



pray • learn • celebrate

# CONGREGATION BETH EL

AN EGALITARIAN CONSERVATIVE JEWISH CONGREGATION

## Beth El E-News

January 19 - 26, 2018 / 3 - 10 Shevat 5778

### SHABBAT BO

#### CONDOLENCES TO...

The family of Ruth Pensak z"l

#### SERVICE SCHEDULE

##### Friday, January 19

7:30 AM Morning Minyan  
Hot breakfast will be served.

6:00 PM Kabbalat Shabbat Services  
(5:45 PM Refreshments)  
4:36 PM Candle Lighting

##### Saturday, January 20

10:00 AM Shabbat Services  
10:30 AM Children's Services

##### Sunday, January 21

8:30 AM Morning Minyan

##### Monday, January 22

7:30 AM Morning Minyan

##### Tuesday, January 23

7:30 AM Morning Minyan

##### Wednesday, January 24

7:30 AM Morning Minyan

##### Thursday, January 25

7:30 AM Morning Minyan

##### Friday, January 26

7:30 AM Morning Minyan  
Hot breakfast will be served.

6:00 PM Kabbalat Shabbat Services  
(5:45 PM Refreshments)  
4:44 PM Candle Lighting

CONGREGATION BETH EL INVITES YOU TO JOIN US FOR

## Children's Shabbat Services

Children's Services will take place  
throughout the year each  
Saturday morning in the Music Room  
at Congregation Beth El.

**10:30 AM - 12:00 PM**

Join us for Kiddush immediately  
following services.

Join **Peri Cook** as she leads the Children's  
Services each Shabbat with special activities  
and stories based on the weekly parsha.

Peri pulls ideas from the torah readings each week and applies them to a craft, group activity or story telling to help the children connect to the parsha and their Judaism.

Peri has designed Saturday morning Services to be all about Shabbat - using books and a Shabbat-friendly craft and circle time, creating a wonderful sense of community. If the weather permits, there is outdoor play time too.

*Come join us!*

**Free of Charge & Open to Everyone!**

Please call the synagogue with any questions: 203-374-5544



CONGREGATION BETH EL  
1200 Fairfield Woods Road, Fairfield, CT 06825 • 203-374-5544 • www.congbethel.net

# SAVE THE DATE!

CONGREGATION BETH EL FAIRFIELD *Sisterhood*  
**WOMEN for WOMEN**



**Empowerment Series**

Sisterhood invites you to join us for the first two mornings in a new series of talks geared toward women and topics of today. These events are free and open to all.

**Money and Women:**

Ideas on how to manage, communicate about, and get in control of it  
 Robin Sherwood, Certified Financial Planner, HTG Investment Advisors Inc.

**Sunday, January 7**  
 9:15 to 10:30 AM

**Change Your Thoughts, Change Your Life**  
 How to clear your mind and the spaces around you  
 to attract what you want in 2018

Meredith Coburn, Life & Business Coach, Owner of GoToMeredith  
 LeeAnn Weaver, Life Style Organizer, Owner of The Top Drawer

**Sunday, January 21**  
 9:15 to 10:30 AM

Light refreshments will be served  
 Congregation Beth El • 1200 Fairfield Woods Road, Fairfield

For more information, please contact [sisterhood@congbethel.net](mailto:sisterhood@congbethel.net)

**CLICK HERE TO VIEW & PRINT  
 EMPOWERMENT SERIES FLYER**

Beth El's ANNUAL  
**COMEDY  
 & AUCTION  
 NIGHT**

**SATURDAY, JANUARY 27<sup>th</sup>**  
**6:30 pm**

Congregation Beth El  
 1200 Fairfield Woods Road, Fairfield, CT  
 203-374-5544 • [office@bethelfairfield.org](mailto:office@bethelfairfield.org)

Join Us for NYC Comedians,  
 Tons of Auction Items,  
 Open Bar and Italian Food

Please help us plan and sign up in advance.  
 \$65 per Person / \$75 per Person at the Door

To RSVP, please call the synagogue office  
 OR go to: [conta.cc/2A0J1lx](http://conta.cc/2A0J1lx)



BROUGHT TO YOU BY THE WAYS & MEANS COMMITTEE OF CONGREGATION BETH EL FAIRFIELD

**CLICK HERE TO SIGN UP IN ADVANCE:**  
[conta.cc/2A0J1lx](http://conta.cc/2A0J1lx)

**CLICK HERE TO VIEW AND PRINT FLYER:**  
[COMEDY NIGHT & AUCTION](http://conta.cc/2A0J1lx)

**TZEDAKAH PROJECT  
 CHARITY OF THE MONTH:**

JANUARY/FEBRUARY 2018



Mission is to actively promote literacy by identifying adult literacy needs in our community and meeting those needs through direct literacy services. We strive to help our clients acquire the literacy skills necessary to be successful in the workplace, participate in the education of their children and lead productive lives.

Students are adults over the age of 18 who want to improve their reading, writing and English speaking skills. They receive her tutoring in a small group setting 2 hours per week.

Tutors are adults over the age of 18 who volunteer their time to help others reach their learning goals. Tutors must have at least a high school diploma, read and speak English clearly and are required to take a 15 hour training workshop. Free training and teaching materials are provided for tutors.

CBE member Lisa Wohlber is Basic Literacy and NDEP Coordinator at LVBPT. Join us in supporting her efforts for this worthy local service.

Amy Gershberg & Fran Gluskyff  
 Chairwomen of the Tzedakah Project

"How Often is More Important than How Much"

**Join us to honor Amy Gershberg**  
 as our Mitzvah Hero at the

FEDERATION FOR JEWISH PHILANTHROPY OF UPPER FAIRFIELD COUNTY

**MITZVAH HEROES CELEBRATION**

**SUNDAY, JANUARY 28 AT 5 PM**

WEINBERG JEWISH SENIOR SERVICES CAMPUS, 4200 PARK AVENUE, BRIDGEPORT

**\$18/PERSON – SPACE LIMITED**

**RSVP TODAY AT [SHALOMCT.ORG/MITZVAH](http://SHALOMCT.ORG/MITZVAH)**

*It's not what one says but rather what one does that makes all the difference in the world. — Pirke Avot 1:17*

This year, Congregation Beth El is thrilled to honor Amy Gershberg as our Mitzvah Hero. Amy has been part of our congregation for 28 years and she has served our synagogue in many capacities: Board member, Recording Secretary, Chairwoman of Tikun Olam, President of Sisterhood, Chair and Co-Chair of Cantor Search Committees, Long Range Planning and Rabbi Search Committee. Under Tikun Olam she runs an annual drive for school supplies for Mercy Learning Center, semi-annual food drives for Operation Hope's Food Pantry, an annual coat drive and an annual toy and book drive for Yale New Haven Children's Hospital. Amy also co-chairs Beth El's Tzedakah Project which collects small change and bills which

**AIPAC SOUTHERN CONNECTICUT**  
 in partnership with  
 Temple Israel of Westport • Beit Chavolim, Westport  
 Bnei Israel of Southbury • Chabad Lubavitch of Greenwich  
 Chabad Lubavitch of Westport • Congregation Agudath Shalom,  
 Stamford • Congregation Beth El, Fairfield • Congregation Beth El,  
 Norwalk • Congregation Shaar Israel, Glastonbury  
 Congregation Ohel Torah, Branford • Greenwich Hebrew Synagogue  
 Temple Beth Shalom, Stamford • Temple Shalom, Greenwich  
 The Conservative Synagogue, Westport

**CORDIALLY INVITES YOU TO A MEETING WITH**  
**Avi Jorisch**  
 Author of *You Shall Inscribe: How Israel Ingenuity Repairs the World*

Wednesday, January 31  
 7:30 PM  
 TEMPLE ISRAEL WESTPORT • 14 COLLEYTON RD., WESTPORT

**DIETARY LAWS OBSERVED**  
 \* Lashon Hara is not

Avi Jorisch is a renowned expert on the Middle East. In March 2016, his new book, *You Shall Inscribe*, will be published. It tells the remarkable story of how Israeli technology has helped the entire world, and explains why Israel's innovations are so important to making the world a better place. In this special event, he will be joined by the author's son, and the world's digital challenge by helping into the nation's soul and the world of Israel's future. Jorisch is a Senior Fellow at the American Foreign Policy Council and a member of the Council on Foreign Relations. Previously, he served as a policy advisor to the Treasury Department's office of terrorism and financial intelligence, as a liaison to the Department of Homeland Security and as an Arab affairs and terrorism consultant for the Department of Defense.

This event is free and open to the entire community but, for security purposes, you must register at [www.aipac.org/TWEvent](http://www.aipac.org/TWEvent).

For more information please email [Lilienberg@aipac.org](mailto:Lilienberg@aipac.org).

Click here to view and print  
[AIPAC Program Flyer](#)

are donated to local and/or Jewish organizations. Amy co-chairs Beth El's Neshama Group which serves members of the synagogue who are in need of a helping hand. She developed a curriculum for Beth El's religious school students to instill in them the value of Mitzvot not just for their Bar/Bat Mitzvah year but for life. Recently she has connected with our preschool to start a diaper donation project. Amy cooks dinners for the Operation Hope Shelter. She also runs the Annual Sisterhood Break Fast and serves on the committee for its Annual Interfaith Sukkot Luncheon. Through her full-time job at Stora Enso North America in Stamford, to which she commutes every day at the crack of dawn, Amy connected her company to a program in the Bridgeport school system called "Christmas Angels". Amy's company sponsors 10 children who otherwise would not receive gifts and she has also volunteered at the school on the day of gift distribution. In a parallel to this local mitzvah, Amy created a shopping initiative for clothes that travelers bring to children at The Emunah Center in Afula, Israel.

And then there is her character. Amy is selfless. Her care for others is immeasurable. She is modest, kind, diligent, inspiring, well spoken, and uses her great memory and listening skills to identify a need and then acts on it. Her ideas are endless as is her energy no matter how much she is juggling. She balances her work and personal life even under the most difficult circumstances. Amy also accomplished what she has a right to consider her finest achievement, that of raising two very fine young men; Jonathan and Xander.

We are proud to call Amy our Mitzvah Hero!

*Mazal tov,*  
 Rabbi Marcelo Kormis

## Schoke Jewish Family Service Programs and Activities -Winter 2018 Events

### Brain Fitness Group Program

Monday, January 22nd at 10:30 am to 12:00 pm at the Stamford JCC, 1035 Newfield Avenue. If you want to stimulate your brain power, join this group which will focus on reasoning and problem solving skills and provide practical support to help reach personal brain fitness goals. No charge but advance registration is suggested. Light refreshments will be served. Lunch afterwards can be purchased at minimal cost. For additional information or to register, please contact Toby Lazarus, Schoke JFS Brain Fitness Program Coordinator at [lazarus@ctjfs.org](mailto:lazarus@ctjfs.org) or 203-921-4161.

### Schoke JFS Race to College

Mondays, January 22, February 12 and March 5th at 5:30 PM to 7:00 PM at the Harry Bennett Branch of the Ferguson Library in Stamford. Sessions will cover recent changes in application process, standardized test scores, choosing the best essay question to answer, planning college visits and the importance of community service. All are welcome to attend at no cost. For more information, please contact Claire Friedlander [atolair@ctjfs.org](mailto:atolair@ctjfs.org) or 203-921-4161.

### SUPPORT GROUPS

Let's Talk- Tuesdays, 11 :00 AM, Free at the Stamford JCC, 1035 Newfield Avenue

**Save the Date:**  
**Torah/Haftarah Reader Workshop, Part 2**  
**(no need to have come to Part 1)**

**Sunday Morning, February 4, 10 AM - 12 Noon.**

**Come and learn something new or share what you know with others.**

**Please RSVP [jmeskin@aol.com](mailto:jmeskin@aol.com) so we can plan.**

**Do you have a special event you'd like to commemorate?**

**Come and sign up to do a Torah reading before Pesach.**



Save the Date

# Federation 2018 Gala

Honoring Community Leaders

**Shelly & Michael Kassen**

**Sharon & Brian Miles**

Monday, March 12, 2018

Regina A. Quick Center for the Arts, Fairfield

Gala Co-Chairs

Nancy & David Cohen | Liz & Michael Foster

with our special performance

The Great Jewish Songbook: From Sandheim to Simon

featuring Richard Barone, Jeff McCarthy, and Basya Schechter

shalomct.org • 203-226-8197



Federation for Jewish Philanthropy  
OF UPPER FAIRFIELD COUNTY

Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Sheila Duggan at 203-921-4161 or [sduggan@ctjfs.org](mailto:sduggan@ctjfs.org).

Let's Talk - Thursdays, 1:00 PM, Free at the Westport Senior Center, 21 Imperial Avenue, Westport.

Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Sheila Duggan at 203-921-4161 or [sduggan@ctjfs.org](mailto:sduggan@ctjfs.org).

Let's Talk - Fairfield, Mondays at 12:45 PM at the Bigelow Center for Senior Activities, 100 Mona Terrace, Fairfield. Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Amanda Geffner at 203-921-4161 or [ageffner@ctjfs.org](mailto:ageffner@ctjfs.org).  
Schoke JFS Spousal Bereavement Group

· Mondays at 10:30 AM at Congregation B'nai Israel, 2710 Park Avenue, Bridgeport and

· Fridays at 10:30 AM, beginning September 8th at Stamford JCC, 1035 Newfield Road, Stamford

Gather to share feelings and exchange ideas in a non-judgmental environment that provides emotional, practical, and spiritual support for grieving the loss of a spouse or significant other. Contact Amanda Geffner, Schoke JFS Therapist at 203-921-4161 or [ageffner@ctjfs.org](mailto:ageffner@ctjfs.org).

## PIZZA AND MOVIE NIGHT!

Join us for a fun night to make your own pizza and watch a movie! All Jewish teens grades 9-12 in Upper Fairfield county invited!

No need to belong to a congregation

RSVP click here or email [ofek.moscovich@gmail.com](mailto:ofek.moscovich@gmail.com)

Date to RSVP - 1/26/18



**WHO:** All Jewish teens in Fairfield county

**WHEN:** February 3rd 2018  
6-8pm

**WHERE:** Congregation Beth El Fairfield  
1200 Fairfield Woods Rd

**COST:** 5\$



## CHECK OUT BETH EL'S WEBSITE!

[www.congbethel.net](http://www.congbethel.net)

For your convenience, sign-up forms for current events are available on the website.

## AN EASY WAY TO SUPPORT BETH EL!

FOR ALL YOUR GROCERY NEEDS, PLEASE BUY GIFT CARDS AT BETH EL FOR STOP & SHOP and SHOPRITE

For every card purchased, these stores donate 5% or more to Congregation Beth El.

YOU GET THE FULL VALUE FOR THE CARDS SO IT DOES NOT COST YOU ANYTHING!  
And there are no expiration dates!

## SAVE THE DATE!

Congregation Beth El & Congregation B'nai Israel Present:

Michelle Azar in her one woman show.

Questions? Please call 203-374-5544 or email [bethelfairfield@gmail.com](mailto:bethelfairfield@gmail.com).

CONGREGATION BETH EL FAIRFIELD *Sisterhood*

Open at your convenience. We are just a call or text away!

For All Your Graduation, Wedding & Hostess Gifts – Remember the Beth El Gift Shop!

Platters  
Serving Pieces  
Mezuzah  
Candles  
Books  
and More!

Questions?  
Cali Fran Bongarten  
203-227-7012  
Laurie Perstein  
203-261-6911  
Phyllis Snig  
203-521-9665  
Sylvia Yastne  
203-285-2696  
giftshopct@gmail.com

# Esther Dansky GIFT SHOP



1200 Fairfield Woods Road, Fairfield, CT 06825 - CongBethEl.net

## ~ From Baghdad to Brooklyn ~

Sunday, March 4th, 4:00 PM  
at Congregation B'nai Israel

Cost: \$10.00 per ticket

Proceeds to benefit: American Jewish  
Joint Distribution Committee

\*\* To learn more about the Jews of Baghdad you are invited to attend 4 sessions at B'nai Israel \*\*

Fridays at noon: February 2, 9, 16, 23

Feel free to bring lunch.

IF YOU HAVE AN EVENT TO COMMEMORATE,  
PLEASE CONSIDER SPONSORING  
A KIDDUSH. THERE ARE MANY OPTIONS  
AVAILABLE.

CONTACT THE SYNAGOGUE OFFICE AT 203-374-5544.

## PLANT TREES IN ISRAEL & SUPPORT BETH EL

As a member of Beth El, which is an affiliate congregation of United Synagogue of Conservative Judaism, we have an opportunity to earn money for our synagogue when you participate in one of the following:

- Plant Trees in Israel in honor of friends or loved ones.
- Make a donation to any of JNF's many projects in Israel.
- Purchase anything from the JNF store.

It's easy, quick and doesn't cost you anything extra! Buy or donate through the JNF/USCJ button on our synagogue website and 20% will go back to Beth El. Another 5% will go to United Synagogue to support congregational Israel programs. Help Israel through the work of JNF.

[CLICK HERE TO GO TO THE BETH EL WEBSITE](#)

CONGREGATION BETH EL



**BASIC SPONSORED KIDDUSH**  
\$250  
feeds approximately 75 people

This kiddush will include bagels and cream cheese, egg salad, tuna fish, herring (both wine sauce and cream sauce if available), crudite with hummus or guacamole, sliced cheese, one fruit in season, challah, pastries/cookies, coffee and tea, seltzer and juice, ceremonial wine, paper goods, paid custodial and kitchen help.

**EXPANDED SPONSORED KIDDUSH**  
\$360  
feeds approximately 75 people

This kiddush will include bagels and cream cheese, egg salad, tuna fish, whitefish salad, herring (both wine sauce and cream sauce if available), 4 1/2 lbs. lox, sliced tomatoes and onions, fruit salad or sliced fruit as available, sliced cheese, crudite with hummus and guacamole, pastries/cookies, challah, ceremonial wine, coffee and tea, seltzer and juice, paper goods, paid custodial and kitchen help.

In order to offer enough food for your additional guests beyond 75, there will be an additional cost of \$3.50 per person for the Basic Kiddush and \$5 per person for the Expanded Kiddush.

### OPTIONAL ENHANCEMENTS

With enough notice we may be able to add menu items at additional cost such as tuna pasta salad, quiche, poached or roasted salmon, whitefish filet, blintzes, French toast, kugel, salads, cheese spreads, mozzarella, tomato and basil platters, yogurt parfaits, grain dishes, "kid" friendly food such as mac & cheese or pizza bagels, and additional beverages. These items will be prepped at Beth El by volunteers limiting your cost to product only.

Options to sponsor kiddush for a Bar/Bat Mitzvah, by preparing your own food in our kitchen or by bringing in a caterer must be discussed in advance with Susan Mittag.

Please help us maintain our commitment to our Kiddush tradition by sponsoring for an anniversary, a birthday, retirement, yahrzeit, baby-naming, another milestone or just because! Ask friends and family to sponsor with you. Partial sponsorships are welcome. Call us with questions.

Susan Mittag: 203-374-5544 [congbethel@aol.com](mailto:congbethel@aol.com) or Fran Glucroft: 203-373-1759 [fglucroft@gmail.com](mailto:fglucroft@gmail.com)

Yes, I would like to sponsor a kiddush.

Basic Kiddush  Expanded Kiddush  Enhancements (you will be contacted to discuss menu choices)

I/we want to prepare our own food or bring in a caterer

Occasion for sponsoring \_\_\_\_\_ Estimated # of guests beyond 75 \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

Please return this form to: Congregation Beth El, 1200 Fairfield Woods Road, Fairfield, CT 06825

Spread the word to your friends and family! All orders and donations must originate from the JNF/United Synagogue button on our synagogue's website to be credited to this program. You can also call 1-800-542-TREE (8733) and mention our congregation.

Go to our website, [www.congbethel.net](http://www.congbethel.net) and click on the box (sample below) located on our home page, under the photo of our building. Just follow the instructions to plant your trees or make a donation to JNF. And while you are there, take a look at our website as well!



Please note that all donations will be charged in U.S. dollars by JNF-US.  
All donors will receive an immediate electronic receipt from JNF-US.

Contact Info:

**Susan Mittag,**  
Executive Director

203-374-5544  
[smittag@bethelfairfield.org](mailto:smittag@bethelfairfield.org)  
1200 Fairfield Woods Road, Fairfield,  
CT 06825

**Click here to view and print**  
**[SPONSOR A KIDDUSH FLYER](#)**

## **Town of Fairfield Department of Social Services Announces Operation Fuel & Heating Assistance Available**

Operation Fuel and the heating assistance programs help households pay for their winter heating bills and are based on income eligibility. Heating assistance awards are made directly to the heating vendor and vary from \$275 to \$600 depending on household financial eligibility. Residents, who are interested in applying, should know that benefits are limited and may not cover the full winter's fuel bill. Annual income eligibility for a single person is \$34,366; for a couple 44,940; family of three \$55,514 and for a family of four \$66,098. The Operation Fuel Program offers a maximum, one-time seasonal grant of \$500 per household. The Operation Fuel Program's annual income limits for a single person is \$42,958, for a couple: \$56,175, for a family of three: \$69,393 and for a family of four: \$82,611. For more info please see Town of Fairfield Human and Social Services website: [www.fairfieldct.org/humanservices](http://www.fairfieldct.org/humanservices) or call the Bigelow Center for Senior Activities at 203-256-3166 or call directly to Fairfield Social Services at 203-256-3170 for more information or to make a free confidential appointment.



# MONTHLY MEAL PROJECT



### DID YOU KNOW?

- The Operation Hope Community Kitchen serves over 40,000 meals a year.
- Congregation Beth El is responsible for providing 1,500 meals a year.
- You can help by signing up to provide a dinner for 50 people. Prepare your own meal or purchase a catered meal from your favorite market.
- You can make a donation to the new Operation Hope Fund. Your proceeds will be used towards a meal when there is a volunteer gap.

### READY TO HELP?

If you would like to volunteer to prepare a meal for Operation Hope, please complete the form below and return to the Beth El office or email Jeni Cook-Mack at [jenicook@hotmail.com](mailto:jenicook@hotmail.com). Meals should be brought over to 50 Nichols Street in Fairfield (around the corner from the police station) between 2:00 and 3:00 PM on your chosen day. Label all containers with your name(s) AND Congregation Beth El. Please also label each container with the contents. Thank you for your help!

*You will be reminded of your date and you will be thanked!*

**Yes, I/we want to provide a meal to the Operation Hope Community Kitchen.  
Please contact me using the phone or email information below.**

Yes, I/we would like to contribute to the fund to provide a meal when there is a volunteer gap. Enclosed is my check in the amount of \$ \_\_\_\_\_. (Made payable to Congregation Beth El)

Name \_\_\_\_\_

Street/City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Return form to Congregation Beth El, 1200 Fairfield Woods Road, Fairfield, CT 06825

**[CLICK HERE TO PRINT  
Operation Hope Flyer](#)**