

Yoides
קולות ק.ק. עדת ישראל

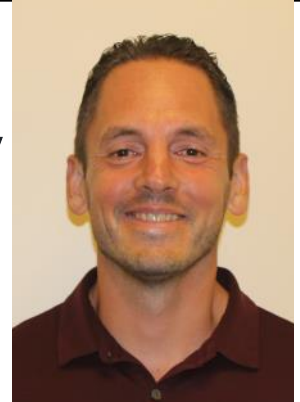


Middletown, Connecticut
April 2024 adar II/nisan 5784



Increasing Our Joy

*Adam Finkelstein
President*



Dear Friends,

As Purim rounds the corner, all eyes are on to Pesach, or Passover. Besides having a seder, and asking questions, and helping others to feel free to question, we are invited by our tradition to get rid of leavened products, called *hametz*. The searching for *hametz* is symbolic act, rooted in the Exodus narrative: our people's haste to leave Egypt includes leaving behind what Egypt symbolized – an unchanging vertical power structure that continued after death as well. It is in Egypt that the process of leavening was invented, and yes, Egyptians were the first to invent that all-American beverage, beer.

Some might know that *(Rabbi Continued on page 5)*

WE ARE HERE FOR YOU!

If you or anyone you know is ill or in need of support, please let our Bikur Cholim (Compassionate Care) Committee know!

Contact Michelle Grossman at rickandmichelle360@gmail.com or Joanna in the office.

Josh Waitzkin was a childhood chess prodigy. He grew up in New York City and first noticed the game in Washington Square Park when he was six years old. He began playing a year later and won the first of seven consecutive national championships when he was just nine. By 13, he had earned the title of National Master and by 16, International Master. He was the basis for the 1993 film, *Searching for Bobby Fischer*, and even played as many as 40 different chess matches simultaneously in various exhibitions.

As quickly as Waitzkin learned to dominate chess, he subsequently gave up playing competitively around the age of 18, saying that he had lost the love for it because of, “the need that I felt to win, to win, to win all the time, as opposed to the freedom to explore the art more and more deeply.”

Through his interest in eastern cultures and meditation, Waitzkin unexpectedly turned his attention to martial arts of all things, and found similar unprecedented success. He began to study Tai Chi at 21 and won a national championship just

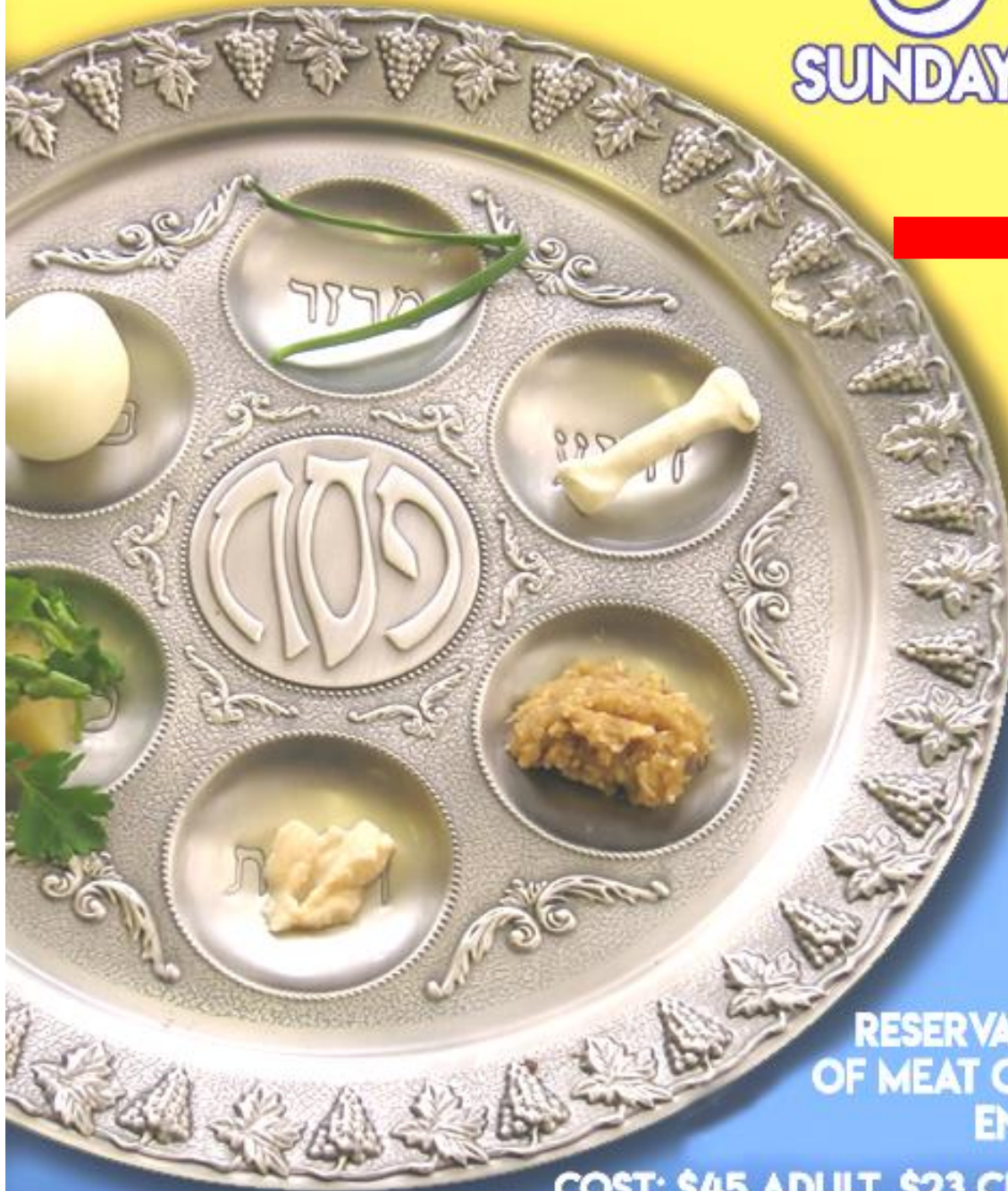
(President Continued on page 3)

COMMUNITY SEDER

SUNDAY, APRIL 28

5:30 PM

RSVP BY
APRIL 1



RESERVATION & CHOICE
OF MEAT OR VEGETARIAN
ENTRÉE REQUIRED

COST: \$45 ADULT, \$23 CHILD: AGES 5-12

CHILD UNDER 5 FREE

\$125 MAX FAMILY (PARENTS/GUARDIAN WITH MINOR CHILDREN)

For more information or to RSVP contact
OFFICE@ADATHISRAELCT.ORG or 860-346-4709

(President Continued from page 1)

two years later. He went on to win for five straight years and then won five separate national championships, across three different weight classes, in July of 2004.

In 2005, he wrote *The Art of Learning*, detailing the similar principles and philosophies he utilized to master two very different disciplines/arts.

While his accomplishments go far beyond what I've mentioned, Waitzkin isn't especially easy to find. He's reluctant to be a public figure and very rarely appears on shows or podcasts, even to promote his books. The most notable exception is *The Tim Ferris Show*, a podcast often rated atop the Apple charts, which he has been on a few times now because of his personal friendship with the host.

I am a listener of the show, probably in large part because Waitzkin was the guest on the first episode I listened to, and I immediately found him fascinating. One of the principles that resonated most with me related to parenting:

"One of the biggest mistakes that I observed in the first year of [my son] Jack's life was parents who have unproductive language around weather being good or bad. Whenever it was raining, you'd hear moms, babysitters, dads say, 'It's bad weather. We can't go out' or if it wasn't, 'It's good weather. We can go out.' That means that somehow, we're externally reliant on conditions being perfect in order to be able to go out and have a good time. So, Jack and I never missed a single storm, rain or snow, to go out and romp in it... We've developed this language around how beautiful it is. Now, whenever it's a rainy day, Jack says, 'Look, Dada, it's such a beautiful rainy day,' and we go out and we play in it."

Predictably, I attempted to emulate this with my own children as often as I could. Instead of telling them they couldn't jump in the puddles, I tried to encourage it. I'm admittedly not sure whether or not it had any lasting impact, but I loved the idea of them being able to find the "good" in any situation. Like most good parenting lessons, it was also a point worth emphasizing to myself.

Last week, I was reminded of this as I sat at Eva Bardwell's funeral and listened to her daughter, Rebekah, talk about a life lived so well. It was just a passing comment, about how she loved the rain, but it struck me. I admittedly did not know Eva well. We had only had a couple of quick conversations, both within recent months, but I knew her story, or at least part of it. So, it made a lot of sense to me that she liked the rain, and was able to find the good in any

situation.

Shortly afterward, I also learned that the month of Adar means that we, as Jews, are supposed to deliberately work to increase our joy, and because this is a leap year, we are to do so with double the vigor.

It seemed to me these points were all tied together.

A few months ago, I wrote about trying to find the joy in challenging times. And times certainly remain tough for Jews across the world. It is raining, again, on our people. But we can choose to find the moments to dance and play in the puddles.

I'm grateful for that reminder this month.



Reading is Fun-damental!

According to Sharon Neuwirth, "reading is fundamental. Meeting friends and making new ones is good for your health. Socialization is now medicinal."

The Book Club chooses a variety of authors and subjects with one stipulation that the book be related to Judaism in some way since this is a synagogue book club. We meet every six weeks on Tuesday evenings. You can come to the Nester Center in person or join via Zoom. It's a nice way to motivate you to read a book that may not be your major like. The discussion begins about the book though can easily evolve into a discussion about our connection to a character or experience. We tend to share about ourselves and learn something along the way. The participants have a variety of life experiences which makes for lively discussions.

Please consider joining us. It is a good way to become involved.

The Book Club mourns the loss of one of its members, Eva Bardwell, who was an avid reader, always willing to share her thoughts, insights and personal experiences. We will miss her!

*Sharon Neuwirth
Roberta L. Glass*

EARLY RISERS MINYAN

 Adath Israel
Celebrate Jewish Life

Wednesday, April 3rd, 7:00am
Kiddush Breakfast Following Service

(Rabbi Continued from page 1)

fermentation began in Egypt. In fact, the first evidence of the use of fermentation in the production of bread was found in Ancient Egypt. The most common type of bread was made solely from a mixture of water and flour left outside for a long time to let the natural yeasts in the flour work and start the fermentation process. Beer was initially made from that bread, and later, crushed barley grain. But both of those processes rely on leaving water and flour or grain stagnant, waiting for hours or days. In that sense, Egypt also represents being stuck and held back.

Leaving Egypt is then also a symbol of the spiritual journey each of us undertakes in our own lives – it is not just the embracing of freedom, with all its fears and dangers, but also the embracing of change, with all its fears and dangers, and spiritual and emotional growth. It is embracing leaving behind structures of an unchanging vision of the world, so unchanging that Pharaohs believed that they had to keep everything they used in this life for their afterlife, including pets and, in some cases, even servants. Our people becomes the Jewish people as we leave behind that vision and we embrace transformation, changing from a bunch of slave clans to a people.

The search for *hametz* is then not merely a physical quest of searching and destroying bread and other products; it is a profound exploration of our inner selves. Just as the ancient Jews removed *hametz* from their homes, we embark on a spiritual cleaning, removing the metaphorical *hametz* that may hinder our personal growth and connection with the Transcendent, be it family, friends, community, the world and/or God.

This act of leaving behind leavened bread represents leaving behind the old, the stagnant, and embracing the new and transformative journey that lies ahead. It is an opportunity for introspection and self-discovery. One crucial aspect, often overlooked, is the recognition of *hametz* as a symbol of arrogance. Arrogance puffs us up, much like leaven causes bread to rise, and it obstructs our ability to connect with others; it hinders empathy and prevents compassion. A sense of superiority detaches us from the struggles of others, distorting our sense of gratitude and service to others. Passover, with all its insane rules and regulations regarding *hametz*, is calling us to examine our hearts with that same precision.

As we meticulously search our homes for crumbs, we are prompted to reflect on spiritual leaven, on arrogance. What attitudes, such as pride and self-importance do we need to cleanse from our lives? In casting off the leaven of arrogance, we open ourselves to humility, generosity, and a more profound connection with humanity.

Passover, at its core, is a celebration of freedom and liberation. When we free ourselves from the bondage of the past, when we let go of what prevents our expansion, that attitude alone allows us to step into a brighter, more spiritually fulfilling future. Just as the ancient Jews found freedom from slavery, we too can find liberation from the constraints of arrogance and the pitfalls of our unwillingness to change. And paradoxically, that is what enables us to grow.

The act of searching for *hametz* is not solely an individual endeavor. It is a communal experience: our kitchens and our building are going to be *hametz*-free due to the unwavering dedication of our Ritual Committee, and of Joanna and Julio. Similarly, we support and encourage each other on this journey of self-discovery, creating an environment in which everyone can thrive and grow in humility, compassion, and shared goodness.

So, as we embark on our annual search for *hametz*, let us embrace the deeper significance of this ritual, and transform it from a bunch of rules to a deep spiritual exercise. May this be a time of personal and communal renewal, a time to cast off arrogance and hoarding that impede our progress, and may it be a celebration of the freedom that comes with spiritual growth.

Chag Pesach Sameach!

Warmly,
Rabbi Nelly

<https://australian.museum/learn/cultures/international-collection/ancient-egyptian/preparation-for-death-in-ancient-egypt/>

<https://www.worldhistory.org/article/1033/beer-in-ancient-egypt/>

<https://www.britishmuseum.org/blog/sip-history-ancient-egyptian-beer>

<https://passtheflamingo.com/2017/03/29/ancient-recipe-egyptian-beer-egypt-ca-5000-bce/>

<http://www.ancient-egypt.org/from-a-to-z/h/human-sacrifice.html>

SHABBAT L'CHOL ADAT

APRIL 20TH * 9:30AM

TOT SHABBAT - 11:30

A SHABBAT FOR THE WHOLE COMMUNITY

 Adath Israel
Celebrate Jewish Life

Religious School News

*Anna Elfenbaum
Principal*

April 20 are our next Shabbat L'chol Adat services. Each month, students choose to lead parts of the Shabbat morning service they are learning during class. All students join Rabbi Nelly in the Shema and V'ahavta - in which we say "And you shall bind them for a sign upon your hand, and they shall be a reminder between your eyes."



Recently, we had a special opportunity to discuss the meaning of those words.

The World Wide Wrap, a program of the Federation of Jewish Men's Clubs, is a day when students learn the ins and outs of Tefillin, how they are made, what they look like, how to wear them and why. Our students - from the littlest Mazal Tots to our High School Madrichim had a great day trying on tefillin, practicing wrapping them, and writing special words with feathered quills. A



wonderful experience that we are looking forward to taking part in again next year. And a tangible way to connect the words of the

Shema to hands on Jewish ritual.



Compassionate Care A.K.A. Bikur Cholim Committee

A core value of our Congregation is to provide care to our community.

This care often includes pastoral visits but our scope is much broader.

We can provide visits, calls, cards, transportation, shopping and food assistance, and often more, when we know of the needs. We try to provide emotional support where helpful and connections for those who are isolated by whatever circumstances (alone at home, at a medical facility or nursing home). We do this confidentially and without cost or obligation.

We need your help to identify those who need assistance who we do not know about and the best way to contact them. Please reach out to us with as much information as you can share in confidence so that we can reach out and fulfill our desire to help those in need in our community.

Michelle Grossman is the contact person for Compassionate Care. She can be reached at 203-558-4937 or rickandmichelle360@gmail.com.

Did You Know . . .

You can drop off nonperishable food for Amazing Grace Food Pantry anytime the synagogue is open.

You can also drop off clean & dry redeemable bottles* & cans. Funds generated benefit 3 causes:

November—February, Rabbi's Discretionary Fund
March—June, Sunday Meals Program at St. Vincent de Paul

July—October, Lynn Bennett Religious School Capital Campaign Fund

Bins for food and bottles & cans are outside the office.

*Beer bottles must be in their cardboard 6-pack holder.

Kolot Due Date

Articles for May's Kolot must be received by the office by April 8.

EXPRESS MINYAN

EVERY WEDNESDAY 8:00AM*

**WHEN YOU WANT TO DAVEN
BUT ARE SHORT ON TIME
*EXCEPT WHEN A LONGER SERVICE
IS HALACHICALLY REQUIRED**





Standing with Israel

Joshua Young

Recently, I had the amazing opportunity to volunteer in Israel for two weeks, packing food and planting lettuce during a challenging period of the war. This experience not only nourished

my connection with the land but also showed me the strength of community and the power of collective action.

As I arrived in Israel, the atmosphere was tense. Despite that, I joined a dedicated group of volunteers determined to make a positive impact. Twenty four other collegiate Ramahniks and I were prepared to spend our winter break contributing to the local food supply shortage and supporting communities facing challenges



during these trying times. Accompanied by Camp Ramah, the experience was enriched by the spirit of community fostered by this renowned Jewish educational program. Camp Ramah, known for its commitment to Jewish values and fostering connections, provided a framework that encouraged dialogue, understanding, and shared experiences.

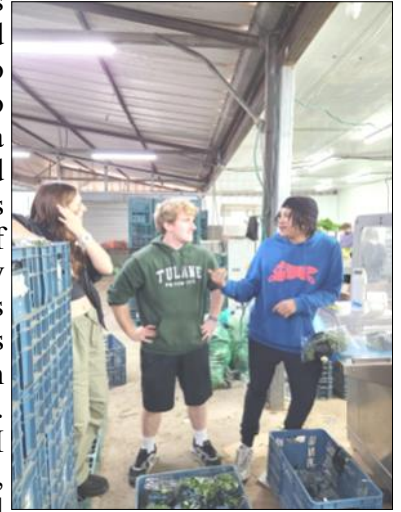


Shoulder to shoulder with locals, we planted lettuce and packed food that would nourish families in need. What struck me most was the unyielding spirit of the Israeli people. The fields

we worked in were a testament to the resilience of a

community that refuses to be defined by the challenges it faces.

In the midst of this experience, I engaged with many Arabs who warmly welcomed me to Israel. Contrary to media portrayals I found Muslims and Arabs woven into the fabric of society. One particularly moving experience was witnessing Muslims praying openly on Shabbat in Jerusalem. The diverse interactions I had shattered stereotypes, reminding me that Israel is not an apartheid state.



Finally, I extend a heartfelt thank you to the Weiss and Maxine Thumin Camp Scholarship and Dr. Arthur And Gladys Weiss Scholarship Funds for making my

volunteer experience possible. Without your support, this amazing experience wouldn't have been possible. Your generosity has made a significant impact, and I am sincerely grateful.





TIKKUN OLAM OPPORTUNITIES

Ways You Can Help

Mosaic United. This is a site where you can get informed on ways to combat antisemitism and anti-Zionism online and offline. <https://mosaicunited.org/>

Bonot Alternativa. The aforementioned group helping women directly impacted by the war. They have 100,000 volunteers to open ad hoc community-care centers for the displaced. <https://www.bonot.org/aid-israel>

Brothers and Sisters in Arms. All donations go toward procuring and distributing supplies to civilians and security personnel in the conflict zones. <https://www.ahimlaneshek.org/donate-2023>

Magen David Adom. Donations support paramedics, EMTs, first responders and first-aid providers in Israel. afmda.org

United Hatzalah. This nonprofit, fully volunteer emergency medical service organization provides help throughout Israel free of charge. israelrescue.org

ERAN: Emotional First Aid. The group runs a 24-hour crisis hotline for mental health emergencies in Israel. en.eran.org.il

Israel Trauma Coalition. The organization and its member groups, especially ERAN and NATAL, have expanded their mental health crisis services due to the large number of requests for help. israeltraumacoalition.org/en

NATAL. Israel Trauma Center for Victims of Terror and War. This Israeli organization offers mental health treatment for PTSD and other trauma related to war and terror. natal.org.il/en

The Jewish Agency's Fund for the Victims of Terror. Your donation will directly help Israelis affected by terror attacks: <https://www.jewishagency.org/>

Friends of Israeli Defense Forces. Critical Needs that your gift to FIDF can go toward: temporary field hospitals, intensive care ambulances, hygiene kits, plasma kits: <https://www.fidf.org/>

IsraAid. Founded in 2001, IsraAid is the largest humanitarian aid organization based in Israel: <https://www.israaid.org/>

Office Hours

Monday: 8 a.m.-1:30 p.m.

Tuesday: 8 a.m.-1:30 p.m.

Wednesday: 9 a.m.-5:30 p.m.

Thursday: 8 a.m.-1:30 p.m.

Friday: 8 a.m.-Noon

The office is closed weekends, legal holidays, and Jewish holy days.

ADATH ISRAEL ACADEMIC SCHOLARSHIPS

The Scholarship Committee of Adath Israel is pleased to announce that the Application Forms and Rules and Regulation Guidelines for the Annual Adath Israel Post Secondary School Scholarships are available from the synagogue office.

Students who are seniors in high school through graduate school, and whose family meets the membership requirements are encouraged to apply.

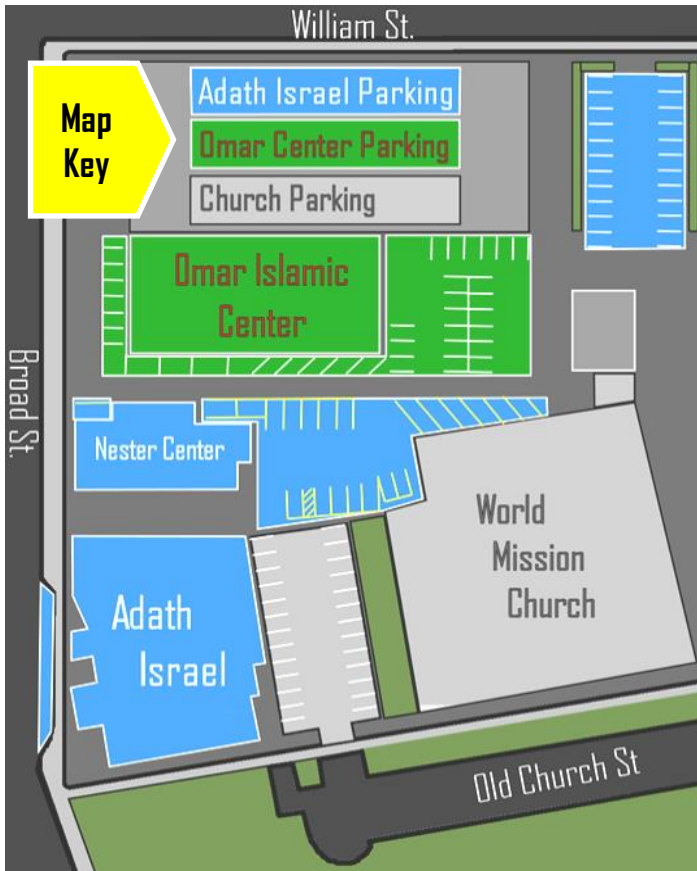
All questions concerning the application process should be directed to **Fred Zierler**, Committee Chair at (203) 631-9567 or via email, fzierler@gmail.com.

Completed applications must be returned to the synagogue by May 15, 2024.

Parking Update

To keep everybody up to date with Synagogue parking, please use this guide. The Omar Islamic Center and the World Church spots between our two houses are painted in white; the Adath Israel spots behind the Nester Center are painted yellow. Our lot off William St. is used by the City until 5pm each weekday afternoon, and is for our use evenings and weekends.

Thank You in advance for being courteous to our neighbors, and for passing along this information should you have guests attending an Adath Israel function.



Jewish Camp/Israel Trip Scholarships

The Congregation is blessed with two scholarship funds providing support for children of members in good standing wishing to attend Jewish summer camps or to experience Israel.

Applications for the Maxine Thumim Camp Scholarship and the Dr. Arthur & Gladys Weiss Scholarship are at the end of this issue of *Kolot* and are available from the Synagogue office.

**APPLICATION DUE DATE IS APRIL 30,
2024**

CELEBRATE JEWISH LIFE THROUGH PRAYER SERVICE TIMES

All services are in-person & via Zoom

Morning Minyan

Monday - Friday, 8:00 AM

1st Wednesday of the month, 7:00 AM

Sunday, 9:00 AM

Zoom Info

Meeting ID: 863 5646 9422 Passcode: 679552

Shabbat Services

Friday, 7:00 PM

Monthly Pray-Eat-Sing Services, 6:00 PM

Saturday, 9:30 AM

Zoom Info

Meeting ID: 815 6727 3870 Passcode: 474612

All prayer services at Adath Israel are public events, open to the community as a whole. Members, guests, and other religious seekers who desire the warmth of Jewish prayer and the fellowship of being together are always welcome.

Famous Jews with April Birthdays

- 4/4 Rabbi Nachman of Bratslav (1772)
- 4/4 Robert Downey, Jr. (1965)
- 4/6 Robert Sapolsky (1957)
- 4/7 Andrew Sachs (1930)
- 4/8 Abraham Ribicoff (1910)
- 4/11 Ellen Goodman (1941)
- 4/12 Tiny Tim (1932)
- 4/13 Garry Kasparov (1963)
- 4/14 Sarah Michelle Gellar (1977)
- 4/15 Seth Rogen (1982)
- 4/16 Antony Blinken (1962)
- 4/18 Menachem Mendel Schneerson (1902)
- 4/22 J. Robert Oppenheimer (1904)
- 4/24 Barbra Streisand (1942)
- 4/25 Hank Azaria (1964)
- 4/27 Blaze Bernstein (1998)
- 4/28 Elena Kagan (1960)
- 4/29 Jerry Seinfeld (1954)
- 4/30 Gal Gadot (1985)

Torah Study with Rabbi Nelly

Spring Break!
No classes
4/3-4/11,
4/24 & 4/25

via Zoom

Every Wednesday - 10:30 AM

Zoom ID 837 9879 1910, Passcode 963942

Every Thursday - 6:00 PM

Zoom ID 887 326 428, Password 827527

Zoom info:

Shabbat Services:

Friday at 7 p.m. and Saturday at 9:30 a.m.

— Meeting ID: 815 6727 3870

— Meeting Passcode: 474612

Daily Minyan:

Sunday at 9 a.m. and Monday-Friday at 8 a.m.

— Meeting ID: 863 5646 9422

— Meeting Passcode: 679552

ADATH ISRAEL DEDICATED FUNDS

ADATH ISRAEL SCHOLARSHIP FUND (SOPHIE & JULIUS BARKER, EVELYN & ABRAHAM GROSSMAN, SARAH ZIETZ PIERSON, RABBI ALBERT & ROSALYN TROY, SYLVIA GROSS WASSERMAN, MAX CHEIKIN, BERNIE SEIDON, AND JEAN STERN ARON SCHOLARSHIPS)

Provides scholarships to children of Adath Israel members attending an accredited college, university or school of higher learning

IN HONOR OF

Rabbi Kohn's 80th Birthday by Risa & Fred Zierler

DR. ARTHUR & GLADYS WEISS SCHOLARSHIP FUND

Provides scholarships to children of Adath Israel members attending Jewish camp, Jewish content special programs, and trips to Israel

BEIT-PALEY FUND

Supports Torah repair

CHEVRA KADISHA

Supports maintenance and enhancement of the cemetery

IN MEMORY OF

Michael Needle by Paulette Gewirtz

Eva Bardwell by Paulette Gewirtz

ARTHUR & EDYTHE DIRECTOR FAMILY FUND

Supports music in the ritual, educational, and cultural gatherings at Adath Israel

ETERNAL LIGHT FUND

Supports the general operation of Adath Israel

IN MEMORY OF

Mark Finkelstein by

Lynne & David Hegarty

Marcia Wrubel

Hyime Paley by Marcia Wrubel

Morty Pear by Marcia Wrubel

Bruce Weiss by Marcia Wrubel

Michael Needle by

Harriet, Aaron, and Marcey Thiela

Marilyn & Leslie Abkowicz

HOWARD FELDMAN BEAUTIFICATION FUND
Supports the beautification of our synagogue building and grounds and the Nester Center

MAZAL TOV

Dewey Deeton on his "Special Birthday" by Joan & Michael Needle

IN MEMORY OF

Michael Needle by Louise Feldman

LYNN BENNETT RELIGIOUS SCHOOL
CAPITAL CAMPAIGN

Supports the upgrade of our religious school

IN HONOR OF

Rabbi Kohn's 80th Birthday by Laurie & Rabbi Marshal Press

REFUA SH'LEIMA

Eva Bardwell by Corinne & Michael Brodie

Michael Needle by Corinne & Michael Brodie

Robin Levine by Corinne & Michael Brodie

IN MEMORY OF

Mark Finkelstein by Luanne & Mark Paley

Michael Needle by Joanna Schnurman & Andy Bauer

Eva Bardwell by

Joanna Schnurman & Andy Bauer

Harriet, Marcey & Aaron Thiela

Miriam & Ralph Weiner by Lewis Thaler

MAXINE THUMIM CAMP SCHOLARSHIP FUND

Provides scholarships to children of Adath Israel members attending Jewish camp or travelling to Israel

IN MEMORY OF

Michael Needle by Eileen & Michael Daling

Eva Bardwell by Eileen & Michael Daling

MICHAEL FASSLER FUND

Supports early childhood education at Adath Israel

REFUA SH'LEIMA

Joan Needle by Michael Needle

MUSEUM FUND

Supports purchases and maintenance of Adath Israel's museum

IN MEMORY OF

Bernice Bonchi by

Carol & Stephen Shapiro

Betsy & Marty Mantis

Bruce Weiss by Carol & Stephen Shapiro



(Funds Continued from page 13)

NATHAN OLSHIN SCHOLAR-IN-RESIDENCE-FUND

Supports annual scholar-in-residence program
REFUA SH'LEIMA
Corinne Brodie by Joan & Michael Needle

IN MEMORY OF

Adolf Kahn by Bobette Reed & Jeffrey S. Kahn

RABBI'S DISCRETIONARY FUND

Allows the rabbi to support individuals and causes in our community anonymously
Myra & David Finkelstein

IN MEMORY OF

Mike Needle by Phyllis Waldman

SANFORD BEIT MINYAN FUND

Supports the creation and building of community over Kiddush
Joy & Alan Firestone

IN MEMORY OF

Michael Needle by Linda & Jack Adler

SYNAGOGUE FUND

Supports the general operation of Adath Israel
Mathew Feldman & Theanne Chivily

IN MEMORY OF

Michael Needle by Sara Paley

Yahrzeit Fund

Supports the general operation of Adath Israel
Jack Pincus by Marcia Wrubel
Ann Shapiro by Ernest Shapiro
Gussie Shapiro by Ernest Shapiro
Reva Paley by Luanne & Mark Paley
Stewart Paley
Jacob Weiss by James Weiss
Ruth Friedman by Larry Friedman
Shirley Lee by Marcy & Jim Casey
Ralph Kohn by Rabbi Michael Kohn
Adolf Kahn by David Kahn
Stanley Stein by Susan Massicott
Ruth Sugarman by Phoebe Sugarman
Anne Seldin by Joan Needle
Etta Weiss by Barbara & Steven Weiss
Donald Charles Sugarman by Phoebe Sugarman

Minnie Shapiro Grower by Jan Cooper
Lewis Wrubel by Henry & Gayle Wrubel Winkler
Muriel Wrubel by Henry & Gayle Wrubel Winkler
Michael Melton by Steven Resnick

IT'S NEWS

BRUCHIM HABA'IM! WELCOME TO OUR NEWEST MEMBERS

Miryam Welbourne & William Ianuzzi & their son,
Felix Ianuzzi
Sonia Roberts

MAZAL TOV!!!

Cooper Bruno & his team, Dem Dawgz on winning the Prof Galito Recreational Basketball league championships!
Seth Olcazk on being high scorer in his Newington Park & Rec Basketball League team's championship win.



TODAH RABAH

Acts of Kindness

Meals & Shopping: Harriet, Marcey, and Aaron Thiela
Picking up food at the Crown: Fred Zierler, Sam Bauer, Richard Kamins

Proofreading: Naomi Kamins, Phil Saxe
Helping with mailings: Anita Hennessey
Taking care of our eNews and blasts: Eileen Daling
Washing towels from the kitchen: Joanna Schnurman
Returning bottles: Eileen & Mike Daling
Lending a hand whenever needed: Andy Bauer, Richard Kamins, Paula Goldstein, Aaron Thiela, Harriet Thiela, Adam Finkelstein, Eileen Daling, Phil Saxe, and Sam Bauer

Sponsoring a Kiddush

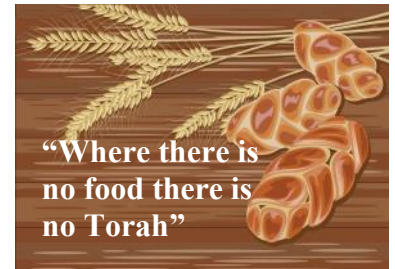
IN HONOR OF
His 80th Birthday by
Rabbi Michael Kohn

IN MEMORY OF

Matthew Niemeyer by Hinda Niemeyer
Michael Needle by Scott Levy

Early Risers Minyan

IN MEMORY OF
Lillian Mally by Mark Shlien



(News Continued on page 15)

Supporting Pray-Eat-Sing

Harriet, Marcey, and Aaron Thiela
Sharon Neuwirth, Naomi & Richard Kamins,
Phil Saxe, Risa & Fred Zierler, Anita Hennessey,
Paula & Rob Goldstein, Eileen & Michael Daling,
and Linda Bardwell



Sarah & Jonathan Shapiro
Shari & Roger Turner

SPEEDY RECOVERY

We'd like to wish a "Refua Shleima" to the following:
Shana Adams, Katrina Axelrod, Phyllis Frydenberg, Paula Goldstein, Joan Needle, Rabbi Marshal Press, David Schwarz, Stephen Shapiro, Anne Willis



IN MEMORIAM

Our sincerest condolences are extended to the families of

Saul Siegel who came to his eternal rest on February 16 (7 adar I)

Michael Needle who came to his eternal rest on February 25 (16 adar I)

Eva Bardwell who came to her eternal rest on February 29 (20 adar I)

May the bereaved find comfort in our community's support.

- Richard Neveloff
- Joseph Dubin
- Robbyn German
- Daniel Schwartz
- Ben Srulowitz
- Phil Saxe
- David Gertler
- Lizabeth Whittaker
- Stu Elish
- Nancy Schwartz
- Sandra Beckman
- David Director
- Colleen Poliner
- Julia Meadow
- Sarah Shapiro
- Kenneth Teller
- Natalie Cheerman
- Jack Adler
- Richard Kamins
- David Horn
- Eleanor Fenig Cline
- Alyssa Goldstein
- Benjamin Ferrari
- Carol Shapiro
- Stuart Epstein
- Timothy Dickes
- Karen Swartz



**PASSOVER – A CHARITABLE TIME
ADATH ISRAEL MATZAH/MA'OT HITTIN**

Your donation to The "Matzah Fund" assists those in our community without the means to make Passover a reality. Distribution priority is given to Adath Israel congregants. Any funds in excess of need will be donated to Jewish charities for Passover allocation. All funds are allocated in the strictest of confidence.

Please send all contributions to the office by April 8, 2024, so that distribution can take place prior to Passover.

Finally, if you know of any families or persons that require some assistance, please contact Joanna at office@adathisraelct.org or 860-346-4709.

Again, all communications will be handled in the strictest of confidence.

Did we leave someone off the list?
Please call the office, and let us make it right.





april 2024

adar II/nisan

sunday	monday	tuesday	wednesday	thursday	friday	saturday
* Candle Lighting Time for Middletown, CT	1 RSVP Deadline for Community Seder 8 a.m. Minyan 22 adar II	2 8 a.m. Minyan 11 a.m. Mah Jongg 12:30 p.m. Mah Jongg 7:30 p.m. Al Anon 23 adar II	3 No Torah Study 7 a.m. Early Risers Minyan 4 p.m. Religious School 24 adar II	4 No Torah Study 8 a.m. Minyan 25 adar II	5 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:02 p.m. 26 adar II	6 9:30 a.m. Shabbat Morning Services <i>Shemini Shabbat HaChodesh</i> 27 adar II
7 No Religious School or Mazel Tots 9 a.m. Minyan Noon Pride Committee 28 adar II	8 May Kolot Articles Due 8 a.m. Minyan 29 adar II	9 8 a.m. Minyan 11 a.m. Mah Jongg 12:30 p.m. Mah Jongg 7:30 p.m. Al Anon Rosh Chodesh 1 nisan	10 No Torah Study No Religious School 8 a.m. Minyan 2 nisan	11 No Torah Study 8 a.m. Minyan 3 nisan	12 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:10 p.m. 4 nisan	13 9:30 a.m. Shabbat Morning Services <i>Tazria</i> 5 nisan
14 No Religious School or Mazel Tots 9 a.m. Minyan 9:30 am JVV Brunch 6 nisan	15 8 a.m. Minyan 7 p.m. Board of Directors Mtg 7 nisan	16 8 a.m. Minyan 11 a.m. Mah Jongg 12:30 p.m. Mah Jongg 7:30 p.m. Al Anon 8 nisan	17 8 a.m. Minyan 10:30 a.m. Torah Study, w/ Rabbi Nelly, Zoom 4 p.m. Religious School 9 nisan	18 8 a.m. Minyan 6 p.m. Torah Study, w/ Rabbi Nelly, Zoom Yom HaAliya 10 nisan	19 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:18 p.m. 11 nisan	20 9:30 a.m. Shabbat L'chol Adat Morning Services 11:30 a.m. Tot Shabbat <i>Metzora</i> Shabbat HaGadol 12 nisan
21 9 a.m. Minyan 9 a.m. Religious School 10:30 a.m. Mazel Tots 13 nisan	22 7 a.m. Minyan & Siyyum *7:21 p.m. 1st Seder Erev Pesach 14 nisan	23 Office closed No Mah Jongg No Al Anon 8 a.m. Festival Morning Services *8:25 p.m. Pesach I 15 nisan	24 Office closed No Torah Study No Religious School 8 a.m. Festival Morning Services Pesach II 16 nisan	25 No Torah Study 8 a.m. Minyan Intermediate Day 17 nisan	26 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:25 p.m. Intermediate Day 18 nisan	27 9:30 a.m. Shabbat Morning Services Shabbat Chol HaMo'ed Pesach Intermediate Day 19 nisan
28 9 a.m. Minyan 9 a.m. Religious School 10:30 a.m. Mazel Tots 5:30 p.m. Community Seder *7:27 p.m. Intermediate Day 20 nisan	29 Office closed 8 a.m. Minyan *8:32 p.m. Pesach VII 21 nisan	30 Office closed No Mah Jongg No Al Anon 8 a.m. Festival Morning Services *8:33 p.m. Havdalah Yizkor Pesach VIII 22 nisan				



may 2024

nisan/iyar

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		* Candle Lighting Time for Middletown, CT	1 8 a.m. Express Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 4 p.m. Religious School	2 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom	3 RSVP Deadline for 5/10 Pray-Eat-Sing 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:33 p.m.	4 9:30 a.m. Shabbat Morning Services <i>Acharei Mot</i> 26 nisan
5 9 a.m. Minyan 9 a.m. Religious School 10:30 a.m. Mazel Tots 27 nisan	6 Summer Kolot Articles Due 8 a.m. Minyan Breakfast Bunch following minyan 3 p.m. Day of Remembrance: Holocaust & Other Genocides, Meriden Public Library Yom HaShoah 28 nisan	7 8 a.m. Minyan 11 a.m. Mah Jongg 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 7 p.m. Book Club 29 nisan	8 8 a.m. Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 4 p.m. Religious School Rosh Chodesh 30 nisan	9 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom Rosh Chodesh 1 iyar	10 8 a.m. Minyan 6 p.m. Pray-Eat-Sing Shabbat Evening Services & Dinner *7:40 p.m. 2 iyar	11 9:30 a.m. Shabbat L'chol Adat Morning Services 11:30 a.m. Tot Shabbat <i>Kedoshim</i> 3 iyar
12 9 a.m. Minyan 9 a.m. Religious School 10:30 a.m. Mazel Tots Mother's Day 4 iyar	13 8 a.m. Minyan Yom HaZikaron 5 iyar	14 8 a.m. Minyan 11 a.m. Mah Jongg 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen Yom Ha'Atzmaut 6 iyar	15 7 a.m. Early Risers Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 4 p.m. Religious School 7 iyar	16 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom 8 iyar	17 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:47 p.m. 9 iyar	18 9:30 a.m. Shabbat Morning Services <i>Emor</i> 10 iyar
19 9 a.m. Minyan 9 a.m. Religious School 10:30 a.m. Mazel Tots 9:30 a.m. JWV Brunch 11 iyar	20 8 a.m. Minyan 12 iyar	21 8 a.m. Minyan 11 a.m. Mah Jongg 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 13 iyar	22 8 a.m. Express Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 14 iyar	23 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom 15 iyar	24 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:54 p.m. 16 iyar	25 9:30 a.m. Shabbat Morning Services <i>Behar</i> 17 iyar
26 9 a.m. Minyan Lag B'Omer 18 iyar	27 Office closed 8 a.m. Minyan Memorial Day 19 iyar	28 8 a.m. Minyan 11 a.m. Mah Jongg 12:30 p.m. Mah Jongg 7 p.m. Al Anon & Alateen 20 iyar	29 8 a.m. Express Minyan 10:30 a.m. Torah Study w/ Rabbi Nelly, Zoom 21 iyar	30 8 a.m. Minyan 6 p.m. Torah Study w/ Rabbi Nelly, Zoom 22 iyar	31 RSVP Deadline for June Pray-Eat-Sing 8 a.m. Minyan 7 p.m. Shabbat Evening Services *7:59 p.m. 23 iyar	



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Guide &
Resources

PASSOVER SCHEDULE

Sunday, April 21st

9 a.m. Morning Minyan

After dark (8:08 p.m.) perform the search for *hametz*.

Monday, April 22nd - Erev Passover

7 a.m. Morning Minyan & Siyyum, Zoom & in-person; Daily Minyan Zoom link
Breakfast following services.

11:30 a.m. all *hametz* should be burned.

7:21 p.m. First Seder candle lighting

Tuesday, April 23rd - Passover I

8 a.m. Festival Morning Services, Zoom & in-person; Daily Minyan Zoom link

8:25 p.m. Second Seder candle lighting, count the Omer (see p. 26)

Wednesday, April 24th - Passover II

8 a.m. Festival Morning Services, Zoom & in-person; Daily Minyan Zoom link

Thursday, April 25th - Passover, Intermediate Day

8 a.m. Chol HaMoed Morning Services, Zoom & in-person; Daily Minyan Zoom link

Friday, April 26th - Passover, Intermediate Day

8 a.m. Chol HaMo'ed Morning Services, Zoom & in-person; Daily Minyan Zoom link

7 p.m. Shabbat Evening Services, Zoom & in-person; Shabbat Zoom link

7:26 p.m. Candle lighting

Shabbat, April 27th - Shabbat Chol HaMo'ed

9:30 a.m. Shabbat Morning Services, Zoom & in-Person; Shabbat Zoom link

Sunday, April 28th - Passover, Intermediate Day

9 a.m. Chol HaMo'ed Morning Services, Zoom & in-person; Daily Minyan Zoom link

5:30 p.m. Community Seder for those who RSVPed by April 1.

7:28 p.m. Candle lighting for Passover VII

Monday, April 29th - Passover VII

8 a.m. Festival Morning Services, Zoom & in-person; Daily Minyan Zoom link

8:32 p.m. Candle lighting for Passover VIII

Tuesday, April 30th - Passover VIII, Yizkor recited

8 a.m. Festival Morning Services, Zoom & in-person; Daily Minyan Zoom link

8:33 p.m. Havdalah; Passover ends.

PESAH FOOD GUIDE

The Torah prohibits the ownership of hametz (leaven) during Pesah. Hametz is anything made of the following five grains: wheat, barley, spelt, oats, rye. Therefore, we arrange for the sale of the hametz to a non-Jew. The transfer, *mekhirat hametz* is accomplished by appointing an agent, usually the rabbi, to handle the sale. It is a valid and legal transfer of ownership. At the end of the holiday, the agent arranges for the reversion of ownership of the now permitted hametz. If ownership of the hametz was not transferred before the holiday, the use of this hametz is prohibited after the holiday as well (hametz she-avar alav ha-Pesah).

Since the Torah prohibits the eating of hametz during Pesah, and since many common foods contain some admixture of hametz, guidance is necessary when shopping and preparing for Pesah. During the eight days of Pesah, hametz cannot lose its identity in an admixture. Therefore, the minutest amount of hametz renders the whole admixture hametz and its use on Pesah is prohibited.

Kosher le-Pesah labels that do not bear the name of a rabbi or one of the recognized symbols of rabbinic supervision, or which are not integral to the package, should not be used without consulting your rabbi.

HAMETZ AND NON-PASSOVER UTENSILS: Non-Passover dishes, pots and hametz whose ownership has been transferred, should be separated, locked up or covered, and marked in order to prevent accidental use.

THIS IS A LIST OF THINGS THAT DO NOT REQUIRE A KOSHER LE-PESAH LABEL:

Aluminum foil and pans, paper and plastic goods, and plastic utensils
Candles
Cleansers and cleaners of all types
Detergents, regular, laundry and dishwasher
Canned fish- only if there are no other ingredients other than fish, water, and salt.
Baby ointments
Body wash
Shampoos, conditioners, hair gels, sprays, mousse
Lotions, skin creams and soaps
Hair removers & treatments, shaving cream and gels, shaving lotions

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Fabric protectors
Furniture polish
Insecticides
Isopropyl Alcohol
Jewelry and silver polish
Scouring pads & powders
All polishes are fine
All scouring pads are fine

THIS IS A LIST OF KOSHER FOODS THAT DO NOT REQUIRE A KOSHER LE-PESAH LABEL IF PURCHASED BEFORE THE HOLIDAY:

All regular granulated sugar
All non-iodized salt
Tea bags only if regular (NOT decaffeinated)
All water, including distilled
Ground coffee
All raw meat and poultry, eggs, and fish
All extra virgin olive oils
Pepper, natural spices
Frozen fruit juices with no additives; frozen (uncooked) fruit with no additives
Frozen (uncooked) vegetables with no additives
Milk; butter; cottage cheese; cream cheese; ripened cheeses such as cheddar; muenster and Camembert - note that cheeses still require kosher symbol
Baking soda

THE FOLLOWING KOSHER FOODS DO REQUIRE KOSHER LE-PESAH LABEL IF PURCHASED BEFORE OR DURING PESAH:

All baked products (matzah, cakes, matzah flour, farfel, matzah meal, and any products containing matzah); canned or bottled fruit juices (If one holds by *kitniyot*, see below); canned tuna (since tuna, even when packed in water, has often been processed in vegetable broth and/or hydrolyzed protein - however, if it is known that the tuna is packed exclusively in water, without any additional ingredients or additives, it may be purchased without a kosher le-Pesah label); wine; vinegar, liquor, oils; dried fruits; candy; chocolate flavored milk; ice cream; yogurt and soda.

PROHIBITED FOODS include the following:
leavened bread, cakes, biscuits, crackers, cereal, coffees containing cereal derivatives, wheat, barley, oats, spelt, rye, and all liquids containing ingredients or flavors made from grain alcohol.

KITNIOT - Most Ashkenazic authorities have added the following foods (*kitniyot*) to the above list: rice,

corn, millet, legumes (beans and peas; however, string beans are permitted). The Committee on Jewish Law and Standards of the Conservative movement has ruled unanimously that peanuts and peanut oil are permissible, as peanuts are not actually legumes. Some Ashkenazic authorities permit, while others forbid, the use of legumes in a form other than their natural state, for example, corn sweeteners, corn oil, soy oil. Lactose intolerant and vegetarians have the permission to eat soy derivatives, such as soy milk and tofu, if no other *hametz* ingredients are found. Sephardic authorities, as well as the Conservative (Masorti) Movement in Israel permit the use of all of the above.

MEDICINE: Since *hametz* binders are used in many pills, the following guidelines should be followed: If the medicine is required for life sustaining therapy, it may be used on *Pesah*. If it is not for life sustaining therapy, some authorities permit, while others prohibit. Consult your rabbi. In all cases, capsules are preferable.

Passover Kitchen Makeover

Making the Passover Changeover – the basics

The most important thing to know when you clean for Passover is that only the necessary work has to be done. Do not make yourself crazy. There is no need for *Pesah* cleaning to make you feel like you really never left Egypt. You do have choices: a more superficial level or a thorough cleaning. But remember to pace yourself.

What are you looking for?

What is this *hametz* we have to get rid of? The verse the Torah says: "neither *hametz* nor *se'or* shall be visible to you in all your boundaries" (Exodus or Shemot 13:7) *Hametz* is defined as the result of grain (oats, rye, wheat, spelt, barley) that ferments. *Se'or* is fermented dough that is used to make another dough ferment – we call this sourdough, or starter dough, as opposed to yeast. *Hametz* is food. *Se'or* is not food, it has the function of fermenting other dough and it is truly inedible.

There's a third category: Non-edible *hametz* that is not capable of fermenting other dough. That is neither *hametz* nor *se'or*. In Jewish law we call this "garbage" or *shmutz* - and it does not have to be gotten rid of for Passover. A good example is dust from a Cheerio on the floor.

To review the three categories:

- 1) *Hametz* is food made of fermented grain.
- 2) *Se'or* is non-edible sourdough, which has the power to ferment other dough.
- 3) Garbage is something that is either incapable of fermenting other dough, or so totally non-edible that a dog wouldn't eat it.

If you have small children, you do have to do a more thorough cleaning – all rooms have to be cleaned, including closets, if your children are pre-b'nai mitzvah age. As you finish each room, you might post a sign, such as "*Kosher l'Pesah*" or "*Hametz*busters were here!" These signs remind the family both that food is not to be taken into these rooms, and that the task of cleaning for *Pesah* is gradually being accomplished. This is also a wonderful time for going over toys and books that have been outgrown. Each person can realize that he or she has changed since last *Pesah*, and that it is time to recognize that new person by removing the "*hametz*" of the old. Once your kids are old enough that you would trust them not to forget food in their clothes and jackets, you can allow yourself not to clean the closets.

Any place in your house that you know no one takes food to eat, such as an attic or the top of the refrigerator, **does not have** to be cleaned.

The kitchen can be seen as a serious challenge. However, if you take it step by step, you can keep it from being completely overwhelming. Listed here is a suggested order for *kashering* different parts of the kitchen so that you don't lose your mind along with the *hametz*! For actual *kashering* methods see the guide provided on pages **9-10** of this supplement.

And just how long is this going to take??!

It is a very good idea to have as a goal a completely *kashered* kitchen **at least one day before the morning of the Seder**. Balancing *hametzdik* meals and a *Pesah* kitchen is NOT easy, but lends to the sense of adventure. People end up eating dinner on the porch or even outside when the weather is warm enough. In order to manage everything, it is a good idea to start the kitchen four to five days ahead of the holiday, allowing more time if you have a very busy regular schedule. **IT DOES GET FINISHED!!**

But I have so much hametz!

Observing *Pesah* is expensive, but it is not supposed to cause financial hardship. It is a good idea to try to use up as much regular, opened food as possible before the holiday. If, however, you have just too much left, by *halakhah* (religious law) you can sell it. This is called *mehirat hametz*. All of the *hametz* must be in a specified place, described, and paid for by a non-Jew. Because the process is complicated, it is usually conducted through a rabbi. See the sale of *hametz* form on pages 27-28 of this supplement.

The combination of children and cleaning

Drawing children into the activities is one of the central goals of *Pesah* and the Seder. However, the serious cleaning of the holiday is hard for adults to enjoy, let alone youngsters! Aside from the plain hard work, there are often strong chemicals around, heavy boxes to move, and sometimes stressed people to contend with. THIS may be the time to get a sitter. Alternatively, work with the children on preparing for the Seder and get someone else to clean your kitchen! HOWEVER, if you are on your own with children demanding your attention while you are trying to make progress, get them started in one of the activities to get ready for the Seder (such as making place cards or pictures for one of the table songs) within shouting distance. You can then continue to work (although you will be interrupted) and the children will be contributing to the preparations. When a major job is almost done, the children may be able to symbolically "help" complete it. As they see it getting finished, they can get the feeling that everyone in the house is working together to "bring *Pesah* closer."

Of course, the children should have an active part in the culminating activities of searching for and burning the *hametz* (see further). They should be made aware that all *hametz* is now nobody's property: it is like dust, not for eating, until *Pesah* is over. They can be reassured, if necessary, that the change is not permanent, and they will get to enjoy Cheerios again before too long!

**YOU
DID
IT!!**



**DON'T STOP THERE!
CLEAN OUT YOUR CLOSETS &
BE A GOOD NEIGHBOR**

Give the gift of dignity while gaining closet space by helping the Middletown Community Clothing Program.

For every pound of clothing donated to Goodwill using a Good Neighbor Donation Card St Vincent de Paul will receive a voucher good toward the purchase of clothing at a Goodwill Store. Clients get to choose and purchase their clothing with the vouchers instead of getting a handout.

Cards are available in the hall outside the synagogue office or contact the office to have some sent to you.

Only one card is needed per visit to Goodwill.

Spring cleaning never felt so good.

PASSOVER RECIPE

BEST PASSOVER BLONDIES (GLUTEN FREE)

Ingredients

3/4 cup oil

3/4 cup sugar

3/4 cup brown sugar

1/4 teaspoon salt

3 eggs

3/4 cup ground almonds

1 cup Potato Starch

1 teaspoon vanilla sugar

1 teaspoon Baking Powder

3/4 cup Chocolate Chips

Process

Cream oil and sugar.

Add eggs and mix.

Add remaining ingredients.

Pour into lined 9- x 13-inch (20- x 30-centimeter) pan.

Bake at 350 degrees Fahrenheit (180 degrees Celsius) for 40 minutes.

Cut with a plastic knife while still warm.

Cool completely before eating.

[Best Pesach Blondies \(Gluten Free\) | Recipe \(kosher.com\)](http://kosher.com)



KASHERING GUIDE ~

The following cannot be *kashered*, so store them away:

- Decanters or baby bottles
- Colanders
- Filter/screen over drain in sink
- Graters and utensils where food can get trapped between the blade and handle
- Slotted spoons, wooden spoons, cutting boards and spatulas
- Sponges, brushes, toothbrushes
- Ceramicware — all types — including brick, china, coffee mugs and enamel
- Glass bakeware — all forms — including Corningware, Corelle, fiberglass, porcelain enamel (for example, porcelain sinks and enamelled pots), Pyrex or thermoses.
- Frying pans, sandwich makers, toasters, toaster ovens, waffle irons
- George Foreman Grills, all barbeque and barbeque accessories

General rules: There are two steps in *kashering*.

1. Cleaning — removing all tangible traces of *hametz* and
2. Purging — using heat to remove all absorbed *hametz* flavor.

All methods of kashering noted in this section presuppose that the equipment was thoroughly cleaned.

Refrigerator, Freezer, Food Shelves and Pantry

These areas should be thoroughly cleaned—paying special attention to the edges where crumbs may get trapped. There is no need to line the shelves as long as you don't put food without a container in your fridge.

Counters

Special care must be taken to prevent Passover foods and utensils from coming in contact with your kitchen countertops. After thoroughly cleansing and scalding all surfaces with boiling hot water, new liners should be used to cover the surfaces from the time *hametz* is prohibited until after the Passover holiday. This procedure is also required for tables or countertops made of Formica. Other countertops, such as Vendura, Avonite and Corian countertops, as well as those made

of granite, must be thoroughly cleaned and scalded with boiling water, but may be left uncovered unless they have cracks or crevices; in those cases, the counter must be covered.

Oven

Kashering a Self-Cleaning Oven:

1. Remove any large pieces of food (or other items) from the oven.
2. Go through one complete self cleaning cycle with the racks in place. It is preferable that the racks be cleaned and remain unused for twenty-four hours before they and the oven are *kashered*.

Kashering a Non-Self-Cleaning Oven:

1. Clean walls, floor, door, ceiling and racks thoroughly with an abrasive cleaner (for example, Easy-Off) to remove tangible *hametz*. Pay special attention to the temperature gauge, the window in the door and the edges of the oven chamber. Black discolorations that are flush with the metal do not have to be removed.
2. Once the oven is clean, it is preferable that it remain unused for twenty-four hours.
3. Place the racks back into the oven, and turn the oven to broil for one and-a-half hours.
4. *Pesah* food or pans may be placed directly on the door or racks once the oven has been *kashered*.
5. If the oven has a separate broiler chamber, it should be *kashered* in the same manner as the oven chamber. A broiler pan that comes in direct contact with food cannot be *kashered*.

Stovetop

The grates of a gas stovetop should be *kashered* in the oven chamber in the same manner described above.

For an electric stovetop, just clean the coils and turn on high for ten minutes. For a gas or electric stove, it is preferable to replace the drip pans that are under the burners; if this isn't possible, the area should be covered with aluminum foil. The work area between the burners should be cleaned and covered with two layers of foil. The knobs and handles of the oven and stovetop should be wiped clean.

Kashering a Glass, Corning, Halogen, or Ceran electric smoothtop range: after completely cleaning and scalding the top, *kasher* the burner area by turning on the elements until they glow. Do not try to cover the top, as it may cause the glass to crack.

Sink

Kashering a Stainless Steel Sink:

1. Remove the filter covering the drain and put it away for Pesach with the *hametz* dishes.
2. Clean the sink, faucet and knobs, and don't use the sink for anything other than cold water for twenty-four hours.
3. Boil water in one or more large pots (clean pots that have not been used for twenty-four hours). The pots may be *hametz* pots.
4. *Dry the sink*, then pour the boiling water over every spot on the walls and floor of the sink and on the faucet and knobs. One may *kasher* part of the sink and then boil more water for the rest of the sink. *Extreme care should be taken during this type of kashering to ensure that none of the boiling water splashes onto the person doing the kashering or others who are nearby.*
5. Place an uncovered pot of boiling water directly under the faucet so that hot steam will rise and come in contact with the entire underside of the faucet.
6. Rinse the sink and faucet with cold water.
7. Put a new filter over the drain. One should also purchase new sponges and a fresh bottle of dishwashing liquid.

Kashering a Porcelain Sink:

Since a porcelain sink cannot be *kashered*, one should *kasher* the faucet and knobs as outlined above and, for the duration of *Pesach*, place a basin (or insert) into the sink. All dishes, silverware, et cetera, should be placed and washed in the basin, and washwater can be disposed of through the sink's drain. One should be careful not to allow the sink to fill with hot water while the basin is in the sink.

Dishwasher

1. Remove the racks. Inspect the racks, the inside of the dishwasher, and especially around the drain filter for any pieces of food. Be especially careful to remove the filter, clean in and around it, and to check inside under it to be sure there is no food. Return the racks to the dishwasher. You must do this even if you are 100% sure there is no food in the dishwasher.
2. Let the dishwasher sit unused for 24 hours.
3. Run the empty dishwasher through a full cycle with soap on the highest temperature setting.

Electric Mixers, Food Processors and Blenders

If the motor area of electric appliances is exposed to

hametz, and can be cleaned only with great difficulty, it is recommended that a special mixer for Passover be used. However, food processors and blenders that have totally sealed units in their motor area may be used if the bowls and mixers are changed.

Silverware, Pots and Other Small Items

Small items are *kashered* with boiling water, which involves:

1. Not using the utensil for anything, including non-*hametz*, for twenty-four hours. This also applies to the (non-*Pesach*) pot in which the water will be boiled.
2. Submerging the utensil in boiling water that is over the fire. The water must be at a rolling boil before the utensil to be *kashered* is put into it, and the water must touch every surface of the utensil. Therefore, each item should be *kashered* individually, and the water should be allowed to return to a boil before the next item is placed into the pot. Large utensils may be submerged in the water one part at a time.
3. Removing the utensil from the water and rinsing it in cold water.

Microwave Oven

1. Clean the inside thoroughly and do not use the microwave for 24 complete hours.
2. Fill a large paper container with water and bring to a boil. The glass tray has to be boiled in a large pot, or have boiling water poured on it in an already *kashered* sink.

Note: *Some old microwaves have a metal grate. Since the grate cannot be lined with aluminum foil, remove the grate from the microwave for the duration of Passover. For convection microwave ovens, follow the same kashering process as conventional ovens.*

Tablecloths, Kitchen Gloves, Aprons and Other Items Made of Fabric

Any item made of fabric can be *kashered* by washing it in a washing machine set on "hot" and then checking to make sure that no pieces of food remain attached to it. Vinyl and plastic-lined tablecloths cannot be *kashered*.



Kitchen Countdown!


















































(print out and affix to your refrigerator)

1. About a month in advance: stop buying *hametz*, and try to use what you already have at home. It's easier to change a pantry with fewer items.
2. About two weeks before: begin buying and storing *Pesahdik* foods, preferably out of the kitchen, so that they will not be confused with things that are "*hametzdik*."
3. One day before: use your dishwasher, stove, oven and microwave for the last time. They all need a 24-hour wait period before being *kashered*. Begin using your sink with cold or warm water (not hot). Put away pots and utensils that cannot be *kashered*, or that you won't use again.
4. Here we go: Select an area to be *hametzdik*, where you will still do some of the meals during those days.
5. Clean the kitchen cupboards. If you don't have special *Pesah*-only cabinets, remove the regular dishes from the cabinets you will need and get them *Pesah*-ready. The food for *Pesah* can then be put inside. If you don't need to empty all of your cabinets, DON'T!! After you clean them to make sure they are *hametz*-free, tape them shut and mark them so that they will not be used. The outside surfaces should still be cleaned.
6. *Kasher* the refrigerator and freezer. One small corner lined with foil can be used for *hametz* until the morning before the Seder. The foil is discarded at the final changeover.
7. *Kasher* the stove and oven (after a 24-hour waiting period). After this point, *hametzdik* meals should be prepared in a toaster oven or other appliance. Microwave ovens can be *kashered*, but they **have to be unused for 24 hours beforehand**. The process itself is quick, however, so the microwave can remain available longer than the oven.
8. *Kasher* the dishwasher (Alternatively you may decide to lock the dishwasher and not use it for *Pesah*, using it for *hametzdik* storage instead).
9. *Kasher* part of the counter so that you can put *Pesah* dishes and foodstuff on it.
10. *Kasher* pots, pans, and silverware (flatware). Skip this step if you have doubled your pots, pans and silverware for Passover.
11. *Kasher* the microwave.
12. *Kasher* the sink.
13. Take all remaining *hametz* out of the kitchen. Finish *kashering* all of the counters.
14. Clean the floor.
15. Bring out the *Pesah* dishes.

Count the Omer from the second seder onwards!

ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו וצונו על ספירת העומר:

Barukh atah Adonai Eloheinu Melekh ha'Olam asher kid'shanu b'mitzvotav v'tizivanu al sefirat ha'omer.
Blessed are you, Adonai our God, Sovereign of the Universe, who has sanctified us with your commandments and commanded us to count the Omer. Today is... day(s), or ... week(s) and ... day(s) to the Omer.
~ Use this handy-dandy Homer calendar to remember every night!

April 2024						
Sunday eve	Monday eve	Tuesday eve	Wednesday eve	Thursday eve	Friday eve	Saturday eve
		 23 Omer 1	 24 Omer 2	 25 Omer 3	 26 Omer 4	 27 Omer 5
 28 Omer 6	 29 Omer 7	 30 Omer 8				
May 2024						
			 1 Omer 9	 2 Omer 10	 3 Omer 11	 4 Omer 12
 5 Omer 13	 6 Omer 14	 7 Omer 15	 8 Omer 16	 9 Omer 17	 10 Omer 18	 11 Omer 19
 12 Omer 20	 13 Omer 21	 14 Omer 22	 15 Omer 23	 16 Omer 24	 17 Omer 25	 18 Omer 26
 19 Omer 27	 20 Omer 28	 21 Omer 29	 22 Omer 30	 23 Omer 31	 24 Omer 32	 25 Omer 33
 26 Omer 34	 27 Omer 35	 28 Omer 36	 29 Omer 37	 30 Omer 38	 31 Omer 39	
June 2024						
						 1 Omer 40
 2 Omer 41	 3 Omer 42	 4 Omer 43	 5 Omer 44	 6 Omer 45	 7 Omer 46	 8 Omer 47
 9 Omer 48	 10 Omer 49					

Created and designed by [Brian P. Rosman](#)

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For the complete online Homer Calendar, including a guide to omer counting rituals and blessings, weekly calendars, a "Jewish Life in Springfield" photo essay, quotes, videos and more, check us out at HomerCalendar.net.

SALE OF HAMETZ FORM ~ Valid only for Passover 5784/2024

By signing and returning the form below, you are authorizing Rabbi Altenburger or her agent to sell your hametz on your behalf.

The sale will be made on Monday, April 22nd at 11:30 a.m. Hametz will be bought back by 8:33 p.m. on Tuesday, April 30th.

A BETTER MITZVAH: If financially feasible, any non-perishable, packaged hametz products can be donated to the Amazing Grace Food Pantry located at 16 Stack St, Middletown, CT 06457. They are available Wednesdays and Fridays between 9 a.m. and 4 p.m.

CONTRACT

I(we) _____ hereby authorize Rabbi Nelly Altenburger or her agent(s) to be my (our) agent to sell all hametz that may be in my (our) possession at the locations listed below or such other locations as my (our) hametz may be. Hametz is defined as any food (at a minimum fit for a dog to eat) that contains one or more of five types of grain (wheat, barley, oats, spelt, rye), which has come in contact with water and was not baked within the amount of time prescribed by Jewish law.

I (we) further authorize Rabbi Altenburger or her agent(s) to rent the areas and/or properties designated below for purposes of storage of the hametz which is sold until such time as the buyer should come to pick up the hametz or Tuesday April 30th, 2024 at 8:33 p.m., whichever comes later. I (we) understand that at the time the hametz is sold, it will cease to be my (our) property unless and until the hametz is bought back on my (our) behalf and that the buyer has the right to take the hametz which is sold. I (we) understand that using or consuming that hametz will not only be a violation of the laws of Passover, but of the laws of stealing as well.

Locations of hametz: (please be specific, including address and area where the hametz will be stored. Include home and business addresses as appropriate).

Continued on the next page.

Please sign and print your name(s) below: If living with a partner/spouse, both should sign this document.

Signature

Name

Signature

Name

OPTIONAL: Please accept the enclosed donation of \$_____ to:

- Matzah Fund/*Ma'ot Chittim* Congregation Adath Israel's Synagogue Fund
 Please share my donation between the two funds

PLEASE COMPLETE, SIGN, AND RETURN THIS FORM BY 11 A.M., MONDAY, APRIL 22, 2024

Return to:
Congregation Adath Israel
Attn: Rabbi Altenburger
P.O. Box 337
Middletown, CT 06457

If you have any questions, please call Rabbi Altenburger at (860) 346-4077 or e-mail rabbi@adathisraelct.org

KINDLY USE THIS FORM RATHER THAN YOUR OWN FORM OR A LETTER.



Dr. Arthur and Gladys Weiss Scholarship Application

Dr. Arthur Weiss, a Past President of Temple B'nai Abraham, and his wife Gladys were long-time, extremely active, and dedicated members of Temple B'nai Abraham. They established this scholarship to encourage Jewish youth to participate in Jewish activities such as camps, Jewish content special programs, and trips to Israel. Individuals may contribute to this fund to help perpetuate the memory and interest of the Weiss's. Open to Jewish children elementary school age through high school whose parent(s)/guardian(s) are members in good standing of Adath Israel, this scholarship award is based on applicant's involvement in Congregation activities, the Jewish nature/content of the program, and financial need.

Complete and return to Adath Israel by April 30, 2024

Name: _____

Address: _____

Phone Number: _____ Email: _____

Age: _____ Grade: _____

Number of years your parent(s)/guardian(s) have been members of Temple B'nai Abraham/Adath Israel _____

Please respond to the following:

A. Identify the program for which you are requesting a scholarship. Explain the Jewish content of the program (printed literature and/or a website link is required).

B. Why did you choose this program, and what do you hope to gain from attending it (both Jewish and otherwise)?



Dr. Arthur and Gladys Weiss Scholarship Application (cont.)

C. What is the length and total cost of the program? (Do not include transportation, clothing, personal items, etc.)

D. If you are 16 years or older, please answer: How much of the total cost are you planning to contribute? How are you going to earn it?

E. Tell us about your involvement in recent Congregation activities and when the activities took place. College students: please specify your Congregation activities and Jewish activities you are engaged in while in college.

F. Discuss any additional thoughts you have as to why you should be awarded a Weiss Scholarship.

Signature

Date

Thumim Scholarship Funded by Mark and Luanne Paley An Investment in our Jewish Future

The Thumim Scholarship is pleased to announce camp scholarships are available again this year to Adath Israel families whose children will attend Jewish camp or travel to Israel. Multiple studies show the Jewish camp experience provides long term positive effects on Jewish identity and other life choices. During their lifetime, the Thumims, longtime members of Adath Israel, provided funds for these camp scholarships. Since their deaths, the camp scholarships have relied on individual donations, largely raised in honor of our Volunteer(s) of the Year. Last year and going forward into the future, Mark and Luanne Paley have committed to help fund these scholarships with a significant donation. Individual donors are still needed to maximize the number of families this scholarship can assist. Please consider donating to the Thumim Scholarship throughout the year whenever you send a card, observe a yahrtzeit, celebrate a life cycle event or to honor the Volunteer(s) this year in the fall.

THE THUMIM SCHOLARSHIP FUNDED BY MARK AND LUANNE PALEY APPLICATION

Please note: only members current in their obligations to the synagogue are eligible to receive scholarship.

To be considered for a scholarship, please complete the application below and return it to the Synagogue office by April 30, 2024. Awards are based on the number of applications and funds available. Camps/Israel financial statements are required with this application to process the request.

CHILD'S NAME: _____

PARENT/GUARDIAN'S NAME: _____

ADDRESS: _____

PHONE #: _____

EMAIL: _____

NAME OF CAMP: _____

ADDRESS: _____

DATES OF ATTENDANCE: _____

COST OF CAMP: _____

AMOUNT OF CAMP NOT COVERED BY OTHER STIPENDS: _____

PLEASE ATTACH COPY OF BILLING STATEMENT.

REMINDER!! SUBMIT THIS APPLICATION TO THE OFFICE BY APRIL 30, 2024.



Celebrate Jewish Life

P.O. Box 337

Middletown, CT 06457

Contact information

Phone: 860-346-4709

Email: office@adathisraelct.org

Website: www.adathisraelct.org