

December 2023

Kislev 5784 - Tevet 5784



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CONGREGATION BETH ISRAEL'S *Newsletter*



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www.BethIsraelMV.org

Congregation Beth Israel

**Where the old is made new,
and the new, holy.**

Congregation Beth Israel

A spiritual oasis for the Jewish community!

Moving? Email change? Please inform us of your new address.

FOOD FOR THOUGHT AND ACTION TO RELIEVE STRESS AND STAY HEALTHY DURING THIS EXTREMELY DIFFICULT TIME FOR OUR FAMILY IN ISRAEL

(c) copyright 2023, by Sidney Friedman.

Even though there are Jews suffering somewhere else in the world, **it is in their honor that we stay as mentally and physically healthy as possible**, not only so we are fully able to give them our support, but if we become fallen, it is then more Jews who have fallen to the terrorists.

Again, keep in mind always, if you and I are physically and/or mentally debilitated by the anxiety, the terrorists have then inflicted their evil on more people. We must remain vital and strong.

Here's how. **These are five things I recommend.**

Some might be obvious, others not, but read and please follow. Doing these five simple, easy things all in tandem **WILL** work. I promise.

- 1) Exercise, exercise, exercise.** Stay active. You don't have to be a "gym rat" like myself, but even taking a brisk one-mile walk each day will serve to calm you, keep you centered, and allow you to stay healthy regardless of the news we hear. So, take part in a physical activity for part of each and every day. Please do it.
- 2) There are those in the psychology field who say to relieve stress and trauma in these times, "don't watch the news." Well, how utterly idiotic. Really. I mean how irresponsible is that, advising to ignore what is going on and not keeping apprised of the latest news from Israel. Plus, the act of not knowing can actually cause more stress. Duh. Rather, I suggest the following: Limit your exposure to the news. Pick a time to watch TV news and read an article or two online, get informed, and then put it away for the day.** Yes, you may be someone who cares so much you just feel the need to watch the news continuously throughout the day, but reducing your viewing and reading to just an hour does not mean you don't care. Basically, what I'm saying here is my Jewish grandmother's advice, and your Jewish grandmother too. They said, "All things in moderation." Right??? You will still be informed. You'll still learn from various viewpoints. You'll still be connected. But you won't be overwhelmed.
- 3) Give.** Yes, contribute to organizations who have a track record of helping Israel when needed, and if not with cash, then by giving of your time or volunteering your expertise. **When we give, others live.** Plus, we live more healthfully, benefiting our own mental well-being, knowing we have benefited others.
- 4) Write it out to get it out.** What do I mean? While you may not be much of a writer (or maybe you are), it is highly effective to **make the time for 5 minutes just prior to bed where you write out your thoughts**, feelings, whatever, on what's going on, or even write out a prayer in your own words. Sounds simple and sounds like an oh-so-Oprah thing to do, but this truly works to get it out of your system. And when you get it out of your internal system, **the result is a restful night of sleep.** And a restful full night of sleep is key to one's well-being. Yes, write it out to get it out.
- 5) Lastly, and probably most important, be with your loved ones.** As we all know, when we witness an act of terror from afar, we all think, or our subconscious thinks, for the grace of G-d, there go I. Or call it "the Jewish guilt" thing, but whatever it is, the weight of knowing our "brothers and sisters" went through a hellish experience, as well as the many who still are, is lessened when we interact and communicate with family and friends. And if you are not near any family or friends, this may be the time to get more present in your local synagogue community or other vital Jewish organization. We are all family.

Do remember, **shalom** means peace not just for a country and for the world, but within us too.

MESSAGE OF THE MONTH FROM THE EXECUTIVE BOARD

By Jeff Tye

“Kol Yisrael Areivim Zeh L’Zeh” (All of Israel is Responsible One to the Other) – Talmud (Shevuot 39a)

The above is the concluding statement in a discussion about the domino effect of sin. From the “My Jewish Learning” site, “This phrase is the basis of the notion of communal responsibility in Jewish Law. If one Jew sees another Jew at the verge of sinning, he/she has an obligation to step in and help. Even more so, it implies an obligation on all Jews to ensure that other Jews have their basic needs for food, clothing and shelter taken care of. Simply by virtue of being a Jew, one is responsible for the well-being of other Jews and vice versa.”

From the Resources section on the USCJ website, an expanded interpretation of the above Jewish value states it “starts with the Jewish family, and that this idea explains why Jews both inside and outside Israel stand together at this time when Israel needs to defend itself and its citizens. At the same time, Judaism also expresses concern for all human life, including innocent Palestinian civilians.”

Prior to the devastating Pogrom of October 7, 2023, you will recall that the State of Israel had been embroiled in bitter divisiveness for much of the past year regarding proposed changes in the Israeli Supreme Court. On October 7 though, everything changed in the “Jewish World”. Jews of all stripes from secular to ultra-Orthodox and everything in between put aside their differences and came together in ways previously not thought possible.

Earlier this month, a national rally of Solidarity with Israel, came into being within a matter of about 2 weeks with most major Jewish organizations, Federations and Movements in the U.S. and Canada joining together as one. In addition to showing vast public support for Israel, clarion calls were heard to bring our hostages home and stop the hate of antisemitism from spreading like the cancer it is, especially in our schools colleges. I consider myself fortunate to have been one of the estimated 290,000 virtual participants that joined the estimated history-making 300,000 in-person participants. While there were many great speakers that made impassioned speeches, including family members of several hostages and Israeli President Herzog, one particular speaker had a profound impact on me personally. She was a Pakistani-American Muslim who was there to show her public support for Israel and to denounce the barbaric behavior perpetrated by Hamas on innocent Israeli civilians. She unequivocally stated this was not part of her Islamic beliefs.

By now, many of you may have heard the interviews with a son of one of the Hamas leaders, who has publicly come out against Hamas and the way they operate. As a result of his courageous efforts, he is likely “persona non grata” in the world in which he was raised.

Locally, here in neighboring N. Andover, many in the Jewish Community came out to the recent Select Board Meeting to publicly voice opposition to a planned raising of the Palestinian flag. Ultimately, the flag was raised in N. Andover, but more importantly, our voices were publicly heard.

Since October 7, despite many horror stories making it to the daily news (as well they should), there are also many stories of heroism coming to light. One was when hand grenades were tossed into shelters at the music festival, some in the shelters tried to throw them back before they exploded. Another was a retired Israeli Major General, who raced from his home about an hour away after getting the call of panic from his son in one of the attacked Kibbutzim. The General, armed only with a handgun, was able to connect with an IDF

Continued on Page 4

MESSAGE OF THE MONTH FROM THE EXECUTIVE BOARD

By Jeff Tye

squad at the Kibbutz and together they were able to neutralize about 10-20 terrorists, rescue the General's family and several others in that Kibbutz. (He announced himself to his family -still in their safe room – with the simple words “Grandpa is here!”) Medics and EMTs from Magen David Adom and United Hatzalah going into various battlegrounds with minimal equipment to rescue the injured. People from all walks of life helping to feed and support the soldiers of the IDF especially in more remote areas and also helping to care for all the displaced fellow Israeli citizens.

With stories of resilience and hope such as these, we can do **no less** than to **become and stay factually informed**. We need to attempt to counter the increasingly vast amount of antisemitic rhetoric that is proliferating in the general media and social media websites and even general conversation. Despite Israel making the gruesome scenes captured on Hamas body cameras available to selected audiences such as news correspondents and various public officials, there are those in the antisemitic camp that are now claiming these are all just A.I. generated. There are many worthwhile sites to check for information that use multiple sources of corroboration. Some of these include the A.D.L., Foundation to Combat Antisemitism, C.A.M.E.R.A., MEMRI, Secure Community Network, and STANDWITHUS. For example, the mission of STANDWITHUS states (from their website): “*StandWithUs is a non-partisan Israel education organization that inspires and educates people of all ages and backgrounds, challenges misinformation and fights antisemitism. We inspire students and communities with leadership training and educational programs on hundreds of college campuses, high schools, and middle schools. We inform the public through social media, print and digital materials, films, weekly newsletters, missions to Israel and more.*”

In short, StandWithUs:

Educates people around the world about Israel

Stands up to misinformation and hatred against Israel and the Jewish people

Fights antisemitism

Empowers people of all ages to educate their own communities.”

If sites like these don't work for you, do your own research, but before you pass it to others, try to vet that it is in fact, accurate. (Ex. – Israel bombed Palestinian Hospital. Subsequent confirmed research showed it was actually a malfunctioning rocket that was fired by Islamic Jihad and it primarily hit the hospital parking lot.)

In closing, I would like to thank our own Bob Moverman and Hilary Guida for leading two discussions at CBI that allowed participants to openly express themselves in a safe setting regarding this whole situation. This has been an emotional roller coaster for many, but being part of a caring community like we have here at CBI is an important piece of the healing process.

This is also another aspect of “**Kol Yisrael Areivim Zeh L'Zeh.**” “**Never again is now.**”

KIDDUSH SPONSORS NEEDED

We have a few dates still available for the remainder of the year. Do you have a Yahrzeit coming up? Special Birthday? How about just because?

We can do the shopping and setup for a small fee of \$75.

The following dates are available:

- ✧ January 13
- ✧ January 20
- ✧ February 10
- ✧ February 17

Please contact Janet at office @bethisraelmv.org or at 978.474.0540.



In Loving Memory

Memorial plaques for the loved ones of CBI members and friends who have passed away are on display in the CBI hallways to be viewed at any time.

To honor the memory of your loved one with a memorial or *yahrzeit* (anniversary of death) plaque at CBI, please contact Janet at 978.474.0540 or via [email](#). The cost is \$250 per plaque.

CBI Cares

CBI Cares is here for you.

Please notify Barbara Moverman at

Barbara.moverman@gmail.com or Janet at

office@bethisraelmv.org if you know of someone could use a meal or support of any kind.

UPCOMING EVENTS AND HOLIDAYS!

- ◆ December 1 - Shabbat Chai & Ethel's 100th Birthday
- ◆ December 7 - 1st night of Chanukah
- ◆ December 9th - Chanukah Party
- ◆ January 13th - Shabbat on the Road
- ◆ January 14th - Martin Luther King Day Celebration
- ◆ January 21st - Book Review @ 11:00am

Rabbi's Discretionary Fund

Consider making a donation to the Rabbi's Discretionary Fund which gives Rabbi Mandell the ability to purchase or fund items that benefit the synagogue, our members, and our neighbors in need. Kindly send your donation to Janet in the CBI office, check made out to CBI, including the notation "RDF", and it will be credited accordingly.

Thank you for your generosity!

BALLARDALE UNITED FRESH FOOD DROP-OFF

There are now refrigerators in Ballardvale so people can donate fresh food.

BOARD OF DIRECTORS

The CBI Board of Directors will meet on Monday, **December 11** at 7:15pm for their regularly scheduled monthly meeting.

All Board Meetings are open to the membership. If you would like to attend, RSVP no later than December 8th to Janet at 978.474.0540 or office@BethIsraelMV.org and the Zoom link will be provided, along with an agenda.

The January 2024
Bulletin deadline is
Tuesday, December 26, 2023

Send your articles to
Newsletter@BethIsraelMV.org with
"January Newsletter"
as the subject.

BIRTHDAYS & ANNIVERSARIES DECEMBER 2023

HAPPY BIRTHDAY

יום הולדת שמח

Tina Spector	January 4
Jeremy Finkle	January 11
Mark Kaplan	January 21
Carla Moverman	January 23
Hilary Guida	January 25



Best wishes for many more
healthy and happy
celebrations!



JOIN US FOR LATKES, VODKA, AND FUN!

At the home of Caren Jacobson & Blair Roberts
814 Osgood Steet, N. Andover

POTLUCK APPETIZERS AND DESSERTS

Bring your favorite finger food or dessert to share

DECEMBER 9 AT 7:00 P.M.

Bring your menorah and candles as
we light the candles together!



YANKEE SWAP!

Bring a candy-themed wrapped treat for
swapping (and stealing) \$5-\$7 value.

Please wear Blue and White
in support of Israel.

RSVP to Caren @CarenBlair@aol.com or
Janet at office@bethisraelmv.org



COMMUNITY MENORAH LIGHTINGS

- **THURSDAY, DECEMBER 7TH @ 5:30PM**
THE PARK IN ANDOVER
- **SUNDAY, DECEMBER 10TH @12:00PM**
LAWRENCE GENERAL HOSPITAL LOBBY
- **SUNDAY, DECEMBER 10TH @ 4:00PM**
NORTH READING COMMONS
- **SUNDAY, DECEMBER 10TH @ 4:30PM**
READING TOWN COMMONS
- **MONDAY, DECEMBER 11TH @ 5:30PM**
TEWKSBURY COMMONS
- **TUESDAY, DECEMBER 12TH @ 6:30**
BOXFORD POLICE DEPARTMENT
- **TUESDAY, DECEMBER 12TH @ 12:00PM**
HOLY FAMILY HOSPITAL LOBBY, METHUEN
- **THURSDAY, DECEMBER 14TH @ 5:30PM**
NORTH ANDOVER COMMONS

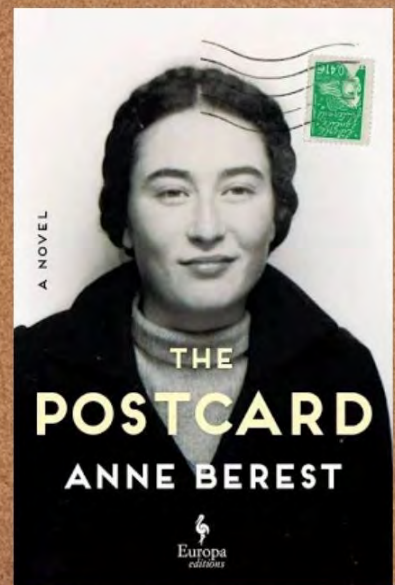
BOOK REVIEW

Please join us for Brunch
and Book Discussion

Sunday, January 21st @ 11:00AM

Anne Berest

“The Postcard”



Please RSVP to
office@bethisraelmv.org



Join us for Kiddush Luncheon following Shabbat Morning Services!

**THANK YOU OUR JUNE & JULY
KIDDUSH / ONEG / SPECIAL EVENT SPONSORS**

<u>Sponsor</u>	<u>Date</u>	<u>Occasion</u>
Ed Sloan	November 4	In loving memory of his mother, Ruth Sloan
Gary Mauser	November 11	In loving memory of his father, Herman Mauser
Jill Schoenberg	November 18	In Appreciation
Cindy & Burt Ochs	November 25	In loving memory of Cindy's father, Fred Bachner

Donations to the Kiddush Fund are always gratefully accepted.

Upcoming dates are available to honor / remember loved ones
and / or special events / holidays.

Contact Janet for more information on Kiddush sponsorships.

UPCOMING EVENTS

☆ Friday, December 1, 2023 Shabbat Chai and Ethel Somer's 100th Birthday Celebration	☆ Monday, January 1, 2024 New Year's Day Office Closed
☆ Thursday, December 7, 2023 @ 7:00pm Minyan	☆ Thursday, January 4, 2024 @ 7:00pm Minyan
☆ Thursday, December 7, 2023 First night of Chanukah	☆ Friday, January 12, 2024 Shabbat on the Road
☆ Saturday, December 9, 2023 Chanukah Party	☆ Sunday, January 14, 2024 Martin Luther King Day Celebration
☆ Thursday, December 21, 2023 @ 7:00pm Minyan	☆ Thursday, January 18, 2024 @ 7:00pm Minyan
☆ Sunday, December 31, 2023 New Year's Eve	☆ Sunday, January 21, 2024 @ 11:00am Book Review "The Postcard" by Anne Berest

Kind & Generous Donations

TEMPLE FUND

FROM

TO

OCCASION

Rebecca Fishbein & Mitch Guttentag	Cindy & Burt Ochs	Mazel Tov on the birth of your granddaughters, Ruthie Ava and Lina Aria
Rebecca Fishbein & Mitch Guttentag	Bashert	Thank you for all of your beautiful music and accompaniments on the High Holiday Services and the Rabbi's Celebration.
Rebecca Fishbein & Mitch Guttentag	Bill Shek	Thank you for serving as a Master of Ceremonies and sharing such heartfelt comments at the Rabbi's Celebration. Kol Hakavod.
Rebecca Fishbein & Mitch Guttentag	Robin Insuik	Thank you for speaking so beautifully at the Rabbi's Celebration.
Rebecca Fishbein & Mitch Guttentag	Rich Soll and Family	In memory of your beloved wife and mother, Faye Soll
Rebecca Fishbein & Mitch Guttentag	Michelle & Larry Soll	In memory of your best friend, beautiful sister, and special Aunt, Faye Soll
Rebecca Fishbein & Mitch Guttentag	Janet Damelin	Best wishes for your continued healing and good health.
Rebecca Fishbein & Mitch Guttentag	Jill Schoenberg	Wishing you a complete healing and recovery.
Rebecca Fishbein & Mitch Guttentag	Jon & Ellen Brody	Thank you for a beautiful Sukkah party.
Rebecca Fishbein & Mitch Guttentag	Bob Moverman	Thank you for leading the Israel Support discussion.
Rebecca Fishbein & Mitch Guttentag	Hilary Guida	Thank you for leading the Israel Support discussion.
Elaine Winic	Rich Soll and Family	In memory of your beloved wife and mother, Faye Soll
Elaine Winic	Michelle & Larry Soll	In memory of your best friend, beautiful sister, and special Aunt, Faye Soll
Elaine Winic	Ellen Macklin	Mazel Tov on Ruby's Bat Mitzvah!
Elaine Winic	Ann & Ruby Macklin	Mazel Tov on Ruby's Bat Mitzvah!
Jim Shinker	Rich Soll & Family	In memory of your beloved wife and mother, Faye Soll
Jim Shinker	Michelle & Larry Soll	In memory of your beloved sister, Faye Soll
Jim Shinker	Paula & Howie Flagler	Mazel Tov on the birth of their granddaughter, Sophia Brooke
Jim Shinker	Les Tye	Mazel Tov on the birth of your great-granddaughter
Marcia Brooks	Ethel Somers	In honor of Ethel's 100th birthday!
Howie & Tina Spector Brooke	Paula & Howie Flagler	Mazel Tov on the birth of their granddaughter, Sophia
Robin Insuik	Ellen Macklin	Mazel Tov on Ruby's Bat Mitzvah!
Caren Jacobson & Blair Roberts	Ellen Macklin	Mazel Tov on Ruby's accomplishment and reaching her Bat Mitzvah
Caren Jacobson & Blair Roberts	Ann Macklin	Mazel Tov on Ruby's accomplishment and reaching her Bat Mitzvah
Caren Jacobson & Blair Roberts	Ethel Somers	Happy Birthday, you are amazing 100 years and onto the next!
Michelle & Larry Soll	Ethel Somers	In honor of Ethel's 100 th birthday!
Martin & Diane Ring	Ethel Somers	In honor of Ethel's 100th birthday

TEMPLE FUND

FROM

TO

OCCASION

Martin & Diane Ring	Ethel Somers	In honor of Ethel's 100th birthday
Ellen Macklin	Tom Hopkins	In loving memory of your father and grandfather, Richard R. Hopkins
Ellen Macklin	Linda Gelb	In loving memory of Dr. Arthur Gelb
Roberta Braverman	Ethel Somers	In honor of Ethel's 100th birthday
Jill Schoenberg	Soll Family	On the loss of your beloved wife, mother, & sister, Faye Soll
Jill Schoenberg	Ellen Macklin	Mazel Tov on Ruby's Bat Mitzvah!
Jill Schoenberg	Janet Damelin	In Appreciation
Judy & Joel Alson	Ethel Somers	In honor of Ethel's 100th birthday!
Sylvia Lewis	Ethel Somers	In honor of Ethel's 100th birthday!
Bethany & James Kendall	Ethel Somers	In honor of Ethel's 100th birthday!
Brooksby Jewish Council	Bashert	Thank you for the Chai Shabbat Service
Ellen & Jon Brody	Ethel Somers	In honor of Ethel's 100 th Birthday!
Ellen & Jon Brody	Paula & Howie Flagler	Mazel Tov on the birth of their granddaughter, Sophia Brooke
Elaine Winic	Paula & Howie Flagler	Mazel Tov on the birth of their granddaughter, Sophia Brooke
Elaine Winic	Ethel Somers	In honor of Ethel's 100 th Birthday!
Ellen Macklin	Elaine Winic, Robin Insuik, Caren Jacobson, Blair Roberts, and Jill Schoenberg	Thank you to my CBI family & friends for your donations in honor of Ruby's Bat Mitzvah!
Paula & Howie Flagler	Ethel Somers	In honor of Ethel's 100th birthday!
Yana Shapiro	Paula & Howie Flagler	Mazel Tov on the birth of their granddaughter, Sophia Brooke
Yana Shapiro	Ida & Charles Marget	In loving memory of your daughter, Marcia Berns
Yana Shapiro	Michelle & Larry Soll	On the loss of your beloved wife, mother, & sister, Faye Soll

RABBI'S DISCRETIONARY FUND

FROM

TO

OCCASION

Jayne & Ted Brandt	New sound system for Bashert	In honor of Ethel's 100th birthday!
Richard Soll	Rabbi Mandell	

ETZ HAYIM CHUMASH

FROM

TO

OCCASION

Brenda Green	Ethel Somers	In honor of her Aunt Ethel Somer's 100 th Birthday
Annette Green	Ethel Somers	In honor of her sister Ethel Somer's 100th birthday

YAHRZEIT DONATIONS

MOURNER

David Levine
Julie Siegal
Cindy Ochs
Ruth Curran
Jill A. Kaplan Brown
Philip Onigman
Alissa Onigman
Ida Marget
Joan & Louis Martins
Joan & Louis Martins
Stevn Cohen & Esther Barmak
Ruth White

DEPARTED

Max Levine, Father
Marilyn Block, Mother
Fred Bachner, Father
Lena Gerson, Grandmother
David Kaplan, Brother
Marc Onigman, Brother
Gloria Levenstein, Mother
Jennie Kallman, Mother
Jennie Eva Hoffman, Grandmother
Lee Greenberg, Aunt
Harriet Cohen, Mother
A. Melvin Glazer, Father

CBI Supports the People of Ukraine:

Please contribute to HIAS's efforts to provide relief to displaced Ukrainians!

The Social Action Committee has created a fundraiser to support HIAS's work to provide relief in Ukraine. We have already made \$200 in donations, and hope to raise an additional \$550 for a total of \$750.

According to HIAS's website:

The UN Refugee Agency reports that more than 5 million refugees have fled Ukraine to Europe since the war began, making it the fastest-moving refugee crisis in Europe since the end of WWII. UNHCR says there are more than 6 million internally displaced people in Ukraine and around 15 million people have been affected in the areas hardest hit by the war within Ukraine and are in need of humanitarian and protection assistance.

HIAS' long-time partner on the ground in Ukraine, [Right to Protection \(R2P\)](#), continues to aid refugees and displaced persons. HIAS has sent emergency funding to R2P, an independent NGO, to assist their response. R2P specialists are providing legal assistance; operating a hotline to provide information about services, evacuation, and refugee status; conducting protection monitoring at checkpoints and monitoring visits to those who have not left their home; and also distributing food and supplies.

You can support these efforts by making a gift online at: www.act.hias.org or by mailing a check to:

HIAS
PO Box 97077
Washington, DC 20090-7077

If you'd like the Social Action Committee to count your gift toward our goal, please let Susannah Abbott know at zaninando-ver@gmail.com. Thank you for supporting this important work!

The Social Action Committee

The following names will be read, and people remembered at *Yahrzeit*, on Shabbat Morning

December 2 - 8 19 - 25 Kislev	December 9 - 15 26 Kislev - 3 Tevet	December 16 - 22 4 - 10 Tevet	December 23 - 29 11 - 17 Tevet	December 30 - January 6 18 - 24 Tevet
Fannie Artenstein Sarah Freda Bishoff Ruth Coggan Samuel Cohen Goodman Gafin Jacob Gardner Henrietta Gerstein Bertha Gofman Samuel Goldberg Israel Goldberg Lester Henry Goldberg Nelly Gottlieb Ina B. Greenblatt Sadye (Ostro) Grossman Suzanne Grosz Abraham Gustat Ida "Hon" Sarah Hantgan Herbert Harris Aaron J. Harris Jennie Eva Hoffman Richard Holzman Irving S. Horowitz Dr. Max Hymen Frances Issenberg David Kaplan Leah Freda Kaplan Etta K. Karp Leo Katze Benjamin Kazer Janice Kornfeld Benjamin Kroll Harry Lovitt Samuel Porton A. Sidney Roth Jack Schlesinger Esther Schub Benjamin Shuman Jacob Sigal Maurice Lewis Silverman Fannie Silverwatch Celia Tinter Nathan Warshawsky Rebecca Weinstein Samuel Weisberg Esther Wiseman Sarah Wolff	Ida Bernstein Bella Bernstein Mitchell Louis Borke Harry Bower Pauline Broady Berta Brudnick Ida Smith Cohen Raymond Eichenbaum Miriam Friedman Jacob Garnick David Gerstein Benjamin Goldberg David Samuel Goldberg Burton Golner Dorothy Goodman Fannie Greenbaum Benjamin Greenstein Annette Gruber Dorothy Herscot Shirley (Faigel) Hirshberg Anne Jacobs Lottie Karp Louis Kates Beatrice Kleider Max Levine Morris Levy Joseph Lipchitz Minnie Makovsky Lewis Marmer Dr. Abraham Meister Louis Pearl Jack Perelmutter Jerome Porton Grace Rappaport Ruth (Price) Rosengard Seymour Rosenstone Deborah Rosoff Nettie R. Schneider Arthur Shainker Ruth Siegal Irene Siegal Ida Waldimer Alyssa Becker Zeller	Eva Bernstein Barbara Bernstein Nathan Bernstein Louis H. Bloch Sheila Bunin Harry Cohen Max Cohen Robbie Damelin Oscar Edelstein Myer Falk Pearl R. Feinman Jacob Finberg Nathan Finkle Nathan G. Friedman Israel Froman Isadore Garnick Elaine Goldstein Nathan Greenbaum Gertrude Greenblatt Sydney Greenhouse Samuel Jacobson Betty Kleinbart Joseph Lasser Mary Leavitt Minnie Levine Martin Lieberman Bessie W. Novick Malcolm Ochs Rebecca Rappaport Joseph J. Ravich Lillian Roffman Ben Rostler Jack Shatz Morris Steinberg Jennie Steinberg Barney Trager Max Vinecour Jenny Zeichner	Esta Alexander Jill Aszling Louis Baratz Rose Barlofsky Anna Baskin Joseph D. Bernstein Simon Borenstein Nathan Brodsky Minnie Tuton Cohen Bessie Corr Samuel Curley Philip Davidson Ethel Feuer Rebecca Filler Bess Finkle Abraham Jacob Fox Rebecca Garnick Israel Gedansky E. Mary Gruber Dr. Ralph Heifetz Sidney Herscovitz Sally Hurwitz Helen Jacobson Millie Kaplan Jennie Levy Frances Friedman Mandell Abraham Rosengard Helen Rosenstone Norman Rubin Louis Sanft Susan Ina Schrader Samuel Schwartz Helen Schwartz Mitchell (Motle) Schwartz Maurice Seeche Mary Silverman Dr. Jay Slosberg Frank H. Sobil Jay Tichenor Joseph Vinecour Frank Warshawsky Rose Weisman Martin Weiss Harry Winic Mary Wolfe Harry Zubick	Hannah Bennoun Bessie Brams Louis J. Brams Simon Dubinsky Alfred Feinberg Edward Fine William M. Franks Hyman Gass Irving Goldstein Lillian Goldwasser Irving Greenberg Robert Himelfarb Bernice Insuik Pauline Kaplan Gilbert Kaplan Sarah Knopf Rose Kritzman Eli Landy Sarah Leventhal Frances Levin Dr. Herman S. Levine Morris Levine Wallace H. Levy Sophie Laura Lurie Lester Macklin Robert Arthur Novick Norman Rosen Esther Rostler Ruth Saffrin Mildred Schulman Jacob Scolnick Nellie Shek Irving H. Ward Melvin Wolk Jeffrey Yafa Bernard Albert Zarkin Rose Ziskind

COMMUNITY NOTICES

רפואה שלימה ~ Refuah Shelamah

Ethel Somers
Melodie Teich

מזל טוב ~ Mazel Tov, Congratulations

Paula & Howie Flagler on the birth of their granddaughter,
Sophia Brooke

Les Tye on the birth of his great-granddaughter,
Sophia Brooke

תודה רבה ~ Todah Rabah, Thank You

Hilary Guida & Bob Moverman for leading another Israel discussion group.

THURSDAY NIGHT MINYAN

**Regularly scheduled on the 1st & 3rd
Thursdays of each month**

Thursday, December 7 & 21 @ 7:00pm

You are invited to join us whenever you can to support the congregants and friends who are in mourning or observing a yahrzeit of a loved one.

Please let Janet know if you plan on attending by the Wednesday before by clicking here:

office@bethisraelmv.org and we will email you the Zoom link.

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 DISCUSS CURRENT EVENTS ~ LITERATURE ~ HOLIDAYS ~
 POLITICS ~ ISRAEL ~ MUSIC ~ HALACHA ~ AND MORE

L'CHAIM

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 980 AM / WWW.980WCAP.COM / ANY RADIO APP
YOU CAN BE PART OF THE SHOW!



CBI's TREE OF LIFE


**It is a Tree of Life
to those who hold fast to it!**

Many special occasions in the lives of the members of our Congregation are recorded on the leaves of the Tree of Life in the Sanctuary. There is room for more!

To honor the special people and milestones in your life, please consider having a leaf engraved with a personalized sentiment.

We now also have rocks available for engraving which will 'strengthen' the base of the tree.

For more information on how you can preserve your memories, please contact Janet at 978.474.0540, or office@bethisraelmv.org




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Rabbi Howard Mandell

Rabbi Mandell is available by calling the Synagogue or via email, RabbiMandell@BethIsraelMV.org

Synagogue Office Hours

9:00 am - 5:00 pm
Monday - Friday

It's always a good idea to call/email prior to making a trip to the Synagogue to be sure someone is available to greet you.

Phone: 978.474.0540

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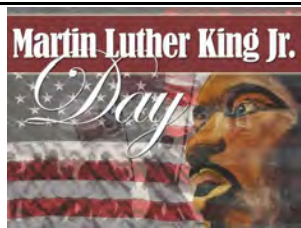
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DECEMBER 2023

Kislev - Tevet 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 18 Kislev 3:54pm Candle Lighting Ethel's 100th Birthday Celebration & Shabbat Chai	2 19 Kislev Shabbat Services @ 9:30am Parashat Vayishlach Havdalah @ 4:58pm
3 20 Kislev	4 21 Kislev	5 22 Kislev Rabbi Mandell @ West Parish U.C.C. Mah Jongg @ 7:00pm	6 23 Kislev	7 24 Kislev 1ST NIGHT OF CHANUKAH 4:43PM LIGHT 1 CANDLE Minyan @ 7:00PM	8 25 Kislev 3:53pm Candle Lighting 2ND NIGHT OF CHANUKAH 3:53PM LIGHT 2 CANDLES	9 26 Kislev Shabbat Services @ 9:30am Parashat Vayeshev Parashat Naso Shabbat Mevorchim Havdalah @ 4:58 Chanukah Party at Caren & Blair's @ 7:00pm 3RD NIGHT OF CHANUKAH 5:00PM LIGHT 3 CANDLES
10 27 Kislev 4TH NIGHT OF CHANUKAH 4:43PM LIGHT 4 CANDLES	11 28 Kislev 5TH NIGHT OF CHANUKAH 4:43PM LIGHT 5 CANDLES	12 29 Kislev 6TH NIGHT OF CHANUKAH 4:43PM LIGHT 6 CANDLES Mah Jongg @ 7:00pm	13 1 Tevet 7TH NIGHT OF CHANUKAH 4:43PM LIGHT 7 CANDLES	14 2 Tevet 8TH NIGHT OF CHANUKAH 4:44PM LIGHT 8 CANDLES	15 3 Tevet 3:53pm Candle Lighting	16 4 Tevet Shabbat Services @ 9:30am Parashat Miketz Havdalah @ 4:59pm
17 5 Tevet	18 6 Tevet	19 7 Tevet Mah Jongg @ 7:00pm	20 8 Tevet	21 9 Tevet Asarah Betevet Fast begins at dawn Minyan @ 7:00PM	22 10 Tevet 3:56pm Candle Lighting	23 11 Tevet Shabbat Services @ 9:30am Parashat Vayigash Havdalah @ 5:02pm
24 12 Tevet	25 13 Tevet Office Closed	26 14 Tevet Mah Jongg @ 7:00pm	27 15 Tevet	28 16 Tevet	29 17 Tevet 4:01pm Candle Lighting	30 18 Tevet Shabbat Services @ 9:30am Parashat Vayechi Havdalah @ 5:07pm
31 19 Tevet New Year's Eve						



January 2024

Tevet - Shevat 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 20 Tevet HAPPY NEW YEAR! Office Closed	2 21 Tevet Mah Jongg @ 7:00pm	3 22 Tevet	4 23 Tevet Minyan @ 7:00PM	5 24 Tevet 4:07pm Candle Lighting	6 25 Tevet Shabbat Services @ 9:30am Parashat Shemos Shabbat Mevorchim Chodesh Shevat Havdalah @ 5:13pm
7 26 Tevet	8 27 Tevet Board Meeting @ 7:15pm	9 28 Tevet Mah Jongg @ 7:00pm	10 29 Tevet Rosh Chodesh Shevat	11 1 Shevat	12 2 Shevat 4:14pm Candle Lighting	13 3 Shevat Shabbat Services @ 9:30am Parashat Vaera Havdalah @ 5:20pm
14 4 Shevat Martin Luther King Celebration at the Andover Baptist Church	15 5 Shevat Martin Luther King Day Office Closed	16 6 Shevat Mah Jongg @ 7:00pm	17 7 Shevat	18 8 Shevat Minyan @ 7:00PM	19 9 Shevat 4:22pm Candle Lighting	20 10 Shevat Shabbat Services @ 9:30am Parashat Bo Havdalah @ 5:27pm
21 11 Shevat Book Review @ 11:00am	22 12 Shevat	23 13 Shevat Mah Jongg @ 7:00pm	24 14 Shevat	25 15 Shevat TU B'SHVAT	26 16 Shevat 4:31pm Candle Lighting	27 17 Shevat Shabbat Services @ 9:30am Parashat Beshalach Shabbat Shirah Havdalah @ 5:36pm
28 18 Shevat	29 19 Shevat	30 20 Shevat Mah Jongg @ 7:00pm	31 21 Shevat			