



chayenu

our lives חיינו



A message from Rabbi Daniel Victor

Praying with Your Feet

These famous words were said by Rabbi Abraham Joshua Heschel when asked about having marched along side Martin Luther King Jr. The words recently came to my mind when a discussion posed on my Rabbinical Assembly (RA) list serve caught my eye. A question was raised about the permissibility, or even the feasibility, of using a walking treadmill while zooming morning minyan. I was intrigued by the question, perhaps because I have not been exercising enough during this pandemic, and so this past week I gave it a try one weekday morning. I began the morning's experiment feeling that the idea of combining praying and walking had some merit. After all the psalmists tell us, "All my bones shall declare your glory." I am a davenner who likes to have my body moving while I pray. Furthermore, we are meant to face east (towards Jerusalem) when we stand during minyan, so in a sense, rather than facing Jerusalem, I would be walking towards it – how thrilling! NPR radio has done several articles about multitasking and how scientists have shown that one who attempts to do two things at once does each one less well. These findings showed themselves to have merit while I was trying to walk and pray. I had to pause the treadmill and step off the center of the treadmill for the first Mourner's Kaddish, of course. When it came time for Barchu bowing from the waist was difficult – which was true for Aleinu at the end of the service as well. Three steps back and three steps forward for the Amidah, was the biggest challenge. In the end, moving the body during prayer can be a big part of one's spiritual practice, but walking when serving Hashem should probably be reserved for when you are walking for a cause, with many people walking side-by-side with you.

In the pursuit of peace,

Rabbi Victor

Shabbat Zoom Services

8pm Fridays & 10am Saturdays

9:30am Saturday Torah Talk (May)

[Link for both here](#)

SCHEDULE OF TORAH READINGS

Saturday, May 15, 2021

Parsha: Bemidbar

Numbers 2:1-3:13

Haftarah: Hosea 2:1-22

Monday, May 17, 2021

First day of Shavuot

Exodus 19:1-20:26

Maftir numbers 28:26-31

Haftarah: Ezekiel 1:1-28; 3:12

Tuesday, May 18, 2021

Second day Shavuot

Deuteronomy 15:19-16:17

Maftir numbers 28:26-31

Haftarah: Habakkuk 3:1-19

Saturday, May 22, 2021

Parsha: Naso

Numbers 5:11-6:27

Haftarah: Judges 13:2-25

Saturday, May 29, 2021

Parsha: Behaalotekha

Numbers 9:15-10:34

Haftarah: Zechariah 2:14-4:7

Saturday, June 5, 2021

Bar mitzvah of Sean Baez

Parsha: Shelah-lekha

Numbers 14:8-15:7

Haftarah: Joshua 2:1-24

Saturday, June 12, 2021

Parsha: Korah

Numbers 16:20-17:24

Haftarah: I Samuel 11:14-12:22

Saturday, June 19, 2021

Parsha: Hukat

Numbers 19:1-20:21

Haftarah: Judges 11:1-33

Saturday, June 26, 2021

Parsha: Balak

Numbers 22:2-22:38

Haftarah: Micah 5:6-6:8



May, June, July

CANDLE LIGHTING TIMES



WE SHARE OUR FRIEND'S GRIEF

Our congregation mourns the loss of

Toby Grachuk, wife of Raymond Grachuk

Eileen Zipes, longtime TBE congregant

Gerry Raker, longtime TBE congregant & Heritage member

Lilli Zimet, wife of TBE founding Rabbi, Erwin Zimet, founder of TBE Religious School & Choir, mother of Miriam (Mark), Michael and Jonathan

Daniel Ashley, longtime TBE congregant

Reva Cornell, longtime TBE congregant, sister in law of Esther

Hyman Kaplan, husband of congregant Betty Kaplan

Sandra Schwartz, mother of Marcy, Barrie, & Andy

Jonathan Dworkin, husband of Jane Dworkin

Albert Bauman, husband of Lydia Bauman

Gloria Robbins, long time congregant & Heritage member

John Canning, Sr., father of congregant Todd (Susan) Canning

May	21	7:56pm
May	28	8:02pm
June	4	8:07pm
June	11	8:12pm
June	18	8:14pm
June	25	8:15pm
July	2	8:15pm
July	9	8:13pm
July	16	8:09pm
July	23	8:04pm
July	30	7:57pm

Staff & Executive Committee

Rabbi Daniel Victor 845.235.2460

Rabbi Miriam Hyman, Ritual/Education

Susan Canning, Operations/Programs

Cantor Devorah Gartner, Youth programs

Joël Logan, Office Assistant

Kathleen Lorenz, Office Assistant

Rachel Etkin, Education Assistant

Susan Petendree, Assist. to Rabbi Victor

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Mark Cooper, VP Finance

Merri Sedgwick, VP Education

Roger Lewin, Treasurer

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vpcultureed@tbeny.org

treasurer@tbeny.org

secretary@tbeny.org



MORNING MINYAN

We hope you will consider joining us for virtual minyan

Monday— Friday

Mornings at 8:00 a.m.

[Join Zoom Meeting](#)

WE APOLOGIZE FOR ANY INADVERTENT ERRORS IN THE TBE BULLETIN

A great deal of time and effort goes into the publication of the Temple Beth-El Bulletin. From time to time, errors do occur. We apologize in advance if this happens. Please notify the Temple office so that a correction can be published in the next month's issue.

Rabbi Erwin Zimet(z'l) 1946-1989

FROM TEMPLE BETH-EL PRESIDENT DONNA GORDON



Dear Friends,

As I write this, the weather is getting warmer and things are beginning to “open up.” As more restrictions are being lifted, Temple Beth El’s

Re-Opening Committee is busy working with the Board of Trustees on how to begin to safely resume some in-person services while continuing to offer virtual options.

Many of us, who had no clue what Zoom (or similar platforms) was pre-pandemic, have become comfortable with attending services, communicating with family and friends, celebrating birthdays and holidays virtually. Some congregants have shared that they enjoy not having to rush to services and like the virtual option, while others long for the in-person contact and the sense of community that gathering in-person offers. Congregants have shared that being able to communicate on Zoom has allowed them to celebrate holidays with relatives who they haven’t seen in many years. So, while the pandemic has confined and restricted us in many ways, it has also opened up new avenues for communicating and engaging with others that we may not have envisioned previously.

While it’s unlikely we will ever get back to what we considered “normal” in the past, we are looking forward to being able to provide modified, safe, in-person services and programs in the future. While I have no specific timeframe to offer at this point, please be assured that your concerns and desires are being taken into consideration. We will be sharing updated information as our re-opening plans progress.

Please remember, Temple Beth-El clergy, staff, and lay-leaders continue to be here there you. We are only phone call away.

L’Shalom

Donna Gordon



***The Zoom Where It
Happened***
*Rabbi Miriam Hyman,
Education Director &
Cantor Devorah Gartner,
Youth & B’nai Mitzvah Director*



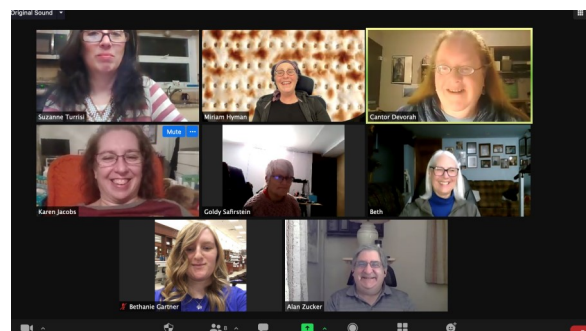
We have come round again to spring in the beautiful Hudson Valley. We have run fully remote TBE Education Programs—Early Childhood, Sunday School & Joint TBE/SC Ivrit for grades 3-6, B’nai Mitzvah Classes, and the Gesher Teen Program, for more than a year without ever setting foot in a classroom.

When we reflect on what we have accomplished educationally, it is simply astounding. Our creative, flexible (and now very tech-savvy) faculty have fully realized the vision we created last spring. We wanted to keep everyone safe, but not sacrifice our academic excellence or our commitment to experiential learning.

In many ways, we have done what we always do. We worked, studied and celebrated. Our youngest students have learned about holidays, Shabbat and been introduced to the alef-bet. Our 3rd and 4th graders have learned to read Hebrew, as well as begun to study Torah. Our 5th and 6th graders have explored Israel and learned the prayers for the Torah Service. Our B’nai Mitzvah Class has become a group of service leaders and Torah readers. And our teens have done social action, socialized, studied a variety of topics, and decompressed at Gesher.

The pandemic has created unexpected opportunities to learn and innovate. All of us have found new depths of patience with the challenges of technology and with each other. We have discovered new ways to utilize ordinary household items as learning tools. And, we are now experts at packaging information into small, easily digestible, video-friendly bytes. Some of the changes to our programs will be incorporated into next year’s curriculum. Students, parents, and teachers all agree that weekly, remote individual lessons have been a great success. We are very proud of all that our students and families have accomplished this year.

We were all in the Zoom where it happened.





TEMPLE BETH-EL GENERAL FUND

Paula & Azzy Reckess

In loving memory of Paula's father, Alex S. Tuller

In loving memory of Morris Golub

In memory of John Canning

Barry & Rita Rothfeld

Mazel Tov to Barbara and Bernie Cohen on the birth of their granddaughter, Andie Ruth Cohen

Barbara & Bernie Cohen

In honor of our new granddaughter, Andie Ruth Cohen

Wishing Lew Sims a speedy recovery

In memory of John Canning

In memory of Hy Kaplan

In memory of Reva Cornell

In memory of Eileen Zipes

In honor of Elijah Goldberg's Bar Mitzvah

Linda and Eric Perfecto

In memory of Iris Baez

In memory of Ron Robbins

Douglas Eaton

In memory of Ron Robbins

Beverly Kaufman

In memory of Ron Robbins

Sandra Lehrman

In memory of Esther Brautman

Miriam Hyman

In memory of my father, Rabbi S. Hillel Hyman

Sandy & Jerry Goldberg

Mazel tov Barbara and Bernie Cohen on the birth of granddaughter, Andie Ruth Cohen

Mazel tov Cantor Devorah & Robert Gartner on Bethanie being on the Dean's list

In memory of Ron Robbins

In memory of John Canning

Amy & Steve Effron

In memory of Amy's dad, Paul Spector

Judith Kufert & Arieh Neuwirth

In memory of Ron Robbins

Miriam & Eric Goldstone

In honor of Jason Lettieri's graduation from Albany Law School and passing the NYS Bar Exam

Elaine Miles

In memory of Diana Kezis

In memory of Rachel McKible

In honor of the birth of Andie Ruth Cohen

In memory of Justin & Deborah Satz Scheer

Ruth & Donald Klein

In honor of Lilli Zimet's birthday

In honor of our 17 beautiful great-grandchildren

In honor of the Bat Mitzvah of Greta & Martin Finkelstein's granddaughter, Cassie

In honor of Geri & Maurice Bromberg's 55th anniversary

In memory of Ruth's father, Marcel

In memory of Donald's father, Kalman

In memory of Naomi Anolick

In memory of Ron Robbins

In memory of Hy Kaplan

In memory of Donald's mother, Emily Klein

In memory of Eileen Zipes

In memory of Harriet Bernstein

In memory of Sandra Schwartz

Susan Fink

In memory of Ron Robbins

Lois & Harold Weber

In memory of Ron Robbins

Esther Reisman, Mark Reisman & Sheryl Simon

In memory of Ron Robbins

Ed Silverman

In memory of my mother, Sarah Silverman

Iris & Fred Maron

In memory of Diana Kezis

In memory of Naomi Anolick

In memory of Paul Auerbach

Robert Stern

In memory of Anita Stern

Debbie & Arnold Most

In memory of John Canning

Norman Silverman

In memory of my daughter, Anita

Beth & Les Richardson

In memory of John Canning

Adrienne London

In honor of Ellen & Victor Stern's new grandson
In honor of Barbara & Bernie Cohen's new grandchild
In honor of Martin Hochhauser's birthday
In honor of Ellen & Larry Danziger's 60th wedding anniversary
In honor of the professional staff & those who organized & led the Purim Services
Refuah Shlema to Lew Sims
In memory of Iris Baez
In memory of Ron Robbins
In memory of Cozz Procopis
In memory of John Canning
In memory of Naomi Anolick
In memory of Susan Peltz
In memory of my grandfather
In memory of Carolyn Heilweil
In memory of Sylvia Hankin
In memory of Lilli Zimet
In memory of Eileen Zipes
In memory of Gerry Raker
In memory of Dan Ashley
In memory of Iris Baez
In memory of Toby Grachuck
In memory of Jonathan Dworkin
In memory of Sandy Schwartz
In memory of Sylvia Gorin
In memory of my beloved aunt, Anne Peltz
In memory of my grandmother, Rosa Yaverbaum
In memory of my grandmother, Katie Peltz

Rita & Lew Sims

In honor of Martin Hochhauser's 80th birthday
Speedy recovery to my husband, Lew
Speedy recovery to Steve Saland
In honor of Barbara & Bernie Cohen's new grandchild
Mazel tov Joanne Bernstein on your new home
In honor of Eliot Hudes' birthday

Society of Clinical Social Work-Mid Hudson Chapter

In memory of Ron Robbins

Ed Pollan

Thank you all for being there

Sue Mackson

In honor of Donna Pistiner

Nancy & Sandy Bernstein

Wishing good health to Lew Sims

Diana Miller Ellis

In memory of my mother, Jean Miller
In memory of my father, Charles Miller

Nancy Levine

In memory of my mother, Rose Patricia Brown

Martin Zweifler

In memory of Hy Kaplan

Norman Silverman

In memory of my mother, Sophie

Marie & Warren Dow

In memory of Reva Cornell

Rose, Brion and Joshua Shapiro

Thank you to all the \$180 sponsors for our delicious Purim Gift bag

Andrea & Kenneth Miron

In memory of Julie Miron

Stu and Carole Chimkin

Misheberach for Hy Rosen
In memory of Debra Kravitz

Bonnie Cantor

In memory of Paul Auerbach

Ruth Wally

In memory of Hy Kaplan

Isaac Bruck

In honor of my sister, Sonia Rose Bruck's, birthday

Lila Weiner, Risa & Adam Reingold

In memory of Harry Weiner

Jacalyn Kahn

In memory of my grandfather, Rubin Gorin

June Seiden

In memory of Reva Cornell
In memory of Sandy Schwartz

Rhoda Klein

In memory of Sandy Schwartz

Lynn Klein & David Wiener

In memory of Sandy Schwartz

Richard & Susan Grilli, Barbara Grilli Lambert, Ann & Jerry Rosen

In honor of Lillian Silberstein's 90th birthday

Anita Lester

In memory of Hy Kaplan

Suzanne Sharkey

In memory of Eileen Zipes

Judy and Bob Goldberg

In memory of Eileen Zipes

Cheryl Mall

In memory of Eileen Zipes

Grete & Martin Finkelstein

In honor of the Bar Mitzvah of Sandy & Jerry Goldberg's grandson, Elijah
In appreciation to Naava Koblenz
In memory of our dear parents, Frances & Julius Finkelstein and Clara & Max Rothschild
In memory of Dan Ashley
In memory of Rita Lowenberg
In memory of Mitzi Mezger

Louis Newman

In memory of Eileen Zipes

Barry Tunkel

In memory of my mother, Irene Tunkel

Melissa Kurtz

In memory of my dad, Tzvi ben Yeruchum Yaacov haLevi on his first Yahrzeit

Debby Milboer

In memory of my parents, Sylvia and Irving Blatt
In memory of Lilli Zimet

Cathy Chazen Stone

In memory of Lilli Zimet

Dana & Ira Efron

In loving memory of Gerry Raker
In memory of Sandra Schwartz

Geoffrey Small

In memory of Helene Small
In memory of Irving Small
In memory of Dorette Small

Nancy & Steven Koch

In honor of Mischa Parson's Bat Mitzvah
In memory of Lilli Zimet

Greg Zipes

Thank you for taking such good care of our family during our time of grief.

Marion and Allen Sharkey

In memory of Eileen Zipes

Evelyn & Oscar Weiss

In memory of those who were lost to Covid in the past year
In honor of all the first responders and front-line workers and service people

Linda & Gary Mayer

In memory of Eileen Zipes

Jane & Jonathan Dworkin

In memory of Eileen Zipes
In memory of Lilli Zimet

Judy & Herb Dym

In memory of Eileen Zipes
In memory of Lilli Zimet

Anita & Robert Morrison

In memory of Eileen Zipes

Suri & Ian Jacknis

In memory of Lilli Zimet

Hana & Paul Shenk

In memory of Lilli Zimet

Naomi & David Young

In memory of Lilli Zimet

Amy & Scott Jacobson

In memory of Lilli Zimet

Carol & Richard Levine

In memory of Lilli Zimet

Ellen & Lawrence Danziger

In memory of Lilli Zimet
In loving memory of Gerry Raker

Steve and Amy Efron

In memory of Lilli Zimet

Cathy Chazen Stone

In memory of Lilli Zimet

Rose Greenberg

In memory of Rose Greenberg

Carlos Baez

In memory of Robin Herskowitz

Ziva and Andrew Dahl

In memory of Lilli Zimet

Jacalyn Kahn

In memory of Sylvia Gorin

Louis Zipes

In memory of Lilli Zimet

Harold, Farrah & Joshua

In memory of Phyllis Perl

Doris & Bob Haas

In memory of Eileen Zipes

Miriam & Frank Rubin

In memory of Eileen Zipes
In memory of Lilli Zimet

Lyn Lewis

In memory of Jonathan Dworkin

THE RABBI ERWIN ZIMET MEMORIAL INSTITUTE

In memory of Lilli Zimet

Jeanette Friedman

In memory of Lilli Zimet

In memory of Sandra Schwartz

Linda & Eric Perfecto

In memory of Jonathan Dworkin

Judy Lee

In memory of Jonathan Dworkin

Debbie & Thomas Erichson

In memory of Jonathan Dworkin

Geoffrey Schwartz

In memory of Jonathan Dworkin

Paula and Azzy Reckess

In memory of Jonathan Dworkin

Bernard King-Smith

In memory of my mother, Ruth King-Smith

Sheila & Martin Zweifler

In memory of Sandra Schwartz

Donna & Felipe Pistiner

In honor of our daughter, Janna Ostroff, getting her Doctorate

TBE LUNCHBOX FUND

Greg Zipes, in honor of my generous office-mates

Marlene Straus,

In honor of Lillian Silberstein

In memory of Hy Kaplan

Sarah Sakamoto

Cleone & Bruce von Elten

Jo Ann Argis

TBE EDUCATION FUND

Rose, Brion and Joshua Shapiro

In memory of Lilli Zimet

Marcia & Jeffrey Fishman

In memory of Lilli Zimet

Beth & Les Richardson

In memory of Lilli Zimet

In memory of Toby Grachuk

In memory of Jonathan Dworkin

In memory of Ron Robbins

In memory of Iris Baez

TBE CEMETERY FUND

Arlene Krakower, in memory of Lilli Zimet

TBE KIDDUSH FUND

Debbie & Arnold Most, in honor of our anniversary

Robert Fersh

Susan Leiser Frank

Sue Mackson

Joan, Leslie, Marc & Lisa Molomot

Ruth & Donald Klein

Nancy & Sandy Bernstein

Anita Lester & Family

Grete & Martin Finkelstein

The Reckess Family

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Wilma Sirota, Robert & Jenifer Melstein

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Ellen & Jon Heller

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Hilary & Lewis Wrobel

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The Reformed Church of Poughkeepsie

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Rocille & Roger Schmidt

**MAZEL TOV TO THOSE
CELEBRATING ANNIVERSARIES
IN APRIL, MAY, JUNE**

**TBE LUNCHBOX FUND
In memory of Eileen Zipes**

Howard & Sharon Lynne
Andrea Schwartz
Sheri & David Raften
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Benjamin Higgins
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Vivian & Ed Garber
Debbie & Arnold Most
Joan & Larry Cohen
Anita & Bob Morrison
Sharon & Howard Lynne
Marlene Straus
Marian & Ralph Schwartz

Cindi & Ray Saunders	52	April 1
Annette & Sheldon Baskin	64	April 17
Irene & Julius Quint		April 17
Ellen & Steven Sackstein		April 18
Sherry & Eliot Hudes		April 29
Kimberly & Christian Fekete		May 8
Monica & Jacob Frydman		May 10
Jacqueline & Adam Altwerger	5	May 14
Amy & Ori Raz		May 14
Linda & Martin Katz		May 20
Carole & Stuart Chimkin	55	May 21
Wendy & Howard Marin		May 21
Gail & Samuel Simon		May 21
Susan & Richard Levine		May 22
Sheri & Mark Harrison		May 24
Lori & Elliot Levine		May 24
Debbie & Jason Silbergleit		May 24
Nina & Russell Rothman		May 27
Simona & William Parsons	15	May 28
Beth & Les Richardson		June 1
Lisa & Bernard King-Smith		June 2
Wendy & Stuart Waxman	25	June 2
Paula & Azzy Reckess		June 3
Karin & Jack Fein		June 6
Ellyn & Lawrence Enisman		June 8
Denise & David Kurish		June 8
Wendy & Arthur Weiner		June 9
Miriam & Mark Aaron		June 10
Marion & Jack Auspitz	54	June 10
Jessica & Nathaniel Gold	15	June 11
Rita & Lewis Sims	54	June 11
Lucia & Scott Swartz		June 13
Henia & Henry Grodenchik	52	June 15
Ruth & Donald Klein	69	June 15
Renee & John Weisman	52	June 15
Lisa & Michael Arnoff		June 17
Miriam Hyman & Michael Fessler		June 18
Joan & Leslie Molomot	54	June 18
Ilana & Zvi Segal	54	June 18
Lydia & Albert Bauman	61	June 19
Jane & Les Kriegler		June 19
Claudia & Jack Schachner		June 19
Serene & Michael Victor	52	June 19
Susan & Stephen Helman	54	June 20
Susan & Mark Cooper		June 21
Davida & Fred Hurst	62	June 21
Lillian & Michael Silberstein	65	June 21
Rebecca & Isaac Bruck		June 22
Diane & John Mayeri	54	June 25
Barbara & Allen Ackerman		June 26
Marcia & Ralph Preiss	67	June 27
Pam & Michael Smith	35	June 29
Robin & Marshall Breite		June 30
Suzanne & Donald Turrisi		June 30
Sheila & Martin Zweifler	53	June 30

SIMAN TOV U MAZEL TOV

Barbara and Bernie Cohen, on the birth of granddaughter, Andie Ruth Cohen

Linda and Joseph Lettieri, on the graduation of Jason, from Albany Law School

Cantor Devorah and Robert Gartner, on Bethanie, making the Dean's List

Lori and David Weinreich, on the birth of grandson, Jack Isadore Weinreich

Mazel Tov to our 2021 High School Graduates!

Julia Cooper, daughter of Mark & Susan Cooper

Maxwell Canning, son of Todd & Susan Canning

Molly Doherty, daughter of Tim & Linda Doherty

Amanda Jacobs, daughter of Daniel & Karen Jacobs

Save the Date!
Annual Membership Meeting

Monday, June, 7 2021 at 7:30pm

We request that all members Zoom in to vote on Officers, Trustees and the budget for 2021-2022.

Please make every effort to attend this meeting. Watch your email for the Zoom link.



Join the **Amazon Smile** program and Amazon donates 0.5% of the price of your eligible purchases to TBE! To pick TBE, go to <https://smile.amazon.com/> and find Temple Beth-El Poughkeepsie at the prompt as the cause you'd like to support. Add a bookmark to smile.amazon.com to make it easier to return and start your shopping at AmazonSmile. Many thanks for your continued support of Temple Beth-El.



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Gan during Shabbat School on zoom

Livestream Shabbat Services now include both Rabbi Victor and Rabbi Miriam in the main sanctuary. They generally occur on the 2nd Friday of the month.

Save the dates:
Friday, June 11, 2021
Friday, July 9, 2021



We have Gift Cards in stock.

Your purchase is an automatic fundraiser for TBE.

[Contact Joël](#) in the office, call 845-454-0570, for details.

All Payments & Donations are accepted on our secure website.

Go to www.tbenny.org and click on GIVE on the top menu



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 Administrator

