



Winter Shofar

Rabbis' Message

Health and Healing 2021

"How are you?" Can we really ask (or answer) this question these days? Perhaps, "How are you holding up during these difficult times?" is a more apt question.

We have all been tried and tested more than words can encapsulate this past year. One of my better days recently occurred when I received an email along with Connie Rizoli, Chair of our Inclusion Committee, from Molly Silver, the Manager of the Ruderman Synagogue Inclusion Project, saying that Temple Beth David had been selected to receive a \$1,800 grant to support mental health efforts in our temple community this new year.

Mental Health is a buzz word these days. What does it look like? I will leave it to the professionals to define. I do know that many of us are asking this question. Many of us are seeking its meaning. And somewhere there is an intersection of mental and spiritual well-being.

Jewish tradition teaches, *"If there is anxiety in a person's mind, let them quash it, and turn it into joy with a good word."* - Proverbs 12:25

Rabbi Ami and Rabbi Asi go on in the Talmud to dispute this verse's meaning: "One said: He should forcefully push it [the anxiety] out of his mind. One who worries should banish his concerns from his thoughts. And the other said: It means he should tell others his concerns, which will lower his anxiety". - *Talmud Yoma 75a*



As much as I would like to push the anxiety out of mind, this is hard to do. I'm going to go with Rav Asi on this one; communal, spiritual support can make a difference. This is why Temple Beth David is here.

I am pleased to share that thanks to the efforts of the Temple's Inclusion Committee, these funds will be put to good use. The committee decided to focus on the temple's tween/teen population along with their parents, and older adults who are feeling isolated or lonely. Please look for more programming details coming soon.

Which brings me to this newsletter. In the midst of pandemic winter, it is hard to plan right now. Your weekly shofar email and the temple website are your best guides for finding opportunities for communal and spiritual support.

Your Temple community is here for you, all ages and stages, *L'do Va'dor* (from one generation to the next). Please continue to reach out if we can help in any way. Rabbi Micah and I truly look forward to seeing you again as we cycle into spring.

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In our prayer for healing, *Mi Shebeirach*, we pray for healing of body and spirit, “*refuat ha’nefesh u’refuat ha’guf.*” I would also like to share this contemporary prayer with you:

A Prayer for Those Days When Life Spins Out of Control

When I panic, God, teach me patience.
 When I fear, teach me faith.
 When I doubt myself, teach me confidence.
 When I despair, teach me hope.
 When I lose perspective, show me the way -
 back to love, back to life, back to You. *Amen.* – *Rabbi Naomi Levi*

L’shalom u’vracha – With peace and blessing,
 Rabbi Karen Citrin

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A Note to Our Community

During these unprecedented and unpredictable times, most Temple services, classes, and programs are currently being held via Livestream or Zoom. Please see your weekly email and temple website for further updates. The rabbis and staff are available. Please be in touch if we can help in any way. We hope that we can all be together again soon.



***~ We warmly welcome
 to our Temple Beth David
 community ~***

*Carly Rocklen & Alex Budnitz
 and their children Saul and Nina*

Wendy Weitzner

Kate Moriello

Anne & Geoff Kupferschmid (welcome back!)

The PRESIDENT'S CORNER



These days we don't have posters in the lobby, pamphlets on the table, or flyers in Shorashim students' backpacks. So much has changed, even the ways we keep our community informed of what is happening at Temple Beth David. Communication in the time of COVID is mostly electronic and has its own special challenges. Knowing that we are all spending more time on our screens than we would like, we try to keep our TBD email messages to a minimum. Unfortunately (not really), we have so many interesting, meaningful, and important things to share that limiting our messages is difficult. How are we managing this challenge?

First, we owe a debt of gratitude to Rabbi Karen, Amy Cook, and Leah Graff for their efforts in coordinating, editing, and formatting all of our Temple communications. It's a huge job that requires significant time and effort. The second part of the process is related to our new website. I hope you've taken the opportunity to check it out. In these COVID days, the website is becoming an even more important communication tool for our community. You may have noticed how we have begun to streamline and reimagine our Weekly Shofar email by linking it more closely to pages on the website. In addition to the usual buttons, underlined words, names, and titles have become places to click for more information. By making this change, we hope you will find it easier to learn more with less scrolling.

Once you have made it to the website, please take a look at a few of the other pages Amy and others have created. Our 60th anniversary page has a timeline with photos of special TBD events, people, and memories. The social action page is filled with mitzvah ideas and tzedakah opportunities that are perfect projects to engage and help others in meaningful ways. The "Give" page has information on all the funds that support Temple Beth David. You can access our livestream – past and present, read our Rabbis' sermons, and check the calendar for future services and programs. The website is an amazing source of information about our Temple community and all that we have to offer. I hope you will bookmark www.templebethdavid.net and visit often.

Pat Aronson

Staying Connected

It is important that we stay connected as a community at this time.

The clergy and Temple Beth David Board are here for you.

We invite you to take a moment to fill out this brief survey here: [COVID-19 Needs Survey](#) to find out if you are someone who needs help with groceries, technology, or other day-to-day needs, or if you are someone who might be willing to help a congregant in need.

Please visit templebethdavid.net for additional community resources and assistance.



Shabbat Chailights

Celebrate Shabbat and connect from home with your Temple community each week. All ages are encouraged to participate in Shabbat services via Livestream: <https://tinyurl.com/TBDLivestream>
All Shabbat evening services are at **6:30 p.m.** unless otherwise noted.

A lay-led Shabbat morning minyan meets weekly at **9:00 a.m.** for prayer and study via Zoom.

Special Shabbat Shemot Service ("Sabbath of Names") Friday, January 8 at 6:00 p.m.

As we begin the 2nd Book of the Torah called *Shemot* in Hebrew (Names) or Exodus, please let the rabbis know if you are interested in receiving a Hebrew name during this special service. A participatory Zoom service, Shorashim Family Shabbat Experience, January birthday blessing, and more! Enjoy your own dinner and Zoom Oneg after.

Tu Bishvat



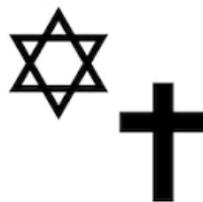
The holiday of Tu Bishvat will be celebrated on January 28.

To learn more about the Jewish New Year of the Trees, go here:

<https://reformjudaism.org/jewish-holidays/tu-bishvat>

Scholar In Residence Dr. Ruth Langer

Sunday, January 24 at 9:30 am



Join us for a presentation by **Scholar-in-Residence, Ruth Langer, on "Jewish-Christian Relations in an Age of Dialogue."** A professor in Theology at Boston College, she is BC's Associate Director of its Center for Christian-Jewish Learning and chair of the Council of Centers on Learning Jewish-Christian Relations. The Brotherhood and Adult Learning Committee are co-sponsors of this interactive Zoom program. All are welcome!

The congregation is welcome to join remotely in Shabbat morning worship at 10:30 a.m. when we welcome these young adults into our community as B'nai Mitzvah:

***Ben & Josh Cochran ~ January 30
Parashat Beshalach***

Josh and Ben Cochran will become B'nai Mitzvah on January 30, 2021. Josh and Ben are the twin sons of Rachael and Paul Cochran. Their sister Emily became a Bat Mitzvah at Temple Beth David in April of 2016. They are in 7th grade at the King Philip Middle School in Norfolk. Both Josh and Ben enjoy playing soccer, skiing and playing video games with their friends. During this challenging time, they are grateful for having a supportive family as well as the things they need like a warm home, clothes and plenty of food on the table. They realize that this is not the case for many right now and are thankful for what they have. Becoming a Bar Mitzvah means becoming an adult in the eye of Judaism and they are excited about achieving this important milestone.



Ben Cochran



Josh Cochran



Youth and Family Education

Rabbi Karen and Rabbi Micah Citrin

Shorashim News

Resumes in January, 2021 – we look forward to seeing you again soon!



~ Chanukah 2020 ~

Condolences & Congratulations

We mourn the loss of:

Evelyn Blumberg, Aunt of Will and Marcy Krasnow

Ruth Smith, Aunt of Brenda Fraser, Great-Aunt of Liana Fraser

Richard Baime, father of David Baime, Father-in-law of Stacy Baime, grandfather of Melanie

Doss Wellins, mother of Bonnie Wellins, mother-in-law of John McNamara

Greta Brun-Kestler, niece of Cynthia and Harvey Atkins

Arnold S. Cohen, Cousin of Mark Albion

DONATIONS

GIFTS FROM THE HEART GENERAL FUND

Debby and Al Elk

In memory of Leon Tenofsky

In memory of Renee Todres

Sally and Jim Weiner

In loving memory of Renee Todres

Mary Ann Creighton

In memory of Stephen R. Kravetz

Linda and Robert Asher

Thank you to Rabbi Karen and Rabbi Micah for their inspirational High Holiday services during these difficult times

Barrie and Jeff Steinberg

In honor of Julie Borto's Bat Mitzvah and her family

Judith Usen

in loving memory of Doss Wellins

Celina Schreiber

In memory of Doss Wellins

Marilyn and Michael Brier

In loving memory of Renee Todres

Carolyn and Richard Reich

In loving memory of Pauline and Carmen D'Aurora

David and Debbie Grossbaum

In loving memory of Bob and Phyllis Grossbaum

Neil Schram

In memory of my grandfather, Oscar Schiffman

Alan and Joyce Levine

Angela Yudzinsky

RABBIS' DISCRETIONARY FUND

Sandy and Ken Morris

In memory of Eloise Epstein

In honor of the Bar Mitzvah of our grandson, Jacob Berliner

Amy and Alek Yale

Thank you for presiding over Maya's baby naming

Paul Greenberg and Renee Goldberg

In memory of Doss Wellins

In memory of Robert Grossbaum

In memory of Richard Baime

Will and Marcy Krasnow

In memory of Doss Wellins

Bonnie Wellins and John McNamara

Thank you to Rabbi Zoob, Rabbi Karen and Rabbi Micah for the help and support you gave us during Doss Wellins' funeral

Mel and Carol Bernstein

In memory of Doss Wellins

TBD Brotherhood

In memory of Renee Todres

SIDDUR (PRAYER BOOK) FUND

Lois Bienstock and Alan Paster

In loving memory of David Stone

In loving memory of Meredith Weiss Belding

PRAYER BOOK FUND

Sally and Jim Weiner

In memory of Leon Tenofsky

Angela Yudzinsky

MENDERS ADULT EDUCATION FUND

Carol and Louis Shriber

With gratitude to Rabbi Zoob for officiating the recent marriage of our daughter, Stephanie to Kurt Stiegel

L'DOR VADOR FOUNDER'S ENDOWMENT FUND

Bill and Edie Selles

In memory Doss Wellins

BUILDING FUND

Lisa and Mark Altman

In honor of Amy Cook and Tim Holiner in recognition of their well-deserved award

FLOWER FUND

Lori Friedman

In memory of Doss Wellins

ISRAEL ACTION COMMITTEE FUND

Meryl H. Schram

In memory of my grandmother, Rose Wand

Yahrzeit Memorial Book Plaque

Linda Tenofsky

In memory of Leon Saul Tenofsky

CHILD'S LIBRARY BOOK FUND

Naomi Weiner

In memory of Peter Levowich

***Temple Beth David Early Learning Center
Coming Soon!***

Hopefully you saw the special email to our congregation in December. An Early Learning Committee made up of current and retired professionals in the field, parents, lay leaders, and the rabbis are working together to open an early learning center at the Temple in September 2021 pending licensing. If you are interested in learning more or getting involved, please contact Lisa Altman, Chair. We look forward to sharing more information soon!



Temple Beth David ~ "Caring Connections"



Caring Connections is a group of dedicated Temple Beth David members committed to supporting synagogue families in times of need. We care for one another at times of illness, injury, loss, isolation, other life challenging situations, and times of joy. Our group works collaboratively with the rabbis to coordinate efforts.

If you are a temple member needing support, or if you are aware of a congregant in need of assistance, please contact Rabbi Karen or Rabbi Micah Citrin or co-chairs Jim Nagle or Julie Lampie. New members are welcome to volunteer. The Temple community is here for you.



**RUDERMAN
SYNAGOGUE
INCLUSION
PROJECT**



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To view the 60th Gala video as well as other events and services, click this link and follow the instructions at the top of the page:

<https://www.templebethdavid.net/livestream.html#>

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