



## FEBRUARY 2019

### STUDENT RABBI MESSAGE

*Chodesh tov*, B'nai Israel!

As we kick off February, we also dive into the month of *Adar*, which is extra special this year as it is a leap month and will be followed by the annual month, *Adar II*. The Hebrew calendar adds this extra month of *Adar I* in seven out of every nineteen years due to it being both a lunar and solar based calendar. The months evolve with the moon cycles but the seasons remain aligned with the rotation of the sun. So just as our calendar tip toes along the line between lunar and solar, and our paths take turns being lit by both moonlight and sunlight, let us allow the yin and yang of *Adar I* to keep us balanced yet challenged, steady yet prepared for any stumble. Let our beautiful meditation from this past month together guide us through this journey.

Deeply looking forward to joining you all again already next weekend.

*Kol tov*,

Student Rabbi Paige Lincenberg

#### TEMPLE CONTACTS

Candy Alpar, President.....	341-8741
Janet Meller, Vice President.....	340-8425
Kim Hooker, Secretary.....	505-463-8402
Bob Blinderman, Treasurer.....	372-9401
Carol Bakwin, Choir.....	352-7191
Larry Batchlear, Community Chaplain.....	355-0023

#### SISTERHOOD CONTACTS

Joan Altman, Co-President .....	355-4817
Victoria Thompson, Co-President.....	670-5866
Alex Rimmel, Vice-President .....	316-8280
Kim Hooker, Secretary .....	505-463-8402
Mary Blinderman, Treasurer .....	372-9401

### Community Chaplain

Chaplain Larry Batchlear is available for Jewish Life-cycle events and can be reached at 352-7191.

### Business Office

Larry Batchlear (806-355-0023) or  
Bob Blinderman (806-372-9401)

### Student Rabbi Paige's Next Visits

Here are the details for Student Rabbi Paige Lincenberg's next visits. Please mark your calendars:

#### Paige's February Weekend Visit

*Friday, February 15<sup>th</sup>*

7:00 PM *Shabbat* Evening Service

*Saturday, February 16<sup>th</sup>*

10:00 AM *Shabbat* Morning Service

11:15 AM Torah Study

*Sunday, February 17<sup>th</sup>*

10:30 AM Adult Education

#### Paige's March Weekend Visit

*Friday, March 8<sup>th</sup>*

7:00 PM *Shabbat* Evening Service

*Saturday, March 9<sup>th</sup>*

10:00 AM *Shabbat* Morning Service

11:15 AM Torah Study

*Sunday, March 10<sup>th</sup>*

10:30 AM Adult Education

#### Paige's Additional Weekend Visits

February 15-17, 2019

March 8-10, 2019

April 12-14, 2019

### PRESIDENT'S MESSAGE

Friends:

Many thanks for a beautiful weekend of prayer and meditation to student Rabbi Paige Lincenberg and Rabbi Ariel Sholklapper from the Jewish Mindfulness Center of Texas. Thanks also to our Sisterhood and especially to Mary and Kim for feeding us delicious food all weekend!

I have been trying to wrap my head around all I learned this weekend, and I think it will be many months before it all really sinks in. What I do know is that after a weekend of prayer and meditation, with a sidecar of yoga Sunday

night, I felt a peace yesterday (Monday) that I rarely experience. The only thing close would be how I feel when I am scuba diving in warm, clear, calm waters, or maybe the post-endorphin rush I would feel after a good run. What I do know is...it was an AMAZING feeling that I want to cling to all week!

For those who were unable to participate, let me try to hit the highlights:

Our goal is to walk in this world as a partner of the Divine. Everything we do should be in the Divine image: to be kind and compassionate, to BE the change we want to see in the world. Mindfulness, paying attention, is the key to being holy. Everything we do should be for a higher purpose, even the things we see as mundane — unremarkable things like how we walk, talk, and eat. With compassion, we bring life to our lives and to those who are dead inside. When we act mindfully, and with kindness and compassion, we become more alive; without it, we are dead, just passively passing through this life.

Reading the Torah and the Bible connects us to our ancestors; we are doing what they did — trying to wake up — and that can be invigorating. It's important to know that the person who connects to the Divine in body and spirit is just as holy as the one who knows all the text and teachings.

Pay attention to everything you do, be mindful, or more accurately: be heartfelt. Be guided by love, not thought. Hillel says that the Torah teaches us "*ve'ahavtah l'reaha kamoha*," "love your fellow as yourself." Paying attention to another human being is love. Paying attention to what is going on inside you is loving yourself. Do all things in love. Just hearing someone say "I love you" can brighten your whole day! You can be that force in the world for others, too.

Challenges WILL happen! When they do, remember it is not permanent, and it's not personal; it's just the way it is! Rather than turning to something detrimental, find a comfortable, more pleasant way to deal with challenges. Knowing challenges are inevitable and assuming they will arise makes them less disruptive when/if they occur. If we are mindful and note the pleasant things and experiences in our life, they are easier to recall when things are challenging and less pleasant. Praying together, in community, gives even greater energy. We support each other and

are able to go deeper together when we meditate and pray together.

Where does the meditation fit into all of this? I think it is decluttering. It is like cleaning out a closet, thinking about what you really like and need — a taking stock of what's going on inside. Then when you need something, you can see what is there and take what you need efficiently. Meditation clears the energy-zapping clutter in your mind. It allows clarity of thought and leaves space for effective, mindful thought. Meditation allows us to focus on what is important.

In our fast-paced, high tech society, we are programmed for multi-tasking with minimal thought to our actions. I think about how different my life is now than it was as a teenager. I know I am more frazzled now. I have 4 email accounts (with 5000 emails in my personal email inbox), a stack of paper mail to go through in my kitchen, a house phone, a cell phone, voicemail, text messages, Facebook.....I cannot keep up with correspondence, aka, "clutter!" Meditation allows me to see and be with the noise instead of just trying to push through it. Bringing awareness to it helped me actually calm down and focus for a short time. Once I am calm, I am more ready to deal with life's chaos in a calm and organized way. Meditation rewires our brains in a positive way!

If this sounds wonderful to you, and it should, I am attaching Rabbi Sholklapper's contact info. He hosts mindfulness retreats where you can learn to rewire your brain, focus, and pay attention to the blessings in our lives.

Rabbi Ariel Sholklapper  
[RabbiASholk@gmail.com](mailto:RabbiASholk@gmail.com)  
(832) 304-4809

I LOVE YOU!!!!!!

Hope to see you at the Temple soon!

With love and gratitude,

Candy

### February Service Leaders

February 1 <sup>st</sup>	Janet Meller
February 8 <sup>th</sup>	Mary Blinderman
February 15 <sup>th</sup>	Paige Lincenberg
February 22 <sup>nd</sup>	Archie Hunnicutt

### Adult Education

The Temple Adult Education Class Progress Schedule for the Spring 2019 semester is posted on the Temple web site at the Adult Education calendar page which you can reach by clicking this hyperlink:

<https://bnaisraelamarillo.org/adult-education/>

**Our book for the Spring 2019 semester is *Turning Points in Jewish History*, by Rabbi Marc J. Rosenstein. It was first published on July 1, 2018. It is available in paperback only. Please join us this semester on Sunday mornings at 10:30 at the Temple.**

### Sisterhood

The January 25<sup>th</sup> weekend with Student Rabbi Paige Lincenberg and Rabbi Ariel Sholklapper was full of activities – Shabbat Services, Torah study and meditation workshops taught by Rabbi Ariel Sholklapper. Thank you to the Sisterhood for sponsoring the food for the active weekend we had at the Temple and to the individual members who brought *challah*, soup and other delicious treats.

And speaking of treats ...

The custom of sponsoring an *Oneg* is a wonderful way to share your joy and at the same time support Temple B'nai Israel. *Oneg* sponsorship helps to strengthen your connections to our community, while also enhancing our Shabbat celebrations. Reasons to sponsor an *Oneg*:

- Celebrate a birthday, anniversary, or any special occasion
- Commemorate the *Yahrzeit* of a loved one
- Honor someone special
- Remember a loved one
- Celebrate a *simcha*

To host an *Oneg Shabbat* please contact Mary Blinderman at 372-9401.

**We want to begin the Spirituality Group again.** If you are interested or have questions please contact Mary Blinderman or Harriette Tallert (352-2927) for

details. We need to know preferences on time to meet (evening or day).

### Upcoming events:

1. *Thursday, February 7 – 5:30 p.m.*

Day of the Woman, featuring Dr. Leanne Young of the Brain Performance Institute of Dallas! She wants you to know what to do to improve your brain health and what NOT to do to hopefully minimize the onset of Dementia or Alzheimer's disease.

To register, contact:

[angela.knapp@ttuhsc.edu](mailto:angela.knapp@ttuhsc.edu)

Note: Several Sisterhood members are attending. Hope to see you at the event!

2. *Friday, February 8 -- 7:00 pm*

Special Shabbat services featuring the music of Debbie Friedman. Join us in prayer, song and fellowship.

3. *Saturday, February 23 -- 10:30 am*

*Hamentashen* baking session at the Temple – 10:30 a.m. Try your skills at *hamentashen* (or just come and give moral support to the bakers). We will bake and freeze the cookies in preparation for Purim.

If you know of any events that would be interesting, please share with us.

### Sisterhood officers:

- Victoria Thompson —  
[vjthompson1260@amaonline.com](mailto:vjthompson1260@amaonline.com)
- Joan Altman – 355-4817
- Alex Remmel – [a.k.remmel@hotmail.com](mailto:a.k.remmel@hotmail.com)
- Kim Hooker – [batchlear@hotmail.com](mailto:batchlear@hotmail.com)
- Mary Blinderman – [bobbli@arn.net](mailto:bobbli@arn.net)

## OUR THOUGHTFUL CONTRIBUTORS

General Fund  
Anonymous  
Kim Hooker & Larry Batchlear

In Honor of Harriette & Harry Tallert's  
Anniversary  
Henrietta Kohn

In Loving Memory of Janet & Heinz Reach  
Faye (Reach) Weinstein

Memorial Board Plaque in Memory of  
Myrna Lynn Gimp Raffkind & Daniel Henry  
Raffkind  
Heidi (Raffkind) van Zanten & Family

In Memory of Janet Ziffer Wells  
Linda & Nick Goldstein  
Henrietta Kohn

In Memory of Norton Bicoll  
Henrietta Kohn  
Heidi (Raffkind) van Zanten & Family

In Honor of Rabbi Ariel Sholklapper  
Joan Altman  
Henrietta Kohn

Tree of Life Fund in Honor of  
Louise & Stan Adelman  
Henrietta Kohn

## BIRTHDAYS And ANNIVERSARIES

February / Early March

### BIRTHDAYS

2/2 Charles Hathcoat  
2/4 Eric F. Perez  
2/4 Jo Eve Rebecca Shay  
2/5 Itzack Rodriguez  
2/7 Hannah (Teddy) Schachter  
2/9 Katherine Rappaport  
2/9 Carly Kaplan  
2/11 Larry Batchlear

2/13 Cheri Harrison  
2/18 Gayle Reily  
2/19 Carolyn Dowlen  
2/20 Alan Shapiro  
2/22 Michelle Shebowich  
2/28 Gerardo Perez  
2/28 Dr. Leslie Reese  
3/2 Seth Wilkenfeld

### ANNIVERSARIES

2/7 Candy & Andrew Alpar  
2/14 Patricia and Alan Shapiro

# Yahrzeits For

## February 1

\*Minnie Spector 2/1  
\*Lena Klein Haimes 2/1  
\*Bert Levy 2/2  
\*Sarah Zukav 2/2  
\*Ben Rudelson 2/7  
Rudolph Jacobi 2/2  
Alda Lois Feferman 2/3  
Mike Reisin 2/3  
Max Stahl 2/4  
Henry Berg 2/5  
Joseph Maples 2/5  
Sarah Drotman 2/6  
Paul Aleskin 2/6  
Louis Raizes 2/7  
Edward Rothkrug 2/7  
Sam Rabinowitz 2/8  
Linda Adkins 2/8  
Pauline Mandell  
David Wolpert  
Kate Baruch  
Harry Landsburg  
L. L. Gladstein

## February 8

\*William Jean Saxe 2/9  
\*Miriam Gluck 2/9  
\*Alex Wormser 2/10  
\*Joseph Kapelus 2/11  
\*Edythe Lerner 2/12  
\*Morris Feinblatt 2/13  
\*Abe Feferman 2/15  
Louis Heyman 2/10  
Florence Schneider 2/10

## February 15

\*Morris Herring 2/16  
\*Jesse Melinger 2/20  
\*Morris Bergman 2/21  
\*Eunice Weinberger 2/22  
Morris Wilkenfeld 2/15  
Susana Rothstein Katz 2/16  
Daniel Ross Noble 2/18  
Harry Kamen 2/20  
Dr. George Cohen 2/20  
Fannie Welcher 2/21  
Dr. Morris Cohen 2/22  
Nettie Gimp  
Jessie Cowan

## February 22

\*Malcolm Lachman 2/25  
\*Adolph Eberstadt 2/26  
\*Sara Reshin 2/26  
\*Mildred Loewenstern 2/27  
Rose Bruton 2/22  
Tess H. Adelman 2/23  
Sid Levenstein 2/26  
Tara Marie Kroger 2/27  
Evelyn Wyant  
Carl Reach  
Carol Lind

## March 1

\*Benjamin L. Groner 3/2  
\*Frank Seliger 3/4  
\*Benjamin Steinberg 3/5  
\*Erma Altman 3/5  
\*Ben Leder 3/5  
\*Sophie Feferman 3/5  
\*Sam Zukav 3/5  
Myke Klein 3/3  
Charlotte Shebowich 3/4  
Betty Webb 3/6  
Ramon Garcia  
Mary Berger  
Eva Baruch  
Gettel bat Reuven Duman  
Rachel Berger

*The "\*" indicates individuals whose names are on the Yahrzeit boards in the sanctuary.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 21 Shevat 5779 10:30am - Spirituality	28 22 Shevat 5779	29 23 Shevat 5779	30 24 Shevat 5779	31 25 Shevat 5779	1 26 Shevat 5779 5:58pm - Candle 7pm - Shabbat Serv 7:01pm - Ldr: Janet	2 27 Shevat 5779 Parashat Mishpatim 6:18pm - Havdalah
3 28 Shevat 5779 10:30am - Adult Ed	4 29 Shevat 5779	5 30 Shevat 5779	6 1 Adar I 5779	7 2 Adar I 5779	8 3 Adar I 5779 6:05pm - Candle 7pm - Shabbat Serv 7:01pm - Ldr: Mary	9 4 Adar I 5779 Parashat Terumah 6:25pm - Havdalah
10 5 Adar I 5779 10:30am - Adult Ed	11 6 Adar I 5779	12 7 Adar I 5779	13 8 Adar I 5779	14 9 Adar I 5779	15 10 Adar I 5779 6:12pm - Candle 7pm - Shabbat Serv 7:01pm - Ldr: Paige	16 11 Adar I 5779 Parashat Tetzaveh 10am - AM Serv 11:15am - Torah Study 6:32pm - Havdalah
17 12 Adar I 5779 10:30am - Adult Ed	18 13 Adar I 5779	19 14 Adar I 5779	20 15 Adar I 5779 7pm - Board Mtg	21 16 Adar I 5779	22 17 Adar I 5779 6:18pm - Candle 7pm - Shabbat Serv 7:01pm - Ldr: Archie	23 18 Adar I 5779 Parashat Ki Tisa 6:38pm - Havdalah
24 19 Adar I 5779 10:30am - Adult Ed	25 20 Adar I 5779	26 21 Adar I 5779	27 22 Adar I 5779	28 23 Adar I 5779	1 24 Adar I 5779 6:25pm - Candle 7pm - Shabbat Serv	2 25 Adar I 5779 Parashat Vayakhel 6:45pm - Havdalah