



September 2019 *Elul* 5779-*Tishrei* 5780 Volume 15, Number 1

SHABBAT SERVICES

This month *Am HaYam* will have two services on Saturday instead of Friday nights. The first will be a *Havdalah* Service on Saturday, September 7, 7:30 PM at the home of Arlene Cohen. Look for an article in this issue for more details.



In preparation for High Holy Days, *Am HaYam* will have a *Selichot* Service, on Saturday, September 21, at 7:30 PM at the Federated Church. More information about *Selichot* and the High Holy Days will be found elsewhere in this newsletter.

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.

MESSAGE FROM THE PRESIDENTS:

Dear *Haverim*,

This is my first introduction to you as co-President with my friend Renate, and writing letters is not one of my better skills. Knowing we are approaching the High Holy Days, I promise to write a letter of sweetness and honey, and not ask too many promises from you at this time. As it is written in the Book of Ecclesiastes 3:1, "For every time there is a season, A time to live and a time to die." This is the season of the soul; a time to rejoice, and a time to reflect, and ask for forgiveness.

As we approach these High Holy Days, usually called the "Days of Awe," we are aware that this is the time when we reflect on the past year of our deeds and promises to others.

We begin with *Selichot* when we hear the melodies of the holidays and the few hints and feelings of the services to come during *Rosh Hashanah* and *Yom Kippur*. Before we know it, we are beginning to prepare for *Rosh Hoshanah*. Another meaning for this holiday is the "Beginning of the Year," and the moment of opening, the gates of repentance swing wide. The Book of Life is

turned to a new page. Not all is serious; this is also a joyous festival, in which we dip apple slices into honey as a symbol of hope for a good year filled with promise.

Yom Kippur, the "Day of Atonement" is also a time for new beginnings. It is a solemn but not a somber day. We are called to reflect on our deeds; however we must try to make the most of our opportunities. We think; have we fulfilled all our promises and obligations? We ask ourselves, have we done something to be ashamed of? Now is the time to repay, to repair, and ask for forgiveness. Our challenges are not merely to enter the New Year, but to discover the openings to a better life.

The best way to accomplish this, when we pray on the day of *Yom Kippur* to have forgiveness, and to have a good year, is through *Teshuvah*, *Tefillah* and *Tzedakah*; Repentance, Prayer and Charity. Charity is the most important of all, for without compassion for others there can be neither repentance nor meaningful prayer.

Renate and I wish you all a good and sweet year. *L'shanah Tovah Tikatevu*.

Arlene Cohen, Co-President



HIGH HOLY DAYS WITH *AM HAYAM*

Rosh Hashanah and *Yom Kippur* services are held at The Federated Church of Orleans, 162 Main Street, East Orleans. Services will be conducted by Rabbi Deanna Douglas and Cantor Elizabeth Anker. All services are free and open to the public. The building is handicap accessible, air-conditioned and there is plenty of parking.

If you have questions about the High Holy Days, please contact Judy Keller at 508-255-7564 or jkelle47@verizon.net.

SCHEDULE OF SERVICES

- *Erev Rosh Hashanah*, Sunday, September 29, 7:30 PM
- *Rosh Hashanah*, Monday, September 30, 10 AM
- *Tashlikh* immediately following services at Meeting House Pond on Barley Neck Road
- *Kol Nidrei*, Tuesday, October 8, 7:30 PM
- *Yom Kippur*, Wednesday, Wednesday, October 9
 - Morning service, 10 AM
 - Afternoon service, 3:30 PM
 - Yizkor* (memorial) service, 5:00 PM (approximately)
 - Followed by *Ne'ilah* (concluding) service and *Havdalah*
 - Services conclude at 6:15 PM

USHERS

Greeter/ushers are needed for each of the High Holy Day services. These volunteers, working in pairs, greet people as they arrive at the sanctuary doors and assist them in finding seats. They also guide people arriving after the service has begun on an appropriate time to enter the sanctuary. If you would like more information or to volunteer, please contact Richard Dill at 508-255-7771 or rldill1@comcast.net by September 16. Four ushers are needed for each service.

Date	Service	Ushers' Arrival Time
September 29	<i>Erev Rosh Hashanah</i>	6:55 PM
September 30	<i>Rosh Hashanah</i>	9:25 AM
October 8	<i>Erev Yom Kippur</i>	6:55 PM
October 9	<i>Yom Kippur AM</i>	9:25 AM
October 9	<i>Yom Kippur PM</i>	3:50 PM

SECURITY

The Orleans Police Department will be providing security for all our High Holy Day services.

PROTOCOL FOR THE HIGH HOLY DAYS

The Ritual Committee has established the following guidelines for High Holy Day services: While the congregation is standing in prayer, no one will be permitted to enter the sanctuary or leave until the congregation is seated. Ushers will be present at the rear of the sanctuary to implement this policy. No exceptions will be made. Because we are a diverse congregation, no one is required to wear a *tallit* or *kippah* while holding the *Torah*, reciting blessings or standing on the *bimah*. *Kippot* will be available in the foyer and *tallitot* will be available on the *bimah* for those who want them.

BREAK-THE-FAST

Those wishing to break-the-fast before leaving Federated Church are invited to join together in the downstairs vestry for juice and *challah*. Since many of the participants at our services make alternative arrangements for breaking the fast, the Board of Directors voted to discontinue the larger break-the-fast gathering. We are concerned, however, that everyone who prays with us be able to break the fast with others. If you would like an invitation to join others after the conclusion of *Yom Kippur* services, please let Arlene Cohen know and she will make the necessary arrangements. You can call her at 508-255-4569 or send an email: arlskc@comcast.net.

SELICHOT

Am HaYam will present a *Selichot* program on Saturday, September 21, at the Federated Church, with Dessert and Discussion at 7:30 PM led by Ira Wolfson on the topic of "The Binding of Isaac." This will be followed by the *Selichot* Service at 9 PM.

"In the broadest definition, *selichot* are penitential prayers said before and during the High Holidays. But the term first appears as a reference to the biblical verses that were added to the *Yom Kippur* liturgy. Eventually, the holiday prayers were combined with general prayers of repentance. While these prayers were initially only recited during the days between *Rosh Hashanah* and *Yom Kippur*, the custom developed to use them in the days beforehand as well.

"In Hebrew, *selichot* translates to "forgiveness," and indeed there is an emphasis in these prayers on the merciful attributes with which God is said to govern the world. In many ways, the prayers which make up the *Selichot* service mirror what we find on the Day of Atonement which follows soon after. The language of these qualities should sound familiar to anyone who has recited the liturgy throughout *Yom Kippur* when we speak about God's ability to forgive "transgression, iniquity, and sin." We begin and end the season of repentance with the same words, calling out to the compassionate God who we hope will accept our prayers. Prayers are read and meditations considered as individuals are encouraged to reflect on the past year and the changes they wish to make in the upcoming one."

Barry Shanker
ReformJudaism.org

ROSH CHODESH WOMEN

Rosh Chodesh will meet on Thursday, September 19th. at 7:30 PM for a planning meeting at the home of Bernice Simon-Wolfson, 32 Wadsworth Lane in Yarmouth Port.

Please come prepared with book and film suggestions as well as ideas for programs.

If you are unable to attend and you have some suggestions for a program, a book and/or a film, please send them to me and I will present them. Also let me know whether you would like to host and/or facilitate a program.

RSVP to me at 508-362-5508 or bsimwolf@comcast.net.

Please carpool if possible. Thank you.

Bernice Simon-Wolfson, Chair

HAVDALAH UNDER THE STARS

Saturday, September 7, 7:30 PM

Come celebrate the end of *Shabbat* at a special outdoor *Havdalah* Service on Saturday, September 7. The service will be held at Arlene Cohen's home in East Orleans. Join with your *Am HaYam* family as we end *Shabbat* under the stars. The service will include prayers, songs, background information about the origins of the *Havdalah* traditions, an opportunity for everyone to share their special memories of *Shabbat* and of course refreshments after the service. Please bring an outdoor chair with you.

Arlene Cohen
38 Grandview Drive
508-255-4569

Directions:

Follow Main Street in Orleans past the Federated Church, towards Nauset Beach. Bear left at the fork by Barley Neck Inn (BNI) onto Beach Road. Grandview Drive is on the left, approximately 1.1 miles from the fork. Turn left onto Grandview Drive. #38 is almost at the end of the Drive. Please park on the left side of the road. If you get to the Ship's Knees Inn on Beach Road, you have gone too far! Turn around in their parking lot and Grandview will be your first right turn.

PLAY READING GROUP

Our next meeting of The Play Reading Group will be on Monday, September 9th * at the home of Bernice Simon-Wolfson, 32 Wadsworth Lane, Yarmouth Port. *We Nosh* and *Shmooze* at 12:30 and officially begin at 1:00-4:00, Summer and Fall hours.

Our first meeting will be a planning meeting for the 2019-2020 season, September-June. Please come with your play suggestions and with some knowledge of the play. We plan to read some classics, dramas and comedies. Let's also try to suggest some plays with Jewish content and/or Jewish playwright.

If time allows, we will begin to read a play on the lighter side, the comedy *Plaza Suite* by Neil Simon. It was first presented at the Plymouth Theater, New York City, on February 14, 1968. These are three "playlets" all taking place in the same suite at the Plaza Hotel. The first is about a suburban couple who take the suite while their house is being painted. It turns out to be the one in which they honeymooned 23 years ago. The second is about the exploits of a Hollywood producer who, after three marriages, is looking for a little sexual diversion. The last play is about a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where guests await her, or as Mother yells, "I want you to come out of that bathroom and get married!" This play is very funny and enjoyable!

Please come and see how the play develops and how the "actors" make it come alive with their enthusiasm. ALL MEN AND WOMEN ARE WELCOME! NO EXPERIENCE NECESSARY! YOU CAN COME ON EITHER SIDE OF THE CURTAIN!

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 Bernice Simon-Wolfson at bsimwolf@comcast.net or 508-362-5508. Please carpool if possible.

*NOTE: We usually meet on the first Monday of the month, but because Labor Day always falls on the first Monday of September, we will meet on the second Monday of the month.

Thank you.

Bernice Simon-Wolfson
Chair

GETTING TO KNOW MEMBERS OF THE AM HAYAM COMMUNITY

Member profile: Arlene Cohen

As Arlene recalls the events and activities she has experienced, it calls to mind Ralph Waldo Emerson's description of a good life. To paraphrase Mr. Emerson, it is to be useful, honorable, compassionate and to make a difference. Now Arlene has added another *mitzvah* to her resume. She has stepped up and volunteered to be co-president of *Am HaYam* with Renata Wasserman at a time when the *havurah* needed new leadership.

Arlene grew up in Providence, RI. Although her grandfather was a founder of the Conservative synagogue, Temple Beth Israel, on the south side of Providence, her immediate family was not religious. When Arlene was seven years-old, she accompanied a friend to Hebrew school, found she like it and stayed. She went to services by herself and sang in the children's choir.

At eighteen, she went to Boston el Hospital and then went to in Nursing. She met he hus- together they moved to New his residency in thoracic sur- clude three boys. They then husband practiced medicine. mingham, MI where their



Arlene and her husband decid- family back to the East Coast to settled in Longmeadow MA. years when her husband tragi- went back to her nursing ca- medical adult daycare program at a Jewish nursing home in Springfield. It was one of the first programs of its kind. In a few years she met and married Charlie who had three children, creating a loving family of seven kids. She and Charlie were both active at Beth El Temple in Longmeadow. She became president of the Sisterhood and he was vice-president of the Brotherhood. They remained in Longmeadow until 1999 and, as most of the kids were out on their own by this time, they decided to move to Cape Cod. They met the Wassermans who introduced them to *Am HaYam*.

for nurses training at Beth Isra- Boston University for her B.S. band David in Boston and to- York City where he completed gery. Their family grew to in- moved to Chicago where her From there they went to Bir- daughter was born.

ed they wanted to bring their be closer to relatives, and they They were there for only three cally died of cancer. Arlene reer. She helped to create a

Sadly, Charlie died in 2004. After his death, Arlene became active in *Am HaYam* and joined the Cape Cod Hospital Auxiliary. Four years later she became president of the Auxiliary, an organization that has raised millions of dollars for the hospital. She has served *Am HaYam* on the Board, on the Ritual Committee, on the Interfaith Committee and her lovely soprano voice has been part of *Zamerai* for many years.

Arlene now has 15 grandchildren. Some of them live in the Boston area and love to visit and have some of Arlene's famous kugels.

Thank you, Arlene, for taking on the presidency of *Am HaYam* after so many years of giving honorably and with compassion.

Marsha Dubeau

ZAMAREI HaYam - Singers of the Sea

It's time to turn the page on our calendars and September equals the High Holy Days. *Zamarei HaYam* will begin preparing the music for our services with our cantorial soloist, Elizabeth Anker. She is introducing us to a very beautiful new piece this year - *Yeish Kochanim*, by Jeff Klepper. And that, along with other more familiar melodies, will enhance everyone's experience as we all worship together.

If you would like to join *Zamarei HaYam* as a singer, flutist, etc., please email me at pandmselig@hotmail.com New members are always welcome.

Mim Selig
pandmselig@hotmail.com

AM HAYAM NEIGHBORHOOD BRUNCHES

Am HaYam is trying something new to get to meet more people in our area, learn more about your interests, and share our experiences and information about being part of this wonderful *havurah*. We will be offering brunch food and conversation in the comfort of different members' homes in "your neck of the woods." If you live in the areas designated and would like to be included, please call or email the contact person below. We will be scheduling more brunches for other areas in the future. The Brunches are at 10 AM in all locations.

September 22: Chatham/Harwich Contact Deb at 203-247-9974, deborahcline00@gmail.com
September 22: Wellfleet/Truro Contact Marsha at 508-349-9545, mdubeau300@aol.com
October 13: Dennis/Yarmouth Contact Linda at 508-694-7449, lindathib@hotmail.com

Thank you.

Jessica Dill
Membership Chair

NAUSET INTERFAITH ASSOCIATION

Fr. Ken Campbell will be leading a 4 session study of *The Words of My Father*, Love and Pain in Palestine by Yousef Bashir (see article below from the New Yorker) on Wednesdays at 5 PM in the Parish Hall at the Church of the Holy Spirit, Orleans, beginning on Wednesday, September 18th*. Yousef Bashir's captivating *The Words of My Father* is full of youthful exuberance, unlikely adventures, and raw discovery.

Fr. Campbell hopes to spend some time reflecting on the meaning of peace, *shalom*, and *salaam* in the Jewish, Christian and Islamic traditions. Please let Fr. Campbell know if you would like to participate at ksbcampbell5050@gmail.com or 413-478-5719. Feel free to share this with others who might be interested, especially those who are Jewish or Islamic.

<https://www.newyorker.com/news/news-desk/a-palestinian-memoir-to-counter-trumps-troubles-in-the-middle-east>

*The dates are September 18 and 25; October 2 and 16. No meeting on October 9 which is *Yom Kippur*.

Judy Taylor
NIA Representative

The Martin Luther King Action Team of NIA is sponsoring a pilgrimage to the National Museum of African American Culture and History in Washington, D.C. on the weekend of October 25-27, 2019. Reservations are open to all on a first come, first serve basis with only 55 spaces available. We will be traveling by bus on Friday, October 25th and returning on Sunday, October 27th. We have rooms reserved at the Hyatt Regency Hotel. The bus fare is \$85.00 per person and the hotel is \$165.00 (double occupancy) for the two nights. These are very good prices!

To register email Fr. Ken Campbell at ksbcampbell5050@gmail.com. A \$75.00 deposit is required made out to Nauset Interfaith with the word "pilgrimage" on the memo line and sent to PO Box 306, South Orleans, MA 02662.

INTERFAITH JUSTICE COMMITTEE

The Justice Committee co-sponsored the Orleans rally which was a part of the nationwide “Lights for Liberty” day in July. Nearly 120 people turned out in the bright sunshine to show concern for the U.S.’s treatment of children and families at the Southern border. Many commented on the positive, non-ideological atmosphere at the event.



In September, the committee is considering the possibility of a gathering with members of other Orleans faith communities’ social justice groups to share mutual interests.

For more information, or to get involved, contact Rod MacDonald (rodmac.ret@gmail.com).

*Renate Wasserman
Facilitator*

ANNUAL HIGH HOLY DAY FOOD DRIVE

Each year, during the High Holy Days, *Am HaYam* conducts a food drive between *Rosh Hashanah* and *Yom Kippur*. We will talk about the importance of this *mitzvah* during *Rosh Hashanah* services. This yearly opportunity has been especially meaningful for *Am HaYam* as it is in keeping with the spirit of the season:

*"You cannot do all the good that the world needs,
but the world needs all the good that you can do."*

As you shop each week between now and the High Holy Days, please consider purchasing a few items for the food bank. This will make it easy for you to set aside a significant amount of food to donate. The food we collect is donated to the Lower Cape Outreach Council which supports food pantries in all the Lower and Outer Cape Cod communities. More families are coming to the local food pantries than ever before. Please consider increasing your donation, as the need for food is growing.

We will be distributing shopping bags at *Rosh Hashanah*. The bags will have stapled to them a list of foods that LCOC needs. Please return the filled bags on the evening of *Kol Nidrei* or *Yom Kippur* Day. There will be a truck into which the bags will go. There will be volunteers to help carry bags from your car if needed.

If you cannot do the shopping but wish to help, please donate to *Am HaYam* and indicate "Food Drive" on the memo line.

We look forward to seeing you and wishing you a Happy and Healthy New Year. We thank you in advance for your generous contribution.

*Deb and Jon Cline
Co-Chairs*

SIMCHAT TORAH

Hello Torah Readers and Chanters:

Hope you're all having a glorious end of summer. With *Simchat Torah* following fast on the heels of our High Holy Days, it's time to plan for our Torah readers for this festival service. Our *Simchat Torah* service will be on Friday night, October 18, led by Cantor Malin.

If you are interested in reading or chanting from the Torah for this service and I if I haven't already heard from you, please contact me at shira77@bc.edu or 508-349-1784. I will be happy to give you your portion and answer any questions you may have.

Shira Sands

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 Numbers, *Bemidbar*. 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, September 24, 2-4 PM, at the home of Deb Cline in East Harwich. If you wish to be added to the WTS email list, please contact me at rebeccabholmes@comcast.net.

Rebecca B. Holmes, Facilitator

MEN'S TORAH STUDY

Men's Torah Study will meet on Thursday, September 5th, 2 PM at the home of Robert Pavone, 18 Forest Way, South Orleans. The topic will be "Psalms" and each person will be asked to choose one or two psalms prior to the meeting.

If you wish to join Men's Torah Study, please contact Robert Pavone at rob-ertppavone@icloud.com

Robert Pavone

SUNDAY TORAH STUDY WITH RABBI DEANNA DOUGLAS

Torah Study for 5780 / 2019-20

Last year we studied Ecclesiastes (*Kohelet*) which centered on ethical behavior and our purpose on earth. This year we return to an in depth look at some individuals who might or might not be role models. Therefore, the (almost) monthly Torah Study will focus on what my teacher, Dr. Rachel Adelman, called *Badass Broads of the Bible*. As she put it, these are some of the "more audacious females in the Bible." Our first meeting is Sunday, September 8 at the Brewster Ladies Library at 10:30 AM.

I especially invite those of you who think you have to have some special education or background, and who therefore have never or rarely studied Torah. If you can read English, if you can think and respond to the words on the page, you are perfectly suited for Torah study. Those who have come in the past have learned to consider, to listen, to laugh to respond in a meaningful way to the words on the page.

Please bring any variety of Bible or Torah commentary. If you have neither, there are always extra copies. Don't use that as an excuse not to show up!

I look forward to learning with and from you.

Rabbi Deanna Douglas

These are the dates for 2019-2020:

9/8, No October, 11/3, 12/8, 1/5, 2/2, No March, 4/12, 5/3, 6/14

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

DATES TO REMEMBER

Monday, September 2	LABOR DAY	
Thursday, September 5	Men's Torah Study	
Saturday, September 7	" <i>Havdalah</i> Under the Stars"	7:30 PM
Sunday, September 8	Torah Study w/Rabbi Douglas	10:30 AM
Monday, September 9	Play Reading Group	12:30 PM
Wednesday, September 11	Adult Ed: "Who Says You're Dead?"	7:30 PM
Friday, September 13	<i>Shabbat</i> in P-Town	6:30 PM
Tuesday, September 17	Board of Directors	7:00 PM
Wednesday, September 18	NIA: "The Words of My Father"	5:00 PM
Thursday, September 19	<i>Rosh Chodesh</i> Women	7:30 PM
Saturday, September 21	<i>Selichot</i> Program & Service	7:30 PM
Sunday, September 22	Membership Brunch: Chatham	10:00 AM
	Membership Brunch: Wellfleet	10:00 AM
Tuesday, September 24	Women's Torah Study	2:00 PM
Wednesday, September 25	NIA: "The Words of My Father"	5:00 PM
Friday, September 27	<i>Shabbat</i> in P-Town	6:30 PM
Sunday, September 29	<i>Erev Rosh Hashanah</i> Service	7:30 PM
Monday, September 30	<i>Rosh Hashanah</i> Service	10:00 AM

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.

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!*

LOOKING AHEAD TO OCTOBER:

- *Rosh Hashanah II*, October 1
- NIA: "The Words of My Father", October 2
- *Shabbat Service*, October 4
- Play Reading Group, October 7
- *Kol Nidrei*, October 8
- *Yom Kippur*, October 9
- *Shabbat in P-Town*, October 11
- Membership Brunch: Dennis Yarmouth, October 13
- *Erev Sukkot*, October 13
- *Sukkot in the Berrick/Fox Sukkah*, October 13
- Board of Directors, October 15
- NIA: "The Words of My Father", October 16
- *Rosh Chodesh Women*, October 17
- *Shabbat/Simchat Torah*, October 18
- Women's Torah Study, October 22
- *Shabbat in P-Town*, October 25

AM HAYAM IS GOING TO ISRAEL

We're going to Israel with Erez Pinhas of Abba from February 23, 2020 to March 5, 2020. The trip will be 10 days on the ground in Israel with an exciting itinerary. The cost is \$3731.00 (double occupancy) per person, excluding airfare. The single supplement is \$706.00. If anyone else would like to join the trip, please contact Renate Wasserman at renatewas@verizon.net.

There may be a second trip in late 2020 or earlier 2021. Those interested should contact Jessica Dill at jrdill1@comcast.net.

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!!!

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.

MILESTONES

Condolences to

Elaine Lipton on the loss of her beloved father, Carl Lipton

Barbara Grindell and Sherryl Drasin on the loss of their beloved son, Jonathan Grindell

Refuah Shleimah to

Arline Lowenthal

Marc Sitkin

Paul Schlansky

Bruce Wolf

Bob Dubeau

DONATIONS

In appreciation of Am HaYam

Judith and Marc Sitkin
David and Marjorie Becker

In appreciation of

Ira Wolfson's service to *Am HaYam* and the community

Cheryl Dockser

In memory of

Carl Lipton, beloved father of Elaine Lipton

Judith and Marc Sitkin
Judy Keller
Arlene Cohen
Rebecca Holmes
Judy and Steve Underberg

Jonathan Grindell, beloved son of Barbara Grindell and Sherryl Drasin

Rebecca Holmes
Carol Roth
Judy and Steve Underberg
Jessica and Richard Dill
Janet Swan Bush

Yahrzeit for

Gene Saklad

Anna (Mednick) Feldman

Phyllis Baldwin



“YELLOW PAGES” OF AM HAYAM

ADULT EDUCATION	Ira Wolfson	508-362-5508	iraone@comcast.net
BEREAVEMENT	Paul Biegelsen	508-255-2963	landerbiegel@comcast.net
FOOD PANTRY DRIVE	Deb & Jon Cline	203-247-9974 203-461-5450	Deborahcline00@gmail.com Secondwind145@gmail.com
HH LOGISTICS	Steve Berrick	508-896-3897	vze2962j@verizon.net
HINENI	Ruth Shapiro	508-896-3573	ruthshapiro1@me.com
HOLOCAUST ME- MORIAL PROGRAM	Sharon Leder	508-896-2395	sharon@teichmangallery.com
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