

April 2019 *Adar II-Nisan* 5779 Volume 14, Number 8

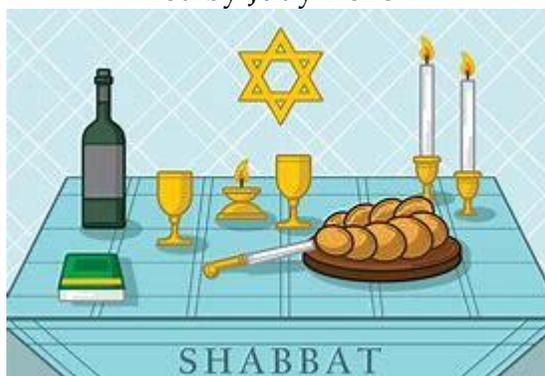
### SHABBAT SERVICES

*Shabbat* services are held on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month, followed by an *Oneg Shabbat*. 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](mailto:jkelle47@verizon.net).

#### SHABBAT SERVICE

April 5

led by Judy Keller



April 19 - no service on *Erev Pesach*

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.

## FROM THE PRESIDENT

### **Holocaust Memorial Service, Nauset Middle School May 2, 2019, 7pm**

*Attending a holocaust program and listening to the stories of those who will soon be gone, is a way of saying kaddish for the memory of those who have no one else, for remembering so they are not forgotten.*

On May 2, 2019, the Nauset Interfaith Association will again sponsor the Annual Holocaust Memorial Program, held at the Nauset Middle School. *Am HaYam Havurah*, a long-time constituent member of the Association, is represented in its yearly planning by the active involvement of Milton Teichman, Sharon Leder, Deborah Cline, and Judith Sitkin.

In addition to participating in this program, *Am HaYam* provides scholarships for local teachers to attend "The Facing History and Ourselves Program" which "provides ideas, methods, and tools that support educators worldwide who share the goal of creating a better, more informed, and more thoughtful society". Over the years, the *Havurah* has provided scholarships to educators in the following school districts: Nauset Regional, Monomoy, Dennis-Yarmouth Regional, Barnstable and Falmouth.

The Annual Holocaust Memorial Program explores sacrifice, survival, and memory, and allows us, those sitting in our comfortable seats, to be witnesses to an extreme history; to hear the stories, remember the past and confront the future. Attending such programs often makes one uncomfortable; the stories of survivors are difficult to hear and painful to visualize; they are com-

plex; they are unbearably sad. Many of us know the stories all too well, having seen the movies, read the books and heard the tales. Every program, every story is unique and important.

*Attending a holocaust program and listening to the stories of those who will soon be gone, is a way of saying kaddish for the memory of those who have no one else, for remembering so they are not forgotten.*

Prior to moving to the Cape, Bernice and I lived in Riverdale, New York in a multi-family apartment building containing 39 units of varying sizes. Among the tenants were several Holocaust survivors, survivors from ghettos, work camps and extermination/death camps. Irving D. was one of those survivors; a large bodied man with big hands and a booming voice, he had been a university student and when war began in 1939, he was commissioned an officer in the Polish Army. (A rarity as a Jew)

Captured as POW when the Nazi's defeated the Poles, he was soon separated from the other non-Jewish prisoners and sent to a series of forced labor camps in Poland. Because of his skills in the building trades, (his father had owned a lumber mill) Irving D. was placed in charge of construction work groups, always under the control of the Nazis and their Ukrainian collaborators. The work was horrific, dangerous, the workers mistreated, beaten, starved and executed for the smallest infraction and for the basic fact that they were Jews. Irving survived all that was done to him, his family destroyed, his previous life erased from existence. I know the stories of Irving D. because he told them to me many times. I was witness to his experiences.

In the evenings of the spring, summer and fall months, Irving D. would sit on a bench in the small mini-park across the street from our apartment building. Looking out of my office window, I would see him sitting alone. One evening, I made the decision to go down stairs and join him on "his" bench. Without much of a prologue, Irving began to tell his stories. They were the same night after night; it was a ritual of remembrance, of sharing of the most painful experiences one could ever endure. I listened as Irving's voice became harsher, his accented English becoming more difficult to follow. I watched as the silent tears fell from his eyes, ran down his face and stained his always-white shirt. He spoke of humiliations, of pain, of death and guilt for surviving. I listened as his witness; I memorized his stories. I honored his need to speak of the unspeakable.

One night, Irving D. became embroiled in a dispute with another tenant over a minor issue; his anger out of control, out of proportion to the affront perceived, Irving D. suffered a major stroke. Three days later,

Irving D. died. The horrors of the labor camps, the inability to respond to the beatings, and the daily inflictions of death and torture that came to haunt him in his dreams had finally come out in the rage that took Irving D.'s life.

It is most important that we honor those who tell their stories of survival, that we honor their resilience and bravery, that we hear of those who were righteous and that we listen and memorize the stories so that we can tell others the stories for the first time, for all the time.

This year, when the Annual Holocaust Memorial Program takes place, let us attend in large numbers to give honor to those who tell the tales and to bear witness to the memory of those who are gone.

*Attending a holocaust program and listening to the stories of those who will soon be gone, is a way of saying kaddish for the memory of those who have no one else, for remembering so they are not forgotten.*

*Ira Wolfson, President*

## **BOARD OF DIRECTORS**

Tuesday, April 16, 7 PM  
Federated Church  
All are welcome.

## NOTICE OF THE ANNUAL MEETING

Sunday, May 19, 7 PM at Federated Church of Orleans

### Agenda:

- Voting on proposed amendments to the By-Laws
- Election of Officers and Board
- Voting on proposed 2019-2020 budget (See attached)

Proposed Amendment to *Am HaYam* Cape Cod *Havurah* By-Laws

### ARTICLE V: OFFICERS OF THE CORPORATION AND DUTIES

5.5.1 Vacancies that occur in any officer position by reason of death, resignation, removal, or otherwise, shall;

(a) be filled by appointment made by a majority vote of the Board of Directors and;

(b) shall serve with all rights, privileges, and powers of the respective office they have been chosen to assume, and;

(c) hold the position of that office for the remainder of the unexpired term or until a permanent successor is elected.

5.5.2 Directors serving in temporary appointments will be put to vote before the full membership at the next Annual meeting.

5.5.3 Nothing herein shall preclude nominations from the floor.

### Report of the Nominating Committee

|                     |                  |
|---------------------|------------------|
| President           | Open             |
| Vice President      | Open             |
| Secretary           | Deborah Cline    |
| Treasurer           | Tova Soyt        |
| Assistant Treasurer | Arline Lowenthal |

### Board of Directors 2019-2020

|                |               |
|----------------|---------------|
| Don Bachman    | Steve Berrick |
| Sandy Chernick | Linda Pearson |
| Bernice Simon  | Ruth Shapiro  |

### Board of Directors 2019-2021

|                          |                    |
|--------------------------|--------------------|
| Jessica Dill             | Merrill Hassenfeld |
| Cindy Fox                | Judy Keller        |
| Elaine Karp              | Renate Wasserman   |
| Carol Roth               |                    |
| Immediate Past President | Ira Wolfson        |

Bernice Simon-Wolfson, Chair

## AM HAYAM PASSOVER SEDER

*Am HaYam* will hold a community Seder on the second night of Passover, Saturday, April 20th, 6 PM at the Wellfleet Council on Aging, 715 Old Kings Hwy. The Seder will be led by Judith Sitkin and Linda Pearson.

Reservations are essential as space is limited. Please contact Marsha Dubeau [mdubeau300@aol.com](mailto:mdubeau300@aol.com) or call 508-349-9545 at your earliest convenience, *but no later than Friday, April 12th*. Please provide the following: How many people in your party (tables of 8), what you are planning to bring for the potluck dinner, and with whom you wish to sit. Seating requests will be honored as best we can.

Please bring a main dish to serve 8, plus a dessert or a side dish (guidelines below). *Matzo*, gefilte fish, *charoset* and grape juice will be provided by *Am HaYam*. A traditional Seder Plate will be placed on each table. *If you are gluten-free, please bring your own matzo*. NOTE: Because of COA regulations no wine is permitted. Please do not bring your own wine.

Although *Am HaYam* itself does not keep kosher, we observe the basic laws of *kashrut* for Passover. We ask that out of respect to our members and guests who do, please do not include the following foods when preparing your potluck contributions: no yeasted wheat flour products, unless marked "Kosher for Passover" (pure nut, potato or rice flour is OK). This includes breads, cakes, pie crusts, salad dressings, pasta/noodles, starch or corn syrup, gelatin, with thickening agents, corn flour, K kosher section of your supermarket. In the market, you will find suitable substitutes for baking - cake mixes, matzo cake flour, matzo meal, and prepared desserts. Fresh fruits and vegetables are always kosher and Kosher for Passover unless processed (e.g. cut up and bagged). Vegetarian dishes are welcome as many of our members and guests are vegetarian. Again, do not use regular flour or flour products for thickening. The main course for most Passover Seders is meat (chicken, turkey, brisket, *tzimmes* with beef), therefore, we discourage dairy desserts or accompaniments. Look for *parve* non-dairy\* creamer to substitute. Soy and almond milk are OK if unsweetened (read the labels). Tofu/tofutti is allowed. FORBIDDEN: Pork (in any form including bacon bits in salad dressings) and all shellfish. \*Not all non-dairy products are *parve*; please check for the "*parve*" notation.



We are always looking for more volunteers to help with set up and clean up. Please contact Arlene Cohen at [arlskc@comcast.net](mailto:arlskc@comcast.net) or 508-255-4509 or Shira Sands at [shira77@bc.edu](mailto:shira77@bc.edu) or 508-349-1784.

## HOLOCAUST MEMORIAL PROGRAM

After the events in Pittsburgh and other violent incidents, the Holocaust Memorial Committee believes we need to do more this year than just “remember.” We believe we need to take some action to address the rise in hate towards anyone who is different. Therefore, we have engaged a speaker from the Anti-Defamation League as one of our "main" events to discuss “The State of Hate in Massachusetts and What We Can Do.” The speaker will present on Monday, April 29, 2019 at 7 PM at Nauset Regional Middle School in Orleans.

UPDATE: Sharing Stories from Rwanda with Carl Wilkens, Wednesday, May 1, 7 PM at St. Joan of Arc, Orleans; Annual Holocaust Memorial Service, Thursday, May 2, 7 PM at Nauset Middle School. (See attached flyer.)

*Sharon Leder*  
[sharon.teichmangallery@gmail.com](mailto:sharon.teichmangallery@gmail.com)

**STONE SOUP SUPPER:** Call for *Am HaYam* Members to Attend!

A devoted group has been meeting to plan an interfaith pot luck supper called “Stone Soup” after the charming fable that will be read at our event, Tuesday, April 30, 5-8 PM, at Church of the Holy Spirit. Several different congregations are represented, and we are now calling upon members of *Am HaYam* to come forward and join us at the supper and contribute some delicious entrees and desserts to the meal.

What does it mean to be part of an interfaith community? Will “breaking bread” together help us to become closer to interfaith exchange and understanding? Elizabeth Alexander, President Obama’s inaugural poet, says, “Critical thinking develops when you go outside of your comfort zone, when you eat a different bread from the one you grew up with.”

Shortly after Easter and Passover, we will be enjoying a meal together, including the Stone Soup, and we will learn how our foods—both unique and similar--have the potential to bind us as an interfaith community. A speaker will present some important highlights.

Kindly contact Sharon Leder by e-mail [Sharon.teichmangallery@gmail.com](mailto:Sharon.teichmangallery@gmail.com) or phone 914-204-4487 to let her know if you would like to be included as an active participant in this venture. Each congregation is asked to be represented by 7-8 people. This project is encouraged by the Nauset Interfaith Association of which *Am HaYam* is an active member.

## **AM HAYAM AND CAPE COD'S CLIMATE CHANGE INITIATIVE**

Did you know that *Am HaYam* is a member of the Cape's Environmental Faith Community Network (FCEN)? Our *havurah* joined this initiative in February of 2017, which now includes 20 interdenominational faith communities. I was asked to be *Am HaYam's* representative and have been attending their monthly meetings for two years.

FCEN is one of several branches under the Cape Cod Climate Change Collaborative (5Cs). Created in 2016 by leaders of major Cape-based organizations (e.g., Center for Coastal Studies, Cape Cod Commission, Cape Cod Chamber of Commerce, Cape Light Compact), the Collaborative is seeking to enlist a diverse group of some 200 organizations on the Cape and Islands that will work together to address the urgent problem of climate change. Faith communities are among the organizations invited to participate along with businesses, schools, towns and land trusts (see web page at <https://capecodclimate.org>)

The mission of the FCEN is to connect faith and ecology, learning from each other ways to better protect our imperiled earth home and her inhabitants. We will educate others on ways to reduce their own carbon footprints and how to use our faith to advocate for the environment. We will be hosting several seminars highlighting the role of faith and the environment throughout the year. So far, there is one planned at the Provincetown Unitarian Universal Church on May 11 ("Uniting 4 Climate") 2-4 PM, and another on May 19 at Saint David's Episcopal Church in South Yarmouth, 1-5 PM.

I plan to start a monthly article in *Am HaYam's* newsletter highlighting FCEN events, as well as ideas for becoming better stewards to our environment.

Lyn Solomon, [lynard2113@gmail.com](mailto:lynard2113@gmail.com)

## **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](mailto:renate-was@gmail.com) or Marcia Goffin at [mgoffin10@gmail.com](mailto:mgoffin10@gmail.com).

*Renate Wasserman*  
Facilitator

## AM HAYAM PASSOVER FOOD DRIVE

The Lower Cape Outreach Council's *Am HaYam Havurah* Food Drive has been extended.

For the past 20 years, *Am HaYam Havurah* has conducted a very successful High Holy Days Food Drive. Year after year, we collected more and more bags of food and more and more dedicated donations to purchase additional food supplies at Stop and Shop and at BJ's.

Several years ago, the *Havurah* Board of Directors, in consultation with the leadership of the Lower Cape Outreach Council, made the decision to divide the cash donations received at the Annual High Holy Days Appeals into two funding streams: monetary donations received prior to *Kol Nidrei* would be utilized to purchase additional food items for LCOC, which would take place after the end of *Yom Kippur*; a second food purchase, made with donated funds received after *Yom Kippur*, would occur in the Spring to coincide with the Passover celebration.

To fulfil the *mitzvah* of providing food items to the LCOC Food Pantry and to be mindful of the needs of the poor, *Am HaYam Havurah* is appealing to membership to make a special donation during Passover dedicated to the purchase of food items to fill the shelves of the LCOC Food Pantry thus meeting the obligation to provide support to the less fortunate. We strengthen our relationships with friends to whom we give gifts, and we strengthen the social fabric of our community by emphasizing our commitment to care for our entire community.

Please send your donations to Am HaYam Havurah, P.O. Box 1235, Brewster, MA 02631.  
Memo: Passover Food Drive

## ZAMAREI HAYAM - SINGERS OF THE SEA

Several members of *Zamarei* joined in on the *Purim Shpiel* fun - and fun it certainly was! Judy Keller does such a great job in writing hilarious words to familiar tunes to tell the story of *Purim*.

Members of *Zamarei* will visit the Latham Center in April. Since it will be close to Passover, our focus will be on that holiday. We might present the very funny and clever play that is in the back of the *Haggadah* that *Am HaYam* uses for its community *Seder*.

Interested in joining us? Contact me at [pandmselig@hotmail.com](mailto:pandmselig@hotmail.com)

Mim Selig  
[pandmselig@hotmail.com](mailto:pandmselig@hotmail.com)

## ROSH CHODESH WOMEN

Our next meeting will be on Thursday, April 25<sup>th</sup> \* at 7:30 PM at the home of Ruth Shapiro, 30 Wheeler Drive, Brewster.

Topic: AGING, GROWING OLDER...and WISER

Our *Havurah*, our community, is the perfect place to share thoughts on Aging. Jessica Dill and Ruth Shapiro will lead a discussion on how the journey can be fulfilling and meaningful. What makes successful aging? Together we will discuss thoughts from books such as *From Age-ing to Sage-ing* by Rabbi Zalman Schachter-Shalomi. Please share your insights and bring your ideas from personal experiences or from observing your parents.

Shakespeare, in *As You Like It*, says: "All the world's a stage, And all the men and women merely players; They have their exits and their entrances, And one man in his time plays many parts, His acts being seven ages." What can we do to make Scene 6, OLD AGE, a stage for positive transformation? Please bring your rich and creative thoughts to this discussion.

RSVP to Ruth Shapiro at 508-896-3573 or [ruthshapiro1@me.com](mailto:ruthshapiro1@me.com). Please carpool if possible. Thank you.

Please note change of date: IT'S THE 4<sup>TH</sup> THURSDAY INSTEAD OF THE THIRD\*

*Bernice Simon-Wolfson, Chair*

### ROSH CHODESH SCHEDULE 2018-2019

| DATE       | TOPIC  | HOST                  | FACILITATOR                 |
|------------|--|-----------------------|-----------------------------|
| 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: 4<sup>th</sup> 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, April 1<sup>st</sup> at the home of Deborah Cline, 145 Clearwater Drive in Harwich. We *Nosh and Schmooze* at 12:30 and officially begin at 1:00. Spring hours: 1:00-4:00.

We will continue to read *A Small Family Business* by Alan Ayckbourn starting with ACT II. It was first performed at the National Theater in June 1987. It then re-opened in April 1992 at The Music Box Theater in New York City. If you were not at our last meeting, it would be helpful to get caught up and read ACT I of the play.

About the play: England's master of satire is in top form in this comic morality play. Jack McCracken has the opportunity of a lifetime; he is the new head of a family business and believes he will initiate a new age of honesty and integrity. He quickly learns that everyone else involved in the enterprise has a vested interest in maintaining business as usual, rife with dishonesty and deceit.

Time permitting, we will begin reading *The Women* by Clare Boothe Luce. The play was first produced at the Ethel Barrymore Theater, New York City on December 26, 1936. The play has assumed the status of a modern classic. The playwright carries us through varied scenes and shows us not only a somewhat unflattering picture of womanhood, but, digging under the surface, reveals a human understanding for and sympathy with some of its outstanding characters. The plot involves the efforts of a group of women to play their respective roles in an artificial society that consists of vain show, comedy, tragedy, hope, and disappointment.

Please come with both plays see how the stories develop and how our actors, with their enthusiasm, make them come alive. Please check with the Clams Library System for the availability of the play, or purchase it inexpensively at: amazon.com, Abebooks.com or powell.com

RSVP to Deborah Cline at 203-247-9974 or [deborahcline00@gmail.com](mailto:deborahcline00@gmail.com). Please carpool if possible. Thank you.

*Bernice Simon-Wolfson, Chair*

### PLAY READING SCHEDULE 2018-2019

| DATE    | PLAY                 | PLAYWRIGHT          | HOST          |
|---------|----------------------|---------------------|---------------|
| April 1 | <i>The Women</i>     | Clare Booth Luce    | Deborah Cline |
| May 6   | <i>Major Barbara</i> | George Bernard Shaw | Betsy Smith   |
| June 3  | <i>Plaza Suite</i>   | Neil Simon          | Elaine Karp   |

## 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, April 30\*, 2-4 PM, at the home of Joan Saklad in Orleans. If you wish to be added to the WTS email list, contact me at [rebecabolmes@comcast.net](mailto:rebecabolmes@comcast.net).

*Rebecca B. Holmes, Facilitator*

## DATES TO REMEMBER

|                     |                                |          |
|---------------------|--------------------------------|----------|
| Monday, April 1     | Play Reading Group             | 12:30 PM |
| Friday, April 5     | Shabbat Service                | 7:30 PM  |
| Sunday, April 7     | Torah Study w/Rabbi Douglas    | 10:30 AM |
| Friday, April 12    | Shabbat in P-Town              | 6:30 PM  |
| Tuesday, April 16   | Board of Directors             | 7:00 PM  |
| Friday, April 19    | <i>Erev Pesah</i>              |          |
| Saturday, April 20  | <i>Am HaYam</i> Passover Seder | 6:00 PM  |
| Thursday, April 25* | Rosh Chodesh Women             | 7:30 PM  |
| Friday, April 26    | Shabbat in P-Town              | 6:30 PM  |
| Monday, April 29    | Annual Holocaust Program       | 7:00 PM  |
| Tuesday, April 30*  | Women's Torah Study            | 2:00 PM  |
|                     | Stone Soup Potluck Supper      | 5:00 PM  |

### Passover

*Erev Pesah*, April 19; 1<sup>st</sup> day, April 20, 2<sup>nd</sup> day, April 21, *Hol Hamoed Pesah*, April 22-25;  
7<sup>th</sup> Day, April 26; Last day, April 27.

\*Note changes of dates due to Passover.

## 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

April 7

May 5

June 2

## 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:

<https://www.conservativeyeshiva.org/torahsparks/>

<https://reformjudaism.org/learning/torah-study/>

## LOOKING AHEAD TO MAY:

- NIA: “Sharing Stories from Rwanda”, May 1
- Holocaust Memorial Service, May 2
- *Shabbat* Service, May 3
- Torah Study w/Rabbi Douglas, May 5
- Play Reading Group, May 6
- *Yom Hazikaron* (Israel Memorial Day), May 8
- *Yom Ha’atzmaut* (Israel Independence Day), May 9
- *Shabbat* in P-Town, May 10
- FECN: “Uniting 4 Climate”, May 11
- MOTHER’S DAY, May 12
- *Rosh Chodesh* Women, May 16
- *Shabbat* Service, May 17
- FECN Meeting, May 19
- *Lag Ba’omer*, May 23
- *Shabbat* in P-Town, May 24
- MEMORIAL DAY, May 27
- Women’s Torah Study, May 28

## 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 enough 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](mailto:jrdill1@comcast.net). 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](http://www.abbagotravel.com). 2020 in Jerusalem? We'll see.

*Jessica Dill*

## **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.

## **HEBREW CLASS**

Many of us say the prayers by rote, or we follow the transliteration. But we don't read together with the group. Many, or most of us, hear Torah but can't follow the meaning. Sure, we might read the translation but it's usually of limited value. You can change those limitations, by joining our Hebrew Class. Enhance your reading ability, develop your understanding, enjoy the comradery; we're a delightful group.

We invite you to join us. Call 508-255-5419. *L'hitraot.*

*Sandy Chernick*

## **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](mailto:jkelle47@verizon.net) and reserve your date!!!

## 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](mailto:jrdill1@comcast.net).

## 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.

## 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](mailto: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.

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*Am HaYam* is happy to share your good news and to inform one another when there has been a loss. Please send me news of weddings, anniversaries, special birthday, births, *b'nai mitzvah*, *brit milah*, baby-namings, etc. to [rebeccabolmes@comcast.net](mailto:rebeccabolmes@comcast.net).

Donations to *Am HaYam* for all occasions, e.g. in honor of, in appreciation, in memory of, for a *yahrzeit* can be sent to Am HaYam either using your online banking or with a check mailed to PO Box 1235, Brewster, MA 02631. Your donations support *Am HaYam's* services, programs and activities all year round.

## MILESTONES

*Refuah Shleimah to*  
Deborah Jacobs  
Bruce Wolf  
Bob Dubeau  
Susan Rosenberg



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