



April 2020 / Adar II — Iyar 5780

Volume 31, Issue 4



Dear Temple Beth Or Family,

We have found our world shrinking in the last several weeks. We are experiencing more “social distancing” than we are used to experiencing. People are not generally suited for isolation, particularly not for long periods of time. The Governing Board began the year by introducing ourselves and answering the questions: “Why did you join TBO,” and “Why do you stay?” Although the responses varied, to a person, each included the fact that we are a friendly and welcoming community.

Our Mission Statement includes the priority to “nurture our interactive, multigenerational extended family.” Your Temple leadership is very concerned about both the physical and emotional health of our congregation. We understand that you may be feeling the effects of social isolation, as are we. By now you should have received a phone call from members of our Mitzvah Corps to touch base and make sure you are OK. If you haven’t had a chance already, please let us know if you need help or are able to help others. I need to be clear that we are not asking people to physically visit each other. We do **not** want you to do that. However, if an occasional phone call or running needed errands can help, please do not hesitate either to offer help or ask for it. You may contact the Temple office.

Soon we will be asking ourselves, “Why is this night different?” Unfortunately, the answer will feel unique this year. An equally valid question may be, “Why is this spring different?” For many the primary reason is that we are unable to celebrate with people we care about. The Rabbi has some wonderful suggestions in her annual Passover Supplement, this year titled, “A Uniquely Small Seder,” on pages 4 and 5 of this *ORacle*. She does ask us to “limit our in-person Passover seders to our immediate families. The greatest mitzvah to uphold this Passover is *not* to host family, friends, or guests.” Rabbi Kort will hold a **virtual Passover Seder on the Second Night of Passover, Thursday, April 9, beginning at 6:00 pm**. More information about this and the April Temple schedule can be found in ORbits. No doubt we will speak for years to come about why Seder 2020 was different.

Wishing everyone a happy, healthy, albeit unique Pesach.

Chag Sameach,  
Vicky Romero



**House of Light**

**3215 Lombard Ave, Everett, WA 98201**

**425.259.7125**

**Founded 1985**

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*Our Rabbi*

*K'hilah/*

*Mishpachah*

*Torah*

*Avodah*

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*Tikkun Olam*

*Leadership*

**Rabbi Kort has again this year substituted her column with her annual  
Passover Seder Supplement on pages 4-5.**



### ***Spotlight on a TBO Family The Henri/Green Family***

We joined TBO shortly after we moved to the area and were looking for a Jewish community. We walked in the door at TBO in 1997, met everyone including Rabbi Fine and the rest, as they say, is history. All three of us agree that what sets TBO apart is the strong sense of community here and the history we've lived through together. Ron adds that TBO is a safe place to be your authentic self.

We all have many fond memories at TBO. Maya's is her bat mitzvah, specifically the Priestly Blessing she received from Rabbi Marshall. Ron thought there were too many fond memories to count, but he settled on leading services, sharing *D'varim* Torah, and reading Torah at HHDs. Carolyn has many fond memories as well; she highlights the outdoor services we've shared over the years including those at Forest Park, the Soriano's home last summer, and at Camp Kalsman.

Maya is a senior in high school and she enjoys hanging out with friends, reading, writing, and sleeping. In her spare time she tutors middle and high school students and teaches skiing at Snoqualmie Pass. Ron doesn't find himself with a lot of spare time but when he has it he volunteers with the Kamiak Orchestra program as the parent volunteer liaison. He enjoys spending time with family, watching movies, exercising, reading, and walking the dog. Carolyn's current highlight is her work starting a community garden at Mukilteo Elementary School. She also teaches science, Spanish, and runs a Nordic ski school.

For all of us our favorite Jewish holiday is Passover, hands down. It is such a wonderful time spent with family and friends! (Although this year will be different!)

Currently, we all participate at TBO by attending Friday services. In addition Ron leads services and sits on the Strategic Planning Committee. Carolyn just stepped down as High Holy Days Coordinator after three years and will continue on that committee. She is also lead landscape coordinator for the Temple grounds and has helped Sonia Siegel Vexler run the *Atidaynu* leadership program for the last two years.

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### *A Perspective on the Times...*

Isaac Newton discovered calculus while in quarantine.

William Shakespeare wrote "King Lear" while in quarantine.

You will learn how to unmute your computer's microphone during a Zoom meeting while in quarantine.



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***First Chapter event at the Silver Tips game on February 22, 2020***



## **Women Wage Peace**

*"Peace is not a utopia; it is the necessary foundation for the lives of the two people in this place, in security and freedom."*

All Temple Beth Or members are invited to come learn about Women Wage Peace on Sunday, May 3, at 7:00 pm at Temple. Coffee, tea, and desserts will be served.

### **Who are Women Wage Peace?**

Women Wage Peace is a political non-partisan movement, with thousands of members who are active in the civic and political arenas. The movement works toward bringing the vision of peace back into public discourse and to promoting a mutually binding non-violent accord between Israel and the Palestinians, agreeable to both sides. Members of the movement are Jews and Arabs, religious and secular, of various age groups and of diverse opinions. For more information, visit their website <https://womenwagepeace.org.il/en/>.

### **About the Meeting and Speaker**

During the meeting we will learn about the movement and their activities as well as plans for the future. Dr. Yael Braudo, is the Co-director of the movement and has been an active member of Women Wage Peace since October 2016. She served as a member of the movement's steering committee and as the coordinator of its digital team. She obtained her Doctorate in Law from Tel Aviv University and was recently a Visiting Assistant Professor at York University at Toronto, Canada.

### **Questions?**

Contact Sonia Siegel Vexler



## 2020/5780 Seder Supplement “A Uniquely Small Seder”

Our Passover Haggadah teaches: “In each and every generation, a person is obligated to regard themselves as though they personally left Egypt.” I’ve created this 2nd annual supplement for you to use at your seder or as you spiritually prepare for Passover to help support you in our tradition’s charge to make Passover ritual relevant in our lives and for our times.

The Hebrew word for Egypt, *‘mitzrayim,’* literally means ‘narrow place.’ As we are hunkered down in our homes fighting the spread of coronavirus, we are experiencing a narrowing of our personal worlds, a modern day *mitzrayim*, of sorts. This year’s seder supplement shares creative interpretations of traditional seder components to uplift your spirits during this unprecedented time of social distancing.

Wishing you and yours a meaningful Passover,

*Rabbi Rachel Kort*

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**Kadesh**—We begin our seder by **sanctifying** time through candle lighting. Rabbi Shefa Gold teaches that the *Shehechyanu* blessing helps us realize the miracle of the present moment. We traditionally recite this blessing when we do something for the first time that year (like light holiday candles or eat *matzah*). Try using the *Shehechyanu* blessing as a tool for mindfulness and gratitude. When you notice something special in the moment, like beautiful spring flowers or your first virtual yoga class, pause and give thanks.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּי וְקִיָּמָנוּ  
וְהַגִּיעָנוּ לַזְמַן הַזֶּה.

*Baruch atah, Adonai Eloheinu, Melech haolam, shehecheyanu, v'kiy'manu, v'higiyanu laz'man hazeh.*

Blessed are You, Adonai our God, Sovereign of all, who has given us life, sustained us and allowed us to arrive in this moment.

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**Urchatz**—**Ritual handwashing** in Jewish tradition hearkens to priestly ritual at our ancient Temple in Jerusalem. Our practical handwashing can be transformed into a 20-30 second spiritual practice during this time of pandemic with this modern blessing for handwashing:

### A Blessing for Washing Hands During a Pandemic, by Trisha Arlin

As we wash our hands  
We pray,  
Blessed is the Soul of the Universe,  
Breathing us in and breathing us out.  
May our breaths continue  
And our health and the health of all  
Be preserved

In this time of sickness and fear of sickness.  
Holy Wholeness,  
We take as much responsibility for it as we can  
By observing the obligation to wash our hands,  
Using lots of soap and hot water,  
Thoroughly:  
For as long as it takes to say this prayer. Amen



**Karpas**—We include a **leafy green**, usually parsley, at our seder to symbolize springtime. Spring is a time of rebirth, and the Exodus from Egypt marks the rebirth of the Israelites after hundreds of years of slavery. The rebirth of spring can help remind us of our capacity for growth as human beings.

*Have you discovered any hidden strengths in this time of social distancing?*

### **Spring Awakening, by Ronnie M. Horn**

Long before the struggle upward begins,  
there is tremor in the seed.  
Self-protection cracks,  
Roots reach down and grab hold.  
The seed swells, and tender shoots  
push up toward light.

This is karpas: spring awakening growth.  
A force so tough it can break stone.  
And why do we dip karpas into salt water?  
And why should salt water be touched by karpas?  
To remind us that tears stop. Spring comes.  
And with it the potential for change.

**Maggid**—Our seder **narrates** the story of the Exodus from Egypt through storytelling and ritual. In addition to the Exodus, Martin Blaser, an infectious-diseases physician at Vanderbilt University, believes that how we observe Passover also teaches the history of how the ancient Israelites tried to ward off plague.

One of the most important customs of Passover is the removal of grain, leavened bread, and even stray crumbs from the home. The replacement of bread with *matzah*, or unleavened bread, commemorates the haste with which the Israelites fled so hurriedly that dough prepared for their journey had no time to rise. Dr. Blaser thinks that the removal each spring of bread and grain from Israelite homes may have been a protection from flea-borne illness carried by the rats, the infamous cause of the Black Death in medieval Europe.

Passover, says Blaser, most likely originated from a fusion of two ancient Middle Eastern spring festivals: the ceremony of the sacrificial, or paschal, lamb still practiced among desert nomads and the Feast of Unleavened Bread, which celebrated the barley harvest. As nomads took up agriculture says Blaser, they would have become more vulnerable to plague. Stored grain attracts flea-carrying rats that can transmit illness. But clearing grain from the home in the spring, a peak period for plague, forces rodents to search elsewhere for food.

(From: "Passover and Plague" *Discover Magazine: Science for the Curious*)

*Are their positive practices you have instituted in your socially distanced life that you hope to ritualize?*

*(Like going for a daily walk or meditating)*

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### **Supporting Our Children During Times of Uncertainty**

Our Haggadah teaches through the presentation of the **Four Children** that each child should be taught according to their own way. Each child asks a question regarding the meaning of the Passover seder, unique to their individual personality and the Haggadah responds to each of the children with four unique answers.

In honor of the Four Children, here are four tips for supporting children during times of uncertainty:

Follow your child's lead. Answer the questions *they* have about the situation.

Reassure your child that they are safe.

Limit exposure to media.

When surrounded by uncertainty, do your best to create and keep to a daily schedule.



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*Olam*

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## Social Action

Please donate generously to our April-June Tzedakah Box Recipient which is Cocoon House. "The mission of Cocoon House is to empower young people, families, and the community to break the cycle of homelessness through outreach, housing and prevention. This mission supports the belief that every young person deserves a home and the opportunity to achieve their fullest potential."

Your Social Action Committee is very interested in hearing from Temple Beth Or members about your priorities in Social Justice issues. We encourage congregants to investigate the Religious Action Center website (RAC.org) to learn more about issues that relate to our values as Reform Jews.

The Interfaith Shelter is not currently able to allow visitors or volunteers although food or monetary donations are still welcome. We will be back in touch with the congregation through ORbits when we are ready to start preparing meals again. Please contact Naomi Katsh Barger or Nancy Wilkinson if this is a mitzvah you would like to do to help.

## Leadership Nus

The TBO Board is meeting regularly using Zoom to continue attending to Temple business.

As of this writing, (March 23) the Temple building is completely closed. We will keep you posted regarding reopening.

Some of the business conducted:

1. The Governing Board is committed to continuing to pay our employees during this closure.
2. Mitzvah Corps has a team calling all member households to make sure people are safe and have needs met. Please call the Temple office if you need someone to run necessary errands or if you are able to run errands for others — without personal contact.
3. The Board passed a new directory distribution policy. Email the TBO office for the most current directory.
4. Online learning is beginning for Religious School children.
5. Please check our website, ORbits, and Facebook for the most current updates, including additions of virtual services from the Temple.

### Temple Leadership Rabbi

Rachel Kort

### Governing Board

President  
Vicky Romero

VP of Finance & Facilities Management  
Bob Goodmark

VP of Community & Engagement  
Tim Douglass

VP of Jewish Life  
Jennifer Cail

Assist. VP of Finance & Facilities Management  
Ken Moses

Assist. VP of Community & Engagement  
Wanda Bresnick

Assist. VP of Jewish Life  
David Gross

Board Secretary  
Tina Roth

Members-At-Large  
Beth Burstein Fine  
Janis Warner  
Deb Henry

President-Elect  
Melanie Field

### Committees

Adult Education: Heidi Piel

Bereavement: Susan Cross

Book Club: Ellie Hochman

Building: Jeff St. George

Calendar: Janis Warner

Communications: Al Friedman

Financial Administrator: Norm Black

First Chapter: Michelle Douglass

Fundraising: Michele Goodmark

High Holy Days: Debra Lawson

Library: Vacant

LIFE & LEGACY: Bob Goodmark

Membership: Leslie Elsemore

Mitzvah Corps: Vicki Schwartz

Next Chapter: Sonia Siegel Vexler

ORacle: Vicky Romero

ORbits: Lori Wolff

Religious Practices: Vacant

Security: Harold Dash

Social Action: Naomi Katsh

Website: JonaRose Feinberg

Youth Education: Jessica Hill

### Staff

Office Administrator Sarah Davis  
Religious School Principal Amy Paquette

# April 2020

## Adar I — Iyar 5780

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Online Class with Rabbi Kort: Spiritual and Practical Preparations for Passover 7:00pm	2	3 Evening Virtual Shabbat Observance 5:45pm	4
5 Executive Board Mtg. 10:00am <i>Remote</i>	6 Finance Committee Mtg. 6:30pm <i>Remote</i>	7	8 <i>Pesach, Day 1</i>	9 <i>Pesach, Day 2</i>  Virtual 2nd Night Pesach Seder with Rabbi Kort 6:00pm	10 Evening Virtual Shabbat Observance 5:45pm	11
12 Governing Board Mtg. 10:15am-12:15pm <i>Remote</i>	13	14	15 Virtual Yizkor Memorial Service with Rabbi Kort 7:00pm	16 LIFE & LEGACY Mtg. 2:00pm <i>Remote</i>	17 Evening Virtual Shabbat Observance 5:45pm	18
19	20	21	22	23	24 Evening Virtual Shabbat Observance 5:45pm	25
26	27	28	29	30		

**The Temple Building is closed. Please do not stop by for now.**

**Check ORbits, The TBO Facebook page, or TBO website for the  
most up-to-date information.**



Temple Beth Or  
3215 Lombard Ave  
Everett, WA 98201  
425.259.7125

Return Service Requested

## Temple Beth Or Mission Statement

Temple Beth Or is a warm, compassionate, vibrant, spirited, inclusive, and participatory Reform Jewish community.

We are religiously and geographically diverse,

serving the northern Puget Sound region of Washington State.

As God's covenantal partners in fulfilling mitzvot, our priorities are:

- ***K'hilah*** (community)/***Mishpachah*** (family) — nurturing our interactive, multigenerational extended family;
- ***Torah*** — lifelong learning, searching for meaning, and seeking comfort and healing;
  - ***Avodah*** — worship and celebration through the observance of meaningful, creative, and traditional rituals;
- ***Tikkun Olam*** — transforming ourselves and our world through *tzedakah* (fairness), social justice, and *g'milut chasadim* (acts of loving kindness).