



Rabbi Marc's Message

As I write this bulletin article, *Pesach* has just ended. I'm gladdened because the *matzah* crumbs were really getting quite out of control.

There is an adage that if you can do something consistently for a certain number of days, it becomes a habit. As Polly and I reflected that the lack of bread in the house wasn't so disturbing nearing the end of *Pesach* as it was at the beginning, my mind conveniently shortened that adage to seven days. When I "googled" the time it takes to form a habit, I came upon many articles that cited the beginning of this adage. It isn't all that old, only a bit older than me. The adage is attributed to the findings of a plastic surgeon and it pins habituation of a new behavior to a minimum of 21 days. So, no wonder Nava and Ilan were nearly shouting for joy when one of their favorites, Cream of Wheat, came back to the breakfast table after only a seven day hiatus.

But, even though *Pesach* is over, we have another habit to nurture and keep up with. This is the counting of the *Omer*, which began the second evening of *Pesach* and continues until the eve of *Shavuot*. It takes even longer than the time from *Pesach* to *Shavuot* to establish a good habit, or perhaps to break a bad one. Many of the same articles and blogs about the 21-day habit adage also quote a European psychological study. This more scientific approach to habit formation concluded that a habit can take anywhere from two to six months to establish.

But alas, this daily counting of the *Omer* isn't about habits at all. It is about recognition. Recognition of the days between the Exodus from Egypt and the giving of the Torah on Sinai. Traditional sources mark the period of counting, the *Sefirah*, as a time of mourning when there should not be weddings or other joyous celebrations. This tradition comes from the Talmud, which identifies the *Sefirah* period with the death of about 12,000 disciples of Rabbi Akiva. But perhaps seven weeks is too long for mourning even this great tragedy. Thus, into our seven weeks of counting sneaks *Lag ba-Omer*, the thirty-third day of the *Omer*. This day becomes a joyous celebration in remembrance of the *yahrzeit* of the traditionally ascribed author of the *Zohar*, Rabbi Shimon bar Yochai.

Even more recently, the calendar also became further interrupted by what could be called the New High Holidays of Israel. This begins with *Yom Ha-shoah* and ends eight days later with the back to back observance of *Yom Hazikaron* and *Yom Haatzmaut*. The moments of silence across Israel at the commencement of *Yom Hazikaron* is one of my strongest and most moving memories of my time in Israel as a rabbinical student. Indeed, our calendar has become a complicated network of ancient and modern history and observance.

As we move toward Sinai in our ancient calendar, we move toward recognition of the cost and responsibility of our new place as Jews and Israel in the modern world. During the *Pesach Seder*, we are instructed to recall the Exodus as if we had been there ourselves. With each counting of the days of the *Omer*, with each stopping point along the way to Sinai, may each of us be reminded, not by habit, but rather through our conscious recognition, of our unique and important place within the fabric of the Jewish people.

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President's Message



My April Board of Trustees Meeting hit a rough patch.

From February through April, the Nominating Committee is busy forming the roster of trustees and officers for the coming year. Like most of our volunteers, the members of the Nominating Committee did their job in their spare time.

Like me, they get busy at work. As such, we didn't do such a great job communicating with one another before the April board meeting where I intended to present the new roster to the board.

So, how did it go? Badly! I had contradictory e-mails flying around and I ended up with more than one version of the roster. As a result, I hopefully only ended up embarrassing a few people and not insulting them.

So, I spent the next day feeling pretty bad. I had to get my act together, make sure that the Temple will have a board that works, and send apologies to my friends whom I had made to feel bad. Hopefully, when the new board is presented at the Annual Meeting (on June 4 – mark your calendar!), you'll agree with me that we're going to have a great year.

However, after catching my breath and thinking about what had happened, I realized what a great problem that I actually had. Rather than having to be members to join the board, I actually had more people interested than I had positions available! So, thank you to the members of the Nominating Committee for the effort. Every congregation should be so blessed.

To those of you who were interested, but not assigned a spot on the board, and to those of you who are stepping down, I want to remind you where the real work of the congregation is taking place – on the committees! Religious Practices, Social Action, Building and Grounds, Fundraising, Education, Communication, By-laws, and Membership are always looking for a few good mensches to do the good work that makes Temple Emanu-El a vibrant community.

Sean Bendick



Notes from Sherry Barnes



Rabbi Sacks says this about music, "Judaism is a religion of words, and yet whenever the language of Judaism aspires to the spiritual, it modulates into song, as if the words themselves sought escape from the gravitational pull of finite meanings. Music speaks to something deeper than the mind. If we are to make Torah new in every generation, we should find ways of singing its song a new way. The words never change, but the music does."

Rabbi Sacks' words certainly ring true. I like to keep our congregation current with composers who are writing new music for our siddur, like Noah Aronson or Elana Arian. After all, there are many psalms that tell us to "sing a new song." Rabbi Ekstrand and I have been infusing new music into our services since July. I hope the melodies that we have chosen for you have enhanced your worship. I know that there are probably songs that you may miss singing, and we would love to know which ones they are. This way when we sit down to plan a Shabbat service, they can be a part of the musical choices that we make. Thank you for your being a part of the new music we've added and for the ruach you bring to it. Nothing makes me happier than hearing you sing.

B'shir, *Sherry*

SAVE THE DATE

Annual Meeting — June 4 — 10 AM

Enjoy a free breakfast courtesy of the Temple Emanu-El Brotherhood.

Vote on the new slate of officers on the Temple Board of Trustees and vote on the budget.

Continuing Education

Bible Study

The Adult Bible Study Group meets on **Sunday mornings when religious school is in session at 11:00 am.** Anyone is welcome to join.

Food for Thought with Rabbi Ekstrand

Bring a bag lunch and join Rabbi Ekstrand in discussion on **Wednesday, May 10 from 12 noon to 1:00 pm** at the temple. **Bring a kosher-for Passover bag lunch.**

Adult Bar or Bat Mitzvah Class If you are interested in becoming an adult bar or bat mitzvah, contact Rabbi Marc Ekstrand via email at rabbiekstrand@gmail.com.



Preschool

It is not too late to sign your child up for Pre-school. **Dates in May are the 7 &**

14 at 10:30 A.M.

Monica Goldstein is the teacher. The program includes music with Cantorial Soloist Sherry Barnes, and special programming for holidays with K-2.



Religious School 860-439-0406



Here we are once again, coming to the May bulletin article which signifies the completion of another year

of religious school at Temple Emanu-El. There are three Sundays left with several activities to complete. Please make every effort to have your children attend these last few weeks.

We will be displaying our theme baskets that were put together by our religious school classes on Sundays, May 7 and 14. The baskets will be raffled off on Sat., May 20, at the Temple auction. This gives the school children and families the opportunity to purchase raffle tickets ahead of time. So your children have a chance to choose which basket they would like to put their tickets in and perhaps be lucky enough to win.

We hope that every family will support the Temple auction and attend on Saturday night, May 20. Along with the baskets there will be a silent auction as well as the live auction with the chance to bid on many outstanding items. Great refreshments will also be served. The Religious School tries to join with the Temple to make it a very successful fundraiser.

On May 7, our 8th grade will be taking a trip to Touro Synagogue in Newport, Rhode Island. They will have an opportunity to tour the Synagogue and hear about its history.

While in Newport they will also have a chance to walk around the city and visit the Riverwalk. They will be accompanied by Tal and Guy our Emissaries, their teacher Polly Berg and Scott Wolfe, a former 8th grade teacher and active member of our Temple.

May 7 will also be a day when families with children interested in learning about our Temple and Religious School are being invited to an Open School Day at Religious School. They will have an opportunity to see the school in action, visit the classes, attend our 10:30 program and perhaps join the Brotherhood for bagels and..... as well as chat with some of our Religious School committee members about the Temple and the Religious School. If you know of anyone who might be interested in joining us that day, please invite them. There should be publicity in the area papers as well as the *Jewish Leader* so hopefully we will attract a large number of interested families

On Sunday, May 14, we will be celebrating Lag B'Omer during Religious School. Since Tal and Guy will be planning many of the activities, it should be a morning full of fun for all.

Sunday, May 21, will mark the end of Religious School at Temple Emanu-El for this year. We will have our assembly where we bid farewell to our 8th graders, who will be moving up to the Jewish Community High school; we will honor

CONTINUED ON PAGE 4

our teachers who are so dedicated, and we will recognize our students who have had perfect and outstanding attendance during the year. Our Emissaries Tal and Guy will spend a few minutes summing up their year with us and we will say farewell and thank you to them.

To complete the morning, we will have our traditional family picnic during the last part of the morning. Our “Grill Master,” Sam Winograd, and his team will cook our hot dogs and we will have chips, ice pops and juice to complete our snack. All family members are invited to join us for this event. Weather permitting; we will hold this out by the Peace Garden. Should it rain we will use the social hall. Watch for more information later in the month.

The Religious School would like to extend a Hearty Mazel Tov to Polly Berg, our 8th grade teacher, who will be ordained as a rabbi on Sunday, May 21, in Cincinnati. For this reason, Polly, as well as Rabbi Marc, Nava and Elon will not be with us for the final day of Religious School as they celebrate this very exciting occasion as a family.

Our Religious School would also like to say a very sad “Good Bye” to Iris Freeman, who, with her husband, Gary, will be moving to Massachusetts. Gary’s job is taking him there af-



Shavuot: Exploring Borders in Our Communities

Erev Shavuot,
Tuesday, May 30,
at Temple Emanu-El

7:00 - 8:00PM - Panel Discussion - Immigration Issues in our Communities

8:15 - 9:00PM - 1st Breakout Sessions

9:00 - 9:15PM - Ma’ariv

9:15 - 9:30PM - Dessert

9:30 - 10:15PM - 2nd Breakout Sessions

A collaborative event by Congregation Ahavath Achim, Congregation Beth El, Beth Jacob Synagogue, Temple Bnai Israel, and Temple Emanu-El.

ter being at the Groton branch of Pfizer for 20 years. Iris has taught in our Religious School for about 20 years and she will be missed by our staff and students. We hope they will come back to visit. You are always welcome here. We also extend Mazel Tov to Meika, Iris’ and Gary’s daughter, who is completing Law School in Washington, DC. Meika grew up in our Religious School, became a Bat Mitzvah and was confirmed.

We hope everyone has a very happy and restful summer. We will be in touch with Religious School news as well as Registration Forms for the 2017-2018 school year in the near future. Keep looking.

Religious School will tentatively begin on Sunday, September 10, 2017, with Midweek Hebrew scheduled to start on Wednesday, September 13. We will update those dates if necessary, in the near future.

See you in September.

Barbara Kallan & Marc Goldsmith
Co-Administrators



Thank You to... **April Oneg Helpers**

Florence and Michael Betten
Sandy and Abe Fisher
Iris and Gary Freeman
Terri and Marc Goldsmith
Susan and Geoff Hausmann
4th, 5th and 6th grade parents
Lesly and Jay Ginsburg
in honor of Lesly’s 70th Birthday
Barbara Senges

Thank you to everyone who helped set up and clean up after the Temple Passover Seder

Sisterhood

Sisterhood Event Dates

Daytime Outing: Tuesday, May 9 at 11:30 am

Lunch at Lillian's in Niantic (Main Street)

Followed by a walk on the Niantic boardwalk

Movie Night: Wednesday, May 24 at 7:00 pm • Niantic Cinema

Temple Emanu-El Sisterhood Service – Friday, May 12

Potluck Supper - 6:00 pm

Service at 7:30 pm

Please participate in our service and please e-mail Merrill at mazzellaa@sbcglobal.net. Please specify if you would like an English or a Hebrew part.

A Pot Luck Supper will precede the service at 6:00 p.m.

A-M please bring a main dish; N-Z please bring a side dish.

The Sisterhood will be sponsoring the oneg following the service. If there is a specialty dessert that you make and would like to share, please let Merrill know.

Please Save the Date!

End of the year Sisterhood Dinner –

Thursday, June 1, at 6:00 p.m.

Hosted at the home of Janine Sitko

11 Tanglewood Drive, East Lyme

More details to follow

Temple Emanu-El Gift Shop

The Temple Emanu-El Gift Shop will not have regular hours once religious school is out for the summer starting on May 21. Special appointments can always be arranged. Contact either tewaterfordgiftshop@gmail.com or 860-625-6618.

Thank you for all your support throughout the year. A special thank-you to Cyndi Lesser who has helped so much this year with product selection, merchandise placement, and many other jobs.

We look forward to seeing everyone in the fall.

Don't miss... The Excitement! The Food! The Prizes! The

Laughs! The Camaraderie!

Mah Jongg Tournament

Monday, June 12, 2017

9:00 to 4:30, starting with Continental Breakfast at 8:30 am.

See the registration flyer for all the details. Registration and payment deadline is June 8 (non-refundable).

We will again have our relaxed tables for those who are newer to the game, can't stay all day, or don't want to play at the tournament pace of 15 minute/game.

Contact Iris with any questions at ifreegang@aol.com or 860.460.3081(cell).

HELP SISTERHOOD WITH OUR BIGGEST FUNDRAISER OF THE YEAR

There are several ways you can support our Mah Jongg Tournament even if you are NOT a mah jongg player, and you can do more than one. We are most successful if it's a team effort. You'll feel good and have fun.

Play!

Volunteer for food prep and setup on Sunday, June 11, morning, or early afternoon!

Volunteer to serve on Monday, June 12, around lunchtime!

Solicit just one gift donation for the raffle (restaurant, hair or nail salon, gift shop, theater, service, etc.) or donate a gift card.

Buy raffle tickets (\$5 each, 3 for \$10)

Contact Iris to help in any of these ways at ifreegang@aol.com or 860.460.3081(cell).

Do you need a ride to attend a Sisterhood event? If you do, please e-mail Merrill at mazzellaa@sbcglobal.net

Brotherhood

Co-Presidents

Scott Zettler, 860-439-0676, scottzettler@gmail.com | Alvin Sher, 860-460-0491, sherster@gmail.com

We had a wonderful **April Italian Nite**, with lots of fun and food with the usual Brothers preparing. **Thank you to all the brothers who prepared, cooked and cleaned up.**

The Brotherhood winds up with spring coffee and bagels on all religious school Sundays. **May 21 will be the last Brotherhood bagel and coffee this year.**

SAVE THE DATES

- A crew of Brothers will be setting up for the Temple Auction May 20
- The Brotherhood Manbique will be at 3 P.M. at the Temple.
- All Temple brothers are welcome.

- **The Brotherhood will be serving a free breakfast at the Temple's Annual Membership Meeting, June 4, 10:00 A.M.**

- Our monthly card game will be at Emanu-El on a Sunday. The game will start at 3:30. Come join us; what have you got to lose?

As we plan for the summer and fall activities, let's hear from you if you have any ideas and/or would like to participate.

The breakfast and speaker events have been a big hit. We plan to continue this Brotherhood Temple tradition for us all after the High Holidays. Contact us if you have an idea or would like to speak about your work or interests.

Remember, as a Temple member, you are automatically a Brotherhood member; no dues, no application, no secret hand shake, and no rules.

ANNUAL AUCTION — MAY 20

Temple Auction – May 20 – My last Auction as VP of Fundraising – goal is to raise \$30,000.

There is less than a month to the Temple's biggest event of the year – our annual auction with this year's theme "Mini Burger Bonanza." I am stepping down after 20+ years of leading Fundraising for the Temple. Please help me meet or exceed our target.

Consider being a sponsor and donate money. The levels are as follows:

Platinum - \$500 or more

Gold - \$300-\$499

Silver - \$200-\$299

Bronze - \$100-\$199

Pewter - \$36-\$99

Everyone's help and support is needed to make our budget. **If you have any of the following, consider donating them to the auction:**

Vacation Properties

Timeshares

Gift Cards and certificates (stores, restaurants, online shopping, spas, etc...)

Tickets to shows, events, or sports teams

Airline miles

Unique experiences that you might be able to provide

Sponsor an ad in the auction book (full, ½, ¼ pages are available)

Donate a new item or cash to support the auction

Thank you in advance for all your help and support. If you have questions please contact the following:

John Murphy, VP Fundraising (jem37@atlanticbb.net or 860-608-0774), Armi Rowe (armirowe@gmail.com), or the Temple Office (temanu-el@sbcglobal.net or 860-443-3005).

Please make sure you attend and support the event.

The online auction started on April 21 and can be found at <http://templeauction.com>– you can check it out now to see items and sponsors.

The Live Auction is Saturday, May 20 starting at 6:30 pm.



Benefits Temple Emanu-El's Essential Services Fund

*Temple Emanu-El
Auction Committee
invites you*

Online auction
Begins April 21
Bid online at:
www.templeauction.com

**SILENT & LIVE
AUCTION AT EVENT**

**Mini
BURGER
BONANZA**

Sizzling hot sliders
of all kinds!
traditional
salmon
veggie
turkey
chicken

fun picnic sides
wine, beer & soda
..and more

Saturday, May 20, 2017 at 6:00 p.m.
Temple Emanu-El Social Hall – 29 Dayton Rd, Waterford
RSVP to (860) 443-3005 \$25 per person

Artwork by Amanda Rowe

Social Action

The Social Action Committee continues to try to find a balance between expanding its role while keeping a focus on its core activities. We want to reach out to all in the Temple community and get as much involvement as possible. The things to always know about Social Action is that there is a place for everyone, and that Social Action is a two-way street. By giving as a volunteer there is at least as much given back as is given out.

To encourage volunteerism on as broad a scale as possible, the Social Action Committee is working on a catalogue of Volunteer Opportunities that will list and describe organizations in the Jewish Community and in Eastern Connecticut that need volunteers. This will be a work in progress and will be sent to everyone by the end of the month. Look at it and decide what activity might be a good fit for you.

By the time you read this, the first of the Single Event Mitzvah Days will be history. Our first event was participating in the Walk to End Homelessness sponsored by Connecticut College to benefit the Homeless Hospitality Center in New London. For the future, the Social Action Committee will organize Quarterly Mitzvah Days. Each will address one project that will be open to everyone at the Temple.

The Social Action Committee has continuing projects that need more help.

Start Fresh, works with refugee families in Eastern Connecticut being given a fresh start for their new lives away from such places as Syria. There is always a need for tutors and

people giving rides, etc. The group meets at Crossroads Presbyterian Church in Waterford on Thursdays at 5:30.

Habitat for Humanity Sunday Builds. We help build houses and are partnered with Congregation Beth El. Our Builds are monthly and our next Sunday Build is in Groton on May 7th. Please consider joining us.

New London Community Meals Center. The Temple prepares, serves, and cleans up for evening meals one Tuesday a month. The Temple has been doing this with great success for many years. **Our next scheduled meal is on May 16.** If interested, contact Hali Keeler.

The next Social Action Committee Meeting is on May 7 at 10:00 a.m. Please join us.

Gary Freeman, the Social Action Committee co-chair, is moving with Iris to Massachusetts. Thank you, Gary, for all your tireless work in every aspect of the Temple community. We will all miss you beyond words. Good Luck in your new home. Our loss is Massachusetts's gain.

Gary Freeman, Marty Zeldis,
Co-Chairs Social Action Committee

Gary.B.Freeman@pfizer.com / ztr8n@aol.com

2017 Howard Ilson Memorial Award Goes to Iris Freeman



It is hard to think of anyone who has been involved in more facets of Temple life than Iris Freeman. She is especially known as the Mah Jongg maven, having started the Mah Jongg tournament, which has become the major fundraiser for Sisterhood, but she has done much more. Iris has been Sisterhood co-president, run the gift shop, and been on many committees, including the 30/50 celebration, and Rabbi Rosenberg gala event. She has volunteered at the Goods and Services Auction, the Bentley golf tournament, and others.

In the religious sphere, Iris has been a religious school teacher for 15 years. Her participation in Hadassah and with the Jewish Federation helps the Jewish community, and she has also given to the general community by volunteering with Habitat for Humanity and the Community Meal Center. This is also a bittersweet moment for Iris and the Temple Emanu-El community, since Iris and Gary (also an Ilson Award recipient) moved to Boston for job reasons.

So, **please join us as we honor Iris at the Shabbat evening service on May 26 at 7:30 PM**, and wish her and Gary the best in their new home. We will miss them greatly.

Donations (Make checks payable to Temple Emanu-El and remit to PO Box 288, Waterford, CT 06385)

Aaron and Pearl Parker Religious School Fund

Eleanor and Robert Hoffman
-- in loving memory of Benjamin Angert on his yahrzeit

Alter Fund

Abraham and Sandra Fisher
-- in loving memory of Evelyn Driessen on her yahrzeit
Judy and Stephen Mann
-- in memory of Rhoda Feinstein
-- wishing Jay Ginsburg a full and rapid recovery

Building Support Fund

Martin and Joanna Lazarus
-- in memory of Fuzzy Gipstein

Craig Blumsack Fund

Matthew and Florence Lewis
-- in loving memory of Rose Pearlman Tulman on her yahrzeit
Michael and Marcia Reinhard
-- In honor of 2016-2017 B'nai Mitzvah Class
-- in honor of all April birthdays and anniversaries

Essential Services Fund

Ed and Nadine Conrad
Alvin and Patricia Sher
-- in memory of Marie Rouquette
-- in memory of Fuzzy Gipstein
Caren and Bob Linden and family
-- in loving memory of Benjamin Linden on his yahrzeit
Elwin and Cheryl Schwartz
-- in loving memory of Stanley Sedransk on his yahrzeit
-- in loving memory of Jerome Schwartz on his yahrzeit
Henry and Kathryn Talbot
-- in memory of Jennifer Rock's father, William Mandelbaum
Jane and Chic Weinberg
-- thank you to all who donated to our Mishloach Manot gift bag
Lois and Stephen Panikoff
-- in memory of Rhoda Feinstein
-- in loving memory of Rebecca Goodman on her yahrzeit
-- in memory of Erica McCaffrey's grandmother, Corrinne Willins
Martin and Joanna Lazarus
-- in loving memory of Josphine Hovey on her yahrzeit
-- in loving memory of Mary Temple on her yahrzeit
Paula Garnica
-- in loving memory of Mary Shleffar on her yahrzeit
Peter and Barbara Kallan
-- in memory of Jennifer Rock's father, William Mandelbaum

Isaaca Siegel Landscaping Fund

Barry and Cecile Feldman
-- in memory of Erica McCaffrey's grandmother, Corrinne Willins
-- in memory of Jennifer Rock's father, William Mandelbaum
-- in memory of Abraham Allie Feldman on his yahrzeit

Lothar Knobel Library Fund

Gail Leeser
Sarah Strauss
Stuart Miller

Meyer Goodman Fund

Debra Miller
-- in loving memory of Gloria Miller on her yahrzeit
-- in loving memory of Burton Miller on his yahrzeit

Mitzvah Fund

Cindi Williams
Peter Jamison
-- in memory of Eleanor Katz, sister of Judy Mann
Ellen Gottfried
-- in loving memory of my parents Marion and Abe Gottfried
Ethel Chatkin
-- in memory of Jay Hytone, brother of Jean Rubinsky

Rabbi Aaron Rosenberg Tikkun Olam Youth Award

Michael and Marcia Reinhard
-- in memory of Leo Scharfman
-- in memory of Fuzzy Gipstein
-- in memory of Eleanor Katz

Rabbi's Discretionary Fund

Edward and Judith Goldberg
-- in appreciation of Rabbi Marc Ekstrand
Judi Glickstein
-- in honor of Rabbi Marc Ekstrand's birthday
Leonard and Helen Goldstein
-- in loving memory of Louise Goldstein on her yahrzeit
Lois and Don Steinman
-- wishing Jay Ginsburg a full and rapid recovery
Lori and Mitch Corah
-- in loving memory of Jo Kogan
Michelle Blinderman
-- in loving memory of Gertrude Pat Blinderman on her yahrzeit

Ruth Joan Brody Religious School Fund

Peter and Barbara Kallan
Temple Emanu-El Religious School
Henry and Jane Weinberg
-- in loving memory of Freda Weinberg on her yahrzeit



**TEMPLE
EMANU-EL**

WATERFORD, CT

Temple Emanu-El
Religious School
Open House

May 7, 2017 • 9:30-12
Preschool – 8th grade

Come visit classrooms,
tour the temple, and
enjoy refreshments.

Building a vibrant community
through Reform Judaism

29 Dayton Road
Waterford, CT 06385
www.tewaterford.org
860-443-3005

Temple Emanu-El Sisterhood
29 Dayton Road (Mail registration to: P.O. Box 288)
Waterford, CT 06385
(860) 443-3005

FULL DAY MAH JONGG TOURNAMENT

Monday, June 12th, 2017 9:00 AM– 4:30 PM

Registration/Breakfast 8:30 – 9:00; Tournament begins at 9:00

Our fun day includes:

- Continental Breakfast and Lunch
- Lots of mah jongg - 6 rounds
- Cash prizes for top scores



Tournament play is based on a 15 minute game, using the NMJL card. We will also offer novice tables for players who want a more relaxed game. This is the perfect opportunity to experience a tournament with no pressure but all the fun.

Cost: \$35 per person – includes everything above!

To register: Mail tear-off below with \$35 check to Temple Emanu-El Sisterhood.
Deadline: Thurs., June 8th, 2017. Register early to ensure a spot! No refunds.

PRE-PURCHASE RAFFLE TICKETS AND AVOID LINES AT THE DOOR!!

Prizes include a beautiful Mah Jongg Set. Just add payment to your registration check and tickets will be preprinted and waiting for you. **\$5** for one ticket; **\$10** for three tickets.

For more information contact Iris at ifreegang@aol.com or 860-460-3081.

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Mah Jongg Tournament - June 12— full day

Name: _____ Email: _____

Address: _____ Phone: _____

Check any that apply:

_____ I can bring a Mah Jongg set and be East (everyone records their own scores)

_____ Seat me at Novice/Relaxed table only (longer than 15 min./game)

_____ I am including payment for ___ Raffle ticket(s)

What is means to have Ulcerative Colitis

At the adult Purim spiel, a bit over six years ago (2011), I was trying to hang on for one last day. I was Elvis, "The King," and the story told over generations had to be told. However, after losing 20 pounds over a month's time and my hemoglobin levels indicating severe anemia, I knew it was going to be tough. The show went on (to rave reviews). Within 24 hours, I was urgently admitted to Westerly Hospital.

Since receiving radiation therapy to my abdomen in 1999, I have been dealing with ulcerative colitis. My disease is what brought my family to Waterford in 2002 because my New York career and UC could not coexist. Although I loved my work, and my career was taking off, the disease was too unpredictable and overwhelming. I was failing all therapies. My life was being dictated by pain, low energy from anemia and a need to know my proximity to restrooms. I needed to take on a role with less travel and a short commute.

In 2004 I had a major flare-up of UC and to avoid a colectomy I took a long shot that a renowned expert in inflammatory bowel disease from Mt. Sinai Hospital in N.Y. would see me. He did, and quickly. I was put on a powerful immunosuppressive drug that had risks that I had to weigh. The drug worked, and for the next 6 years I was in my first remission. Many of you got to know me during that time, not knowing about my silent disease.

During that period of remission, I served on the Temple Board of Trustees and the Executive Board. My family became active and dedicated members of the congregation. All was great. Then something went wrong in early 2011. I started to no longer respond to the medication.

I won't describe what a severe UC flare is like. Believe me, it's horrible. There's no rest, no reprieve. If you ask a patient's loved ones or caregiver, it impacts the fabric of a family.

The day after the Purim spiel I was in the hospital on very high doses of IV steroids and because of dehydration and

inability to absorb some nutrients, I had a variety of things dripping into me. Unfortunately, I wasn't responding to steroids. I was still losing weight and losing blood. It was looking like the time to part with my colon was becoming an unstoppable reality.

While in the hospital many of you visited and sent wishes. Rabbi Rosenberg provided healing prayers. My name was said at services during misheberach. By the seventh day in the hospital, I was told that my next step was the intensive care unit. But something miraculous did happen on that seventh day (you may ask me sometime) that gave me the strength to say "get me out of here." I went home on the 8th day (April 1) extremely weak, but hopeful.

Miraculously indeed, by that July I was in good health and took on the role of president of the congregation. I am confident that I got there through my and my family's faith and your prayers. Thank you.

Here we are, six years later, and there are many other members of our congregation who are suffering with inflammatory bowel disease. I want to help them, their loved ones and our congregation. That is why I am partnering with the Crohn's and Colitis Foundation of America for an elegant fundraiser that will equally benefit both Temple Emanu-El and the CCFA. The event will take place at Langley's on June 10 in the evening and will include speakers, a full plated dinner, open top shelf bar, music and silent auction.

Please find a way to join me and our committee (Roberta and Hannah Winograd, Geoff and Susan Hausmann, Erica McCaffrey, Gay Clarkson, Marie Abraham, John Murphy, Armi Rowe and Whitney Abel from the CCFA) at this important event. Please spread the word outside of our congregation and I look forward to seeing you then.

Jonathan Rowe



You are Cordially Invited to

Cocktails for a Cause

To benefit the Crohn's & Colitis Foundation and Temple Emanu-El

Saturday, June 10, 2017

6:00 PM - 10:00 PM

- Langley's Restaurant •
28 Lamphere Road, Waterford, CT 06385

RSVP by June 3rd online at <http://online.cdfa.org/CocktailsforaCause2017> or
by mail to Crohn's & Colitis Foundation, PO Box 303, Middletown, CT 06457



Ticket Price: \$120
Table Price: \$1,100 (10 tickets)

Cocktail Attire

Dinner | Open Bar | Auction | Entertainment | Patient Speakers



Please contact (860) 759-0232 or wabel@crohnscolitisfoundation.org with any questions.

May Calendar of Events

Mon.	May 1	5:45 PM	Community Yom Ha'Atzmaut at Cong Beth El
Tues.	May 2	7:30 PM	Religious Practices Meeting
Thur.	May 4	7:30 PM	Nar-Anon Meeting
Fri.	May 5	5:30 PM	Tot Shabbat
		6:00 PM	Shabbat Dinner
			Catered by the Masson Family see flyer
		7:00 PM	Multi-Generational Shabbat Evening Service/Blessings for Birthdays and Anniversaries
Sun.	May 7	9:30 AM	Brotherhood Bagels
		9:30 AM	Religious School
			Prospective Member Religious School Open House
		10:30 AM	Preschool
		11:00 AM	Bible Study
Mon.	May 8	6:00 PM	Jewish Community High School Graduation
Wed.	May 10	12:00 PM	Food for Thought
		7:30 PM	Board of Trustees Meeting
Fri.	May 12	6:00 PM	Sisterhood Potluck
		7:30 PM	Shabbat Evening Service
			Sisterhood will be participating
Sat.	May 13	8:30 PM	Havdalah and Ice Cream Mystic Green/Mystic Draw Bridge Ice Cream
Sun.	May 14	9:30 AM	Brotherhood Bagels
		9:30 AM	Religious School
		10:30 AM	Preschool
		11:00 AM	Bible Study
Fri.	May 19	7:30 PM	Shabbat Evening Service
Sat.	May 20	6:00 PM	Temple Auction
Sun.	May 21	9:30 AM	Brotherhood Bagels
		9:30 AM	Religious School
		11:00 AM	Bible Study
Wed.	May 24	TBD	Sisterhood Movie Night
Fri.	May 26	7:30 PM	Shabbat Evening Service
			Presentation Howard Ison
			Award to Iris Freeman
Tues	May 30	7:00 PM	Erev Shavuot —
			Panel Discussion - Immigration
			Issues in our Communities
		8:15	1st Breakout Sessions
		9:00	Ma'ariv
		9:15	Dessert
		9:30	2nd Breakout Sessions
Wed.	May 31	10:30 AM	Shavuot and Yizkor Service
			Joint Community Program

June Calendar of Events

Fri.	June 2	5:30 PM	Tot Shabbat
		6:00 PM	Multi-Generational Shabbat Dinner
		7:00 PM	Multi-Generational Shabbat Evening Service
Sun.	June 4	10:00 AM	Annual Meeting
Fri.	June 9	7:30 PM	Shabbat Evening Service
Sat.	June 10	6:00 PM	Cocktails for a Cause
Wed.	June 14	12:00 PM	Food for Thought
Sat.	June 17	8:45 PM	Havdalah
Fri.	June 16	7:30 PM	Shabbat Evening Service
Fri.	June 23	7:30 PM	Shabbat Evening Service
			Board of Trustees Installation
Fri.	June 30	7:30 PM	Shabbat Evening Service



Shavuot



Shavuot is the Hebrew word for “weeks” and refers to the Jewish festival marking the giving of the Torah at Mount Sinai, which occurs seven weeks after Passover. Shavuot, like many other Jewish holidays, began as an ancient agricultural festival that marked the end of the spring barley harvest and the beginning of the summer wheat harvest. In ancient times, Shavuot was a pilgrimage festival during which Israelites brought crop offerings to the Temple in Jerusalem. Today, it is a celebration of Torah, education, and actively choosing to participate in Jewish life.



Our Leadership

Rabbi / Marc Ekstrand

Rabbi Emeritus / Aaron Rosenberg

Cantorial Soloist / Sherry Barnes / shirie3860@aol.com

President / Sean Bendick / sbendick.of.tem@gmail.com

Vice President / Jonathan Rowe

VP of Building and Grounds / Geoff Hausmann

VP of Fund Raising / John Murphy

VP of Membership Committee / Barbara Senges

VP of Religious Practices / Jo-el Fernandez

Treasurer / Chris Rock

Financial Secretary / Tom Smith

Recording Secretary / Deborah Linder

Corresponding Secretary / Elsa Freedman

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Sue Fornara, Ellen Gottfried

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Rachel O'Brien, Armi Rowe

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Deadline for June 2017 Bulletin is Friday, May 12.

Email your articles to Roberta at temanu-el@sbcglobal.net

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