitah Zayin Family Ed<br>4:00 pm CDT Board Meeting      | <b>31 Cheshvan 6</b>  | <b>1 Cheshvan 7</b><br><br>8:30 am Mindful Mornings<br>4:00 pm Tuesday Religious School<br>7:30 pm The Mystical Origins of Jewish Meditation with Rabbinic Intern Akiva Nelson | <b>2 Cheshvan 8</b>  | <b>3 Cheshvan 9</b><br><br>8:30 am Mindful Mornings<br>7:00 pm CDT Sings Rehearsal       | <b>4 Cheshvan 10</b><br><br>6:00 pm All-Ages Erev Shabbat   | <b>5 Cheshvan 11</b><br><b>Lech Lecha</b><br>10:00 am Shabbat Morning Services<br>6:30 pm CDT 30th Anniversary Gala and Celebration                                    |



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



Address correction requested



Do you need a large print version of the newsletter?  
Contact the office at [office@dorsheitzedek.org](mailto:office@dorsheitzedek.org)

**Saturday, November 5, 2022**

6:30 pm-10:30 pm

The Windsor Club, 1601 Beacon St, Waban (Newton), MA

Celebrating

*CDT's 30th Anniversary*

and

*Rabbi Toba Spitzer's  
25 years of service*



Congregation  
**Dorshei Tzedek**



Havdalah service | CDT Sings | Short program  
CDT Jeopardy | Slideshow