



## Congregation Ahavas Sholom Celebrates Purim



*Dubra Shenker, Fred Grabiner, and Rabbi Rosenbach lead the reading of the Megillah.*



On Wednesday we held our annual Purim celebration at Congregation Ahavas Sholom. There was the traditional reading of the Megillah, lots of noise (at the right times,) the laughter, and company, of good friends, and of course, good food. The Megillah (the book of Ester) is another story addressing the cloud of persecution and threat of danger that the Jewish people have faced throughout history, a threat



as relevant today as it ever has been; even more, it is a story of survival, resilience, and the steadfastness of the Jewish people. A steadfastness that historically has helped the Jewish people overcome, when possible, and endure, when necessary, the burdens that are occasionally brought to bear upon us. Purim is about remembering, primarily, remembering our history; but, also, remembering there are those who want to destroy us, and most important, remembering our dogged determination to live on despite the threats against us. That really hits

home over this past year of senseless violence as houses of worship, throughout the world have been forced to contend with deadly attacks from outsiders; and it has become apparent, no one is immune to this insanity. On October 27, 2018, a gunman entered the Tree of Life Synagogue in Pittsburg PA. He killed 11 worshipers and wounded another 29, including four police officers before surrendering to police. In November 2018, a gunman attempted to enter First Baptist of Jeffersontown, a Christian church whose congregation is predominately African-American. Unable to gain access the gunman walked to Kroger's where he shot and killed two African-American shoppers.



Ironically, the gunman was unable to enter the

church because the doors were locked; a precaution they instituted after the massacre at Emanuel African-American Methodist Church in Charleston SC, where Dylann Roof entered the building during services and murdered nine persons and wounded three others. Finally, earlier this month, a gunman in Christchurch New Zealand, opened fire in two mosques during services, killing 50 people and injuring dozens more. As we celebrate Purim, let's remember what it means and understand how such violent actions represent a threat; not just to the Jewish people; but, to all decent human beings.





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## groups

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The company celebrates 6 decades with the NJ premiere of Rennie Harris' *Lazarus* and a *Timeless Ailey* program, plus the iconic *Revelations*.

**Fri, May 10 @ 7PM**

**Community Gospel Choir**

Voices from the Greater Newark and surrounding areas unify to make a joyful noise. Directed by Kyle Smith, St. James AME Church, Newark

**Sat, May 11 @ 7PM**

**DanceWorks Studios**

An eclectic dance company based in Montclair, NJ performs. Directed by Kathy Costa

**Sun, May 12 @ 1:30PM**

**Reflections of Cry  
with Judith Jamison**

A pre-performance conversation on this renowned work, first performed by Jamison in 1971.



For more information call 973.353.7561. To order online visit [njpac.org/fbc](http://njpac.org/fbc)

# Simon Says

*Weekly insights from Rabbi Simon Rosebach*



*Rabbi Simon Rosenbach*

I have long wondered why some seemingly disparate topics are included in the same Torah portion. For example, this week's Parashah, Sh'mini, describes how Aaron's two sons died, describes Moses' anger at Aaron when his two remaining sons didn't follow exactly the ritual of a sacrifice, and details the laws of kashrut. What do these three things have in common?

Our ancestors were obsessed with purity and ritual. Things, especially things that concerned sacrifices, needed to be done just so. Any deviation from the prescribed ritual meant the final product was impure and had grave consequences. (In the case of Aaron's two older sons, no pun intended.)

Nadab and Elihu offered a sacrifice that was impure. It was impure because the offering was in the wrong manner, or at the wrong time, or were the wrong people, or any combination of

these possibilities, and they were killed by fire from God. Aaron's remaining sons, Eleazar and Ithamar, offered the sin-offering to protect the Israelites from the consequences of Nadab's and Elihu's actions.

Now the sin-offering had certain rules, and one of the rules was that the priests must eat it in the enclosure of the Tent of Meeting. If the priests didn't eat, the offering was not effective, and Moses discovered that Eleazar and Ithamar did not eat the sacrificed animal (a goat). Moses was angry because Eleazar and Ithamar did not scrupulously follow the rules; thus the offering was ineffective (not pure). Aaron appeased Moses by saying, essentially, my two sons died today, and I am embarrassed (because they did not follow the rules) and I am in mourning; should I have eaten delicious meat?

The laws of kashrut immediately follow. Anthropologists and other social scientists have been having a field day for years (decades, centuries) supposing what the rules of kashrut were to accomplish 3,000 years ago. Whatever the original intent, it is clear that animals were divided



into pure and impure categories.

We are less obsessed with purity than our ancestors, because we don't offer sacrifices any more. But Orthodox (and some Conservative) women immerse themselves in a Mikveh every month, and Orthodox (and some Conservative) men immerse themselves in a mikveh periodically. Cohanim are still forbidden to be in the same room as a dead body, and kashrut laws are still observed.

And sticking to ritual is still with us. The addition of the Matriarchs in the Amidah is recent: 1990. The Committee on Jewish Standard and Law considered the addition, and of the 19 people on the Committee that considered the question, six were opposed and four abstained. The Committee reached its conclusion despite citing the Ramban's admonition to not change any word of the liturgy.

An invariable routine is fine for airline pilots doing a pre-flight checklist. An invariable routine is fine for mechanics, or plumbers, or electricians, or accountants preparing an income tax filing. But for praying, I think that there's room for deviation.

A fixed order of the service is fine; everybody in the congregation knows what comes next and everybody in the congregation can sing along. But times change. The addition of the Matriarchs confirms that the Matriarchs were as important as their husbands (where would the Jews be without Rebecca encouraging Jacob to steal Esau's blessing?). There was a line taken out of the Aleinu in the Middle Ages because it offended the Catholic Church. And I say the R'fu-ah Shlemah paragraph in the Amidah on weekdays, and we include all kinds of non-Jewish people, but the Siddur Sim Shalom adds after the names, "b-toch sh'ar holei yisrael [among the rest of the sick of Israel]."

Maybe we should change "yisrael" to "kol adam" (every person) or add another word after "yisrael" to include other people who are not Jewish.

We still are concerned with purity. But to matter of following exactly the ritual, there is room for experimentation, innovation, and even outright change. ♣



## Help Us Remodel Our Kitchen

It's estimated it will take \$60,000 to bring our kitchen into this century

April Modlinger, who has always been a pillar at Congregation Ahavas Sholom has generously pledged \$10,000 to making this happen.

we have recently received another pledge for \$2,200 bringing our total to \$12,200

With your help Congregation Ahavas Sholom will soon have a modern kitchen

we all deserve. Make your pledge today

# Top 8 Exercises for People Over Fifty



Spring is right around the corner. Soon we'll be shedding our coats and trading in our bulky winter gear for much more comfortable clothing. We'll open our windows and let sorely missed fresh air blow through our homes. Regardless of whether Pesach is the driving motivation, we'll begin getting our home in order; a spring cleaning of sorts. We'll start thinking about baseball, gardening, camping, and other activities that signify spring has finally arrived. But, as we savor the joys of spring, let's not forget about our bodies. Just as we shed our coats we might want, or need, to shed those few extra pounds we picked up during the winter. A fresh start, a physical spring cleaning might be just

what we need. Exercise is very important to us all; and physical activity becomes vital as we get older. As we age; we become less active, lose muscle mass and flexibility, and thus become more susceptible to injury.

According to the U.S. Department of Health, older adults can gain substantial health benefits from regular physical activity. While you should always consult with your physician before embarking on a new exercise regimen, that is not an excuse to do nothing. Physical activity makes everyday activities easier to perform; it benefits a person's flexibility and mobility. Other benefits include a lower risk of dementia, better perceived quality of life, and reduced symptoms of anxiety depression, and stress. Group exercise increases, social interaction and helps avoid isolation, and loneliness; which becomes increasingly important; particularly so, if you are geographically separated from family members.

While the type and intensity of your exercise program will depend on your physical condition and personal goals, you can benefit from practically any additional physical activity.

Here is a list of eight things (in no particular order) you can start doing almost immediately to improve your health; but, again, it is strongly recommended you speak to your physician before starting any program.

**1. Walking** – walking is one of the easiest and accessible exercises you can perform. It can range from a leisurely walk around the park, to an elevated walk, to an intense power walk. However you do so, walking offers great benefits, at great cost. A recent report cited walking can be just as effective as running yet cause less physical stress on the body. The study, conducted by Lawrence Berkeley National Laboratory, found, as long as participants burned the same number of calories when exercising, walking and running were equally effective for cardiovascular health.

**2. Yoga** - there are many yoga techniques out there and they vary in intensity. Some are more focused on meditation and relaxation while others can be quite physically demanding.

**3. Stretching exercises** –stretching, or lengthening the muscles increases your flexibility and mobility. While you should stretch before any physical activity; in this case the stretching is the physical activity. It increases circulation, improves posture, and relieves stress. Stretching is very important, especially so for larger muscle groups like leg and back muscles. It might lack some of the overall benefits of some of the other categories; but good mobility is a huge quality of life benefit for anyone looking to stay active.

**4. Dancing** –whether you prefer ballet, salsa or ballroom dancing, it's an excellent form of exercise that involves the entire body and offers benefits that are, cardiovascular, aerobic, and muscle-strengthening.

**5. Swimming** – Like dance, swimming involves the entire body and its benefits are, cardiovascular, aerobic, and muscle-strengthening. It enables you to maintain a healthy weight, healthy heart and lungs.

**6. Bike cycling** – cycling promotes weight loss, provides cardiovascular, aerobic benefits and strengthens muscle. Though it offers many of the same benefits as jogging, it is a low impact activity which results in fewer injuries.

**7. Chair squats** - is an excellent lower body exercise. It does not require any additional equipment; it depends on your natural body weight. This is another very effective, low cost exercise.

**8. Chair dips** - While you have the chair out; chair dips work the arms, back and shoulders

It is counter-productive to talk about the health benefits of exercise without mentioning the need for a proper diet; that too, is best left to a physician; but, like exercise, small adjustments can carry large rewards. ☆



## Kiddush Sponsorship

**L**ast week Kiddush was sponsored Amy Schonhault, in honor of her mother's Yahrzeit. The cost of sponsoring Kiddush is \$150, which barely covers the cost of the lunch. Our goal is to have every Kiddush sponsored. To sponsor a Kiddush, email Rabbi Rosenbach or contact Alla Eicheldinger at [Alla7815@yahoo.com](mailto:Alla7815@yahoo.com). You can also help us by shopping, which doesn't cost any money, just a little time. We'll give you a list of items, you shop and we'll reimburse you.

*Anyone who has joined us for a Kiddush on Shabbat or another occasion has benefitted from the efforts of our kitchen crew. Let's provide them with the updated and necessary tools they need to continue to bring us such festive and celebratory luncheons and dinners the likes of which we have grown accustomed to!*

*Pledge to the Kitchen Fund.*

*Respectfully,  
Eric*

## Shabbat Services

**J**oin us this Saturday for Shabbat services. Strangers, visitors, friends, old and new; our doors are open to you. Looking for a new home? New members are always welcome at Congregation Ahavas Sholom. Services start at 9:00AM. Our congregation is open and welcoming, so feel free to pay us a visit.



## PARENTS' NIGHT

PARENTS OF CURRENT AND FUTURE LONE SOLDIERS

Taking place at  
**the Home of Aline & Jonathan Friedman,**  
41 Cobblewood Road, Livingston, NJ 07039

**Thursday, March 28<sup>th</sup> 2019 | 7:30pm**

Hear from LSP Director Noya Govrin,  
Lt. Colonel (Reserves) Avi Ziv  
and Lone Soldier Advisor Leo Loeffler  
about life as a Lone Soldier.

Mingle with other Lone Soldiers Parents and learn all about  
IDF / Rights and Benefits / Enlistment /  
IDF Programs / Tips for Parents


For more information contact Leo: [lloeffler@nbn.org.il](mailto:lloeffler@nbn.org.il)

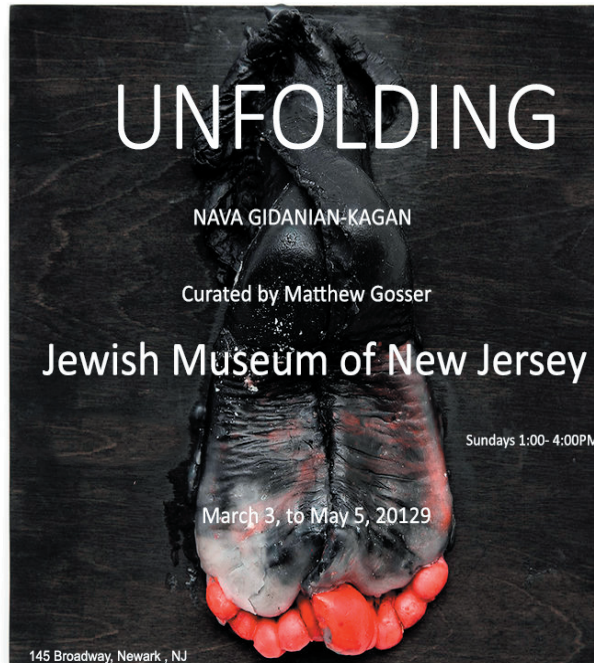
Please RSVP to Aline: [alinea@verizon.net](mailto:alinea@verizon.net)

The role of Nefesh B'Nefesh and its partners is to assist new immigrants to Israel who are drafted to the IDF. It is not the objective, or part of the scope of operational activities of the organization or its partners to help recruit soldiers for the Israel Defense Forces.

# The World Council of Religious Leaders Condemns the Attacks on the Faithful in New Zealand

**T**he Secretary-General of the World Council of Religious Leaders, today issues the following statement: “Leaders of all religions, creeds and civilizations condemn this horrific attack in New Zealand in the strongest possible terms. It is a crime against people of faith and people of decency and tolerance everywhere in the world.” “Places of worship are sacred gathering areas where people should be able to practice their faith without fearing for their safety.” “There is no place in the civilized world for the violence we saw today. This senseless killing stands in contrast to everything the religious leaders representing Christians, Muslims, Jews, Hindus, Buddhists and other faiths that I work with are trying to foster. Our goals must always be education, tolerance, diversity, and coexistence.” “Addressing this level of extremism requires not just faith-based organization, but also leaders from government, business, media, finance, technology, and other organizations around the world to work together to encourage tolerance overall.

“In partnership with the Muslim World League, which represents the world’s 1.8 billion people of Islamic faith, we have recently created the Centre for Responsible Leadership (CRL), to encourage those in a position of power anywhere in the world to commit to a common set of principles that guide their actions and restore responsible decision-making. We call on leaders from all faiths and backgrounds to join us at the United Nations for the Responsible Leaders Summit on May 1 to directly address religious intolerance and how to unite the faithful, among other pressing issues. And it starts with combatting and preventing the types of terrible violence we witnessed today in New Zealand. 



## Hametz Proxy Form



During Pesach, we are not to have any Hametz in our houses (and cars, or places of business, etc.). It's impractical and very costly simply to discard our hametz, so the custom evolved to sell our hametz to a non-Jew. The sale is absolute, but to insure that the buyer does not actually walk into our houses and cart our hametz away, the sale is usually conducted in this way: the buyer agrees to pay a large sum, say, \$1,000,000, structured as \$1.00 down and \$999,999 to be paid at the end of the holiday. When the buyer can't fulfill the contract, ownership of the hametz reverts to us.

I have for years worked in tandem with Rabbi Mark Mallach at Temple Beth Ahm Yisrael to sell our hametz. If you want to sell your hametz, mail the proxy below the dotted line to Rabbi Mark Mallach, Temple Beth Ahm Yisrael, 60 Temple Drive, Springfield, New Jersey 07082, with a check (usually for \$18) to Rabbi Mallach's Discretionary Fund. If you desire to perform a ceremony of ritual kinyan (acquisition) in person, call Rabbi Mallach at 973-376-0539 to arrange an appointment.

Pesach starts this year on Friday evening, April 19, so we must have our hametz sold by 10:00 am on that day. That means we must insure that Rabbi Mallach receives the proxy by 10:00 am on April 19. I have inserted language in the proxy for pets and pet food.

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I, \_\_\_\_\_, fully empower and permit Rabbi Mark Mallach to act on my behalf and to sell all hametz, as defined by Torah and rabbinic law, that I possess, whether knowingly or unknowingly. I also fully empower and permit the rabbi to lease all places that I own or possess in which hametz may be found. (Check if applicable: ☐ I also fully empower and permit the rabbi to sell my pets and their food.) This sale and lease transaction will be in effect for the duration of Pesach, from 10:00 am on Nisan 14, 5779 (corresponding to April 19, 2019), through one hour after sundown on Nisan 22, 5779 (corresponding to April 22, 2019).

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_