

beth shalom  
auckland new zealand  
בית שלום



Adar II~Nissan 5782

April 2022

TERUAH



*A strong, vibrant community with a spiritual heart  
embracing Jewish life and its diversity.*

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# Our Board members

Affiliated with the Union for Progressive Judaism (UPJ)

Charities Commission Registration Number CC29542

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## Executive

- President, Michelle Wise, [president@bethshalom.org.nz](mailto:president@bethshalom.org.nz)
- Immediate past president, Olga Bernstein, [olga.bernsteinz@gmail.com](mailto:olga.bernsteinz@gmail.com)
- Vice President, Ted Ries, [vice\\_president@bethshalom.org.nz](mailto:vice_president@bethshalom.org.nz)
- Secretary, Rachel Zussman, [secretary@bethshalom.org.nz](mailto:secretary@bethshalom.org.nz)
- Treasurer, David Singer, [treasurer@bethshalom.org.nz](mailto:treasurer@bethshalom.org.nz), (Finance Committee)

## Board members and portfolios

- Kate Bukowski, [kate.bukowski@gmail.com](mailto:kate.bukowski@gmail.com)
- Suzanne Murek, [susanne.murek@gmail.com](mailto:susanne.murek@gmail.com)
- Shane Sampson, [shane@bethshalom.org.nz](mailto:shane@bethshalom.org.nz), Finance Committee
- Arie Rosen, [rosenari@gmail.com](mailto:rosenari@gmail.com), Ritual Committee, Education Committee

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- Educator, Debbie Miller [educator@bethshalom.org.nz](mailto:educator@bethshalom.org.nz)
- Community Care, Lita Summerfield, [serendipitylins40@gmail.com](mailto:serendipitylins40@gmail.com)
- Senior Outreach, Chris Shiller, [shiller@orcon.net.nz](mailto:shiller@orcon.net.nz)
- Auckland Jewish Burial & Benevolent Society, Sue Berman ... 022 051 3589, [ajbbs@bethshalom.org.nz](mailto:ajbbs@bethshalom.org.nz)

**Service times are Fridays at 6:30pm and Saturdays at 10am.**

Beth Shalom's covid policy is currently being reviewed to account for the update of the traffic light system. We will continue to keep you up to date with any changes. For now, we expect to continue to provide a mixture of online only and in-person services.

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Opinions expressed in Teruah do not necessarily represent the views of Beth Shalom Board of Management.

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# Coming up in April...

- **Thursday 7<sup>th</sup> April** – Burial and Benevolent Society AGM 7.30-9pm on Zoom.
- **Saturday 9<sup>th</sup> April** – Bar Mitzvah William Robinson - due to the reduced number of attendees allowed under Covid restrictions, unfortunately, in person attendance is by invitation only. We can celebrate with the family by joining on Zoom. Links to follow.
- **Friday 15<sup>th</sup> April Passover Seder at 6pm on Zoom.** Join Rabbi Dean for an online first night Seder on Zoom with stories, symbols and song on Friday 15 April starting at 6pm. More details in the weekly email.
- **Saturday 16 April, First Day Pesach Service in the Sanctuary at 10am.**
- **Saturday 16 April, 4pm, it's Seder Al Fresco at Cornwall Park.** Rabbi Dean will lead an interactive and playful seder. We'll experience the Exodus in a whole new way; all ages are welcome. Once you register, we'll send you a map and list of what to bring so that you can enjoy your seder and picnic meal alongside your friends.
- **Friday 22nd April 7<sup>th</sup> day Pesach service** including Yizkor **at 10am** on Zoom.



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# From the outgoing President

It's strange to be at the end of my time as President. As time often does, the last two years seem to have gone very quickly - and very slowly. There have been some really good times, and some really hard ones. But throughout it all, I have had the privilege and pleasure of working with many amazing people. I've included a detailed list of these people in my speech, which you can read in the AGM report that was sent out. The community and the Board owe each one of these people a huge debt of gratitude.

As I said in my speech, when I look back and think about what has been achieved by the Board over the last year, there are many wonderful things that have happened, but at the top of the list, I see a shift to financial stability and a community that now has a Rabbi. We have also made progress or initiated a number of core projects, including: starting signing up youth members; establishing an Education Committee; starting the due diligence for the Jewish Auckland (previously called 'JCC') project; establishing a system for ongoing maintenance of our property; starting work on scoping a member management system; investigating a Zoom system and new sound system for the sanctuary, carrying out a project to assess the development potential of the Maon property.

This has been a time of establishing stability and solidifying our foundations. I know there's a lot of work ahead, but I hope that I leave the foundations stronger than I found them.

I hand over to Michelle Wise, who I know will be a wonderful President, and look forward to the new Board and Rabbi Dean taking forward projects that will grow and invigorate this community.

This community is and will always be dear to my heart.

L'shalom, Olga



# From Rabbi Dean

The United States went into lockdown three Passovers ago. It seemed fitting somehow, since Passover acknowledges both plague and the feeling of being trapped. I wouldn't have believed you if you had told me back then that we'd still be living in Covid's shadow two long years later.

Passover and Covid echo each other. Covid makes me think of the Plague of Darkness, in particular – the uncertainty and distrust that's pervaded these years. We've groped in fear, seeking answers to so many questions. What's safe to do? How long will this last? What are my obligations to the common good? What's more, the Hebrews' years in Egypt culminate with the Death of the First Born. Like them, we've stayed ensconced in our homes, afraid even to open the doors, knowing how many people were sick and dying all around us. We've been unable to visit those we love. We know what it means to fear for our lives.

So, too, these Years of Plague evoke the Hillel Sandwich – that gooey mixture of bitter and sweet. For all the alarm we've experienced, all the loss of life and liberty, all the frustrations of confinement and the special occasions we can never get back, there has been, too, some silver lining. We're

- cooking from scratch.
- saying 'no' when requests don't appeal to us.
- enjoying quiet mornings all to ourselves, with no schedule to obey.
- chatting with long-lost friends and family members around the world.
- walking on the beach and through the bush, riding our bike, and swimming.
- reading books again.
- rediscovering the beauty in quieter, simpler lives.

And we have learned that life is like matzah. It's hearty, but it can crack at any time. We understand now that we are far less secure than we once believed ourselves to be. I imagine that's how the Egyptian taskmasters felt that last, long night, when their world came crumbling down around them, and they finally realised that their power was limited. Nothing touched by human hands is impervious.

This Passover, perhaps, we are experiencing our own liberation. The world is opening up again. Restrictions are being lifted. New possibilities emerge, and we pray they will last. Let's breathe the air of freedom deeply for as long as we can.

This is the essence of Jewish holidays. They are not precious antiques to be kept on the mantel, too fragile to be handled or used. We needn't fear that they'll chip like grandmother's china. Rather, they are living experiences, the birthright of every Jew to engage with deeply, to find wisdom and bring meaning, to infuse with the realities of our lives.

וּבְכָל דּוֹר וָדוֹר, חַיֵּב אָדָם לְהִרְאוֹת אֶת עַצְמוֹ כְּאִלּוּ הוּא יֵצֵא מִמִּצְרַיִם

In every generation, people must regard themselves as if they, personally, had gone forth from Egypt.

The story lives in us, perhaps more deeply now than ever before in our lifetimes. We see ourselves reflected in its Truth. We embrace the story and, in turn, pass it forward so that future generations will find their own meaning within it.

The Exodus did not happen long ago. Rather, we are living it, year after year, identifying our confinements and moving towards freedom.

Rabbi Dean Shapiro



## Ritcom Reports: how to set up your Seder plate

**Here is what you need to set up your seder plate together with some links and recipes.**

### **Seder Plate**

**Roasted egg**, symbolizing the circle of life

**Salt water** - symbolizing the tears of the slaves

**Parsley** - Karpas - symbolizing the new Spring

**Bitter Herbs** - Maror, horse radish or chrein remembering the bitterness of slavery

**Charoset** - symbolizing mortar but also the sweetness of freedom

**Shank bone** - symbolizing the sacrificial lamb or a roasted beetroot resembling the blood of the sacrifice

**Cos Lettuce** - Hazeret - second bitter herb - not on all seder plates, optional.



<https://www.myjewishlearning.com/article/passover-seder-plate/>

<https://www.myjewishlearning.com/recipe/chrein-horseradish/>

<https://www.myjewishlearning.com/recipe/haroset/>



CHREIN (bitter herbs/maror)

100 gms fresh horseradish

275 gms fresh beetroot

½ cup / 100 mls white vinegar

1 teaspoon salt

2 tablespoons sugar

Peel horseradish. Wash beets, and boil for 15 mins.

When cool, peel them. Grate horseradish and the beets using a fine grater or food processor, do this near an open window.

Mix grated horseradish and beetroot with other ingredients and refrigerate in glass jars

**TIP** Suggest wash the horseradish and scrub under running cold tap. Use Goldilocks to scrub horseradish. It keeps a long time in the fridge.

**CHAROSET** (very easy recipe)

450 g grated apples

150 g chopped nuts (eg pecans)

2 tsp cinnamon

red wine – can use kiddush red wine

Mix altogether and leave overnight, store in fridge.

Passover Seder on Zoom with Rabbi Dean

# PASSOVER SEDER

**JOIN BETH SHALOM  
FRIDAY EVENING  
15 APRIL FOR A  
LIVELY FIRST-NIGHT  
SEDER LED BY  
RABBI DEAN  
ALL ARE WELCOME**

**BETHSHALOM.ORG.NZ OR  
OFFICE@BETHSHALOM.ORG.NZ  
FOR MORE INFO**

**First Night at 6 PM  
Song & Story  
Shared Safely  
Online**



## Passover Picnic at Cornwall Park



# PASSOVER PICNIC

Office@bethshalom.org.nz  
for info or to RSVP  
We'll reply with full info.

**Join us at 4 PM**  
**Saturday 16 April in Cornwall Park**  
**for a lively, outdoors,**  
**bring-your-own seder**  
**led by Rabbi Dean.**  
**All are welcome -**  
**including children.**



# Education: Sunday school without Walls

We have been having such an amazing time. It has been great exploring together in a totally different framework our Jewish holidays, history and values.

This past week we had a cool scavenger hunt. We explored Jacob's wrestling with an angel of God. It is all about learning and changing. We followed Jacob's story and we asked about ourselves if we had similar experiences that we could relate to what Jacob went through. This was all done through a scavenger hunt that had rewarding treats and "Jewish themed fortune cookie" chocolate eggs at the end.

We then made 17-minute matza to try to understand what it means to make "fast food" when the Jews were in a hurry to leave Egypt.





## Sunday School Mock Seder

We will be having a planning party for our mock seder on April 3<sup>rd</sup>. Practicing our play, making a mural of the 10 plagues and preparing all our blessings and songs for the seder the following week along with a charoset making activity. The mock seder will take place in the social hall on April 10<sup>th</sup>.

Please let us know how many people will be coming to the mock seder so we can plan how much food to make.

**Shabbat Kat 10.30am, Saturday April 30th.**

## SHABBAT KAT Children's Service

**Saturday 28 April 2022, 10:30am**



**Singing**



**Puppets**



**Dancing**



**Torah**



**Stories**



**Hebrew**



**Challah and juice**



**Musical instruments**

**Bring all your spirit and energy.**

Contact: [educator@bethshalom.org.nz](mailto:educator@bethshalom.org.nz)

Beth Shalom, 180 Manukau Road, Epsom

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## Introduction to Judaism

Introduction to Judaism has been humming right along and we are having tons of fun studying together. We are also hoping to have an intro seder as well which will be open to past intro students.



Due to the fact that we had to eliminate Hebrew studies from our Sunday school Without Walls I have opened up online zoom Hebrew for people and kids to participate in.

I am regularly teaching Bar Bat Mitza students Hebrew on Zoom on Monday evenings at 7pm.

I also have an adult beginning Hebrew class on Zoom on Wednesdays at 10am and at 3pm. I am open to changing one of those times to an evening time if it works better for you, so contact me if you are interested: [educator@bethshalom.org.nz](mailto:educator@bethshalom.org.nz)

Debbie Miller, Educator, Beth Shalom Progressive Synagogue, 027 765 3677



Service leaders roster will be published progressively in the weekly email newsletter.



## Prayers for Healing Group

A group of Beth Shalom members has commenced, to think of and pray for individuals in our community, who are in need of healing.

The idea is that this group is not an organised group or minyan. Simply, caring people who, when made aware of the need, help healing with the power of prayer.

And that families in distress might receive comfort from the knowledge that this is taking place.

Caring for the unwell is part of being a community.

For those interested, I can supply articles: "The Jewish Way in Healing", and some scientific research on the positive power of prayer in healing.

- If you wish to be part of this group or if you know of someone who is unwell that would appreciate our prayers.
- Please contact Leon Goldwater or Christine O'Brien at shul office
- Leon: [ldgoldwater@gmail.com](mailto:ldgoldwater@gmail.com) 020 403 88054
- Christine: [office@bethshalom.org.nz](mailto:office@bethshalom.org.nz) 524 4139

# Community Care ...

Hi everyone, we have had some lovely weather in March, but now it's coming to an end, and settling into Autumn mode. Apart from the Covid situation, the changes in temperatures can catch us unprepared for the usual Winter ills, so we must take care. Although restrictions have eased a bit, it is still important to be cautious as this is an unpredictable virus. As always Community Care is here to give you any assistance.

To brighten the Autumn months we have Pesach, later than usual this year. It seems unlikely that we will have our Community Second Seder at the shule which is a big shame, but we're sure that Rabbi Dean will give us a great Seder event on Zoom.

You may or may not have heard that Shalom Court have had a management merger with HBH Senior Living. This is a move that is very much in Shalom Court's favour, and for the betterment of its residents. We have had a message and request from them which I am putting here in case any of you would like to respond

## **Volunteers needed for Shalom Court**

New Zealanders from all walks of life are deservedly renowned for volunteering where help is needed. It is something to be proud of and Shalom Court really needs a helping hand from volunteers. They need volunteers from all ages and backgrounds for the following:

- Spend some time talking with the residents and listening to their stories.
- Play board games or puzzles.
- Help by reading to residents.
- Drivers to and from community-based events.
- Shabbat services - become a Kiddush volunteer by leading one or two Friday night services each year.
- Bring your musical talents to the residents.
- Be part of Happy Hour once a month.

Adults, families and students are welcome to become volunteers. If you have some spare time, please do contact Shalom Court - phone 09 512 7325 or email [office@shalomcourt.co.nz](mailto:office@shalomcourt.co.nz)



## HOW CAN THE COMMUNITY CARE TEAM HELP?

As usual, we are here to help and support you. Please feel comfortable to ask us

- After a fall or feeling unwell
- Finding it a challenge to do things for yourself,
- Need a helping hand short term,
- Perhaps need to just talk to someone,
- Need help with filling forms,
- Need someone to be with you when visiting a doctor,
- Or need support getting X-rays done.

We know some of these suggestions may not be possible at the moment, but we can still help you put things into place, for when they are. Like always though, we need to know if you want help of some kind before we can give it. Do **you** know of someone who is unwell, that would benefit from

- **a phone call?** MOST important at this time. People on their own, even if they are well, can feel very isolated during lockdown and a friendly voice can be very comforting, OR
- a get-well card,
- some flowers to cheer,
- receive a frozen meal. Get a family member to call us if you cannot.

## INDEPENDENCE IS WONDERFUL

Consider how a helping hand can support you in achieving this.

Especially when it is offered willingly by members of our team.

# LETUSKNOW

We also want to know and share your good things, so tell us  
if there is a special Anniversary, or a new baby,  
or any other happy event on the horizon.

**Please, continue to take care and stay safe.**

**Chag Pesach Sameach**

**Lita (Chairperson) and the Community Care Team.**

Left to right,  
Ora Lefebvre.  
Chris Shiller,  
Barbara  
Sandler, Lita  
Summerfield,  
Sandra van  
Eden, Bill  
Merrill, Lorna  
Orbell and  
Sandra  
Brickman.



**Contact:**

Chris Shiller 021 177 4934 [shiller@orcon.net.nz](mailto:shiller@orcon.net.nz)

Lita Summerfield 021 297 9462 (TEXT ONLY) or email: [serendipitylins40@gmail.com](mailto:serendipitylins40@gmail.com)

Lorna Orbell 022 026 2897 [chaim@slingshot.co.nz](mailto:chaim@slingshot.co.nz)



# Burial & Benevolent Society: AGM

You are warmly invited to attend the **Burial and Benevolent Society AGM and Talmud Study on Thursday 7th April at 7:30-9pm on Zoom.**

Please Join us on Zoom, link below.

<https://us02web.zoom.us/j/86040543842?pwd=UllPU3prNVcwcWxNYkMxQXBnUmg5Zz09>

The business meeting will be brief with the presentation of a President's committee report and the annual accounts.

The committee and officers are all re-standing for election, except retiring Vice President Viv Josephs who is moving into a new role in the community. Unless nominations are made at the meeting, all positions will be presented as confirmed as there are less people than available committee places.

Current office holders:

President: Sue Berman

Secretary: Sue Pezaro

Treasurer: Jack Wilton

Committee: David Singer, David Zussman, Stephanie Markson, Barbara Sandler.

Also attending regular meetings is a representative from the Beth Shalom Board and the Rabbi is always welcome too. **If you are interested in the work of the B&B, please do get in touch to discuss - we welcome new voices to the committee.**

## Join Rabbi Dean in Talmudic Study

We understand that not everyone will be able to stay to study so there will be an opportunity to leave after the meeting - but please do stay or join the online community around **8pm when Rabbi Dean will lead us in a discussion.** The Rabbi describes the text as "a powerful piece of Talmudic text that sets the practice for Jewish funerals until today".

We wish everyone in the community Chag Sameach Pesach! Through Maggid (telling the Pesach story) may you experience the journey and joy of liberation and find ways of working that reflect the reality that we can only be free when all who are oppressed are liberated.

Sue Berman - President 022 051 3589

Email: [ajbbs@bethshalom.org.nz](mailto:ajbbs@bethshalom.org.nz)