



KOL TIKVAH

THE VOICE OF HOPE



TEMPLE B'NAI TIKVAH

May, 2020 • Iyar / Sivan, 5780

[VIEW OUR CALENDAR ►](#)

Inside this issue:

[Rabbi's Message](#)

[Life Cycle Events](#)

[Social Action](#)

[President's Message](#)

[Shabbat School](#)

[Chants Encounters](#)

[Yahrzeits](#)

[Donations](#)

[Life & Legacy](#)

[Days of Awe](#)

RABBI'S MESSAGE — Lessons from the Darkness



By Rabbi Mark S. Glickman

During these difficult days, I find myself worrying about all kinds of things – the health of my friends and loved ones, the struggling economy, and the future of our wonderful congregation. At the same time, however, I've found that these difficult days have already taught me much. Here, for example, are a few of the lessons I've learned.

We are connected. One of the lessons that the Coronavirus has taught us is that what we do affects other people. Even the littlest things – a handshake, a little cough, a wayward breath – can make an enormous impact on the lives of others. So can a smile, a phone call, and a kind word when we

need it. This will always be true, even after the restrictions lift.

We need one another. From the moment the restrictions came into effect, new ways of connecting seemed to sweep through the world like a deluge. Zoom meetings. Home grocery delivery. Online cocktail parties. Who would have thought that such things would become so common? Anyone who knows that people need other people – that's who.

I love being with other people. I'm pretty introverted, so there are parts of this lockdown that are quite pleasant for me. Still, I miss being with you. I miss seeing you, shaking your hand, and giving you a hug. Perhaps the Torah said it best. In speaking of Adam's solitude before Eve came along, God said, "*Lo tov heyot adam l'vado* – it's no good for a person to be alone." (Genesis 2:18) God willing, this virus will pass soon; God willing, our handshakes and hugs will be able to safely resume in the near future.

Good leadership demands both honesty and inspiration. Winston Churchill was an expert at this. As Erik Larson pointed out in his recent book, *The Splendid and the Vile*, during the Blitz of World War II, Churchill never shied away from providing the British people with accurate reports as to

the challenges his nation was facing, however dire. He also found ways to inspire hope and courage even during those difficult times. Churchill's lesson is an important one for leaders today. At times such as these honesty without inspiration can lead to despair; inspiration without honesty can lead to mistrust. Only when leaders show both of these traits can they inspire the courage we need to face the looming darkness.

Life's greatest joys are often the simple things. Trips to Tuscany, meals at fancy restaurants, and exciting sporting events are nice, of course, but one thing that I've learned in recent days is that the greatest joys in life are far simpler. Talking to my kids, spending time with Caron, a nice glass of wine before dinner – and maybe another during it – are all among the things that make me happiest. And these are all available to me now – not only despite the Coronavirus, but also because of it.

These are just a few of the lessons I've learned. I'm sure there will be more. I hope these days have taught you some truths as well. As they do, please stay healthy; please stay connected; and please join me in looking ahead to better times for us all.

Chants Encounters

During this new abnormal time of physical separation, I am leading a weekly chant service from 9:30-10:25 each Shabbat. We use Hebrew chants from scripture, liturgy, and the psalms to explore the weekly Torah portion. Because of the way sound lags over the internet, everyone (but me) is muted, so it is a safe way to try chant if you are insecure about your voice.

If you are not experienced with this form of prayer/meditation, but want to try, please contact me (jameson@ucalgary.ca, or 403-288-7364), or join the Zoom session at 9:15 for a brief introduction to the practice. The Zoom link and chant sheet with the words for the chants will be posted on the weekly email announcements from Temple.

— Betsy Jameson

LIFE CYCLE EVENTS

Mazel Tov

- Barry Smolkin, on his 85th birthday
- Jerry and Judith Spevakow on the birth of their granddaughter

Condolences

- Susan and Myron Podlog, on the loss of their relative, Kit Bright
- The Wolf Family, on the loss of Riva Wolf

Healing Prayers

David Adelman, Harvey Balakofsky, Allan Banbury, Sherry Banbury, Eleanor Bannister, Steve Baylin, Harold Beaumander, Marsha Carnat, Sarabeth Carnat, Yael bat Chava, Murray Cornberg, Bob Dudder, Debbie Dudder, Donna Dudder, Darren Ginter, Nancy Green, Carole Kert, Sophia Lang, Marsha Levy, Darlene Louka, Jason McKinney, Valerie Murphy, Barbara Nimchonok, Hadassah Amy O Reilly, Carla Pasternak, Ruthie Rubin, Hineini bat Ruth, Beverly Sheckter, Pat Smolensky, Amelia Spevakow, Elijah Waverman, Miriam bat Yael

HOW CAN I

**send my son on the school trip? handle the move?
afford school tuition? have my teeth fixed?
take care of my parents? pay my bills?
send my daughter to camp? pay for the home repairs?
recover from surgery? pay my rent?
stop worrying?**



Don't let financial worries become a burden. We provide interest-free loans to members of the Calgary Jewish Community.

For more information visit www.cjfla.org

YAHRZEITS

TO BE READ ON MAY 1-2

Alex Belzberg
Sharon Wolfson
Lazarus Cohen
Helen Reiter

Katherine Frankel-Kirch
Marc Chappel
Baruch Sugarman
Shirley Burt Vinson

George Lapidés
Louis Friedman
Rose Zack

Joseph Roll
Gerald M Lazarowicz
Fred Guy

TO BE READ ON MAY 8-9

Max Chodak
Irene Welikovitsh

Syd Osten
Bella Feldman

Ida Sheinin

Abraham Spevakow

TO BE READ ON MAY 15-16

Sarah Adelman
Charles Spector
Dorthea Powell
Rose Levitt

Allan Devins
Lloyd M Ashkin
Etta Switzer
David Riskin

David Kelley
Sheldon Horovitz
Leah Cohen

Jeanne Liscum
Celia Kornberg
Jane Isaacs

TO BE READ ON MAY 22-23

Jacob Frankel
Nan Paterson
Rebecca Marks

Lou Hayes
Maurie Frankel
Stephan Zisman

Jessica Krygier
Grace Jameson

Isadore Margolis
Doris Levitt Small

TO BE READ ON MAY 29-30

Harold Barsky
Malke Zeidman
Nettie Thompson
Arnold Winston

Mohammad Ali Sadruddin
Phyllis Black
Louis Ziff
Vivian E. Nicholson Shuman

Benjamin Gelfond
Alice Gotleib
Isaac Charikar

Pinkus Sugarman
Tillie Shulman
Rebecca Hardin

SOCIAL ACTION UPDATES

CBC Calgary Reads Big Book Sale

The book sale has been postponed until the fall, hopefully, however **CHILDREN'S BOOK DONATIONS ARE NEEDED.**

Calgary Reads would like to provide books **immediately** to children and families who don't have access to them.

They need your donations of new or gently used **CHILDREN'S BOOKS NOW.** If you are able to donate, please contact Calgary Reads at info@calgaryreads.com and they will provide instructions on how to do so. Books for adults will be needed in the future so we ask that you please be patient and hold onto those donations for now, while we prioritize getting books to children. Thank you!

The Calgary Food Bank, Heritage Satellite Depot Needs You!

The Heritage Satellite Food Bank, located on Heritage Drive between MacLeod Trail and Elbow Drive, is still in operation and is being utilized more than ever. They have a comprehensive list of safety measures in place for both volunteers and clients. There is a need for volunteers on Friday mornings, from 8:30 am-10:30 am to unload the boxes delivered from the central food bank. On Saturday afternoons, from 1:00 pm-4:00 pm volunteers are needed to set up and put together the hampers.

If you are interested but have questions, please contact Nadine at n.drexler@shaw.ca. If you are ready to sign up, please contact Liza Fuenning at thefuennings@gmail.com.

DONATIONS

TO	FROM	OCCASION
BUILDING FUND		
Milt & Maxine Fischbein	Danny & Roz Oppenheim	Condolences on the loss of her father
Milt & Maxine Fischbein	Jeff & Helen Faber	Condolences on the loss of her father
Norm & Jeremy Wolf	Marg Semel & Adam Singer	Condolences
CARING COMMUNITY FUND		
Temple	Annie Brodsky	In memory of Joel Brodsky
Temple	Annie Brodsky	In appreciation to Caring Community
DANIEL ARATO FUND		
Susan Gradel	Judith & Peter Arato	Get well soon
Maxine Fischbein	Judith & Peter Arato	Condolences
GENERAL OPERATIONS FUND		
Ron & Judy Bing	Lorraine Spector	On the loss of Judy's mother
Nadine Waldman	Lorraine Spector	On the loss of Nadine's mother
Carla Atkinson	Lorraine Spector	On the loss of Carla's father
Norm Wolf	Lorraine Spector	On the loss of his mother Riva
RABBI'S DISCRETIONARY FUND		
Temple	Richard Phillips	General donation to those in need
Temple	Deborah Sword	In memory of Meyer Switzer
SMOLKIN MEMORIAL WALL FUND		
Barry Smolkin	Leni Hoffman	Happy 85th Birthday
Mel Levitt	Barry & Debby Smolkin	Get well soon
Naomi Wolfman	Barry & Debby Smolkin	Condolences on the loss of her husband Morley
Milt & Maxine Fischbein	Barry & Debby Smolkin	Condolences on the loss of her father
Barry Smolkin	Jeff & Helen Faber	Happy 85th Birthday
Temple	Len Himelfarb	In memory of Samuel Himelfarb

THE KOL TIKVAH TEAM

Rabbi Mark Glickman - rabbiglickman@bnaitikvah.ca

President Cynthia Simmons - president@bnaitikvah.ca

Executive Director Danny Oppenheim - ed@bnaitikvah.ca

Office Administrator Lana Niemi - office@bnaitikvah.ca

Bookkeeper Connie Harding - bookkeeper@bnaitikvah.ca

Kol Tikvah Editors Monica Lis, Marsha Levy - monica.lis.temple@gmail.com **Layout** Katherine Pickering

Temple B'nai Tikvah Communications Team Josh Hesslein, Marsha Levy, Monica Lis, Jay Palter, Susan Rubin

Volunteer Kol Tikvah Proofreaders Allan Bell, Marcia Bell, Elaine Hashman, Jane Paterson, Myron Podlog, Alex Zisman

PRESIDENT'S MESSAGE



Cynthia Simmons, Temple President

Last month I talked about the way COVID-19 is disrupting the how of our worship and the hope that these exceptional times would fade into memory in a few weeks. All the evidence now is that we will be dealing with its impact on our lives, our jobs, our communities, and our practice of Judaism long into the future. Below are a few thoughts.

Yesterday I was shoveling snow off of my decks and I thought of the change in seasons as analogous to COVID-19. On Wednesday 18cm (around 7 inches) of snow fell at my house. It was windy and the power kept flickering on and off. Winter was lingering and we knew the well-practiced actions to take – shovel, plow driveway, minimize power usage so as not to blow system when the electricity clicks back on. Then Thursday arrived with bright sun and +8 degrees. Friends called me to say they were sitting on their decks drinking wine. Spring, it seemed, had come. There had been a phase change and my winter routine needed to be replaced by that of spring - immediately. Gutters needed to be checked. The water barrels closed up so as to gather the precious snow melt for my house plants. I could put the cat out in his outdoor enclosure for an extended period of time. The change was fast. A whole new set of actions were required. But this was fine. I knew what to do and I was largely prepared. I could revel in the arrival of the sun rather than worry about the basement flooding.

The impact of COVID-19 has shaken up our routine. Like the fast arrival of the spring melt at my house everything, it seems, has changed - immediately. Having a set of actions to take when dealing with this instant and overwhelming change in our lives should help us; to allow us to sip a glass of wine in the sun and know that we will come out the other side and gather with love and laughter. So I reached out to a small group of our informed congregants and asked them to share their views on actions and approaches to take as we develop our new routines. The advice received includes knowledge, nutrition, meditation, awareness of beauty, and activity. Here are their words.

Vanessa Horan: knowledge - "I am reminded of Yoda and a (slightly modified) quote of his. 'To a dark place (we find ourselves), and a little more knowledge lights our way.' With the COVID-19 pandemic we may feel helpless and hopeless, especially with all the uncertainty. So my recommendation is to stay informed. Visit <https://albertahealthservices.ca> for COVID-19 developments and further recommendations, and trust in their guidance for our health. Then take time to turn off media, and cultivate a craft or activity to nurture your soul."

Bonnie Kaplan: nutrition - "During this very stressful COVID-19 crises, let's make use of the scientific evidence from around the world. Help your family improve their physical and mental resilience by improving their diet quality as much as possible: eat more vegetables and fruits, especially dark, leafy vegetables for B vitamins. And don't hesitate to supplement the adults in your family with at least a B complex – it's good for your brain, and one tablet a day is safe." (For more details [read her piece in the Calgary Herald](#)).

Betsy Jameson: meditation – " My strategy is to do something physical, emotional, intellectual, and spiritual everyday (for example, walk, call a friend, read, and chant or meditate). To meditate, sit comfortably, close your eyes, notice and enjoy each breath, and as thoughts arise, don't judge them, just gently let go of them. Set a timer; start at 5 minutes and work up. During the day, as hard feelings emerge – fear, anxiety, depression, loneliness – I try to: 1) Enlarge the context. (I am living in isolation to protect my health and the health of others.) 2) Expand compassion. Hard feelings are understandable. 3) Do what needs to be done. (Call someone; clean the doorknobs; go for a walk; meditate or read Torah.) I use Hebrew chant for meditation. To explore chant, [visit Rabbi Shefa Gold's web page](#). And everyone is invited to our Zoom chant service, 9:30 each Shabbat."

Jennifer Eiserman: beauty – "Western aesthetic theory has grappled with what The Beautiful is for centuries. Kant thought that The Beautiful was a representation of The Good. Clive Bell thought The Beautiful represented the essential form of a phenomenon, its enduring truth through time. In Judaism we have understood, since Bezalel led the building of the mishkan, that The Beautiful is these things and more. The Beautiful is God manifest in the world through God's or human's hands. Those moments when we are left without words in the presence of beauty in nature, in a work of art, in an act of kindness or courage are God acting in the world. During this time of uncertainty, of fear, sadness and pain, please look for those moments of beauty and sit with them. In so doing you will be sitting in God's presence; you will not be alone."

Good words from all.

Now is the Time for the Life & Legacy Program

There is an important lesson we can learn from these strange times we are living in. The severe economic downturn reveals the importance of the LIFE & LEGACY program: Temple must build an endowment from which it can receive income every year to sustain us through difficult times.

Think of it this way: no matter what your financial position, perhaps you can imagine your heirs receiving 95% or 99% of your estate when that time comes. If every family could direct a small amount of their estate (or life insurance) to the Calgary Jewish Community (perhaps 1%, or 5%), you would be helping yourselves (with charitable tax receipts) and also helping sustain the Jewish Community forever.

As we told you last month, our Temple Legacy Circle now stands at 30 families who have signed Letters of Intent to participate in the LIFE & LEGACY program. THANK YOU to all 30 families. And to the rest of you: please join us!

Is this a good time for our volunteers to talk to your family? Perhaps some people are too distressed to chat right now, but many are viewing this time as a period of re-evaluation, self-reflection, re-assessment of the future. If you are in this latter group, please call or email us.

Go online to learn more about legacy giving, and how you can help ensure the future of our community for generations to come! Or, at Temple, contact Bonnie Kaplan (bonniejoykaplan@gmail.com).

SHABBAT SCHOOL

In keeping with the restrictions, we have moved to a virtual Shabbat school. We are gathering together via Zoom for t'filah (look out for an email with log in info from Emma), with individual classes meeting separately after.

We have much appreciation for the teachers who are working hard to connect with their students and continue to build community. Thanks also to the Shabbat School parents and kids for sticking with us during these tough times.

— Emma Faber and Sara Hastings-Simon



IMAGINE IF YOU COULD PROVIDE A GIFT TO THE JEWISH COMMUNITY THAT WOULD LAST FOREVER

TEMPLE B'NAI TIKVAH IS PROUD TO BE A PARTNER IN CALGARY'S LIFE & LEGACY™ ENDOWMENT INITIATIVE

LIFE & LEGACY is designed to help you create permanent legacy gifts, demonstrating your belief in the continuity of Jewish life in Calgary for generations to come.

The Temple Legacy Circle

- | | | | |
|-------------------------------|---------------------------------|---------------------------------|-------------------------------|
| Anonymous (3) | Steve Eichler & Tracey Rumig | Michele Doctoroff & Ted Switzer | Norman & Kathy Schachar |
| Judy & Ron Bing | Jane Paterson | Betsy Jameson | Roz Mendelson & David Hodgins |
| Bonnie Kaplan & Richard Conte | Daniel & Roslyn Oppenheim | Jack & Donna Newton | Nadine & David Drexler |
| Gertrude Cohos | Tibor Kaldor & Megan MacFarland | Lisa Welikovitsh & Mark Paidra | Sid Horovitz |
| Sauna L. Switzer | Alex A. Osten | Joshua Hesslein | Carolyn Devins |
| Cheryl & Morley Shore | Larry & Tina Stanleigh | Annie Brodsky | Sara Hastings-Simon |
| Peta Glezerson | | Naomi Johansen | Jennifer Eiserman |
| Susan Light | | | |

To learn more about how to create your Jewish legacy and join the Temple Legacy Circle, contact Bonnie Kaplan at 403-245-0568 or bonniejoykaplan@gmail.com.



temple b'nai tikvah
a reform jewish community



Service Participation Form

Ushering and English readings



High Holy Days
2020 / 5781

Temple B'nai Tikvah tries to provide opportunities for its members to participate in the Days of Awe Services. Please return this form to the Temple office on time so that you can be assured of an opportunity to participate.

Please return via email to office@bnaitikvah.ca or fax 403-252-1709

Name of member: _____

Best phone #: _____ E-mail: _____

READING - I would like to read an English part

USHERING - I am willing to serve a shift as an usher during services

I would be available to **READ AND/OR USHER:**

ROSH HASHANAH

- Friday evening, September 18th
- Saturday morning, September 19th
- Sunday morning, September 20th

YOM KIPPUR

- Sunday evening, September 27th (Kol Nidre)
- Monday morning, September 28th
- Monday afternoon, September 28th**

DAYS OF AWE ONEGS - I would like to donate toward the cost of an Oneg:

- \$36 \$72 \$108 \$180 \$360 Other \$_____

PLEASE RETURN THIS FORM BY FRIDAY, MAY 15th, 2020

***For the Yom Kippur Concluding Service, congregants are invited to bring their shofars and join in the final sounding at the end of the service.*