



Hamodi'a is published six times per year by

Congregation Sons of Israel

The Lehigh Valley's Gateway to Judaism

2715 Tilghman Street
Allentown, PA 18104
610-433-6089, -6080 (fax)

office@sonsofisrael.net

www.sonsofisrael.net



CongregationSonsofIsrael



Pesach

5784

Congregation Sons of Israel's Information & Torah Newsletter



בס"ט

Hamodi'a

Pesach Message



Living with the Contradiction

I recently attended a meeting of a new Jewish organization where the members were trying to determine what the focus of their first event should be. Some immediately piped in and suggested our focus must be on Antisemitism, considering the state of affairs in the world in general, and for Jews in America specifically. I initially agreed with this view, recalling the Antisemitism I have personally experienced, and more particularly have witnessed since October 7.

My neighborhood in Teaneck, New Jersey, has become a lightning rod for protestors from other towns to drive in on a Sunday (or during the week between Christmas and New Years) en masse, slow down or stop traffic on the main streets, while honking horns and protesting against Israel. As a proud American, I am willing to defend people's rights to free speech even with language I find offensive. But I cannot help but wonder why individuals feel it is not only okay but justified as "being on the right side of history", that the way to protest against Israel is by harassing Jews in a neighborhood on the other side of the world. The obviousness of Antisemitism to me is nothing more than "resistance to others." It baffles me; if you do not like a country's policies, go protest in front of their embassy. But when someone leaving the subway comes from behind me and yells "Free Palestine" to me and to no one else, the fact that the individual selected a kippah-wearing Jew is blatant Antisemitism. And when the public high school two blocks away from me has walkouts against Israel's "acts of genocide" and has parents calling Jews the "sons of Satan" at board of education meetings, it is beyond clear that Antisemitism has sadly and wrongly regained new support.

Conversely, other members of the group suggested that the first event

should be more celebratory in tone. We should focus on the great contributions that Jews have made to American society and the world. My heart started shifting to that point of view. I am tired of Jews portrayed as the victim or as noted author Dara Horn has titled her book, "The World Loves Dead Jews." We are not, and should not be *solely* defined by the Holocaust, pogroms, and the Inquisition. Our Jewish lives are imbued with beauty and meaning; a faith based on Torah, Service, and Acts of Loving Kindness.

I am reminded of the Gemara that states that Yom Kippur is a day (Yom) like (Ki) Pur (Purim). Meaning, the most serious day of the year, a day of fasting, prayer, and judgement on the Jewish calendar is somehow considered like Purim, a day known for its costumes, noise making machines, big meals, and even a *l'chaim* or two. How could that possibly be? Although there are many fine explanations given, I always felt that if you wanted to engage someone actively into Judaism, Purim might be more effective than Yom Kippur. Purim

Our celebration can and **should** be greater because we have so many concerns today.

is an exceptional story of survival and success, taking care of the poor, sharing with friends, and enjoying a festive meal with one another, while reinforcing our belief in both the written Torah and Oral tradition. It may be the best single way to share the beauty of our faith. Yom Kippur, while a serious and reflective time, may not necessarily be the first event to show someone on their path towards greater interest in our faith (for some it might, though!).

In any event, I became torn between these two constructs. On the one hand, we must talk about the current challenges facing Jews. On the other, our story should not be one solely of death and destruction – we must find ways to celebrate as well. And with that, an epiphany came to me. We must

Continued on page 2

In this Issue

Pesach Schedule - 2

Ma'os Chittim - 3

Segel Scholarship - 4

Pesach Guide 5 - 8

Cooking Corner - 9

Your Donations - 10

Pesach 5784

Pesach message continued...

have both. We must be able to present a story that demonstrates the resilience, meaning, and joy in our faith, while at the same time, not sticking our heads in the sand and pretending the problems around us do not exist. Our celebration can and *should* be greater because we have so many concerns today. We need those celebrations to remind us that the current challenges we face are just that – current, while the positives we recognize are everlasting.

That is the contradiction that we enter going into Pesach this year. We celebrate the freedom of our nation that sat in bondage for hundreds of years. We may even cry this year when we get to “Vehi She’amda” where we recount how the enemies of the Jewish people seek our destruction in every generation – something we feel more today after October 7. And yet, in the face of that, eem kol zeh, we prevail. *Hashem* consoles us and promises our deliverance. When we read about Rabbi Akiva leading the seder in Bnai Brak, that was after he lost 24,000 of his students. But he did give up? Did he give in? No, he started again, rebuilding, and staying up all night learning with the greatest sages of his generation.

We are a moral people. We lessen our celebration of freedom by removing some wine from our cups as we recite the ten plagues, recognizing the loss of human life, *even our enemies!* We share the joy of hiding the *afikomen*, keeping children and adults engaged alike. We enter great discussions about what freedom means both then, throughout history, and today. And through it all, we sing praises to *Hashem*, enjoy a delicious meal (matza ball chicken soup – *kneidelach* – and brisket at the Belgrade residence), spend meaningful time with friends and family alike, and end with *L’Shanah Haba’ah B’Yerushalayim*.

We yearn, we hope for the day where we can all celebrate Passover together in Jerusalem; not in Allentown, Teaneck, or anywhere else. We will be together, as one people, celebrating a redemption that we so desperately need.

Wishing you all a *Chag Kasher V’Sameach*.

~Rabbi Michael Belgrade



2024 PESACH SCHEDULE 5784

<u>Saturday, April 20</u>	Shabbat Hagadol
<u>Sunday, April 21</u>	B’dikat Chametz (search for Chametz) at 8:30 p.m.
<u>Monday, April 22</u> Erev Pesach Ta’anit Bechorim	Shacharit at 6:30 a.m., Followed by Ta’anit Bechorim Siyum Chametz not to be eaten after 10:10 a.m. Biur (burning of) Chametz by 11:27 a.m. Biur Chametz at shul between 7:30 a.m. & 11:00 a.m. Mincha 7:30 p.m., Candle lighting at 7:31 p.m. First Seder is held, beginning no earlier than 8:32 p.m.
<u>Tuesday, April 23</u> 1 st Day of Pesach	Shacharit at 9:00 a.m. We offer prayer for Tal (Dew) Mincha 7:30 p.m. Maariv at 8:10 p.m. We begin counting the Omer this evening Candle lighting after 8:33 p.m. Second Seder is held; begin preparing no earlier than 8:33 p.m.
<u>Wednesday, April 24</u> 2 nd Day of Pesach 1 st Day of the Omer	Shacharit at 9:00 a.m. Mincha at 7:30 p.m. Maariv/Yom Tov ends at 8:34 p.m.
<u>Thursday, April 25</u> Chol HaMo’ed	Shacharit at 6:30 a.m. Mincha/Maariv at 6:10 p.m.
<u>Friday, April 26</u> Chol HaMo’ed	Shacharit at 6:30 a.m. Mincha/Maariv at 7:35 p.m. Candle lighting at 7:35 p.m.
<u>Saturday, April 27</u> Shabbos Chol HaMo’ed	Shacharit at 9:00 a.m., Reading of Shir Hashirim <i>Eat Shalosh Se’udos at home</i> Mincha at 7:35 p.m. Maariv/Shabbat concludes at 8:37 p.m.
<u>Sunday, April 28</u>	Shacharit at 8:30 a.m. <i>Last days of Yom Tov begin in the evening</i> Mincha at 7:35 p.m., Candle Lighting at 7:37 p.m.
<u>Monday, April 29</u> 7 th Day of Pesach	Shacharit at 9:00 a.m. Mincha 7:35 p.m. Candle Lighting at or after 8:39 p.m.
<u>Tuesday, April 30</u> 8 th Day of Pesach	Shacharit at 9:00 a.m. Yizkor Memorial Service, 10:30 a.m. (approx.) Mincha at 7:40 p.m. Maariv/Yom Tov concludes at 8:40 p.m.

Please Note: Chametz sold by the shul will have been repurchased by 9:30 p.m. on Tuesday, April 30.

From Our President

Are you Crazy? Wear White before Memorial Day?

It used to be that according to fashion rule, one was not suppose to wear white clothes until after Memorial Day, and return the white garments to the closet once it had reached Labor Day. Based on fashion reports from the 1930's, wearing white was primarily reserved for the upper class during the summer. Light colored clothing gave the appearance of leisure, whereas dark colored clothing was mostly reserved for working. Upperclassmen who could afford to vacation, used to leave the cities in the summer and dawn white.

However, for many, many years Jews have bucked the fashion trend and have donned white for Passover, long before Memorial Day. Of course, there are many reasons why we don white on Passover:

1. Because for us Passover is the Spring holiday.
2. On Yom Tov we wear white to remind us of Melachim, Angels.
3. To remind us of the Kohen Gadol who wore white garments in the Bais Hamikdash.
4. Since white is a sign of purity, it is to remind us to start anew spiritually clean and pure.
5. To remind us that we are buried in a white shroud, one of the reasons we also eat hard boiled eggs on Passover since it is normally a sign of mourning.

One of my fond memories as a child was wearing white clothes on Passover, but not for any of the above reasons. Growing up, my family traveled for Passover as my father was the Chef of some Passover hotels in some very exotic locations - the Bahamas, Aruba, Miami Beach, and of course the Poconos. Every year, no matter where we were for Passover, my mother would always purchase me a white suit for Passover, and I was given instructions to wear it at the First Seder. I would wear my white suit proudly to the Seder, and year after year, every Seder, my white suit would end the night as a purple suit thanks to Kedem Grape Juice. I believe it took until my Bar Mitzvah for my mother to learn that kids and white just don't go together at the Seder. As I have been running my own family Seder for just a few years now, I don't require my children to wear white at the Seder. I learned the lesson early – wait until after Memorial Day.

Another Passover memory for me has always been Passover cake. Of course, this may be the reason that I despise cake on my birthday, since it is on Passover – Matza Cake – Yum!! NOT! But, this Passover, I will

reflect on all the special moments that Passover has brought. Passover is a very special time to be spent with family and friends, basically our Jewish Thanksgiving, where we have a feast with family and friends and are thankful for us leaving Egypt.

This year, as many of the holidays we have had since October 7th, it is difficult to be fully engaged and involved knowing that there are still hostages in Gaza, knowing that that our brethren soldiers are still fighting an ongoing war, and feeling the pressure of the whole world against us both here in America and abroad.

Vehi She'amda la'avotainu v'lanu, shelo achad bilvad, amad aleinu lecholtainu. Eleh shebechol dor vador, omdim aleinu lechaloteinu V'hakadosh bauch hu matzilenu miyadam.

And this is what kept our fathers and what keeps us surviving. For, not only one arose and tried to destroy us, rather in every generation they try to destroy us, and Hashem saves us from their hands.

This Passover, take time out from your Seder and make mention, make a gesture, leave an empty place setting, maybe a moment of silence and reflection, maybe even dawn white clothing before Memorial Day as a sign of mourning. But in some way mention the above, and when saying the VEHI SHE'AMDA this year, say it with emotion, and reflect on the times we are living in today.

A Happy Chag Kasher L'Pesach!

~Jonathan Powers



Remember to give for Ma'os Chittim

(funds for Pesach provision for the poor) through the Rabbi's Benevolent Fund. This year our Ma'os Chittim will be going to assist local families in great need of financial assistance, especially during this Yom Tov season. Please send a check to the shul made payable to the "Rabbi's Benevolent Fund". If you know of anyone in our community who could use some financial aid for Pesach, please discreetly contact April in our office.

From Our Sisterhood



What better sight is there than to see so many happy children in the synagogue?

The Sisterhoods' **Make - Take - Bake** was a huge success with 22 children making hamentashen, groggers, megillahs and having fun. Our Sisterhood members in the kitchen worked hard at making, rolling out, and baking all the hamentashen, not only for the kids, but for the Purim Se'udah as well.



Thank you to all our Sisterhood volunteers in making this event a huge success: Ilene Levin-Dando, Susan Goldman, Michele Brooks, Pearl Schmier, Marcia Schechter, Sandy Preis, and a special thank you to Gary Preis for taking photos of the event.



Sisterhood would also like to highlight and say a Yasher Koach to Aviva and Gabriel Marlin for finishing their first Tallis. Gabriel was a pro at passing the shuttle through the warp. Feel free to reach out to us if you would like to get involved or be placed on the waiting list to make a tallis.

Stay tuned for more activities and upcoming events from Sisterhood, and as always, feel free to contact Jodi Frost @ 845-642-4885 if you have any questions.

FRANK AND ADA SEGEL FAMILY STUDENT SCHOLARSHIP PROGRAM



The Frank and Ada Segel Family Student Scholarship Program was established through a philanthropic bequest by Frank and Ada Segel's daughter, Helen Segel. Miss Segel recognized the importance of higher education and the need for financial assistance to students in the Jewish community. Frank and Ada Segel were members and friends of Congregation Sons of Israel, and Miss Segel wanted to honor the memory of her beloved parents with this wonderful act of tzedakah.

Applications will be accepted from Lehigh Valley Jewish students who (a) have been accepted or are enrolled in a post-secondary educational institution, (b) have a demonstrated record of service to the Jewish community and to the Lehigh Valley community at large, (c) meet additional specific criteria established by the Frank and Ada Segel Family Student Scholarship Program Committee. Decisions for awarding scholarships will be at the discretion of the committee. A scholarship may be awarded to one or more students on an annual basis for an amount up to \$3,000.00.

Please call Sons of Israel at 610-433-6089, or email office@sonsofisrael.net for more information and to obtain an application. Applications, along with supporting materials, should be submitted by Monday, June 17, 2024.



PESACH GUIDE - A SUMMARY OF THE LAWS OF PASSOVER

Ma'ot Chitim - Please donate to the Rabbi's Benevolent Fund to help others less fortunate enjoy their Pesach as well.

Shabbat Haqadol - It is customary to hear the Rabbi's special pre-Pesach sermon. Rabbi Michael Belgrade will deliver this year's drasha.

Taanis Bechorim - Firstborn males fast on Erev Pesach in recognition of the Jewish firstborns having been saved from the plague of smiting the Egyptian firstborns. Those who partake in a siyyum and eat at the siyyum need not fast. There will be a siyyum after davening on Erev Pesach at shul.

Pre-Pesach Cleaning

A. **Extent** - Not Spring Cleaning. We are looking for a real piece of Chametz, not every single crumb. Just sweep the floor and vacuum the rugs and couches. Don't have to treat floors, tapestries, etc.

B. **Places to remember to check** - Coat/Suit Pockets, Car, Briefcase, Office, Knap-Sacks, Tallis Bags, Shul Lockers, Vacuum Cleaner Bag (replace)

C. **Mechirat Chametz** - Indicate varieties of Chametz on Chametz form, sell through the Rabbi. Cabinets, rooms and closets where Chametz is located should be sealed off with clear indication that there is Chametz inside.

D. **Bedikas Chametz** - Night of the 14th (Sun. night). Even if one cleaned the whole house prior to the night of the bedikah, one still needs to truly check on the night of the bedikah. Again, you are looking for a worthwhile piece of Chametz. This is not a perfunctory search; the whole house should be checked. At the beginning of the night, some put out 10 pieces of bread, all make the bracha of 'Al biur chametz'. One makes no interruptions while searching with either a candle or flashlight, then say kol chamira (All leaven or anything leavened which is in my possession, which I have neither seen nor removed, and about which I am unaware, shall be considered naught and ownerless as the dust of the earth) at end, burn Chametz the next morning (Monday) and say kol chamira (All leaven or anything leavened which is in my possession, whether I have seen it or not, whether I have observed it or not, whether I have removed it or not shall be completely considered naught and ownerless as the dust of the earth) before 11:27 AM. (Latest eating is before 10:10 AM.) Each household member should recite this.

Vacation - If going on vacation for the entire Pesach, one still needs to clean the house, looking for worthwhile pieces of Chametz, place Chametz items in closed off room. Sell Chametz in closed off room through the Rabbi. If home on night of the 14th, Bedikas Chametz (a regular, thorough one) is performed with a brachah, and burned the next morning wherever one may be. Another bedikah with a brachah, is performed when one arrives at their hotel. If one will already have left before the night of the 14th, a (regular, thorough) bedikah is performed the night prior to one's departure, without the recital of the brachah. Another bedikah, with a bracha, is recited at one's destination on the night of the 14th. If one is going on vacation and wishes to simply lock up their home and sell it through the Rabbi, without doing a bedikah, speak to Jonathan Powers. If you will be in Eretz Yisrael or in another time zone, you must indicate that on the sale of Chametz form as well.

Kashering

A. **Oven**

i. Self-Cleaning - Just put on self-clean mode.

ii. Non Self-Cleaning - Clean thoroughly with Easy-Off and steel wool to remove all noticeable residue. That which does not become removed after numerous attempts can be disregarded. Put on highest temperature for 1 hour. The racks in the oven are also kashered in this way. The broiler is not kashered this way. It need not be kashered if not going to be used on Pesach. Simply clean thoroughly and mark as Chametz. If you wish to use it, clean thoroughly, replace broiler pan, and put on highest temperature for one hour.

iii. Continuous Cleaning - Same as non-self clean. Clean thoroughly, and put on highest temperature for one hour.

Pesach Guide 5784

B. Stove Top

i. **Gas** - Clean grates, under grates and open areas, well. Turn grates upside down and turn burner on high for 15 minutes while placing a single, thick piece of aluminum foil on top of the burner to retain the heat. Only do one burner at a time. Boiling water should be poured over the drip pans. The open areas should be covered with aluminum foil.

ii. **Electric** - Clean coil and open areas thoroughly. Turn coils to highest temperature for 15 minutes. Open areas should be covered with aluminum foil.

iii. **Glass Top** - Kashering a glass-ceramic cook top for Pesach use is a bit complex. To kasher the burner area, one should clean it well and turn on the elements until they glow. The burner area is now considered kosher for Pesach. However, the remaining area that does not get hot is not kashered. As the area between the burners cannot practically be kashered, it would be wise to place a trivet on the open glass area so the pots can be transferred. Furthermore, in order to use a large pot that extends beyond the designated cooking area, one should place a metal disc approximately 1/8 of an inch thick onto the burner area in order to raise the Passover pots above the rest of the glass surface. (Caution: This disc should not extend beyond the designated cooking area.) This will also help in case a small pot boils over, sending a trickle of hot liquid that would serve as a connector from the Passover pot to the non-Passover stovetop. (Note: Cooking efficiency may be compromised when using a metal disc.)

C. **Microwave** - Clean very thoroughly, replace glass bottom. Do not use for 24 hours. Fill glass with water and turn microwave on for 15 minutes so that condensation forms. Then move glass over a bit and do it again so that the place underneath the glass is also kashered. The glass is placed on the floor of the microwave, not on the glass rotating plate.

D. Sinks

i. Enamel, China, Porcelain, Corian cannot be kashered. Clean thoroughly. Cover the sink with an insert.

ii. Stainless Steel, Granite can be kashered. Clean thoroughly. Do not use with hot water for 24 hours. Pour boiling water from kettle (may use Chametz kettle as long as clean and not been used in 24 hours) over each part of sink. Water must be poured directly over each part of sink, not simply permitted to let it flow over each part of sink. This will take time. Filter over drain must be replaced.

E. Countertops

i. Enamel, Formica, Plastic, Porcelain, Corian - Cannot be koshered. Clean counters thoroughly and cover.

ii. Marble, Granite, Stainless Steel can be kashered. Clean thoroughly, don't use for 24 hours. Pour boiling water from kettle over every part of countertop.

F. **Refrigerator, Freezer** - Clean thoroughly. They need not be lined.

G. **Table** - Clean thoroughly and cover.

H. **Cabinets** - Clean thoroughly. Need not be lined. If being closed away for Pesach, mark accordingly.

I. **Utensils** - Have special sets of dishes, silverware, pots, pans and other utensils for Pesach use **only**. (If necessary, certain 'year-round' utensils may be used, provided they are kashered for Pesach. If you have utensils that need to be kashered, please contact Jonathan Powers.)

J. **Glasses** - Should preferably buy new set for Pesach. If this is not possible, there are opinions that say that they can be kashered by filling them up with water for 24 hours, emptied, refilled for 24 hours, emptied and refilled for another 24 hours, totaling 72 hours. Which can be relied upon in cases of great need.

K. **Coffee Makers/Hot Water Urns** - Best to get new one for Pesach. If too difficult, speak to Jonathan Powers. Keurig coffee makers can be kashered by removing the K cup holder and cleaning very well. Do not use for 24 hours. Pour boiling water on the K cup holder. Run a kosher L'Pesach K cup through the machine.

L. **Towels and Table Cloths** - Put in washer.

M. **High Chair** - Clean and cover.

N. **Dishwashers, Crockpots, BBQ grills, George Foremans, Melmac, Silverstone, Teflon, Toasters, Toaster Ovens, Blech** - Cannot be kashered.

O. **Time Frame** - All Kashering must be done by 11:27 AM, Erev Pesach (Monday Morning).

P. **Blech** - Should get a new one

Pesach Guide 5784

Toiletries, Cosmetics, Medications

- A. **Deodorants, Toiletries, Perfumes** - *Need not be stored away and may be used, even without certification.*
- B. **Toiletries with noticeable Chametz (i.e. shampoo with actual bits of oatmeal)** - *Need to be stored away.*
- C. **Mouthwash, Toothpaste, Flavored Lipsticks** - *Should use only those that are known not to contain Chametz. All Scope is fine, Listerine Cool Mint, Winter Fresh, and Total Care, as well as Colgate and Aim are all fine.*
- D. **Medicine - DO NOT CHANGE YOUR MEDICINE ROUTINE WITHOUT FIRST SPEAKING TO YOUR DOCTOR.**
 - i. *Non-chewable, unflavored coatings may be taken as usual. Lactaid (non-chewable) may be taken.*
 - ii. *Chewable, flavored coatings, liquid (cough) medicines - First, try to get an equivalent non-Chametz medicine. If can't, please speak Jonathan Powers. If any doubts on Pesach proper, be sure to take your medicines as prescribed by the doctor.*

Foods That Do And Do Not Require Kosher L'Pesach Certification

- A. **Fresh Fruits and Vegetables** - *No problem*
- B. **Fresh Peeled** - *Some are watered with citric acid which requires Pesach hashgacha, so they need Kosher L'Pesach certification.*
- C. **Dried Fruits** - *Some are moistened with potassium sorbate which requires hashgacha, so they need Kosher L'Pesach certification.*
- D. **Canned Vegetables** - *Some are manufactured in machines that also are used for Chametz, so need Kosher L'Pesach hashgacha.*
- E. **Frozen Vegetables** - *Pasta blends are produced on same equipment, so require special hashgacha.*
- F. **Frozen Fruits** - *If plain, frozen, unsweetened and uncut, does not need special Kosher L'Pesach certification.*
- G. **Fruit Juices** - *Even 100% pure juices do have enzymes and clarifying agents added, so need Kosher L'Pesach certification.*
- H. **Coffee & Tea** - *Decaffeination process can be Chametz (ethyl acetate sometimes used), and all machinery is affected. Therefore, need kosher L'Pesach certification. All unflavored ground and whole bean coffees that have OU do not need kosher L'Pesach certification. Instant: Folgers (Regular and Decaf) and Nescafe Tasters Choice (non-de-caf) are alright. Tea: Unflavored Lipton teabags are the only decaf that are alright. See OU Guide for a list unflavored caffeinated teabags that do not require kosher L'Pesach certification. Flavored tea requires Kosher L'Pesach certification.*
- I. **Spices** - *Anti-caking agents, which are Chametz, are sometimes used. Also, more and more coming from China which may be using flour, etc. Kosher L'Pesach certification needed.*
- J. **Salt and Sugar** - *As long as non-iodized, salt need not have Kosher L'Pesach certification. Pure, granulated sugar also need not have Kosher L'Pesach certification. Confectioners sugar may not be used.*
- K. **Milk/Eggs** - *Does not need Kosher L'Pesach supervision. They should be purchased before Pesach.*
- L. **Meat** - *All raw, **unprocessed** and **non-ground** meat with an OU is fine.*
- M. **Olive Oil** - *OU has list of those without OU-P, just OU, which can be used. (Could be problem, as even 100% pure is sometimes blended, that's why must have a kosher symbol.)*
- N. **Quinoa** - *Must bear OU-P or Star K P*
- O. **Paper Products** - *OK*
- P. **Cocoa** - *Only Hershey's need not bear Kosher L'Pesach certification (except 'Special Dark').*
- Q. **Seltzer** - *Unflavored with regular certification is fine.*
- R. **Matzah** - *Yes, be sure that the matzah you purchase is in fact Kosher L'Pesach.*

Pesach Guide 5784

Kitniyot: The following is a list of Kitniyot foods:

Anise, Cumin, Nutra Sweet, Peanuts, Peas, Beans, Fennel, Poppy Seeds Bean Sprouts, Fenugreek, Rice, Sesame Seeds, Buckwheat, Green Beans, Canola Oil (Rapeseed), Soy Beans, Caraway Seeds, Chickpeas, Kasha (Buckwheat), String Beans, Confectioners Sugar (possibly Chametz), Sunflower Seeds, Tofu, Millet, Coriander, Corn, Mustard.

Pets - *Pet food may not contain Chametz - look at ingredients to see if it has the following:*

A. The following commonly listed items found on pet food ingredient panels are **not** acceptable for *Pesach*: Wheat (cracked, flour, germ, gluten, ground, grouts, middlings, starch), barley (cracked, flour), oats (flour, grouts, hulled), pasta, rye, and brewer's dried yeast. Note: Any questionable ingredient should be reviewed by a competent Rabbinic authority. Dog and cat food made with gravy or sauce generally contain *Chametz*.

B. The following commonly listed items found on pet food ingredient panels **are** acceptable for animals for *Pesach*: Beans, buckwheat, brewer's rice, corn, grain sorghum (milo), millet, peanuts, peas, rice, safflower, sesame, soybeans, soy flour, and sunflower. (Kitniyot may be fed to animals.)

Chametz After Pesach

A. Groceries - *Wegmans, Weis and GIANT are all OK*

B. Pet Food - *PetCo, PetSmart are OK*

The Seder

Seder Preparation: *Before Pesach, prepare the chicken neck, horseradish and charoset for both Seder nights. For the second Seder, set the table and prepare the meal after the first day of Yom Tov ends, which this year is 8:33 p.m.*

The Seder: *The first two nights of Pesach, we conduct a Seder -- a festive yet solemn event. At a table royally set with our best crystal and silver and the finest of kosher wines* or grape juice, we reenact the Exodus from Egypt in ancient times. Then we pray for the forthcoming redemption speedily in our days.*

In the Footsteps of our Forefathers: *At the Seder, each person views himself as if he were going out of Egypt. We begin with our ancestors, Abraham, Isaac and Jacob. We are with our people as they descend into exile and suffer cruel oppression. We are with them when G-d sends ten plagues to punish Pharaoh and his nation, with them as they leave Egypt and with them at the crossing of the Red Sea. We witness the miraculous hand of G-d as the waters part, allowing the Israelites to pass, and then return, thundering over the Egyptian legions.*

Matzah, the 'Food of Faith': *We left Egypt in such haste, there was no time to wait for the bread to rise, and we ate Matzah, unleavened bread. With only Matzah, our ancestors faithfully relied on G-d to provide sustenance for an entire nation. Therefore, each year to fulfill the commandment of "Matzah shall you eat. . ." we eat Matzah the first two nights of Pesach.*

The Humblest of Foods: *Matzah itself symbolizes faith. In contrast to leavened food, the Matzah is not 'enriched' with oil, honey, etc. It is simple flour and water, which is not allowed to rise. Similarly, the only 'ingredients' for faith are humility and submission to G-d, which come from the realization of our 'nothingness' and 'intellectual poverty' in the face of the infinite wisdom of the Creator.*

Shmurah Matzah: *Shmurah means 'watched,' and this is an apt description of this Matzah (unleavened bread). The wheat used is carefully protected against any contact with water from the moment of harvest, since water would cause leavening and disqualify the wheat from Pesach use. These Matzahs are kneaded and shaped by hand, similar to the Matzah baked by the Children of Israel on their way out of Egypt. They are baked under strict supervision to avoid any possibility of leavening. Shmurah Matzah should be used on each of the two Seder nights, for the three Matzahs of the Seder plate. For a more meaningful and happy Pesach, have Shmurah Matzah at your Seder table.*

***Visit Sisterhood's Wine Cellar during office hours (8 AM—2 PM) to purchase your Pesach wine.**

Cooking Corner with Diana Hirsch

Spicy Chow Mein

There I was, traveling at less than walking pace in my electric cart, up and down every aisle in the supermarket, as I usually do (takes me 2 hours, and my niece would rather commit murder than shop with me). Milk, OJ in little bottles (which I know is probably a bad thing, but I often forget I've got it and the big bottle goes bad, which is also a bad thing), Chinese noodles (because broth is boring), cereal, and so on. Get home, unpack, put stuff in the fridge, find or make room on the shelves...

It has been my habit, mentioning Chinese noodles, to take them out of the bag, put them into a plastic container, and freeze them. That way, they don't go rancid and disgusting. (If you use nuts, put those in the freezer so *they* don't go rancid.) As I was transferring from paper to plastic, I noticed the back of the package. There it was: THE RECIPE!!! Glicks Chow Mein Thin Noodles had this recipe. For, of all things, CHOW MEIN. Amazing! As you may remember from my infrequent but heartfelt mentions, I am not a fan of spicy, but this is easy to fix in this wonderful recipe.



Spicy Chow Mein

Ingredients:

- 1 bag Glicks Chow Mein Noodles
- 1 tbsp vegetable oil
- 2-3 cups shredded (green) cabbage
- 2 stalks celery, sliced
- ½ onion, sliced
- 2 cloves garlic, minced
- 1 cup chicken or vegetable stock
- 1 tbsp hot sauce
- 2 tbsp light soy sauce
- 1 tbsp white vinegar
- 2 tsp sesame oil
- 1 tsp brown sugar
- 1 tbsp cornstarch
- 1 tbsp cold water
- 2 tbsp roasted peanuts, chopped

Directions:

- ⇒ Heat vegetable oil in a wok or deep skillet to medium heat.
- ⇒ Add cabbage, celery, onion, and garlic.
- ⇒ Cook, stirring often, for 3-5 minutes.
- ⇒ Add stock, hot sauce, soy sauce, vinegar, sesame oil, and brown sugar.
- ⇒ Bring to a boil.
- ⇒ Stir cornstarch into the cold water and add it to the wok.
- ⇒ Stir until the sauce is thickened.
- ⇒ Remove from heat.
- ⇒ Place noodles on a plate and spread vegetables over the top.
- ⇒ Sprinkle evenly with peanuts.

Notes:

1. Feel free to leave out the hot sauce and/or the peanuts.
2. Make this dish yours by adding extra vegetables like corn niblets or those baby corns, sliced mushrooms, shredded carrots, green peas, edamame, whatever you like.
3. Make it meat by cutting cooked chicken or beef into smallish pieces and adding that.
4. Change the whole premise by using white or brown rice instead of the Chinese noodles.
5. Chinese food leaves me hungry. Double the recipe.
6. Skip the restaurant reservation, save some money, and enjoy.

Don't forget that
Sisterhood's Wine Cellar
is well stocked for
Passover and year round.



Wine and Giant & Weis
Gift Cards can be purchased during
office hours, 8 AM—2 PM.

Thank You for Sharing. . . And Caring

GENERAL FUND

In appreciation of the CSOI community for being so welcoming to our daughter, Michaelah Hirshon, and to so many other Muhlenberg students

Jerusha Coltof & Douglas Hirshon

Good health wishes to Diana Hirsch
Bob & Ilene Levin-Dando

In memory of Lisa Shedroff
*Marcel & Sharon Guindine
Mike & Carol Herman
Bob & Ilene Levin-Dando
Lewis & Roberta Gaines*

In honor of Barry Halper for being honored by Jewish Family Service at their Cheers for Volunteers event
Cooky Notis

In honor of Sam Bub for being honored by Jewish Family Service at their Cheers for Volunteers event
Cooky Notis

In honor of Aviva Marlin for being honored by Jewish Family Service at their Cheers for Volunteers event
Cooky Notis

GENERAL ENDOWMENT FUND

In memory of Lisa Shedroff
Arthur & Susan Hochhauser

KIDDUSH FUND

In memory of Marilyn Braunstein
Robert Simon

In memory of Lisa Shedroff
*Elaine Atlas
Sandy Preis and Gary Preis
Geoffrey Schmier
Pearl & Mel Schmier
Marcia Schechter*

RABBI'S BENEVOLENT FUND

In memory of Lisa Shedroff
Rabbi Allen & Toby Juda

CANTOR SAMUEL WEISS MEMORIAL YOUTH FUND

In memory of Lisa Shedroff
*Ani Herman & Dan Nemzer
Robert Simon*

To: Alan and Nate Wiener
From: The Shacharis Minyanaires

In March, we had to replace the Keurig which you so graciously donated to the shul about 15 years ago.



It had served us so well all that time. It was especially nice to be able to offer our visitors, who came for Shacharis, a fresh cup of coffee, which they greatly appreciated.

JFS is Looking for "Lotza Matzoh"



Each year Jewish Family Service helps more than 100 older adults across the Lehigh Valley celebrate Passover. Please support JFS by donating boxes of matzoh for the Jewish community.

Matzoh can be dropped off at JFS during business hours, 2004 W. Allen Street, Allentown, or in the red bins at the JCC.

Our amazing volunteers will be delivering matzoh between April 8 - April 15. Thank you in advance to our generous community for supporting this annual effort.



JEWISH FAMILY SERVICE
★ OF THE LEHIGH VALLEY ★



**2024
JFS Scholarships
Are Available!**

The Gaines Family Foundation
Prize in Engineering

The Martin Philip
Memorial Scholarship

JFS is accepting scholarship applications from Class of 2024 Jewish high school seniors enrolling in college and post-high school education programs.

Two \$1000 scholarships will be awarded.

Applications due by May 1.

Please contact info@jfslv.org for more information.

יזכרם ה' לטובה עם שאר צדיקי עולם

May G-d remember them for good amongst all the righteous of the world.

MAY					
*Esther Levitt	1	Abraham J. Katz	19	*David Gabriel	10
*Meyer M. Brickman	1	*Rose Berkowitz	20	Allan Bass	10
Robert Wilf	2	*Sadie Sherman	20	Phyllis Ringel	11
Reba Kernis	2	*Florence Jacobson	21	Alex Rosenberg	11
Simon Szejnblum	3	*Irving Benzel	21	*David Miller	12
Steven Blinder	3	*David Kuba	23	*Celia Schmier	12
*Ruchel Epstein	4	*Tzvi Bleicher	25	*Samuel Fox	12
*Sophie Weisman	4	*Morris Ratarsky	25	*George Phillips	13
Samuel Heyman	4	*Leo Ritter	25	*Ida Rosenberg	13
*Ethel Grossman	4	*Gladys Morgenstein	25	*Emil Jaegendorf	14
Rivka bat Shmuel	5	Sol Fink	26	*Lynne Chasis	14
Nathan Tager	5	Ray Richman	27	*Monroe Judd	14
*Elkana R. Aflalo	5	*Olga Katz	27	*Coleman J. Levine	16
*Robert Sussman	5	Milton Goldman	28	*Edward Abromovitz	16
Jesse Cooper	6	Eileen Fels	28	*Sam Perlman	16
*Sidney L. Jasper	6	*Benjamin N. Schoenfeld	28	*Julius Rapoport	16
*Joseph Denitz	7	David Blinder	28	*Murray Figlin	17
*Paula Frank	7	Joseph S. Bass	29	*Bertie Jaffe	17
Ruth Miller	7	*Olga Ritter	29	*Feige Ruchel Herskowitz	17
*Lewis Flum	7	*Meyer Sharfman	29	*Lipot Ungar	17
Zeev Holtzer-Hadar	7	*Ida Cherlin	29	*Victor Elias	18
Jean Levin	7	*Max Rosenberg	29	*Aaron Herman	19
Tova Rubin	8	Taube Etta Heyman	30	Max Derby	20
*Arnold Herman Kritz	9	Marion Davidson	31	*Elias Manne	21
*Celia Karp	9	*Josephine Hirsch	31	Telaviv Buchholz	21
*David Phillips	9	JUNE		*Sheina Moskowitz	22
*Edward Schneider	9	*Clement S. Schifreen	1	Bluma Bolotovskiy	22
*Rebecca Molovinsky	9	*Esther Chana Weiss	1	Ewald Weinberg	22
*Max Rapoport	9	*Yehoshua Weiss	1	*Ida Glass	23
*Norman Spector	9	*Melvin "Mickey" Schneider	2	Sylvia Rosenthal	23
Vera Hornstein	10	*Frederick L. Herman	2	Lee Landau Appel	23
Taylor Cooper	11	*Joseph Rosenberg	2	*Louis Epstein	23
Celia Grossbard	11	*Rose Rosenberg	3	*Blanka (Friedman) Ungar	24
*Isie Schneider	11	*Louis Grossman	3	Morris Cohen	24
Sid Lachter	13	Marvin Barasch	3	*Louis Schmier	25
*Pauline Cohen	14	*Hermina Gevirtz	4	*Samuel Berman	25
*Hessey Epstein	14	*Emanuel Gevirtz	4	*Ernest Hirsch	25
*Solomon Schwartz	14	*Peggy Miller	7	*Fanny H. Chanock	26
*Azek Segel	15	*Max Flaxgold	6	*David Epstein	27
*Thomas Epstein	17	*Alex Farber	6	*Lena Flum	27
*Sussman Levine	17	Edith Simon	7	*Irving Goldberg	28
Jacob Gittleman	18	Louis Weingrod	7	Bessie Rouse	28
*Bernard Saul Notis	19	Carola Eichenwald	7	*Harry R. Milkman	28
*Irving W. Wasserman	19	*Ethel Jacobson	7	Barbara Kuptsov	29
*Anna Brody	19	*Sam Jaffie	8	*Nora Grossman	29
Julius Miller	19	*Dorothy Roth	9	Lillian Graff	30
Murray Schechter	19	Yetta Buck	9	*Max & Sarah Reiss	30
		*Jennie Miller	10		
		*Simon Mogul	10		

***Honored with a memorial plaque in our synagogue.**



If you recently lost a loved one and would like to receive yahrzeit notifications, please contact the synagogue office to add their name in our yahrzeit files.

CHAG PESACH SAMEACH!

