

Shevat 5785

February 2025

Congregation Beth Israel

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Lebanon, PA 17042

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From the Cantor's Desk . . .

Do you ever have those days when you don't want to get out of bed? I know I do. For me it's usually because I have to make some decisions, or I have tasks waiting that feel overwhelming. Call it anxiety, depression, perfectionism, procrastination – sometimes, I just want to disappear into a long novel, or two, or three, or start binge watching some silly series on a streaming service. All I want to do is escape to somewhere else and be a passive observer of someone else's life. I know this avoidance just makes whatever I'm feeling overwhelmed by worse. When I get up to do the thing or address the issue, whatever it is, I now have not enough time to do it which adds to the overwhelming feeling.

So what is it that gets me moving? For me it's usually my dog. My mood affects his mood, but he still needs to go outside, take a walk, have breakfast, play a little bit. Then I tackle just one thing. When I do the thing, that overwhelmed feeling abates and I feel like I can do another thing. It's easy for me to put off decisions I need to make for myself, but the thing that lights the fire is when I know someone else wants to be with me.

This month I will celebrate my second birthday while acting as Spiritual Leader of CBI. I have to admit that sometimes the thing that makes me want to stay under the covers with a book is trying to figure out what will grow our community. Not necessarily with new members, but with actual engagement of our current members. I am not a morning person generally, but when I know that there are some congregants who want to study at 8 am or do a service at 7:15, that gets me out of bed. It's the connection. It also is disheartening to work on activities, divrei Torah, music etc and not have anyone to share it with.

The Tanach gives us many examples of characters who reluctantly took on tasks even when not feeling up to it. The traditional explanation for what makes these people – such as Moshe, Jonah, David – undertake the task is often belief in God. Maybe, however, God shows up in the connection to the people who are relying on them. There is a spark, an energy, when we talk together, sing together, share what we are reading, thinking or feeling, that is missing under the covers.

I so appreciate the people who show up regularly in person and online, but there really are so few. If you are one of those people who find yourself wanting to hide under the covers, spend hours and hours passively watching others lives on the internet, I have a selfish request. Something I need from you that you just might find helps you, too. Join me at CBI for SOMETHING.

I look forward to seeing you soon!

Hadassah Names Nonprofit Leader Ellen Finkelstein CEO

Hadassah, The Women's Zionist Organization of America, announces that Ellen Finkelstein has been named Chief Executive Officer and Executive Director. Beginning on January 6, 2025, she will lead the country's largest Jewish women's organization, with nearly 300,000 members, donors and supporters and a professional staff of 200 Strategy Officer in the Office of Institutional Advancement. There, she was responsible for a wide range of external-facing areas including annual giving, corporate and foundation relations, alumni services and engagement, event fundraising, community engagement and philanthropic marketing and communications.

"As a Jewish woman and a Zionist, there is no place I would rather be than at Hadassah," said Finkelstein. "With its commitment to Israel, its dedication to fighting antisemitism, its determination to improve healthcare for women and children and its mission to stay on the front line of medical advancement, Hadassah is playing a vital role in bringing the Jewish community together and helping us focus on what is important. I couldn't be prouder to have this opportunity."

Finkelstein began her career at Accenture Consulting, where she honed her strategic thinking, business development and project management skills as an advisor to Fortune 500 clients. Before joining YU, she was Director of Marketing at Jewish Family & Children's Services of Northern New Jersey. Finkelstein was born and raised in New Jersey, where she lives today.

PERSONAL

*May you find comfort among the mourners of Zion & Jerusalem.
May their memory be a blessing.*

Zelda Magdule— January 9, 2025

CONGREGATION BETH ISRAEL

*Coffee
with the
Cantor*

Thursdays in Feb:
13 & 27

The Clay House Cafe
720 Quentin Rd Unit 3,
Lebanon, PA 17042



Join us at the Cantor's Place!

HAVDALAH

Saturday, March 8th at 6PM

551 S. Lancaster Street
Annville, PA 17003

Sign up available on our website
DAIRY/PAREVE ONLY



BETH ISRAEL BULLETIN



Editor...Mrs. Jesse Rich
105 E. Walnut St., Lebanon, Pa.

!! CHECK OUT THIS CBI ARCHIVE !!

THE
JEWISH WAR VETERANS
POST #443
ARE HAPPY TO ANNOUNCE
THE
REINSTITUTION OF THEIR FAMOUS
SUNDAY

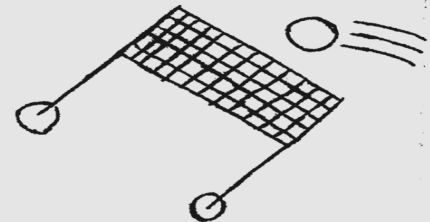
MORNING

BREAKFASTS



THIS IS A FEATURE OF THE SUNDAY
MORNING PROGRAM WHICH CONSISTS OF THE FOLLOWING:

- 9:30 - 10:00 Sunday morning services with a sermonette and discussion period led by the Rabbi.
- 10:00 - 11:00 Breakfast served by the Jewish War Veterans.
- 11:00 - 12:00 Volley Ball



This is a wonderful opportunity for fathers to share a most gratifying experience with their sons and all our teenage youth.

So remember: PLAN TO SPEND SUNDAY MORNINGS, 9:30 to 12:00 at the Center.

HAVDALAH DATE & DETAILS

Cantor Okoshi is hosting our first 2025 Havdalah on Saturday, March 8th at 6PM at her home. We are looking for volunteers to host a Havdalah ceremony at their homes one Saturday each or every other month. Desserts & coffee served.

If you are interested in hosting or attending the Havdalah's please contact the office, or use the website to register.

President of the Month: Stuart Perlmutter
Next Month: Dr. Joseph Clark

February 2025

All services are HYBRID : Thurs. 7:30 AM Minyan, Fri. 7:30 PM, Sat. 9:30AM & Sun. 9AM Minyan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Shabbat in 60 9:30AM Service/
2 9AM Minyan/	3	4	5	6 7:30AM Minyan 6PM– Intro to Judaism	7 7:30PM Service/	8 9:30AM Service/ <i>Cantor's b-day</i>
9 9AM Minyan/	10 Sip & Learn 7PM	11	12	13 7:30AM Minyan/ 11AM Coffee w/ the Cantor 6PM– Intro to Judaism Tu B'Shevat	14 7:30PM Service/ <i>Valentine's Day</i>	15 9:30AM Service/
16 9AM Minyan/	17 BULLETIN DEADLINE	18	19 Book Club 7:30 PM	20 7:30AM Minyan/	21 7:30PM Service/	22 9:30AM Service/
23 9AM Minyan/ Film Study 1PM	24 BOARD MEETING 7PM	25	26	27 7:30AM Minyan/ 11AM Coffee w/ the Cantor 6PM– Intro to Judaism	28 7:30PM Service/	

Coffee with the Cantor will be held at the Clay House Café 720 Quentin Rd Unit 3, Lebanon 17042.
No Coffee with the Cantor on Feb 6th— No events on the 20th.
Cantor Okoshi will be away from Feb 19-25

**Let's Celebrate our Members with
 February Birthdays & Anniversaries!**

- | | | | |
|-----------------------|-----------------|-----------------------------|-------------------|
| Wynne Kantor | Joanne Bennetch | Debby Abel | Louise Perlmutter |
| Cantor Marilyn Okoshi | Lillian Cowan | Scott & Carolyn Frankhauser | Steven Breit |
| Tom & Linda Siegel | Pam Kaplan | Donald Clark | Francine Fleisher |
| Mary Rich | Josiah Lisman | Linda Siegel | |

MONTHLY BOOK CLUB

Wednesday, February 19th at
7:30PM via zoom.
Judith will review

The Matchmaker's Gift
by Lynda Cohen Loigman

**The JOSEPH & GERTRUDE JEWISH
FILM STUDIES**

SUNDAY, FEBRUARY 23rd at 1PM
THE FRISCO KID
SUNDAY, MARCH 23rd at 1PM
PAPERCLIPS— a documentary

SIP & LEARN

Monday, February 10th at 7PM-8PM

MEGILLAH READING & PURIM PARTY

Thursday, March 13 at 6:30PM

Need volunteers for the Purim Spiel, rehearsal will be March 9th at 12PM

We have updated our e-mail!
office@congregation-beth-israel.org

MAILING SECTION ONLY

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