



BULLETIN

Building On Our Legacy

Presenting the Lillian and Paul Singer
Memorial Artist in Residence Program,
a concert by the Maccabeats,
Jewish a cappella group

Sunday, February 27

11:00 am* concert

RSVP by Tuesday, Feb. 22

**This is planned to be an in-person event. A decision will be made in mid to late January. If we are in person, brunch will precede the concert.*

*Your Home for Meaningful
Jewish Prayer, Learning, and
Living in Central Fairfield
County*

Rabbi Ita Paskind, Spiritual Leader

David Hirshfield, President

Jody Dietch, Director

Danielle Mittleman, Navasky
Religious School Director

Amy SantaLucia, Nitzan
Nursery School

Hope Levensohn, Office Staff



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Congregation Beth El-Norwalk

*Affiliated with the United Synagogue
of Conservative Judaism*

109 East Avenue
Norwalk, CT 06851
(203) 838-2710
congbethel.org

Rabbi's Table

Rabbi Ita Paskind

“I Commit”

I usually avoid talking about my body, but here we go.

I've never really subscribed to the whole “I'll get healthy in the new year” mentality. For starters, January 1 doesn't have quite the same “oomph” for me as does Rosh HaShanah—although Rosh HaShanah would be a *terrible* time to try to get in shape! My real stumbling block was always that I felt I needed to find that deep well of motivation for the long road ahead, since in my experience, getting in shape and losing weight was always a lonely, intense, and depriving time. And ultimately, it was unsustainable. Uch.

A couple of months ago, I found myself ready to try again. This time, instead of a deep well of motivation, I carried a ton (well, it felt like that much anyway) of frustration with my body. I didn't like how I looked. I couldn't run. I got winded carrying the Torah around the sanctuary. I had visited my (amazing) chiropractor too many times. And when my kid asked me to run with her, I had to say “no.”

All of this is to say that when I signed up for Noom—and no, they're not paying me to say this—the very first of the daily lessons asked: “Are you ready to commit?” My answer? No way. But the red button at the bottom, which you have to click if you want to go to the next lesson, read “I Commit.” So I clicked it.

I share all of this because of the lesson I'm learning: It just takes one small step to begin. Whether we're talking about getting in shape, losing weight, learning a new skill, coming back to services, or finding a new hobby or place to volunteer—all it takes is one small action. Especially during a pandemic, starting or restarting something can feel really daunting, and perhaps you've been feeling stuck. I certainly have.

In Pirkei Avot, the Ethics of the Sages 2:21, Rabbi Tarfon advises us: “You are not obligated to complete the task; neither are you free to desist from it.”

For me, simply clicking “I Commit” was a lot easier than I feared. And now I'm just putting one foot in

front of the other, both figuratively and literally, as I keep committing.

Whatever you're considering in this new year, just take that first small step. And then one more.

Welcome to 2022, dear friends. Let's make it a fabulous one.

B'Shalom,
Rabbi Ita Paskind

**Do you know any 2, 3
or 4 year olds?**

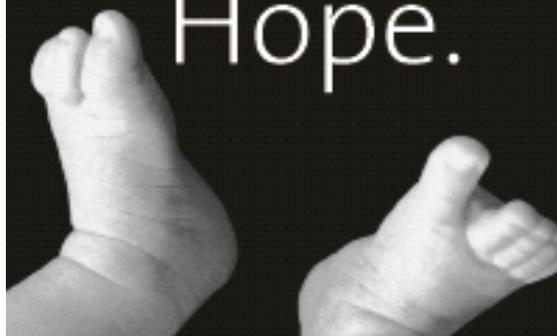
*Let them know
about our wonderful
Nitzan Nursery
School!*



Reproductive Medicine
Associates of Connecticut
Danbury, Norwalk,
Stamford, Trumbull

Joshua M. Hurwitz, MD, FACOG

Hope.



Nitzan Nursery School

Amy SantaLucia

Many exciting events took place at Nitzan these past few months. We spent some time in November talking about how thankful we are for the wonderful things we have. We worked with Cornerstone Church to make some turkey centerpieces that the church put in their “grab and go feast” Thanksgiving bags. It was a nice way to talk to the children about helping those less fortunate than themselves. We also did some baking for our own yummy feast. This led us right into Chanukah. The children and teachers were very busy making gifts for their families, menorahs to light and latkes to eat. We invited our families in for a Chanukah celebration where we sang songs, shared the story of Chanukah and lit candles with our families. It was a wonderful day and everyone had a blast.

The children were lucky enough to have some special visitors to school. Coach Denise from Jump

Bunch came to Nitzan with her bag of gym equipment. The children love when she comes as she always has fun movement activities planned. They also had Ms. Karen the story teller come. She shared with us the story of the “Tortoise and the Hare”. The children all had parts in the story and helped her to act it out. It sure was cute.

Nitzan Nursery School just ran a very successful Winter Mitzvah project. Our families collected items for the Open Door Shelter and their apartment kits. We collected many items that the clients of the shelter will be able to use once they move into their own apartments. Thank you to all who participated.

All of my friends at Nitzan wish everyone a very happy and a healthy new year. We are looking forward to a restful winter break. See everyone back at school in 2022!!



Navasky News

Rhonda Ginsberg

In Navasky news, 5th and 6th graders explored the topic of Jewish Genealogy. The children learned about their ancestors, created a family tree, collected family recipes, and interviewed an elder relative to learn their story and family history. Members of Jewish Historical Society of Fairfield County (JHSFC) joined Morah Rhonda to teach the students about artifacts and archives, how to preserve your family's memories, Jewish waves of immigration, and how to conduct interviews. A portion of Norwalk's Jewish artifacts including some early Congregation Beth El items, currently housed in the JHSFC archives in Stamford, were brought to Navasky so the students could become "archivists for the day". They reviewed the artifacts and made connections to their own lives and knowledge.

Using interview skills the 5th and 6th graders developed in class, each child interviewed and recorded the session with an elder relative, learning more of their family history. At a siyyum to celebrate the end of the unit, the recordings were viewed by the class and parents. Each child and relative's knowledge and personality was on display. What wonderful memories! This project, in conjunction with the Jewish Historical Society of Fairfield County, is a prototype for a project that will be taught at Jewish schools throughout the county. The recordings will become part of the JHSFC oral history collection, as well as the family's history.



**CBE Book Club's next meeting will be
TUESDAY, January 18th.**

Join via this [LINK](#) at 7:30 pm.

Zoom Meeting ID: 8144 115 8507

The Book Club meets on the **THIRD MONDAY** of each month. Please confirm each month's meeting via our website calendar [HERE](#). Any date changes will also be noted in our weekly email. For more information, contact Barbara at clio2@cs.com



Editorial Page

Rhonda & Larry Ginsberg

Emma Lazarus stated in *The New Colossus*...

“Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tost to me,
I lift my lamp beside the golden door!”

So, aside from a burning desire to live free, what did these “strangers in a strange new land” bring with them?

Think of those Jews expelled from Anatevka (the fictitious town in “Fiddler on the Roof”) and other Russian areas by Tsarist decree; think of those Jews forced to flee Europe in the 1930s by Nazi decree; think of those Jews deported to slave labor camps or worse in the Holocaust; think of those Jews forced to flee Arab and Muslim Lands after the creation of Israel in 1948 or after the overthrow of the Shah of Iran in 1979.

What artifacts, relics and/or heirlooms did these refugees, these immigrants think to bring with them? Think of the words in the song *Anatevka*:

“A little bit of this, a little bit of that, a pot, a pan,
a broom, a hat,”...“What do we leave? Nothing
much, only Anatevka...”

Now then, what artifacts, relics, heirlooms did your relatives bring with them and keep and cherish? What would YOU take with you, if you moved or if you had to flee for your life?

If you have an artifact or heirloom that you wish to share with the Congregation, please submit a picture and description to the editors at: bulletins@congbethel.org



Rabbi Ita Paskind

This pair of silver candlesticks and silver etrog box came to this country along with my maternal great-grandparents, Rosa & Meir Weinrauch. We called them Omi & Opa. The etrog box was a wedding gift, and they used to keep their sugar cubes inside! Opa was arrested after Kristallnacht and spent 3 weeks at the Buchenwald labor camp. After his return home, the family left their home in Leipzig, Germany and began the long journey to New York. They brought these ritual items with them. At some point, they gave the etrog box to my dad so that it would be used for its original purpose, and my mom inherited the candlesticks when my Omi died. They use them on Shabbat each week and on Sukkot each year. There aren't many artifacts that come from Europe, and none that I know of from my father's side of the family, so these are very special.

Larry Ginsberg

In 1972, as a rite of passage, I took a grand tour of Western Europe and Israel. As most people are aware, the Italian City of Venice is noted for its Murano glass blowing and glass sets.

I found this blue glass ornamental decanter and six glass set at an outdoor market stall near the Rialto Bridge in Venice and purchased it as a Kiddish set for my parents who used it during the Passover Seders.

After my mom died in 2015, I inherited the set. At some point, Rhonda and I hope to gift this set to our grandchildren, should we be fortunate enough to have any, as a family artifact or heirloom.



This was in Hebrew:

Baruch Hashem.

12th of Iyar 1899, Holy City of Tiberius may it be rebuilt.

In these days of counting the Omer, may Hashem open the gates of salvation and light to you, my beloved Rabbi, who is the delight of my heart, the grand sage who is filled with G-d's grace, a wonderful pious person with the wisdom comparable to the Talmudic sages Rav Chisda and Rav Chama, a member of the priestly family, Rabbi Shlomo the Kohen may his light shine and to his entire family may they be blessed.

With a sense of holiness, I present to your honor my offering of thanks from the depth of my heart and from my core for the generosity of your Tzedakah in the amount of 24 which thankfully came in its right time to fill our broken hearts for Passover. Our blessings of delight are sent your way, to you the righteous man who flourishes like a cedar tree, and may your morning light, the light of your success shine with piety until Mashiach's coming Amen.

My beloved friend, how can I even express to you how helpful and vital your support for our family was? You have made us survive and brought us to this day. It was particularly auspicious as Israel is being plagued by horrible locusts which has covered the land and destroyed so much of our agriculture and has created worry about the future. May G-d have mercy of the land and its inhabitants.

Certainly, if you are able to continue helping us, it would be very worthwhile and there is no greater Tzedakah than this. If you cannot, no need to apologize, we understand it is difficult.

Signing off, your dear friend who cherishes you, respects you, and prays for your well-being all the time. Awaiting salvation and good news.

Yosef Heisler

This last part was in Yiddish:

If it is OK, please pass on the following regards to Rabbi Yosef Orenstein:

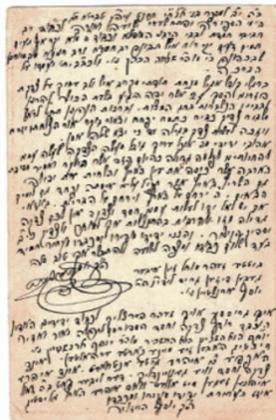
I send my best regards to you, the great master, honorable philanthropist, famous for his kindness Yosef the ruler, the one who gives sustenance, Rabbi Yosef Orenstein, I hope you received my envelope, and we await your gift of kindness as usual.

Our beloved G-d should bestow upon you all that our heart desires,

With Respect,

Yosef Heisler

Translation Credit: Rabbi Chaim Bruk, Chabad Lubavitch of Montana



Jeff Bendremer

This postcard, part of my own collection, dates from April 22, 1899. It was written in both Hebrew and Yiddish on Ottoman Turkish postal stationery and sent by Rabbi Josef Heisler from Tiberius, Palestine to his supporters in Germany. We may not associate modern political Zionism with this early date, but it was the era of the "First Aliyah," sometimes known as the 'Agriculture Aliyah' (1881-1903), fueled by antisemitism and pogroms in Europe.

As you can see, besides asking for continued support, agriculture was an important concern as expressed in Rabbi Heisler's letter: "My beloved friend, how can I even express to you how helpful and vital your support for our family was? You have made us survive and brought us to this day. It was particularly auspicious as Israel is being plagued by horrible locusts which has covered the land and destroyed so much of our agriculture and has created worry about the future. May G-d have mercy of the land and its inhabitants."

Donations

Thank you to the following congregants whose generosity helps to maintain our Congregation.

General Fund

Rina Eidelberg Reichgut & Mitchell Reichgut in memory of Stephanie Gordon's father, Harold Hack

Betsy Bernstein & Keith Satter in memory of Stephanie Gordon's father, Harold Hack

Jody & Jeffrey Dietch in memory of Stephanie Gordon's father, Harold Hack

Naomi & Jeffrey Heftler in memory of Stephanie Gordon's father, Harold Hack

Riva Silverman & Abram Heisler in memory of Stephanie Gordon's father, Harold Hack

Anonymous donation in memory of a fine woman, Renee Murphy

Ilisa & Jason Nussbaum in honor of the Bat Mitzvah of BeBe Tyson-Krieger

Jody & Jeffrey Dietch in memory of Gerry Rosenberg's wife, Elaine

Stephanie & Neil Gordon in memory of Gerry Rosenberg's wife, Elaine

Gloria Walkoff in memory of Linda Lerman's brother, Marty Lerman

Linda & Steve Stein in memory of Linda Lerman's brother, Marty Lerman

Joyce & Marvin Nekrich praying for a full recovery for their dear friend, Sonia Stern and her grandson, Jacob Stern

Florence & Paul Danzer

Doris & Roger Kaye in honor of the Bat Mitzvah of BeBe Tyson-Krieger

Irina & Yulee Aaronson in honor of the Bat Mitzvah of BeBe Tyson-Krieger

Rina Eidelberg Reichgut & Mitchell Reichgut in honor of the Bat Mitzvah of BeBe Tyson-Krieger

Rina Eidelberg Reichgut & Mitchell Reichgut in memory of Linda Lerman's brother, Marty Lerman

Marcia Helfand in memory of Linda Lerman's brother, Marty Lerman

Todd Robison in memory of Gerry Rosenberg's wife, Elaine

Ronald Aarons in memory of Harold Morgenthaler

Ronald Aarons in memory of Sandy Levy

Connecticut Institute for Refugees and Immigrants (CIRI)

Hilary & Donald Shaefitz

Sylvia Schulman

Sarah & Marvin Rosenbaum Kiddush Fund

Marvin Rosenbaum in memory of Stephanie Gordon's father, Harold Hack

Linda & Steve Stein in memory of Linda's grandmother, Minnie Bass

Doug & Dr. Sharon Karp in appreciation of Marvin Rosenbaum's support of the Kiddush Fund

Doug & Dr. Sharon Karp in appreciation of Ellen & Joel Wasserman's support of the Rosenbaum Kiddush Fund

Doug & Dr. Sharon Karp, Michael, Margo and Charlie Karp, Lauren, Andrew, and Harper Bonnesen, and Steph and Jon Karp in memory of Charles M. Karp on his 38th *yahrzeit*

Doug & Dr. Sharon Karp in memory of Harold Morgenthaler

Linda & Steve Stein in memory of Gerry Rosenberg's wife, Elaine

Marvin Rosenbaum in memory of Gerry Rosenberg's wife, Elaine

Michelle & Eric Fanwick in honor of the Bat Mitzvah of BeBe Tyson-Krieger

Hilary & Donald Shaefitz in memory of Gerry Rosenberg's wife, Elaine

Minyannaires Fund

Wendy Engel in memory of Gerry Rosenberg's wife, Elaine

Marc Damsky in memory of his father, Michael Damsky, and in honor of

the Beth El Minyannaires, a warm, supportive and wonderful group of people offering comfort while mourning for his father

Building Fund

Elaine z"l & Gerry Rosenberg in memory of Gerry's father, Samuel Rosenberg

Elaine z"l & Gerry Rosenberg in memory of Gerry's mother, Stella Rosenberg

Elaine z"l & Gerry Rosenberg in memory of their son, Stephen Rosenberg

Nitzan Nursery School Fund

Hilary & Donald Shaefitz in memory of Stephanie Gordon's father, Harold Hack

Hilary & Donald Shaefitz in memory of Hilary's cousin, Harold Marks

Sharon & Steven DeFala in memory of Stephanie Gordon's father, Harold Hack

Navasky Hebrew School Fund

Hilary & Donald Shaefitz in memory of Donald's mother, Ethel Shaefitz

Hilary & Donald Shaefitz in memory of Hilary's grandfather, Joseph Krantz

Hilary & Donald Shaefitz in honor of the Bat Mitzvah of BeBe Tyson-Krieger

Hilary & Donald Shaefitz in memory of Linda Lerman's brother, Marty Lerman

Karen & Richard Schwam in honor of the Bat Mitzvah of BeBe Tyson-Krieger

Linda & Steve Stein in memory of Stephanie Gordon's father, Harold Hack

Ellen & Joel Wasserman in memory of Gerry Rosenberg's wife, Elaine

Ellen & Joel Wasserman in honor of Stephanie Gordon receiving the Mitzvah Hero Award

Continued on page 8

Donations *continued from page 7*

Rabbi's Discretionary Fund

Wendy Engel in memory of Mark Namm

Janet & Stephen Green in memory of Harold Morgenthaler

Janet & Stephen Green in memory of Sandy Levy

Helen Levine

Anna & Rebecca Aaron-Albanese

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Torah Fund

Linda & Steve Stein in memory of Steve's colleague, Steven Cohen, MD, FACR

Sonya & Alan Rich in memory of Alan's father, Maurice Rich

Tzedakah Fund

Ronni & Paul Ginsberg in honor of the Bat Mitzvah of BeBe Tyson-Krieger

Yahrzeit Fund

Betsy Bernstein & Keith Satter in memory of Keith's mother, Jean Satter

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Lilia & Irwin Kfare in memory of Lilia's mother, Genia Gizunterman

Alan Dubrow in memory of his wife, Sandra Dubrow

Harriette Goldstein in memory of her sister, Phyllis Goldstein

Jeffrey Krulwich in memory of his father, Irvin Krulwich

Martin & Linda Novack in memory of their beloved son, Michael Roy Novack

Phyllis Eldridge & Martin Shankman in memory of Martin's mother, Florence Shankman

Louise & Barnet Corwin in memory of Barnet's father, Daniel Corwin

Louise & Barnet Corwin in memory of Barnet's mother, Bella Corwin

Louise & Barnet Corwin in memory of Barnet's sister, Nancy Corwin Gordon

Joan, Michael, Gabriel, and Jordan Albert in memory of their aunt, Gertrude Rifkin

Carol Kagan Schachter remembered by her family

Susan & Alvin Epstein in memory of Susan's mother, Rochelle Rothpearl

Shari & Jeff Ulman in memory of Jeff's father, Alvin Ulman

Shari & Jeff Ulman in memory of Shari's mother, Rhoda Gerbitz

Susan & Gary Singer in memory of Susan's father, Bernard Olshansky

Irma & Joe Schachter in memory of Irma's brother, Mark H. Klein

Helen & Stephen Chodroff in memory of Helen's cousin, Asher Sala Suss

Helen & Stephen Chodroff in memory of Helen's aunt, Etki Suss Roth

Helen & Stephen Chodroff in memory of Stephen's mother, Blanche Chodroff

Helen & Stephen Chodroff in memory of Helen's mother, Sala Suss Goldman

Phyllis Eldridge & Martin Shankman in memory of Martin's father, Louis Shankman

Robert and Charles Housman in memory of their mother, Gertrude Housman

Howard Schloss in memory of his father, Sam Boles

Gloria Walkoff in memory of her brother, Jack Samowitz

Jack, Harvey, and Rosalind Rice in memory of their mother, Fay Rice

Gail Berritt Pravder and family in memory of their father and grandfather, Harold Berritt

Janet & Stephen Green in memory of Janet's father, Robert Schmerl

Janet & Stephen Green in memory of Stephen's father, Morris Green

Sue & Larry Bai and Cindy Gagnon in memory of their mother and grandmother, Evelyne Bai

Joan Herman-London & Donald London in memory of Joan's father, Moe Herman

Doris & Roger Kaye in memory of Doris's father, Herbert Granoff

Susan & Alvin Epstein in memory of Susan's father, Harry Rothpearl

Sherwin and Brett Coplin in memory of their grandmother-in-law and great-grandmother, Ida Berlin

Debbie & Lanny Boles in memory of Lanny's father, Sam Boles

Lilia & Irwin Kfare in memory of Lilia's father, Leizer Gizunterman

Barbara Gertelman in memory of her mother, Edith Glick

Gloria Berman in memory of her father, Herman Berger

Paul Bieler in memory of his wife, Wilma Bieler

Stefanie & Winthrop Baum in memory of Winthrop's grandmother, Alice Baum

Marguerite Felsenfeld & Steven Rotstein in memory of Marguerite's mother, Rita Ackerman Felsenfeld

Sonya & Alan Rich in memory of Alan's father, Maurice Rich

REMINDER:

The deadline for the March/April Bulletin is **February 8**. Please submit articles by email to bulletins@congbethel.org. All charitable contributions must be submitted to the office by the last day of the month (**January 31**) to be included. Donations made in **December-January** will be included. Charitable contributions to all funds received after the deadline will be included in the following issue's Bulletin Funds listing.

5782 High Holiday Appeal Contributions

Thank you to the following who donated to our High Holiday Appeal

\$10 – \$99

Nancy Glater
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Marcia Helfand
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Laurence & Jessica Sheinman
Michael & Janis Siegel
Gary & Susan Singer
Stephen & Linda Stein
James & Laura Sugarman

\$25,000
Winthrop & Stefanie Baum



Knitting For A Cause

Knit or crochet blankets and baby hats
to benefit DVCC (Domestic Violence Crisis Center)

Completed items can be dropped off at the synagogue

Need a pattern? [Click here](#) for some suggestions (scroll to the
bottom of the page) or use any pattern you are comfortable using.

Let's Knit, Zoom and Nosh too!

**Our "get together" on Zoom will be
Every other Wednesday at 7:30 PM.**

Follow the zoom link [here](#)

Pass along to friends and neighbors! All invited!

Co-chairs: Kathie Oberst & Hilary Shaefitz
Knitter Extraordinaire: Dina Fleischmann

Questions: Email CBEknitting@gmail.com



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Please return this form to:
Congregation Beth El-Norwalk, 109 East Ave, Norwalk, CT 06851

Please consider joining the growing number of congregants participating in the Food & Gift Card Program of the Synagogue. We earn a profit of 5-10% on your purchase of **Caraluzzi**, **ShopRite**, **Stew Leonard's**, and **Stop & Shop** gift cards. It doesn't cost you a penny, because the profit comes to us directly from the stores when we purchase the cards. Please fill out the form below and we will enroll you in the program. You may pick up the cards at the Synagogue or from one of our volunteer sellers, or we will be happy to DELIVER them to you on a regular basis. Remember, it doesn't cost you anything; you buy the cards at face value from the Synagogue. Use them as cash at the participating stores and the Synagogue earns money! This all goes to help support our various programs. Call the office at 838-2710 with any questions. Thank you!

Name _____ Telephone _____

Address _____ City _____

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Please set up delivery of the cards on the _____ of each month. I will pick up the cards from the Synagogue on the _____ of each month.

_____ I would prefer to pick up the cards from one of the Synagogue's sellers. Please tell me the name and phone number of the closest seller.

