

**Wishing You a Zissen Pesach...
Happy Passover!**





Nancy & Don Carter Campus

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Cookie Lea Olshein

CANTOR

Michael Kruk

RABBI EMERITUS

Howard Shapiro, D.D.

TEMPLE ADMINISTRATOR/EXECUTIVE DIRECTOR

Karen Szteinberg

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From the President

Marty List

What a year this month has been...

It wasn't so long ago that we were going out with friends, attending parties, mingling at worship services and enjoying time together. It was only last month, as we became more aware of COVID-19 as a pandemic, we began taking some precautions. But in just the last week (from the time I'm writing this), everything has changed. The world appears to be revolving more slowly, the days are getting much longer and people are no longer living life as we knew it.

We are being directed to practice physical distancing from others as the best prevention against the Coronavirus. We need to restrict ourselves to the confines of our own homes, hesitantly venturing out to work or shop for groceries. As we worry about our families and friends, loneliness, anxiety and fear increase.

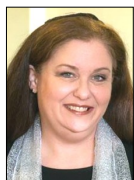
So, what can we do to keep ourselves well, both mentally and physically, while remaining physically apart from those we love? According to Amanda Ripley, author of "The Unthinkable: Who Survives when Disaster Strikes - and Why", there are four essential steps we all should take:

- First, it's important for us to exercise – a walk around the block helps reduce stress.
- Second, keep connected to your family and friends. Check in with each other and reach out to your friends and neighbors – a caring or even amusing conversation can be impactful. Use your phone, FaceTime, Skype, Zoom, Duo, etc. to keep in touch to stay socially connected!
- Third, allow your mind to refocus and refresh, such as through meditation and prayer. Science has shown that this can enhance our immune functions. (Our Friday evening services will be livestreamed on Facebook Live! and Zoom, and our Saturday morning Torah Study will be available on Zoom as well.)
- And fourth, consider what you can do for someone else: are you able to pick up extra groceries for a neighbor while you're shopping or set up Zoom for a friend so she can "visit" her children or grandchildren?

Every Shabbat we sing *Hashkivenu* – "Let there be love and understanding among us. Let peace and friendship be our shelter from life's storms". "*Chazak v'amatz*" – be strong and have courage.



In March, Temple Israel was awarded \$10,000 in incentive funding from our participation in the Grinspoon Foundation's Life & Legacy program facilitated by the Jewish Federation of Palm Beach. Your participation adds to these additional funds, over and beyond your own gift. Please consider joining us in creating a lasting legacy at Temple Israel.



From the Rabbi

Rabbi Cookie Lea Olshein

Zeh Hayom Asah Adonai, Nagilah v'Nism'cha Voh

These words from Psalm 118:24 may seem like challenging words in these challenging times, but perhaps that is exactly what we need, a challenge ... but, when times seem darkest, our tradition teaches us that we must be intentional about finding the good, under whatever circumstance, no matter what we see before us.

As I write this, we face a time of uncertainty. Uncertain how our government will continue to respond, uncertain how long we will need to physically distance ourselves from our communities, uncertain whether someone we know and love will get sick (or, God forbid, whether we will get sick). So many of us feel so out of control.

However, the one thing we can control is our reaction.

We can be intentional about practicing gratitude, especially right now. We can be intentional about reaching out to those whom we know are most vulnerable, especially right now. We can be intentional about reaching inward to practice self-care, and creating moments of meaning, in the midst of this unexpected storm.

Which leads me to ask two very simple questions ... how can Temple Israel help you right now? And, how can you help Temple Israel?

As we hope you know by now, we have created a slate of online (and phone) opportunities to simply just “check in” with each other, some more serious in tone, and some seeking a bit of fun ... but, to participate, we need you to be with us on our “Zoom” platform. (Please call the Office if you need help getting on – you can also get our Zoom call-in numbers and participate with an old-fashioned phone if you don’t have a smartphone, tablet, laptop, or desktop – however, I promise it will be worth the effort to get you online so you can see everyone’s faces!)

Our worship has moved online via Zoom (while still on Facebook, as we have been for many years). Our Torah Study, Chair Yoga, and other classes (some serious and some fun) have now moved online as well ... as has our 2nd Night Seder. In other words, there has never been an easier way to connect with Temple Israel!

Why are we working so hard to do this? A colleague recently shared that we need to stop using the word “virtual” to describe what we are trying to create using the technology available, because “virtual” implies that whatever we create is not quite real. At least for now, we will focus on creating and deepening our “online” community, because we believe that we really can create and deepen relationships using this wonderful technology.

Few could have predicted that this crazy new online world would be how we would really remain a community during a time of physical distancing ... we hope you will give us a chance and participate (and let us know what you would like to see online)!

So, again, I ask – how can we help you? We recently sent out a survey via e-mail asking for volunteers ... and now we want to try to put some of those volunteers to work! While we cannot promise to fix all of anyone’s problems, we have great resources in our community to connect problems with solutions – we just need to know how we can help ... so be in touch with me and/or the Office.

I began with a challenge to find the good as we cross these unknown waters. I end with the promise of the new month of Nissan, which we just entered. Nissan is considered one of the four *Rosh HaShanah*'s (New Years) as it is the first month on the Jewish calendar. (Our fall *Rosh HaShanah* is actually celebrated on the first day of the seventh month of the Jewish calendar.) In some ways, celebrating a new year in the spring, particularly right before Passover, teaches us that there is always hope for renewal and liberation from whatever enslaves us. Redemption is always possible through faith and action (in our case right now, I would argue faith and actively staying home).

My prayer for you this month is that you figure out a way to create a *mikdash me'at*, a small sanctuary, in your home -- one where you feel safe, and where you can create meaningful moments and opportunities for social connection, always practicing gratitude for whatever the day brings. Then, when the time comes for all of us to return to whatever our "new normal" is, may you truly understand what redemption and liberation can be not only for ourselves, but for all who live in this world.

As always, my "online door" remains open ... I hope to speak with you soon.

Hang Out with Us as We Learn Some Fun Passover Trivia and Make Our Own *Matzah*!



We'll be LIVE on
Zoom on Monday, 4/6,
at 7:30pm! Watch your e-mail for
log-in info and have some fun with us!



Temple Israel Brotherhood

Mike Strauss, Brotherhood President

The beginning of March was great for the Brotherhood, and a huge thank you goes to everyone who volunteered or attended one of our events. We enjoyed sponsoring and cooking the Upside-Down Dinner for Purim, and the Temple had a great day out at the ballpark watching spring training.

Unfortunately at this time we cannot be physically together, but we are still bound by our Brotherhood and deeply care for each other, our congregation and our Temple as a whole. We will continue to make plans for the future and look forward to more fun programs as soon as possible. Keep an eye out for emails.



Temple Israel Sisterhood

Sandra Sternfeld, Sisterhood President



We are all part of a pandemic and part of that involves distancing. Since Temple Israel has instituted some really well thought-out guidelines, we have to keep in touch with each other via whatever means we have. Phone calls work for all, as not everyone is proficient with electronics. Now, more than ever, we need to keep our members in our hearts and we need to make sure we are all okay.

We can still be a family. If you need something, I am one of many who will make time to help you.

After we are able to get physically close again, we need to plan some fun things to do and ideas are always welcome. Perhaps your suggestions will come to fruition! All you need to do is contact Valerie Eaton or Carol Loreto-Maddox who helped Sisterhood with our programming; they can help make our wishes come true!

While I will miss our second night Seder, maybe we can make a big coming out party and continue to celebrate all that we have together.

My thoughts for health and happiness to all.

In this critical time when on-line shopping can be a safer alternative, why not create smiles and a free donation while you shop... by using AmazonSmile!



AmazonSmile is the same Amazon you know and love –same company, products, prices and service. But by going through their smile.amazon.com site, Amazon will donate 0.5% of your AmazonSmile purchases to Temple Israel (on eligible purchases.) Simply go to smile.amazon.com and choose Temple Israel of West Palm Beach as your charity of choice. Then start shopping! It's the easiest donations you'll ever make!



The *Mussar* Moment

Rabbi Emeritus Howard Shapiro

The below Mussar Moment was written on March 5th. The world was very different then and the content of the article reflects that. How much has changed! How much has remained the same. We still need to find our way “through these corridors of confusion”. Only now we need to do it without the benefit of our being together face to face, shoulder to shoulder. Thank God for the internet. Thank God for being able to connect virtually. Thank God for the telephone and Facetime.

But COVID-19 is not a footnote of March. It is the reality of our lives. My hope is that we can all find our center. My hope is that Passover will bring freedom from fear and all the steps we are taking as a society will lead us through this sea of sadness. Stay healthy. Stay safe.

It is not quite Purim as I write this Mussar Moment but it is close. Esther is waiting in the wings to appear in the King's bedroom. Mordechai is watching and observing how the virus of hatred and prejudice is spreading in the ante chambers of Haman's mind. Ahasuerus is oblivious just wanting to keep the party going enjoying the trappings of power.

And it is not quite a pandemic as we hold our breaths to see what and where the Coronavirus will do with itself and how it will infiltrate our lives as we go from supermarket to pharmacy to see if there has been a delivery of Purell. Yesterday I was in a meeting where we were planning a community gathering for a month from now and we knew out loud that the public aspect of the assembly was at risk since no one knew what the future held.

Of course, even before we had ever heard of the term Coronavirus, no one knew what the future held. Life is really about that even if we aren't ready to admit it. Existentially every step is precarious and every handshake exchange is more than a willingness to be open and extend good wishes of peace and harmony. Even before the virus emerged to place our finitude and fear at the center of our daily story, we transferred our own genetic material to each other with barely a touch.

Our Mussar masters and spiritual teachers might remind us at a time like this of the soul traits (*Middot*) available to us to help us through this crisis of waiting and watching. (We are Mordechai and Esther combined). I immediately thought of “faith” and “trust” but I happened to meet Debbie Hirsch and she had a better idea. It is “equanimity” that we need. The soul trait that asks us to find balance in our lives. In Hebrew the term is “*Menuchat Hanefesh*” and it translates loosely as “rest for the soul” or “tranquility”. But here is the thing about the Mussar teachers: it is not a passive soul trait. It is not wait and see. It is not blind trust and leaving it all in the hands of God. It is balance. Finding your way through these corridors of confusion and living with both joy and appropriate caution. Finding a place for your anxiety and channeling it to proper safeguards.

Mussar is never about extremes. It is about being in the right place for the right moment and acting accordingly. I am hoping that by the time you read this in April, these words will be superfluous, and we will be able to concentrate on the ancient plagues of Pharaoh and Coronavirus will be a footnote of March.



Religious School

Jackie Klein, Religious School Director

I'd like to share a story with you this month. As staff at Spring *Kallah* – the teen retreat weekend that I went to this past month with some of our youth – I had the opportunity to speak with the security guards who were there to maintain our safety. Let me assure, *we were safe*. There were three different companies watching over us.

One of the guards was very interested in the work, leadership and content of the weekend. He was so impressed by all that the teens were learning, that they were the ones who were teaching each other and that they had voluntarily studied and prepared enough to be the leaders of the programs. He continually expressed this amazement each time we spoke and said the world would be a better place if all youth communities and religions put such an emphasis on leadership and education for their teens.

As Jews, we care extensively about *L'dor V'dor* and teaching the next generation to be leaders. It is a privilege our teens have, because we as adults care about their growth and development. It was so wonderful to be back within the NFTY STR (North American Federation of Temple Youth Southern Tropical Region) community and to see so many of my friends whom I grew up with. It was obvious that we still share the same interests as they have taken on the same role as I have in their communities and have become Jewish educators as well. It was so powerful to see our teens enjoying themselves as they made new friends and explored their own Jewish Identity just I had done over a decade ago.

NFTY STR allows teens to be Jewish in a place that is just their own and to develop the leadership skills and passion about Jewish life in a safe space where they can ask questions. By doing so, these teens are then more empowered to come back home and be the Jewish leaders that we hope from all of our teens. When our teens go off to *Kallot*, they return as better *Madrichim* in the classroom and are more connected to the Jewish world.

Our Temple Israel youth are taking on new leadership roles for our community and running new programs. One of the programs planned by our Youth Group Board was our Open Mic evening in April (open to all – our youth and adults) which will be re-scheduled for another night. I hope you will be able to join and support us (all proceeds go toward our Youth Program), and perhaps even perform that evening. We'll let you know of the new date and other exciting events happening!



Temple Israel was privileged to have two great guest speakers.

(Left) Rabbi Hara Person, C.E.O. of the Central Conference of American Rabbis

(Right) Sandy Goodman spoke to us about the importance of the census





From the Executive Director

Karen Szteinberg, Temple Administrator/Executive Director

One of my favorite holidays is Passover. Truth be told, through the year I make *matzah brie* and *charoset*, Malaga is my favorite wine (obviously I'm not a serious wine-drinker), and I can't get enough of a friend's homemade caramelized *matzah* crunch drizzled with chocolate and scattered nuts. I cherish my childhood memories of my extended family huddled around the table, the kids at the "children's end" and excitedly looking at the wine in front of us (we didn't know it was pre-poured grape juice.) I vividly recall everyone pointing to the youngest there (me) to start the four questions and laughing at whose turn it was to be/read "the simple son". Of course we had our frantic search for the *afikomen* with a quarter to whomever found it (we later earned a whole dollar.) As we grew up, we still incorporated some fun into the holiday such as plastic frogs on the table that we'd flit and sing "frogs here, from there, frogs are jumping everywhere."

Reading the lengthy *Haggadah* (some slowly reciting it in Hebrew), waiting fidgety and helping with the massive clean-up afterwards are fuzzy in my mind; the brisket was worth waiting for as were the Passover desserts.

But in our excitement and amusement, we overlooked that Passover is not a joyous holiday. While it celebrates our strength and survival, it also focuses on human struggles – the ten plagues, the slaughter of first borns, our difficult and long Exodus – and it assures us that God protects us.

Throughout history, whether at the hands of a pharaoh, fuhrer or nature, we have struggled to survive with God's help. We have endured draconian disasters and atrocious tragedies, have helped strengthen each other and have grown individually and as a community with heightened awareness and better choices. And once again, we are now faced with another calamity.

May we all find the necessary distractions and take the proper precautions to get us through this pandemic. For me, I think back to my childhood Passovers and I will comfort myself with some familiar recipes, sweet wine, reading, toys and games. I will be among my family and friends to hear how their days are and have a few laughs – even if only via the phone or online. I will remain responsible to those who need me and help whomever I can. And I will do whatever I can to limit my exposures and triumphantly get through these next few weeks or months.

I wish the same for you and your families, and that we can celebrate holidays together soon. In the interim, please stay safe, participate in our programs via Zoom and join us at our online worship services. We all need to support each other... and pray.

Special Thanks Go Out to These Members of **Temple Israel's Greeting Corps**
who volunteered to serve in March:



Steve Fligman
Jeff Gingold
Suzette Gingold

Beryle Goverman
Sheila Lutin
Terry Resk

Ruth Salkin
Tracy Simkowitz

Howard Solomon
Linda Solomon

If you too would like to be a greeter, please contact:
Mark Simkowitz, mgoose54@aol.com, (561) 762-7947
Hugo Ottolenghi, hugoott@aol.com, (561) 818-2946

We asked Carol Safran and Peter Eckstein why they decided to participate in our rewarding Life & Legacy program. They responded:



We had vastly different paths leading to Jewish Palm Beach. Carol grew up in Far Rockaway, NY with an assimilated Jewish upbringing. Peter, the son of two Holocaust survivors, grew up surrounded by a community of other Holocaust survivors who were miraculously all resettled in Syracuse, NY.

Jump forward to *Kibbutz Ketura* in Israel, where we met, settled down and had our two daughters. Life on *kibbutz* answered our desire for Jewish community until 1993, when we returned to the U.S. for what was planned to be a year's visit. The loss of several of our family members that year highlighted the difficulty of living overseas; we decided to make South Florida our new home.

Coming to Florida was a culture shock for our family. *B'sheret*, Peter was hired as Education Director at Temple Israel soon after we arrived. TI welcomed our family with open arms. Our children went to religious school at TI and became *b'not mitzvah* and confirmed. Carol also became a *bat mitzvah* at TI. We built a Jewish life through TI. It is where we met our closest friends. TI is our Jewish home. It feels comfortable.

Temple Israel has provided emotional and spiritual support to our family for almost three decades. Now it is our privilege to give back. We want to make sure that the blessings that TI bestowed upon us will be there for someone else.

Please consider creating a legacy to provide for future generations and continuity of services and programs. For more information and ways to participate, please contact our Administrator/Executive Director, Karen Szteinberg, at (561) 833-8421 or karen@temple-israel.com.



Membership Committee News

Carol Safran, Membership Chair

Truth be told, I didn't submit my *Koleynu* article on time. If I had written this piece on time, I would have focused on our upcoming Coffee and Conversation events and encouraged you to attend our planned get-togethers to meet your neighbors from within the congregation. But yesterday (at the time of my writing this), someone with COVID-19 stepped off a Jet Blue plane at PBIA and now what was theoretically scary two days ago is right on our doorstep. Events are being cancelled, local colleges are sending students home for the semester and social distancing is now a "thing". Out of an abundance of caution, last night our Board decided to cancel *Pronegs* and *Onegs* for the next few weeks. Instead of receiving a name tag, guests at Friday night services will receive a squirt of Purell. We are living in a strange and scary moment.

Now that we are being discouraged from gathering closely, shaking hands or kissing hello, now that there's no Spring Training or March Madness to distract us, how do we keep ourselves, our loved ones and our community from crawling into a shell? Social isolation is poised to become a real "thing" too. And it's difficult to stay healthy if you're feeling depressed and alone. What to do? Well, the other decision the Board made this week is to make a concerted effort to reach out and keep in touch with everyone in our congregation. So if you get a phone call from a number you don't recognize, while you still don't have to pick up, please listen to the message from us – either from a member of our congregation, the Board or even the Office staff or clergy – and CALL BACK. Whoever is calling you cares about you and wants to make sure you're doing alright. Maybe even pay it forward. Take out your Temple Israel directory and call someone else. And if the person you call needs help, please let the Temple Office know so that we can offer our resources or suggest other resources available in the community.

Maybe next month I'll get to update you on Coffee and Conversations. In the meantime, stay safe and stay healthy!

(EDITOR'S NOTE: This article was written before the severity of the Coronavirus resulted in Temple Israel becoming a closed campus. Rather than update this article to the date of printing – which could even then be out of date by the time this Koleynu is in homes – its message is still clear and appropriate. We care about you and want to stay in touch, even at a distance.)



Temple Israel is proud to partner with Alpert Jewish Family Services, including donating Publix gift cards for their families in need from contributions collected from our members.

DO YOU HAVE PRINCE ALBERT IN A CAN? IS YOUR REFRIGERATOR RUNNING?

Remember the days of expensive long distance phone calls? We would speak fast and time ourselves to hang up before the next minute began. The first intercontinental phone call cost \$20.70 for just 3 minutes in 1915 when the average salary was \$687/year! And in 1950, a 3-minute daytime call was \$3.70, which decreased to \$.40 to \$2.00 “off-peak” when those rates were first introduced. Gone are the days when we would play games with the phone company – “Collect call from Imma Heresafe, will you accept the charges?” (No need to accept or incur charges; the message was in the name.)



The cost and methods of communication have significantly changed over the years. Today many pay one price for phone service and no longer time conversations, and many products are free and considerably enhance our ability to stay in touch with our family and friends.



At Temple Israel, we love our TI family and when we can't physically be with them, we can use so many other options! We want to stay in touch!

While our campus remains closed to our members and visitors during these turbulent times of COVID-19, our *erev Shabbat* worship services continue to be livestreamed and saved on Facebook, and we have also incorporated Zoom technology on Friday evenings... as well as for our Saturday morning Torah Study! We are also using Zoom for other services and programs, such as *Havdallah*, *Yizkor*, TI Reads, Chair Yoga and more! In addition, our Religious School and Youth Groups are continuing their education and holding many activities through Zoom, including a model Passover Seder. You'd be surprised at just how easy it is to use Zoom but if you're hesitant or need our help, just let us know. (And... you can even use an old fashioned rotary phone to participate via Zoom!)

So stay connected – with family, friends and Temple Israel! Check out your emails and mail for more information on how to download and use Zoom, or contact the Temple Office at (561) 833-8421 or tioffice@temple-israel.com and we'll walk you through it. (We can't wait to see you, even if not in person!)

At the NFTY-STR Spring Kallah, out TI youth develop their leadership skills and strengthened their connection to Judaism



Our TI Youth Group had a great time at the Palm Beach Zoo where they enjoyed animals, tigers and bears... oh my! Their adventures in learning included discovering fun facts about the animals, going on a scavenger hunt and even dissecting owl pellets (the latter which they said was among their highlight!) The kids – chaperoned by some parents and Rabbi Olshein – stayed overnight at the zoo and had a great time overall.



TI's families and leadership enjoying *Purim* together.





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*Thank
You*

We appreciate the thoughtfulness of those who support Temple Israel by remembering and honoring their friends and loved ones through their generous contributions.

April Anniversaries

- 8 Michael & Jill Botnick
- 11 Jeff & Amy Devore
- 12 Neal & MJ Rothschild

Mazel Tov

Warmest congratulations to Irma Morris and her growing family on the birth of Irma's great-grandson, Parker Dov Goldfarb, born in Manhattan, NY on March 7th weighing a healthy 8 pounds, 8 ounces. Proud parents are Allie and Lee Goldfarb.





YAHREZEIT DONATIONS

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April Birthdays

1	Barbara Gray	18	Magnolia Douglas
1	J. D. Small	18	Sylvia Douglas
1	Marcia Sue Stiles	18	Shelia Lutin
4	Rex Bone	19	Tali Green
4	S. Lawrence Schlager	21	Madeline Hackman
5	Liam Matias	22	Nancy Horowitz
6	Selma Horowitz	23	Ludmilla Goldberg
6	Susan Sachs	25	Isaiah Torres-Nussbaum
7	Audrey Green	26	Ruth Abramson
7	Richard Rieser	26	Valerie Eaton
9	Donald Carter	26	Alexa Hartley
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