

May 2020 / Iyar — Sivan 5780

Volume 31, Issue 5

## A Month of Holiday Celebrations!

*See page 5 for information about these observances.*



Israel Independence Day



Lag BaOmer



Shavuot

## GENERAL MEMBERSHIP MEETING

Per our bylaws, this is the membership notice that we will convene the **Semi-Annual General Membership Meeting on June 28, 2020 at 10:00 am.** The primary purpose of this meeting is to approve the budget for the 2020-21 fiscal year. We will also hear from the Strategic Planning Committee. Please plan to attend this probably virtual meeting. More information to follow.



**House of Light**

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

**425.259.7125**

**Founded 1985**

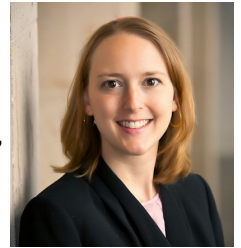
**TempleBethOr.org**



## Our Rabbi

K'hilah/  
Mishpachah  
Torah  
Avodah  
Tzedakah/  
Tikkun Olam  
Leadership

## Coping with Fear and Anxiety During Uncertain Times



'How are you doing?' We've heard this question repeated these past two months. These uncertain times and radical changes in our lifestyles due to COVID-19 naturally trigger emotions of anxiety and depression. For some, these emotional struggles are new. For others, like myself, they are familiar.

I used to joke that "being a Jewish mother is in my DNA; I have spent my entire life worrying." I used to try to rationalize my anxiety as something positive. Just like a Boy Scout, I am typically prepared for any situation because I have thought about everything that could possibly go wrong. But, more often than not, my anxiety was unhealthy. Thinking about all the "what ifs" left me paralyzed, stuck in a place of fear.

***The entire world is a narrow bridge; the most important thing is not to be afraid.  
Kol HaOlam Kulo, Gesher Tsar Me'od; V'ha-ikar Lo L'fached K'lal.***

These powerful words are attributed to the Hasidic Master, Rabbi Nachman of Bratslav (late 18th century). Historians believe that Rabbi Nachman struggled with mental illness himself. His biographer, Rabbi Art Green, writes, "His life was one of constant struggle, or constant

rise and fall in relationship to God, a life alternating between periods of bleak depression leading him to the brink of despair, and redoubled efforts to try once more to come close to God."

Rabbi Nachman's words bring spiritual insight for those who struggle with fear and "what if" thinking associated with anxiety and depression. Rabbi Nachman's words, as recorded in his work, *Likutei Moharan*, are a bit different than the musical version of *Gesher Tsar Me'od* we sing together. Rabbi Nachman wrote: "When a person must cross an exceedingly narrow bridge, the general principle and the essential thing is not to frighten yourself at all... You should understand the power of encouraging yourself, and never yield to despair, God forbid, no matter what happens. The main thing is always to be happy, to gladden yourself in any way possible."

Rabbi Nachman was ahead of his time in addressing mental health. He recognized that we as individuals have the ability to refocus our thoughts from those of fear to positive self-talk. But for those, like Rabbi Nachman, who struggled with mental health issues, it is important to seek support to be able to move past fear and anxiety. Today we know that meditation and mindfulness,

talk therapy, and medication can be tools for those who struggle with anxiety.

It is possible to gain and utilize tools to help move beyond fear and despair and enjoy a calmer, more peaceful mind. If you find yourself struggling emotionally, know you are not alone. There are quality mental health resources available even within the parameters of social distancing. A good place to start is by reaching out to your primary care physician or Jewish Family Services of Greater Seattle. Crisis resources are available through Snohomish County. If you need help connecting to resources, do not hesitate to reach out to me at [rabbikort@templebethor.org](mailto:rabbikort@templebethor.org). While our world feels like a narrow bridge, may we find the courage to connect with resources to help us move beyond feelings of fear.

### Rabbi Rachel Kort

Enjoy two different musical settings of Rabbi Nachman's teaching, which can be found online:

[Gesher by Yosef Goldman](#)

[Kol HaOlam Kulo, sung by Josh Nelson](#)

Rabbi Kort invites you to call upon her for help, support, or just to talk.

Please contact Rabbi Kort directly to make an appointment. She's working remotely and is happy to set up a virtual meeting over Zoom or by phone.

Phone: 425.954.1223; Email: [RabbiKort@TempleBethOr.org](mailto:RabbiKort@TempleBethOr.org)

Rabbi Kort's sermons and writings can be found on the TBO website under "About Us/Rabbi."

## Strategic Planning

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A while ago I wrote an article where I stressed the importance of not getting ahead of ourselves in planning for facilities. We did not have enough information about the insurance claim for the burnt and demolished duplex. I believe that we have made substantial progress. Here is the latest information.

The adjuster from the insurance company has stated that we indeed do have three options.

1. The first is to build nothing on the property, keep the \$171,00 which we have already received and get nothing additional.
2. The second is to rebuild a triplex of like kind and quality with code upgrades and receive 85% of the cost of design and construction. 15% is withheld because the building was vacant when the fire occurred.
3. The third is to receive the same amount of money that it would have cost to build a triplex and use it for a building, presumably closer to our existing sanctuary, for use by our congregation.

There are two areas where progress has been made. First, that we don't have to build a residential structure and second, that there will be no penalty for doing so if we choose that option. We have been reminded that option three is beyond the scope of the policy, as it was written, and they feel that they are giving us special consideration. They have also stated that this is a framework for continued discussions and that any final agreement needs to be approved by the management of the company.

With the 15% penalty, and after having paid for fencing and demolition, the estimate is that there will be about \$500,000 (and possibly more) to go toward the cost of a new building, if we choose option # 3. I use the phrase "to go toward" because the insurance company is not limiting the cost, they are just saying what their contribution would be.

The Strategic Planning Committee will soon be meeting to discuss how to restart the process of having focus groups discuss a variety of issues, including facilities. Everyone's opinion is important so please plan to be part of the process of talking, listening, thinking and deciding.

*Paul Vexler*

## Are We Tired of the New Normal Yet?

Should I just say "YES!" and stop? I am definitely ready for social distancing to be over, although like many, I also worry that we should not stop it too quickly and end up back at square one.

On the other hand, as time goes on I have seen wonderful "side affects" of social distancing. Rabbi Kort has not only celebrated virtual Shabbat with us, but also a Passover seder and educational offerings. In doing these, she has shared her home and family in special ways. We have all, but especially I as president, have been blessed with an amazing partner.

Temple Beth Or has a reputation for being a caring community. We do it so well, it seems no more than normal. In the last several weeks, each TBO household has been contacted twice to make sure they were doing OK during this time of isolation. A few people have asked for assistance. Many people have volunteered to help with grocery, pharmacy, or other necessary errands. We ARE a caring community.

If you have a need, PLEASE ask! You can call the office and someone will get back to you quickly. It is a mitzvah to help others, but it is also a mitzvah to allow others to help you when you are in need!

*Vicky Romero*

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## Bat Mitzvah Profile

Erica Elsemore was called to the Torah on April 18, 2020. Her bat mitzvah service was Temple Beth Or's first virtual b'nei mitzvah service, broadcast from her home in North Bend. Erica shared the "bimah" with Rabbi Kort on Zoom, and with her immediate family present, and father, Eric's, assistance, she led a beautiful service. Erica's mitzvah projects focused on her interpretation of her Torah portion's focus on caring for animals. She helped spread the word about fostering dogs, made dog toys, and made brochures for the Seattle Humane Society.



## Virtual Learning Opportunities

*Please find Zoom links for all classes in ORbits.*

### **Celebrating Israel's Independence, History, and Cultural Diversity through Food Wednesday, May 6 at 7:30pm**

Join Rabbi Kort for a cooking demo and class on Israeli history to help celebrate Israel's 72<sup>nd</sup> birthday. We'll look at different waves of immigration to Israel and make recipes inspired by Eastern Europe, the Middle East, and Ethiopia.

Recipes for dishes the Rabbi will make will be linked on ORbits.

### **Jews and Gender with Heidi Piel**

#### **Wednesdays May 20 and June 10 at 7:30 pm**

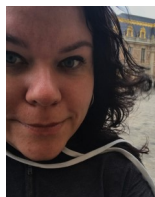
Session 1 on May 20 will cover the six genders of the Talmud.

Information will include how these "genders" are defined by genitalia and how those definitions affect the required mitzvot.

Session 2 on June 10 will bring us to a discussion of modern gender journeys and how these explorations of gender fluidity change our society and alter how we approach gender specific roles and expectations. The intention of this discussion is to create safe and sacred space to explore both our comfort and discomfort around this changing societal norm.

### **Beginning Hebrew for Adults with Roland Roth Sundays at Noon**

The class will use the self-paced book, [The New Reading Hebrew](#). The book is designed for people who know no Hebrew letters, know a few, or simply want a fun, fast-paced refresher. Contact Roland if you are interested in joining this ongoing class: [rothrol@hotmail.com](mailto:rothrol@hotmail.com).



## Sarah's Schtick

I came up with this take on cabbage rolls for busy nights when I want cabbage rolls but don't have the time. This comes together really quickly and tastes great!

1T olive or avocado oil  
1t chili powder  
1T minced garlic  
15 oz. tomato sauce  
½ cup diced celery  
1 bag shredded cabbage  
Salt and pepper to taste

1# ground beef or meatless crumbles  
2T dill  
24 oz. crushed tomatoes  
2T vinegar  
1 diced onion  
2 cups cooked rice

Sauté onions and celery in oil until soft. Add beef and spices – fully cook meat. Add cabbage, tomatoes and tomato sauce and cook until cabbage wilted. Add cooked rice, garlic and vinegar and sauté until rice fully coated with tomato mix. Serve plain or with sour cream.

# Virtual Shabbat and Worship Service Offerings in May

*Please find Zoom meeting invitation links in ORbits.*

## Virtual Shabbat Services

Fridays May 1, 8, 15, 22 at 5:45 pm

## Lag BaOmer Sing-A-Long and Stories

**Monday, May 11 at 7:00 pm**

The period between Passover and Shavuot, the Omer, is a time of introspection traditionally marked by taking on mourning practices like not cutting your hair or holding or attending parties and celebrations. Yes, it may feel a bit like 'shelter in place,' but on one day, the 33<sup>rd</sup> day of the counting of the Omer (*Lag BaOmer*), we take 24 hours to celebrate! The holiday is observed in Israel with bonfires and BBQs. We'll gather virtually around Rabbi Kort's firepit for stories and a sing-a-long. BYO S'mores.

## Special Virtual Shabbat and Shavuot Celebration

**Friday, May 29, 7:00 pm**

Join us for a more formal Shabbat Worship Service using our prayer book, *Mishkan Tefilah*. Rabbi Kort will share the liturgy on our Zoom screen so we can all follow along. This Shabbat will include a special Torah reading, The Ten Commandments, to commemorate the holiday of Shavuot.

## Yizkor, Memorial Service

**Sunday, May 31 at 7:30 pm**

We will take the opportunity of the traditional Shavuot Yizkor Memorial Service to gather virtually to remember our loved ones lost. Our service will include songs and poetry and Rabbi Kort will recite our community's yahrzeit list for the months of May and June.

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## Social Action



The Social Action Committee has collected the following resources for people in need:

Family Needs:

⇒ Within Reach has resources for families -

[withinreachwa.org](http://withinreachwa.org)

⇒ parenthelp123.org, 1.800.322.2588

Emergency Food and Housing information:

⇒ Economic Services Administration of the Department

of Social and Health Services of Washington State, [DSHS.WA.GOV](http://DSHS.WA.GOV)

⇒ United Way of Snohomish County, [uwsc.org](http://uwsc.org)

## Donation Options:

Prior to realizing the extent of the impact from the pandemic the Social Action Committee had chosen **Cocoon House** as our April-June *Tzedakah* Box recipient. Cocoon House serves homeless and at-risk youth in Snohomish County. Since we don't have access to a physical *Tzedakah* Box, if you are able, please consider supporting Cocoon House by sending donations directly to **3530 Colby Ave, Everett, WA 98201**, or give to a different charitable organization whose mission feels important to you. The Coronavirus pandemic has touched everyone and created hardships for all. Charities need us now more than ever. One suggestion is [Washington Food Fund](http://Washington Food Fund) that helps keep state food banks and food pantries stocked.

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## Leadership Nus

**The Temple building remains completely closed with the exception of our Office Administrator, Sarah, and one weekly cleaning. We will keep you posted regarding reopening.**

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

### Nus from the Governing Board

At the April Governing Board meeting the following business occurred and information was shared:

1. Rachel Rosenman and Tony Abrams from LIFE & LEGACY (L&L) presented information regarding the endowment-building initiative of the Jewish Federation in partnership with the Harold Grinspoon Foundation, and TBO's successes in participation to this point. More about L&L in next month's *ORacle*.
2. The search for a Religious School Educator is in process.
3. The budget for 2020-21 was discussed. It will be approved by the Board at the May meeting and presented for membership approval at the June General Membership Meeting (GMM).
4. There was a preliminary discussion of how the June GMM will occur.
5. The Board was updated on the duplex/insurance issue (see page 3).
6. The Temple security system has been updated.
7. The second round of membership calls was about to begin.

### Policies:

- A. A policy on distribution of TBO directories has been presented and is almost ready for general distribution. As of now, members can individually request an emailed copy of the current directory from the office. Since before COVID came into our lives, we have been concerned about protecting member privacy. After some research and discussions, we have determined that mailing the directory to every household increases our vulnerability. Mass email does also. Member households (one per household, please) are encouraged to email Office Administrator Sarah directly ( [Office@templebethor.org](mailto:Office@templebethor.org)) and request a current directory. The handful of members who do not have email may call her to request one to be sent by mail. I would encourage you to do so, as it gives you the current membership information, which does change.
- B. A new/updated College and Military Outreach policy was approved.

Approved policies will soon be posted on the TBO website.

### 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

# May 2020

## Iyar — Sivan 5780

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>ALL ACTIVITIES ARE VIRTUAL AT THIS TIME.</b> <b>Links are found in ORbits.</b>					1 Evening Virtual Shabbat Observance 5:45pm	2
3 Religious School Executive Board Mtg. 10:00am Beginning Hebrew for Adults 12:00pm	4 Finance Committee Mtg, 6:30pm	5	6 Celebrating Israel's Independence, History, and Cultural Diversity Through Food 7:30pm	7	8 Evening Virtual Shabbat Observance 5:45pm	9
10 <i>Mother's Day</i> No Religious Sch.	11 Membership Mtg. Time TBD  Lag BaOmer Sing-A-Long and Stories 7:00pm	12	13	14 LIFE & LEGACY Mtg. 2:00pm	15 Evening Virtual Shabbat Observance 5:45pm	16
17 Religious School Governing Board Mtg. 10:15am-12:15pm <b>NOTE DATE CHANGE</b> Beginning Hebrew for Adults 12:00pm	18	19	20 Jews and Gender with Heidi Piel 7:30pm	21	22 Evening Virtual Shabbat Observance 5:45pm	23
24 No Religious Sch.	25	26	27	28	29 Special Virtual Shabbat and Shavuot Celebration 7:00pm	30
31 Religious School Beginning Hebrew for Adults 12:00pm  Virtual Yizkor Memorial Service with Rabbi Kort 7:30pm						

Check ORbits, 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).