



April 2020

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)



Pesach BlessingstoAll

Paige's Page

Chodesh Tov Chevre,

With a heavy heart, in light of COVID-19, we share with you my unfortunate inability to join you all for Shabbat and Pesach this month. I had so deeply been looking forward to not only learning with you all as usual and gratefully leading our Seder, but also to having extra time to drop in with each of you one-on-one and also **praying with you all during this time that our world seems to need it most.** During this period of rare uncertainty, the one token I can guarantee revolves around our indubitable ability to still deeply connect with one another. It would be an honor to explore all the ways we can still connect through Zoom (an advanced live video conferencing platform)- whether guiding services, leading a Seder, continuing to teach private Hebrew lessons, meeting with our conversion students, and even joining together in personal meetings that we have not previously done. We can reframe this concept of “social distancing” to be solely “physical distancing” and actually “social reconnection,” enabling our hearts, minds, and spirits to still come together, though our bodies will not.

Additionally, I of course would love to celebrate all the beauty coming out of this tragedy. With deep respect to all the lives we have lost and that are suffering, our Earth is dancing! The lack of gases that the planes that would be flying and the cars that would be driving would be exerting into our atmosphere are finally **giving our Earth the Shmita, environmental sabbatical, that it deserves.** Humanity has

(cont next page)

Temple B'nai Israel newsletter is published monthly. Submissions for the newsletter are due the 21st of the prior month. Send to:

bnaisraelamarillo@gmail.com,
Attn. Mary Blinderman

We welcome your contributions to the newsletter.

Know someone interested in becoming a part of our community? New to town? Or looking to find a way to connect with Temple B'nai Israel? Contact any of our board members and we will be glad to assist you.

Paige's Page (cont.)

been reveling in Shabbat every week but now our sacred Earth finally gets the well-deserved rest it needs! I invite us to utilize some of our extra spaciousness during this time to plant gardens, both in order to grow some of our own food in case that industry also begins to crumble and just to pour some genuine love into the land that cradles us. Dolphins and swans have returned to the Venice Canals for the first time in sixty years! Pictures of China from space show radically lowered levels of smog! May these blessings give our bodies the strength we need to stay healthy and endure this modern plague, which our Pesach story has been preparing us for since the Revelation at Sinai.

Below I have included two nourishing pieces of literary art. The first poem, I invite us to remind ourselves of every morning when we awake. Before enabling any fear to set in, bring it to mind to help align ourselves and take a deep breath- Our own personalized Modeh Ani (first blessing said every morning- "Grateful I am") for this current "balagon" (Hebrew "chaos"). The second attachment, a mindful meditation for washing our hands- I invite us to carry with us every single time we hygienically wash our hands, reminding us of the holiness and selflessness of this sacred service. Please even consider printing it out to place above a sink or reading it aloud to loved ones. May our adapted lifestyles continue to embrace the beauty of mindful and sacred ritual.

In the spirit of community emotionally coming together under crisis, I would truly love to hear from each and every one of you. **Please email me at lincenberg@gmail.com with an update of how you and your loved ones are doing.** If you would like to schedule a Zoom call, please also include times that you are available. Our kehillah serves to be support during this time; please consider using technology to reach out to one another as well, especially those in our community more susceptible to this virus, even a five-minute call could mean the world.

Deepest of Blessings for health & safety,

Student Rabbi Paige Lincenberg

President's Message

Shalom chaverim!

As this newsletter goes to print, it will have been more than 2 weeks since I have laid eyes on my Temple friends. The doors to our beloved Temple have been closed to visitors. Our social hall has been empty. This is quite a contrast to the way March began, with a beautiful weekend with student Rabbi Paige, shared with our friends at the UU, followed by the next weekend listening to Archie read the Megillah at Purim, spinning our groggers, and eating hamantaschen, and then, the next day, showering Cheri to celebrate the upcoming birth of her baby.

Perhaps we can find a new perspective for this seemingly tragic time. When life gives us lemons, we should make lemonade, right? As I try to convince you toward a new mindset, know that I am also trying to convince myself as I write. Have I learned anything from this chaos?

The first thing I have found is an attitude of conservation. Food items in the store are scarce. I find that the leftovers I have look more appealing than they used to. Waste not, want not. Look at the pantry and make a recipe of what you already have, instead of buying more food. Use the herbs I have wintering in pots in my house. Be resourceful...another positive result.

I find myself making an extra effort to be patient, polite, and especially...kind. I say "thank you for working so hard" to all the grocery store employees and the young men refilling my water jugs. I take a moment to joke with the employees at the Roasters coffee drive through. I am grateful to everyone who is still going to work to make my life easier in this tough time.

I have found gratitude for many things I took for granted. Every day I am more grateful than ever for my health and the health of my family, friends, and neighbors. I find myself calling my children much more often, just to check on them. I am grateful when I go into the grocery store and actually find something I need. I am grateful for the days I can work, as those may temporarily be reduced soon. I am grateful for the ease with which I can travel to faraway places, now that I am

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

President's Message (cont.)

grounded. I have taken for granted the impact my Temple family and responsibilities have on my life. Now that it is on hiatus, my heart has an empty spot, like a dear friend has moved far away.

Overall, this COVID-19 adventure has brought out my spirit of tikkun olam, acts of kindness performed to perfect or repair the world. News stories about the improved air quality after weeks of lockdown in China and Italy. . . .it is a reality check of the damage we humans cause to our precious Earth. It makes me think: if I can buy less and get by, if I can waste less, if I can be kinder and more grateful...temporarily. . . .all as a result of some teeny, tiny little virus, why can I not practice these same habits once the little nuisance is silenced?

Seeing our Temple empty, unused, lifeless is also a reminder to me that without our constant love, energy, and devotion to our Jewish community, that eerie scenario always lurks near. I hope you, too, will carry that image in your mind, so that once the Temple re-opens, you will rejoice with your Temple family, and celebrate life renewed at the next Shabbat service or Temple event!

I miss each of you!! My prayers are with you, chaverim, for safety and health in this difficult time, and I look forward to celebrating with you when the doors to our beautiful Temple reopen soon!

With much love and gratitude,

Candy

NEWS AROUND THE CONGREGATION

In an abundance of caution, all Temple activities will be suspended in response to the COVID-19 pandemic. The Community Seder is cancelled. We will post an update when activities resume. Until then, the poem by Rabbi David Jay Kaufman of the Central Conference of American Rabbis says it all.

Don't Panic.

Breathe.

Wash your hands.

Keep reasonable social distance.

Support those in need.

Laugh and love.

Learn to cook.

Bake like the holidays are at hand.

Curl up with a book.

Live.

The Jewish tradition has one overriding commandment, "Chai bahem!" "Live by them!"

There will be challenges.

There will be restrictions and commandments.

Live by them, do not die by them.

At times, we will feel weak, but let us find inner strength.

We can.

We will get through this together.

--Rabbi David Jay Kaufman

Do You Need Help? Do You Want to Help?

All of us on the Temple Board and in volunteer leadership are thinking of you during this time of change and uncertainty and disruption – work, healthcare, childcare, transportation, economic uncertainty, social distancing from friends and loved ones. If you are feeling overwhelmed and frightened, you are not alone!

Please let us know if you need help by calling the office at **(806)352-7191** or by email at **bnaiisraelamarillo@gmail.com**

Poems

We are humans relearning to wash our hands.
Washing our hands is an act of love
Washing our hands is an act of care
Washing our hands is an act that puts the hypervigilant body at ease
Washing our hands helps us return to ourselves by washing away
what does not serve.

Wash your hands
**like you are washing the only teacup left that your great
grandmother
carried across the ocean,**
like you are washing the hair of a beloved who is dying,
like you are washing the feet of Grace Lee Boggs, Beyonce, Jesus,
your auntie,
Audre Larde, Mary Oliver- you get the picture.
Like this water is poured from a jug your best friend just carried for
three
miles from the spring they had to climb a mountain to reach.
**Like water is a precious resource
made from time and miracle**
Wash your hands and cough into your elbow, they say.
Rest more, stay home, drink water, have some soup, they say.
To which I would add: **burn some plants your ancestors burned
when there
was fear in the air,**
Boil some aromatic leaves in a pot on your stove until your windows
steam up.
Open your windows
Eat a piece of garlic every day. Tie a clove around your neck.
Breathe.

My friends, it is always true, these things.
It has already been time.
It is always true that we should move with care and intention, asking
Do you want to bump elbows instead? with everyone we meet.
It is always true that people are living with one lung, with immune
systems that don't work so well, or perhaps work too hard, fighting
against themselves. It is already true that people are hoarding the
things that the most vulnerable need.
It is already time that we might want to fly on airplanes less and not
go to work
when we are sick.
It is already time that we might want to know who in our
neighborhood has cancer, who has a new baby, who is old, with
children in another state, who has extra water, who has a root cellar,
who is a nurse, who has a garden full of elecampane and nettles.
It is already time that temporarily non-disabled people think about
people living with chronic illness and disabled folks, that young
people think about old people.

Compiled by Student Rabbi Paige Lincenberg

It is already time to stop using synthetic fragrances to not smell like
bodies, to
pretend like we're all not dying. It is already time to remember those
scents make so many of us sick.
It is already time to not take it personally when someone doesn't
want to
hug you.
It is already time to slow down and
feel how scared we are.

We are already afraid, we are already living in the time of fires.
When fear arises,
and it will,
let it wash over your whole body Instead of staying curled up tight in
your
shoulders.
If your heart tightens,
contract
and expand.
science says: compassion strengthens the immune system
We already know that, but capitalism gives us amnesia and
tricks us into thinking it's the thing that protect us
but it's the way we hold the thing.
The way we do the thing.
Those of us who have forgotten amuletic traditions,
we turn hoarding sanitizers and masks.
we find someone to blame.
we think that will help.
want to blame something?
Blame capitalism. Blame patriarchy. Blame white supremacy. It is
already time to remember to hang garlic on our doors
to dip our handkerchiefs in thyme tea
to rub salt on our feet
to pray the rosary, kiss the mezuzah, cleanse with the egg.

In the middle of the night,
when you wake up with a terror in your belly,

It is time to think about stardust and geological time
redwoods and dance parties
and mushrooms remediating toxic soil.

It is time
to care for one another
to pray over water
to wash away fear
everytime we wash ours hands

Poems

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.
-Rev Dr. Lynn Ungar

Compiled by Student Rabbi Paige Lincenberg



Celebrating Baby Shower for Cheri Harrison



Celebrating the beautiful pear tree in full bloom

SIMCHAS

Celebrating Purim at Temple B'nai Israel



Hearing the Megillah



Masquerading in Costumes

REFUAH SHELEMAH

The following people are in our thoughts and prayers:

Jo Ann Holt

Henrietta Kohn

Z Zelenevskiy

Harriette Tallert

Bruce Kriegel

Mabel Knox

David Altman

Carrie Delaney

Emilio Barrera, Jr.

Please offer prayers that they all have a full and speedy recovery.



And giving to the needy

Yahrzeits for April

April

*Sam Raffkind 4/2	Isadore Weinstein 4/19
Rose Weinstein 4/2	Betty Goldstein 4/20
Eva Novick 4/2	*Morris Solomon 4/20
Paul Gens 4/2	Harriet L. Chorney (26 Nisan) April 20, 2020
Kalman Kaplan 4/3	Harold B. Culley 4/21
*Ethel Abrahamson 4/3	*Ramon (Ray) Lloyd Ashley 4/23
*Philip Klapman 4/4	*Ruth Siegel 4/23
Sam Solnick 4/5	Bertha Harellick
*H.S. (Benny) Benjamin 4/7	Rabbi Kurt Reach
*Alfred Cohen 4/7	Donald Paul Katz 4/24
*Hermine Ruth Lachman 4/7	Marty Steiman (1 Iyar) April 25, 2020
*Hannah Bluhm 4/8	Edmund Stern 4/26
*Anna Latman 4/8	Glenna Scott 4/27
*Maurece Saxe 4/9	*Otto Josef Baruch 4/29
Lillian Saxe 4/9	*Benjamin Gimp Raffkind 4/30
Louis Pilver 4/9	*Janet Reach 4/30
Kathryn Shapiro 4/9	Marjorie Paisley 4/30
Leon Cizon 4/10	Louis Cowen
Irving Jacklin 4/10	Sara Replin
Dr. Nathan Welcher 4/12	Mary Goodman
Henry Rochmill 4/15	Gussie Newman
Carl Lessing 4/15	Marion Gerber
Ted Shapiro 4/15	William Ruback
*Blanche Levy 4/17	David Teller
Esther Baer 4/17	Ralph Kramer
*Bernard Jacob Weinberger 4/18	Sig Anisman

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

If any member would like to add a name to the monthly yahrzeit list, please send the name, date of yahrzeit and your relationship to BnaisraelAmarillo.org, Attn: Mary Blinderman. Thank you.

ACKNOWLEDGMENTS

Thank you to all our donors for your continued support! (as of March 21, 2020)

General Fund

In Support of Temple B'nai Israel

Anonymous

Emilio and Dora Barrea

In Honor of Bob Blinderman

David and Jacqueline Blinderman

FOR THE NEW MEMORIAL BOARD

Neal Scott

Bob and Mary Blinderman

In Support of Temple B'nai Israel

Dorothy Carskadon

Please consider donating to the Temple It is a wonderful way to:

- Mark a simchah (happy occasion)
- Honor someone's memory
- Wish someone a speedy recovery
- Express Gratitude

APRIL BIRTHDAYS

4/9 Olivia Rachel Yarvis

4/11 Aaron Pan

4/11 Jennifer Hathcoat

4/13 Ben Schachter

4/20 Mary Blinderman

4/20 Paige Lincenberg

4/21 Jason Baum

4/22 Jeff Duman

4/23 Candy Alpar

4/30 Alex Rimmel

APRIL ANNIVERSARIES

4/1 Janet Meller and Joel Kaplan

4/6 Lisa and Archie Hunnicutt

4/13 Jennifer and Chuck Hathcoat

4/27 Judy and Leslie Reese