



# Congregation Ahavath Sholom

The Creative Spirit Dwells Here

## THE CAS NEWSLETTER

July 2019

### Upcoming services and events

**Saturday, July 6, 10:00 am:** Shabbat Morning Service followed by coffee, tea, sweets and conversation.

**Friday, July 12, 5:30 pm:** Shabbat Evening Service led by Rabbi Cohen.

**Sunday, July 14, 10:00 am:** Study Group at the home of Rabbi Cohen. Bagels and coffee included, so a commitment is needed for planning. Please send a firm RSVP as soon as possible to [barbaracohen14@gmail.com](mailto:barbaracohen14@gmail.com).

**Monday, July 15, 6:00 pm:** CAS Board Meeting.

**Sunday, July 21, 10:15 am:** Book Group: *The UnAmericans: Stories by Molly Antopol*. Please contact Diana Richter at [drpajama1@gmail.com](mailto:drpajama1@gmail.com) for location and further information.

**Saturday, July 27, 10:00 am:** Shabbat Morning Service followed by coffee, tea, sweets and conversation.

### This month's newsletter features:

- **Marvelous Ms. Macher Fun-Rai\$ing Mixer!**
- **BiddingForGood/CAS Auction: An Update**
- **Portraiture: The Artist's Gaze exhibit, Upstairs at CAS**
- **Milchidika with Marty: *My Aunt Dora's Noodle Kugel***
- **Rabbi Reflection: It's About Time...**
- **CAS Book Group**
- **July Yahrzeits**
- **July Donations**

## Marvelous Ms. Macher Fun-Rai\$ing Mixer!

On Sunday, June 30<sup>th</sup> at 4:00 p.m., an enthusiastic contingent of CAS members and friends gathered at the home of Ilene Spiewak and Brenda Butler for the “Marvelous Ms. Macher Fun-Rai\$ing” Mixer. Rumors are that wonderful hors d’oeuvres, cocktails, desserts and other delights were served. As this event occurred on the eve of our online publishing date, we plan to have an article and photographs from this women-only event for readers of the CAS August newsletter.



## BiddingForGood/CAS Auction: An Update

Our BiddingForGood/CAS auction is coming sooner than you think!

We have already collected a wide range of offerings, both large and small. When you check out our webpage ([biddingforgood.com/cas](http://biddingforgood.com/cas)), you'll see a collection of wonderful items such as jewelry, a deluxe outdoor play set, many groups of books, gift certificates from area businesses, a wide array of prints and paintings, collector's items, household goods, etc. - but we continue to need your donations. You can also solicit tickets for theatre and musical events from a variety of venues, ask area restaurants to donate gift certificates, or obtain merchandise from other local businesses and merchants.

Please remember that our fundraisers support the operating costs of our small Reconstructionist synagogue and allow us to continue to serve our Berkshire community and sponsor our educational and spiritual programs.

Our auction website will be seen and bid on by members of CAS, the extended Berkshire community and the BiddingForGood national community of 450,000 bidders. The more items we offer, the greater our fundraising success will be. Please contribute generously and remember that the auction begins on August 4<sup>th</sup>, just a little more than a month from now!

For further information, please contact Arthur Hillman ([arthurhillman@roadrunner.com](mailto:arthurhillman@roadrunner.com)) Linda Josephs ([tjosephs@roadrunner.com](mailto:tjosephs@roadrunner.com) or 413-528-2309), or Alison Adams-Weinberg ([casoffice15@gmail.com](mailto:casoffice15@gmail.com)).

## Our Current Exhibit in the CAS Upstairs Gallery: PORTRAITURE: *The Artist's Gaze*



### **Milchidika with Marty: MY AUNT DORA'S NOODLE KUGEL**

Now I really don't have an Aunt Dora who just happens to have a noodle kugel recipe. In fact, I don't have an aunt Dora. I got the recipe from the internet.

My family's history of "cookerie" is not what you would consider gourmet.

When I was growing up in Astoria, Queens, my mother cooked to put food on the table, and made some simple stuff. I don't think that she really enjoyed cooking. It probably was a chore, not a joy. Kugel was not in her repertoire. However, the one thing that I am grateful for is that I never got trichinosis or any other internal ailments. You see, the word "rare" was not part of my mother's cooking vocabulary. Every thing was cooked, until the cook decided that it was done. She would simply say, "I guess it's done." Whatever that meant. I didn't know that cooked meat came in any other color than gray or brown.

As a matter of fact, I think that I was the only one in the US Army who thought the food was terrific. So, you can see where I came from.

Later in life, I decided that I would learn to cook for myself. Strangely enough, I found that I enjoyed it, other than the cleanup.

In the beginning, I would measure out all the ingredients very carefully with a measuring spoon or a measuring cup as if I was some world-renowned chemist. Later in life, I became more casual with the measuring, sort of judging by instinct how much was needed. Sort of a pinch of this and a little of that.

We had recently been invited to a friend's house for dinner, and the husband is an excellent cook. In fact, he is preparing a cookbook of his favorite recipes, with photographs of his creations. So, we really looked forward to something special. That night he was preparing a feast of Moroccan food that he wanted to photograph for his ultimate cookbook. We were to be his "tasters." Most of the ingredients were familiar, although they were flavored with different spices and combinations. The evening was a success.

Now it was my turn to invite him and his wife back to our house. What should I serve them? After all, he was preparing a cookbook and, in addition, was an excellent baker.

I decided it would be typical Jewish holiday food and since he and his wife were not Jewish, this might be something that they would enjoy.

A cardinal cooking rule is "when having guests for dinner, never prepare anything that you have never prepared before." How do you know how it will turn out?

But I decided to ignore the rule. After all, the rule was not meant for master cooks like me. Not only was I going to prepare one dish that I had never previously made, but would prepare two dishes that I had never made before. A scenario for a disaster.

This is what I planned:

- Fresh fruit salad in an orange lemon sauce
- Martin Stransky's brisket (see prior column for recipe)
- Aunt Dora's noodle kugel (which I had never made before)
- Creamed spinach (which I had never made before)
- Rugelach and coffee for dessert

Amazingly, both the kugel and the creamed spinach turned out to be just fine.

In case you would like to try it, here is the recipe for Aunt Dora's Noodle Kugel (it ain't dietetic).

**Ingredients:**

- 1/2 pound of flat egg noodles
- 3 eggs
- 8 ounces of sour cream
- 5 ounces of cream cheese
- 1/3 cup of raisins
- 1/4 pound of butter
- 1/2 cup of sugar
- 1/4 cup of vanilla extract
- cinnamon

**Directions:**

- Preheat the oven to 375 degrees F
- Boil the noodles and drain
- Mix the eggs, sour cream, cream cheese, raisins, butter, sugar, vanilla
- Pour the noodles and the mixture into a buttered 8-by-8 inch baking dish. Top with cinnamon
- Cook at 375 degrees for one hour
- Cool. Serve at room temperature.
- Serves four.

By the way, the guests brought a homemade challah which was better than any store-bought variety.

## Rabbi Reflection: It's About Time...

By Rabbi Barbara Cohen



[This is a copy of the *Rabbi Reflection* article published on June 25th in the Berkshire Jewish Voice]

The Talmud says “There is no before and there is no after.” The biblical use of the Hebrew letter ‘vav’ before a verb can change the future tense to the past and the past tense to the future. The Exodus from Egypt happened to all of us. We are to understand that we were all standing at Sinai to receive the Torah. That the sandals and clothing of those wandering for 40 years in the desert did not wear out... What is our tradition attempting to tell us in so many different ways? What are we being called to understand about the flexibility and experience of time that is built into our consciousness in myriad ways, and yet so challengingly inaccessible...down to the grammatical philosophical/linguistic cue of using a single letter that makes time reversible by its mere placement before a word of text.

You will be reading this at the beginning of summer, our precious gem of a season. Nature is glimmering around us like emeralds, rubies, sapphires, and diamonds on the water, hills undulating with every shade of green, leaves and flower petals translucent, sky filled with sun and moon, rain and stars...our summers sparkling and alive with outdoor activities, music, dance, and theater, friends and good food.

Tell the truth. How many of you are already thinking about how overbooked you're going to be? How many guests you'll be hosting every weekend? How you will need a vacation from your summer schedule? How quickly it will fly by and how soon Labor Day will be here? Thoughts to be pushed away as unwelcome...like 'long lost friends' who call to say they'll be in the area and need a place to stay 'for a few days.' Of course, these pesky moments will hopefully be minimal compared to the waves of excitement for the coming feast of events.

How is it that we read and listen to so much material, Jewish and not, that encourages us not to waste our health and precious time... to live in the moment, to focus on the 'now', to let go of the past and its regrets and to not worry and live in anxiety about a future yet to unfold? Suggesting ways to incorporate and combine time to pray, join in worship, meditate, do yoga, tai chi, Zumba, biking, hiking, therapy, spiritual direction, explore our creativity, work on our relationships. It sounds so inviting and makes so much sense, doesn't it? Why is it so hard to do????

We have just come through the festival of Shavuot, commemorating the giving of the Torah and the offering of the first fruits of the season. We are called upon to count 49 days and bring daily offerings from the second day of Pesach and, on the 50<sup>th</sup> day, we mark this momentous holiday. In our spiritual imaginations, if each of us was standing at Sinai, experiencing the soul-shaking and world-changing events described in our Torah, how would it have changed us, if at all? We criticize our biblical ancestors who wavered between rebellion, awestruck gratitude, and childlike grumbling about food variety and water. What would our stance have been? Would we have spent any time speechless and overcome by wonder at what we were a part

of? Or would we have moved on, quickly distracted by the thought of what comes next?

I would love to think I would have stood stock still, in a trance of timeless 'now,' experiencing an epiphany of the Holy One of Being, a transformational moment out of time, a transmutation of my very material nature to one of more refined substance. I can only hope...

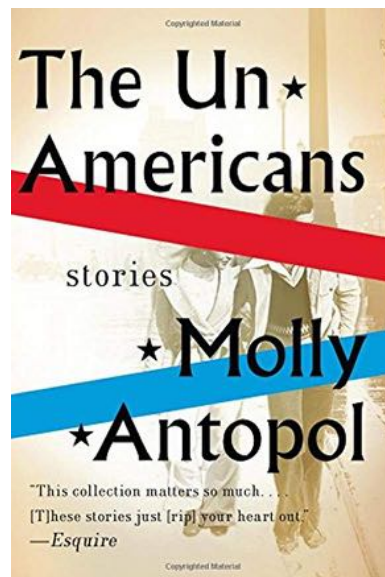
Actually, what I just described seems to be the aspirational goal of many spiritual traditions, including some of the streams of Judaism. Our prayers, our music, chanting and singing, our meditations, and our copious and varied literature, all of it both ancient and modern, offer us potential multiple pathways to such spiritually elevated moments...and for most of us, what we experience are just moments, if we're that lucky. It is certainly not as much about the quantity as it is about the quality and essence of the time spent in those 'inner spaces'...away from electronic distractions and the concerns of daily life.

So, as we bask in the warmth and beauty of summer, let us also attempt to find some time out of time, some stillness in the space between breaths, some rest in the calendar of our days, and some growing awareness that the Divine Presence is in our midst if we could but slow down enough to notice. Let's repeat together...there is no before and there is no after...there is no before and there is no after...

Rabbi Barbara Cohen is spiritual leader of Congregation Ahavath Sholom in Great Barrington, and also a practitioner of Jewish Spiritual Direction.

## CAS Book Group

The CAS Book Group will meet on Sunday, July 21 at 10:15 a.m. to discuss *The UnAmericans: Stories* by Molly Antopol.



From Amazon's editorial review: In her first story collection, Antopol explores the everyday anxieties and complex past lives of immigrant characters in New York boroughs and Old World homelands, including Kiev, Tel Aviv, and Brooklyn. In these stories, Antopol depicts with bold strokes and uncanny intelligence the intimate links between family, history, and politics, never failing to capture the grit and hurt of intergenerational confrontation. Honored as one of the National Book Foundation's 5 Under 35, Antopol enters American fiction with startling originality and honesty.

Please contact Diana Richter [drpajama1@gmail.com](mailto:drpajama1@gmail.com) for further information

## July **Yahrzeits**

“Much of our experience of divine goodness, grace and love has come to us through those whose lives have touched our own.”

### Kol Haneshamah

Miriam Leah Slomka	Sivan 28 5731	<b>7/1</b>
Rosaline Levine	Sivan 28 5735	<b>7/1</b>
Jeanette Scheinmann	Sivan 29 5741	<b>7/2</b>
Welles Hotchkiss	Sivan 30 5757	<b>7/30</b>
Jim Secundy	Tammuz 01 5754	<b>7/4</b>
Sade N. Goldstein	Tammuz 02 5757	<b>7/5</b>
Isador Felber	Tammuz 12 5766	<b>7/15</b>
Paul Edelman	Tammuz 13 5778	<b>7/16</b>
Beth Suzanne Steinberg	Tammuz 13 5709	<b>7/16</b>
Donald Victor	Tammuz 14 2776	<b>7/17</b>
Benjamin Slaminsky	Tammuz 14 5745	<b>7/17</b>
James Dinerman	Tammuz 17 5759	<b>7/20</b>
Fannie Ketay	Tammuz 18 5713	<b>7/21</b>
Barbara Halberstadter	Tammuz 19 5774	<b>7/22</b>
Benjamin Uttal	Tammuz 21 5660	<b>7/24</b>
Max Slaminsky	Tammuz 22 5713	<b>7/25</b>
Eva Pevzner	Tammuz 22 5739	<b>7/25</b>
John Armstrong	Tammuz 22 5763	<b>7/25</b>
Israel Lewis Samel	Tammuz 24 5660	<b>7/27</b>
Ellis Penziner	Tammuz 25 5722	<b>7/28</b>
Sara Rapport	Tammuz 26 5715	<b>7/29</b>
Renee Millimet	Tammuz 26 5747	<b>7/29</b>

## July Donations

### **In honor of their 50th wedding anniversary**

Arthur and Louise Hillman

### **In honor of Arthur and Louise Hillman's anniversary**

Linda Josephs

### **Thanks to Barbara for welcoming her to Yizkor service of Shavout**

Regina Cohn

### **To honor "the men and women whose CAS support was not from power but is, was, and will be from effective good will"**

Katherine Jaffe

### **In memory of my mother, Frances Letofsky**

Barbara Janoff

### **For the Marvelous Ms. Macher Fun-rai\$ing Event**

Ellen Axelrod  
Barbara Barron  
Robin Berson

Joan Burkhard  
Brenda Butler  
Eric Chamberlain  
Lisa Chamberlain  
Roselle Chartock  
Barbara Cohen-in honor of her mom's 95th birthday  
Emily Cohen  
Cathy Elkin Cohen  
Claudia Coplan  
Marilyn Dukoff  
Karen Feldman  
Sandra Flannery  
Lynn Fox  
Karen Chase Graubard  
Nettie Hammond  
Helaine Harris  
Louise Hillman  
Barbara Janoff - Wish I could be at the party!  
Jealous Entertainment LLC  
Linda Josephs  
Jane Kavanau  
Emily Kirshen  
Lynn Lowy  
Virginia Menard  
Mitchell Meyer  
Shelley Meyer- Dearest Ilene and Brenda, best of luck with your Mrs. Macher event! Sorry I  
am missing it Yasher koach! Love you, Shelley and Bob  
Linda Mitchell  
Ruth Nodiff  
Karen Peltz  
Loretta Rothstein  
Diane Saunders  
Vivian Scheinmann  
Cory Schifano  
Barry and Marjorie Shapiro  
John Slote  
Alyson Slutzky  
David Spiewak  
Ilene Spiewak  
Alice Stephens  
Michele Waldman  
Alison Weinberg

**Other donations**

Keren Weiner  
Alan and Roselle Chartock