

# HaShomer

APRIL 2018

Congregation Beth Shalom

NISSAN/IYAR 5778

## Schedule of Services

April 2018

Nissan/Iyar 5778

Friday, April 6, 9:00 am

**7th Day of Pesach**

Led by **Cantor Sheri Allen**

Friday, April 6, 7:30 pm

Led by **Stephanie Posner**

Saturday, April 7

**8th Day of Pesach**

**Yizkor Service 10:00 am**

Led by **Cantor Sheri Allen**

Wednesday, April 11, 7:00 pm

**Federation sponsored**

**Yom HaShoah program  
at Congregation Beth Shalom**

Friday, April 13, 7:30 pm

Led by **Cantor Sheri Allen**

Saturday, April 14

Shabbat Service 10:00 am

Led by **Stuart Snow**

Torah: Shemini

Tuesday, April 17, 6:30 pm

**Federaton sponsored**

**Yom HaZikaron**

**Israel Memorial Day Service  
at Congregation Ahavath Sholom**

Friday, April 20, 7:30 pm

Led by **Barry Goldfarb**

Saturday, April 21

Shabbat Service 10:00 am

Led by **Cantor Sheri Allen**

Torah: Tazria-Metzora

Sunday, April 22, 7:30 pm

**Federation sponsored**

**Yom HaAtzmaut 70th**

**Birthday Gala**

**at Ashton Depot, Fort Worth**

Friday, April 27, 7:30 pm

Led by **Martine Thomas**

**and Ruth Friedman**

Saturday, April 28

Shabbat Service 10:00 am

Led by **Stuart Snow**

Torah: Achrei Mot-Kadoshim

## My Two Shekels

It is said that two things are certain in life: death and taxes. And this month, we confront both of them in the same week. April 15 is tax day, and if this is news to you, you should save the **HaShomer** for later and get to work on that. The following day is National Health Care Decisions Day, a reminder that no matter how young or old you are, you need to have a plan for your medical care if you are unable to speak for yourself after experiencing a serious health event.

Over the past several years, I helped create two successful programs that dealt with this issue: *A Time to Talk*, and, more recently, *A Time to Act*. Participants (and many of you were among them) learned about the crucial health directives needed to clarify their specific wishes about what medical interventions they would or would not want to have under certain circumstances, what quality of life meant to them, and how to have that conversation with loved ones.

If you were involved in a serious accident (God forbid) and your chances of making a meaningful recovery were unlikely, would you want to be kept alive on machines, or would you want to have comfort-care measures only? What would a "meaningful recovery" even look like for you? Who do you trust to advocate for you if you can't speak for yourself?

Whether you attended these seminars or not, I'm wondering how many of you have actually engaged in this type of reflection and conversation, and have filled out your medical power of attorney and living will? If you haven't, don't wait any longer. As much as we all wish to live a long and healthy life, we also know that life is unpredictable and we need to be prepared. I am a Respecting Choices First Steps Facilitator, which means I have been trained to help facilitate these discussions and help you execute these documents as well. If you would like a consultation, either privately or in a group, I am happy to meet with you.

I am also happy to announce that I am creating another program through the Coalition for Quality End of life Care (CQEC), entitled: ***For Those Who Care: Practical, Logistical and Emotional Support for the Caregiver***. This seminar, which will take place on Friday, April 27, from 8:30 a.m.-1:00 p.m., at the James L. West Alzheimer's center in Fort Worth, will follow a case study of a patient and his caregiver spouse from the beginning stages of illness through decline.

An expert panel of doctors, social workers, and health care experts will tackle the issues and questions that come up at each stage of the illness, such as: identifying red flags, questions to ask your doctor about treatment possibilities, when to transition from one stage of care to the next, exploring home care vs. a facility, how to pay for it, how to manage caregiver stress, resources for caregivers and managing complicated family dynamics. The program is free and adult day care for those who need it will also be provided. All you need to do is RSVP on the CQEC website:

<http://www.coalitionqec.org/for-those-who-care.html>

If we don't file our taxes, we face serious financial consequences. If we don't make important health decisions to prepare us and our loved ones for the future, the consequences are potentially much more devastating: if your health was severely compromised, you may lose control of how you want to live the rest of your life.

Death and taxes are a sure thing. How you choose to confront them is completely up to you. My choice? Prepare and plan for both.

– Cantor Sheri Allen



# From the President

March kicked off The Jewish Federation of Tarrant County's annual campaign. Johnny and I attended the Belly Laugh's kickoff event and the event lived up to its name. It was a great time and I was happy to see many of our congregants there supporting Federation.

Federation provides funding for many of our great events including the Purim Play and special Shabbat services, as the Shirat Shabbats and a special Learner's Shabbat that will be held in May. Supporting Federation is personal to me since it allowed Bennie to participate in the JCC Maccabi games by awarding him with a scholarship.

Please read **Lisa Rein's** announcement about Federation on page 5, and then give to the campaign. No amount is too small. CBS needs Federation, and Federation needs CBS and all our volunteers so they can continue providing great programs for the community and continue to fund many of our great events.

And after you give to Federation, start saving your money again so you can join us on May 5, for our biggest fundraiser of the year, the **CBS-ta!** The Fundraising and Programming Committees have been working hard to bring us something special this year. We'll have great food and lots of fun playing games and dancing to Mariachi music. And bring your money to purchase the many terrific auction items. Continue to read this month's **HaShomer** (page 5) to find more information on this great event and how you can participate.

Lastly, the Board will have their annual "Idea Retreat" on April 22, where we will start planning for the next fiscal year. Find all of our great activities and service schedule on our Web site - <https://bethshalom.org/events/month>.

As always, please don't hesitate to contact me at [president@bethshalom.org](mailto:president@bethshalom.org) if you have any questions or suggestions. Hope you're all having a good Passover and enjoying your Matzoh. Have a great month!

*Pam Sudbury – President, Congregation Beth Shalom*

## The Ritual Life

### Counting the Omer

(This article originally appeared in the April 2014 issue of HaShomer)

From the second night of Passover until the day before Shavuot, the Jewish people engage in a unique mitzvah called sefirat ha'omer (counting of the omer). The Torah commands us, during this time each year, to count seven complete weeks for a total of 49 days. At the end of the seven-week period we celebrate Shavuot, which means "weeks."

This counting, which takes place each night, is preceded by a blessing. However, we may only recite the blessing if we have not missed a single night of counting. If we have omitted the counting even one night during that stretch, we may no longer recite the blessing, reciting only the counting.

During the times of the Holy Temple, at the end of counting, a special grain offering was brought. This offering was waved in different directions, similar to how the lulav is waved during the holiday of Sukkot, to demonstrate G-d Almighty's all-encompassing presence.

Why do we count these days and what relevance does it have in today's times? There are several reasons. The foremost is that the count demonstrates our thrill for the impending occasion of receiving the Torah, celebrated on Shavuot. Just as a child often counts the days until the end of school, or for an upcoming family vacation, we count the days to show our excitement at again receiving the Torah (as we do, in fact, receive the Torah in a renewed sense every year).

We also learn that this period is meant to spiritually pre-

pare and refine ourselves. When our ancestors were in Egypt nearly 3,400 years ago, they had assimilated many of the immoral ways of the Egyptian people. The Jews had sunk to an unprecedented level of spiritual defilement and were on the brink of destruction.

At the last possible moment, the Children of Israel were miraculously redeemed. They underwent a spiritual rebirth and quickly ascended to the holiest collective state they had ever reached. They were so holy, in fact, that they were compared to angels when they stood at the foot of Mt. Sinai to receive the Torah.

The Kabbalists explain that the 49 days that connect Passover with Shavuot correspond to the 49 drives and traits of the human heart. Each day saw the refinement of one of these *sefira*, bringing the people of Israel one step closer to their election as G-d's chosen people and their receiving of His communication to humanity.

It was during that 49-day period that they underwent such a radical transformation, achieved by a methodical, 49-step process of self-refinement within the human soul. From the lowest lows to the highest heights in just seven weeks!

The commandments of the Torah are not merely our history, but instead represent ongoing life-lessons for every Jew. We view the Torah as freshly received every day of our lives and approach it and its commandments with the appropriate vigor.

So too must we digest the lesson of the counting of omer. It is specifically during this time that we strive to grow and mature in our spiritual state. The Torah does not allow us to become satisfied with our current level of spirituality. Instead it tells us to set higher goals for ourselves and then methodically strive to reach that goal.

The growth that occurs during this time is akin to a marathon. We pace ourselves and seek to improve day by day until we reach the day that we again receive the Torah. In this process we look deep within ourselves and work on all our negative attributes.

If we are challenged in the realm of acts of kindness, we go out of our way to do more charitable works. If we are

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### HaShomer

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## Sisterhood

Wishing everyone a happy Passover and happy spring.

Our nominating committee has worked hard to fill in some of our open positions for the next two years, but we are still in search of Fundraising chair who will lead us in another successful year of giftwrapping. If you are interested or know someone who would be a great fit, please reach out to me at [dorindfw@yahoo.com](mailto:dorindfw@yahoo.com) for more information.

We have some great programs coming up soon; look for our flyers and emails.

**April 29 - Membership Celebration at Lone Star Park**  
**May 12 - Dinner and Comedy Show**  
**in Downtown Fort Worth**

Remember, everyone is welcome to join us for dinner and/or our monthly meeting. Our next meeting is on April 12. We will be dining at Sprouts at 5:30 p.m., the meeting is at 7:00 p.m. at CBS.

— *Dorit Mikulencak, Sisterhood President*

## The Ritual Life

. . . continued from page 2

lacking in justice, we hold ourselves to the highest possible standards and are exacting and demanding in our personal behavior and habits. And so, it goes for all of our traits.

By counting the omer, we recognize and affirm that each day is an opportunity to refine our personalities and behaviors, elevate our souls and connect to the Almighty.

— *Stuart Snow, Ritual Committee Chair*

## Religious School

Passover is here and it marks the beginning of a really crazy busy couple of months. Please continue to check the monthly calendar for activities that you and your family will enjoy. In the meantime be sure to mark your calendars for May 6th. We will all be going into Fort Worth to celebrate Lag B'Omer together. There will be food and fun for the entire family. I challenge each of you to spend some time with your child(ren) learning what Lag B'Omer is and why this is a perfect time to "PARTY!"

Watch for some information about a school fundraiser.

**Khalin Zadwick** would love a couch and a comfy chair in her classroom so the atmosphere for her students can be a little more relaxing. Proceeds from this fundraiser will help provide that and hopefully some other items on our wish list such as carpeting for the upstairs hallway.

Finally, on May 12 we will have our siddur celebration for our upcoming B'nai Mitzvah students. Please plan on joining us as they help lead services and are presented with their very own siddur. It is always a very special day. Following lunch there will also be a program that will be very appropriate for these students and our older ones as well. **Keith Pelusi** will be giving us some very useful strategies to help our students, and adults as well, to counter Christian proselytizing. It promises to be a fantastic day!

— *Stephanie Posner*  
*Religious School Director*

## Adult Education

**Rabbi Bentzi Epstein**, from DATA (Dallas Area Torah Association), will teach two classes at CBS, Sundays, April 8 (part 1), and 15 (part 2). These one-hour classes begin at 11:00 a.m.; you may want to arrive 10:30 a.m. for coffee and sweets! There is no charge for the classes, but please RSVP to Thressa at the CBS office, so we know how many to prepare for.

Rabbi Epstein's topic, *The Giving of Torah and Oral Torah, and the Relationship Between Them*, will be an enlightening bridge for us between Pesach, when we had not yet been given the Torah, and Shavuot, when we received the Torah. As we approach these holidays with Torah in mind, I ask you to jot down related questions. Then come to Rabbi Epstein's classes and see how much you can learn!

A note about Rabbi Epstein: Known for his charisma, dynamism, and genuine love for every Jew, Rabbi Epstein, Director of DATA, is the driving force behind many classes, including the popular *Breakneck Through the Bible*. His wife Batya is the co-chair of Uniquely Ours and Educational Director of Mikveh Israel of Dallas. The Epsteins moved to Dallas as founders of DATA in 1992.

Looking forward to May, **Keith Pelusi's** class, *Countering Christian Proselytizing*, will take place Saturday May 12, at 12:30 p.m. following Shabbat morning services and Kiddush lunch, and last about an hour. The class is open to all interested individuals regardless of age; religious school students are encouraged to attend. Evangelizing tactics of Christians will be compared against Torah and Jewish teaching. For this class, also, please RSVP to Thressa at CBS office so that we know how many attendees to prepare for.

— *Judy Pelusi*  
*Adult Education Chair*



*Rabbi Bentzi and Batya Epstein*

**Congregation Beth Shalom**  
**Sisterhood Gift Shop**  
**We 'R' Judaica**

**Open: Sundays, 11:00 a.m. to Noon**  
**or by appointment - Contact the**  
**CBS office: 817-860-5448**

## Donations (Received prior to March 16)

### GENERAL FUND

In memory of Saul Israel  
from Phil and Aimee Israel-Pelletier  
In memory of Denna Jo Heide Diesslin  
from Marty and Sharon Wichter  
In memory of Gonen Epstein  
from Ricki Epstein  
In memory of Lawrence Kwarfo  
from Nana and Joyce Atkens  
In memory of Fanny Finkelstein  
from Barry Schneider  
In honor of the 50th anniversary of  
Larry and Martine Thomas  
from Sharon Beasley  
In memory of Max and Etta Schmerler  
from Joanne Barnes  
In memory of Lowell and Mary Mitchell  
from Susan Mitchell

### MAINTENANCE FUND

In appreciation of CBS  
from the Tuesday Mahjong Group  
In memory of Benjamin Epstein  
from Norm and Toni Epstein

### CANTOR'S DISCRETIONARY FUND

In memory of Saul Israel  
from Phil and Aimee Israel-Pelletier

### EDUCATION FUND

In memory of Ruth Goldsmith  
from Marty and Debbie Goldsmith  
In memory of Howard Koven  
from Jane Freidlin

### CHEVRA KADDISHA FUND

In memory of Rebecca Voet  
from Elliott and Loesje Blumberg

Would you like to honor someone's good deed, honor a birthday, special occasion or send condolences? You can do this with a donation that benefits Congregation Beth Shalom.

You may indicate a fund of your choice, or leave it to the discretion of the administrative assistant to select it for you.

Donation forms are available on the CBS website ([www.bethshalom.org](http://www.bethshalom.org)) or from the CBS office.

If the recipient is not a member of Congregation Beth Shalom, please be sure to include their address.

## Birthdays



<b>April 3</b> Lynda Friedensohn-Feinberg	<b>April 21</b> Sarah Cimbalo
<b>April 6</b> Nana Atkens Michelle Kapin Josef Uri Spindler	<b>April 22</b> Jessica Silverberg
<b>April 7</b> Kenneth Licker Michael Rein	<b>April 27</b> Sarah Soltz
<b>April 8</b> Andrew Fleischer	<b>April 28</b> Jim Frisinger Samuel Markson
<b>April 9</b> Adam Visosky	<b>April 29</b> Juli Hobdy Madeleine Markson
<b>April 10</b> Cara Schulman	<b>April 30</b> Angela Markson
<b>April 14</b> Andrea Snow	
<b>April 15</b> Karen Burns	
<b>April 19</b> Sarina Bekerman	<b>April 11</b> Rabbi Ned and Mary Soltz

## Anniversaries

## Soles 4 Souls

Thanks to all who donated to the Soles 4 Souls drive!  
We donated between 100 and 120 pairs of shoes to Soles 4 Souls during February. Shoes were dropped off at the Carrollton and Arlington locations.

I want to thank the congregation members, families, and friends who made this mitzvah successful. Together, we helped many families and the world reduce poverty.

— Joyce Atkens  
Social Action Chair

*The Congregation records with sorrow  
the passing of:*

**Les Pock**  
beloved husband of Carol Pock  
*May his memory be a blessing*

## Yahrzeits

<b>April 1</b> Mascha Bekerman William Grodin Charlene Longoria* Frank Weinstein	<b>April 17</b> Lee Landsberg* Ken Sasley Michelle Zucker
<b>April 2</b> Dolores Fratina Eva Weiss	<b>April 18</b> Magda Mittelman Arthur Paderewski
<b>April 3</b> Misa Galam Lillian Lazovick Joan Shapiro	<b>April 19</b> Seena Greenberg Gordon Prigoff
<b>April 4</b> Irene Lewis	<b>April 20</b> Resa Babin* Andrea Voet
<b>April 8</b> Lillian Bushlow*	<b>April 21</b> Helene Markson* David Suissa*
<b>April 9</b> Melvin Gotlieb* Daniel S. Ratner* Robert Stuart	<b>April 22</b> Louis Edward Miller*
<b>April 10</b> Bertha Diamond Harold Freedman Blossom Gitterman Dora Saxe* William Willie, Jr.	<b>April 23</b> Bob Billings Isidore Freedman*
<b>April 11</b> Doris Kessler	<b>April 24</b> Sidney Bushner* Elwood Green* Rosalind Pier Solomon*
<b>April 13</b> Samuel Abramovitz Louis Franklin David Zucker	<b>April 26</b> Abe Jolkovsky
<b>April 14</b> Morris Gould* Esther Rosenthal* Faye Shaw*	<b>April 27</b> Joseph Wiener
<b>April 15</b> Phyllis Betcher* Michael Egyes Moshe Furman*	<b>April 28</b> Aghdas Rafi Mayeri* Rubin Udes*
	<b>April 29</b> Ida Bella Kaplan
	<b>April 30</b> Sylvia Gray Jerome Snow

\* Memorial Plaque in Sanctuary

## Cinco de Mayo CBS-ta!

The Fundraising committee is excited to announce that this year's largest fundraising event will be the **Cinco de Mayo CBS-ta!** The event will be filled with opportunities for eating, dancing, game playing, and drinking, all with a Cinco de Mayo theme.

There will also be live, silent, and ticket auctions for you to win some amazing gifts while supporting CBS. **Save the date - May 5.** Tell your friends, bring your cash/checkbooks/credit card and get ready for a great CBS-ta. Formal invitations to follow.

### CBS-ta Needs You!

We're looking for items for our silent and ticket auctions. These items are not limited to restaurants. We are looking for anything that our congregants would be interested in winning. Get as creative as you want: A golf outing for two, movie tickets for a date night, tools for the handyman, etc.

In addition you can donate a whole dinner, a dish, or a dessert. We are looking for people to donate food - not to eat at the event, but for people to bid on. This means you would only have to cook one time. Please let **Ruth Friedman** or **Janet Aaronson** know if you have something to donate.

### Sponsors Needed!

Do you have a business you would like to promote, or would you like to be an individual/family sponsor? The Cinco de Mayo CBS-ta is looking for sponsors. Your business will be recognized as a sponsor in our program and on a large sign.

**Green Level Sponsor - \$18 - \$49 donation**

**Red Level Sponsor - \$50 - \$99 donation**

**Golden Eagle Sponsor - \$100+ donation**

— *Lani Gordon, Programming Chair*

## Federation Report

**RSVP** for the April 22 celebration of Israel's 70th birthday at the Ashton Depot in Fort Worth. It will be a lovely affair with dinner, dancing, and entertainment. Adults only. Cocktail attire. \$50/person. Let's enjoy a fun evening together!

**DONATE** to this year's campaign! Federation could be defined as "Jews helping Jews", both in our own community and throughout the world. If we don't help each other, who will?

**PARTICIPATE** in Federation-sponsored community programs hosted by Beth Shalom, Ahavat Sholom, Beth-El, Beth Israel, and Chabad of Arlington and Fort Worth. Everyone is warm and welcoming in our Tarrant County neighborhood.

**ASK** me if you have questions about Federation. I will be glad to respond. My email is [federation@bethshalom.org](mailto:federation@bethshalom.org).

— *Lisa Rein, Federation Liason*

## For Those Who Care

Practical, Logistical, and Emotional  
Support for the Caregiver  
April 27, 8:30 a.m. - 1:00 p.m.

Hosted by the James L. West  
Alzheimer Care Center  
1111 Summit Avenue, Fort Worth

RSVP on the CQEC website: <http://www.coalitionqec.org/for-those-who-care.html>



## Purim Play

I want to thank the cast of the Purim Play for their excellent performance in this year's production of *Purim in the Old West*.

— *Phil Kabakoff*  
Author/Director

(Back row, l-r): Martine Thomas, Leslie Schulman, David Silverberg, Haile Posner, Lee Schulman, Hy Siegel, Barry Goldfarb, Ryan Silverberg.

(front row, l-r): Fran Weiger, Kaia Posner, Jessica Silverberg.



### Megillah Readers

(l-r): Ben Weiger,  
Cantor Sheri Allen,  
Stuart Snow.

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