CONGREGATION SONS OF ZION

Volume 8 | Issue 9 | May 2023 | Iyar/Sivan 5783

Congregation Sons of Zion

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About the Month of Iyar

Every single day of the month is included in the Sefirat HaOmer, the mitzvah of counting each of the 49 days between Passover and Shavuot. Sefirat HaOmer is a period of introspection and selfrefinement, as we prepare ourselves to receive the Torah anew on Shavuot. Each day of Iyar represents another step in this spiritual journey toward Sinai.

Volume 8, Issue 9



Rabbi's Message

Lights Shine from SOZ

I'd like to share some recent good news about two of our members who are having a positive Jewish impact on the wider community.

The first is Bonnie Gruszecki. Bonnie not only sings the prayers beautifully as she often helps lead Shabbat

morning services; she also writes new ones. In "It's not about letting go," for example, Bonnie describes how remembering the loss of departed loved ones has shaped her life. The first time she read this prayer/meditation in front of others was at our Yom Kippur services at SOZ. I was so moved by it that I have, with permission, used it at other occasions.

"It's not about letting go" is now available to a much wider audience as it has been selected by a much-utilized online resource known as Ritualwell and posted in their section on Mourning and Bereavement. Ritualwell, which is described as "the most extensive online resource curating original, progressive Jewish rituals" can be accessed at <u>ritualwell.org</u>. This link <u>https://ritualwell.org/ritual/its-not-about-letting-go/</u> will connect you directly.

Bonnie also wrote another piece that she read publicly for the first time at SOZ Yom Kippur services, called "Placing My Hand on My Heart." Instead of the custom of hitting our hearts as a sign of regret as we recite the list of our sins/failures, placing her hand on her heart was a more gentle gesture for Bonnie to "see myself as I truly am when I have missed the mark, stumbled, fumbled..." Ritualwell has chosen this poem of Bonnie's to post in their Yom Kippur/compassion/heart offerings. This link will get you there: https://ritualwell.org/ritual/placing-my-hand-on-my-heart/

As many of us have already heard from SOZ emails, the creative effort of another of our talented members, Deb Levine, is bearing fruit at the D'Armour Museum of Fine Arts in Springfield. As a docent at the museum and with encouragement from SOZ, Deb recently asked about the possibility of her developing and leading a guided tour that would focus on Jewish artists represented in the museum's collection and on artists with a significant connection to Jewish themes or history. The museum enthusiastically agreed, and Deb led her first and the museum's first-ever (as far as we know) Jewish artists tour on Sunday, April 23.

Deb offered her first tour to SOZ, and we responded with an over-capacity registration. She did a masterful job! She made the paintings come alive for us, with wonderful explanations about their place in art history and the artists' Jewish historical context. I learned a lot about artists who were unknown to me like Lionel Feininger, Paul T. Frankel, and Helen Frankenthaler, as well as others like Leonard Baskin who were more familiar. Did you know that Camille Pissarro was Jewish and that his full name was actually Jacob Abraham Camille Pissarro? Either did I, but this was just one of the many interesting facts that Deb brought to life for us. If you missed Deb's tour, don't worry; the museum is likely to offer it on an ongoing basis.

Mazal tov to Deb and to Bonnie!!! It's great to see our members bringing their Jewish creativity to us and to the wider community.

Rabbi Saul Perlmutter





President's Message

This has been a busy month here at Sons of Zion. We are progressing with the sale of our building to The Lighthouse School and packing up 119 years of history. On April 30th, a wonderful crew of volunteers accomplished a lot in a few hours. Our thanks to Andrea Fox, Deborah Levine, David Scher, Gellya Shulman, Jayne Pearl, Kathy Black, and Nitza Seaver. First to arrive and almost last to leave were Ira

Laby, age 90 and octogenarian Dr. Alfred Hutt who inspired us all! And thank you to Rabbi Saul Perlmutter who is helping us decide what to do with the 100s of books that we have obtained over so many years.

On April 23rd, our member Deborah Levine who is a docent at the D'Amour Museum of Fine Arts in Springfield led a group of us on a tour of Jewish artists on display there. Her research and knowledge were very interesting and educational. The museum will even have her give this tour again because it was so well done.

There are many items in our synagogue building that are still of value, but we have no use for when we move so we will be offering them to members of our community. The open house will be in early June-date to be announced. Donations to our Future Home Fund will be welcome of course.

There are several activities coming up in May and June and we hope to see you in person or on Zoom.

Stay safe and well!

Joanne Saltman

lyar/Sivan 5783

May	2023
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9 lyar SOZ Book Club, 10:30 am (Zoom) Help Us Pack, 12-4 pm (In-Person)	1 10 Iyar	2 11 Iyar	3 12 Iyar Mincha Minyan Schmooze, 5 pm Service, 5:15 pm (Zoom) Holyoke Holocaust Commemoration, 7:30 pm	4 13 lyar National Day of Prayer, 12 pm (Holyoke City Hall)	5 14 Iyar	6 15 Iyar Shabbat Service, 10 am (Zoom)
25 Omer	26 Omer	27 Omer	(Council on Aging) 28 Omer	29 Omer	30 Omer	31 Omer Emor
7 16 Iyar	8 17 Iyar	9 18 Iyar L'ag B'Omer	10 Nincha Minyan Schmooze, 5 pm Service, 5:15 pm (Zoom) SOZ Board Meeting, 6:30 pm (Zoom)	11 20 Iyar	12 ²¹ Iyar	13 ²² Iyar Shabbat Service, 10 am (Zoom)
32 Omer	33 Omer	34 Omer	35 Omer	36 Omer	37 Omer	38 Omer Behar-Bechukotai
14 Help us Pack! 9 am - 12 pm (at SOZ)	15 24 Iyar	16 25 Iyar	17 Mincha Minyan Schmooze, 5 pm Service, 5:15 pm (Zoom)	18 27 Iyar	19 28 Iyar Yom Jerushalayim Jerusalem Day	20 29 Iyar Shabbat Service 10 am (Zoom)
Happy Mother's Day 39 Omer	40 Omer	41 Omer	42 Omer	43 Omer	44 Omer	45 Omer Bamidbar
21 ¹ Sivan Rosh Hodesh Sivan	22 2 Sivan	23 ³ Sivan	24 4 Sivan Mincha Minyan Schmooze, 5 pm Service, 5:15 pm (Zoom)	25 ⁵ Sivan Erev Shavuot	26 ⁶ Sivan First Day Shavuot	27 7 Sivan Shabbat /Shavuot Service, 10 am (IN PERSON) Honoring New Members, Yizkor, Kiddush Second Day Shavuot
46 Omer	47 Omer	48 Omer	49 Omer			Megillat Ruth
28 ⁸ Sivan	29 9 Sivan Place flags at the SOZ Cemetery, 11 am (SOZ Cemetery)	30 10 Sivan	31 11 Sivan Mincha Minyan Schmooze, 5 pm Service, 5:15 pm (Zoom)	1 12 Sivan	2 13 Sivan	3 14 Sivan Shabbat Service, 10 am (Zoom) Naso

Wednesday, May 3, 2023

DATES TO REMEMBER

Mincha Minyan (Zoom): 5 pm Schmooze, 5:15 pm Service Holyoke Holocaust Commemoration, 7:30 pm (Council on Aging) May 4, 2023 National Day of Prayer, 12 pm (Holyoke City Hall) Saturday, May 6, 2023 Shabbat Service, 10 am (Zoom) **Tuesday, May 9, 2023** L'ag B'Omer Wednesday, May 10, 2023 Mincha Minyan (Zoom): 5 pm Schmooze, 5:15 pm Service SOZ Board Meeting, 6:30 pm (Zoom)

<u>Saturday, May 13, 2023</u> Shabbat Service, 10 am (Zoom)

Sunday, May 14, 2023 Help us Pack!, 9 am-12 pm (at SOZ)

Happy Mother's Day

Wednesday, May 17, 2023 Mincha Minyan (Zoom): 5 pm Schmooze, 5:15 pm Service Friday, May 19, 2023 Yom Yerushalayim Jerusalem Day

Shabbat Service, 10 am (Zoom)

Sunday, May 21, 2023 Rosh Hodesh Sivan

Wednesday, May 24, 2023 Mincha Minyan (Zoom): 5 pm Schmooze, 5:15 pm Service

> Thursday, May 25, 2023 Erev Shavuot

Friday, May 26, 2023 First Day Shavuot

Saturday, May 27, 2023 Shabbat/Shavuot Service, 10 am Honoring new members Yizkor Kiddush (IN PERSON)

Second Day Shavuot

Monday, May 29, 2023 Place flags at the SOZ Cemetery, 11 am (SOZ Cemetery) Memorial Day

Memorial Day

Holocaust Commemoration

May 3 @ 5:30 pm - 7:30 pm

The Greater Holyoke Council for Human Understanding presents its annual Holocaust Commemoration Event on Wednesday, May 3, 2023, 5:30-7:30pm at The Council on Aging, 291 Pine Street, Holyoke. The event if FREE to the public, however good will donations are gratefully accepted. The short documentary "The Numbers On My Great-Grandpa's Arm" will be shown. The Holyoke High School Madrigals will perform under the direction of Mark Todd. This year's event is dedicated to Council Founding members; Dolores Stein and Sue Ellen Panitch. Contact Gina Nelson at ginanelson5@gmail.com with any questions.

Details

Date: <u>May.3</u> Time: 5:30 pm - 7:30 pm

Venue

The Council on Aging

291 Pine Street Holyoke, <u>MA</u> 01040 United States

Everyone Welcome!!

MAYOR JOSHUA A. GARCIA

CITY OF HOLYOKE

April 4, 2023

To all churches, congregations and places of worship and prayer:

The National Day of Prayer is an annual day of observance held on the first Thursday of May, designated by the United States Congress, when people are asked "to turn to God in prayer and meditation". The president is required by law to sign a proclamation each year, encouraging all Americans to pray on this day. You and members of your congregation are invited to our annual observance of the <u>National Day of Prayer</u>. The event will be held in front of **City Hall on Thursday, May 4 at noon**. We hope that faith communities and schools will pray for peace here in Holyoke and throughout the world.

We hope you will take part in this ceremony by praying for families, government and education. We will also pray for business, entertainment, religion, and communication.



Pioneer Valley Jewish Film Festival Returns In-Person April 30 - May 7, 2023



The 17th annual festival will showcase the best in international Jewish film. Enjoy exciting films, guest speakers, and festive events throughout Hampden, Hampshire, and Franklin counties.

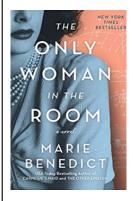
Tickets will be going on sale soon. Be sure to visit <u>PVJFF.org</u> for the most up-to-date ticketing and screening information.

Visit <u>PVJFF.org</u>

See you at the movies!

SOZ BOOK CLUB MEETING

Sunday, June 4th at 10:30 am



The Only Woman in the Room by Marie Benedict

Bestselling author Marie Benedict reveals the story of a brilliant woman scientist only remembered for her beauty.

Her beauty almost certainly saved her from the rising Nazi party and led to marriage with an Austrian arms dealer. Underestimated in everything else, she overheard the Third Reich's plans while at her husband's side and understood more than anyone would guess. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy Lamarr, screen star.

But she kept a secret more shocking than her heritage or her marriage: she was a scientist. And she had an idea that might help the country fight the Nazis and revolutionize modern communication...if anyone would listen to her.

A powerful book based on the incredible true story of the glamour icon and scientist, The Only Woman in the Room is a masterpiece that celebrates the many women in science that history has overlooked.



That's right, we're planning a day of packing..again. It will be light work - packing books and papers, cleaning out filing cabinets, etc.

I know it's Mother's Day but if you'll be around and can give us a couple of hours it will be greatly appreciated! Many hands make light work. It was amazing how much we accomplished last time.

A light breakfast, drinks and snacks will be provided.

Joanne

Congregation Sons of Zion 378 Maple Street Holyoke, MA 01040



Tzfat In Maynard

A 3-part program in Maynard, celebrating our own art district, like Tzfat, an artist colony in Northern Israel. The goal: To have a dialog embracing our art themes with the philosophy "LOVE OUR FELLOWS AS OURSELVES."

WHAT

- Studio Time Create Art
- Radio Show Appearance
- Art Exhibition & Reception

RADIO SHOW, MAY 14



In celebration of Israel's 75th Birthday, we'll talk about Tzfat In Maynard!

- Lisa B. Corfman talks with host Mitch Gordon
- WCUW 91.3FM Worcester's Shirim (Jewish music) program,
- Featured: 8:30-9:00pm

OPEN CALL FOR ART

Creative Focus: "Love your fellow as yourself."

Themes: Hope ~ Jewish Understanding ~ Tzfat ~ Maynard Spirituality & Beyond ~ Unity ~ Positivity ~ Diversity ~ Creation.

The goal: To create a dialog, so individuals of varied opinions can shake hands with a few less acts of antisemitism and a few more acts of loving-kindness.

Submit artwork application by March 31.

Pieces will be accepted until April 15, but applications MUST be in by March 31.

Places for exhibition: Library Exhibition ~ Virtual Exhibition ~ Book Publication.



Scan the QR code for all Tzfat In Maynard details.



Create art for the exhibition

STUDIO TIME

- Maynard library, Trustees room
- Tuesdays: 1/31, 2/21, 3/21 @ 7-8pm
- Bring your own supplies and/or Use our general supplies.
- Have fun and be inspired!

ART EXHIBITION, MAY1-31

RECEPTION

Thursday, May 18, 6-8:30pm Maynard Public Library, **Roosevelt Room**

- View the artwork
- Meet the Artists
- Panel Presentation with
 - Rabbi Lewis Mintz, Emeritus (CBE)
 - Rabbi Yisroel Freeman (Sudbury Chabad)
 - Adina Troen-Krasnow (Spiritual artist)
- REFRESHMENTS

HELP US PLACE FLAGS AT THE SOZ CEMETERY

On Monday, May 30th at 11 am, we will be replacing the flags on the graves of veterans at our cemetery. All are welcome to join us

Joanne Saltman



Cemetery Location: 72 Ludlow Road, Chicopee, MA

Cemetery Rules

- Synagogue member in good standing for at least 5 years prior to death are entitled to a free plot
- 2. Plot fee for non-members is \$4,500. Plot for a spouse on a double lot is \$2,250.
- 3. Opening and closing of grave is \$800
- 4. Perpetual care is \$1,500.
- 5. Cremated remains are permitted. Digging of hole for urn or ashes is \$100 in addition to the plot fee (instead of a grave fee).

Non-Jewish spouses or family members will be buried in a separate plot (no non-Jewish religious symbols are allowed).

No concrete vaults are allowed. Simple, unfinished wood caskets only.

Taharah-ritual Jewish washing and shroud are required, but a shomer or watch person is optional.

A particular plot may be reserved for \$100. There are several plots in the new section that were previously reserved and are now unused. Please call for more details.

Contact Joanne Saltman with any questions at: (413)575-0526 or js24saltman@gmail.com

New Member Spotlight: Randi Stein



This photo was taken by a member of SOZ during the opening of an art exhibition at the JCC in Springfield two years ago (hence the mask!). The collage behind her was recently exhibited at the Hebrew College centennial show. Randi's primary occupation these days is art-making. When she is not making art, she is writing (a memoir in the making), gardening, reading (her latest preoccupation are the Hebrew letters, and the mystical stories of Creation), and zooming with her three grown children– Mikhal (in California), Maya (in Maine), and Adam (in transition from Colorado). Randi is a dance/ movement therapist and has worked for many years as a remedial educator in several Waldorf Schools in New England, supporting children with learning challenges with therapeutic movement activities. Randi completed the Aleph training to be a lay service leader and has led Shabbat and weekday ma'ariv services at the Jewish Community of Amherst. She has also mentored adults in preparation for their B'nei Mitzvah and is now teaching two young adults Hebrew and Torah trope. Randi is delighted and grateful that zoom access put her in touch with the SOZ community, which she has experienced as "incredibly warm and welcoming".

A Special Thank You to Our Sustaining Members

Andrew Barowsky Ned and Cindy Barowsky Rich and Ellen Freyman Bonnie and Maggie Gruszecki Norman and Marion Halpern Laura A. Hilf Alfred and Lee Hutt Stephen and Lois Levin Buddy and Margie Resnic Michael and Joan Rosner Bill and Joanne Saltman Randi Stein

Please consider joining our generous Sustaining Members...at any time!

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Congregation Sons of Zion Legacy Society

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The following congregants have made arrangements in their wills to leave a bequest to Congregation Sons of Zion and/or have named Congregation Sons of Zion as a beneficiary in their life insurance policy and/or have established a tax-deductible fund for the synagogue, retaining a lifetime income from the fund.

Anonymous (4) Flaine Baskin Irene Bernstein* Joseph Boucher David & Nancy Carmen Louise Citron James Eisenstock* Andrea Fox **Richard & Ellen Freyman** Albert Goldberg* Herbert* & Barbara* Goldberg Debra Goldberg and Seth Waxman Rose Gorin* Janet & Richard Greenfield **Rachel Henderson** Alfred & Lee Hutt

Aaron & Gail Lansky Stephen & Lois Levin Stephen & Joan Levine Sidney* & Elizabeth* Paul Burton & Mariorie Resnic Michael & Joan Rosner William Robbins* & Mollie Blatt* Ellen Saltman* Paul Saltman William & Joanne Saltman Elihu & Joan Schepps Nitza Seaver Charles Weinstein Frances Welson & Thomas Osborn* Sherwin & Rhoda Wernick Thomas & Eleanor Wilson *Deceased

Congregation Sons of Zion Legacy Society has participated in Create a Jewish Legacy of Western Massachusetts, which is jointly funded by the Jewish Endowment Foundation and the Harold Grinspoon Foundation. The Federations of Western Massachusetts and the Berkshires are program partners.

For further information about supporting Congregation Sons of Zion through a legacy or planned gift, please contact Michael Rosner at office@sonsofzionholyoke.com or (413)534-3369. Thank you very much.



Ira Laby



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Cemetery Fund

- + Diane Eskenasy: In memory of her beloved mother, Edith Eskenasy
- + Steve Kappel and Elaine Clein: In memory of their father, Charles Kaplinsky
- + Steve and Joan Levine: In memory of Steve's uncle, Alvin Koufax
- + Leslie and Rich O'Donnell: In memory of Leslie's mother, Irene Bernstein
- + Ozzie Wernick: In memory of his father, Harry Wernick

General Fund

- + Andrew Barowsky: In memory of his grandfather, Saul Magidson
- + Ned and Cindy Barowsky: In memory of Ned's grandfather, Saul Magidson
- + Jane and Jess Collen: In memory of Anita Levin-Epstein
- + Andrea Fox: Yasher koach to Mady Schorsch for hosting a beautiful and delicious Passover seder.
- * Andrea Fox: In memory of Jewish Gay activist, Harvey Milk, murdered along with SF Mayor Moscone 11/27/1978. May 22 (his birthday) is designated as Harvey Milk Day.
- * Andrea Fox: In loving memory of her dear friend, Marilyn Silberglied reiki master and healer, artist and creator of beautiful precious gem jewelry, magical and beautiful inside and out.
- + Dr. Bonnie Gruszecki: In memory of her paternal grandfather, Matias Gruszecki
- * Sheryl, Myra and Nancy Kingsberg: In loving memory of Anita Levin-Epstein. She was an incredible inspiration to the Jewish community of Holyoke and a beloved friend to our family. May her memory be a blessing to Jonathan and family.
- + Ira Laby: In memory of Abraham George Laby, beloved father
- * Deborah Levine: In memory of her mother, Barbara Levine
- + Laura Marks: In memory of Jordan's mom, Susan Marks Sarah bat Esther v Pesach
- * Michael and Joan Rosner: In loving memory of Lillian Thorn, Michael's mother
- + Joan and Michael Rosner: In memory of Anita Levin-Epstein
- * Richard Wilson: In memory of his parents, Benjamin and Teresa Wilson



May 2023 Yahrzeits

<u> April 30 – May 6: Lois Levin</u>

- April 30 *Robert Seaver
- May 1 *Shorrie Bernstein
- May 2 Edith Eskenasy
- May 3 Selma Lesnow
- May 6 Peter Harry Berinstein

<u>May 7 – 13: Stephen Levin</u>

- May 7 *Joseph Gerstein
- May 8 *Benjamin Wilson
- May 9 *Saul Magidson
- May 10 *Gilbert Saex
- May 11 *Frances Karukin
- May 12 William Shirley
- May 13 *Sheila Halpern Anna Goodman Samel

<u>May 14 – 20: Laura Marks</u>

- May 14 *Rachel Saltman
- May 15 *Lloyd Everett Stein
- May 18 Russell Bernstein

May 21 – 27: Buddy Resnic

May 21 Jacob Orlen May 22 *Annie Welson May 27 Theodore Freyman *Harry Hirsch Nathan Kahan *Louis Marks

May 28 – June 3: Joan Rosner

May 29	Leo Halpern
May 30	*Sophie Mekler
June 1	*Etta Goldberg



Springfield Museum Tour

Provided by Shoshana Zonderman



Sculpture





Saul listens



Stories about Pissarro



Group listens as Deb speaks

Joan listens Iyar/Sivan 5783

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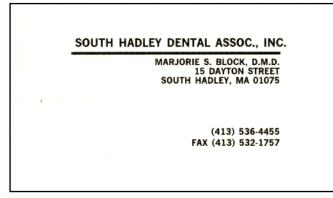
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Business Card Ads: \$180/Year - Please contact the synagogue office at (413) 534-3369 OR office@sonsofzionholyoke.org

There is always room for more!!!

