



January 2019 *Tevet-Shevat* 5779 Volume 14, Number 5

SHABBAT SERVICES

In January and February, Shabbat morning services will be held at 10 AM on the first Saturday of each month at the Federated Church, Main Street, Orleans, followed by a light Kiddush. The two morning services will include a Torah Reading and discussion of the Haftarah portion. Please bring refreshments, such as baked goods and fruit, for the *Kiddush* which will follow the service. Wine, *challah*, and beverages are supplied by *Am HaYam*. Services are led by members of the *Havurah* and each service is different depending on the leader's orientation. If you wish to lead *Shabbat* services, please contact Judy Keller at jkelle47@verizon.net.

Saturday, January 5:
Service led by Shira Sands and Sherrill Stott



If you see someone enter the service that you do not recognize, please introduce yourself and welcome him/her to services and to *Am HaYam*.

The Federated Church is fully handicap accessible with plenty of parking, with both regular and handicap spaces.

TU B'SHEVAT - THE NEW YEAR FOR TREES

When's the last time you wished a tree Happy New Year? The 15th day of the Hebrew month of *Shevat* is a great opportunity. It's known as *Tu B'Shevat*, the New Year for Trees.

Why do trees celebrate their New Year so much later than **ours**? It has to do with the rainy season in Israel, which commences with the festival of *Sukkot*. It takes four months for the rains to saturate the soil, nurture the trees and coax them into producing fruit. This is important to know if you are planning to give your tithes of fruits, as is done in the Land of Israel, because the required tithes vary from year to year. It's also important if you are a tree and looking for something to celebrate.

We humans can also celebrate along with the trees. After all, the Torah says, "Man is a tree of the field." We are nurtured by deep roots, as far back as Abraham and Sarah; we reach upwards to the heavens while standing firmly on the ground; and when we do all this right, we produce fruits that benefit the world—namely, our good deeds. Eat some fruit on this day: those fruits for which Israel is famous: olives, dates, grapes, figs and pomegranates.

There is an ecological side to this as well. Nothing could be more "down to earth" than preservation of the planet. Yet there is a facet of ecological awareness that is often overlooked. This is its spiritual dimension. When we act as self-absorbed individuals, with little regard for anyone or anything that exists outside ourselves, we immediately fall into moral and spiritual error. As the Yiddish saying goes, "A blind horse heads straight for the pit!"

Thus, countless laws in the Torah adjure us to open our eyes and act responsibly and compassionately toward the world around us. Among other ecological mandates, it promulgates the laws of *bal tashchit* (neither to destroy wantonly, nor waste resources unnecessarily); the prohibition of cutting down fruit trees surrounding an enemy city in wartime; the laws of covering excrement and removing debris from public places; and so forth. In doing so, the Torah indicates that although we may feel at odds with nature, having to struggle to survive, in truth the world comprises a potentially harmonious whole, in which each element is precious.

In the 17th century, Kabbalists created a ritual for *Tu B'Shevat* that is similar to a Passover Seder. Today many Jews hold a modern version of the *Tu B'Shevat Seder*. The holiday has also become a tree-planting festival in Israel during which trees are planted in honor or in memory of loved ones and friends.

There will be a *Tu B'Shevat Seder* at Cape Cod Synagogue on January 27th.
(<https://capecodsynagogue.org/tu-bshvat-seder-on-january-27th-join-us/>)

Sources: Chabad.org and urj.org.

Rebecca B. Holmes, Editor/Publisher

TRIP TO ISRAEL

Am HaYam is excited to present the possibility of a 10-day Journey into Israel's Culture and Cuisine led by Orleans' own Erez Pinhas, owner of Abba restaurant. An Israeli native, Erez has offered to customize this trip to Israel for *Am HaYam* should there be sufficient interest.

Highlights would include:

- Airport pickup/drop off
- 10 nights hotel including breakfast
- Luxury air-conditioned van or bus throughout itinerary
- Druze cooking workshop with meal in the Galilee
- All entrance fees to museums and national parks
- Three winery tastings with artisanal cheeses
- Halvah tasting
- Kibbutz bio-tour
- Visits to Caesarea, Golan Heights, Dead Sea, tour of Old City Jerusalem, Yad Vashem, Jaffa



Dates have not been locked in. Under consideration are January, February, March, late October/early November 2020 and January 2021. We estimate the cost to be about \$2800 per person with a minimum of 10 people and would be reduced to \$2500 for 20 or more. Airfare is not included.

If you have any interest in pursuing this opportunity, please email Jessica Dill, jrdill1@comcast.net by January 31 including a date preference if you have one. Your expression of interest does not obligate you any further. If enough people respond, we will be holding an information session with Erez Pinhas to provide more details.

To see additional information about Erez's regular tours, go to www.abbagotravel.com. 2020 in Jerusalem? We'll see.

Jessica Dill

INTERFAITH JUSTICE COMMITTEE

The Interfaith Justice Committee of the Federated Church of Orleans and *Am HaYam* needs additional members to address issues of local, national and international importance to us all.

The Committee meets on the third Thursday of the month at The Federated Church from 1:30 to 3:00 PM. If interested and available, please contact Renate Wasserman at renate-was@gmail.com or Marcia Goffin at mgoffin10@gmail.com.

*Renate Wasserman
Facilitator*

HEBREW CLASS

Here is your chance to join our Hebrew class where our focus is Biblical Hebrew. In December we'll be dedicated to polishing our reading skills. We do still have space for a few new students. But don't put it off; please do call 508-255-5419 to enroll and learn details.

Sandy Chernick

STUDY TORAH ON YOUR OWN

Interested in more Torah Study? The following links to the Conservative and Reform Movements will take you to weekly Torah commentary and more:

<http://conservativejudaism.org/articlenav.php?id=7>
<https://reformjudaism.org/learning/torah-study/va-ychi>

DATES TO REMEMBER

Tuesday, January 1	NEW YEAR'S DAY	
Saturday, January 5	<i>Shabbat</i> Morning Service	10:00 AM
Monday, January 7	Play Reading Group	12:30 PM
Friday, January 11	<i>Shabbat</i> in P-Town	6:30 PM
Tuesday, January 15	Board of Directors	7:00 PM
Thursday, January 17	<i>Rosh Chodesh</i> Women	7:30 PM
Monday, January 21	<i>Tu B'Shevat</i>	
	Martin L. King, Jr. Day	
	MLK Breakfast (flyer attached)	8:30 AM
Tuesday, January 22	Women's Torah Study	2:00 PM
Friday, January 25	<i>Shabbat</i> in P-Town	6:30 PM
Sunday, January 27	<i>Tu B'Shevat Seder</i> @CC Synagogue	11:00 AM

ing these years she divorced. When she felt it was time to retire, on her last day of work, she received a call from a school district on the Cape asking her to consult with schools dealing with children with behavioral issues. She took the job, moved to the Cape and has been doing this work ever since, healing children and thus saving their lives.

Arline lives in Yarmouth Port where she serves on the Board of her condo development. There she hosts a craft group that have been meeting for 15 years. She participates in *Am HaYam's* Play Reading Group and *Rosh Chodesh*. She helped the *Rosh Chodesh* members decorate squares of fabric with Jewish themes and then used them to create a table cloth which is now used on the table during our services. She also made and embroidered a velvet mantle (covering) for the Torah. When Richard Dill refurbished the "fish box" which holds the Torah, she worked with him to make a lining for the box. She also made the panel covering the front of the box with artwork done by Ruth Shapiro.

Sharon Leder asked Arline and Elaine Karp among others to help develop a program to use Art as a drug prevention technique that would give kids a healthy alternative to drug use. The program was held at the Cape Cod Museum of Art in Brewster and Arline served as a Facilitator for seven weeks over last summer. The program will continue next summer. Her work goes on.

Marsha Dubeau

LOOKING AHEAD TO FEBRUARY:

- *Shabbat* Morning Service, February 2
- Torah Study w/Rabbi Douglas, February 3
- Play Reading Group, February 4
- *Shabbat* in P-Town, February 11
- Ritual Committee, February 11
- Presidents' Day, February 18
- Board of Directors, February 19
- *Rosh Chodesh* Women, February 21
- *Shabbat* in P-Town, February 22
- Women's Torah Study, February 26

PURIM SHPIEL

The wonderful, world-renown annual *Purim Shpiel*, Friday, March 15. Don't miss it!

WOMEN'S TORAH STUDY

The Women's Torah Study group meets monthly year-round on the fourth Tuesday of each month, 2-4 PM, at members' homes. We are now studying the Book of Leviticus (*Vayikra*). Our goal is to study with more depth, using additional sources from various commentaries to podcasts and internet research. Our main source is *The Jewish Study Bible*, but any Jewish Bible in English may be used. Many of our members also bring commentaries of one sort or another.



Our next meeting will be on Tuesday, January 22, 2-4 PM, at the Clubhouse of Halcyon Condos, 300 Buck Island Road, West Yarmouth. Anne Katz-Jacobson will be our host. If you wish to be added to the WTS email list, contact me at rebecabholmes@comcast.net.

Rebecca B. Holmes, Facilitator

HINENI OUTREACH GROUP

The meaning of *Hineni* is "Here I Am." The members of our group are here to help during times of sickness and bereavement. We want to reach out when someone needs help and wants help. If you need of assistance, please "reach in" for our help. If you know someone who might benefit from our help, let us know and we will ask them if they would like some assistance.

Ruth Shapiro is coordinating the *Hineni* efforts. Please don't hesitate to call Ruth at 508-896-3573 if you have any questions, wish to be a *Hineni* volunteer, or need help. We are here...*HINENI!*

Often people are reluctant to ask for assistance. If you know of someone who may be in need, please call Ruth. We want to help.

MISHKAN HANEFESH FOR PURCHASE

Some members have inquired about purchasing copies of the new *machzor* for their personal use. The easiest way to do that is to order on Amazon. It is the same price as ordering from the Reform movement's publishing division. The price is \$42.00 for regular size hard cover (two volumes), \$100 for large print paperback (three volumes*) and \$9.99 per volume for the kindle editions (total 19.98 for both volumes). *The Yom Kippur service is divided into two volumes.

BOARD OF DIRECTORS

Tuesday, January 15, 7 PM (note permanent change from Mondays to Tuesdays)
Federated Church
All are welcome.

SUNDAY TORAH STUDY WITH RABBI DEANNA DOUGLAS

This year in Sunday Torah Study, we will try to understand, as best we can, the *Book of Ecclesiastes*, called *Kohelet* in Hebrew. Please bring your *TaNakh* (not just the Torah, but the whole Bible (or as one might say in Yiddish, the *gantze megilla*).

Also, if you have never studied Torah (which actually means the entire Jewish canon), give it a try. All you need to do is to be able to read English and have an inquiring mind.

Rabbi Deanna Douglas

All sessions meet at the Brewster Ladies Library, 10:30 AM - 12 Noon

January - no session

February 3

March 3

April 7

May 5

June 2

RITUAL COMMITTEE - HELP WANTED

Am HaYam needs you! The Ritual Committee is looking for more members to lead *Shabbat* Services. Members of the committee will assist you with planning. We have guidelines for *Shabbat* services and ideas for alternative creative services to share with you. Services can be led by individuals or by groups. We have services in 2019 in need of leaders. Please email Judy Keller at jkelle47@verizon.net and reserve your date!!!

ROSH CHODESH WOMEN

Our next meeting will be on Thursday, January 17th at the home of Bernice Simon-Wolfson at 32 Wadsworth Lane in Yarmouth Port. The meeting will begin at 7:30 with Rebecca Holmes facilitating.

Topic: "End of Life Decisions" that should be made way before you or your spouse /partner approaches the end of life. This is the basis of the discussion that will be presented by Rebecca Holmes.

We will discuss the religious, legal, medical and practical manifestations of this issue. Online sources will be provided for accessing appropriate forms and information. Even if you, personally, have taken care of these issues in your own life, please join us as you may have much to offer based on your own decisions and experiences.

RSVP to Bernice at 508-362-5508 or bsimwolf@comcast.net. Please carpool if possible. Thank you.

ROSH CHODESH SCHEDULE 2018-2019

DATE	TOPIC	HOST	FACILITATOR
JANUARY 17	End of Life Decision Making	Bernice Simon-Wolfson	Rebecca Holmes
FEBRUARY 21 2 - 4 PM	Jewish Origami: A Hands-on Experience	Federated Church	Judy Keller
MARCH 21	Here and Now: What's on your mind - an open discussion	Deb Cline	Deborah Jacobs
APRIL 25 *	From Aging to Wisdom	Ruth Shapiro	Ruth Shapiro & Jessica Dill
MAY 16	Secular Jewish Women and Activism	Sharon Leder	Sharon Leder
JUNE 20	<i>The Book of Separation</i> by Tova Mirvis	Bernice Simon-Wolfson	Bernice Simon-Wolfson

*Note: 4th Thursday

The book that was chosen for this new season is *The Book of Separation* by Tova Mirvis. It's a memoir about the author's life as an Orthodox Jew and then separating from Orthodoxy. At age 40 Tova decided to leave her husband and her faith. She strikes out on her own to discover what she believes and who she really is. This will entail forging a new way of life, not just for herself, but for her children, who are struggling with what the divorce and her new status as "Not Orthodox" means for them. This program will be on June 20. Thank you.

Bernice Simon-Wolfson, Chair

THE PLAY READING GROUP

Our next meeting of The Play Reading Group will be on Monday, January 7th at the home of Elaine Skoler, 481 Buck Island Road, Apt. 15 E, West Yarmouth. We will meet at 12:30 to *Nosh and Schmooze*. The official start of the reading of the play will begin at 1:00 and will run until 3:00, (winter hours).

We will begin with Act II of *Joe Turner's Come and Gone* by August Wilson. The play is set in a boarding house in Pittsburgh in 1911. This drama by the author of *The Piano Lesson*, *Seven Guitars* and *Fences* is an installment in the author's series chronicling Black life in each decade of the 20th century. Each resident of the boarding house has a different relationship to a past of slavery, as well as to the urban present. They include the proprietors, an eccentric clairvoyant with a penchant for old country voodoo, a young homeboy up from the South, and a mysterious stranger who is searching for his wife. This is a very moving and compelling play. A discussion will follow the reading of the play.

If time permits, we will begin *ther* by Robert Anderson. It was in 1968.

This is the story of Gene, a widower, with an elderly mother whom he loves, and an eighty-year-old father, whom he has never loved, hard as he tried. The father has been Mayor of a small town in Westchester County, self-made and highly respected. Beneath these trappings, however, he is a mean, unloving and ungenerous man, who has driven his daughter away because of her marriage to a Jew and has alienated his son through his possessiveness, his selfishness, and his endless remedies. Suddenly the mother is faced with the responsibility of having the father on his hands just as a time when he wants to remarry and move to California.

GENE HACKMAN MELVYN DOUGLAS

I NEVER SANG FOR MY FATHER



reading *I never Sang for My Father* first presented in New York City

over, with an elderly mother year-old father, whom he has never loved, hard as he tried. The father has been Mayor of a County, self-made and highly respected, however, he is a mean, unloving and ungenerous man, who has driven his daughter away because of her marriage to a Jew and has alienated his son through his possessiveness, his selfishness and his endless remedies, and Gene is faced with the

Please bring the play and come and see how it develops!

ALL MEN AND WOMEN ARE WELCOME! NO EXPERIENCE NECESSARY! WE LOOK FORWARD TO YOUR ENTHUSIASM IN MAKING THESE PLAYS COME ALIVE!

Please check with the Clams Library System for the availability of the plays or purchase them inexpensively at: amazon.com, abebooks.com or powell.com

RSVP Elaine Skoler at 508-771-3449 or esskoler@gmail.com. Please carpool if you can. Thank you.

Bernice Simon-Wolfson, Chair

PLAY READING SCHEDULE 2018-2019

DATE	PLAY	PLAYWRIGHT	HOST
January 7	<i>I Never Sang for My Father</i>	Robert Anderson	Elaine Skoler
February 4	<i>A Small Family Business</i>	Alan Auckbourn	Judi Sitkin
March 4	<i>The Women</i>	Claire Booth Luce	Arline Lowenthal
April 1	<i>Three Tall Women</i>	Edward Albee	Deborah Cline
May 6	<i>Major Barbara</i>	George Bernard Shaw	Betsy Smith
June 3	<i>Plaza Suite</i>	Neil Simon	Elaine Karp

LOCAL (Lower Cape Lunch)

Am HaYam, as a member of the Nauset Interfaith Association, participates in LOCAL, which provides one free lunch and one free dinner weekly to neighbors in need of sustenance and social interaction. *AHY* provides volunteers on the second Tuesday and fourth Thursday of the month, and we could use more help. Please consider volunteering or serving as backup for one of these shifts, just 1 1/2 to 2 hours a month.

No special cooking ability or heavy lifting is required. You work as part of a team with a coordinator on site. *Am HaYam* is the only Jewish organization in the Nauset Interfaith Association, and we are committed to participating fully. It's a *mitzvah* and each volunteer leaves with a good feeling for having given back to our wonderful community. Here are the options:

Second Tuesday Lunch

Cooking and Prep 9:30-11:30; Serving and Clean-up 11:30-1:00

Fourth Thursday Dinner

Cooking and Prep 3:30-5:30; Serving and Clean-up 5:30-7:00

If you are interested or would like more information, please contact Jessica Dill at or 508-255-7771 or jrdill1@comcast.net.

MEMBERSHIP

A member is anyone who participates in *Am HaYam* religious services, programs, and events or who wishes to be on the email mailing list. There are no membership dues. *Am HaYam* is solely dependent on the generous donations of those who attend our events or who make donations to mark special occasions or to remember loved ones. Mail donations to: *Am HaYam*, Box 1235, Brewster, MA 02631. If you wish to have a card sent announcing your donation, please include the name and address of the person for whom you are making the donation.

AM HAYAM DIRECTORY

The *Am HaYam* Directory has been updated for 2019. If you are NOT in the Directory or need to update any of your information (name(s), address, telephone, email), please send the new information to Jessica Dill, jrdill1@comcast.net. The new Directories were emailed in December. If you did not receive one, contact Jessica at the email above. The *Am HaYam* Directory is a convenience for members to locate people in your area and contact each other. It is not to be used for mass mailing or solicitations or any other commercial purposes.

TZEDAKAH

Every year the Havurah allocates 10% of all money donated to *Am HaYam* the previous year to support organizations on the Lower and Outer Cape. This year a total of \$3800 will be donated. The allocation of the *Tzedakah* money for 2018-19 will be as follows:

LOCAL (Lower Cape Lunch)	\$500
Homeless Prevention Council	500
LCOC (Lower Cape Outreach Council)	450
Children's Place	400
Jewish Federation of Cape Cod	200
Community Development Partnership	250
AIDS Support Group of Cape Cod	200
Outer Cape Health Services	200
Independence House	200
Cape Cod Health Care Foundation: VNA	200
The Alzheimer's Family Support Center	150
Creative Outlets: Finding Your Voice Through Art	150
Habitat for Humanity of Cape Cod	100
Sight Loss Service	100
Calmer Choice	100
Cape Abilities	100
TOTAL	\$3800

DONATIONS

Many of our *Shabbat* prayer books are still available for dedicatory bookplates, and virtually your entire donation supports the wonderful programs and services provided by *Am HaYam*. Please don't overlook this opportunity for performing a true *mitzvah*. To mark celebratory events, honor or remember loved ones or friends with bookplates in our prayer books, please send a check for \$18 (per bookplate) payable to Am HaYam to: AHY, Box 1235, Brewster, MA 02631.

MILESTONES

Mazel tov to

Carol Roth on her special birthday

Condolences to

Jane Dorval on the loss of her beloved mother, Ruth Rosen.

Refuah Shleimah to

Deborah Jacobs

Bruce Wolf

Bob Dubeau

Bob Jacobson

Susan Rosenberg

DONATIONS

GENERAL FUND

In memory of

Stephen Roth

Shira & David Sands

Anita & David Kraft

Debbie Spang

Ruth Shapiro

Sheryl & Bruce Wolf

Yvonne Gunzburger

Becca & Bruce Sher

Judy & Steve Underberg

Bernice Simon Wolfson & Ira Wolfson

Sue & Myles Marcus

Jane Dorval

Jane & Steve Needel

Barbara & Mark Stahl

Barbara Grindell & Sherryl Drasin

Milton Henken, beloved husband of Sara Henken

Ruth Shapiro

Yahrzeit for

Beloved father, William Wollison

Rebecca B. Holmes

“YELLOW PAGES” OF AM HAYAM

ADULT EDUCATION	Ira Wolfson	508-362-5508	iraone@comcast.net
BEREAVEMENT	Paul Biegelsen	508-255-2963	landerbiegel@comcast.net
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This newsletter is distributed electronically only and is also available on line at the *Am HaYam* website: www.ahycc.org. Check website for last minute information and changes in programs and dates.