

### Restorative Rest

Many of us largely define ourselves by our work. When we first meet someone, and they ask what we do, we usually reply by mentioning our occupation. I know that for me, most often I will say, “I am a Rabbi.” Notice the disconnect: the question is what I do, and I answer by saying who I am. I don’t say that I jog, or that I play guitar, or that I give *tz’dakah*, which are all things I do. And I also don’t say that I am a father, a husband, a son, or a Red Sox fan, all of which are also true. Instead, my answer suggests that I am what I do for my career—and

I suspect that most of us respond in the same way. It makes sense; more of my waking hours are spent “doing” Rabbi than any of the other answers I could give. But when what we “do” threatens to become who we “are,” something is out of balance.

Every seven days, however, we have an opportunity to restore the balance. On *Shabbat*, we are taught to switch the focus from what we do to who we are. “Six days you shall labor and do all your work, but the seventh day is *Shabbat*; you shall not do any work.” (Exodus 20:9) Instead of devoting our energy to our job, on *Shabbat* we give our attention to our family and friends. Instead of trying to acquire more and more by spending our money which we worked to earn, on *Shabbat* we spend our time appreciating the gifts we already enjoy. Instead of remaining enslaved to business hours, a time card, an appointment calendar, on *Shabbat* we liberate ourselves to experience the natural rhythm of our lives and the natural world in which we live. On *Shabbat* we do not have to do; we are free simply to be. And then we are ready to begin the week anew, with a restored sense of who we are, beyond what we do.

In May, we read a Torah portion (*B’har*, from chapter 25 of Leviticus) that shows that the restorative power of *Shabbat* is not limited to people. The land too deserves a *Shabbat*. Every seven years, we are told not to work our fields—or better, not to make our fields work. We do not plow or plant, weed or harvest. The land gets a chance to rest, to lie fallow, to restore and recharge itself just as we do each week. It prevents the land from being used up, becoming unable to sustain life. Modern agriculture bears out the wisdom of this Torah teaching. The Torah calls this seventh year a *Shabbaton*, a sabbatical.

Most of us are no longer farmers, but the institution of the sabbatical endures. In some professions like academia, and in some businesses, employees earn a sabbatical in their seventh year of work. When these workers, like the land, are in danger of being “used up,” unable to sustain creative and productive results, they take time away from their normal jobs—maybe not a full year, but an extended period—to pursue professional development, or study something new, or move temporarily to a different place, or explore a different outlet for their energy. This expanded *Shabbat* enables them to return to who they are, without having to focus exclusively on what they do. Like the land, they return from their sabbatical restored and recharged, ready to resume their regular careers but perhaps with a broader, deeper, or fresher perspective. As this custom began with the wisdom of Jewish teachings and Jewish values, Jewish clergy also often are given the gift of a sabbatical.

June 30 marks the conclusion of my sixth year at Temple Chayai Shalom. I am grateful to the Board of Directors for recognizing the wisdom of the sabbatical institution and incorporating it into my contract, so that I can now take a three-month sabbatical. I will be taking one month this summer and the rest in upcoming years, for some study, some family time, some travel, and some creative reflection. I anticipate that this period will enable me to refresh and restore my sense both of who I am and what I do. Consequently, combined with some “regular” vacation time, I will not be at the synagogue during July and the first two weeks of August. We have arranged coverage for all clergy calls during this time: medical emergencies, deaths (God forbid), and other issues. When David Rothberg is here, he will skillfully and compassionately handle any situation for which you might otherwise call me; when David is away, other local clergy will be available. Your first call should be to Craig Barger, at 508-561-8226, and he will provide direction from there. I look forward to seeing you in the second half of August!



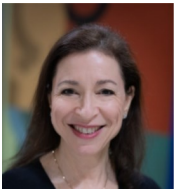
## Rockin' Shabbat Eve Turns 10! My Thank You to TCS!

Many of you are aware that I began to make a professional recording of Rockin' *Shabbat Eve* a bit less than two years ago. The project has taken longer than I expected, but it is now nearing completion, and I can't wait for you to hear it. Many of you have generously supported this recording project individually, and, in addition, TCS as an organization has very generously supported it, and I want to express my thanks and gratitude. Your support has been very helpful, as recording an album is quite expensive, but, more than that, it means a lot to me as TCS is the birthplace and home of Rockin' Shabbat, and your support makes me feel appreciated and valued.

On this occasion, I thought that I'd briefly summarize some of the history of Rockin' *Shabbat Eve*. After I worked here for about a year, I was challenged by Rabbi Jodi Seewald-Smith to make my mark on TCS's musical culture. I conceived the idea for Rockin' *Shabbat Eve*, a service featuring a rock band to appeal primarily to families with school-aged kids – both the kids and the parents. The name was inspired by Dick Clark's Rockin' New Year's Eve. Meryl Levenson made posters and designed a siddur. We had a committee to help plan seating arrangements, decorations and oneg. The debut was March 2, 2012, just over 10 years ago. At that point, about half of the music was written by me. We increased the impact by dramatically changing the arrangement of the sanctuary, which was arranged "sideways," with the band against the side wall. There were 174 seats originally; more were squeezed in as the place was packed and it wasn't enough.

Over the years, the program evolved, including the invaluable contributions of Rabbis Jodi Seewald-Smith, Eric Mollo and Ken Carr. I wrote more musical pieces until I covered basically the whole service, although we always did at least a few pieces by other composers. The music and the band got better, although attendance, while always good, waned a bit as the novelty wore off and the congregation decreased in size. We learned that while the original target audience of families with young children liked it and came in good numbers, the people who loved it most were adults.

I want again to express my thanks to the congregation, including its lay leadership, Rabbis, Directors of Education and all the "Jews in the pews" for supporting Rockin' Shabbat Eve for the last 10 years!



## From the Director of Education

Having just finished putting away the Passover dishes as I write this article, I am struck, once again, by the brilliance of the Jewish calendar. We start the year with *Rosh Hashanah*, roughly coinciding with the school year, and the chance to set goals for the academic year ahead. With the arrival of spring, we experience warmer weather and feel the urge to get moving after the long winter, and, again, our tradition provides us an opportunity to clean our kitchens, take stock of our pantries, and get rid of things we no longer need, comparable to assessing how the year has gone, what is working and what we would like to change going forward. Our thoughts also turn to the end of the school year, our summer plans, and starting fresh in the fall.

Looking back, this has been the third school year impacted by the coronavirus pandemic and everyone in the community has responded with grace and flexibility. We started the school year outdoors as much as possible and, when the weather became too cool, we masked and socially distanced and did what we could to minimize the risk of covid. Families cooperated by testing and keeping their students home when circumstances necessitated it. With the surge of Omicron cases in the winter, we pivoted to Zoom for a period of time to let the cases drop down again. As the numbers have fallen, we have followed the school districts and become a mask optional program.

As I think back on the last nine months, I am so grateful for our teachers and our community and the support, dedication and friendships that provide a foundation for deep learning and building meaningful relationships. I also want to express my appreciation for the lay leaders on the Education Committee and the Reopening Task Force who have been thoughtful and responsive to the changing conditions. I also want to acknowledge my colleagues on the staff, Rabbi Ken, David, Meryl, and Denise for your part in lightening the load. [Read More](#)

### Director of Education (con't)

Programmatically, it's been an exciting year across all of our learning programs. In addition to SULAM and Gesher, we have had a year of innovative young family programming. We began with a visit to Ward's Berry Farm in Sharon in October, and then had two successful larger programs at TCS for Chanukah and Passover. We are planning to continue this initiative into next year as a way to attract new families to our warm and welcoming congregation. Our teens have been studying with Rabbi Ken in the Confirmation program, as well as periodic gatherings with the 11th and 12th graders. Other students have had the opportunity to study with Maya Emerson, who is also our TeCSY advisor, in the Teen Oasis program. The theme for this year's Teen Oasis units was Hot Topics, which gave the participants the opportunity to help craft their own learning and have input into the subjects they covered, based on what it is on their hearts.

We will be wrapping up May with presentations from our 5th graders, a 6th grade Family Education program on Jewish values and the 7th graders sharing legacy projects, where they interview family members about their Jewish journeys. May 22nd is the last day of SULAM for the year and we will be joining with the entire TCS community for Mitzvah Day, starting at 10:30 am that morning.

Registration for the next school year is now open and we encourage you to register your students as soon as possible. There are discounts on the registration fee by completing the process sooner rather than later. Please let me know if you have any questions and be sure to share the information with friends for whom TCS and SULAM could be a good fit!

Wishing you a wonderful end to the school year!



### Thank You...

As we approach the end of this fiscal year, and the Annual Congregational Meeting on May 26th, I want to express my sincere gratitude and appreciation to the TCS community for its support over the past almost twelve (12) months. When I use the word 'support', I am not just expressing how I feel about your extraordinary financial support of our synagogue. The culture of philanthropy is abundant and significant in our community as evidenced by raising almost \$165,000 through gifts and events and just south of \$12,400 for the Ukrainian Emergency Fund. I am also expressing my thanks for the emotional support you have given me as President, and the support you have given the Board of Directors.

We are just exiting the second year of a pandemic none of us could have imagined. Despite the incredible challenges we have faced, we not only succeeded in overcoming those challenges but we grew stronger as a community thanks to your commitment and the efforts of some extraordinary individuals and committees.

I am indebted to the Brotherhood and Sisterhood under the able leadership of Mike Cohen, Teresa Kempner and Rachel Colchamiro for the activities that they provided to keep us engaged and involved. To the Membership/Engagement Committee, under the guidance of Joe Emerson, that created a unique marketing campaign which increased our visibility and will lead to increased membership. Thanks to the T.O.R.C.H. Committee, previously led by Jodi and Joe Emerson and now Adam Garber, for their food drives to address food insecurities in our towns. To the School Committee, led by Alycia Dancey, and the Ritual Committee, led by Deb Shechter, for responding to the pandemic by creating virtual and hybrid educational and religious offerings to our students and our congregation. Thanks to the "Tech" Committee, Michael Kamens, Lew Levine, Scott Weber, David Jellenik, Rob Newton and Josh Parker, for helping to improve our security system, facilitate our online programming, and to begin to work on a new, more sophisticated in-house software system. Lastly, the Re-opening Task Force, under the leadership of Alycia Dancey, has done a terrific job over the past two years planning our response to the pandemic and for the return to in-person activities.

I would be remiss if I did not also acknowledge our professional staff who have kept us engaged and involved. Thank you to Rabbi Carr, David Rothberg, Jeri Robins, Meryl Levenson, Brenda Leonard, Denise Morgan and Maya Emerson for all that they do to keep TCS a strong and meaningful community.





TCS IS EXCITED TO ANNOUNCE THE RETURN OF

# Tot Shabbat

FRIDAY, MAY 13 • 4:30–5:15 PM

TEMPLE CHAYAI SHALOM | 239 Depot St. • South Easton

SONGS • STORIES • CRAFTS • AND MORE



Join us in celebration of family and community at our revamped Tot Shabbat. Rabbi Ken, Cantorial Soloist David and special guest Maya Emerson will lead kids in songs, stories, crafts, and a Shabbat candle-lighting. Be sure to invite your friends and family.

## *Come As You Are - Open To All*

*This event will adhere to all current CDC COVID-19 guidelines.*

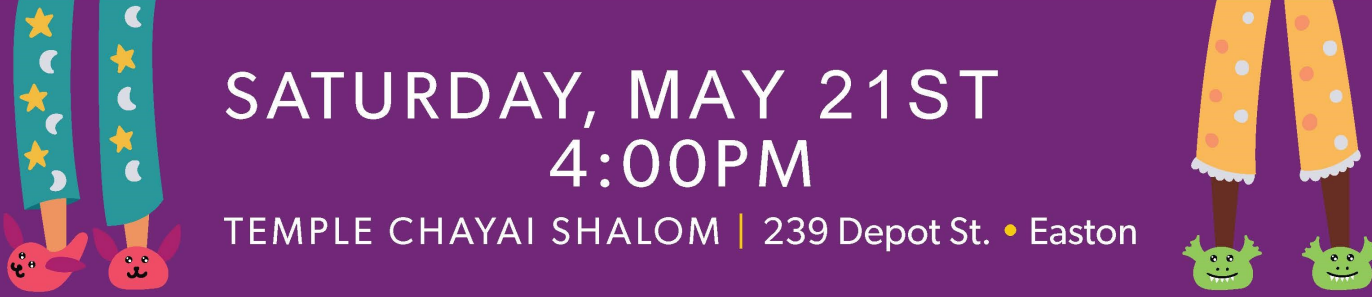
[TempleChayaiShalom.org](https://TempleChayaiShalom.org)



JOIN TEMPLE CHAYAI SHALOM FOR

# Pajama Havdalah

A FREE EVENT FOR FAMILIES WITH TODDLERS



**SATURDAY, MAY 21ST**  
**4:00PM**  
TEMPLE CHAYAI SHALOM | 239 Depot St. • Easton



Come in your pajamas (at least your kids!) to this fun way to end Shabbat. Kids will enjoy songs, hear a bedtime story, and make a Havdalah craft that you can bring home, while adults have the opportunity to get to know each other. We'll conclude with a beautiful and brief Havdalah service.

**A FREE EVENT – REGISTRATION REQUIRED:**

**[RSVP to welcome@templechayaishalom.org](mailto:welcome@templechayaishalom.org) or call 508-960-6654**

*Come As You Are – Open To All*

PROUDLY SPONSORED BY TEMPLE CHAYAI SHALOM

239 Depot Street | Easton, MA 02375 | 508-960-6654 | [TempleChayaiShalom.org](http://TempleChayaiShalom.org)

One day to *come together*  
 To *make a difference*  
 To *change lives*

All are welcome  
 to join us for

## TCS MITZVAH DAY

SPONSORED BY TORCH

*Sunday, May 22nd*  
*10:30am - 12:00pm*



### PROGRAMS START AT 10:30 with inspiration and songs from Rabbi Ken and David.

Join us in the following fun and easy tasks that will provide so much help to our neighbors in need.

#### FOR OUR LOCAL NEIGHBORS:

- Create beautiful flower pots for our friends at The Residence of Five Corners.
- Tie together warm fleece blankets for a local shelter.
- Assemble lunches for Father Bill's & MainSpring to help feed the homeless population in our area.
- We will be accepting donations of work-appropriate men's and women's clothing for the organization, Dress For Success. Drop off location will be in the TCS parking lot.

#### FOR OUR NEIGHBORS AROUND THE WORLD:

- Help assemble soup-in-a-bag for those in Ukraine in need.
- This year our annual Lemonade Stand will be raising money to donate directly to organizations helping Ukrainian citizens and refugees.

On Sunday, May 22nd, TCS will come together, young and old, to give back to our community. Choose activities inspired to help those in need. Make fleece blankets for local shelters, pack nutritious lunches for Father Bill's & MainSpring, or get your hands dirty with a new potted plant for the residents at Five Corners. TORCH is working to provide TCS members opportunities to help those in need locally and around the world. Join us and take part in helping those that need our help the most.

For more information contact  
[Adam Garber at amgarber73@hotmail.com](mailto:amgarber73@hotmail.com)

*Thank you for sharing  
 your time and talents  
 with those in need!*

#### AT TCS WE VALUE:





### Sisterhood News.....

Thanks to everyone's generosity, Sisterhood had another successful Purim Basket fundraiser. As such, we were able to donate \$300 to the Ukraine fund, \$300 to the Mansfield food pantry, \$300 to the Easton food pantry and \$300 to the Brockton food pantry. Thank you to all that were involved in making this such a wonderful event.



It was so great to get back together again and enjoy a day of fun and games for our annual Game Day.

We played bingo, had a few raffle prizes, and a 50/50. So grateful for all that came out to join us.



### Mark Your Calendars and Join Us at TCS!

Fri., 5/6	7:30 pm	Shabbat Service with Sr. Send-off and Special Ice Cream Social <i>Oneg</i>
Sat., 5/7	6:30 pm	SULAM <i>Havdalah</i>
Fri., 5/13	4:30 pm	Tot <i>Shabbat</i>
	6:30 pm	SULAM led Service and Teacher Appreciation
Fri., 5/20	6:30 pm	Rockin' <i>Shabbat</i> Eve
Sat., 5/21	4:00 pm to 5:15 pm	Pajama <i>Havdalah</i>
Sun., 5/22	10:30 am to noon	<i>Mitzvah</i> Day
Thurs., 5/26	7:00 pm	Congregational Meeting
Sat., 6/4	7:00 pm	Confirmation
Sun., 6/5	10:30 am	<i>Shavuot</i> Service with <i>Tikkun</i> and Cheesecake Buffet
Fri., 6/10	6:30 pm	<i>Shabbat Na Shirah</i> Service & Pot Luck Dinner
Fri., 6/17	7:30 pm	<i>Shabbat</i> Service with Board Installation and Volunteer Appreciation
Sat., 6/18	10:30am	<i>Bar Mitzvah</i> Service of Tyler Kaufman

### Complete Information in Your Weekly Emails

### TCS Shoveltown 5K was finally back in person!



And our runners were excited to run on that brisk but beautiful morning. We had our biggest year yet with almost 600 runners, including 80 runners from Bracks Grill and Tap, which helped us exceed our registration goal.

We are grateful to our race committee, which includes, Teresa and Adam Kempner, Matt and Melissa Gilman, Marty Weiner, Joy Parad, Jack Whalen, Ruth Albert, and Mike Cohen. And a big THANK YOU to all the wonderful TCS volunteers. For next year, we are again counting on your support as race day volunteers and as well as help promoting TCS Shoveltown 5K which has come to be known as "South Shore's best Spring 5K". We've already set a hefty goal for next year's 5K, which is to get 800+ registered runners. A planning meeting will be scheduled in the fall. If you want to join our committee, email Adam Kempner at [a.kempner@comcast.net](mailto:a.kempner@comcast.net).

A special thank you to Judy Jacobs for taking all these great photos.



### Adult Prayer and Hebrew Class



Get more out of Jewish prayer, whether it's in services or privately at home by improving both your understanding of the liturgy and Hebrew reading. You don't need to commit to attending regularly; feel free to drop in any time. May 19th, June 2nd and June 16th from 1:15 pm to 2:15 pm. Classes will also be recorded and on the TCS YouTube Channel. For more information, feel free to contact [David Rothberg](#).



### New Mi Sheh-beirach List Starts Anew on June 1st

We hope that in the three months between renewal dates, those on the list will be feeling well enough to come off the list! That would be a wonderful answer to all of our prayers.

If people on the list need more prayers, please email [Meryl Levenson](#) and of course we will add them to the new list.

### **Giving Tz'dakah is a Primary Jewish Value**

A donation to the temple is a meaningful way to mark any occasion to celebrate a life cycle event, to honor someone, to remember a loved one, to thank the professional staff, or for any other reason and is always appreciated. A big thank you to everyone who has contributed.

[Click Here to Donate Today](#)

### **Rabbi's Discretionary Fund from:**

Amy Glaser  
Myra Lapides, in memory of her brother-in-law, George Lapides  
Myra Lapides, in memory of my dear friend, Eleanor Lesser  
Myra Lapides, in memory of Larry Bradley  
Glenn Malin, in memory of his mother, Judith Malin  
Howard & Veronica Wiseman  
Meryl Monaco, in memory of Alan Weiner  
Harvey & Eileen Weisthal, in memory of Mel Lipman

### **General Giving Fund from:**

Ruth Albert, in memory of Stuart Klein  
Ruth Albert, in memory of Selma Weiner  
Ruth Albert, in memory of her mother, Florence (Frances) Albert  
Ruth Albert, in memory of David Mayer Gradwahl, father of Jane Nash  
Ruth Albert, in memory of Claire Greenberg, mother of Roz Golden  
Ruth Albert, in appreciation of Michael Kamens and his sharing of his computer knowledge  
Ruth Albert, Mazel Tov to Rabbi Carr on being honored with a Doctor of Divinity Degree  
Ruth Albert, in memory of Neal Jacobs, brother of Howard Jacobs  
Ruth Albert, in memory of Mel Lipman  
Ruth Albert, in memory of her maternal grandmother, Rose Leiberson Handel  
Norman & Sharlene Azer, in memory of Peter Azer  
Craig & Elaine Barger, in memory of Jane Nash's father, David Mayer Gradwohl  
Craig & Elaine Barger, in memory of Stuart Klein, former husband of Terry Starr-Klein  
Craig & Elaine Barger, in memory of Mel Lipman  
Norm Berk, in memory of Blanche Berk, Bernard Berk, Tess Pike and Harry Pike  
Maxine Bloom, in memory of her husband, Maurice Sonny Bloom  
Aaron & Liz Bornstein, in memory of Alan Weiner, father of Marty Weiner  
Bonnie Hirsch, in memory of Bruce Ring's mother, Hilda Ring  
Ben & Denise Kravitz, in memory of Stuart Klein  
Joyce and Lenny Levine, in memory of Milton Rotenberg  
Adele & Martin Miller, in loving memory of their beloved daughter, Lisa R. Vinocoor  
Susan Polikoff, in appreciation of the Purim bag from Jon & Dayle Lipsky  
Bruce & Mary Catherine Ring, in memory of Marty Weiner's father  
Bruce & Mary Catherine Ring, in memory of Joyce Westerman's mother  
Alan Sirota, in memory of his mother, Ida Sirota  
Debra Sirota, in memory of Lawrence Fogelnest  
Rona & Richard Slotnick, in memory of Rona's beloved mother, Esther Goldman  
Rona & Richard Slotnick, in memory of Richard's beloved father, Samuel Slotnick  
Rona & Richard Slotnick, for our wonderful grandson, Jonathan Gardner

Rona & Richard Slotnick, in loving memory of Rose Jones  
Cindy Thomas, in memory of her father, Abraham Levine  
Marty & Kathy Weiner, in memory of Jane Nash's father

Donations to cover electrical work in the multipurpose room:  
Norm Berk, the Braidmans and the Mayers

### **Adult Education Fund**

Cindy & John Thomas, in memory of Jane Nash's father

### **Malie Baier Fund**

Cindy & John Thomas, in honor of Cindy's mother's yahrzeit

### **T.O.R.C.H. - Social Action**

Myra Lapides, in memory of Joe Emerson's brother, Donny Emerson  
Myra Lapides, in memory of Gloria Lapides

### **CJP Ukraine Relief Fund**

Ruth Albert  
Norman and Sharlene Azer  
Ruth Karacek & Leslie Bahadosingh  
Craig & Elaine Barger  
Michael and Nathalie Berkowitz  
Maxine Bloom  
Steve Braidman  
Joan Carr  
Rabbi Ken & Rebecca Carr  
Brian & Lisy DeLano  
Jen and Andy Faber  
Rhonda Fleming  
Melissa Gilman  
Barry and Suzi Grunin  
Beth Herr  
Esta & Howard Jacobs  
Judy Lehrer Jacobs  
Rhonda & David Jellenik  
Marsha & Michael Kamens  
Kerensky Family  
Lisa Klein  
Ben and Denise Kravitz  
Ira & Erica Krull  
Myra Lapides  
Brenda Leonard  
David & Meryl Levenson  
Judy Romaine & Sumner Levine  
Lew & Caren Levine  
Dayle & Jon Lipsky  
Ross & Joni Mayer  
Nancy Methelis  
Reva Newfield  
Aileen & Rob Newton  
Susan Polikoff  
Lori Powers  
David & Libby Reichman  
Charles Reingold  
Carolyn Ross  
David Rothberg  
Paul & Meri Schreiber  
Bertha & Jack Shear  
Laurel & Stuart Silverman  
Rona & Richard Slotnick  
Cindy and John Thomas  
Weintraub Family