

Beth Emeth

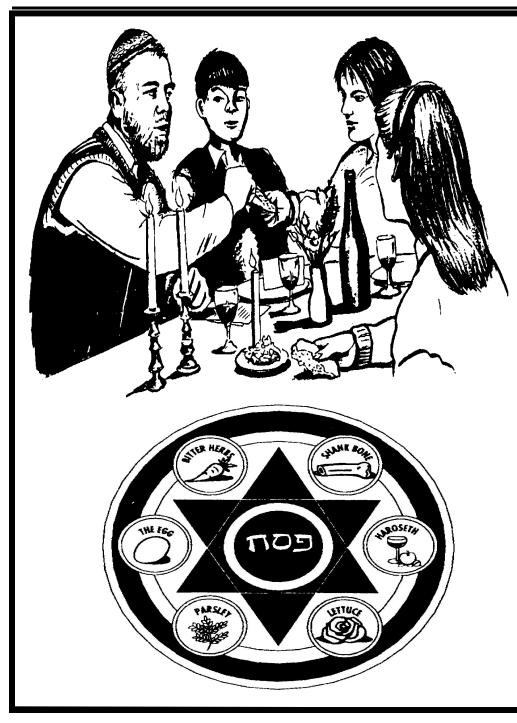
"More Than Just The Conservative Congregation of the West Valley, We Are A Community".

BETH EMETH CONGREGATION 13702 W. Meeker Blvd., Sun City West, AZ 85375 623-584-7210 bethemethaz@gmail.com www.bethemethaz.org

Rabbi Tracee Rosen

ADAR - NISSAN 5778

MARCH 2018



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SABBATH CANDLE LIGHTING				
March 2 9 16 23 30	6:08 6:13 6:19 6:24 6:29			
Volum Numb				



FOR EVERY MINUTE YOU ARE ANGRY, YOU LOSE 60 SECONDS OF HAPPINESS." Ralph Waldo Emerson Our President 2018

PRESIDENT'S MESSAGE:

SPRINGTIME CAN'T BE FAR OFF

So, how many Hamantashen were baked for the Sisterhood Purim Sale. If you guess the exact amount, you will receive an extra bag of Purim's goodies.

How many attended the Purim Schpeel? Lots of laughter and a lot of fun. We were thinking of taking our acting troop on the road, then thought if we can't get to Broadway, why bother.

Passover seder sales are quickly coming in, and Gary Schindler will be our caterer once again. Rabbi Rosen will officiate the reading of the Hagaddah. I am sure that you will learn bits of information that you may not have known. Trust me when I say that there is always something that she can teach us.

It's not too late to join Cheryl as she introduces Ruth Rotkowitz, from Generations After, as she takes you on a slide show journey and discussion of the Book "THE CHILDREN OF WILLESDEN LANE". Cheryl has worked extremely hard bringing this wonderful program to our community. We need to support these events. Please contact our office and sign up to attend on March 4th at 2:00 p.m. Why not come at 11:30ish and enjoy a hotdog, soda, and chips before going to the discussion. What a perfect day!

Lastly, I would like you to think about leaving a charitable gift to Beth Emeth in your will. Our synagogue needs to survive, and even though we may not be around, we need to ensure that Beth Emeth will. West Valley Jews need to know that there is always a place for them.

Shalom, have a zezen Pesach

Marilyn Newberg

From the Desk of Rabbi Tracee Rosen

In every generation, all people must see themselves as if they individually had gone forth from Egypt."Mishnah Pesachim 10:5 (and the Passover Haggadah)

Slavery is never a one-time event The heinous act of depriving a human being or a group of people their core dignity and free-agency leaves an impact that lasts way beyond the lifespan of an individual. Just ask the second and third generation descendants of Holocaust survivors what effects their parents' and grandparents' experiences have had on their own lives.

Science has even demonstrated that remnants of these kinds of traumas have even been passed down in genetic material from one generation to another through a system called epigenetics. This means that major stressful life experiences endured by our ancestors before they gave birth to children are encoded as stressors in our own biology.

The experiences of slavery, of persecutions, of crusades and pogroms are embedded in the genes of the Jewish people. No wonder we as a people can be so neurotic, and can be plagued by depression, anxiety, and other mental health issues. But our genetics are not the last word.

A study published last year in the journal, Neuropsychopharmacology, reports that environmental enrichment can overcome the negative effects of these transmitted stressors. In other words, we can overcome these pre-programmed responses by confronting and reframing our trauma in a positive way. By telling the stories of the past from the perspective that, although it was horrible at the time it happened, we showed our faith and our strength, we perservered, and we emerged as heroes in our own telling of the story. That's what the seder is all about. We begin by describing how terrible it was to be enslaved, but we don't end there, wallowing in a sense of victimhood. Instead, we celebrate the miracles that brought redemption, we give thanks to God for redeeming us, and we proclaim at the end that we will survive!

This is not just the story of the Jewish people as a whole, this is the story of each and every one of us. We have endured challenges, hardships, and devastating losses. Yet we who remain to tell the story of our lives are winners. We survived. Just by telling our stories we heal ourselves, and give hope to others. Through overcoming obstacles, we emerge from slavery to a more complete expression of our own humanity.

Yet many of us grew up in families whose experiences were so painful that we never learned our families' narratives, and so we have been deprived of the healing power of those tales. Let's not make the same mistake with our own families. If you haven't already done so, take time to share with your kids and grandkids the narratives of your lives, the good and the difficult. Tell them orally, record them on the computer or on a video, write them down. Give them the most precious gift you can bequeath to them - the history of your own family's survival. Believe me, it is the most wonderful legacy you can possibly leave.

As we approach the Pesach holiday, I hope each one of us can take part of this process, of seeing ourselves as heroes in our own stories, and sharing our history with those we love.

Happy Pesach, Rabbi Tracee

STORY OF MATZOH

A symbol of the Passover holiday is <u>matzo</u>, an unleavened flatbread made solely from flour and water which is continually worked from mixing through baking, so that it is not allowed to rise. Matzo may be made by machine or by hand. The Torah contains an instruction to eat matzo, specifically, on the first night of Passover and to eat only unleavened bread (in practice, matzo) during the entire week of Passover. Consequently, the eating of matzo figures prominently in the <u>Passover Seder</u>. There are several explanations for this.

The Torah says that it is because the Hebrews left Egypt with such haste that there was no time to allow baked bread to rise; thus flat, unleavened bread, matzo, is a reminder of the rapid departure of the Exodus. Other scholars teach that in the time of the Exodus, matzo was commonly baked for the purpose of traveling because it preserved well and was light to carry (making it similar to <u>hardtack</u>), suggesting that matzo was baked intentionally for the long journey ahead.

Matzo has also been called Lechem Oni (Hebrew: "bread of poverty"). There is an attendant explanation that matzo serves as a symbol to remind Jews what it is like to be a poor slave and to promote humility, appreciate freedom, and avoid the inflated ego symbolized by more luxurious leavened bread.

Shmura matzo ("watched" or "guarded" matzo), is the bread of preference for the Passover Seder in <u>Orthodox Jewish</u> communities. Shmura matzo is made from wheat that is guarded from contamination by chametz from the time of summer harvest to its baking into matzos five to ten months later.

In the weeks before Passover, matzos are prepared for holiday consumption. In many Orthodox Jewish communities, men traditionally gather in groups ("<u>chaburas</u>") to bake handmade matzo for use at the Seder, the dough being rolled by hand, resulting in a large and round matzo. Chaburas also work together in machine-made matzo factories, which produce the typically square-shaped matzo sold in stores.

The baking of matzo is labor-intensive, as only 18–22 minutes is permitted between the mixing of flour and water to the conclusion of baking and removal from the oven. Consequently, only a small number of matzos can be baked at one time, and the chabura members are enjoined to work the dough constantly so that it is not allowed to ferment and rise. A special cutting tool is run over the dough just before baking to prick any bubbles which might make the matza puff up; this creates the familiar dotted holes in the matzo.

After the matzos come out of the oven, the entire work area is scrubbed down and swept to make sure that no pieces of old, potentially leavened dough remain, as any stray pieces are now chametz, and can contaminate the next batch of matzo.

Some machine-made matzos are completed within 5 minutes of being kneaded.



Dear Friends,

The AMHSI-JNF Family is deeply saddened to learn of the loss of life at Marjory Stoneman Douglas High School in Parkland, FL.

AMHSI's relationship with Douglas High School runs deep and is long-standing with many students having attended from the community.

We currently have students from the school on campus and we are working with them and their families to help comfort them as they have experienced loss of friends. We pray for healing.

To further honor our long-standing relationship with the school and the larger South Florida Jewish Community, our students, teachers and administrative staff are putting together a package of cards and messages. We invite our entire network of alumni and friends to participate in this effort by sending your prayers, poems, pictures, and well-wishes to <u>info@amhsi.org</u>.

Additionally, we will be planting trees in Israel in memory of the victims. If you would like to do so as well, please visit <u>http://usa.jnf.org/jnf-tree-planting-center</u>

May the memories of the innocent be for an everlasting blessing. יהי זכרונם ברוך

-Alexander Muss High School in Israel-Jewish National Fund

YOU ARE INVITED TO JOIN THE COMMUNITY BOOK READ on <u>Sunday, March 4th at 2:00 p.m.</u> Beth Emeth Congregation 13702 W. Meeker Blvd., Sun City West RSVP 623-584-7210 <u>THE CHILDREN OF WILLESDEN LANE</u> By Mona Golabek and Lee Cohen

"A beautiful book. An inspiring tribute to the power of a mother's love." Meryl Streep

ABOUT THE BOOK



The Children of

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The Children of Willesden Lane is a powerful memoir of music, hope and survival set in Europe during the holocaust. In the book, authors Mona Golabek and Lee Cohen tell the story of Lisa Jura, Golabek's mother. in 1938, 14-year-old Lisa was an amazing young musician who dreamed of becoming a concert pianist. When ш Hitler's army invaded the family's hometown of Vienna, Austria, Lisa's parents made the difficult decision to send her to London as part of the Kindertransport, a rescue mission that took nearly 10,000 Jewish children to safety in Britain. There, separated from her family, Lisa built a community with other refugees in a children's hostel on Willesden Lane and fought to realize her dreams against a back-"drop of war, loss and despair. Her music became a lifeline—not only for herself, but also for those around her—and helped form a web of support and connection that enabled people of all ages to maintain hope, endure tragedy and rebuild their lives.

We would like to encourage everyone to read The Children of Willesden Lane and i join facilitator, Ruth Rotkowitz, from Generations After, as she takes us on a slide show journey and discussion of the book. If you don't get a chance to read the book before, I know that you will want to read it after.

On April 4th, Mona Golabek, a Grammy-nominated musician, will be performing at the Scottsdale Center for Performing Arts. A concert pianist, Mona Golabek combines music and talk-acting to re-tell her mother's story.

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For more information, please go to scottsdalecenterforperformingarts.org



Want to help Beth Emeth financially?

Are you committed to maintaining Beth Emeth as a premier center of Jewish life in the West Valley? Do you wish you could do more to help, but limited monthly funds keep you from offering more? Are you looking for a way to tangibly demonstrate to your children and grandchildren your commitment to doing good deeds in the world?

Here are 3 options that can help you to become a steward of the legacy of our synagogue:

- Leave a bequest to Beth Emeth Congregation. Any portion of the funds which are supporting you in your retirement can be designated to build the endowment reserve of the congregation, which we will use to ensure that we remain a viable and vibrant center of West Valley Jewish live. If you don't want to go through the trouble of changing a will or trust document, you can designate a percentage of an existing IRA or life insurance policy to be given to the shul with a simple change of beneficiary form.
- **Donate a highly appreciated asset to the shul** for a generous tax deduction. If you've owned stock in Amazon, Apple, or any stock or fund which has appreciated greatly over the years, and now can't sell it without facing a huge taxable gain, consider donating the shares to the congregation. You won't have to pay taxes on it, and instead will receive a tax deduction for the full market value of the stock donated.
- **Create a charitable gift annuity.** If you are invested in equities or bonds that aren't paying much in dividends or interest, and would like to receive a larger income stream during your life, a charitable annuity can guarantee you a monthly payment, with any money left going to Beth Emeth and our partners at the Jewish Community Foundation.

For more information on any of these options, please contact the Beth Emeth office at 623-584-7210. Thank you for all your support.



BREAKING NEWS...

Come out

SONGS FROM THE YIDDISH THEATRE, BROADWAY AND THE CATSKILLS COME TO THE WEST VALLEY!

On **Sunday, March 18th, 2018 at 2:00 p.m.**, please join Beth Emeth Congregation for an afternoon of Yiddish and Jewish music with Sid Engel and Gail Leibowitz.

Sid was the musical director for Danny Thomas and has accompanied many performers including Molly Picon, Herschel and Judy Fox, Theodore Bikel, Jan Pearce, Fyvush Finkel, Yehuda Glantz, Mordechai Ben David, Bruce Adler and Mike Burstyn. He was the Musical Director of the Chabad Telethon in Los Angeles for 25 years. Gail came from a Cantorial family. Her father and Uncle were both Cantors. She performed in the Catskills with her Uncle putting on plays and skits and singing Jewish as well as American Songs. She has performed and directed shows and plays in New York and here in Phoenix.

Tickets are **\$18.00** and can be purchased at Beth Emeth Congregation, 13702 W. Meeker Blvd., Sun City West. 623-584-7210. Visit us at www.bethemethaz.com



YOM HASHOAH

2nd Annual West Valley Yom HaShoah Event Thursday, April 12th, 2018 - 6:30 P.M. At Beth Emeth Congregation –

OPEN TO THE COMMUNITY

The 2nd Annual West Valley Yom HaShoah (Holocaust Memorial Day) Event will be held at Beth Emeth Congregation, 13702 W Meeker Blvd., Sun City West, AZ on Thursday, April 12th from 6:30 - 8:00 pm. On Yom HaShoah, ceremonies and services are held at schools, military bases and by other public and community organizations. Students and their parents are urged to attend.

Prayers will be led by Rabbi Tracee Rosen. Our guest speaker, Joel Lassman of the Next Generation will present his parent's Holocaust hardships and determination to survive.

There will be refreshments at the end of the event. Reservations are required. Please call 623-584-7210 between 9 am – 1 pm weekdays for your reservation. There is no charge for this event but donations will be accepted.

SISTERHOOD
SISTERHOOD CALENDAR 2018
All Sisterhood Membership Meetings are usually held the second <u>Thursday of the month.</u> Please mark the dates of the Sisterhood Meet- ings. Sisterhood Board Meetings are open to all.
Mar. 8 Thursday 11:30 a.m. PaidUp Membership Luncheon :
Program "Theatre West"
All Welcome <u>Mar. 8 2018 11:30 a.m.</u> Paid-up Membership Luncheon Program - "Theatre West" <u>May 10, 2018 1:00 PM</u> Ice Cream Social Program TBA
WANTED BETH EMETH ARTISTS
<u>The Judaica shop</u> will be providing an opportu- nity for artists to display their original Art work for sale. Please call Barbara Newman at (623) 388-4958

ANNUAL PASSOVER															
SEDER															
CONDUCTED BY Rabbi Tracee Rosen Friday, March 30, 2018															
								6:45 p.m.							
								Once again professionally catered by							
Gary Shindler of Designs in Food															
Delicious, traditional <u>strictly kosher</u>															
\$50 per person—Congregation Members \$55 per person—Non-members \$25 per child under 12 years of age															
All reservations must be paid in advance no later than															
Tuesday, March 13, 2018															
Please send your checks to:															
Beth Emeth Congregation															
13702 West Meeker Blvd, Sun City West, AZ 85375 Phone: 623-584-7210 (no phone reservations accepted without payment)															
(Please complete and return the form below with your check)															
Yes! I want to attend the Beth Emeth Kosher Passover Seder															
Number of AdultsNumber of Children (under 12 years of age) (tables of 8 only)															
Enclosed is my check in the amount of:															
Signature:															

BIRTHDAYS & ANNIVERSARIES

MARCH 2018

<u>HAPPY BIRTHDAY</u>

✡

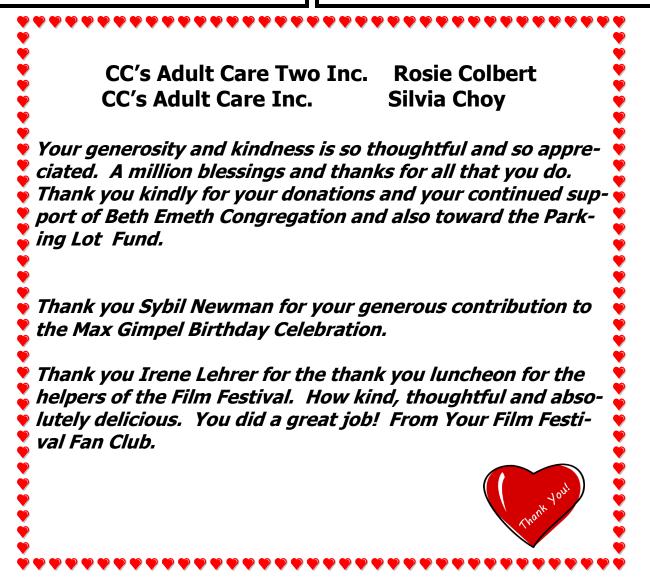
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- 5 David Caplan
- 5 Madelaine Friedman
- 6 Teri Goldman
- 13 Joyce Stern
- 15 Stanley Debber
- 19 Dr. Abraham Cohen
- 20 Audra Robbins
- 20 Gilbert Geller
- 26 Rose Doyschen
- 27 Irwin Bernstein
- 31 Mary Flint
- 31 Sheldon Koven

HAPPY ANNIVERSARY & MANY MORE BLESSINGS

- 1 Efrem & Elaine Schwartz
- 4 Myron & Shoshana Perlmutter
- 6 Moses & Irene Weitzman
- 13 Sarah & Sy Klein





Thank you to Beverly Merchant, Leo & Rosemary Abrami, Nelson & Kathryn Magedman and Martin Kornheiser for your kindness and generosity.

Torah Honors donation from Ronald Paul



Yahrzeits Donations

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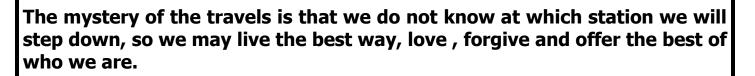
THE TRAIN OF LIFE

This is a very powerful message

At birth we boarded the train and met our parents with the belief that they would always travel by our side. However at some station our par-

ents will step down from the train and leave us on this journey alone. As time goes by other people will board this train including but not limited to our siblings, friends, children, and even the love of our life. Over the course of time many will step down and leave a permanent vacuum.

Others will go unnoticed that we wouldn't notice they vacated their seats The train ride will be filled with joy, sorrow, fantasy and expectations, hellos and goodbyes and farewells. Success means having a good relationship with all passengers requiring that we give the best of ourselves.



It is important to do this because when the time comes for us to step down and leave our seat empty we should leave behind beautiful memories for those who will continue to travel on the Train of Life.

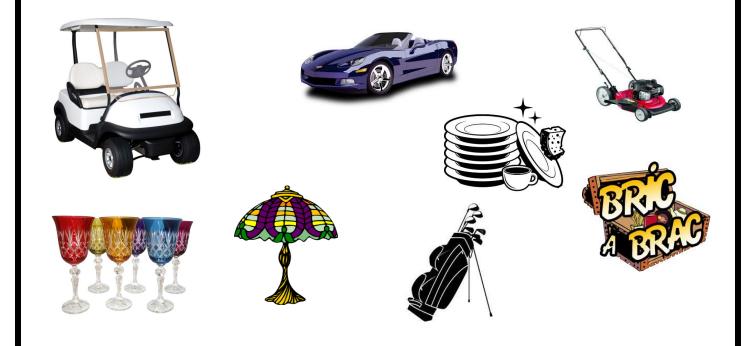
I wish you a joyful journey on the Train of Life. Reap success and give lots of love. More importantly, thank G_d for the journey.

Last, I thank you for being one of the passages on our train.



LET US DO YOUR ADVERTISING

IS THERE SOMETHING IN YOUR GARAGE OR HOUSE THAT YOU WANT TO SELL???? FOR A SMALL OR LARGE DONATION WE CAN START A PAGE OF SELLING HERE IN BETH EMETH'S MONTHLY OBSERVER. CALL ME AND SEND ME A PICTURE. WE CAN TRY TO BE OF HELP TO YOU. CALL SANDY AT 623-584-7210.

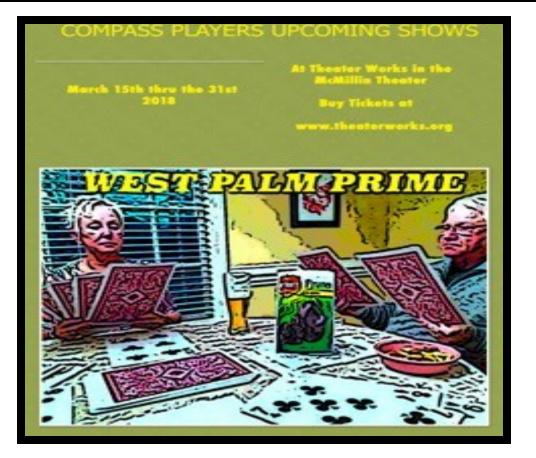


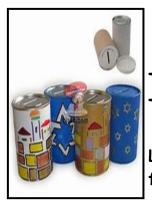
DON'T FORGET TO SAVE THE DATES

Sunday, March 4th 11:00 a.m. "Cactus Hot Dog" Sunday, March 4th 2:00 p.m. Book Read Tuesday, March 13th Deadline for "Passover Seder" Reservation

Sunday, March 18th "Catskills on Broadway" 2:00 p.m.

FUN TIMES ARE ON THERE WAY!





THE SISTERHOOD OF THE TRAVELLING TZEDAKAH BOXES

Let's have some fun and make some money for our kitchen.

This month we will be giving out 20 Tzedakah Boxes to 20 households. Please start filling your box as soon as you receive it. When it is full, return it to Sandy in the office so that it can "travel" to another home to be filled. The household that collects the most money will receive a 20% discount in our Judaica Shop. Tzedakah, loosely translated as "charity" is so much more! It is Just and Righteous giving. Torah directs everyone even the poorest among us to also give to others.

Using a Tzedakah box is more than collecting change for a cause. It gives us the opportunity to transform our personal moments in life, into the communal, building a collective relationship of caring. Sharing Life!

Traditionally coins or dollars are dropped in units of 18, the numeric value of the Hebrew word "CHAI", life. 18 cents, 36, 54, 72, \$1.80 etc. So, for a birthday, anniversary, a grateful moment, a prayer for a good result, a safe trip, after a fun shopping trip, getting through a tough day, starting to feel better after being sick, after finding a misplaced item, after cleaning out your purse, checking pockets while doing the laundry, for a lucky find, whatever.

When the Tzedakah box fills, you then are sharing much more than the contents. You are indeed sharing life...A Tzedakah box elevates our small moments into something bigger than ourselves.

Monies will go to the Kitchen Fund benefiting everyone, members and guests, at Shabbat Services, holidays, special events, meetings, classes, and social events. Like our homes, the Shul kitchen is at its heart, helping us come together, visit over a repast, socialize, and build a sense of belonging and friendship, feeding not only our bodies but our souls.

We hope you will enjoy and treasure your turn using our little Tzedakah boxes.

Find comfort in our garden. It is tranquil in design and in harmony with its natural surroundings. The Biblical Garden is a quiet haven in which to find solace and to rejoice in life.

We welcome your participation in enhancing our garden through your generous contributions to honor, remember, or celebrate a simcha.

An appropriate plaque acknowledging your gift will be placed on the DONOR WALL in the lobby of the synagogue.

Help Support Beth Emeth!

Did you know you can support Beth Emeth just by shopping at Fry's? It's easy when you enroll in Fry's Community Rewards! To get started, sign up with your V.I.P Card, and select Beth Emeth Congregation as the local organization you wish to support. Once you're enrolled, you'll earn rewards for Beth Emeth every time you shop and use your V.I.P Card!

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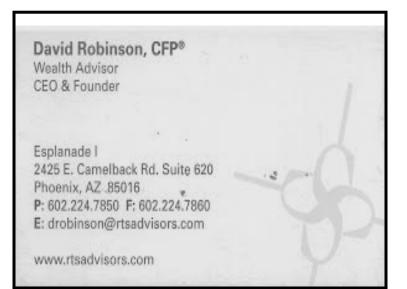
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CALENDAR OF

REGULAR EVENTS

(EXCEPTIONS DO HAPPEN, SO PLEASE CHECK)

- Executive Meeting 1st Friday of each month At 9:30 am
- **Board Meeting** -3rd Thursday of each month at 9:30 am
- Sisterhood Board Meeting - 1st Thursday of each month at 9:30 am

• Minyan Mondays & Thursdays -8:00 am

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CC's Adult Care Two 13417 W. Rimrock St., Surprise, AZ Phone: 623-337-7954 Mgr/Owner: Rosie Colbert **"YOUR FAMILIES LOVE THROUGH US"** SOME OF OUR SERVICES AND AMMENITIES **24 Hour Certified Caregivers Alzheimer's Care** Phone, Cable TV, Internet Housekeeping/Laundry **Beauty/Barber Service Home Cooked Meals Hospice and Respite Care Doctors Visits Restroom/Bathing Assistance\Medication Mgt.** We celebrate Holidays, Birthdays and Anniversaries **For Quality Care and Secure Comfort** Visit Our Home MONTHLY RATE IS FIXED AT MOVE-IN AND WILL NOT INCREASE. ALL SERVICES AND SUPPLIES ARE **INCLUDED EXCEPT PRESCRIPTION MEDICINES.** Jewish Family and Children's Service (JFCS) Ellie Schwartzberg of Jewish Family and Children's Service (JFCS) offers individual counseling, referral to appropriate resources and advocacy to Jewish people living in the Sun Cities and surrounding communities. This is a free program underwritten by the Jewish Federation. Ellie has a Master's degree in counseling from ASU and has been at JFCS for the past 32 years working with an older population. She is currently the Vice President of Geriatric Services at JFCS. Ellie offers this program at the Sun Cities Community Services Building on Tuesdays (9451 N. 99th Ave. Sun City) and at Beth Emeth Synagogue (13702 W. Meeker, Sun City West) on Thursdays. Counseling addresses such issues as

coping with bereavement and loss, care-giving stress, long term planning and decision making, adjustment to chronic health problems, loss of independence, depression, couples' issues, communication and problem solving with adult children, etc.

Ellie facilitates a Bereavement Support Group at Beth Emeth Congregation every Thursday from 1:00-2:00 PM. This group is open to anyone who has lost a spouse or significant other within the past two years.

Please call Ellie Schwartzberg at 602-452-4660 for more information or to make an appointment.



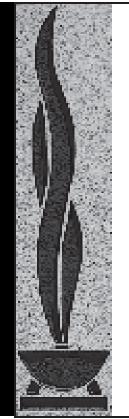
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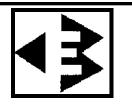
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 PURIM Minyan 8:00 a.m. Beareavement 1:00 p.m. Rabbi's Class 10:30 a.m.	2 SHUSHAN PURIM Services 6:30 a.m. Executive Board Mtg.10:30 a.m.	3 Services 9:00 a.m.
		1		14 Adar	15 Adar	16 Adar
Cactus Hot Dog 1100 a.m. The Children of Willesden Lane'' 2:00 p.m.	5 Minyan 8:00 a.m.	6	7	8 Minyan 8:00 a.m. Beareavement 1:00 p.m. Sisterhood Membership Luncheon "Theatre West" 11:30 a.m.	9 Services 6:30 a.m.	10 Services 9:00 a.m.
17 Adar	18 Adar	19 Adar	20 Adar	21 Adar	22 Adar	23 Adar
11	12 Minyan 8:00 a.m.	13 Passover Reservation Deadline	14	15 Minyan 8:00 a.m. Beareavement 1:00 p.m. Rabbi's Class 10:30 a.m.	16 Services 6:30 a.m. Board Mtg. 11:00 a,m,	17 ROSH HODESH Services 9:00 a.m.
24 Adar	25 Adar	26 Adar	27 Adar	28 Adar	29 Adar	1 Nisan
18 Ausical Revue "Catskills in he West Valley" 2:00 p.m.	19 Minyan 8:00 a.m.	20	21	22 Minyan 8:00 a.m. Beareavement 1:00 p.m.	23 Services 6:30 a.m.	24 Services 9:00 a.m.
2 Nisan	3 Nisan	4 Nisan	5 Nisan	6 Nisan	7 Nisan	8 Nisan
25	26 Minyan 8:00 a.m.	27	28	29 Minyan 8:00 a.m. Beareavement 1:00 p.m.	30 EREV PASSOVER Services 6:30 a.m. Passover Seder 6:45 p.m.	31 PASSOVER I Services 9:00 a.m.
9 Nisan	10 Nisan	11 Nisan	12 Nisan	13 Nisan	14 Nisan	15 Nisan



Our logo is a Shield of David made up of a calligraphic interpretation of the Hebrew initials of the Congregation, BETH EMETH, which means House of Truth.

Beth Emeth Congregation of the West Valley 13702 W. Meeker Blvd., Sun City West, AZ 85375

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THE OBSERVER

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