

# CONGREGATION SONS OF ZION

Volume 6 | Issue 3 | November 2020 | Cheshvan/Kislev 5781

## Congregation Sons of Zion

378 Maple Street  
Holyoke, MA 01040  
Phone: (413) 534-3369

Email:  
[office@sonsofzionholyoke.org](mailto:office@sonsofzionholyoke.org)

Website:  
[www.sonsofzionholyoke.org](http://www.sonsofzionholyoke.org)

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## About the Month of Cheshvan

This month is the anticlimax of the previous month of Tishrei. With so many holidays and spiritual experiences, it was a feast for the soul—a vacation of sorts. Now, as we enter the month of Cheshvan, real life begins, back to the daily “mundane” grind. This is the time to take the inspiration and all that we gained in the month of Tishrei and integrate it into our lives, learning how to balance the spiritual and the physical elements of our life in unison and harmony.

**Cheshvan/  
Kislev 5781**

*November 2020*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 14 Cheshvan SOZ Book Club, 10:30am (Zoom)	2 15 Cheshvan Minyan Cancelled	3 16 Cheshvan <b>VOTE!</b>	4 17 Cheshvan Maariv Minyan Schmooze, 5pm Service, 5:15pm	5 18 Cheshvan	6 19 Cheshvan	7 20 Cheshvan Shabbat Service, 10am (Zoom)  Va-Yera
8 21 Cheshvan	9 22 Cheshvan Minyan Cancelled	10 23 Cheshvan SOZ Study Group on Prayer, 7:15pm-8:30pm (Zoom)	11 24 Cheshvan <b>Veterans Day</b> Maariv Minyan Schmooze, 5pm Service, 5:15pm  SOZ Board Meeting, 6:30pm (Zoom)	12 25 Cheshvan	13 26 Cheshvan	14 27 Cheshvan Shabbat Service, 10am (Zoom)  Chayei Sarah
15 28 Cheshvan	16 29 Cheshvan Minyan Cancelled	17 1 Kislev <b>Rosh Hodesh Kislev</b>	18 2 Kislev Maariv Minyan Schmooze, 5pm Service, 5:15pm (Zoom)  What's Cooking @ SOZ???, 6:30pm (Zoom)	19 3 Kislev	20 4 Kislev	21 5 Kislev Shabbat Service, 10am (Zoom)  Toledot
22 6 Kislev	23 7 Kislev Minyan Cancelled	24 8 Kislev SOZ Study Group on Prayer, 7:15pm-8:30pm (Zoom)	25 9 Kislev Maariv Minyan Schmooze, 5pm Service, 5:15pm (Zoom)	26 10 Kislev <b>Happy Thanksgiving!!</b>	27 11 Kislev	28 12 Kislev Shabbat Service, 10am (Zoom)  Va-Yetzay
29 13 Kislev	30 14 Kislev Minyan Cancelled	1 15 Kislev <b>Giving Tuesday</b>	2 16 Kislev Maariv Minyan Schmooze, 5pm Service, 5:15pm (Zoom)	3 17 Kislev	4 18 Kislev	5 19 Kislev Shabbat Service, 10am (Zoom)  Va-Yishlach

\*(Zoom) and cancelled Monday minyanim assume that COVID-19 restrictions continue.

# DATES TO REMEMBER

Sunday, November 1, 2020  
SOZ Book Club, 10:30am (Zoom)

Tuesday, November 3, 2020  
VOTE!

Wednesday, November 4, 2020  
Maariv Minyan: 5pm schmooze,  
5:15pm service (Zoom)

Saturday, November 7, 2020  
Shabbat Service, 10am (Zoom)

Tuesday, November 10, 2020  
SOZ Study Group on Prayer,  
7:15pm - 8:30pm (Zoom)

Wednesday, November 11, 2020  
Veterans Day  
Maariv Minyan: 5pm schmooze,  
5:15pm service (Zoom)  
SOZ Board Meeting, 6:30pm  
(Zoom)

Saturday, November 14, 2020  
Shabbat Service, 10am (Zoom)

Tuesday, November 17, 2020  
Rosh Hodesh Kislev

Wednesday, November 18, 2020  
Maariv Minyan: 5pm schmooze,  
5:15pm service (Zoom)  
What's Cooking @ SOZ???  
(Zucchini Loaf), 6:30pm (Zoom)

Saturday, November 21, 2020  
Shabbat Service, 10am (Zoom)

Tuesday, November 24, 2020  
SOZ Study Group on Prayer,  
7:15pm - 8:30pm (Zoom)

Wednesday, November 25, 2020  
Maariv Minyan: 5pm schmooze,  
5:15pm service (Zoom)

Thursday, November 26, 2020  
Happy Thanksgiving!!

Monday, November 27, 2020  
Shabbat Service, 10am (Zoom)

Tuesday, December 1, 2020  
Giving Tuesday!



# Join our Study Group on Prayer

Offered via Zoom by

## Congregation Sons of Zion

Facilitated by Rabbi Saul Perlmutter

*All are welcome!!*

<u>Class Dates:</u>		<u>Class Time:</u>
November 10	December 22	7:15pm to 8:30pm
November 24	January 12	
December 8	January 26	

### Suggested Topics: (such as...)

- Why pray
- Who are you praying to
- Do you expect prayers to be answered
- How do you pray if you don't believe in God
- Evolution of prayer
- Evolution of siddur
- Siddur means order, why
- Individual prayer vs communal prayer
- Alternative versions of Jewish prayer
- Each has a different siddur...Orthodox, Conservative, Reform, Reconstructionist, Renewal...why?

**Registration:** Please follow [this link](#) to complete a form and you will receive a link for each class and materials

**Donations always welcome**



Congregation Sons of Zion  
 378 Maple Street  
 Holyoke, MA 01040  
 (413) 685-5134  
[office@sonsofzionholyoke.org](mailto:office@sonsofzionholyoke.org)  
[www.sonsofzionholyoke.org](http://www.sonsofzionholyoke.org)



# What's Cooking @ SOZ???

**Wednesday, November 18, 2020  
at 6:30pm**

*A Zoom link will be sent on November 18<sup>th</sup> at 5:45pm*

**Featured Recipes:**  
**Zucchini Apple Bread and/or**  
**Zucchini Carrot Bread**

## **How it will work:**

*The Zoom audience will prepare the featured recipe at home in time for the program. The program will feature audience "chefs" (you) discussing the joys and problems encountered, variations used and anything else you want to say.*

*All who enjoy eating are welcome!!!*

## Zucchini Carrot Bread

From [sugarspunrun.com](http://sugarspunrun.com)

### Ingredients:

3 cups all-purpose flour  
1 tsp baking powder  
1 tsp baking soda  
1 tsp salt  
2 tsp ground cinnamon  
1 tsp grated nutmeg

1 ½ cups sugar  
3 eggs, beaten  
1 cup vegetable oil  
1 cup grated zucchini  
1 cup grated carrot  
1 cup chopped walnuts

### Directions:

- Sift together: flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large mixing bowl.
- Add the sugar and blend.
- Mix the eggs with the oil and add that to the flour mixture. Mix again.
- Mix the zucchini, carrots and walnuts. Add and mix.
- Put this in 2 greased loaf pans and bake for approximately 50 minutes or until done in the center.

Serves 24

## Zucchini Apple Bread

From [allrecipes.com](http://allrecipes.com)

### Ingredients:

4 large eggs  
1 cup white sugar  
1 cup brown sugar  
½ cup vegetable oil  
1 tsp vanilla extract  
3 ½ cups all-purpose flour

1 ½ tsp baking soda  
½ tsp salt  
2 tsp ground cinnamon  
½ cup chopped walnuts  
2 cups peeled, chopped zucchini  
1 cup chopped, peeled apple

### Directions:

- Preheat oven to 350°. Grease 2 – 9x5 inch loaf pans.
- In a large bowl, combine eggs, white sugar, brown sugar, oil and vanilla until well blended. In a separate bowl, combine flour, baking soda, salt and cinnamon. Stir flour mixture into egg mixture. Fold walnuts, zucchini and apple. Pour into prepared pans.
- Bake 1 hour, or until top springs back when touched lightly in center. Let cool in pans for 10 minutes before removing to wire rack to cool completely.

Serves 24

## A Message from the Tikkun Olam Committee

### **Project Isaiah: Fundraiser Benefitting Margaret's Pantry**

*Is not this the fast I (God) want?*

*To free people from all which cruelly oppresses them, to let the oppressed go free, to break every chain, to share your food with the hungry, to take the homeless into your home. Clothe the naked when you see them. Do not ignore a needy relative. Then light will break forth like the dawn, and your wounds will soon be healed.*

— Isaiah 58:6-7, From the Haftarah for Yom Kippur morning Adapted from The Mahzor, Rabbinical Assembly, and Tanakh, Jewish Publication Society

Once again, Congregation Sons of Zion will sponsor a collection to benefit Margaret's Pantry, a full-service food pantry that provides food to residents of the greater Holyoke area. The need this year is greater than ever. Due to the Pandemic Crisis, Margaret's Pantry is requesting financial donations which they will use to make purchases of needed items.

If you would like to contribute to this important cause you can make checks out to Margaret's Pantry and send them to:

Margaret's Pantry  
c/o Brenda Lamagdeleine  
56 Cabot Street  
Holyoke, MA 01040

*\*Please note: Congregation Sons of Zion on your check.*

Thank you for your participation in this important effort.





## How to Watch SOZ's Past Shabbat Services on YouTube:

*(Zoom services are not recorded)*

Turn on your computer and speakers.

1. Run an internet browser (Internet Explorer or Chrome, for example)
2. Type [youtube.com](https://www.youtube.com) in the navigation bar and press enter.
3. In YouTube, type [Congregation Sons of Zion](#) (not just "Sons of Zion") in the box that says Search and then click on the magnifying glass or press enter.
4. Click on the video that has a red "Live" button on the bottom right corner. It may take up to 45 seconds for the video to load.

***Services start at 10:00am. Shabbat Shalom!***





## **A Special Thank You to Our Sustaining Members**

Andrew Barowsky

Ned & Cindy Barowsky

Richard and Ellen Freyman

Bonnie and Maggie Gruszecki

Norman and Marion Halpern

Alfred and Lee Hutt

Stephen and Lois Levin

Buddy and Margie Resnic

Michael and Joan Rosner

William and Joanne Saltman

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

## Congregation Sons of Zion Legacy Society

### ☆ Congregation Sons of Zion Legacy Society ☆

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)

Elaine 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

Ira Laby

Aaron & Gail Lansky

Stephen & Lois Levin

Stephen & Joan Levine

Sidney\* & Elizabeth\* Paul

Burton & Marjorie 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@sonsofzionholioke.org](mailto:office@sonsofzionholioke.org) or (413)534-3369. Thank you very much.





# Donations: Thank you!



## Cemetery Fund

- ✦ Alan and Elaine Barr: In memory of Alan's parents, Harry and Ann Barr
- ✦ Alan and Elaine Barr: In memory of Alan's siblings, Gary and Michael Barr
- ✦ Alan and Elaine Barr: In memory of Elaine's parents, Myer and Pearl Goldenberg
- ✦ Alan and Elaine Barr: In memory of Elaine's brother, Eric Goldenberg
- ✦ Betsy Bassell Goodman: In memory of her mother, Dorothy Kaplinsky Bassell
- ✦ Susan Craig: In memory of her mother, Beatrice W. Palmer
- ✦ Edith Eskenasy: In memory of her beloved father, Jacob Barowsky
- ✦ Edith Eskenasy: In memory of her beloved husband, Isaac Eskenasy
- ✦ Sanford N. Katz: In memory of his father, Jacob Katz
- ✦ Ira Laby: Cemetery Donation
- ✦ Steve and Joan Levine: In memory of Steve's father, Henry Levine
- ✦ Steve and Joan Levine: In memory of Joan's father, David Kagan
- ✦ Steve and Joan Levine: In memory of Steve's aunt, Rose Koufax Rose
- ✦ Francine Stewart: In memory of her father, Martin Jaffe

## General Fund

- ✦ Irene Bernstein: In memory of her mother-in-law, Ida E. Bernstein
- ✦ Irene Bernstein: In memory of her father-in-law, Hyman R. Bernstein
- ✦ Andrea Fox: In honor of the Staff and Veterans at the Holyoke Soldier's Home in recognition of Veterans Day
- ✦ Andrea Fox: In memory of her beloved favorite cousin, Rhoda Lillian Doris Blaustein Cohen
- ✦ Louise, Debbie & Janet Goldberg: To honor the birth of their parent's 11th and 12th great grandchildren, Barbara and Hannah. All 5 of the great grandchildren born since their passing have Hebrew names honoring them.
- ✦ Bonnie Gruszecki: In memory of her paternal grandmother, Fanny Gruszecki
- ✦ Bonnie and Maggie Gruszecki: Thanks to Marge Bloom for extra individual tech tutoring
- ✦ Bonnie and Maggie Gruszecki: In honor of Rich Freyman's heroic patience and amazing talent working with our chorus
- ✦ Bonnie and Maggie Gruszecki: In loving gratitude for our warm, wonderful community
- ✦ Judy and Robert Katz: In honor of Joan Rosner for her kindness
- ✦ Francine Stewart: In memory of her father, Martin Jaffe

## High Holiday

- ✦ George and Gail Baquis: Yom Kippur Donation
- ✦ Mildred Berman: High Holiday Donation
- ✦ Marjorie Bloom: In honor of Rich Freyman, in appreciation of his leadership for the High Holiday Chorus
- ✦ Aaron Falbel: In honor of the remarkable women - Deborah, Bonnie and Cindy - who told such moving stories of healing and recovery on the second day of Rosh Hashana
- ✦ Ariel Feldman: In honor of Florence Chartier and Ethel Fritz
- ✦ Judy and Robert Katz: In honor of everyone who made High Holiday services meaningful and interesting
- ✦ Aaron and Gail Lansky: High Holiday
- ✦ Deb Levine: In honor of Rich Freyman and his tireless efforts with the SOZ Chorus
- ✦ Susan Weiss: High Holiday Donation

## Rabbi's Discretionary Fund

- ✦ Bonnie & Maggie Gruszecki: With deepest gratitude for the deeply engaging, meaningful, and inspiring High Holiday Services

## November Yahrzeits

### **November 1 – 7: Cindy Vieu**

Nov 1 \*Lillian Halpern  
 Nov 2 \*Armand Paperno  
 Nov 3 Katie Becker  
 \*Joseph Saltman  
 Nov 6 Kate Paul  
 \*Clara Weinstein

### **November 8 – 14: Ken Vieu**

Nov 9 Ethel Carlinsky  
 Nov 11 Samuel Cohen  
 Nov 12 \*Bess Kaplinsky  
 \*Nathan Wilson  
 Nov 14 \*Fannie Saex  
 Robert Saex  
 \*Max Stein

### **November 15 – 21: Marjorie Bloom**

Nov 15 Sylvia Bloom  
 Nov 16 \*Constance K. Barowsky  
 Beatrice Rose  
 Nov 17 Isaac Eskenasy  
 \*Beatrice Palmer  
 Ruth Breslow-Young  
 Nov 19 Jay Posnik  
 Nov 20 \*Stanley Saex  
 Nov 21 Samuel Cohen

### **November 22 – 28: Dave Carmen**

Nov 23 \*Rose Alperin  
 Nov 24 Philip G. Craig  
 Nov 26 Benjamin Paul  
 Nov 28 \*Murray Horn

### **November 29 – December 5: Andrea Fox**

Nov 30 Jacob Paul  
 Lena Seamon  
 \*Nathan Solomon  
 Dec 1 \*Arthur Jay Berenson  
 Dec 2 \*John Gaylor  
 Sherman Marks  
 Milton Palmer  
 \*Samuel Resnic  
 Anne Wiener  
 Dec 3 \*Sonia R. (Baker) Greenspan  
 Dec 5 \*Leslie Kahan





## Shema Talk by Andrea Fox

During these difficult days, many of us are looking for ways to overcome our fears and find courage to help us face our concerns. Finding our courage requires a certain faith and belief that we are not alone, and better is yet to come. I am personally comforted by the belief that for me Courage is fear that has said it's prayers. ... Courage is fear that has said it's prayers.

If you have attended Shabbat services at SOZ, you may have heard me chant the Shema. You may have seen me take a deep breath, quiet my body, and become totally present in that moment with You and God. When I recite the Shema I am channeling God and in that moment I am simply the vehicle, the voice by which those words can be heard out loud.

I never really know what it's going to sound like until it comes out. It is a powerful and moving experience. Coupled by the fact that the Torah is gently resting over my heart, I am holding our words, given to us by God, truly embracing the whole world in my hands. It is a loving moment.

When I was in Hebrew school, as a young girl, I recall how enemies attacked Jews requiring they make the impossible choice to convert to Christianity or be killed.

I hold these images of people standing in front of their attackers and as they were about to die, these Jews recited the Shema.

I was always struck by that moment, having to decide between what it would take to save one's life , weighed over what it meant to choose to remain a Jew and be killed. And as Rabbi Akiva was executed, he was reciting the Shema, and with his last breath completed the final word- Ehad.

I associate reciting the Shema with proclaiming, protesting, and showing pride in being one of the Jewish people.

I recall in my heart the spirits of Jews during the holocaust, who proudly, in fear or desperation, or in seeking peace, recited the Shema as they were brought to their horrific deaths.

The Shema is short yet powerful. For some Jews, it may be the only prayer they know. It is accessible, as it can be whispered, kept privately in one's heart and mind, or sung out loud -shared within community. It can be studied one word at a time, written and placed inside your pillow or favorite toy, kissed in the mezuzah, said with daily prayers, for it is holy in thought and commitment , and is one way I attain courage by saying my prayers.



**Coming Soon: November Newsletter Supplement containing additional High Holiday words and thoughts from our congregants.**

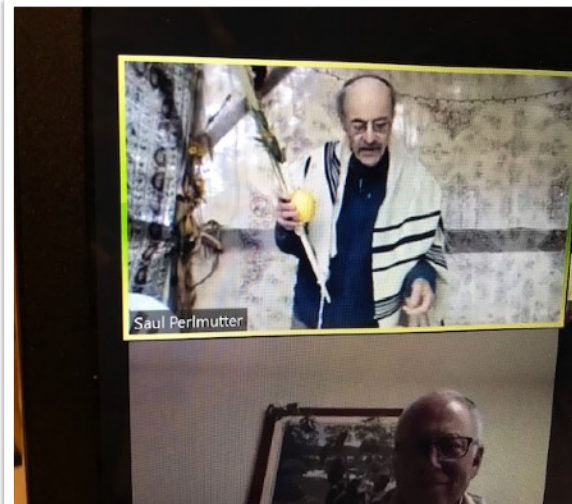


**First Day Rosh Hashana Service: Andrea read the torah and dressed to honor Justice Ruth Bader Ginsberg**

## Sukkot and Simchat Torah via Zoom



**Sukkot: No lulav & etrog? Use celery & lemon!**



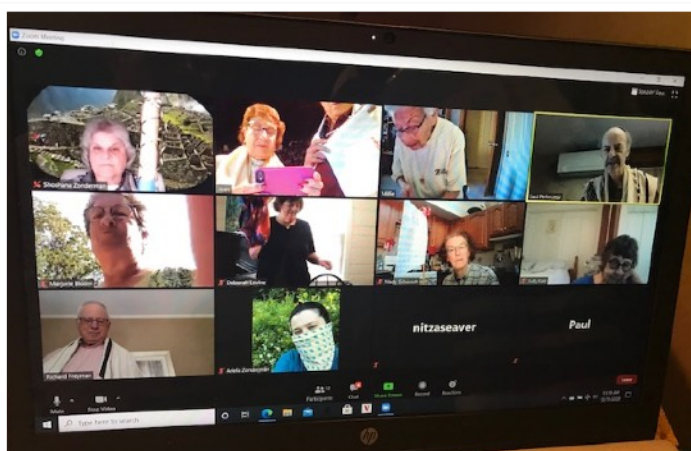
**Sukkot: Rabbi in his succah**



**Sukkot via Zoom**



**Sukkot via Zoom**



**Simchat Torah via Zoom**



**Simchat Torah via Zoom**



## SOZ Clean-Up



**Paul**



**Cindy**



**Ken**



**Barry**



**Brielle and Ken**



## SOZ Clean-Up



**Mady**



**Steve**



**Deb**



**Michael and Joan**



**Trees pruned/lawn clean**



## Ads from our Sponsors

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330 WHITNEY AVE.  
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*There is always room for more!!!*