

Enjoy Your Summer Time at Beth Tzedec

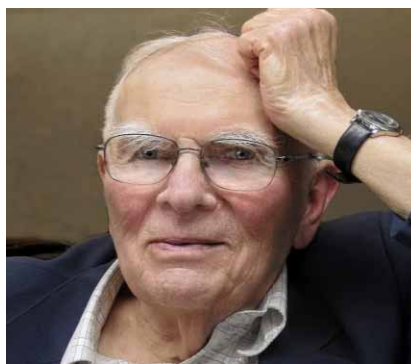
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How to Prepare Now for a Vibrant and Healthy Aging

SUNDAY, JUNE 12 AT 7:30 PM

Wise Aging with Professor Eitan Okun

As we and our loved ones age, we worry about cognitive decline and maintaining mental sharpness. Prof. Eitan Okun, neuro-immunologist, shares what his research has discovered about preventing and slowing memory loss, and what lifestyle choices each of us can make to have the best chance for maintaining strong cognitive skills as we age.

This program will be held in Beth Tzedec's Orenstein Mezzanine Hall and will also be available via livestream for those wishing to participate virtually. Pre-registration is required for all.

Pre-registration is required to access the livestream link.

To register, visit <https://tinyurl.com/wise-aging-eitan-okun>





*We all long for
in-person panim el
panim relationships.
We've learned just
how essential they
are to our lives.*

All Israel is Responsible One for the Other

Kol Yisrael Aravim Zeh B'Zeh—All Israel is responsible one for the other. As I write this, I am in Israel. My trip began when Jody and I were able to visit our daughter Ziva who lives in Haifa. Because of COVID, our ability to get here or to get her to visit us in Canada was limited. It's my first time doing the “parent” thing of shopping at Ikea and helping her to round out her apartment furnishings. It turns out that I'm not so bad with screwdriver!

Today is day two of the Ramah Israel Bike and Hike program to raise funds to support Camp's Tikvah (Special Needs Programs). Jody has been hiking and I have been biking. We have strong Canadian and Beth Tzedec representation.

I am enjoying getting to know our group. It's been fun and challenging, though at this point I am really looking forward to Shabbat. That will come after three days of cycling, 175 km and almost 7000m of climbing, including Mt. Hermon today. *Shabbat Vayinafash* (the rejuvenation of Shabbat) will have a whole new meaning. Amen.

Mostly, though, I am reflecting on my visit to a Ukrainian absorption centre.

It's the one “non-vacation thing” I allowed myself on this trip. As you know, Bruce Leboff and I serve as the chair and vice-chair of the Aliyah Committee of the Jewish Agency. A month ago, I went to Poland to learn first-hand what JAFI was doing to rescue Ukrainian Jews and to provide refuge to them because of Russia's war and help those who qualify for aliyah to come to Israel. (I spoke about that trip Shabbat Passover. You can find my sermon [here](#).)

Here in Israel, I had a chance to follow the journey of some of those same people, including Lillia and her daughters. When I met them a month ago, they had arrived in Warsaw a week earlier after a harrowing, eight-day journey from Kharkiv to Romania. A week later, she and her daughters were in Israel celebrating Passover, which not surprisingly took on a more personal and deeper meaning. Last Sunday when I met them, they had an apartment in Bat Yam and her daughters were in school. Sonya, the seven-year-old, was loving it and making so many new friends. And her teenager was working to be raised a level because her original class was not challenging enough. They seemed happy. And they, like everyone I met, were grateful.

It takes so much courage to become a refugee. You know you can't stay where you are and you have no idea what will happen when you get to a new country. Will you be welcomed, cared for, assisted in rebuilding your life? How long will it take? How hard will it be? It's one thing to choose to start your life over again. It's another thing entirely to be forced to do so.

Israel has so far absorbed almost 20,000 Ukrainian and Russian new olim—refugees—and those who think that with this war now is the time to



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To contribute your news, congratulations,
member updates or other listings, send an
email to thumphries@beth-tzedec.org, call
416-781-3514, ext. 212 or fax 416-781-0150.



Monday afternoons at 12:30 PM

Rabbi Steven Wernick gathers a cadre of community personalities for conversations on politics, culture, social existence and Jewish life.

Grab a cup of coffee and log on to join us. Sessions will be streamed to **Facebook** and **YouTube**. Comment with questions for our guests on either platform.

UPCOMING GUESTS

June 13: Jakir Manela

Jakir Manela, Chief Executive Officer, talks about Hazon-Pearlstone's mission of leading a transformative movement weaving sustainability into the fabric of Jewish life.

June 20: Sharon Graham

Sharon Graham, a Winnipeg-based historian of Canada's Jewish community, joins Reb Steve for special edition of Conversations Over Coffee.

July 4: Mike Katz

Mike Katz, former head coach of the University of Toronto's Varsity Blues, the Humber College men's basketball team and assistant coach of Team Canada's men's basketball squad at the 2000 Olympics in Sydney talks about Jews in basketball.

July 18: Ben M. Freeman

Ben Freeman, a Scottish-born gay Jewish internationally-renowned author, educator and Diversity, Equity and Inclusion specialist, will discuss Jewish pride.

New guests are added to the series regularly. Check our **website** frequently for updates.



leave. I continue to be in awe of what the Jewish Agency and the State are doing. And as a student of history, the circumstances of the Shoah and World War II are always front of mind.

Jewish refugees had no where to go 85 years ago. Many were wealthy or had local populations willing to ensure they did not need public welfare. And still, country after country responded as ours did, “None is to many.” As a result, many fellow Jews were slaughtered.

Not today. Today we will rescue you from behind enemy lines. And when you arrive in a safe country, if you qualify for aliyah, you will be in Israel a week later. A month after that, you could be in an apartment, learning Hebrew, looking for work and your kids will be in school. That’s what it means to have a Jewish State.

It’s still not easy. Government bureaucracy is the same the world over. There are forms to fill out, documents to receive and this department doesn’t necessarily speak to that department. I heard of the challenges the Ukrainian refugees are facing. Lillia for example, is working on getting her medical license. She is a vascular surgeon and just missed, by months, a new regulation that would have granted it based on her education

and experience. So, we are petitioning the Ministry for an exception.

But each one of the people I met, also expressed a profound sense of gratitude for the Jewish Agency and for Israel. For them, these were literal lifelines. As they shared with me their experiences—escape, arrival and absorption—many cried because they were simply overwhelmed with their emotions. I cried with them.

Yes, they were tears of loss. They were also tears of joy and gratitude. Joy of knowing that they were not alone. And gratitude that because they were Jewish or had a Jewish grandparent, they were part of a people, who today have a State.

I have been studying *The Zionist Ideas* by Gil Troy this year with a group of Beth Tzedec members. The notion of Israel as a refuge is a dominant theme of Zionism. It is not the only theme, but in the 19th century as antisemitism was growing, many foresaw the need for a State.

Today, those early Zionists would probably be distressed about the state of the world and even perhaps about how Israel still has a way to go to realize our vision of it, but they would be proud to know that the Jewish people of Ukraine are being rescued

and absorbed into Israel. They would be proud to know that the mitzvah *Kol Yisrael Aravim zeh b’zeh*—that all the People Israel are responsible one for another is being fulfilled because there exists a State of Israel and a People of Israel with the means to support such a project of the Jewish people.

This year Israel will celebrate its 75th Yom Ha’atzmaut (Independence). Join me and UJA Federation for our community mission to Israel. On this trip, we will meet with those Ukrainians who have been rescued by Israel and are now Israelis. And we will be able to celebrate all that Israel has become—a startup nation, a leading country in medicine, climate solutions, disaster responses and more—and learn of the challenges it faces as it strives to continue becoming the type of society it wants to be and we want it to be—a solution to the conflict with the Palestinians, equity for Israel’s Arab minorities and other marginalized populations, religious pluralism and more, to name a few.

I’m excited to be leading Beth Tzedec’s delegation. Let’s fill a bus! At the conclusion of this Yom Kippur, let’s shout *L’shannah Hazeh Birushalayim*—This Year in Jerusalem! We have a lot to celebrate!



Our best days are ahead of us, but only if you are a part of the excitement.

Best Days Ahead

I am not a lifelong member of Beth Tzedec, but I feel as if this has been my home forever. My husband Sheldon and I were married in what was the Youth Chapel in 1981. I was a young, impressionable girl, and awestruck at the sight of our grandiose sanctuary. In fact, it was somewhat intimidating for someone coming from a much smaller synagogue in Downsville.

I joined the Beth Tzedec Board of Directors in 2012, taking on various leadership roles along the way. I am grateful to have organized and executed the Mother's Day Chai Tea for eleven years, along with Shabbat dinners and many synagogue Galas. I am also proud to be a leader in the Beth Tzedec Small Groups, teaching cooking classes over Zoom for the past two years. Becoming President, however, was not even in my rearview mirror! When Debbie Rothstein requested I become her Chair of the Board, there was no going back.

The last few years have not been easy for so many synagogues, but Beth Tzedec truly has gone above and beyond to maintain a phenomenal level of engagement and spiritual connection. Our Spiritual Leadership Team is remarkable, and I am honoured to partner with the likes of Rabbis Wernick, Fryer Bodzin and Frydman-Kohl as well as Cantor Ezer, Lorne Hanick, Yacov Fruchter and Daniel Silverman. We are also blessed with a fabulous team in our administrative offices.

For those who attended our Annual General Meeting, either in-person or virtually, you were witness to Debbie Rothstein's President's remarks. While other shuls may have languished during the pandemic, Beth Tzedec flourished. Donations were up and engagement never faltered. However, after a market analysis was prepared by Daniel Silverman, our Director of Education

and Program Development, and Naomi Kramer, Chair of our Family Engagement Committee, it was apparent that we have not spent enough funds on the 40 and under cohort, young families and our youth. With this in mind, our Board agreed that we must focus on family engagement and invest in the growth of our future to support the dreams and aspirations of our children and grandchildren. We will hire a Family Engagement Coordinator as well as an assistant Rabbi by summer 2023 to lead this outreach effort. We will also introduce a new and innovative membership model we call the Generations Membership category.

I am thrilled to be part of "The Generations Membership" initiative, which is an aggressive engagement strategy that will significantly change our membership model for our younger members under forty. This initiative will put our shul on the map as a bold leader in the Jewish community both in the GTA and North America. You will hear much more about this initiative in the coming months.

How can we do this, you ask? Our donors have committed to ongoing support. We will leverage our endowments, funds and investments. We will hire a Director of Development who will play an integral role in developing the strategy and ensuring the implementation of donor-centered fundraising programs that will drive growth, build a strong donor pipeline, deepen donor relationships and provide donors with excellent stewardship.

Our core values focus on the following: *Care, Connect, Celebrate, Prayer, Learn, Give and Get*. With renewed vision and relationship building, we can continue to fulfill our mission of **inspiring and enabling our community to lead meaningful Jewish lives.**

I look forward to working with our committed, driven and focused Board of Directors, and I welcome Sasha Abrams and Bruce Elman to our capable team of lay leaders. I am confident that together we can take these new and exciting initiatives to their fullest potential.

Our Opening Task Force, led by Lawrie Lubin, along with several qualified medical professionals, has literally been a lifesaver. This pandemic has had a major physical and psychological effect on everyone. But keeping everyone

safe, regardless of the pressures put on us, was our chief concern. Please remember that Beth Tzedec's doors are open. Come back to shul. Vaccine status is no longer required but masks and social distancing still are.

*Please note that we will continue to provide Zoom and livestream access but *Devarim sheb'kedushah*—prayers that require a minyan (*Barkhu*, *Kaddish*, *Kedushah* and Mourner's *Kaddish*)—will only be recited in the presence of an in-person minyan.

Our best days are ahead of us, but only if you are a part of the excitement. As I said when I assumed this position, Beth Tzedec changed my life for the better. Let it change yours, too. If you would like to get involved or have any questions (compliments are also welcome), please email me at president@beth-tzedec.org.

Thank you for giving me this amazing opportunity and I wish you a safe and enjoyable summer.

—Patti

Beth Tzedec Executive and Board of Directors 2022-2023

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Ex Officio

Messages for the Board can be directed through Patti Rotman (president@beth-tzedec.org) or Don Smith (chair@beth-tzedec.org), or you can contact the Synagogue office at 416-781-3511 to leave a message for them.

The Rav Roy Tanenbaum Israel Scholarship

Beth Tzedec is pleased to announce a new scholarship fund for students enrolled in degree programs in accredited colleges or university in Israel. Preference will be given to Beth Tzedec members. For more information, please contact **Hadassah Bernstein** at 416-781-3514, ext. 244 or hbernstein@beth-tzedec.org.

Mazal Tov to our B'nei Mitzvah

WHO HAVE COMPLETED OUR BAR/BAT MITZVAH PROGRAM



May 21

David Justin Linder
son of Cindy Linder

אבי צבי בן אסתר העניה



June 4

Cole Samuel Lapedus
son of Justin Lapedus &
Danielle Lapedus

שי חיים בן צבי חניאל
וגיטה פיגה



June 11

Blake Abramson
son of Edward Abramson
and Robina Abramson-
Walling & Ian Walling
גלעד בן יהודה ובינה



June 18

Benjamin Mandel
son of Lawrence
& Elana Mandel

יוחנן יעקב בן יהודה ליב
ועטא מרים



Renew Your Commitment to Beth Tzedec

Our annual Member renewal drive kicks off on July 1! Watch your inbox and mail box for details coming soon.

To renew or become a Beth Tzedec member, or to learn more about our Generations Membership initiative, contact Klara Romm at 416-781-3514 ext. 220 or kromm@beth-tzedec.org.

Milestones and Celebrations

We can't share your good news unless you tell us about it. Send an email to thumphries@beth-tzedec.org or call 416-781-3514, ext. 212. Deadline for the next *Bulletin* covering September through November is July 8.



Births

Simone Arlo, daughter of Corey & Dalia Shankman, granddaughter of Tammy Kerbel, Marty & Silvana Shankman, Lynn Kofman and Tali Haimen (of Montreal), great-granddaughter of Carole & Harvey Kerbel and Roslyn Gittleson (of Montreal), born **November 10, 2021**.

Hayley Rose, daughter of Risa Reisman & Eric Jacobs, granddaughter of Gloria & Ron Jacobs, Linda Reisman and Howard Reisman, great-granddaughter of Danny & Thelma Wisablott, born **February 13**.

River Pollock, son of Les & Eden Klopfer, grandson of Ron & Joodi Pollock, great-grandson of Edith Pollock, great-nephew of Gary & Patti Pollock, born **March 14**.

Hailey Morgan, daughter of Melanie & Kory Ross, sister of Avery and Zoey, granddaughter of Lee Finkelstein and Sheri Finkelstein, great-granddaughter of Irene & Al Nichol and Marilyn & the late Albert Finkelstein, born **May 16**.



Weddings

Brittany Shay Sud, daughter of Reesa & Avrom Sud, granddaughter of David^z & Martha Sud and Louis^z & Yetta Hotz, and **Justin Leo Hennick**, son of Karrie & David Hennick, who were married on **September 12**.

Congratulations

Jordan Abugov, son of Carolyn Pascoe and Eric Abugov, grandson of Brenda & Barney^z Dales, Morton Pascoe and Carol & Albert^z Abugov, and **Rachel Langer**, daughter of Michelle Green and Alan Langer, granddaughter of Sallie & Booky^z Green, Rosalie Langer^z and Jerry Langer^z, on their engagement.



Vera Finkelstein, who will celebrate her 85th birthday on June 1.

Many Thanks

The Fryer Bodzin Family, who sponsored a Congregational Kiddush on March 5 to honour **Aaron Bodzin** on his 50th birthday.

Adam Agulnik & Galit Zupnik, who sponsored a Congregational Kiddush on March 5 to honour the b'nei mitzvah of their child **Maya Agulnik**.

Adam & Mia Rapoport, who sponsored a Congregational Kiddush on April 2 to honour the bat mitzvah of their daughter **Chloe Rapoport**.

Darren & Jennifer Levine, who sponsored a Congregational Kiddush on April 9 to honour the bar mitzvah of their son **Noah Levine**.

Michael Kraft & Lesli Marcus, who sponsored a Congregational Kiddush on May 7 to honour the bar mitzvah of their son **Jonathan Kraft**.

Ruth Promislow & Shawn Hewson, who sponsored a Congregational Kiddush on May 7 to honour the bat mitzvah of their daughter **Georgia Hewson**.

Jesse & Renee Kaufman, who sponsored a Congregational Kiddush on May 14 to honour the bar mitzvah of their son **Aiden Kaufman**.

Daniel Rethazy & Lauren Greisman, who sponsored a Congregational Kiddush on May 14 to honour the bar mitzvah of their son **Oliver Rethazy**.

Jeffrey & Debra Wolfe, who sponsored a Congregational Kiddush on May 14 to honour the bat mitzvah of their daughter **Mia Wolfe**.

Jeremy Jacobs & Carrie Lindzon-Jacobs, who sponsored a Congregational Kiddush on May 14 to honour the bat mitzvah of their daughter **Emma Jacobs**.

Ira Levy & Shari Zinman-Levy, who sponsored a Congregational Kiddush on May 21 to honour the bar mitzvah of their son **Solomon Levy**.

Jared Stein & Naomi Zittell, who sponsored a Congregational Kiddush on May 28 to honour the bar mitzvah of their son **Henry Stein**.

Lorne Sugarman & Vanessa Pinsky-Sugarman, who sponsored a Congregational Kiddush on May 28 to honour the bar mitzvah of their son **Aidan Sugarman**.

Justin Lapedus and Danielle Lapedus, who will sponsor a Congregational Kiddush on June 4 to honour the bar mitzvah of their son **Cole Lapedus**.

E.J. Abramson and Robina Abramson-Walling & Ian Walling, who will sponsor a Congregational Kiddush on June 11 to honour the bar mitzvah of their son **Blake Abramson**.

Lawrence & Elana Mandel, who will sponsor a Congregational Kiddush on June 11 to honour the bar mitzvah of their son **Benjamin Mandel**.



Torah and Tree Pose

WITH MARCEE BAR-ISAAC AND RABBI FRYER BODZIN

Begins Monday, October 2

Bringing Together Body, Mind and Spirituality

Join us monthly for a brief text study, followed by yoga (all levels), and concluding with moments of mindfulness and meditation.

Please bring your own yoga mat.



The Beth Tzedec Centre for
Spiritual Well-Being



MIRIAM & LARRY
ROBBINS HEBREW ACADEMY
האקדמיה העברית ע"ש רובינס
CONTINUING A PROUD USDS TRADITION

BODY AND SOUL SUMMER WALKING GROUP

Wednesday mornings 9:00 to 10:15 AM

**June 8, 15, 22 & 29, July 6 & 27 and
August 3, 10, 17 & 24**

Exercise your body and soul with Rabbi Robyn Fryer Bodzin for a bit of Torah and a lot of walking. We will meet at 77 Chiltern Hill (at the corner of Chiltern Hill and Warwick Ave.) Please remember to bring water, sunscreen and a hat. We will not meet on rainy days.



Brought to you by

The Beth Tzedec Centre for
Spiritual Well-Being



What the “Body and Soul Walking Group” and “Torah and Tree Pose” have in common is that they impact both our internal and external selves.

Body, Mind, Spirituality

Dear friends,

For three years I have participated in the Clergy Leadership Program (CLP) of the Institute of Jewish Spirituality (IJS). On an ongoing basis, the program has enabled me to learn with an array of *hevrutot* (study partners) all over the world. In addition, I have connected with mentors, gathered monthly (by Zoom) with my cohort and attended mindfulness retreats. With God's help, the final retreat will be once again in person this July.

As a result of the CLP experience thus far, I score high based on the following metrics:

- I am able to be more fully present.
- I cultivate gratitude more frequently.
- I am able to listen more compassionately
- I have greater emotional resilience
- I am more aware of emotional triggers.

The impact of CLP on me professionally has been enormous. I have shared texts that I learned in Shabbat sermons as well as between weekday *Minhah* and *Maariv*. The experience has influenced my approach to leading, facilitating, teaching and being a *shliKhat tzibur* (prayer leader).

Through my IJS experience, I have been learning and honing the life skills of self-care, mindfulness meditation and embodiment practice. If you think you hear the word body in the word embodiment, then you are correct. IJS has taught me that our entire bodies can help us on our spiritual journeys.

Last summer, through the Beth Tzedec Centre for Spiritual Well-Being, we introduced the Body and Soul Summer Walking Group, where we learned

Torah and then went for a walk, getting both our souls and our bodies moving. We will be doing that again Wednesday mornings, beginning after Shavuot in early June. Weather permitting, we will gather outside my home for a text study and then roam the streets of Cedarvale and Forest Hill, getting our hearts pumping, reflecting on the text and making new friends.

It is with delight that I share here, that our member Marcee Bar-Isaac, a certified yoga instructor, will be joining me in the fall for a new program which we are calling “Torah and Tree Pose”. We will study text, do some yoga which is an embodiment practice and end with a meditation. Yoga novices, advanced yogis and all in between are welcome. Be on the lookout for more information. We will begin meeting monthly on Monday mornings—September 12, October 24, November 7 and December 5.

What the “Body and Soul Walking Group” and “Torah and Tree Pose” have in common is that they impact both our internal and external selves. IJS has taught me that they are both so closely related. The interplay between the two leads to a stronger sense of well-being.

As we move into the warmer months, I encourage you to nourish your body and your soul, your inside and your outside. If you find yourself on a walk, take out your earbuds and really look at your surroundings. Pay attention to your relationship with the pavement or the trees or the birds. Join us this summer and this fall for these exciting opportunities that help continue to develop the whole self.

Many blessings,

Rabbi Fryer Bodzin



Eikhah reminds us that we have lost something precious and that life will never be the same. By chanting it every year and observing this collective National Day of Mourning, Eikhah also reminds us that we are still here.

Ironing Out the Ironic Structure of Grief

Tisha B'Av is a day of mourning, commemorating the collapse of a besieged Jerusalem and the destruction of the Temple. On this saddest day of the Jewish calendar, we refrain from eating and drinking, wearing leather shoes and pleasurable activities, and spend our day reading *kinot*, poems of lamentation.

While we in 2022 are not living in the immediate aftermath of the destruction and exile, we are in mourning for a time, place and way of life that no longer exists. In a way, the onset of COVID in March 2020 brought about an aftermath of mourning for our way of life as we knew it and the introduction of a “new normal”.

Yet amid such sorrow, Jewish tradition provides a source of comfort. *Eikhah*, the Book of Lamentations, which we read on the evening of Tisha B'Av, offers a paradigm for mourning that is applicable to us today. Through its five chapters, *Eikhah* takes us from grief and bereavement to redemption and hope. In between comes acceptance, understanding and meaning, personal pleas to God and a prayer that we will come through this challenging time.

The book of *Eikhah* begins by telling us that Jerusalem is *k'almanah*—like a widow. God is her husband, but no longer present in her life. The letter *kaf*, translated as “like”, offers a spoiler—she is not really a widow, she is similar to a widow. Our sages compare her to a woman whose husband has gone to another country or on a sea voyage and has every intention of returning to her. In the meantime, however, she must go on without him. Israel, Jerusalem and the Jewish people are temporarily bereft of God's—the spouse's—presence.

The structure of *Eikhah* further encapsulates the inherent hope and order within the chaos of suffering. Chapters 1, 2 and 4 each contain an acrostic of 22 verses beginning with the word “*Eikhah*”. Chapter 3 contains a triple acrostic of 66 verses. While the fifth chapter is not in acrostic form, it still has 22 verses, corresponding to 22 letters in the Hebrew alphabet.

In his article “Darkness on The Face of The Deep”, Joseph Prouser sees this structure as a *midrash* on Creation. What we have are six acrostics (i.e., three acrostics of 22 verses each from Chapters 1, 2, and 4 plus the triple acrostic from Chapter 3) which represent the six days of Creation. Chapter 5, the only chapter without an acrostic structure and therefore an unconstrained chapter, represents Shabbat, the day of rest.

The structure of *Eikhah* thus models the process of creation. Interestingly however, the primary cantillation sign *Etnahta*, an Aramaic word meaning “resting point,” related to the Hebrew *M'nuha*, does not appear at all in Chapter 5. This is irony through cantillation. The fact that the very chapter representing Shabbat rest and tranquility is missing the cantillation sign that embodies that concept hints



to us the challenge of finding complete relief and respite.

In the well-known penultimate verse from the Book of Lamentations which we recite when returning the Torah to the ark, we beseech God to restore things as they were: *Hashiveinu Adonai eilekha v'nashuvah, hadesh yameinu k'kedem* (Return to us O Lord and we shall return, renew our days as of old). In a perfect world, there would be the light at the end of the tunnel.

But life does not work that way. The structure gives us a framework but it cannot change the past.

Rabbi Joseph Prouser sees *Eikhah* as a therapeutic model for dealing with grief. It reminds us that we cannot undo catastrophes. We cannot go back in time and bring a loved one back to life, or stop a tragedy from happening. All we can do is figure out how to deal with it and continue living.

Eikhah reminds us that we have lost something precious and that life will never be the same. By chanting it every year and observing this collective National Day of Mourning, *Eikhah* also reminds us that we are still here. Life has gone on and will go on. Our task is to thrive in the face and aftermath.



The Beth Tzedec Re-opening Committee has met to review the mandates that are currently in place for the purpose of minimizing COVID exposure while at the Synagogue. The guiding principle that we use in developing COVID policies for the Shul is that what we propose is effective. We strongly believe wearing masks and staying socially distanced is an essential means of reducing COVID risk. The Provincial standard for 'full COVID vaccination' is currently two doses. Many people who were vaccinated with the first two doses received them as much as a year ago. These initial doses are no longer as effective as they were many months ago, in reducing COVID severity. The Province encourages citizens to get boosters but has not mandated them.

Our Committee has decided the following, effective immediately:

1. Masks will continue to be required in the building.
2. Social distancing will continue to be required wherever possible in the building.
3. Proof of 'full vaccination' will no longer be required to enter the building.

It is the belief of the entire Committee that all members of the Congregation should have as many boosters as permitted to protect themselves and others with whom they come into contact. If you have cold or flu-like symptoms, or if you have come into contact with someone who has recently tested positive for COVID, please stay home.

We trust that you will take comfort from these regulations. We look forward to welcoming you back to Shul.

Sincerely,

The Beth Tzedec Re-Opening Committee



—2022—

Yasher Koah Award

**For building a community of care
in extraordinary times**

<i>Dr. Lisa Berger</i>	<i>Lorraine Sandler</i>
<i>Riley Burstyn</i>	<i>Sherri Storm</i>
<i>Jeff Gertner</i>	<i>Debra Wolfe</i>
<i>Nicole Yuen Goodman</i>	<i>Chelsea Wolfe</i>
<i>Gaby Heymann</i>	<i>Bari Zittell</i>
<i>Lawrie Lubin</i>	

Shavuot Service honouring Our Inaugural Yasher Koah Award Recipients

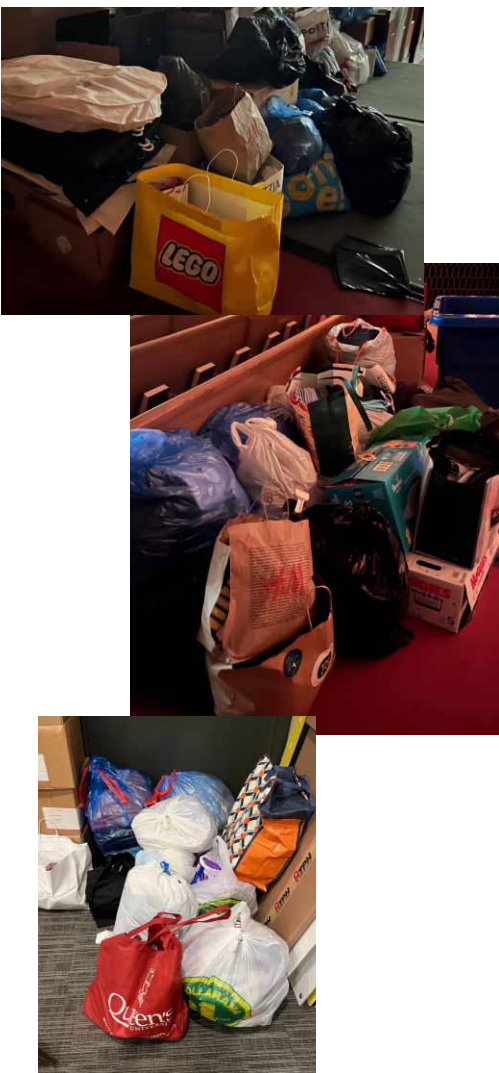
Monday, June 6; Services begin at 9:30 AM

The Yasher Koah Award acknowledges and honours Beth Tzedec's volunteers who have gone above and beyond, supporting our kehillah and the larger community with programs and initiatives they have spearheaded, enabling our community to continue to live meaningful Jewish lives during these very challenging times. They are pioneers in meeting new challenges and community builders, creating opportunities for us all to **Connect**, **Learn**, **Celebrate**, **Pray** and **Care** ... with intention. Join us on Shavuot at the morning Sanctuary Services as these honour our incredible volunteers.

בית צדק



Yacov Fruchter and Bari Zittell provide an update on behalf of the Beth Tzedec Refugee Sponsorship Group.



Supporting Refugees

“You must show love to the stranger, for you were strangers in the land of Egypt.”
—Deuteronomy 10:19

As a Jewish people, we have been made to feel othered, and marginalized over and over again. For much of our history, the precariousness with which we lived in Egypt continued to be a reality. The words from the Passover seder of “*vehi sheamda*—that in each generation there are those who want to destroy us” is a reasonable summary of our experience.

One outcome of this reality is our commitment to care for Jews in need. As the rabbinic dictum “*Kol Yisrael Arevim ze baze*—All of Israel is responsible for one another” (Shevuot 39a). Beth Tzedec past president Judy Feld Carr modelled this beautifully, as she was instrumental in saving 3,500 Syrian Jews over a 30 year period.

In a world full of wars and an overwhelming refugee crisis, it is this same instinct and pledge that has led to so many of us opening our hearts and wallets as we learned about Russia’s invasion of Ukraine. There is no doubt this war is geopolitically important but for many Jews, especially younger ones, what stands out is that this is the first time we can recall that outside of Israel, a large population of Jews were at risk, and for the first time, in need of ‘saving’. The way in which members of our Jewish community have stepped up is inspiring.

At Beth Tzedec, we collected urgent supplies that Rabbi Steve Wernick and members of a UJA mission took to refugees in Warsaw, and we continue to support UJA Genesis’ collection efforts. We also created Beth Tzedec Ukrainian Welcome Circles, supporting the work of JIAS who paired Beth Tzedec families with Ukrainian newcomer families feeling the war. Together with a settlement worker from JIAS, the Welcome Circle can create a solid

foundation for newcomers to begin building their lives here. Newcomers to Canada thrive in their new homes when supported by a caring circle of support. This is a hands-on opportunity to connect with people you may never have a chance to meet otherwise.

Our goal was and is to provide a sense of security and stability to people escaping chaos and war. We provide help navigating a new country. That can start with an airport pick up or perhaps a first outing to a grocery store or bank. Families may need help registering kids for school or adults for English classes.

We at Beth Tzedec have experience with supporting refugees. Just as we supported Jewish refugees from Syria, we welcomed an Ismaili Muslim Syrian family six years ago and we are waiting to hear when the Eritrean family we are currently sponsoring will be given permission to come to Canada. The waiting is really the hardest part!

Join us; this is ongoing work. Today it is the Ukrainians in crisis. Sadly, we know there will soon be others who need our help and love.

How you can help:

- Make a donation to the Beth Tzedec Refugee Sponsorship Fund [here>>>](#)
- Join a BT Welcome Circle [here>>>](#)
- Check our *The Week Ahead* emails for requests for donations of goods.

For bonus inspiration, check out “We Rise” by Batya Levine by clicking [here](#).





Building a New Learning Model

As Judaism has done for thousands of years, we adjust for the moment in time in which we are living, but we also preserve the core components of what continues to make us a long-lasting, community-oriented people.

My parents have recently started decluttering their house and like many who take on such an endeavour, they are finding treasure troves of items and objects from my childhood and inquiring whether any of them should be kept—meaning handing them off to me. The gem of the collection was my VCR recording of Game 6 of the 1993 World Series, the game where Joe Carter won it all for the Toronto Blue Jays with a walk-off home run in the 9th inning, the most formative sports moment of my childhood.

I remember recording the game for two reasons: if my parents made me go to bed before it was over, I'd be able to watch what happened. The second reason was so that I could have my own piece of history, should the Blue Jays win. And yes, I did re-watch that 9th inning many times in the days and months after the victory. But when I was asked last month if I wanted to keep the VCR tape, I said no. I do still have a VCR player that I can connect to a computer, so it wasn't about not being able to play it. It's just that I can watch that 9th inning any time I want on any internet-connected device—it's on YouTube.

There is almost nothing in our society that is appointment viewing anymore. The only exceptions seem to be live sports, concerts, awards shows and certain TV shows, but even the TV show viewing is different. The desire to watch right away is not as much to be part of a community doing the same thing at the same time, but rather to avoid any issue of spoilers before seeing the show. Our TV and movie consumption, and even more broadly our lives in general, are more and more on demand. We do what we want when we want when it is convenient for ourselves, and if accessing something is deemed too inconvenient, we usually

don't push ourselves too hard to try and make it work. Our society is increasingly becoming 'Netflixified'.

This trend has been progressing in Jewish education as well, both for child experiences and family opportunities. More households have full-time working adults. Traffic is only getting worse. Community bonds, one of the elements that usually push back against inconvenience, are weakening. Specific, focussed learning is now more desirable than broader surveys of wider subject matters. Put another way, more and more families are desiring a model where a private Hebrew language tutor comes to their home to work with their child rather than a community Jewish learning experience, of which Hebrew is one component, at a fixed time, day and location.

Not surprisingly, the traditional Hebrew School model is suffering in this environment. Weekday after-school learning at the synagogue is extremely challenging. Sunday morning classes are dwindling as fewer families are willing to spend 25 percent of their weekend not together. A new model is needed, but there are important foundational questions to answer. What is gained and what is lost in attempting to Netflixify Jewish education? What is the primary driver of change—the institution or the marketplace? Who will a model attract and who might it leave behind?

For the last nine months, we have been exploring these questions alongside four other local Conservative synagogues and the Koschitzky Centre for Jewish Education at UJA Federation. Our deep investigations have included constituent interviews, collaborative brainstorming, probing our perceived institutional needs and coming to a design prototype of a new delivery

model for part-time Jewish education for children and families.

As we launch this pilot program in Fall 2022, many things remain the same. We continue to strive to help learners acquire a foundation of Jewish knowledge, practice and engagement that they build upon in subsequent years and experiences. We maintain the importance of core subject matters—Hebrew, Shabbat and Holidays, Israel and Zionism, Spiritual Practice and Prayer, *Middot* and Jewish Values, and Jewish History and Culture. We continue to believe that excellent educators are the key to unlocking meaning and engagement. We know that community is a crucial piece of any Jewish educational endeavour. We are also maintaining our existing Sunday morning program for families who find that scheduling

and community are meaningful and preferable.

The innovation of this pilot program is to respond to the Netflixification of our world. Learning will come to the home. It will involve children and adults. The dates and times are flexible and determined in coordination with other participating families and the educator. The learners will have an element of choice in what they experience, selecting their learning topics from a menu of options. This is a more on-demand educational product for our on-demand world.

However, this is not Jewish tutoring. It is not analogous to math or English tutors who either offer enrichment or remedial help. This is authentic Jewish learning, set in the core location of Jewish expression—the home. It is bound in community by insisting on

parental participation, by bringing two to three families together to form a learning cohort, and through linkages back to youth and family programming at the synagogue.

As Judaism has done for thousands of years, we adjust for the moment in time in which we are living, but we also preserve the core components of what continues to make us a long-lasting, community-oriented people. This work continues in the lineage of our ever-adapting religion and culture.

We are planning to launch this exciting pilot program with families who have a child in Senior Kindergarten or Grade 1 next academic year. I hope that you will help spread the word, and I look forward to sharing our findings and next steps in future *Bulletin* columns.





Directed by an accomplished educational professional and staffed by well qualified teachers, CSX makes a personal connection with every child.

At CSX, your child will:

- Develop a sense of Jewish identity and learn about Jewish traditions, holidays and customs
- Gain familiarity with prayer and Jewish ritual
- Learn to read and write Hebrew
- Use technology, art, music and movement to create meaningful and lasting learning experiences
- Have the opportunity to meet other children and make friends
- Establish a vibrant link to Israel
- Begin a path to a more meaningful Bar/Bat Mitzvah experience

Limited spaces available. Register your child today!








David Grossman

Rabbi Friedberg^{z"l} was the mensch, the fatherly figure and the one you would lean on when it was necessary for happiness, relief or dealing with depressing times.

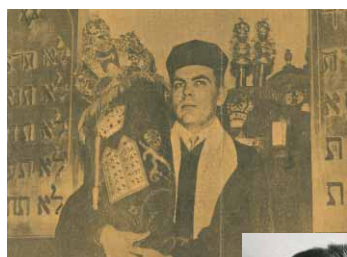


Photo by Larry Rachlin

Remembering Rabbi Friedberg^{z"l}

It might start with a discussion on *Yiddishkeit*, then maybe we get to a story reminding us of the *Amalakites*, followed by a few important words about delivering guidance on the daily life of the Jewish people.

Always having time, Rabbi J. Benjamin Friedberg^{z"l} was radiant with his answers.

His sermons on Shabbat and during the High Holy Days were more from his personal feelings as well as focussing on contemporary issues. Those who heard him would often reflect on those observations. Times were quite a bit different back then.

He was quite the gift—and an exquisite storyteller that included many life tales.

To those who knew the man, prayed with him, had deliberations in a corridor, sang in harmony, or called upon him when in need of comfort and support, Rabbi Friedberg^{z"l} was always there providing more than just pastoral care. He did it with strength and healing.

Rabbi Friedberg^{z"l} was the mensch, the fatherly figure and the one you would lean on when it was necessary for happiness, relief or dealing with depressing times. His hugs were huge, too. My wife Carol and I are among the many who gained strength from his special words of comfort and prayer. For us, it was after the loss of our child, Mark^{z"l}. He felt the pain and shared in the depression, too.

While it has been a couple of months since Rabbi Friedberg^{z"l} passed at the age of 94, we still ache at his loss.

The man who was the author of his own life story left a legacy that was rich in his views about Jewish history and destiny. There were also constant reminders of the laws that would make

us remember our unique society of being people bound in covenant.

Rabbi Friedberg^{z"l} was one for peace and comfort. When we recall his name, we also know that the ones we love are always never gone. They live within our hearts forever.

Having grown up in a once hearty Jewish neighborhood at College and Spadina, the “local boy from Toronto”, as he was often known, had a thirst for knowledge, an affection for his educators and, bit by bit, became an influencer based on his words and deeds.

There were dreams about becoming a lawyer, but instead of pursuing a call to the Bar, he focussed on studying Jewish history and theology. Then came his rabbinical ordination. His call would be to the pulpit, starting at Temple Beth David in Irondequoit, NY, a north-east suburb of Rochester.

A remarkable four decades later in Toronto, he would retire as Rabbi Emeritus at Beth Tzedec Congregation.

It wasn't the first time that he was at 1700 Bathurst Street. Looking back to 1955, a year after the finished at the Rabbinical Assembly, Rabbi Friedberg^{z"l} spent a short time as an assistant member of the Beth Tzedec clergy. Qualified by academic studies of the *Talmud* to act as spiritual leader and religious teacher of a Jewish community, he saw an opportunity for his first fulltime role from the pulpit in Canada—and it was at Congregation Or Shalom in London, ON.

In the early 1960s, he was on the move again, this time to become Rabbi at Ottawa's Agudath Israel Congregation where he settled in for 12 years. While there, he heard chatter about the largest conservative synagogue in Canada looking for a Rabbi.

In 1974, several years after former Israeli Prime Ministers David Ben Gurion and later Golda Meir addressed audiences at Beth Tzedec, Rabbi Friedberg^{z1} would mark his return to the city he knew so well. This time, he would lead Beth Tzedec's clergy for 18 years.

When he spoke, there was never a chill of nervousness from the pulpit. Pick the topic, he was fearless. He succeeded in being convincing, but this was not always the case. He was quite astute on certain themes that people wanted to hear. Quite vocal, too, especially about the United Nations adopting a resolution equating Zionism with racism—and it was something that the UN took 16 years to rescind in 1991.

He had far too many memorable highlights and sermons. For worshippers, there were several that came to mind about Jewish civilization that would seem to resonate for weeks. Also, constant chatter on his thoughts about the Israel and Egypt Peace Treaty in 1978, and how he later beamed with pride when Eli Weisel won the Nobel Peace Prize in 1986.

Rabbi Friedberg^{z1}, would always put others before himself. After listening to his commentaries, you knew he would find a way to depict a passionate, loyal and dedicated message about what it's like to be a Jew.

He had a sense of humour, too, but what really radiated was his love for melodies.

Many biblical texts speak of the power of music to restore the soul. Rabbi Friedberg^{z1} did it.

Mind you, his voice may not have been opera material, but you knew he was enjoying tunes that went beyond the daily prayers. The voice seemed to resonate at peak times. While Judaism tends to have its own specific melody, he had his own melodies and tunes.

Whether chanting from the pulpit, the times when he was later seated in the banquet hall during High Holy Days or even while walking through the Synagogue hallways, the voice would ring out. You knew who it was. Congregants would also know that he would use his power of speech and chant, to often evoke emotion.

There's a saying that goes something like this—"The ones we love are never gone, they live within our hearts".

I can remember him having a superb way of, regardless of the topic, pivoting to his devotion to family. No doubt about it, his family was supreme. Devoted husband of Lola for over 71 years, he would always beam about his children: Mark, Gilah and Esther.

In my conversation with Esther Friedberg, she recalled her father being thrilled to return to Toronto after having sung in the choir at Goel Tzedec and having delivered a sermon there as a seminary student. There were also some great memories of his expectations and words of wisdom.

"A stickler for punctuality, he used to say that all weddings would start on time whether the bride and groom were there, or not," she said. "He also insisted that everyone, including those fortunate enough not to have people to mourn, should stay in the shul during the Yizkor memorial service.

"As for his sermons, they spanned the gamut from Rabbi Levi Yitzchok of Berdichev to Pulitzer-prize winner Thornton Wilder's play *Our Town* and the meaning it had for us at High Holy Days time. Those sermons were evidence that he wasn't afraid of a challenge and didn't shy away from controversy."

A huge loss for Beth Tzedec and the Canadian Jewish community, Rabbi Friedberg^{z1} was a wonderful scholar, proud of his interfaith work and



adorer of Israel. He has a library there at a Yeshiva.

Those who knew him well were aware that he truly believed his place was in the shul, *davening* and delivering guidance. Even when there was a period of confrontation at Beth Tzedec that affected the Synagogue, he did his best to bring strength, compassion and try to heal during those troubling times.

Former Chairman of the Board at Beth Tzedec, Marv Miller has many great memories.

"His discussions in Yiddish were special to me," said Miller. "He was a people person, not flamboyant. Oh, there were times when he was stubborn, opinionated, outspoken, but always observant. He was just a great man, tolerant of your thoughts, had his own principles—and lived by them."

Rabbi Baruch Frydman-Kohl came to Beth Tzedec in 1993. It was shortly after Rabbi Friedberg^{z1} had been on sabbatical.

"He was exemplary, always making himself available for advice and a man of strength, sincerity and support," recalled Rabbi Frydman-Kohl. "He was not only part of the Beth Tzedec DNA, but his legacy is one of also being a healer, helping the Congregation through a major conflict."

Debbie Rothstein, Beth Tzedec's most recent President, has great recollections of Rabbi Friedberg^{z"l}.

"He had this booming presence on the bimah, a magnificent voice and it was just a pleasure listening to him," said Rothstein, who recalled her younger years of being captured by his speech, tone and sound.

"There was something about his davening and his voice. He also had an incredible presence and was always around. You thought he would just go on forever."

My brother had known Rabbi Friedberg^{z"l} for some 60 years. Jack Grossman, a life-long member of Beth Tzedec and a former President, had attended university in Ottawa and was a youth advisor at Agudath Israel Congregation. That was an early start to a respectful relationship that went on for six decades.

"It was quite apparent back then that

Rabbi Friedberg^{z"l} served his congregation with dedication and devotion," said Grossman. "He was engaged and participated in all activities, sharing his knowledge and his common sense with congregants of all ages.

"On an Israel Summer Institute in 1965, which brought over 80 young people to Israel for the first time, he was not only a member of the "Wake Up Brigade," which woke everyone bright and early, but he served as a senior staff member contributing guidance and advice on religious content and Jewish identity. To him, being Jewish was important. But living Jewish, was foremost."

In Beth Tzedec's Tribute Book honouring the synagogue's first 50 years, Rabbi Friedberg^{z"l} said "the fondest memories were not specific events per se, though that too, but rather being part of the life of this great synagogue. For me, the fondest

moment was seeing the spirit of its people".

להיות חזק ולהישאר חזק

Be strong and stay strong

—David Grossman

David Grossman is a multi award-winning communicator and story-teller with a distinguished career in Broadcasting, Journalism and Public Relations in Sport and Government Relations. He, and his family, are long-standing members of Beth Tzedec.



Lola Friedberg^{z"l}

She was the devoted mother, the caring wife, the dedicated Rebbetsin - and so much more.

Lola Friedberg^{z"l} has left us, to be with her husband in their eternal home.

Just 57 days after former Beth Tzedec Rabbi J. Benjamin Friedberg^{z"l} passed away, she succumbed to lymphoma. The Friedbergs had been married almost 72 years.

Born in Montreal, Lola Constant went on to study at McGill University. Training to be a teacher, she had a great love for music - especially classical. Enjoyment to her and soothing, too, was playing the piano for choirs and doing duets with her identical twin sister, Mitzi.

A fondness for recipes and the sound of music were elements of her life and she had a penchant for mathematics. Gifted and

wise, she found time to help the poor and needy. One who had a fondness for classy clothes, she was also the one who wore exquisite hats to synagogue services.

Love and admiration for each other, Lola would move to New York when her husband, after one year of law school, chose a different career. This one involved the Jewish Theological Seminary.

Before he was ordained, she would hear her husband say, "would it be okay if I become a Rabbi?"

And her response, "sure, darling".

There is music in Heaven. That's Lola on the piano and that voice - her husband, who constantly enjoyed singing to her.

—David Grossman

*You followed me ...
you loved me.*

*A woman of valor
and one who was
strong and
righteous*

חיל אשת

Care • Connect • Learn • Pray • Celebrate • Give & Get

These six core values represent the unified mosaic guiding the programs, services and events offered by Beth Tzedec that make our *kehillah* such a special and unique place.

Care



Grieving Together: A Virtual Support Group with Rabbi Robyn Fryer Bodzin and Yacov Fruchter

Monday, June 13 at 7:45 PM

The loss of a loved one, at any time, is challenging. Judaism has a clear set of mourning rituals that help us relearn to be in the world after our significant loss. For many of us these rituals have been altered or limited, just as the rest of life has been full of uncertainties. Loss during the time of COVID-19 brings a host of other issues that may complicate our grief and bereavement.

What has not changed is our desire to support you at this time, and our belief in the power of coming together. We are here to provide an opportunity for you to meet, support and share—together.

This will be our last session until September. Watch for fall dates in our next Bulletin.

Pre-registration required via [ShulCloud](#).

PRESENTED BY THE BETH TZEDEC CENTRE FOR SPIRITUAL WELL-BEING

Connect



Ess Gezunterheit (Eat in Good Health) with Judy Libman

Thursday afternoons at 4:00 PM

What's new? What's cooking? What did your Bubby teach you about chicken soup? Why did bialys never make it to Canada? What did you read or watch that's worth sharing? What brings you joy? It's all for companionship and fun. Link at

<https://us02web.zoom.us/j/86029230745>.



20s and 30s Pre-Shavuot Dinner

Friday, June 3 at 7:00 PM

Following our monthly Shabbat at the Floor Service at 6:00 PM, join us for a catered, pre-Shavuot Shabbat dinner.

We will be joined by rabbinical student Lara Rodin who will help prepare us for Shavuot with some timely and meaningful words of Torah.

Pre-registration required via [ShulCloud](#).



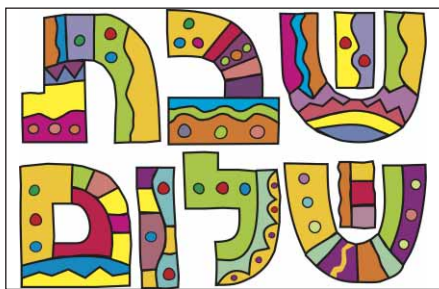
TORONTO PRIDE SHABBAT

Our annual Pride Shabbat dinner is an opportunity to gather as a diverse Jewish community and celebrate Pride together. We look forward to gathering together again in person for the first time since 2019 at Wychwood Barns! This year's event will include an inclusive, welcome-to-all Kabbalat Shabbat service, blessings, a picnic-style dinner, and lots of opportunities to connect with old friends and meet new ones. This event is 2SLGBTQ+ centered, allies are welcome to attend.

RSVP: <https://fb.me/e/4mXQx4Qip>
and Register by June 15: <https://www.eventbrite.com/e/toronto-pride-shabbat-tickets-335575053017>



Our program and event opportunities continue to expand each week. Check our website regularly for updates.



Shabbat Morning Fun!

(For children ages 1 to 10 and their families)

Saturdays, June 4, 11 & 18
from 9:30 to 11:30 AM

Join us for a children's Shabbat experience that builds Jewish knowledge and community. We start at 9:30 AM with loosely structured activities, and at 10:15 AM will divide into older and younger groups for Tefillah (prayers) and an activity connected to the Torah portion. We come back together at 11:00 AM for snack and a program with our *Shinshiniyot* before returning to our families and helping to lead the concluding prayers of the service.

Children ages 3 and younger require adult accompaniment; those ages 4 and up can be dropped off.

Registration is not required; masks must be worn while in the building.



Body and Soul Walking Group

Wednesdays, June 8, 15, 22 & 29,
July 6 & 27 and August 3, 10 & 17
from 9:00 to 10:15 AM

Exercise your body and soul with Rabbi Robyn Fryer Bodzin for a bit of Torah and a lot of walking. Weather permitting, we will meet at 77 Chiltern Hill (at the corner of Chiltern Hill and Warwick Ave.). Please remember to bring water, sunscreen and a hat.



BT Riders Small Group

Sunday, June 12 at 8:45 AM

The BT Riders brings together people interested in cycling to build community and connection. With Reb Steve and Alan Sless as team captains, the 'team' with head outdoors to get some exercise and reconnect with neighbours after a long winter.

Pre-registration required via ShulCloud.



Bree-AH/The Body: Liberating the Voice—A Vocal Adventure with Aviva Chernick

Sunday, August 28 at 11:00 AM

We make sound from our first moments, small and large wordless sounds filled with emotion, unabashedly communicating our deepest and most intimate needs. How do we reclaim this liberated voice? We start by allowing ourselves to sigh; in relief, in grief, in sadness and in joy. Join Aviva for this vocal adventure that will begin with yawns and sighs as we find our way together into song. Bring your curiosity and log in prepared to play. You do not need any previous vocal experience to participate. All are welcome.

Registration information coming soon.

PRESENTED IN PARTNERSHIP BY THE BETH TZEDEC CENTRE FOR SPIRITUAL WELL-BEING

Learn



Daily Tanakh Study Group

Weekday afternoons at 3:00 PM

We continue our 929-day project studying each chapter from the Tanakh on our Facebook group—

<https://www.facebook.com/groups/1442160352615555>.



Conversations Over Coffee with Rabbi Steven Wernick

Monday afternoons at 12:30 PM

Reb Steve gathers a cadre of community personalities Mondays at lunch for conversations on politics, culture, social existence and Jewish life. Grab a coffee and join us on **Facebook** or **YouTube**.

UPCOMING SESSIONS:

June 13: **Jakir Manela**

June 22: **Sharon Graham**

July 4: **Mike Katz**

July 18: **Ben M. Freeman**



Torah Through the Ages with Rabbi Robyn Fryer Bodzin

Thursdays in June at 10:00 AM

Rabbi Fryer Bodzin leads an in-depth look at the weekly Torah portion with traditional and modern commentaries.

PRESENTED AS PART OF THE INSTITUTE FOR JEWISH LEARNING IN MEMORY OF ANNE AND MAX TANENBAUM



Talking Torah with Daniel Silverman

Shabbat mornings at 9:30 AM

Take a new look at traditional and modern interpretations of the weekly Haftarah reading.



L'Dor Va Dor Pirkei Avot

Wednesday, June 1 at 11:00 AM

Examine how the Rabbis of Pirkei Avot shared wisdom with each other.

PRESENTED AS PART OF THE INSTITUTE FOR JEWISH LEARNING IN MEMORY OF ANNE AND MAX TANENBAUM



Virtue Ethics: Seeking a Good Life with Rabbi Baruch Frydman-Kohl

Wednesdays, June 1, 8, 15 & 22 at 7:45 PM

From the Bible through modern thinkers, Judaism has been concerned with obedience to the commandments. Building upon Biblical and rabbinic ideas, Jewish philosophers between the 12th and 15th centuries, began to explore the cultivation of character as an important Torah ideal. Aristotle's conception of virtue ethics was adopted and adapted by Maimonides who sought to explain how cultivation of virtue and the pursuit of happiness are central to Torah tradition.

We will explore philosophical responses to Maimonides, mystical conceptions of virtue, as well as modern and contemporary understandings of the good life.

Pre-registration required via [ShulCloud](#).

THE INSTITUTE FOR JEWISH LEARNING IN MEMORY OF ANNE AND MAX TANENBAUM



Tachles: A Hebrew Experience

Tuesday, June 7 at 7:45 PM

Aya and Liel, our *shinshiniyot*, share their passion for the beauty of modern Hebrew with those looking to develop their language skills.

SPONSORED BY WORLD ZIONIST ORGANIZATION; DEPARTMENT OF IRGOON AND ISRAELIS ABROAD AND CANADIAN ZIONIST FEDERATION



Tikkun Leyl Shavuot: A Evening of Learning and Connection on the Theme *Panim El Panim*

Saturday, June 4 at 7:30 PM

The evening of Shavuot is traditionally spent learning until late into the night. Following our Shabbat *Minhah* services offered in-person or via livestream at 7:30 PM, join us for *Seudah Shlisheet* at 8:00 PM.

At 8:30 PM, we will hear from panelists discussing how their work and our world has changed in the last two years. This panel discussion with experts each specializing in various aspects of what makes for true connection and why this is so essential for thriving will challenge us to reconsider what *Panim El Panim*, face to face, means and can mean.

Following Festival Ma'ariv services at 9:20 PM, learning will continue into the night, featuring these opportunities:

- **Chelsea Wolfe and Judy Libman**, discussing their Beth Tzedec Small Groups initiative and how it brought people closer during the pandemic;
- **Rabbi Robyn Fryer Bodzin**, exploring Judaic texts connected to touch;
- **Cantor Sidney Ezer and Daniel Silverman**, examining closeness and touch in the Book of Ruth; and
- **Rabbi Steven Wernick**, exploring synesthesia and Sinai.

The 10 Commandments will also be read at midnight, adding a mystical flavour to our learning.

The *Minhah* and Ma'ariv Services and the 8:30 PM panel will be livestreamed via www.bethtzedec.tv. All other learning sessions will be offered in-person only.



Wise Aging: How to Prepare Now for a Vibrant and Healthy Aging with *Professor Eitan Okun*

Sunday, June 12 at 7:30 PM

As we and our loved ones age, we worry about cognitive decline and maintaining mental sharpness. Neuro-immunologist Professor Eitan Okun shares what his research has discovered about preventing and slowing memory loss, and what lifestyle choices each of us can make to have the best chance for maintaining strong cognitive skills as we age.

This program is offered for in-person and virtual participation. Pre-registration is required for all via [ShulCloud](#).

PRESENTED IN PARTNERSHIP BY THE BETH TZEDEC CENTRE FOR SPIRITUAL WELL-BEING AND THE CANADIAN FRIENDS OF BAR-ILAN UNIVERSITY

Pray



Weekday Shaḥarit Services

Sunday mornings at 8:45 AM
Weekday mornings at 7:30 AM

Begin your day with our morning minyan Sundays through Fridays. In addition to in-person *davening*, our morning *Shaḥarit* services are also streamed via Zoom. (Visit our [website](#) for Zoom links.)

Registration is not required; masks must be worn while in the building.



Minḥah-Ma'ariv Services

Every Sunday to Thursday at 7:00 PM

At the end of the day, join us in person in the Hendeles Chapel or on Zoom for our evening services via <https://zoom.us/j/668598809>. You can also join by phone only by calling 647-374-4685 and inputting the meeting ID 668-598-809.

Registration is not required; masks must be worn while in the building.

Shabbat at the Floor Services



Friday, June 3 at 6:00 PM

Join us in-person or via livestream at <https://www.bethtzedec.tv/> for our final musically-infused Kabbalat Shabbat and Ma'ariv experience before the 'summer break'. Led by **Yacov Fruchter**, **Cantor Sidney Ezer**, artist-in-residence **Aviva Chernick** and our Rabbis, this intimate service helps prepare your spirit for Shabbat with song, comfort and community.

Registration is not required; masks must be worn while in the building.



Kabbalat Shabbat and Ma'ariv

Every Friday evening at 6:00 PM

Prepare your spirit for Shabbat with song, comfort and community at our Kabbalat Shabbat and Ma'ariv services, either in person in the Hendeles Chapel or livestreamed to <https://www.bethtzedec.tv/>.

Registration is not required; masks must be worn while in the building.



Sanctuary Services

Saturday mornings at 9:30 AM

Our Shabbat service offers the energy and inspiration of a liturgical and spiritual Shabbat experience as you sing along with **Cantor Sidney Ezer**. **Rabbis Steven Wernick** and **Robyn Fryer Bodzin** offer insights into our Torah reading.

Join us in person in the Sanctuary or at <https://www.bethtzedec.tv/> for our musical and spiritual *davening* experience.

Registration is not required; masks must be worn while in the building.



For candle-lighting and service times, refer to our website calendar.



Little Minyan Services

Saturdays, June 4 & 18 at 9:30 AM

Looking to be more actively involved in the worship experience? The Little Minyan offers a traditional service in a relaxed, family-friendly atmosphere full of song, spirit and warmth. Participants lead portions of the service and Torah readers, *daveners* and those wishing to deliver a D'var Torah are always welcome. Contact **Rabbi Fryer Bodzin** to arrange to lead portions or for an aliyah.

Registration is not required; masks must be worn while in the building.



Minḥah/Seudah Shlisheet/Ma'ariv

Every Saturday evening; check website for times

Join us in person for Minḥah in the Hendeles Chapel followed by Seudah Shlisheet (the third Sabbath meal) and Torah Study in the Herman Hall. We return to the Chapel for Ma'ariv and Havdalah.

Our Saturday evening services are for in-person participation only. There is no Zoom option offered.

Registration is not required; masks must be worn while in the building.



Family Shabbat Dinner

Friday, June 10 at 5:15 PM

Come together for a delicious Shabbat dinner and great programming for kids of all ages. A young children's craft program begins at 5:15 PM, with a lively abridged Kabbalat Shabbat service at 5:45 PM, followed by a delicious Shabbat dinner and programming for older kids.

Families can join for the craft and service at no cost. You can request a boxed Shabbat dinner to eat at home if you do not want to eating inside.

Cost for dinner: \$60 per family; \$50 for Beth Tzedec member families. Reservations for dinner required by June 3 via ShulCloud.

Celebrate



The Sweetness of Shavuot: A Family Shavuot Experience

Sunday, June 5 from 5:00 to 7:00 PM

Enjoy the sweetness of Shavuot together as a family! Alongside the Beth Tzedec Spiritual Leadership Team, we will experience the different meanings of the holiday through lots of fun activities, including a special 10 Commandments Torah Reading. Following the program, families can stay for dinner and special dairy Shavuot treats. This program is

planned for outdoors, so please prepare accordingly with water, hats and sunscreen. In the event of rain, the program will move indoors. Note that those who join us in person must wear a mask while attending. You can click here to review our updated COVID protocols. You can register for the program here:

<https://bethtzedecutoronto.shulcloud.com/form/family-shavuot->



Shavuot Service honouring Our Inaugural Yasher Koah Award Recipients

Monday, June 6; Services begin at 9:30 AM

The Yasher Koah Award acknowledges and honours Beth Tzedec's volunteers who have gone above and beyond, supporting our kehillah and the larger community with programs and initiatives they have spearheaded, enabling our community to continue to live meaningful Jewish lives during these very challenging times. They are pioneers in meeting new challenges and community builders, creating opportunities for us all to **Connect, Learn, Celebrate, Pray** and **Care...** with intention. Join us on Shavuot at the morning Sanctuary Services as these honour our incredible volunteers.

To view the list of 2022 Yasher Koah Award recipients, see p. 14.



Members connected with each other outside the sessions with emails, taking neighbourhood walks, creating WhatsApp groups or just checking in.

BT Small Groups Update

Two years ago, Beth Tzedec embarked on a journey to help members “create smaller caring communities, deepen meaningful connections to one another and Beth Tzedec and create a sense of responsibility to one another”. Under the direction of Yacov Fruchter and the leadership of Debra Wolfe, a group of members developed a concept that became Beth Tzedec Small Groups.

We dreamed of sitting in each others’ living rooms, creating bonds through discussing literature and politics, exploring creativity, studying Jewish texts and more, and then ... you know the rest!

Unsure how this would play out virtually, we piloted several groups on Zoom for 2020-2021. We were amazed at the level of engagement that was possible through meeting virtually. We also learned a great deal about how to select a wide range of groups, and how to ensure our leaders had the tools to create these meaningful relational moments between participants. We expanded our offerings for 2021-2022 to 18 groups which involved over 150 participants.

We had a range of groups including Wise Aging, Memoir Writing, a Rabbi Sacks Reading Group and Zen Tangle Arts group. Feedback from participants confirmed that these diverse offerings enabled people to grow according to their own desired needs, whether it was increasing connections, enhancing their Jewish Learning, decreasing isolation, developing self-expression or strengthening their relationship with God.

Members connected with each other outside the sessions with emails, taking neighbourhood walks, creating WhatsApp groups or just checking in. As we enter more in-person services, members said they are glad they will

have familiar faces to make them feel more welcome.

We learned that although Zoom was not ideal for many, for some it enabled them to be able to participate. It was a lifeline for people who had trouble travelling due to health needs, transportation issues and for snowbirds. We are committed to continuing to meet these diverse needs of our members.

We are deep into planning our Fall sessions, selecting leaders and topics that will resonate with a wide variety of people and fulfill a broad range of human needs. If you would like to be a leader and have skills or interests to share, please reach out to me at joanneschwebel@gmail.com or to Yacov at yfruchter@beth-tzedec.org.

I would like to thank Debra Wolfe for the amazing work in steering this project from idea to success. Her passion for Beth Tzedec and skills in keeping this project moving and improving are immense. I am honoured to be picking up her baton as the incoming committee chair, using my background to enrich this wonderful project.

We hope you will join us! We know you will find something that will help you grow creatively, spiritually or mentally, and deepen your connections to our Beth Tzedec community.

—Joanne Fine Schwebel
Chair, Small Groups Committee



Men's Club Makes a Difference



Men's Club Scholarship Program

The Men's Club is pleased to announce the 2022 scholarship recipients. The program supports candidates who are pursuing studies in higher Jewish education benefitting their Jewish communities.

This year's recipients and their fields of study are:

Rachel Karasent, university professor that combines psychology and Jewish studies.

Shoshana Newmark, elementary teacher in Judaic studies.

Sean Remz, teaching Holocaust studies and Judaism at the university level.

Paige Zeldin, recipient of the Shelly Gross Fund scholarship, working with disabled children in a Jewish environment.

Rachelli Fuerst, teacher in a Jewish school.

Noa Sapira Muscat, recipient of the Orenstein Fund scholarship, teaching Jewish studies and music.

Yoav Gudes, Hebrew day school teacher.

The Men's Club congratulates each of these deserving candidates.



I was the humble recipient of two Beth Tzedec Men's Club scholarships from several years ago. I wanted to update you that, thanks in large part to these awards, and in addition to a reprint of a Hebrew language short article in an Israeli folk dance magazine recently, (following its initial publication in a major dance magazine in Israel), a chapter on part of my original research was recently published in the Oxford Handbook of Jewishness and Dance, following a successful presentation of this research at the inaugural international Dance and Jewishness Conference at Arizona State University in 2018.

I'm continuing to write my dissertation on this original research and will update you once it's completed. I can't thank the Beth Tzedec Men's Club enough for your enthusiasm, support and confidence in me. Your impact is felt and greatly appreciated.

—Gdalit-Aviella Neuman

Men's Club Scholarship recipient, 2021

Yizkor Memorial Book

It is time to send information to include the names of your loved ones in the annual Yizkor Memorial Book used at Yizkor Services on Yom Kippur, Shemini Atzeret, Pesah and Shavuot for the year 5783. The cost is \$18.00 per memorialized name per household. Submission deadline: **Thursday, June 30.**

You can submit your Yizkor Memorial Book listing by completing this online form or you can phone or contact Terri Humphries at 416-781-3514 ext. 212 or thumphries@beth-tzedec.org.

Yizkor Memorial Book Donation

Make cheques payable to: Beth Tzedec Congregation
1700 Bathurst Street, Toronto, Ontario M5P 3K3
Phone: 416-781-3514 ext. 212 Fax: 416-781-0150

Deadline: Please complete and return [this form](#) with your payment no later than 5:00 pm on **Thursday, June 30, 2022.**

Tributes

Make a donation, send a tribute card and include your listing here to honour your friends and loved ones. For more information about tribute opportunities, call the office at 416-781-3511.

Camp Ramah Fund

Phyllis Flatt, commemorating the yahrtzeit of **Anne Flatt**.

Phyllis Flatt, commemorating the yahrtzeit of **Max Wolfe**.

Cantor Sidney Ezer Discretionary Fund

Donnie Friedman, commemorating the yahrtzeit of **Abe Bohnen**.

Allison and Derek Sherman, honouring Cantor Sidney Ezer for his support and guidance in preparing for Cara's bat mitzvah.

Daily Minyan Breakfasts

Dr. Jeffrey & Helena Axler and Marla & David Lehberg, honouring the marriage of **Ben Axler & Shannon Lehberg**.

Reny Friedman and Michael Friedman & Debbie Rothstein, commemorating the yahrtzeit of **Henry Friedman**.

Diane Grafstein and family, commemorating the yahrtzeit of **Murray Grafstein**.

The Singer Family, commemorating the first yahrtzeit of **Sylvia Singer**.

Alan Sless and family, commemorating the first yahrtzeit of **Gerda Sless**.

Alan Sless and family, commemorating the yahrtzeit of **Maureen Sless**.

Alan Sless and family, commemorating the yahrtzeit of **Philip Sless**.

Eric Sobel and Ricky Goldenberg, commemorating the yahrtzeit of **Philip Hornick**.

The Teichman Family, commemorating the memory of **Dr. Bernard Teichman**.

Food Insecurity Fund

Marilyn Debora, commemorating the yahrtzeit of **Sam Litwack**.

The Fox Family, commemorating the yahrtzeit of **Howard Fox**.

Liddy Beck and Steve Gottesman, commemorating the yahrtzeit of **Tom Beck**.

Roslynne Greenberg

Corinne Hart, commemorating the yahrtzeit of David Hart.

Corinne Hart and family, commemorating

the yahrtzeit of **Chaya Hart**.

Edna Hussman, Ayal Lesh and Dori Hussman-Lesh, commemorating the yahrtzeit of **Dov Hussman**.

Irving Matlow, commemorating the yahrtzeit of **Archie Matlow**.

Elaine and Eric Ostfield, commemorating the yahrtzeit of **Hannah Katz**.

Barry and Susan Phillips, commemorating the yahrtzeit of **Arnold Phillips**.

Barry and Susan Phillips, commemorating the yahrtzeit of **David Hamer**.

Barry and Susan Phillips, commemorating the yahrtzeit of **Ethel Hamer**.

Barry and Susan Phillips, commemorating the yahrtzeit of **Florence Phillips**.

Evelyn and David Pollock, commemorating the yahrtzeit of **Libby Orenstein**.

Stacy Rosen and Jonathan Hausman, commemorating the yahrtzeit of **James Hausman**.

Stacy Rosen and Jonathan Hausman, commemorating the yahrtzeit of **Percy Rosen**.

Debbie Rothstein and Michael Friedman, honouring **Larry Wallach** for another great production!

Rosette Rutman, Stephen and Tamara Abrams, commemorating the yahrtzeit of **Ella Rutman**.

Rosette Rutman, Stephen and Tamara Abrams, commemorating the yahrtzeit of **Freidel Rutman**.

Cantor Deborah Staiman, acknowledging **Neil Nisker and family** in memory of **Max Nisker**.

Cantor Deborah Staiman, acknowledging **Stephen Tanny** in memory of **Jean Tanny**.

Cantor Deborah Staiman, commemorating the yahrtzeit of **Edna Itkoff**.

Dorothy Tessis, commemorating the yahrtzeit of **Yadja Yetta Wajgensberg**.

General Fund

Arthur (Aric) Azbel

Esther Bernstein and family, commemorating the yahrtzeit of **Dr. Abraham Bernstein**.

Pamela Briggs, honouring the memory of **David Pullan**.

Joseph and Helen Casse, commemorating the yahrtzeit of **Anne Zeidenberg**.

Jeffrey and Terry Cumming, honouring the memory of **Helen Glazer**.

Barbara Duncan, acknowledging **Russ Russell Pullan** in memory of **David Pullan**.

Barry Ganz and Rabbi Audrey Kaufman, honouring **Sheldon and Patti Rotman**.

Marvin Geist, commemorating the yahrtzeit of **Mamie Geist Silverman**.

Sara Wunch Glick, commemorating the yahrtzeit of **David Tempo**.

Martin Halpern and Karen Glass and family, commemorating the yahrtzeit of **Anne Halpern**.

Ruth Nichols, commemorating the yahrtzeit of **Joseph Nichols**.

Barbie and David Pearl, acknowledging **Eli Pullan** in memory of **David Pullan**.

Hascal and Sandra Rosen, commemorating the yahrtzeit of **Amelia Berenbaum Rosen**.

Millard Roth and family, commemorating the yahrtzeit of **Max Kaplan**.

Don Smith

Stephen Tanny and Sharon Weinstein, commemorating the yahrtzeit of **Morris Tanny**.

Jack and Judy Weisdorf, commemorating the yahrtzeit of **Ethel Silver**.

Jack and Judy Weisdorf, commemorating the yahrtzeit of **Rose Weisdorf**.

Hesed Fund

Frances Ackerman and Henry Einstoss, commemorating the yahrtzeit of **Morris Einstoss**.

Michael and Marla Allentoff and family, honouring **Alice Weiner** on her birthday.

Rosalee Berlin, acknowledging **Stephen Tanny** in memory of **Jean Tanny**.

Rosalee Berlin and family, commemorating the yahrtzeit of **Belle Green Wax**.

Rosalee Berlin and family, commemorating the yahrtzeit of **Dr. Seymour Solomon Berlin**.

Shirley and Perry Cooper and family, commemorating the yahrtzeit of **Betty Korzenstein**.

Rabbi Robyn Fryer Bodzin, honouring **Sara Kachuck** on her 100th birthday.

Rabbi Robyn Fryer Bodzin, Aaron and Ariella Bodzin, honouring **Risa Levine and David Weisdorf**.

Shep and Lorraine Gangbar, acknowledging **Stephen Tanny** in memory of **Jean Tanny**.

Shep and Lorraine Gangbar, honouring **Patti Rotman** for two years of comradeship, community and fun.

Shep and Lorraine Gangbar, honouring **Sheldon Rotman** for two years of comradeship, community and fun.

Melissa and Sam Glazer, commemorating the yahrtzeit of **Bernie Dorfman**.

Irving Gold, commemorating the yahrtzeit of **Max Gold**.

Malki Lazar, commemorating the yahrtzeit of **Irving Lazar**.

Carole and Gary Sherkey and family, commemorating the yahrtzeit of **Mildred Dinaberg Bluestein**.

Pesia Signer, commemorating the yahrtzeit of **Akiva Turner**.

Alan Sless, honouring **Rabbi Steven Wernick, Rabbi Baruch Frydman-Kohl, Rabbi Robyn Fryer Bodzin, Lorne Hanick, Cantor Sidney Ezer, Yacov Fruchter and Aviva Chernick**.

Rose Sobel and Duke Segel acknowledging **Dr. Coleman Rotstein and Wendy Wolfman and family** in memory of **Eleanor Charney**.

Oscar Zimmerman and Anna Day, wishing **Martin Day** a *refuah sheleimah*.

Howard (Hy) Cooper Trust Fund

Ethel Abramowitz, acknowledging **Dorothy Pullan** in memory of **David Pullan**.

David and Carol Grossman and family, acknowledging **Morty Eisenberg** in memory of **Anne Eisenberg**.

Jack Grossman, honouring the publication of his book *Decisions: My Memories as a Lawyer and Judge*.

Mark and Jan Lapedus, acknowledging **Barbara Redinger and family** in memory of **David Redinger**.

Mark and Jan Lapedus, acknowledging **Devorah Pullan and family** in memory of **David Pullan**.

Hersh and Cheryl Rosenthal, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Jewish Family Living Fund

Sidney Brown, commemorating the yahrtzeit of **Barney Brown**.

Brenda Orser, acknowledging **Annalee Wagman** in memory of **Evelyn Wolfe**.

Brenda Orser, honouring **Irving Matlow** for his steadfast presence at Beth Tzedec and in Israel, and for the foundation, building and growth of a Makom. Brenda Orser, honouring **Ralph Shiff** on his 90th birthday.

Jonathan Kahn Memorial Fund

Jackie Kahn, commemorating the yahrtzeit of **Allan Simon**.

Jackie Kahn, commemorating the yahrtzeit of **Vera Waldman**.

Kaddish Fund

Samuel and Renata Galperin, commemorating the yahrtzeit of **Ann Zidenberg**.

Kosher Food Bank

An anonymous contribution, commemorating the yahrtzeit of **Bella Ungar**.

An anonymous contribution, commemorating the yahrtzeit of **Bernard Ungar**.

Rhonda Brown and family, commemorating the yahrtzeit of **Ruth Balakofsky**.

Denise Chriqui, wishing **Nancy Ezer and family** a healthy and happy Passover.

Andrea and Stephen Fine, commemorating the yahrtzeit of **Leonard Fine**.

Vera and Larry Finkelstein, commemorating the yahrtzeit of **Saul Glassman**.

Sally Gallinger, commemorating the yahrtzeiten of **Edith and Harry Rubenstein**.

David and Karen Jackson, commemorating the yahrtzeit of **Samuel Jackson**.

Sandra and Julius Kirschner, commemorating the yahrtzeit of **Joseph Sonshine**.

Jerry and Esther Kravice, commemorating the yahrtzeit of **Esther Kravice**.

Jan and Mark Lapedus, Andy and Julie Freedman, Mark and Blanche Freedman, commemorating the yahrtzeit of **Chovie Freedman**.

Jan and Mark Lapedus, Andy and Julie Freedman, Mark and Blanche Freedman, commemorating the yahrtzeit of **Jack Freedman**.

Leah and Israel Liquornik, commemorating the yahrtzeit of **Phillip Turowicz**.

Jewell and Seymour Lofsky, commemorating the yahrtzeit of **Leo Orzy**.

Connie Putterman and David Golden, commemorating the 40th yahrtzeit of **Bernard Putterman**.

Esterita Rajskey and family, honouring the memory of **Oskar Rajskey**.

Debbie Rothstein and Michael Friedman, acknowledging **Stephen Tanny** in memory of **Jean Tanny**.

Rhonda Rován and family, commemorating the yahrtzeit of **Wilfred Rován**.

Helen, John, Sharon, Stella and Esther Singer and families, commemorating the first yahrtzeit of **Sylvia Singer**.

Susan Goldberg - on her mother's 100 birthday

Rose Sobel and Duke Segel, honouring **Brenda Orser**.

Cecile Zaifman and family, commemorating the yahrtzeit of **Percy Zaifman**.

Little Minyan Fund

Debbie Rothstein and Michael Friedman, honouring **Norman and Jackie Kahn** on the engagement of their daughter **Nicole and Josh**.

Lorne Hanick Website Development Fund

Maagal Havurah

Membership Relief Fund

An anonymous contribution, honouring the **Beth Tzedec staff**.

Bayla and Leo Chaikof, commemorating the yahrtzeit of **Israel Appel**.

Leo and Bayla Chaikof, commemorating the yahrtzeit of **Mary Mania Chaikoff**.

Anne Clavir and Martin Frank and family, commemorating the yahrtzeit of **Etta Clavir**.

Judith E. Costin

Jay and Sherry Firestone, commemorating the yahrtzeit of **Hillary Firestone**.

Sherry and Jay Firestone, commemorating the yahrtzeit of **Alan Barad**.

Delores Funt, Heather and Mark Librach, commemorating the yahrtzeit of **Alexander Funt**.

Samuel and Renata Galperin, commemorating the yahrtzeit of **Ann Zidenberg**.

Esther Hussman and family, commemorating the yahrtzeit of **Dov Hussman**.

Martin and Sandra Karp, commemorating the yahrtzeit of **Jerry Karp**.

Ellen and Alan Levine and family, commemorating the yahrtzeit of **Dr. Sidney Steinberg**.

Pearl Lipton-Silver, commemorating the yahrtzeit of **Shirley Siegal**.

Ruthann and Lawrie Lubin, commemorating the yahrtzeiten of **Leo Joseph Cutler** and **Alta Miriam Cooper**.

Saul and Paul Merrick, commemorating the yahrtzeit of **Esther Merrick**.

Robert Milne, commemorating the yahrtzeit of **Harold Milne**.

Michele and Stuart Pollock, Diane Betel, Georgine Rosman and families, commemorating the yahrtzeit of **Steven Friedlich**.

Susan, John, Alex, Jamie and Melanie Rose, commemorating the yahrtzeit of **Betty Skolnik**.

Debbie Rothstein and Michael Friedman, wishing **Marvin Miller** a *refuah sheleimah*.

Sheldon and Patti Rotman and family, acknowledging **Arie Rogenstein** in memory of **Tova Rogenstein**.

Sheldon and Patti Rotman, acknowledging **Dr. Lowell Berger** in memory of **Goldie Berger**.

Sheldon and Patti Rotman, acknowledging **Susan Milne and Cheryl Berliner** in memory of **Reva Hertz**.

Skip and Lynn and Deenna Sigel, acknowledging the **Landsberg Family** in memory of **Ronald Landsberg**.

Eric Sobel, acknowledging the **Landsberg Family** in memory of **Ronald Landsberg**.

Lloyd, Deborah, Michelle and Joc Speyer, commemorating the yahrtzeit of **Mark Speyer**.

Carole and Bernard Starkman and Lawrie and Ruthann Lubin, commemorating the yahrtzeit of **Ettie Lubin**.

Gail and Stuart Teperman and family, commemorating the yahrtzeit of **Frances Mandell-Arad**.

Joel York and family, commemorating the yahrtzeit of **Fay York**.

Music Fund

Marcie and Gary Mansfield and family, acknowledging **Michael Landsberg and David Landsberg and families** in memory of **Ronald Landsberg**.

Robert Milne, acknowledging **Pam, Sandy, Emily and Josh** in memory of **Reta Faibish**.

Online Learning Fund

Jeanne and Irving Salit, honouring **Ralph Shiff** on his 90th birthday.

lianlian Yuan, honouring **Beth Tzedec and Hana Werner** for the online series *Day Trips in Jewish History*.

Out-of-the-Cold Fund

Arron and Devra Eisen, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

Allan Goldstein, Michelle Glied-Goldstein and family, commemorating the yahrtzeit of **Bill Glied**.

Barry Greenberg and Susan Laufer, commemorating the yahrtzeit of **Jay Greenberg**.

Wendy Koblin Radzinski, commemorating the yahrtzeit of **Ruth Koblin**.

Marsha Krakowsky

Brad and Corinne Lester and family, acknowledging **Leonard Dick** in memory of **Howard Dick**.

Gary and Patti Pollock, commemorating the yahrtzeit of **Ricky Pollock**.

Gary and Patti Pollock, commemorating the yahrtzeit of **Sidney Pollock**.

Lawrence Ross, commemorating the yahrtzeit of **Marianne Ross**.

Gella and Paul Rothstein, honouring **Newton Markus** on his 90th birthday.

Mel and Ruth Steinhart, acknowledging **Charna Nightingale** in memory of **Michael Sherman**.

Mel and Ruth Steinhart, acknowledging **Dr. Martin Taylor and family** in memory of **Leila Taylor**.

Mel and Ruth Steinhart, wishing **Estelle Grader** a *refuah sheleimah*.

Anna-Lynne Taradash and family, commemorating the yahrtzeiten of **Faye and Abraham Sossin**.

Prayer Book Dedications (Humash)

Howard Joshua Kirshenbaum, commemorating the yahrtzeit of **Betty (Batya) Kirshenbaum**.

Brenda Orser, honouring **Irving Matlow** for his steadfast presence at Beth Tzedec and in Israel, and for the foundation, building and growth of a *Makom*.

Brenda Orser, honouring **Sara Kachuck** on her 100th birthday.

Prayer Book Dedications (Siddur)

Brenda Orser, acknowledging **Dr. Stephen Tanny** in memory of **Jean Tanny**.

The Singer Family, commemorating the first yahrtzeit of **Sylvia Singer**.

Rabbi Robyn Fryer Bodzin Discretionary Fund

Donnie Friedman, commemorating the yahrtzeit of **Miriam Bohnen**.

Sam and Melissa Glazer, commemorating the yahrtzeit of **Samuel Glazer**.

Eudice Goldberg, commemorating the yahrtzeit of **Richard Goldberg**.

Sidney Golden, commemorating the yahrtzeit of **Rayzel Miriam Golden**.

Sid and Nancy Golden, commemorating the yahrtzeit of **Charlotte Belz**.

Sid and Nancy Golden, commemorating the yahrtzeit of **Myrna Elaine Reese**.

The Newman Family, commemorating the yahrtzeit of **Jack Newman**.

Lynnda and Jeffrey Pancer, commemorating the yahrtzeit of **Louis Rubin**.

Joanne and Earl Schwebel, commemorating the yahrtzeit of **Mannie Robbins**.

Allison and Derek Sherman, honouring **Rabbi Fryer Bodzin** for her support and guidance in preparing for **Cara's** bat mitzvah.

Sidney and Lola Solnik, commemorating the yahrtzeit of **Jack Golden**.

Rabbi J. Benjamin Friedberg Fund

Frances Ackerman and family, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Art and Carole Andrews, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Orah Buck, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Sandy Cohen, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Gertrude Diamond and family, acknowledging the **Friedberg Families** in memory of **Rabbi J. Benjamin Friedberg**.

Phyllis Flatt, honouring the memory of **Rabbi J. Benjamin Friedberg**.

David and Lucille Griff, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Jack and Sandi Grossman, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Sara Kachuck, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Steven Kelman, Melissa and Amanda, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Max and Dolly Kerzner, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Carolyn and Eliot Kolers, acknowledging **Lola Friedberg** in memory of **Rabbi J. Benjamin Friedberg**.

Murray and Adrienne Levinter, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Irving Matlow, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Honey Milstein and family, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Sybil Milstone and family, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Mark and Laurie Naimer, acknowledging the **Friedberg Family** in memory of **Rabbi J. Benjamin Friedberg**.

The Nemoy and Leibel Families, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Petra and Lionel Newton, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Shirley and David Promislow, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Marjorie Rasky, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Allan and Ellen Rosenbluth, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Debbie Rothstein and Michael Friedman and family, acknowledging **Lola Friedberg and family** in memory of **Rabbi J. Benjamin Friedberg**.

Sheldon and Patti Rotman, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Ralph and Judy Shiff, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Skip and Lynn Sigel and family, honouring the memory of **Rabbi J. Benjamin Friedberg**.

The Sobel Family, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Rose Sobel and Duke Segel, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Shoshanah Steel, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Joseph and Elaine Steiner, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Queenie Teichman, honouring the memory of **Rabbi J. Benjamin Friedberg**.

Oscar Zimmerman, Anna Day and family, acknowledging **Lola Friedberg and family** in memory of **Rabbi J. Benjamin Friedberg**.

Rabbi Steven Wernick Discretionary Fund

Earl Altman and family, commemorating the yahrtzeit of **Abraham Clar**.

Earl Altman and family, commemorating the yahrtzeit of **Ruth Altman**.

An anonymous contribution, honouring **Rabbi Steven Wernick** for his inspiring Passover sermon.

Jack and Elaine Barkin, commemorating the yahrtzeit of **Boris Barkin**.

Faygie Buchman, honouring **Murray Buchman** on his 99th birthday and wishing him a *refuah shelaimah*.

Jennifer Dorfman, commemorating the yahrtzeiten of **Martin Dorfman** and **Marian Dorfman**.

Ralf Gold, commemorating the yahrtzeit of **Marcel Gold**.

Karen Hersh and Lawrence Davis and family, commemorating the yahrtzeit of **Morton Hersh**.

Ruth and Harold Margles, commemorating the yahrtzeit of **Maurice Kaplan**.

Robert Milne, honouring **Rabbi Steven Wernick** for his help and guidance.

Brenda Orser, honouring **Rabbi Steven Wernick** for his efforts in support of Ukraine and the Ukrainian refugees.

Millie Pollock, commemorating the yahrtzeit of **Sidney Philip Pollock**.

Lynn and Skip Sigel, acknowledging the **Buchman Family** in memory of **Dr. Murray Buchman**.

Refugee Program Fund

Caroline Bokar Gordon and Errol Gordon, commemorating the yahrtzeit

of **Bob Bokar**.

Jocelynn and Fred Engle, honouring **Professor Stephen Berk**.

Saralyn Feinberg, honouring **Miriam Zittell** and **Bari Zittell**.

Larry and Vera Finkelstein, commemorating the yahrtzeit of **Helen Finkelstein**.

Fred and Ruth, Robert, Matthew and Zachary Fishman, acknowledging **Marie Mandel and family** in memory of **Josh Mandel**.

Judith and Aubrey Golden, commemorating the yahrtzeit of **Dr. Samuel Freedhoff**.

Nathan Greenberg, acknowledging the **Hanser Family** in memory of **Dr. Barry Hanser**.

Nathan Greenberg, acknowledging the **Landsberg Family** in memory of **Dr. Ronald Landsberg**.

Martin Kelman and Gilda Tanz, commemorating the yahrtzeit of **Saul Kelman**.

Gary and Marcie Mansfield, honouring **Zelda Korenblum** on her 90th birthday.

Ralph Soberano, honouring **Simy Soberano**.

Jan Sutin, wishing **Mitch and Anne Max and family** a happy Passover.

Lara Torvi, honouring **Miriam Zittell** for her participation in the Mississauga Marathon for Refugee fundraiser.

The Valo Family, commemorating the yahrtzeit of **Thomas Valo**.

Barbra Walters, acknowledging **Pauline Berkovitz Walters and Benjamin Walters** in memory of **Pauline Berkovitz**.

Oscar Zimmerman and Anna Day, commemorating the yahrtzeit of **Israel Zimmerman**.

The Rabbi Baruch Frydman-Kohl Endowment Fund

Ronnee Alter, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

**MAKE A DIFFERENCE.
DONATE TODAY.**

By contributing to Beth Tzedec's many funds, scholarships, and initiatives, you heal and build our community. Click [here](#) for a list of Beth Tzedec Funds.

Melvin and Sandra Brown, honouring **Professor Stephen Berk**.

Murray Collis, commemorating the yahrtzeit of **Dora Collis**.

Jeffrey and Terry Cummings, commemorating the yahrtzeit of **Sylvia Cummings**.

Maxine Fish and family, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

Phyllis Flatt and family, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

The Greenspan and Epstein Families, honouring the memory of **Joy Epstein**.

Karen and David Jackson and family, marking the conclusion of Kaddish for **Esther Schwartz**.

Rayna Jolley, honouring **Martin and Judy Friedland**.

Bonny Kirschner, honouring **Eddie Kirshner** on his 70th birthday.

Harriet Lilker and family, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

Marilyn and Saul Merrick, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

Robert Milne, honouring **Rabbi Baruch Frydman Kohl**.

Rochelle Miller, commemorating the yahrtzeit of **Samuel Izenberg**.

Karen and Howard Phillips, wishing **David Galet** a *refuah sheleimah*.

Mildred Schwartz, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

Debbi Shecter, honouring **Rabbi Baruch Frydman-Kohl**.

Howard and Emily Snow and family, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

Rose Sobel and Duke Segel, honouring **Rabbi Baruch Frydman-Kohl** on being appointed to the Order of Canada.

Mel and Ruth Steinhart, honouring **Ralph Shiff** on his 90th birthday.

Felicia Valo and Arlene Travis, honouring **Rabbi Baruch Frydman-Kohl**.

Lynda and Jerry White, commemorating the yahrtzeit of **Florence Swartz**.

The Winston Family, commemorating the yahrtzeit of **Cary Krem**.

David and Ellen Zworth and family, commemorating the yahrtzeit of **Ann Zworth**.

Torah Through the Ages Fund

Phyllis Pepper and family, acknowledging the **Landsberg Family** in memory of **Dr. Ronald Landsberg**.

Victims of Terror Fund

Ethel Abramowitz and family, honouring the memory of **Rabbi J. Benjamin Friedberg**.

An anonymous contribution, honouring the **Jewish Agency, Aliyah Committee**.

Jerrold and Betty Caplan, acknowledging **Doreen Greenspan** in memory of **Ada and Ben Caplan**.

Kathy and Brian Feldman, commemorating the yahrtzeit of **Esther Newman**.

Kathy and Brian Feldman, commemorating the yahrtzeit of **Ray Margles**.

Maxine Gallander Wintre, acknowledging **Lola Friedberg and family** in memory of **Rabbi J. Benjamin Friedberg**.

Elaine Glassman and family, commemorating the yahrtzeit of **Allan I. Glassman**.

Bonnie and Saul Greenberg, commemorating the yahrtzeit of **Shaynka Farber**.

Ronna Hoffer and family, commemorating the yahrtzeit of **Esther Rutman**.

Jerry and Esther Kravice, commemorating the yahrtzeit of **Max Kravice**.

Robert and Patricia Levy and family, commemorating the yahrtzeit of **Sam Levy**.

Elise and Fanny Orenstein and family, commemorating the yahrtzeit of **Joseph Orenstein**.

Rosette Rutman, Stephen and Tamara Abrams, commemorating the yahrtzeit of **Ita Streiman**.

Rosette Rutman, Stephen and Tamara Abrams, commemorating the yahrtzeit of **Tom Valo**.

Martha Sud and family, commemorating the yahrtzeit of **Jacob Grossman**.

Eleanor Wisenberg, commemorating the yahrtzeit of **Lucille Bensky**.

Yom Hashoah Candle Fund

Art and Carole Andrews, acknowledging **Devorah Pullan and family** in memory of **David Pullan**.

An anonymous contribution, supporting the **Beth Tzedec Men's Club's Yom Hashoah Candles initiative**.

Karen Basian, acknowledging **Andy Pullan** in memory of **David Pullan**.

Sylvia Bornstein, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Michael Bregman and Katie Osborne, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Howard Burke and Michelle Albert-Burke, acknowledging **Russ Pullan** in memory of **David Pullan**.

Michael and Carol Burke, acknowledging **Devorah Pullan and family** in memory of **David Pullan**.

Donald Carr and Judy Feld Carr, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Rose Dubin and family, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Marcy Greenglass and family, commemorating the yahrtzeit of **Lottie Slotnick**.

Gloria Houser, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Louise and Jack Katz, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Neil and Janet Katz, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Eddie and Bonny Kirschner, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Pauline Menkes, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Lee Rimón, acknowledging **Dorothy Pullan** in memory of **David Pullan**.

Debbie Rothstein and Michael Friedman, honouring **Murray Levinter** on his 97th birthday.

Ralph and Judy Shiff, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Cathy Surdin, Lawrence and Brooke Schiff, acknowledging the **Eisenberg Family** in memory of **Anne Eisenberg**.

Rosalyn Train, acknowledging **Devorah, Andy, Eli and Russell Pullan** in memory of **David Pullan**.

Sheila Zane, acknowledging **Devorah Pullan** in memory of **David Pullan**.

Young Emissaries Fund

Debbie Rothstein and Michael Friedman, honouring **Risa and David Weisdorf** on their marriage.

Young Professionals Fund

Irving Matlow, commemorating the yahrtzeit of **Archie Matlow**.



Know an incoming Jewish university student?

Do you know a Jewish student starting university in Ontario this fall? Hillel Ontario, your home for Jewish campus life, will **send them a welcome gift package!** We will also enroll them in our newsletters so they don't miss out on Jewish programming, opportunities to make new friends and other great events.

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Mahzor Lev Shalem



Several years ago, Beth Tzedec introduced *Mahzor Lev Shalem*, a completely updated prayer book for the High Holy Days.

You can inscribe a volume of *Mahzor Lev Shalem* in honour or in memory of a loved one, or to mark a special occasion. Each *mahzor* will bear a personalized bookplate in acknowledgement.

Condolences

The Congregation extends heartfelt condolences to the families of the late:

Ann Betcherman
Bella Lynne Budd
Helene Chapnick
Anne Eisenberg
Faye Firestone
Rabbi J. Benjamin Friedberg
Lola Friedberg
Howard Kerbel
Dave Leibman
Malcolm Lester

Joshua Mandel
Ruth Milne
Marjorie (Malka) Rosenberg
Moshe Shwarzman
Birtha Sklar
Jeanette Stein
Karen Barbara Stekel
Joey Tanenbaum
Elca Taras
Steven Teperman

"May the God of mercy sustain and strengthen them in their sorrow."

Be The Change, Design The Future

The Teen Leadership Summit is the first time you can join your peers in designing the future of leadership in USY, your community, and beyond. Gather with teens from all over North America for a weekend of ruach, leadership development, learning, and of course connecting with old and new friends!

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*Cost subject to exchange rate change

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Yizkor Memorial Booklet

It is time to send information to include the names of your loved ones in the annual Yizkor Memorial Book used at Yizkor Services on Yom Kippur, Shemini Atzeret, Pesach and Shavuot for the years 5780. The cost is \$18.00 per memorialized name per household. Submission deadline: **Thursday, June 30.**

Yizkor Memorial Booklet Donation

Make cheques payable to: Beth Tzedec Congregation

1700 Bathurst Street, Toronto, Ontario M5P 3K3

Phone: 416-781-3514 ext. 212 Fax: 416-781-0150

E-mail Terri Humphries: thumphries@beth-tzedec.org

DEADLINE: PLEASE COMPLETE AND RETURN THIS FORM WITH YOUR PAYMENT NO LATER THAN 5:00 PM ON JULY 19, 2017.

Beth Tzedec — Yizkor Memorial Booklet Donation Form



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In order to acknowledge your donation in memory of your loved ones, please **PRINT** their names very clearly, in **ENGLISH ONLY**.

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Bree-AH/The Body III

Liberating the Voice



Sunday, August 28 at 11:00 AM

Bree-AH returns with the third session in the **Bree-AH/The Body** series:
Liberating the Voice with our very own Artist-in-Residence,
singer Aviva Chernick.

We make sound from our first moments, small and large wordless sounds filled with emotion, unabashedly communicating our deepest and most intimate needs. How do we reclaim this liberated voice? We start by allowing ourselves to sigh; in relief, in grief, in sadness and in joy. Join Aviva for this vocal adventure that will begin with yawns and sighs as we find our way together into song. Bring your curiosity and log in prepared to play. You do not need any previous vocal experience to participate. All are welcome.

