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# Congregation Ahavas Sholom Temporarily Suspends Services And Events



Special message from Congregation Ahavas

Sholom President, Eric Freedman.

Dear Ahavas Sholom family:

## In this week's Scroll

*Congregation Ahavas Sholom Temporarily Suspends Services & Events*  
*CAS Rabbi, Simon Rosenbach to Hold Virtual Torah Study Session, This Shabbat*  
*AJC Launches #BeAMensch to Encourage Good deeds during Pandemic*  
*The Elie Hirschfeld Foundation Makes New Contributions for Research & to Combat*  
*Coronavirus in New York*  
*American Jewish Committee Calls for Action on Coronavirus Pandemic.*  
*The Kosher Kitchen – oven fried flounder with sautéed almonds*  
*The Book Shelf- The Girl From Foreign*  
*Shabbat Services, Kiddush, & CAS News*

This Week's  
Torah Portion  
Vayakhel-Pekudei

Candle lighting  
6:50 PM



Shabbat Ends  
7:51 PM



Eric Freedman, president Congregation Ahavas Sholom, greets visiting grammar school students during last year's Student Seder.

It is with some sadness - but firm resolve - that I must announce the suspension of all religious services, events and activities at Ahavas Sholom until further notice.

This includes Shabbat services; upcoming Pesach services and the community seder; all Jewish Museum events and activities; as well as all general meetings and gatherings.

In all the years I have been coming to Ahavas Sholom I do not believe we have ever cancelled services. As hard as it is, our commitment to each other and for each other requires us to do so.

While a small congregation, we are part of the broader community and have the same responsibility to try

and help "flatten the curve" and protect our members at the same time - a group whose demographic happens to fall directly into the "cross hairs" of this potentially deadly virus.

## **Congregation Ahavas Sholom**

**President – Eric Freedman**  
**Rabbi Simon Rosenbach**  
**Cantor – Fred Grabiner**  
**Gabbai - Hooshmand Delshad**  
**Webmaster – Jeff Haveson**  
**Scroll Editor – Bezalel Tim Lee**



With that said, I would like to thank all in attendance last Shabbos who helped make minyan. Thank you to Rabbi Rosenbach for his leadership throughout. It was a really good feeling to come together and enjoy Shabbos - Ahavas Sholom style!

I will miss our special Shabbat "vibe" for now, but

greatly look forward to picking it up where we left off when the time is right!

In the meantime, "lay low" and enjoy your family time together!!

**SHABBAT SHALOM and CHAG SEMEACH!!!**

Eric ✨

## Join us this Shabbat for a Torah Study Session with Congregation Ahavas Sholom Rabbi Simon Rosenbach



**I**n these precarious times Congregation Ahavas Sholom is shut down (temporarily,) but will remain an active part of the community. We can still come together and share our thoughts by way of Zoom. I am scheduling a Torah study session on Shabbat, March 21, at 10:30 a.m.

A free use of Zoom limits us to 40 minutes and (hala-vei!) 100 participants. If we have an overwhelming demand, we will look into upgrading our use.

If you have not used Zoom before, enter the URL (the website address)

***March 20, 2020***

[zoom.us/j/2323891016?status=success](https://zoom.us/j/2323891016?status=success), in the search bar, and press enter, and then follow the prompts. If the website demands a meeting ID, that is **884221064**. (The address changes every time we schedule a meeting, I think.) Click on "Join the meeting," and click on the video and audio icons. Please mute your computer with the "mute" icon until you are ready to speak, otherwise, there will be feedback. This is an experiment, and everything that can go wrong, will, but God willing, it will all go smoothly.

If there are more than ten participants in the Zoom

meeting, we stop at the 35-minute mark and say Kaddish. If I finish the lesson plan between now and Friday, I will send it out.

If you have comments about the technical aspects of Zoom, or the Parashah, or the Halachic aspects of doing video conferencing on Shabbat, or the Halachic aspects of saying Kaddish with a virtual minyan, please e-mail me.

Simon

## **Join a Virtual Morning Minyan with Temple Beth Ahm Yisrael**

**T**emple Beth Ahm Yisrael is holding virtual minyan every weekday on Zoom. Services are being led by rabbi' Simon's son Benjamin.

If ten people or more attend the minyan, we will say Barchu, the Kedushah in the Amidah, and say Kaddish. Today, they read Torah without the blessings. If you are interested in joining the minyan, it happens at 7:30 in the morning. Tomorrow's Zoom link is, [us04web.zoom.us/j/2323891016](https://us04web.zoom.us/j/2323891016). If the link changes rabbi Simon will send out an email update. ✨

## **Hadar Offers Food For The Soul, Heart, And Mind During A Time Of Quarantine.**

**H**adar Offers Food For The Soul, Heart, And Mind During A Time Of Quarantine.

Hadar.com has featured a number of lectures that you may find particularly relevant and interesting during these uncertain times. The lectures include: On Illness, Parashat Korach with Avital Hochstein Caring or Curing, The Permission to Heal and Human Presence in the Face of Illness, with Sara Labaton "The Torah Was Not Given to Angels" The Body and Emotions in the World of Mitzvot, with Jason Rubenstein and Rabbi Aviva Richman From Slavery to Slavery, The True Meaning of Pesach, with Ethan Tucker Truly Humble, Parashat Korach, with Dena Weiss (a personal favorite of mine.) You can checkout these and many other lectures and programs at [Hadar Torah Online](#) ✨

**Patients with COVID-19 have experienced mild to severe respiratory illness.**

**Symptoms\* can include**

**FEVER**



**COUGH**



**\*Symptoms may appear 2-14 days after exposure.**

**SHORTNESS OF BREATH**



**Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.**



CS 315252-A 03/03/2020

For more information: [www.cdc.gov/COVID19-symptoms](https://www.cdc.gov/COVID19-symptoms)

# AJC Launches #BeAMensch to Encourage Good Deeds in Pandemic

**A**merican Jewish Committee (AJC) is launching today #BeAMensch, a new initiative to encourage and highlight acts of kindness and decency during the Coronavirus pandemic. Mensch is Yiddish for “a person of integrity and honor,” or, put simply, a good person. “In the face of the unique adversity of COVID-19, everyday acts of kindness to others becomes particularly vital. Anyone can be a mensch by helping a family member, a neighbor, a stranger, an elderly person, by confronting Coronavirus pandemic despair, or in so many other ways. The important thing is to extend oneself on behalf of others,” said AJC CEO David Harris. Already there have been examples of countless individuals engaging in mensch-y behavior, from providing comfort to those in quarantine to reaching out to those most vulnerable and speaking up for groups targeted by hate and xenophobia.

Each day, uplifting stories from across America and around the world will be featured at

AJC.org/BeAMensch and on AJC’s Facebook, Twitter, and Instagram accounts. Although a mensch generally refers to a person, we’ll also be highlighting mensch-y behavior on the part of groups, institutions, organizations, companies, and even countries.


AJC also will be sharing tips on the sorts of things one can do to be a mensch and lend a helping hand—or elbow—during this challenging time.

To participate in the #BeAMensch initiative:

Visit [AJC.org/BeAMensch](https://ajc.org/BeAMensch) and share stories of mensch-y behavior from your community.

Share your stories of kindness and decency on Facebook, Twitter, or Instagram, using the hashtag #BeAMensch.

Add the #BeAMensch frame to your Facebook profile picture and encourage your friends to do the same.

Follow this link to learn how you, too, can be a mensch, while complying with whatever restrictions may currently be in place wherever you are. 





# *Reinventing Eve*



*"Medea" by Marilyn Belford*

**This Exhibit has been Postponed Until  
Further Notice.**

*March 20, 2020*

# The Elie Hirschfeld Foundation Makes New Contributions for Research and to Combat Coronavirus in New York

*Quick Response to COVID-19 Emergency Will Benefit Key Medical Institutions In Time Of Crisis*

**T**he Elie Hirschfeld Foundation announces a multi-faceted effort to aid the region's response to the rapidly growing crisis created by the novel Coronavirus COVID-19.

New donations will include commitments to Northwell Health, Stony Brook Medicine, the Icahn School of Medicine at Mt. Sinai Hospital, The Rockefeller University and The Weizmann Institute.

"The threat presented by the Coronavirus has

materialized with unprecedented speed, and our response must be equally swift," says Elie Hirschfeld. "I know that when provided with the resources they need, our city's great medical institutions can, and will, rise to meet any challenge."

Elie Hirschfeld has been a longstanding commitment to philanthropy in the healthcare space, and he has been a long time supporter of Mt. Sinai West, St. Luke's, and Beth Israel Hospitals, as well as serving on the Council of Rockefeller University. ✨



*March 20, 2020*

## Help us Remodel Our Kitchen

**We need \$ 60,000, to remodel our kitchen properly.**

**April Modlinger, a long time pillar of Ahavas Sholom, got us started with a generous pledge of \$10,000. Others have also pledged;**

**but we need more!**

**With your help the congregation will soon have a kitchen that will serve us all for years to come.**

**Please, Make your  
Pledge Today!**



# American Jewish Committee (AJC) Call to Action on Coronavirus

**A**merican Jewish Committee (AJC), the leading global Jewish advocacy organization, today issued the statement below on the coronavirus pandemic.

If America – and the world – needed a reminder of our interconnectedness, our interdependence, and our shared vulnerabilities, COVID-19 is it. The virus respects no borders. It bows not to military might, religious edict, or government fiat. It is indifferent to ethnicity, nationality, faith, gender, and political orientation, if, alas, not to age.

As the coronavirus makes its way through our communities, straining health care systems and transforming the daily lives of millions, we grieve for those who have succumbed to the disease and express our sympathy and solidarity with affected families, as we call on governments at every level to affirm core principles: Informed leadership. With authority comes the responsibility in a time of public health emergency to base policy on scientific expertise and pragmatism – not on superstition, prejudice, political expediency, or partisanship; Global cooperation. Just as the disease disregards national and state boundaries, so must the efforts to combat it – with data on testing, transmission, morbidity and mortality, as well as current and contemplated containment strategies, treatment regimens and capacity, and progress on

anti-viral medication disseminated widely; Openness. Public trust in government – and individuals' willingness to sacrifice comfort and convenience, and access to family, education, social amenities, and work, for the public good – depends on governmental transparency, the assurance of the public's right to know; Civility. Crises test the human spirit, and too often summon the basest responses: bigotry, scapegoating, xenophobia, selfishness, finger-pointing. Leaders must inspire the better nature in all of us, modeling compassion, mutual respect, unity, urgency, and self-sacrifice. Citizens must follow suit.

In our increasingly globalized world, the COVID-19 pandemic may be a harbinger of this century's escalating and universal threats to public health and safety. As such, it should dispel false notions that global problems – from novel pathogens to terrorism to climate change – can be resolved by national action alone. Above all, they require urgent, thoughtful, fact-based leadership, and the maximum possible international cooperation.

As our leaders at the national, state, and local level, in concert with their counterparts around the world, confront this disease and the terrible losses it incurs, they will have – and they will need – the support of civil society, of the business community, of individuals of every faith. For, truly, we are all in this together. ✨

# The Kosher Kitchen



## Ingredients

Salt – 1 tbs  
Milk – 1-cup  
Egg –2 (lightly beaten)  
Flounder Fillets – 6  
Bread crumbs – 12-cup  
Melted Butter – 1 cup + 1 – tbs  
Lemon Juice – 1 tbs  
Grated Parmesan Reggiano Cheese – 2tbs  
Blanched & chopped almonds – 1/2cup

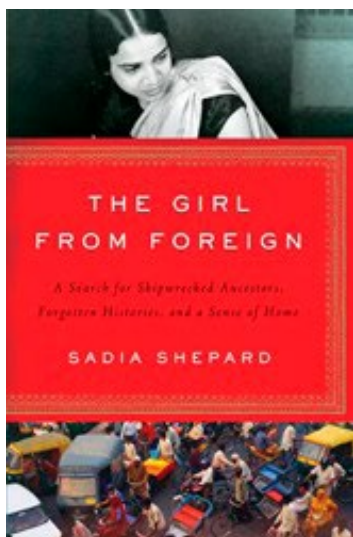
## Directions

Combine salt, eggs and milk.  
Dip fish into milk mixture. (remove excess)  
Liberally coat with breadcrumbs.  
This is done easiest when using separate shallow bowls;  
one for the wet ingredients (milk mixture) and another  
for the dry ingredients (breadcrumbs. \*It's suggested,  
though not required to use tongs when coating the  
fish.  
Place flounder in baking dish.  
Drizzle melted butter over fish.  
Bake at 500 degrees for about 15 minutes,  
turning once.  
While flounder is baking, grate cheese  
Sautee almonds in remaining butter (when butter  
starts to foam, add lemon juice and reduce heat  
Remove fish to a platter, sprinkle with grated cheese  
Sprinkle on lemon/ almond mixture and  
serve immediately.

## The Girl from Foreign

*One woman's search for family, community, and lost history*

By Sadia Shepard, Nonfiction, Hardcover, 365 pages



Sadia Shepard

Sadia Shepard grew up in a menagerie of people, culture, and religion. Her father was a white Protestant from the Rocky Mountains of America, and her mother was a Muslim from the vast plains of Pakistan. The household embraced and celebrated the holidays and customs of both sides of the family with equal relish.

With a diverse assortment of family, friends, and associates visiting their Boston home regularly, Sadia was exposed to a wide array of people, ideas, and beliefs. Unbeknownst to Sadia, she was about to be exposed to a whole new world of people, a people she knew virtually nothing about; but her grandmother knew intimately. This little snippet of information

would lead Sadia to embark on a journey of discovery, to seek out lost ancestors, forgotten traditions, and reaffirm ties to the Jewish people she never knew existed.

At thirteen, Sadia entered her maternal grandmother's room while she sat talking with her mother. She took the opportunity to explore the array of nick-knacks that lined her dresser and filled its drawers. Sadia came across a pin inscribed 'Awarded to Rachel Jacobs.' "Nana," she asked her grandmother; "who's Rachel Jacobs?" "Me," her grandmother responded, "that was my Jewish name before I was married."

Apparently, her grandmother had been born Jewish; but converted to Islam to marry her husband. Her grandmother was a member of Bene Israel, a small Jewish community that believes they are one of the lost tribes of Israel, shipwrecked in India thousands of years ago. According to tradition, A large ship of Jews left Israel and were shipwrecked in India. Because of the wreck they lost everything; their Torah, their traditions, even their prayers. They were absorbed into India and lost all sense of who they were. They only remembered one prayer, The K'rat She'ma.

Of the multitude of stories recalling their vast family history; this – she had never heard before. Sadia was shocked, she had never even considered questioning




her grandmother's link to Islam. Nana told Sadia most of her family had made Aliyah and returned to Israel; she however, had already married and thus, had to remain with her husband. Sadia's first reaction was to challenge her beloved grandmother. "So, are you Muslim or Jewish?" Sadia wanted her grandmother to pick a side. She insisted her grandmother pick a side. She needed her grandmother to pick a side. What she truly needed was for her grandmother to make things easier on her reaffirming her commitment to being Muslim.

Sadia had Jewish friends, she understood that in the Jewish tradition, if your mother is Jewish; you are considered Jewish as well. Now, she was learning that her grandmother is Jewish, which made her mother Jewish, which by extension, made her Jewish, and she wasn't entirely sure what to do with that knowledge. Sadia turned to her mother, who sat in

silence during the entire exchange; so... that makes you Jewish too, she said sheepishly. "According to Jewish law, yes her mother responded." She saw herself standing in the middle of a religious quagmire with a Christian father, a Muslim mother, and a Jew for a grandmother. During her lifetime Sadia had attended services at church, in a mosque, and at synagogue. Her head still spinning, she turns to her mother, "Can I choose?" she asks., "of course," her mother responds.

Eventually Nana becomes ill. On her deathbed Sadia promises to find out more about their lost family history. Later, backed by a Fulbright Scholarship, Sadia heads off to India to uncover the lost fragments of her family's history.

The Girl from Foreign is a beautifully written memoir that seamlessly melds love of family and love of community. 

*To learn more about The Girl from Foreign or other Jewish -themed books , visit the [Jewish Book Council](#)*

# Kiddush Sponsorship Shabbat Services

**L**ast week's Kiddush was co-sponsored by Amy Schonhau and Linda Bloom. Amy commemorating her father's 12th Yahrzeit. and Linda commemorating her mother's Yahrzeit. Sponsoring Kiddush is \$150.00, 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 Allah Eicheldinger at [alla7815@yahoo.com](mailto:alla7815@yahoo.com). You can also help by shopping; which doesn't cost money, just a little time. We'll give you a list of items, you shop and we'll reimburse you. Whatever you can do will be appreciated, greatly.

Due to the coronavirus pandemic, services and events are temporarily suspended at Congregation Ahavas Sholom.



*Join us at Congregation  
Ahavas Sholom this  
Shabbat and help us  
make minyon*