The SCOOP

The Happenings of Congregation Beth Israel

February 2024 | שבט-אדר א' תשפ"ד

Being part of a community not only brings joy but also contributes significantly to overall health. The Harvard Study of Adult Development, a decades-long research project, emphasizes the positive impact of social connections on well-being. Engaging with a community provides emotional support, reduces stress, and promotes mental health. Strong social ties have been linked to increased longevity and a lower risk of various health issues.

In the context of the Hebrew month of Adar (this year, there are two of them), which is associated with joy and happiness in Jewish tradition, the sense of community becomes even more meaningful. The celebration of Purim during Adar embodies communal joy, fostering a shared sense of purpose and camaraderie. Participating in communal rituals and events during this month can enhance one's emotional and psychological state.

Moreover, finding joy and happiness through community involvement is akin to discovering a renewable resource. Regular interaction and shared experiences create a positive feedback loop, benefiting both individual well-being and the collective health of the community.

As we navigate the complexities of modern life, and given the current situation in Israel and Gaza, embracing the spirit of community becomes not only a source of joy but also a cornerstone of holistic health.

Let's all take advantage of this beautiful gift that our synagogue and community affords us.

Wishing you and your family a joyous and connected Adar
The CBI Scoop Editorial Team

TURN OFF YOUR DEVICE

DURING OUR SERVICES AND EVENTS

The Rabbi Speaks

Dear friends,

There's an old expression that I grew up hearing a lot regarding Joy—the theme of the next two Jewish months: **"Happiness and joy break down all boundaries and barriers."** I think we all can relate to that. Think of the last time you were at a wedding or at a bar mitzvah, and someone encouraged you to dance when you really didn't feel like it, and once you did, you probably felt like all kinds of problems that you thought were there somehow dissipated. That didn't mean the problem went away, but it did mean that you had a newfound source of energy to combat the problems.

We all have many things weighing on us these days, especially when it comes to Israel and the aftermath of October 7. Many of us feel sad and depressed, wondering when the war will finally be over with Israel being allowed to rest in peace and tranquility. That day will surely come, but it will take some time. As Israel maneuvers its way through Gaza and its labyrinth of urban and subterranean territory, attempting to root out the threat to its existence, it realizes that time is what it needs to get the job done. There are no shortcuts to destroying a terrorist organization. It will happen in due time.

Meanwhile, life goes on, and we have to do our best to live our best lives. We can't wallow in the misery and victimhood of the attack; we must march on, living life with verve and joy.

As we enter the month of Adar I, let's let joy overtake us and be the prominent emotion in our toolbox. In the next two months of Adar, the spirit of Purim will be all around us, so let us hope and wish for a Purim 2024 where joy abounds and the barriers in our lives are truly broken.

Let the joy begin!

Warmly,
Rabbi Abe

Upcoming Events

Journey Pilates

CHAIR PILATES @CBI for Mobility & Strengthening

Join us for the joy and benefits of movement in our NEW Pilates Class! Discover gentle and effective exercises to elevate your strength, flexibility, and balance while enjoying our vibrant community. Open to all ages and genders.

Wednesdays, Feb. 7/Mar. 13
@ 10:30 am
Registration required
$10 per class
(fee increase)

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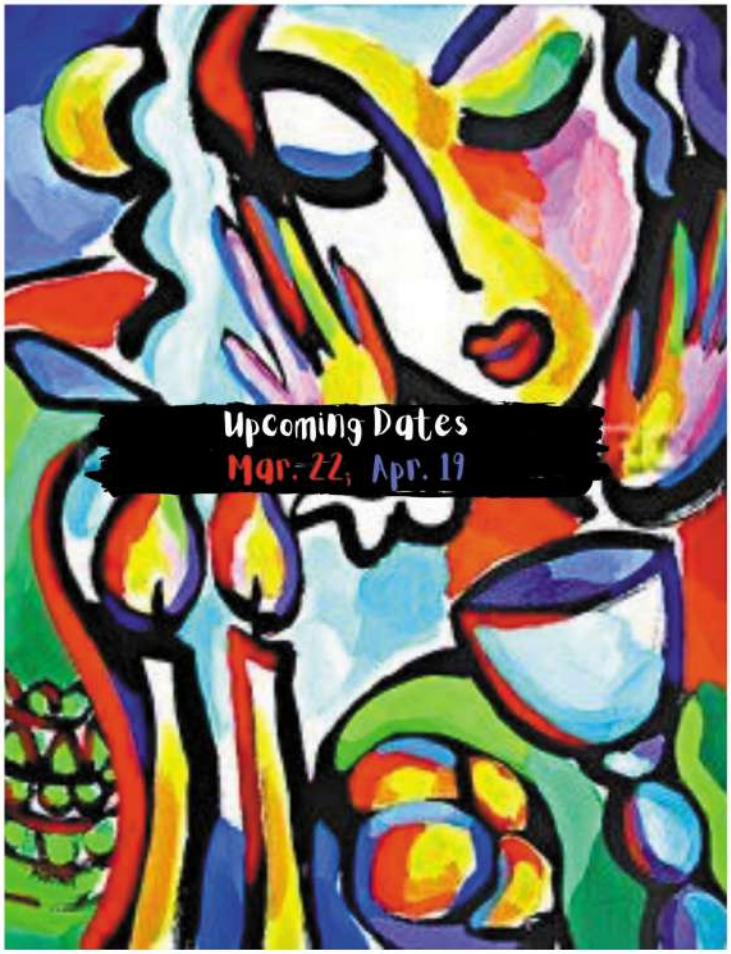
congregation beth israel

JEWISH HERITAGE WEDNESDAYS

WITH RABBI ABE

@8 PM On Zoom



Musical Kabbalat Shabbat @CBI

Join us these Friday nights

February 16

March 22

April 19

@7:30 PM

Oneg to follow services

Bring your friends and family

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"What will change my life?"

" I appreciate your offer, but I was really hoping to marry a doctor."

"I'm from New Jersey but I identify as New York."

Come on, laugh a little; It's Adar (well, Adar I, but Adar still (IYKYK))

February Yahrzeits

- **Samuel Drexler** 2-3
- **Lillian Rosansky** 2-6
- **Oscar Robbins** 2-8
- **Shlomo Gutman** 2-11
- **Joseph Shulman** 2-11
- **Blance Zaum** 2-11
- **Leon Sabbas** 2-12
- **Paul Skulsky** 2-12
- **Dorothy Goldsmith** 2-13
- **Harriette Shved** 2-13
- **Adrienne Mantis** 2-14
- **Norma Atlas** 2-20
- **Marvin Bernstein** 2-21
- **Efthia Sabbas** 2-21
- **Edith Brandes** 2-25
- **Marvin Friclas** 2-25
- **Murray Kitain** 2-26
- **Ruth Volin** 2-28

In Memoriam & Yahrzeit Donations

Marianne Baker (yahrtzeit of sister, Barbara)

Marsha Mandell (yahrtzeit of Mildred Rappaport)

Donations

Alan & Frieda Brodsky (Rabbi's Discretionary Fund)

Stuart & Rena Rauch (in honor of the marriage of Richie & Debbie Krauss)

In Memory of Rita Bouer

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Alan Mantis
Muriel Levine
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