The SCOOP

The Happenings of Congregation Beth Israel

March 2023

Dear friends,

We are at that time of the Jewish year when we are encouraged to be generous.

This is an obvious Jewish value throughout the entire year, but come Purim time and it's emphasized even more. Giving gifts of food to each other and the gifting of Tzedakah are acts that we are encouraged to do on or around the holiday of Purim to celebrate this happiest of occasions. It teaches us that we are happy most when we are helping others (see Rabbi Abe's message below).

While in past years we usually distributed Purim baskets to each other while raising funds for CBI, this year we decided to embark on another project: Purim cards to each other with Tzedakah baked into the whole Hamentash mix. And we have done a marvelous job, raising more than $1,500--a portion of which will be donated to Hatzilu, a wonderful organization that provides life provisions for those lacking throughout Nassau County.

CBI, we can be proud of what we've done and we look forward to coming together as a community to do even more.

L'chayim, and see you at the Megilah reading and Improv performance on Purim on March 6th.

The CBI Scoop Editorial Team

Check Out This Scrumptious Buttery Hamentash Recipe

The following essay was written by our member, Shari Miljoner, about her mom OBM, and some poignant Purim memories.

THE CORNER

Norma "Nech" Atlas

Some of my most cherished childhood memories involve my mom, Norma Atlas (a.k.a. "Nech" her Yiddish name).

My mother had a very difficult childhood as her mother was institutionalized when my mom was only ten years old. She had a loving father but in those days fathers did not participate as much in raising their little girls. My mother lived with her maternal aunts in different neighborhoods in Brooklyn and Far Rockaway. Mom let me know that she always felt her aunts' love, However, it was not nearly the same as being raised by her own mother. As a result of Nech's sad upbringing, she was determined to be an involved and loving mother to her own children….something she always dreamed about.

My mom's life revolved around my father, David, their four children, and our temple. Mom's love for Judaism was apparent with every Shabbos meal, holiday celebrations, regularly attending shul with my dad, siblings, and me, as well as her many attempts to learn to read Hebrew. Rosh Hashanah, Chanukah and Pesach were celebrated with elaborate meals, lots of company, and crafts.

However, Purim was in a class all to itself. My mom always wanted to be sure that our costumes were special. She would sew, draw, paint, etc… until we could present ourselves as an authentic Queen Esther, King Achoshvarosh, Mordechai, or evil Haman. As we got older, Mom's creativity evolved to include current characters. The kitchen smelled glorious with hamentashen baking in the oven. It was a whole family activity. We made shalach manot for many of our shul friends as well as neighbors and our teachers. My mom would drive us around town and one of us kids would bring baskets into our many friends' homes. Together we heard the Megillah, stomped out Hamen's name, loudly shook the groggers, and shared our costumes (Nech's creations) with our friends.

In 1973 my mom's mother passed away… on Purim. It seemed appropriate that my grandmother's name was Esther. My mom and dad did not go to shul to hear the Megillah reading that year. However, my mom asked my aunt to take us to shul because she still wanted us to celebrate the holiday. In an odd twist of fate, my mom, Nech, also passed away on Purim, in 2009. My mom's loss was so devastating to me, that I have not returned to hear the Megillah reading since the year before she passed.

Joining Congregation Beth Israel has given me a renewed connection to my childhood, and my family's precious customs, beliefs, and spirituality. Like my mother, when I am not in shul, I hum or sing (though, not well) the prayers that Rabbi Abe chants each Shabbat. Our temple affiliation has added to my life.

Among other things, it allows me to connect to my youth. My shul is my "home away from home." I look forward to hearing the Megillah, for the first time in fifteen years, and celebrating with all of you at CBI!

L'Chaim!

CBI Super Bowl LVII Fundraiser

WINNERS

First Quarter: $150	**Marianne Baker**
Half Time: $300	**Bob Bolebruch**
Third Quarter: $150	**Ilene Rothschild**
Final Score: $400	**Steve Sherman**

Congratulations to the winners

The Rabbi Speaks

Dear friends,

There is a well-known Jewish expression that the Hebrew month of Adar is associated with: "When Adar begins, we increase in joy." The maxim is stated by our ancient sages in quite a matter-of-fact way—as if it's a given that one can be joyous on command when a certain period begins. But that's what our ancient wisdom imparts. So how does it work? What does it mean?

If we think about it a little bit deeper, perhaps it makes a lot of sense.

We are all familiar with the expression "fake it till you make it." That phrase can be utilized for many different scenarios in our lives, and it's a general prescription for accomplishing something even though one has doubts and is questioning their self-confidence. Well, just do it (thanks, Nike), and things will work out. Always a better idea better than just sitting back and doing nothing.

When it comes to the arena of happiness, there are things in life that definitely makes/keeps us all happy, and Community, Connection to loving people, and maintaining a solid support network seem to be the biggest factors in that regard. The longest study of human happiness at Harvard—a longitudinal study that has been ongoing for more than 80 years that studies exactly that—says as much.

So perhaps the way to bring happiness into your life—in Adar and the rest of the year—is by building your social connections in real life. No, I'm not talking about social media or anything to do with a rectangular black chunk of cellular power; I'm talking about that which will bring you real happiness and contentment. Talking, connecting, and listening to real, live human beings in the flesh. Helping someone else, being compassionate and empathetic, and then acting on those feelings.

And in the past few months, I've been feeling that feeling in our synagogue.

There is a balanced, nuanced atmosphere of equal parts spiritual and social that pervades CBI these days. Serious prayer service, and then an authentic social element afterward at the kiddush. I feel that new friendships are being formed and that people are genuinely enjoying themselves.

Let's continue making that happen, and it can only happen with more people taking part in all of our programs and needs.

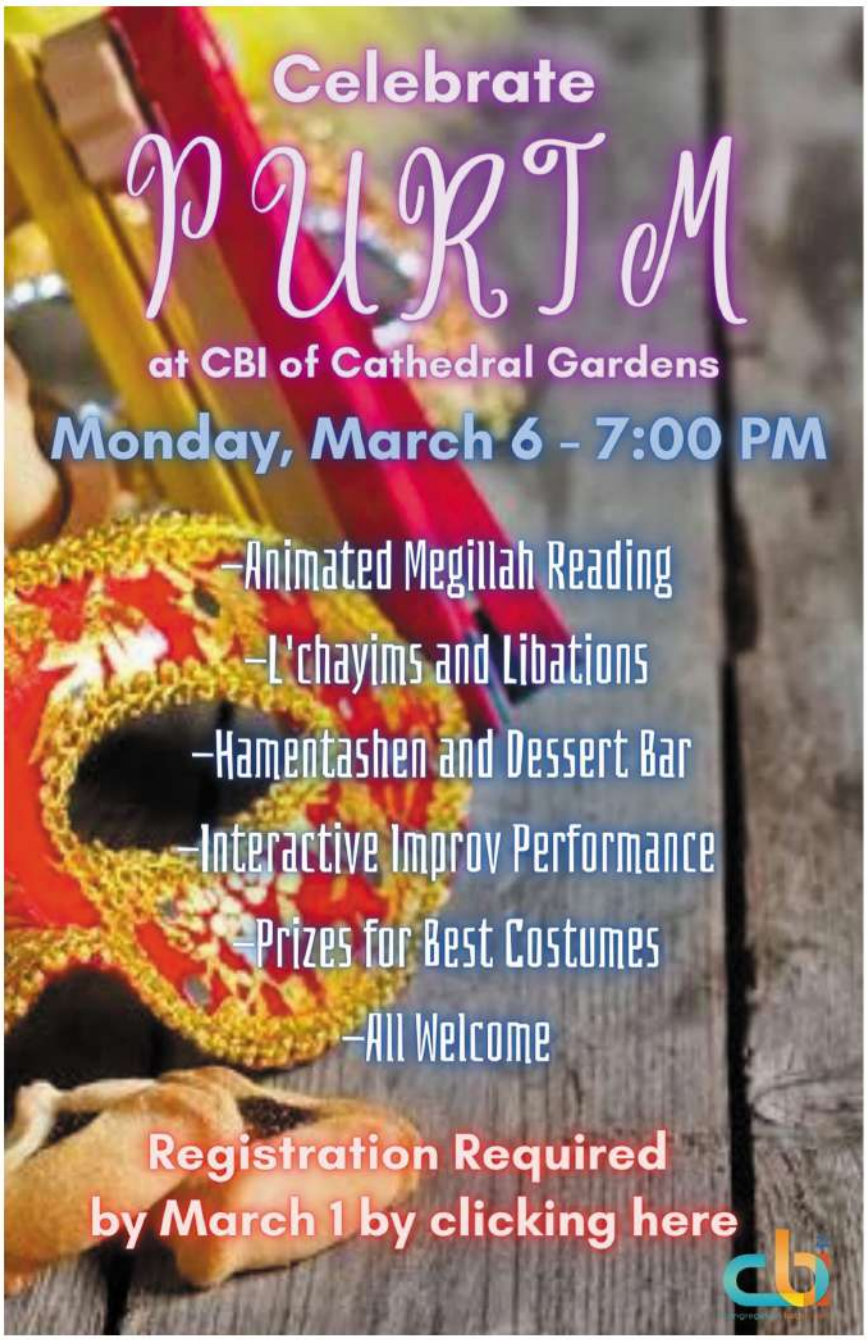
Starting from this Purim on March 6 (see flyer below), I look forward to seeking you all in person, making CBI of Cathedral Gardens the "it" Jewish/spiritual/fun/social place to be on Long Island. That night will be a lot of fun and you don't want to miss it.

A happy and joyous Purim to you and your family,

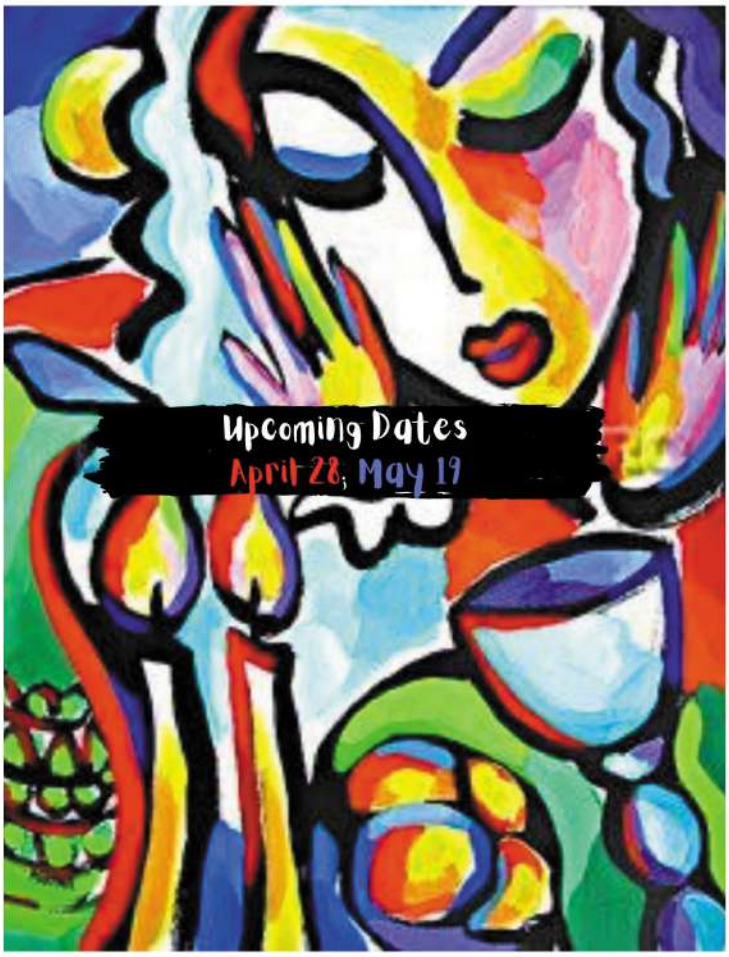
Warmly,
Rabbi Abe

Upcoming Events

To all who participated:
Thank you for making
our fundraiser a great success


Celebrate
PURIM
at CBI of Cathedral Gardens
Monday, March 6 - 7:00 PM
-Animated Megillah Reading
-L'chayims and Libations
-Hamentashen and Dessert Bar
-Interactive Improv Performance
-Prizes for Best Costumes
-All Welcome
Registration Required
by March 1 by clicking here

Presents
BACK TO JEWISH SCHOOL
WITH RABBI ABE
March 2023
Wednesdays at 8 PM
On Zoom by clicking here



Musical Kabbalat Shabbat @CBI

Join us these Friday nights

March 24

April 28

May 19

@7:30 PM

Oneg to follow services

Registration required by
the Tuesday prior
on our website homepage

www.cbicg.org

Bring a friend and family

- Save the Date -

Yom HaShoah 2023

Sunday
April 23, 2023
at
CBI of CG

more details to follow

Purim killjoys

Come on, laugh a little!

Mazel Tov Corner

Mazel Tov
to Lynn Sevan
on the occasion of her
grandson
Eitan Moshe Fisher
of Teaneck, NJ
becoming a Bar Mitzvah

Healing Nook

Best wishes to all of the CBI Covid Sisters, under the leadership of
Roberta Bouer
whose infectious nature doesn't only include social events

March Yahrzeits

- Norma Atlas 3/4
- George Glasser 3/4
- Marvin Bernstein 3/5
- Efthia Sabbas 3/5
- Edith Brandes 3/9
- Ruth Volin 3/12
- Marvin Levy 3/14
- Fanny Kleine 3/15
- Morris Goldsmith 3/16
- Marvin Fricklas 3/16
- Charlotte Levin 3/16
- Siegfried Rothschild 3/17
- Isaac Rosenkranz 3/18
- Joseph Brass 3/18
- Abraham Kaputkin 3/20
- Rose Skulsky 3/24
- Julian Levi 3/25
- H. Robert Levine 3/27
- Samy Baruch 3/28
- Solomon Janvey 3/28
- Sender Levine 3/28
- Martha Levy 3/29
- Irene Weisman 3/29
- Ira Soblick 3/31

In Memoriam & Yahrzeit Donations

Ilene & Robert Rothschild (Yahrzeits for Robert's father, Siegfried Rothschild, and Ilene's father, Joseph Brass)

Alan Mantis, (yahrzeit of wife, Adrienne N Mantis)

Muriel Levine, (in memory of Lois Glanzer)

Marianne Baker (at the yahrzeits of sisters, Lillian Rosansky and Barbara Friedman)

Marianne Baker (in memory of Lois Glanzer)

The Maggid Family (in memoriam)

Abe & Angela Sabbas (yahrzeit of father, Leon Sabbas)

Alan Mantis (yahrzeit of cousin, Marvin Fricklas)

General Contributions

Muriel Levine (wishing Bernie Drexler a speedy recovery)

Muriel Levine (wishing Roberta Bouer and Susan Bass a speedy recovery from their injuries)

Marianne Baker (best wishes to Bernie Drexler)

Richard Krauss (to the Kiddush fund)

Sam Seifman (thanks for hte invitation to Tu Bishvat Seder)

Susan Bass (Mazal Tov to Lynn Sevan in honor of Bar Mitzvah of grandson, Eitan Fisher)

Promote Your Business

Looking to promote your business, professional services, or the opening of a new venture?
Consider supporting our synagogue
by advertising in our monthly newsletter.
Please reach out to info@cbicg.org
or 516-489-1818 for more info.

CONGREGATION BETH ISRAEL

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