

# Scroll

Temple Beth Shalom - Needham, Massachusetts

April 2024  
Adar II/Nisan 5784



## Leftovers? Ha! The Kugel Edition

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## On the Cover

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## Editorial Board

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To contribute content,  
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## From the Editorial Board

For two *Scrolls* in a row, our rabbis have quoted from *Pirkei Avot* about the stages of a person’s life. Indeed, our pages are filled with milestones: b. mitzvah, holidays, recurring and one-time events, and even the listing of those who, sadly, have marked their final stage. Our pages are also filled with leadership roles and rituals used to mark some of these milestones.

One ritual is the baking of kugel, which for so many of our members marks happy traditions and memories of beloved family members. For the first time, I truly understand the phrase “comfort food.” Following a recipe that a loved one passed along is indeed comforting — to the baker and to those who indulge in its sweetness. Whether you indulge this month in a *pesadig* (kosher for Passover) kugel or perhaps break Passover with traditional kugel, you’ll enjoy reading the stories behind fellow members’ special baking experiences. *Chag Pesach sameach* — Happy Passover!

### Adult B. Mitzvah? Tell Us Your Story!

Are you an adult by age but becoming one (again) in Judaism? We’d like to hear your story! What prompted your decision to become an adult b. mitzvah? Are you doing it as part of a class? On your own? Is this an anniversary of an earlier bar or bat mitzvah or is this the first time for you? Will you celebrate this achievement in any special way? We would like to publish your story in the *Scroll*, along with those of fellow adults becoming b.mitzvah, so please send us your story using 150 words or fewer, and a photo. Deadline: April 15

### Ask the Rabbi

Do you have a question you’ve always pondered but never had the chance to ask? This might be your solution! Submit your questions to [scroll@tbsneedham.org](mailto:scroll@tbsneedham.org). Questions will appear anonymously, together with the rabbi’s response, in upcoming issues of the *Scroll*.

*Please note: "Ask the Rabbi" is a chance to explore areas related to Judaism. It is not intended for questions about Temple policies, business, or personal questions.*

### Let Us Hear from You - and/or Join Us!

- We always welcome your input and help. Are there articles you’d like to see included or topics that should be covered? Let us know!
- Might you like to write an article? How about joining us to do editing or layout? Want to help with advertising?

Please email [scroll@tbsneedham.org](mailto:scroll@tbsneedham.org) with your ideas, suggestions, or offers to join in the fun of producing the *Scroll*!

*By Joni Burstein on behalf of the Editorial Board*

## Services in April

All services will be both in person and online for the month of April. An \* denotes in person only.  
Please check the TBS website and emails for livestream links.

### FRIDAY, APRIL 5 (27 Adar II 5784)

6:15 PM Erev Shabbat Service

### SATURDAY, APRIL 6 (27 Adar II 5784)

Torah: *Sh'mini* Lev. 9:1 - 11:47

8:30 AM Shabbat Morning Service

9:00 AM Torah Study

9:15 AM Finding Our Jewish Values in the Torah

B. Mitzvah: Riley Bacigalupi and Jonah Black,  
Sydney Roth and Eli Roth

### FRIDAY, APRIL 12 (5 Nisan 5784)

6:15 PM Om Shalom Yoga Service

6:15 PM Erev Shabbat Service

### SATURDAY, APRIL 13 (5 Nisan 5784)

Torah: *Tazria* Lev. 12:1 - 13:59

8:30 AM Shabbat Morning Service

9:00 AM Torah Study

9:15 AM Finding Our Jewish Values in the Torah

### FRIDAY, APRIL 19 (12 Nisan 5784)

6:15 PM Erev Shabbat Service

### SATURDAY, APRIL 20 (12 Nisan 5784)

Torah: *M'tzora* Lev. 14:1 - 15:33

8:30 AM Shabbat Morning Service

9:00 AM Torah Study

9:15 AM Finding Our Jewish Values in the Torah

B. Mitzvah: Naomi "Nutmeg" Kahn

### TUESDAY, APRIL 23 (15 Nisan 5784)

7:00 AM Passover Morning Service

### FRIDAY, APRIL 26 (19 Nisan 5784)

6:15 PM Erev Shabbat Service

### SATURDAY, APRIL 27 (19 Nisan 5784)

8:30 AM Shabbat Morning Service

9:00 AM Torah Study

9:15 AM Finding Our Jewish Values in the Torah

### MONDAY, APRIL 29 (21 Nisan 5784)

7:00 AM Passover Morning Service, Yizkor

### Please join the TBS Community for *Minyan*

- Monday and Thursday mornings at 7:00 AM in person, in the Sanctuary.
- Tuesday through Thursday evenings at 6:45 PM online only. Zoom links are published in the "TBS This Week" email.

## Committee Meetings in April – Stay Involved!

Committees not listed will not meet formally this month.

### Committee Name

Adult Learning  
Brotherhood Board  
ConNEXTionsPLUS  
Garden Club  
Scroll Editorial Board

### Date and Time

Wed. April 3, 7:45 PM  
Tue. April 9, 7:15 PM  
Mon. April 8, 7:00 PM  
Tue. April 2, 7:15 PM  
Tue. April 16, 12:30 PM

### Email Contact for Information

adultlearning@tbsneedham.org  
brotherhood@tbsneedham.org  
connectionsplus@tbsneedham.org  
gardenclub@tbsneedham.org  
scroll@tbsneedham.org

Please check with the email contact in case of a change in date and for meeting location.

## Welcome New Members

Danna Colin and Nina (1)  
Jessica and Jacob Dunn and Morgan (5) and Marni (2)  
Hayley Herman and Paul Reine and Leni (3) and Leo (2)  
Narkiss Pressburger and Yehezkel Brandsdorfer and Neta (2) and Eitan (not yet 1)



## Preparing for 50

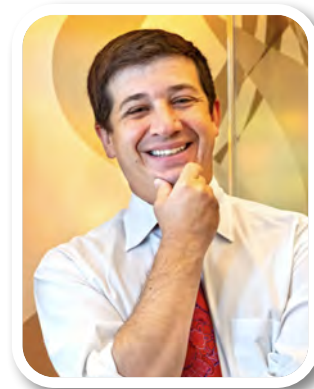
By Rabbi Todd Markley

Just a few days after this edition of the *Scroll* reaches mailboxes, I will celebrate my 50th birthday and our son, Adam - my birthday buddy, will (gulp) turn 15. Life milestone moments like these are good opportunities to pause, to reflect on where we have been and the moment in which we now find ourselves, and to consider the next steps along the path.

Often celebrating our birthday with chocolate-covered-matzah rather than cake provides a frequent reminder that both of our life journeys began at Passover; I was born on the day of first Seder, and we brought Adam home from the hospital that day as well. On this milestone birthday, therefore, as we prepare to mark the birth of our people and their transition from slavery to freedom, my thoughts are drawn to the rebirth of spring, the promise of new life, and the hope for a brighter future that is woven into our Seders and into this season.

Fifty days following the beginning of Passover, we will mark Shavuot, our celebration of the giving of Torah at Mount Sinai. Perhaps it was this association with the number 50 that prompted our sages to offer this teaching in the *Mishnah, Pirkei Avot*<sup>1</sup>: "...At **five** years of age [one begins the study of] scripture, at **ten** years for the *mishnah*, at **thirteen** [responsibility] for the commandments (*Mitzvot*), at **fifteen** for the [study of] *Talmud*, at **eighteen** for *Chuppah* (marriage canopy...these standards have clearly changed!), at **twenty** for pursuit [of livelihood], at **thirty** for [peak] strength, at **forty** for understanding, at **fifty** to [give] counsel..." Our Rabbis expected that by the age of fifty one would have wisdom to share with others ... our own Torah, so to speak.

While this is our people's season of hope and rebirth, I must admit that, as I begin my sixth decade of life and approach my third decade of sacred service as Rabbi at Temple Beth Shalom, I sometimes worry that the wisdom I've amassed on my way to 50 is insufficient for the moment at hand. Who am I to give counsel in a post-October 7th world, when the hearts of all our people are broken and our understandings of Israel's security have been upended ... in a time when our moral convictions are challenged and our commitments are shaken? Looking back now, I can see that the vast majority of my years were lived before Charlottesville and Tree of Life Synagogue, before year-over-year double-digit increases in antisemitic activity plagued our world once again. How can there be



wisdom enough to lead when our crises are of the magnitude of global climate change, daily mass shootings to which we are all-too-easily numbed, and democratic ideals and institutions which are fraying at the seams?

I find solace and renewed hope in this teaching, offered by Rabbi Yisael Meir Lau<sup>2</sup>:

*"It was not for nothing that [the Sages of the Mishnah] wrote: "at fifty years of age to give counsel." What does this phrase mean? I will give you a parable.*

*To what is this comparable: to a man who lost his way in the forest. Slowly, slowly the day turns towards nightfall and he is still without advice (on how to find his way out). He walks here and there confused as to where to go.*

*Suddenly he sees from faraway a man walking towards him. As the man approaches, it is revealed that the man is of gruff appearance. His beard is grown, his hair is long and wild, his clothing is crumpled.*

*It is recognizable by his appearance that he has been in the forest for a long time.*

*The first man is happy to see the gruff stranger and runs toward him: "It is a miracle that I found you before nightfall. Perhaps you can show me how to get out of here?"*

*The veteran wanderer answers him sadly: if I knew how to get out of here, I would not stay a minute longer. It has already been several long months that I am seeking the answer of how to get out of here. However, in one way I can help you. From my experience, I can tell you where it is dangerous to enter, which path goes nowhere.*

*Come, give me your hand, and from now on we will go together."*

While none of us possesses a Divinely-inspired map that will lead us out of the darkened days through which we are living, perhaps I can help us to avoid some of the paths that go nowhere. Regardless, I am honored to have the opportunity to lead by joining hand-in-hand with my TBS family as we find our way forward together.

*Zissin Pesach* - Wishing you and yours a sweet, meaningful, and wisdom-enhancing Passover,

Rabbi Todd

<sup>1</sup>Pirkei Avot 5:21

<sup>2</sup>In Yachel Yisrael



From Our Board of Trustees

# The Holidays of April



By Wendy Gutterson, Congregational President

As we turn towards longer daylight hours and warmer days, it's hard not to feel just a little more joyous and, well, a little bit hopeful. This month brings us Pesach, one of my favorite holidays, Red Sox Opening Day, another of my favorite holidays, and Patriot's Day/Marathon Monday, an incredible day of spirit and pride for Bostonians and a day of achievement for so many.

These three special days share one important thing – accessibility. You don't need to run the 26.2 miles to enjoy Marathon Monday. You can enjoy an afternoon game at Fenway without having to swing a bat. And Passover, perhaps the most accessible of Jewish holidays, is celebrated in the comfort of your own or a loved one's home. (Although it could be said Passover preparation is like training for a marathon.)

Each of these holidays can also foster a strong sense of community. Spectators along the marathon route cheer for runners they don't know and share conversation with those around them. And if you are waiting for your special runner, you are likely engaging the others around you in the excitement when they run past.\* At baseball games, and certainly at Fenway Park, fans high-five the person next to them when great plays are made. Conversations are shared with strangers tucked into close quarters in a noisy stadium over several hours. I've even played Jewish geography at Fenway, delighting in finding acquaintances in common.

Passover is perhaps the easiest way to foster community as we retell our ancient story of freedom, redemption, and endurance. While this year's holiday tables may include some difficult conversations about freedom and hope, we know that ultimately, we come together to *be together*. Passover is as much about the past as it is about the future. It's a night of sharing traditions and creating new traditions, an evening to enjoy shared experiences with family, with friends, and perhaps with members of our community who we don't know quite so well. This year, I encourage each of us hosting a Passover Seder to think about growing

our community by setting another place at our tables and inviting others to help make our Passover celebrations even sweeter. We are always stronger when we are together.

Whatever holidays you are celebrating in April, please know that David, Sam, Tzipora, and Adam join me in wishing you and yours much happiness, much warmth, and much love for your festive occasion.

L'Shalom,

Wendy

\* Please join my excitement this year as my husband, David, daughter Sam, and son-in-law, Adam, will be running! Our best wishes to all those TBS marathoners who are running in Boston this year – may you reach the finish line safely. And same to those cooking marathoners who are preparing a Seder. Enjoy!



# B. Mitzvah

## Riley Bacigalupi, Saturday, April 6

**School:** Pollard Middle School

**Interests:** Riley enjoys reading novels, playing card and video games, playing viola, composing music, and coding on the computer.

**Mitzvah Project:** Riley is raising money for Oceana, an organization dedicated to keeping our oceans clean and healthy.

## Jonah Black, Saturday, April 6

**School:** Pollard Middle School

**Interests:** Jonah enjoys playing basketball and baseball, performing cello, playing card games, and spending time with his family and friends.

**Mitzvah Project:** Jonah volunteered for Hungry for Music, collecting over 25 instruments for kids who can't afford them but want to play.

## Sydney Roth, Saturday, April 6

**School:** The Carroll School, Lincoln

**Interests:** Syd loves playing soccer, basketball, and lacrosse. She enjoys hanging out with friends and spending summers at Camp Tevya.

**Mitzvah Project:** Syd created beaded bracelets to raise money for the Program for Young Adults with Breast Cancer at Dana Farber.

## Eli Roth, Saturday, April 6

**School:** The Carroll School, Lincoln

**Interests:** Eli loves playing sports — especially baseball, basketball, and football. He enjoys hanging out with friends and summers at Camp Tevya.

**Mitzvah Project:** Eli collected hats, gloves, and mittens for children and adults in need for JFS Metrowest.

## Naomi “Nutmeg” Kahn, Saturday, April 20

**School:** Pollard Middle School

**Interests:** Nutmeg loves to read, climb aerial silks, perform in plays, listen to Taylor Swift, and hang out with friends.

**Mitzvah Project:** Nutmeg raised money for PEN America's fight against book banning by baking and selling cookies inspired by favorite banned books.

*To participate in B. Mitzvah services, join us in person in the Sanctuary, or check your Shabbat email for Vimeo links.*

## Got Scrolls?

The TBS Archives has been scanning all prior issues of the *Scroll* for perpetuity. We are missing copies from the time periods listed at right. Please think of us when you clean out your printed treasures, and if you come across old copies of the *Scroll*, perhaps you can help us complete our collection. We will scan them and return them to you for your continued safekeeping! Thank you.

- September 1968 through October 1974
- July, 1976
- June, 1977
- October, 1980
- April, 2005





# April Highlights

## Brotherhood Spring Schmoozefest

**Sunday, April 7, 6:00-8:30 PM, offsite**

It's a Brotherhood tradition to gather at Mandarin Cuisine a few times a year to . . . well . . . schmooze and eat! Preregistration is required. Your \$25 covers pre-meal appetizers and a sit-down dinner. We hope to see you there!

Register: [t-b-s.me/Schmooze](https://t-b-s.me/Schmooze)

Cost: \$25

Contact: [brotherhood@tbsneedham.org](mailto:brotherhood@tbsneedham.org)



## Alison Campbell's Container Designs

**Tuesday, April 9, 7:30-9:00 PM, TBS**

Alison Campbell of South Natick's landscaping and container gardening company will present beautiful container designs that reflect the changing seasons, using interesting plant material with color and texture. Check out her website at [allisoncampbelldesign.com](http://allisoncampbelldesign.com). Guests are welcome with a \$10 admission. If this is your first time, admission is free. Garden Club members are free.

Contact: Garden Club at [gardenclub@tbsneedham.org](mailto:gardenclub@tbsneedham.org)



## Diaper Drive Supporting Beantown Baby Diaper Bank

**Wednesday, April 10, 9:00-9:45 AM, TBS parking lot**

Having access to a seemingly small thing like diapers can make a big difference for families in need. And with costs rising, diaper need is growing. In fact, a study published by Health Equity in 2022 found that 36% of Massachusetts families with young children could not afford enough diapers for their children. This takes a toll on families' physical, emotional, and economic well-being.

Help TBS Social Action once again support Beantown Baby Diaper Bank (BBDB), a non-profit organization that collects and distributes diapers to eight local providers of child and family services. Last year, the TBS community contributed 3,609 diapers to BBDB's total distribution of nearly 120,000 diapers. Let's do it again! BBDB accepts donations of any brand of disposable diapers, new or open packages, individual diapers, pull-ups, and swim diapers.

If you can't make the April 10 collection time, no problem! Contact us at [socialaction@tbsneedham.org](mailto:socialaction@tbsneedham.org) to arrange drop-off at a TBS member's home between April 1 and April 9.

To learn more about Beantown Baby Diaper Bank, visit [beantownbabydiaperbank.org](http://beantownbabydiaperbank.org).

Register: [t-b-s.me/diaper](https://t-b-s.me/diaper)

Deadline: April 9

Contact: Cara Karelitz at [socialaction@tbsneedham.org](mailto:socialaction@tbsneedham.org)



## ConNEXTionsPLUS Pizza and Bingo

**Sunday, April 14, 4:00-6:30 PM, TBS**

The success of this annual event is proof that there's no better match for pizza than bingo at TBS! After a few delicious slices, enjoy the challenge of 90 minutes of bingo with entertaining twists on each game. Make it a family outing; kids, teens, adults, and seniors are all welcome. We anticipate a great time among friends, old and new.

Register: [t-b-s.me/bingoandpizza](https://t-b-s.me/bingoandpizza)

Contact: Craig Lustig at [clustig@tbsneedham.org](mailto:clustig@tbsneedham.org)



# April Highlights continued...

## Expressive Art Night

**Sunday, April 28, 7:30-9:00 PM, TBS**

Celebrate the arrival of spring with Sisterhood's expressive therapist, Lauren Karp Kinghorn. Engage in joyful easy movement and harmonious music, and make some vibrant art to embrace the season's renewal.

Register: [t-b-s.me/artnight](http://t-b-s.me/artnight)

Cost: \$10

Contact: Sisterhood at [sisterhood@tbsneedham.org](mailto:sisterhood@tbsneedham.org)



## Matzah Cover Making for Families with Young Children

**Sunday, April 7, 9:00-10:30 AM**

Add some beauty and color to your seder table! We will use paint in a rainbow of colors to create canvas covers you can really use. The project will take about 20 minutes, so plan to come anytime in the designated window. Designed for families with children ages six and under- all are welcome! Bring a smock or wear clothes you don't mind getting a little messy.

Register: [t-b-s.me/matzahcover](http://t-b-s.me/matzahcover)

Contact: Ellen Dietrick at [edietrick@tbsneedham.org](mailto:edietrick@tbsneedham.org)

## Sisterhood Passover/Rosh Chodesh Brunch

**Sunday, April 7, 10:00-12:00 PM, TBS**

Join us for a joyful brunch as we celebrate Passover and Rosh Chodesh as a Sisterhood community.

Register: [t-b-s.me/SHPassover](http://t-b-s.me/SHPassover)

Cost: \$10

Contact: Stacey Smalley and Sandy Cisternelli at [sisterhood@tbsneedham.org](mailto:sisterhood@tbsneedham.org)

## Seder Plate Orders

**Monday, April 22, 9:00-11:00 AM, TBS parking lot**

Pickup your complete Seder plate--including the plate--from TBS! Each order includes pre-portioned horseradish, parsley, hard boiled egg, charoset, romaine, and roasted beet (vegetarian-friendly stand-in for the shank bone), plus a festive disposable plate. Assistance available if you are unable to cover the cost. Special thanks to Michael's Deli for providing the food items for the Seder plates.

Deadline: Friday, April 12

Order: [t-b-s.me/sederplate](http://t-b-s.me/sederplate)

Cost: \$8





# Celebrating Passover continued...

## Passover Seder for Families with Young Children

**Friday, April 26, 5:00-6:00 PM, TBS**

Join us for a celebration of Passover geared towards families with young children. We'll tell the story of Moses and the exodus from Egypt, dip parsley into salt water, sing, and enjoy a simple chicken dinner with all the fixings. Geared towards families with children ages six and under.

Register: [t-b-s.me/fwycseder](https://t-b-s.me/fwycseder)

Cost: \$15.50 per person (adults and children 13+) / \$5 per child (aged 3-12) / Free for children under 3 / \$41 family cap

Contact: Ellen Dietrick at [edietrick@tbsneedham.org](mailto:edietrick@tbsneedham.org)

## Passover Shabbat Dinner

**Friday, April 26, 7:30 PM, TBS**

Join us for a Passover Shabbat Dinner. All are welcome to enjoy a delicious traditional Shabbat Passover meal, including some blessings for the holiday, after Shabbat evening services. Gather with community and take an evening off cooking!

Register: [t-b-s.me/passoverdinner](https://t-b-s.me/passoverdinner)

Cost: \$18 per person

Contact: Craig Lustig at [clustig@tbsneedham.org](mailto:clustig@tbsneedham.org)

## Matzah Madness 5K and Fun Run

**Saturday, April 27, 10:00 AM (5K), 10:15 AM (Fun Run), TBS**

Join us for Matzah Madness, Temple Beth Shalom's inaugural Passover road race around Needham! The race begins and ends at TBS and will include prizes, music, and fun at the finish line. The 5K is a timed race; the kids' run is just for fun! Bring a can of tuna or salmon to donate as part of your entrance fee. Not a runner? We need lots of volunteers to make the race a success.

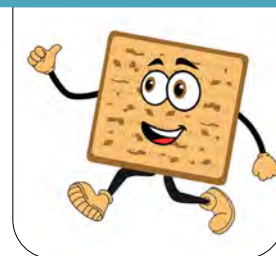
Register for the 5K and Fun Run: [t-b-s.me/Passover5k](https://t-b-s.me/Passover5k)

Volunteer to help!: [t-b-s.me/5kvolunteer](https://t-b-s.me/5kvolunteer)

Cost (5K): \$36 per person (ages 18+) / \$18 per person (under 18)

Cost (Fun Run): \$10 per child (ages 5-12)

Contact: Rachel Happel at [rhappel@tbsneedham.org](mailto:rhappel@tbsneedham.org)



## Recurring Events

### Israeli Dancing

**Mondays, April 1, 8, 29, 7:00-8:30 PM, TBS**

Join Emily Perlman for a wonderful Israeli dance experience. Israeli dance is a great way to engage the culture of Israel and the Jewish people through music and movement. This is an intermediate level class for those who have some Israeli dance experience. Those who are willing to learn by watching others are also encouraged to attend. The tuition is \$5 per session, which is paid when you attend.

Cost: \$5

Contact: Emily Perlman at [eperlman@tbsneedham.org](mailto:eperlman@tbsneedham.org)



# Recurring Events continued...

## Sisterhood Mah Jongg

**Thursdays, April 4, May 2, 7:15-9:15 PM, TBS**

Join other Sisterhood members on the first Thursday of the month for Mah Jongg. New and seasoned players are welcome!

Register: [t-b-s.me/mahjongg](http://t-b-s.me/mahjongg)

Contact: Holli Bassin and Abby Harmon at [sisterhood@tbsneedham.org](mailto:sisterhood@tbsneedham.org)

## Breakfast Food and Bag Lunch Drive-Up Collection for Homeless Shelters

**Fridays, April 5, May 10, June 7, 9:15-9:45 AM, TBS parking lot**

We look forward to your participation as we donate bag lunches and breakfast foods to homeless shelters in the Father Bill's network of shelters in Brockton. This is a great project to do individually or as a family!

Participate in this mitzvah every month and help us provide 100 bagged lunches and lots of breakfast foods needed to help feed guests at these homeless shelters!

Donate any of the following: bag lunches, bottles of water, juice boxes, condiments, breakfast items including muffins, individual-size cereal boxes, yogurts, fruit cups, or ground coffee. Between 9:15 and 9:45AM, we will be ready to unload your items from your car as you drive up.

Can't make it to the collection? No problem! Non-perishable donations may be dropped at a Needham address prior to the collection day by emailing us and signing up for your donation. Thank you for helping to feed the stranger.

Register: [t-b-s.me/baglunch](http://t-b-s.me/baglunch)

Contact: Linda Hill at [socialaction@tbsneedham.org](mailto:socialaction@tbsneedham.org)



## Pre-Shabbat Yoga

**Fridays, April 5, 12, 19, 26, 9:00-10:00 AM, TBS**

Move with strength, balance and alignment through the practice of yoga. Join experienced yoga teacher Stephanie Javaheri for a weekly mindful yoga "work in" to cultivate awareness physically and mentally. Feel better in your body and your mind. Slow physical movement, breathwork and meditation blend together in this 1-hour class.

Drop in at TBS for the in-person class, or join in via Zoom at [t-b-s.me/preshabbatyoga](http://t-b-s.me/preshabbatyoga); no registration is necessary.

Contact: Stephanie Javaheri at [yoga@tbsneedham.org](mailto:yoga@tbsneedham.org)



## Finding Our Jewish Values in the Torah

**Saturdays, April 6, 13, 20, 27, 9:15-10:15 AM, TBS and online**

Each week we will focus on a single Jewish moral or ethical value found in that week's parshah (Torah portion). These will include, but not be limited to: Justice, Compassion, Environmental Ethics, and Business Ethics. A variety of rabbinic sources will enrich our exploration as we seek to apply each week's value to our lives today.

Join us in person at TBS or drop in online at [t-b-s.me/findingvalues](http://t-b-s.me/findingvalues).

Contact: Jessica Baim at [jbaim@tbsneedham.org](mailto:jbaim@tbsneedham.org)



## Om Shalom Yoga Service

**Friday, April 12, 6:15-7:30 PM, TBS**

Om Shalom Yoga Shabbat creates a spiritual space that centralizes healthy movement and breathwork as part of a Shabbat worship service. The practice includes Shabbat prayers, music, and ceremony woven together into a movement-practice that makes for a unique experience of worship. Ages 12 and above. All physical abilities are welcome. Registration is appreciated but not required.



Om Shalom Yoga will run concurrently with our regular Shabbat services. Both services will conclude at approximately the same time and enjoy oneg together.

Register: [t-b-s.me/omshalom](https://t-b-s.me/omshalom)

Contact: Jessica Baim at [jbaim@tbsneedham.org](mailto:jbaim@tbsneedham.org)

## Community Shabbat Hike

**Saturdays, April 13, May 11, 11:00 AM-12:30 PM, offsite**

Join fellow TBS members for a hike in the woods during the most beautiful season of the year! Designed for adults and teens, these hikes will range from 3-5 miles and will include time for personal reflection, community connection, and opportunities to experience awe at the wonders of the natural world. Specific locations for each date will be shared with those who register. *Hikes take place “drizzle or shine” but cancel for heavy rain or other extreme weather conditions.*

Register: [t-b-s.me/shabbathikes](https://t-b-s.me/shabbathikes)

Contact: Rachel Happel at [rhappel@tbsneedham.org](mailto:rhappel@tbsneedham.org)

## Panim el Panim/Face to Face - A Special Discussion Series with Israelis

**April 14, May 9, June 2, 12:00-1:00 PM, Online**

For many years, Congregation Mevasseret Zion (CMZ), a progressive community outside Jerusalem, has been Temple Beth Shalom's "sister congregation." When this program was originally created, the ongoing topic for conversation was to be the Israeli judicial reform proposals. With the current crisis in Israel, we will now be supporting our Israeli partners as they struggle during war. Each month, we will gather via Zoom in a conversation facilitated by Rabbi Jay and Rabbi Alona Nir Keren of CMZ.

Register: [t-b-s.me/panim](https://t-b-s.me/panim)

Contact: Rabbi Perlman at [jperlman@tbsneedham.org](mailto:jperlman@tbsneedham.org)

## Sisterhood Canasta

**Thursdays, April 18, May 16, 7:15-9:15 PM, TBS**

Join other sisterhood members on the third Thursday of the month for Canasta. Seasoned players are welcome!

Register: [t-b-s.me/canasta](https://t-b-s.me/canasta)

Contact: Holli Bassin or Abby Harmon at [sisterhood@tbsneedham.org](mailto:sisterhood@tbsneedham.org)

# Save the Date

## Gardens in New England

**Tuesday, June 4, 7:15-8:45 PM, TBS**

Jana Milbocker, a local garden designer, will present a slide program on special gardens to visit in New England. She has written a valuable guide to gardens and nurseries throughout New England that you can take with you as you view beautiful gardens throughout the area. Check out her website: [EnchantedGardensDesign.com](https://EnchantedGardensDesign.com). Garden Club members are free. Guests are \$10. Hope to see you there!



Contact: Garden Club at [gardenclub@tbsneedham.org](mailto:gardenclub@tbsneedham.org)





# Madrichimot: Read What it Means

By Julia Zinn



An important part of Etzim for many teens is participating in our *Madrichimot* (Teacher Assistant) program, serving as a helper in classrooms of younger students. The Hebrew word *Madrichimot* comes from the same Hebrew root as the word *hadracha*, which means leadership. This program is a wonderful opportunity for teens to develop Jewish leadership and professional skills.

At TBS, we have about 60 teens working with Children's Center, Mayim, Mayim Tamid, and Shorashim classes. Some of the teens begin working as *Madrichimot* to complete their volunteer requirements for school, and some of them work for pay. It is an invaluable opportunity for teens to get training and experience in a setting where they already feel comfortable, safe, and supported.



In addition to gaining experience working with children and giving back to the TBS community, teens learn how to communicate in a workplace and develop a work ethic and sense of professional responsibility in their roles as *Madrichimot*. Working at TBS as a teen is also a great first exposure to teaching for those who may be interested in working in education. When asked what they love about working as *Madrichimot* at TBS, teens' responses included, "I like seeing the students interact with Judaism; it is something that gives me hope for the future of the Jewish community" and "I love helping kids be their best selves in a Jewish community."

The younger students love spending time with *Madrichimot* at TBS as well! They get to develop strong connections with older students and look up to them as role models. It is so important for them to see older students that love being at TBS and come here regularly, and it gives them something to look forward to as they get older and grow in their own time in TBS Learning Programs. It's a great reminder that the TBS experience continues into the teen years!







Where did the word *Madrichimot*” come from? The Hebrew word *madrach* means “guide” and shares the same root as the Hebrew words *derech* (path) and *hadracha* (leadership). Many congregations use the words *madrach* (m), *madricha* (f), and *madrachim* (pl) to refer to teen helpers in their classrooms. For years, TBS called our teens *Madrichim*, which is the masculine plural form of the word, but in 2021, we adopted a new plural form: *Madrichimot*. This term was developed by the Non-Binary Hebrew Project ([nonbinaryhebrew.com](http://nonbinaryhebrew.com)) as a term inclusive of all genders. We also added the term *madrichol*, a new gender-neutral form of the singular. Each teen in our program chooses to be called a *madrach*, *madricha*, or *madrichol*, and together as a group they are referred to as *madrachimot*.



## Fighting Antisemitism

“To understand antisemitism is to inoculate oneself against an ideology that cannot withstand critical thinking. Understanding it is also the beginning of fighting it.”

Bari Weiss, *How to Fight Anti-Semitism*



# What Rhymes With Kugel? Good Times With Kugel!

By Joni Burstein and the Editorial Board

## The Editorial Board Tasting Experience

“Glistening.” “Only a weightlifter could carry this to the table!” “This could be served at the most upscale restaurant in Boston.” These are but a few of the comments heard as members of the Editorial Board indulged in ten kvell-worthy kugels lovingly prepared by members of TBS.

“Appeals to all palettes.” “Very cinnamony.” “What you picture when you think of a kugel.” The remarks kept coming amidst delighted mouthfuls of delectable noodle sensations. “I would definitely make this at home.” “Amazingly different, given the similarity of ingredients.” One was reminiscent of mac and cheese, a few qualified as comfort food, and several donned the traditional sweet corn-flake crust. Who knew that kugel could range from almost savory to certainly sinful?!

## ...And Now, Meet the Bakers!

Meeting our TBS 2024 kugel bakers will take you on a sentimental walk through generations of tradition and love.

### Margaret Blaustein



In my family, nothing tastes like "holidays" quite as much as kugel from my mother's recipe. We favor a simple savory noodle kugel in our family, and my handwritten recipe, jotted down at my mother's kitchen table years ago and covered in a healthy number of butter splotches, includes phrases like "Add just enough sour cream until the mixture looks right" and "bake until it looks finished." My kids, like my daughter shown here, call it "Grandma's kugel" even though she's no longer able to be the one to bake it for them, and we always have to make a double batch - one kugel disappears too quickly!

### Evelyn Cukier

I have been making this kugel from a very young age [Editor's note: Evelyn is 13 years old!] and it is a family favorite during the holidays. It is important to me as it was my great-grandmother's recipe, and I was named after her. Her name was Evelyn too. It makes me happy to carry on this tradition, as I know how important Evelyn was to my mom.







### Staci Federman

I have been teaching preschool for 25 years and I currently teach Pre-K at the Rashi School. My husband, daughter, and I live here in Needham. My daughter, who helps me make the kugel, is in 4th grade and we are excited that soon it will be time to pick her bat mitzvah date! My kugel came from my maternal grandmother, who passed it down to my mom. Then, when it was time for me to live on my own, my mom wrote down the recipe on a recipe card. The rest is history. I have made it so many times that I now have it memorized, even though I still have the recipe card. I have made it for the holidays, but also for casual gatherings, friends who are sick, or, recently, for a friend's birthday because she has heard so much about it and was jealous that she hasn't had it yet! I hope you enjoy it!



### Meredith Fried

Our family kugel recipe was passed down through my great-grandmother, Sophie Samdperil. Growing up, a delectable kugel (or two or three!) was always a staple at family gatherings and celebrations. I can remember at our big family Yom Kippur break fast that an extra tray of kugel would be kept warm in the oven throughout the evening until the men returned back from the last services of the day. I learned to make the kugel when I was young and still have the recipe that's written out in my own 12-year-old handwriting as it was dictated to me by my grandmother. And while the instructions have long since been typed up to be easily shared online, my favorite copy of the Samdperil Family kugel recipe is the one that was unearthed recently, handwritten in beautiful swirly script by my great-grandmother herself!

### Margie Glou

This was my mother's recipe, and I often think of the special times we had making it together. She loved putting pineapple slices and cherries on top of hers, but my family prefers sugar and cinnamon.

My grandchildren love my kugel, and it always receives cheers and rave reviews.

*[Editor's note: Margie was out of town and thus could not share her kugel with the Editorial Board. She did, however, share her recipe.]*





# MORE Kugel!



## Amy Goldman

My mother-in-law, Selma Goldman, was a loving and warm person who sadly passed away too soon (in her late 60's). Her spirit lives on in the recipes she left behind. In particular, her presence is felt when we serve her delicious *Delectable Kugel* at holiday gatherings. While I have made this recipe my own--substituting almond extract for vanilla, dried cherries for raisins, and eliminating the corn flakes topping--it is still her special recipe at its heart.

## Zohar Gorman

Kugel has played a delicious and important role in various Jewish holidays throughout my life...It started when I was a little girl, attending Passover with our cousin Enid Shapiro in Belmont and her extended family. She served it with the brisket and the Jello mold prominently at the fine, full table.

For many years, our cherished friend Eileen Mandell of Brookline would serve her kugel for Yom Kippur break fast with her luscious spread. I would look forward to it every year!



Those who know me know that I am a passionate (and most particular!) baker. I research recipes, trying many out, and make multiple alterations before I even dare share it with company.

This kugel is no different...It is inspired by Enid's and Eileen's take on the old classic - corn flakes a must! I adjust the sugar, eggs, and vanilla extract, and always use the highest quality, full-fat (another must!) ingredients.

Kids and grownups (no matter their religion!) love my kugel and often request I make it, even when no holiday "warrants" it. I hope you enjoy it as well.

## David Grebber

What I learned from my mother is that food is synonymous with celebrations with friends and family, and creating memories of loved ones no longer here. In our house, the holidays were and continue to be a time of joy and an opportunity to share with the next generation all the Jewish traditions that have been handed to us through the generations. This kugel is a staple on our holiday table - whether Rosh Hashana, Yom Kippur, or Passover. Even my non-Jewish friends ask for it to be served each holiday. And I suspect that this recipe will be passed down to future generations. My mom would be so proud.





### Steven Peljovich

Every family has a tried and true kugel recipe that has been passed down for generations (*L'dor v' dor*). My family recipe made its way from Ostroleka, Poland, through Havana, Cuba, and finally settled in Miami Beach, Florida. For at least four generations, this was the Peljovich recipe. Just before I bought Michael's Deli 12 years ago, a friend of ours made a kugel for a holiday party. It was amazing! I had planned on using my Abuela's recipe to serve at the deli, but Bev's was so delicious that I had to scrap that idea and decided to "adopt" Auntie Bev into our family and use her recipe as my own family recipe. The rest is history.

### Steven Sherry

My kugel is such a secret recipe that my wife, Sabra, won't even share it with me! It is one of two family kugel recipes that we (I use "we" loosely) make. This is definitely a family favorite. I want everyone to know that I did help make the kugel. I actually boiled the noodles and cleaned all the dishes!

### Amy Weinstein

Whenever there is a Jewish holiday, someone always asks me to make Nana's Overnight Kugel! I got the recipe from my mom, who is a great cook and hosts amazing family dinners. When I was little, she and her friends shared recipes, and I loved making them with her. This kugel has always been one of my favorites. Back then, she wrote the recipes on cards by hand and made her own cookbook. In college, I really wanted my own copy.



During a summer internship in the '90s, before the days of being able to take pictures easily on your phone, I brought my mom's cookbook to work and photocopied the entire thing during my lunch breaks! Now I use the cookbook with my kids, and my mom still adds recipes to it. I've already started to take pictures of my favorites so that one day my kids can carry on our family traditions.



During a summer internship in the '90s, before the days of being able to take pictures easily on your phone, I brought my mom's cookbook to work and photocopied the entire thing during my lunch breaks! Now I use the cookbook with my kids, and my mom still adds recipes to it. I've already started to take pictures of my favorites so that one day my kids can carry on our family traditions.

*If your mouth is watering, please know that several of our generous bakers have made their recipes available. If you're interested, please go to [t-b-s.me/kugel](https://t-b-s.me/kugel). 🕍*





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## יְזִכּוֹר אֱלֹהִים – YIZKOR ELOHIM – May God Remember Our Loved Ones and Bring Comfort to...

Jessica Post, Teddy and Olivia  
on the passing of their father and grandfather, Robert Kinstlinger

Marsha Weinberg  
on the passing of her brother, Robert Weintraub

Vivian Marson  
Lisa Marson, Barry Marson and his wife Kathleen, and Judy Jacobs and her husband Ron  
Marsha Moller and her husband Ed  
Julia, Rachel, Justin, Lucas, Peter, Benjamin, and Jack  
on the passing of their husband, father, uncle, and grandfather, Richard Marson

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