



Kol Ha'am

קול העם

The Voice of Beit Am
Mid-Willamette
Jewish Community

SEDER BABAYIT

April 3 and/or April 4

COMMUNITY SEDER

April 5, 5:00pm

Volume 41, No. 6

March 2015 Adar/Nisan 5775

Building our Mishkan: Your Presence is Needed

Rabbi Benjamin Barnett



In the January issue of *Kol Ha'am*, we announced that we are entering into the active planning phase of making our new building a reality. This month is when that phase will be initiated. If you have been following our progress, you know about the community conversations, “Mishkan Meetings” as we are calling them, that are happening over the next few weeks. For details, see Jana Kay Slater’s board message inside on page 5 and follow the sign-up link on page 6.

As many of you know, the term *Mishkan* refers to the portable sanctuary that served as our spiritual home through the Israelites’ years of wandering in the wilderness. The Mishkan is for us an expression of our vision and highest intention for this project. It suggests that each member of this community contribute in the ways that he or she is able. Yes, one necessary kind of contribution is financial. Thankfully, we have over \$1.2 million pledged or dedicated toward the new building at this point. With help from all of us, we will have what we need to realize our goal. And of course there are other ways in which we each can — and need — to contribute, through energy, enthusiasm, and ideas. All of this will be explored at the Mishkan Meetings.

What I most want to say right now, then, is come be part of it. By now you may have signed up for a meeting. If not, please do so soon. Truly, this is our opportunity to hear from one another and move forward in a way that most reflects who we are as a community. That is no easy task. Ultimately, there will be at least some aspect of

the completed project with which each of us will not be entirely content or satisfied. In an endeavor such as this one, that is inevitable. But if we each offer our particular perspective and energy, then we have a much greater chance of creating something that is an expression of our collective identity.

Personally, this project is beginning to feel quite exciting to me. I am beginning to realize that it will not be all that long until we walk our Torah scrolls down Harrison Blvd. and into our new sanctuary. Even more exciting than all of the functional components, though — a larger sanctuary, better designed classrooms, and a more usable kitchen, for instance — is the feel, the tone, the spiritual substance with which I envision our new home being filled. I imagine something beautiful. I imagine something built with a conscious relationship to the natural landscape within which it resides. I imagine a building which embodies our values of responsible stewardship on this planet, and so is designed with great intention regarding resource use both in its construction as well as for the life of its existence. I imagine a space within which the sacred is revealed, a place that invites us into connection with one another and with Life itself.

This will be Beit Am’s new home for decades, perhaps even generations, to come. Your presence is needed. I look forward to seeing you at one of the Mishkan Meetings soon.

Bivrakha,

Rabbi Benjamin

Beit Am Prayer Services

In all services, men and women are counted in the *minyan* and are called to the Torah.
Newcomers and visitors are most welcome at all the services.

Friday Night Family Service

Family *Shabbat*

Friday, March 6

6:00pm Service

6:30pm *Shabbat* dinner

Families and individuals of all ages are invited to an evening service of music and story, followed by a vegetarian potluck dinner. **Please RSVP to Tara Nierenberg at taranhome@comcast.net if you will be joining us for dinner so that she can coordinate the meal.** *Everyone is welcome to join us for any part or all of the evening.*

Friday Night *Kabbalat* Service

Kabbalat Shabbat

Friday, March 13 and 27

7:30 – 9:00pm

Join us for a musical evening. The ensemble of Beit Am musicians will help us raise our voices in joyful prayer as we welcome *Shabbat* together. An oneg will follow service.

If you would like to host an oneg, please click this link, [Host the Oneg](#), to sign up.



Beit Am Teen Group



This month we are meeting as usual on **Sunday, March 1st from 5:30-7:00pm at Beit Am**. Then on **Sunday, March 15th, we will be serving food at Stone Soup at First Christian Church** in Corvallis. That will happen in two shifts: from 3:30-5:15pm and from 5:15 to 7:00pm. Please RSVP to Rabbi Benjamin if you are able to participate and indicate which shift you would like to take. Also, parents: we need an adult to take part for each of those shifts. Please contact Rabbi Benjamin if you are able and interested.

Sim Shalom Service

Sim Shalom

Saturday, March 7 and 21

9:30am – 12:00 noon

The *minyan* uses the *Sim Shalom* (Conservative) siddur. It is a full service, mostly in Hebrew with lots of singing, the triennial Torah reading, and a brief *d'var* Torah, followed by a *kiddush* and dairy potluck.

Shir Hadash Service

*No *Shir Hadash* Service in March*

Hineni Chant Circle

No Chant Circle in March

Wednesday Meditation

Every Wednesday 12:30 – 1:15pm

PURIM CELEBRATION

MARCH 4

5:30-7:00pm



Dinner Provided!

Come one, come all, to be part of a night of joy, masquerade, and retelling the story of some courageous individuals from long ago whose valor saved the Jewish people. Dinner (pizza and salads) will be provided beginning at 5:30pm. *Megillah* reading and *spieling* will be from 6:00 to 7:00pm.

Le-hayyim!



Dear Parents,

As always, it is hard to believe how swiftly the year is gliding by. By the time you are reading this, Pesach and springtime will be but a few weeks away. Once that happens, we know that warmer weather and sunny days will arrive before we know it.

We still have a few months ahead of us in the Beit Midrash year, with plenty of meaningful moments to share. In addition to each Sunday's learning, every class has awaiting them at least one more opportunity to celebrate Shabbat together, whether in someone's home, as a class at Beit Am, or all together for our end-of-year Beit Midrash Shabbat service on Saturday, May 9.

As we turn toward the spring months, much of the Jewish world will start gearing up for what is for many the highlight of the year: a summer at Jewish camp.

Parents, please know this: camp is so often an opportunity for our children to develop a love of being Jewish and a comfort in Jewish community that is difficult to replicate elsewhere. In the rhythm of long days of fun activities of all kinds, they get to connect with other Jewish kids and experience Jewish ritual in a beautiful and spirited environment. If you have not yet witnessed the experience of Jewish camp, I strongly encourage you to consider it for your child or children for this summer.

This is the time to make plans. Camps will fill up, but there are still plenty of spots. Depending on the age of your child, there are multiple options, both close to home and across the country, as well as varying in length from a week on up. To explore the possibilities, a good place to start is onehappycamper.org. Follow the links for "Parents" then "Find a Camp" to get an initial sense of the options. I will be more than happy to talk about options and share what I know, and also direct you to parents among you with children who can serve as resources, who have gone and still go to camp each summer. Finding another child in the community with whom your child wants to go away is often a great way to do it.

Of course, camp is not cheap, so please be aware that there are various opportunities for financial assistance. For one, each camp maintains its own scholarship fund. At Beit Am as well, we have the Ruth Goldberg-Selma Loney Jewish Youth Scholarship, about which you can inquire from me or through the office or website. Please see the call for applications on this page. Lastly, if this summer will be your first, onehappycamper.org provides a link to learn about generous scholarships available for first-time campers.

I know we all have a lot going on, often with summer plans galore. I invite you to consider an opportunity, even for a small slice of the summer, in which our children can deepen their discovery of Jewish life and identity, and feel joy and familiarity in being who they are, surrounded by community.

If you are at all considering it, please let me know how I can help.

*Bivrakha,
Rabbi Benjamin*

Considering Jewish Camp?



Apply for the

**Ruth Goldberg-Selma Loney
Jewish Youth Award!**



Award funds are available for any Beit Am member.

Deadline to apply is **April 1, 2015**.

Application materials can be found at www.beitam.youth-award.

Have questions? Contact Joni Plotkin at joniplotkin@yahoo.com.

Benjamin Alden Pappas is the second of four children, and has always been a thoughtful and charming young man. He is great at remembering people's names, playing strategy games and making friends. He loves to read, play tennis, listen to music, play the cello, dream about fast and expensive cars and think about the day he will get

his driver's license.

"I'd like to thank all of my Sunday School teachers for helping me and mentoring me. I'd especially like to thank **Sarah Sapon-White, Rabbi Benjamin** and **Amy Buccola** who made the process of learning what I have to do for my Bar Mitzvah really fun." - **Benjamin**

To offer support with set-up, clean-up or potluck:
<http://www.signupgenius.com/go/904084faba62ca13-benpappas>



Please Join Us As

Benjamin Alden Pappas

Is called to the Torah as a Bar Mitzvah

23 Adar, 5775

Saturday, March 14th at 10 AM

Unitarian Universalist Fellowship

Potluck Lunch following the service

Julie and Tony Pappas

DONATIONS

General Fund

Karin & Stuart Feldman

Joni & Larry Plotkin, in honor of **Lisa Shepard's** first granddaughter **Liora**

New Building Fund

John Reiman & Carol Hennessy

Jesse Greenblatt

Joni & Larry Plotkin



Rabbi Discretionary Fund

John Reiman & Carol Hennessy in honor of **Rabbi Benjamin's** adult education offerings that stir, quiet, stretch, and soothe the mind-body in a mutually supportive, respectful and safe exploration of inner space.

All contributions to Beit Am are gratefully acknowledged by letter and in the newsletter.

Save the Date!



The Beit Am Shabbaton will happen again this year over **Memorial Day Weekend**. More details to follow soon, but for now save that weekend, May 22-24, from Friday evening until Sunday afternoon.

Creating a New Home for Beit Am: What Are YOUR Ideas?

When we lived in Davis, California, our congregation, Bet Haverim, was housed in a small building much like the current home of Beit Am. We held our High Holiday Services in the Veterans Memorial Building. Sunday School locations alternated between the church next door and borrowed classrooms at the high school down the street. Luncheons after Bar and Bat Mitzvahs were held in other locations. I remember looking around with gratitude at the friends and family members who were crowded into the small sanctuary to celebrate Blair's Bat Mitzvah. It was cozy, for sure. But inconvenient for those who had to get up to use the restroom or stretch their legs.

But it was fine! It was cozy! It was familiar! That's what I remember thinking when the new building committee at Bet Haverim ramped up and started making the case for the purchase of a new home. At the time we were about the same size as Beit Am, around 120-140 families. The notion of raising 2 million dollars seemed outrageous. Most families didn't attend services regularly and I was happy with our little sanctuary. I did not see the need for a change. Still, the momentum and energy for a new building grew. Funds were raised, with some families able to contribute very significant amounts of money and young families, like ours, able to partition our contribution over a five-year period. Our family opted to stretch, making the largest charitable contribution we'd ever made. The five-year payment plan made it feasible.

Ironically, we ended up moving to Corvallis before Davis had its new Temple. Still we completed our contribution and returned to Davis to celebrate the first Yom Kippur service in the new building. It was an awesome experience. That first year Bet Haverim

opted to try holding two concurrent services: College students, young families, and those of us who prefer more English filled the social hall for a more non-traditional service. Those who preferred the traditional service filled the sanctuary. We all came together on the grounds outside after services, joyfully. It was something to experience, I tell you. Absolutely beyond words.

The new Jewish home in Davis is vibrant and thriving. Classrooms are used for a Jewish preschool during the week, creating revenue. Jewish and community education, events, and retreats fill the building on evenings and weekends. I remember seeing the area designated for the teens. They had rounded up couches and TVs and it became a home away from home for them. It was too late for our daughter who was in college but just in time for other young Jews. And that's sort of what it's all about, isn't it? Building a welcoming home for us now and, more importantly, for the next generation of Willamette Valley Jews!

You've been seeing notices and perhaps getting calls about the "Mishkan Meetings." These meetings are an opportunity for each Beit Am member to contribute to the discussion about what we want in our new home. Personally, I would like a wall where art created by our members, young and old, can be displayed on a rotating basis. Don't know if this will happen but I'm sure going to make that suggestion. I want a home that is welcoming to Jews as well as others in our region. I like the idea of trails wandering around the 5 acres (and I'm willing to help build those trails). What are your ideas? Come to a Mishkan Meeting to learn about the process for designing and constructing our new building and help make it your home too!

Jana Kay Slater, Beit Am Board Member

Board Highlights



Highlights from the February 11, 2015 meeting:

- **Jim Kelly** reported that expenses in January were under budget, as they have been throughout the year. New pledges and dues payments were also less than expected.
- The **Rabbi** reported that our new program for Benei Mitzvah coordination has begun. He and **Tanya Katz** have recently met with tutors and parents of next year's class.
- **Scott Leibowitz** reported that the New Building Committee (NBC) has begun the county building permit application, which we hope will enable us to complete our building as an outright permitted use.
- Hosts have been identified and scheduled for the Mishkan Meetings. Membership sign-up for the meetings will go out by the second week in February.

Sign up for a Mishkan Meeting!

Below is a link to SignUpGenius: You can follow the link or type it in your browser to choose which Mishkan Meeting you would like to attend.

<http://goo.gl/5pm8UA>

In these small group meetings, we will learn the process of designing and creating a building that will reflect our community.

Highlights from January 29, 2015 New Building Committee (NBC) meeting

- Pledges to the New Building Fund are now tracked in QuickBooks, and we have established a Citizens Bank checking account dedicated to that fund.
- Our building application appears to be complete for the purposes of being governed under the pre-January 29, 2015 version of Benton County Development Code.
- A pump was installed on our well and a well test was performed.
- Twelve dates have been chosen for the Mishkan Meetings that are intended to provide the community with information on new building activities, and a poll has been set up for volunteer hosts.
- The committee heard recommendations on candidate architects and arranged for a follow-up presentation.

Adult *Benei Mitzvah* Class

Opening Sessions:

Thursdays March 12 and 19, 7:00 — 8:30pm

We are beginning a group to support individuals on a journey of learning and deepening connection to Jewish tradition. If you were not called to the Torah as a *bar* or *bat mitzvah* when you were younger and are interested in exploring it now, please join us. In the context of this community of fellow travelers, each person will study and practice for several months, culminating in a ritual next year in which each member of the group chants from the Torah and shares some of his or her learning.

If you are interested in exploring this opportunity, please contact Rabbi Benjamin at rabbi@beitam.org or 541-207-3118.

A Message from Dave Rabinowitz and the Beit Am Sustainability Committee



Try wearing your backpack. Take your backpack with you for a walk, bike ride or bus ride and do some shopping. Having a backpack with you allows you to buy food and other things you need without taking the car and making an extra trip. A walk to the market is good exercise and a great stress reliever, and you can always take a bus home if you buy more than you want to hike with (Corvallis buses are free). While out, stop at a thrift shop and buy something you need, and maybe leave home with something in your backpack you don't need and leave at the thrift shop for someone else to use. Remember, REDUCE, REUSE, and then RECYCLE, so don't buy something you don't need. If you carry your food on your back, perhaps you'll be less likely to end up throwing it away.

The next meeting of the Beit Am Sustainability Committee is Wednesday, March 18, at 7:00pm at Beit Am. All members are welcome.

The Corvallis Sustainability Fair and Town Hall will be on Thursday, March 12. Go to <http://sustainablecorvallis.org/news-events/sustainability-hall-2015/> to register (the limited capacity will fill up).

Community Passover Offerings

Beit Am to Offer Two Types of Seders During Passover

Beit Am offers two types of Seders during Passover; Seder BaBayit (Seder in the home) and the Beit Am Community Seder. You are welcome to participate in both types of Seders. Information on Seder BaBayit is below, and the Community Seder information is listed elsewhere in this newsletter.



Passover Seder BaBayit, Please RSVP by March 16, 2015

SEDER BABAYIT--HOW TO SIGN UP

The Seder BaBayit program (Seder in the home) will once again be available to Beit Am members and friends on the **first and second nights of Passover**, (Friday, **April 3**, and Saturday, **April 4**).

This popular event matches hosts who have extra room at their Seder table with guests who are looking for a home Seder to attend. We are hoping for wide participation. **In general, we are especially in need of people willing to host.** If you are one of these gracious people please let us know, *even if you are unsure of how many guests you are able to accommodate.* You can tell us later when you know for sure.

To participate in this year's Seder BaBayit Program please complete a Seder BaBayit sign-up sheet. You will find a paper copy in this issue of *Kol Ha'am*. Simply complete the form and either mail it to Beit Am, P.O. Box 1143, Corvallis OR 97339, or deposit it in the Seder BaBayit box on the gift shop counter of the Beit Am building. **Remember to complete two forms if you wish to participate on both nights.** The form will also be available online at www.beitam.org.

Please respond as soon as possible, **by Monday, March 16, latest.** We will do our best to match up people by using the information you give us on this year's Seder BaBayit form. We're looking forward

Use form on back side of this page to sign up!



Beit Am 2015 Seder BaBayit Sign-Up Sheet

I would like to participate (choose 1): 1st Seder ____ (Fri. Apr. 3) 2nd Seder ____ (Sat. Apr. 4) ____ either night

Please submit two forms if you wish to participate both nights.

Name (first & last, please PRINT): _____ **Phone:** _____

Address: _____ **Email:** _____

Hosts complete this section.

Max # of seats available: ____

Young children ok: YES ☐ NO ☐

Handicap access: YES ☐ NO ☐

I have cats: YES ☐ NO ☐

Seder description (for Hosts and LEADERS): Please describe the type of Seder you would like to have (or Lead), including information that will help us make a good match (completeness, traditional/liberal, amount of Hebrew and/or transliteration, lots of singing, participatory, etc. (Feel free to add an additional sheet of explanation.)

CHECK ONE

Guests bring some food ____

Host provides all food ____

CHECK ONE

Host will lead the Seder ____

Leader needed ____

Approximate length of Seder before the meal ____ Total length of Seder ____

Type of foods to be served (Kosher for Passover, Ashkenazi/Sephardic, vegan, vegetarian, meat, etc.) _____

Guests complete this section.

adults in party ____

Kids coming: YES ☐ NO ☐ # Kids in party ____ ages _____

Handicap access needed: YES ☐ NO ☐

Ride needed: YES ☐ NO ☐

Cat allergies: YES ☐ NO ☐ Other significant allergies: _____

I/we can bring some food: YES ☐ NO ☐ I/we prefer not to bring food: YES ☐ NO ☐

I can lead a Seder if needed: YES ☐ NO ☐ (If YES, be sure to complete the Seder description in the HOSTS section, above.)

Everyone complete this section.

We will do our best to match hosts and guests. Please describe the elements of the Seder **that are important to you** and rate them on a scale from 1 to 5, 1 being the most important. Elements might include: Kid friendly/adult oriented, length and completeness of the Seder, amount of Hebrew and transliteration, dietary preferences (Kosher for Passover, Ashkenazi/Sephardic, vegan, vegetarian, meat), lots of singing, participatory, etc.

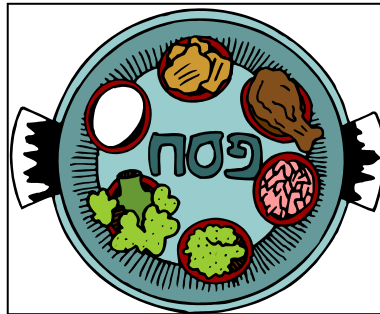
____ **Any type of Seder is fine with me!** (If you check here, skip the following section.)

Important Elements of the Seder to me/us	Explain in more detail (optional).
1.	
2.	
3.	
4.	
5.	

Mail this form to Beit Am, P.O. Box 1143, Corvallis OR 97339, or deposit it into the Seder BaBayit box at Beit Am

Passover!

Beit Am Community Seder
Sunday, April 5, at 5:00pm, 3rd night of Passover



All are welcome to attend this home-style Community Seder.



The wise one asks, “What does it cost?” This one is told: It costs only enough to cover the Seder supplies, a mere \$10 per person.



The wicked one asks, “What do I have to do?” This one is told: You need only to sign up for *one* of the volunteer jobs that are needed to make the Seder happen.



The simple one asks, “Do I have to bring something?” This one is told: You need only bring one entrée or salad to serve 8 people. This will be enough.



The one who does not know how to ask also receives an answer. Come and learn and celebrate the story of our people!

Fill out and return the Beit Am Community Seder sign-up sheet, or sign up online: <http://www.signupgenius.com/go/805044eaca729a46-community>

Contact person for this event is Amy Buccola, 541-753-2211

*This event is co-organized by Judy Gordon, Joni Plotkin, and Amy Buccola.
We thank you in advance for your participation!*

Please use form on back side of this page to sign up!

Beit Am Community Seder Sign Up Sheet

You are invited to Beit Am's home-style Community Seder on Sunday, April 5th, the 3rd night of Passover at 5:00pm at Beit Am, 625 NW 36th Street, Corvallis. All are welcome.

Name (first and last, please PRINT) _____

Address _____

Best to contact by phone _____ by email _____

What Beit Am provides: Beit Am provides the Seder basics, including wine and grape juice, matzo (regular and gluten free), eggs, gefilte fish, and the necessities for the Seder plate. And, of course we provide the Passover story for all to hear and participate in!

Payment options: The cost of \$10 per person may be paid online at <http://www.beitam.org/donate> or a check may be mailed to Beit Am, P.O. Box 1143, Corvallis OR 97339. (Please include the number in your party, and designate that payment is for the community Seder.) **We'll pay online:** YES ☐

Sign up to Volunteer: Choose ONE volunteer job by checking the box. Sign-ups online have first priority. A list of possible volunteer jobs follows. *Note: If you would prefer to sign up online, please see the Beit Am website homepage at www.beitam.org, or contact Amy Buccola to sign you up online, 541-753-2211.*

☐ **Oversee set-up of tables, place settings, etc. (Come at 4:30 p.m.)** Organizers will be your resource.

☐ **Help set up (Come at 4:30 p.m.) (need 3 people)** Help the overseer of set-up to get the job done quickly.

☐ **Oversee food: plating Seder plates, accepting potluck dishes, etc. (Come at 4:30 p.m.)**
Organizers will be your resource.

☐ **Help plate the seder foods.(Come at 4:30 p.m.) (need 3 people)**
Help the overseer of food to plate the seder foods.

☐ **Oversee clean-up: load/run dishwasher, wipe down tables and kitchen, etc.**
Organizers will be your resource.

☐ **Help clean up (Stay until clean-up is done, ~8:00pm) (need 3 people)**
Help the overseer of clean up to get the job done quickly.

☐ **Bring 1 dozen cooked matzoh balls** (vegan, gluten free, or regular) **(need 4 people)**
Designate type of matzoh balls you will bring in the notes. Cook matzoh balls in salt water, lift out and refrigerate. Bring them the day of to add to the soup broth.

Bring a Potluck dish for 8 people: entree or salad- * Bring index card with ingredients. *No oats, corn, barley, rye, wheat, or spelt. * No yeast, baking powder, or baking soda. * No meat, poultry (or broth), or shellfish. Kosher fish okay. **We plan to bring:** _____

Send this form and payment to Beit Am, P.O. Box 1143, Corvallis OR 97339
(Make checks payable to Beit Am.)

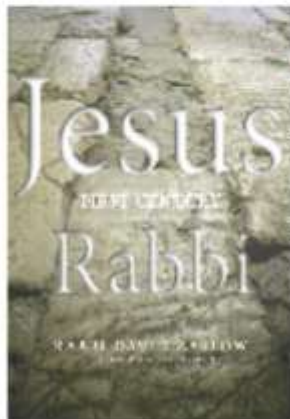
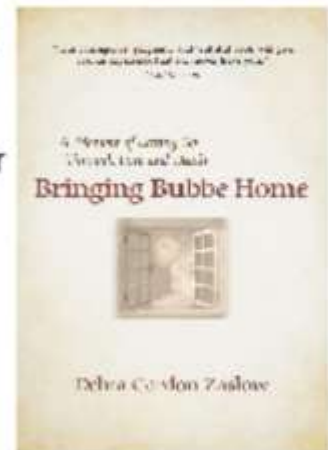


Rabbi David Zaslow & Debra Zaslow



Two groundbreaking books, Two inspirational speakers in one evening

Bringing Bubbe Home, a *Memoir of Letting Go Through Love and Death* is an honest and inspiring memoir of a rabbi's wife who brings her 103 year-old grandmother home to live and die with her family. As Debra midwives her grandmother to the other side, the two of them sit soul-to soul in moments of stark tenderness.



The award winning book ***Jesus: First-Century Rabbi*** by David Zaslow, takes a bold, fresh look at the historical Jesus and the Jewish roots of Christianity. Using cutting edge scholarly research, Rabbi Zaslow dispels the myths of disparity between Christianity and Judaism without diluting the unique features of each faith.

Book signing by both authors

FREE at 7 PM Mon. March 2, 2015

At the Unitarian Universalist Fellowship of Corvallis
2945 NW Circle Blvd. in Corvallis

Available from your local bookstore or online from Amazon and Barnes & Noble



My head barely lifted from my pillow. I reached my arm over my head to the window sill and instinctively found my glasses. Without thinking I put on my glasses, and saw a small white piece of paper on the sill. I knew what it said and mumbled audibly to myself. That was years (almost decades) ago. I have changed my practice over the years.

The piece of paper had written on it:

מודה אני לפניך מלך חי וקים, שהחזרת בי נשמתִי בחמלה – רבה אמונתך.

It was covered by clear packing tape, a simplistic version of lamination. I wanted the Hebrew to survive as long as I needed. The transliteration and translation of the Hebrew is:

Modeh (Modah – fem.) anee l'fa-ne-cha melech chai v'kayam, sh'he-che-zarta bee nishma-tee b'chem-lah – rabah emuna-techa.

Translation: I gratefully thank you, Source of life, you have restored my soul within me with compassion – great is your faithfulness.

It started when my daughter was 12, and beginning to study for becoming Bat Mitzvah. It was 1995 and I was determined that if she was to participate in a Bat Mitzvah service, that it needed to be respectful of women and that implied using gender-respectful language in any English translations. While she studied to improve her Hebrew reading, I took some time to actually look through some siddurim, hoping to find something appropriate. My forays through siddurim taught me a lot. My brother-in-law, who lives in Israel, gifted my daughter with an Art Scroll Siddur. Art Scroll was too masculine-oriented for our service purposes, but it had tons of interesting annotations. During one of my scans through the Art Scroll, starting at page one, I found a prayer I had never seen before. It was the “*Modeh Anee*.” The top of page one gives these instructions:

“A Jew should wake up with gratitude to God for having restored his faculties...Before getting off the bed or commencing any other conversation or activity, he declares his gratitude.”

I liked this idea, and was surprised I had not seen or heard this prayer before. Note that this prayer is not included in most other siddurim that are directed at communal services, as this is meant to be said on waking up, alone, before your feet hit the floor. After a while, I had the prayer memorized, and could say it without needing to put on my glasses.

I don't think there is any measure in the Jewish world that would ascribe to me the description of *observant Jew*. And if anyone asked me to explain my notion of *prayer*, I would be stymied trying to come up with a good answer. But the *Modeh Anee* prayer ritual is one that easily became a diligent and daily practice that I deeply value.

I was intrigued to notice more the difference between sleeping and waking. I was indeed grateful that my consciousness had returned to me as I awoke. I liked making this a conscious part of my morning, and I tried to carry my gratefulness forward with me into the busy day.

Over time I tried to make sure I would declare my gratefulness, not by rote, but from a full heart and with all my soul. I allowed myself to move the declaration to some other time before beginning my day, so I could pay more attention to my gratitude. It only took a minute or two. Sometimes I would recite the prayer two or three times trying to deepen my conviction with each recital. I guided myself to find a time when this worked really well for me. I have been waking with this conviction and prayer for nearly 18 years. I encourage you to try it out. To me, it does not matter if you do this every day immediately on waking, or as you put on your socks, or in a morning shower. Expressing this gratitude every morning to set your path for the day is a practice that I could not give up.



At this time we
lovingly remember . . .



Remembrance Name	Month	Day	Date to Observe in 2015
MURIAL JACOBS COHEN	ADAR	11	March 2
SARAH LIEBE HAVAZELET	ADAR	17	March 8
NORMAN BOLKER	ADAR	19	March 10
BARBARA JOAN GROSSBERG	ADAR	20	March 11
MONDE MATTIOLI	ADAR	20	March 11
RABBI OSKAR ADLER	ADAR	20	March 11
NORMAN LEVINE	ADAR	21	March 12
HELEN RINGOLD	ADAR	25	March 16
BENJAMIN GOLDBERG	ADAR	27	March 18
PEARL GABAY WILLIAMS	ADAR	27	March 18
ABRAHAM YOSEF HINDAWI	NISAN	5	March 25
ROSLYN DUPLER FITCH	NISAN	6	March 26
PAUL WEINTRAUB	NISAN	7	March 27
MILDRED BLATT	NISAN	8	March 28
JOSEPH DUPLER	NISAN	9	March 29
ELLA GORDON	NISAN	11	March 31
IVY SAWDAYEE	NISAN	11	March 31

Please note that yahrtzeit begins the evening of the previous day. Yahrtzeit dates are based upon the Jewish Calendar; the civil/Gregorian date will vary from year to year. Names listed are those of the people remembered on our yahrtzeit boards at Beit Am. To order a plaque please use the form at the following address:

www.beitam.org/system/files/yahrzeit.pdf



FRIENDS OF HADASSAH



January luncheon at Frankie's in North Albany

Join Us!

Friends of Hadassah consists of Hadassah members, associates, and friends. We have several interest groups:

- Book and Movie Club (Susan Aronson)
- Mitzvah Group (Jill Schuster)
- Israel Discussion Group (Rachel Peck)
- Craft Group (Diane Wenzel)
- Luncheon gatherings (Clara Frost and Joni Plotkin)
- Women's Torah Study Group (Raychel Emmons)

Contact the person in parentheses and get involved!

March 2015

Adar/Nisan

SUN	MON	TUE	WED	THU	FRI	SAT
1 Beit Midrash 10:00-12:30pm Teen Group 5:30-7:00pm	2 Two Inspirational Speakers in one evening UUFC 7:00-9:00pm (See page 11)	3	4 Meditation Group 12:30-1:15pm Purim  Celebration 5:30-7:00pm	5 Purim (all day)	6  5:50pm Family Service and Potluck 6:00-7:30pm	7 <i>Sim Shalom</i> 9:30-12:00pm <i>Ki Tisa</i>
8 Beit Midrash 10:00-12:30pm	9	10	11 Meditation Group 12:30-1:15pm Board Meeting 7:00-9:00pm	12 STONE SOUP Adult <i>Benei</i> <i>Mitzvah</i> Class 7:00-8:30pm	13  6:59pm <i>Kabbalat</i> Shabbat Service Host the oneg 7:30pm-9:00pm	14 Pappas Bar Mitzvah 10:00am UUFC (See page 4) <i>Vayakhei-Pekudei</i>
15 Beit Midrash 10:00-12:30pm Teen Group (See Page 2 for details)	16	17	18 Meditation Group 12:30-1:15pm	19 Adult <i>Benei</i> <i>Mitzvah</i> Class 7:00-8:30pm	20  7:08pm	21 <i>Sim Shalom</i> 9:30-12:00pm <i>Vayikra</i>
22 No Beit Midrash	23	24	25 Meditation Group 12:30-1:15pm	26	27  7:16pm <i>Kabbalat</i> Shabbat Service Host the oneg 7:30pm-9:00pm	28 <i>Tzav</i>
29 No Beit Midrash	30	31				

See the online calendar on our website for up-to-date
information about ongoing and upcoming events.

www.beitam.org/events

 Denotes
Candle
Lighting
Times