Shabbat Service schedule:

Friday, March 1st:  Shabbat Across America:  Meat meal and Kabbalat Shabbat services @ 6:30 pm

Saturday, March 9th:  Traditional Shabbat Morning Service @ 9:30 am

Saturday, March 16th: Bible with Bagels @ 10:00 am:  The Use of Irony and Power Politics in the Book of Esther

Wednesday, March 20th:  Purim Program and Megillah Reading combined with Ahavath Torah Congregation at ATC, starting @ 6:00 pm:  Reservations Required; please see page 4 for further details.

Friday, March 22nd:  Kabbalat Shabbat Service @ 7:30 pm

Saturday, March 23rd:  Havdalah Bat Mitzvah of Lilly Edmunds @ 6:00 pm

Mazel Tov to Lilly Edmunds, who will become a Bat Mitzvah during a Havdalah service on Saturday, March 23rd.  Lilly has been an integral member of Temple Beth Emunah and has attended both the B’Yachad and TBEE Religious Schools.  She attends the Middle School in her home town of Stoughton and loves to draw.  The congregation is invited to attend services and help Lilly and her family celebrate this important life cycle milestone.  Mincha services will begin at 6:00 pm.

Saturday, March 30th:  Havurah Morning Service @ 10:00 am
From the Desk of President Ed Baron

As you might all know by now, I am not the chatiest person on the planet, but let’s start.

Debby and I had a wonderful time in New York City representing Temple Beth Emunah. We were asked to bring our Holocaust Torah to the opening of the Temple Emanu-El, Steicker Center, Museum of Judaica exhibit entitled ’The Guiding Hand.’ It is an exhibition of Torah Pointers from past to present. To mark the display opening, they invited Temples to participate in a processional of Holocaust Torahs. More than 70 Torahs with their guardians from as far away as Washington State participated. Our Torah drew a lot of attention from the attendees because many thought the Torah’s dress was made from remnants dating back to the Holocaust. Our Torah was greatly admired, and we have Sharon Goldblatt to thank for crafting it. What we did find out is that the binder around the Torah is believed to be part of the original covering, dating back to before the Torah came into the possession of the Memorial Scrolls Trust. The most interesting part of the trip, for me, was learning the date the Trust gave us for the Torah. They believe it is to have been in use as early as 1750 in a small town called Rokycany, somewhere between Pilsen and Prague. I brought back a booklet from the event and hope to make it available or anyone interested in the Torah’s historic travels.

May the frost be with you
Ed
edthepres@templebethemunah.org
From the Desk of Rabbi Andrea Gouze

One of the nice things about a leap year is that we have two months of Adar, which doubles the opportunity to be joyous. There is an expression, “Mishenichnas Adar Marbim B'Simcha,” which translates to: ‘when the month of Adar enters we increase our joy’. The name of Adar comes from the Hebrew word, Adir, which is one of the words denoting joy. The holiday of Purim occurs during this month, which celebrates our victory over Haman. Unfortunately, the theme of anti-Semitism is one that has plagued us for centuries and is rearing its ugly and menacing head once again, but our focus throughout Adar and during the holiday of Purim is one of joyousness, celebration and frivolity. As Jews, we believe that we have the right to be happy and to find joy in life. It is therefore, even more incumbent upon us to find joy when external circumstances are bleak and threatening. Our sense of well-being and contentment is something that comes from within and should not be determined by external events. It is therefore, fitting, that the second month of Adar is also known as the pregnant month – the month that holds a promise within ourselves.

We are the ones that have the control to create our own happiness and our reactions to the world and the dynamics that revolve around us. And while we need to face anti-Semitic acts with fortitude, strength and a determination to obstruct its advance, we need to also find ways to view life from a positive perspective. If we let fear impede our ability to enjoy ourselves or partake of activities that we enjoy, then we will be handing the anti-Semites of this world a victory because they will then be the ones controlling our lives. It is a fine balance and one that is not always easy to maintain but we need to find ways to enjoy our lives and find happiness while, at the same time, to be on guard against anti-Semitic and racist incidents and comments. The Book of Esther and the holiday of Purim provide a road map for how to achieve this perspective. May you find ways to increase your joy and find laughter throughout this month.

rabbigouze@templebethemunah.org

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March Events:

Sunday, March 17 at 1:00 pm:
“Trembling Before God”
A documentary Built around intimately-told personal stories of Hasidic and Orthodox Jews who are gay or lesbian

TBEE Schedule:

Sunday, March 3: Brick-Making Family Education Program at 9:30 am
Tuesday, March 5: Regular Program
Saturday, March 9th: Havdalah Family Education program at the Wellesley Observatory: 7:00-9:00 pm
Sunday, March 10th: No school
Tuesday, March 12, 19 and 26: Regular Program
Sunday, March 17, 24 and 31: Regular Program
Join your fellow ATC and TBE Members

Wednesday March 20 at 6 pm

for a light dinner

with entertainment by All Hands Drumming.

We begin to davenen and Megillah reading at 7 pm

Celebrate Purim with our School Youth!!!
Everyone
wear an outrageous costume and win a prize!!

A mere $10.00 per Adult, No Charge for children or Students
Reservations needed, and you know we will see you
Please contact our Office by MARCH 15 to reserve
781-344-8733 or Office@atotal.org

Ahavath Torah Congregation
Serving the South Shore since 1919

Purim Costume Theme: **A Spring Motif** as Wednesday, March 20<sup>th</sup> is the first day of Spring.
The Rabbi’s Lunch & Learn series returns.
Tuesday afternoons from 12:30-1:30
Please bring a dairy lunch; Drinks and Dessert will be provided

Tuesday, March 12: Women and Halacha
Tuesday, March 19: Will the Real Messiah Please Stand Up?
Tuesday, April 2: Elections and the Political Scene in Israel
Tuesday, April 9: Miriam as the True Heroine of the Exodus Story

Saturday, March 30, 2019
8:00 pm
Temple Beth Emunah

Join Your Synagogue community for a night of fun, ridiculous singing and laughter as we come together for

Karaoke

B.Y.O.B. // / $5.00/per person

No singing experience required, no musical talent needed, an ability to hold a tune not essential!
DISCOVER THE HEALING PRACTICE OF MINDFUL MOVEMENT

QIGONG

The Chinese word Qigong (pronounced chee-kung) can be translated as Qi (energy) gong (practice) or energy cultivation. Practicing Qigong connects us with energy (Qi) from the universe above, the earth below, and the elements in nature to move Qi through the meridians, rivers of energy that flow inside the body and energize internal organs.

Join PATTY GAGE for QIGONG CLASS
Certified Qigong Instructor ~ Reiki Master Teacher

WHEN: SUNDAY at 10:00am ~ March 17 – April 7

WHERE: Temple Beth Emunah
15a Plymouth Ave.
South Easton 02375

What is Qigong?

Qigong is an ancient Chinese health care system of building the body’s Qi (vital energy) to a higher level, enhancing energy and blood circulation throughout the body for rejuvenation and health. Rooted in Chinese medicine, Qigong integrates deep abdominal breathing, slow gentle movements, self-massage, and focused intention to bring harmony and balance, to the body, mind, and spirit. Appropriate for people of all ages, physical abilities, and skill levels.

Open energy pathways to improve well-being. According to Chinese medicine, pain and illness in the body are caused from stagnant, blocked, or excess Qi. Practicing Qigong movements, along with visualization and intent, will move the stagnant, blocked or excess Qi through the meridians, the energy pathways in the body. Qigong opens the flow of energy in meridians, as in acupuncture treatments, initiating a greater flow of energy throughout your body to increase vitality, boost the immune system, lower blood pressure, slow aging, regulate hormones, and maintain inner harmony to improve your quality of life.

Activate the natural healing force within. Through relaxed stretching movements, Qigong helps relieve tension and tightness in the body, releasing stress and relieving pain. This allows the life force energy to flow freely, activating the body’s self-healing ability, while bringing strength and flexibility to the muscles and joints. Qigong brings the body and mind together with mindful breathing, which initiates the relaxation response, enabling the body to heal.

Pay attention to the body, and the mind enters the present. Allow stress, tension, worry, and anxiety to melt away as you learn to relax in the present moment. Unite body, mind, and spirit and enjoy the power and grace of the ancient practice of Qigong.
Social Action

Volunteer! Join Temple Beth Emunah’s Greater Boston Jewish Coalition for Literacy (GBJCL) team.

All you need is an hour a week, a warm heart and an eagerness to support students. Your donation of time and talents will help a child at the Arnone School improve their skills in literacy (and STEM), build confidence, and reach their learning goals. GBJCL volunteers work with students and teachers at the Arnone School each week (during the school day - 9am-3pm) from October through June. Anyone can volunteer, no prior experience is necessary. Training and ongoing support is provided by the Greater Boston Jewish Coalition for Literacy (GBJCL), a program of the Jewish Community Relations Council.

If you’d like to join or learn more, please contact Tina @ loseley@verizon.net

The Boston House

Back by popular demand, stuffed peppers. This is the most requested dish we cook. Is the reason our meatloaf filling? In addition to stuffed peppers, we made mashed potatoes and corn. For dessert we baked chocolate cookies, white chocolate ginger cookies, chocolate chip cookies, sweetheart brownies, and vanilla frosted mini cupcakes.

You can help Social Action by making or buying a dessert, for which we arrange pick up, or you can write check in any amount to the Temple, putting Boston House Dinner fund on the memo line. Thank you so very much.

Temple Beth Emunah is a collection site for Jewish Family and Childrens’ Services.

We are collecting items for their Family Table program which services families in need within our community.

We have been assigned 15 cans of salmon (5 or 6oz cans are fine) and 15 boxes of raisins.

All boxes must be marked kosher.

There will be collection boxes set up at Temple Beth Emunah.
Attention all Brotherhood members (and those that would like to be members)

There is strength in numbers. That is the conclusion made when your ATC Brotherhood leadership team met with the Brotherhood leaders from Temple Beth Emanah in Easton. We will officially be announcing our new, combined Brotherhood at a special breakfast on Sunday, March 10 to be held at Ahavath Torah Congregation.

The two synagogue Brotherhoods, realizing that we are stronger together, have decided to join forces to make for a more active and enjoyable group.

This breakfast is free and open to any current or prospective ATC and/or TBE Brotherhood member. The morning will begin with regular daily services at 9:00 am with a full breakfast to follow at approximately 10:00 am.

Questions about this Brotherhood merger may be directed to David Schulze of ATC at davidschulze47@gmail.com or to Ed Baron of TBE at evbaron@comcast.net.

Even though there is no cost, we need all planned attendees to RSVP no later than March 1st by email to David at davidschulze47@gmail.com as we will need to know how many people to plan for.
GENERAL FUND/NEDORIM:
In Memory of: Hyman Bloom
Ida Clayman
Maxine Bloom

Refuah Shlemah:
Mike Raphaelson
Reva & Alan Castaline

Bob Greenberg
Reva & Alan Castaline

In Honor of:
Rena Hurwitz
Rena Hurwitz for her Bat Mitzvah

SAFTLER FUND:
In Memory of:
Barbara Wayne
Mort Saftler & Anita Hunt

Arlene Kovner
Michael, Gary & Emily Kovner

Refuah Shlemah:
Ed Baron
Rena Hurwitz

YAHRZEIT FUND:
In Memory of:
Jack Belastock
Stanley & Gloria Belastock

Florence Sidman
Morton Grosser

OTHER FUNDS YOU MAY DONATE TO:
Edward & Diane Teller Scholarship Fund
Maxine Steinberg
Kiddish Fund
Yahrzeit Fund

The Temple thanks you for your support
Nedorim donation – $5.00
Minyan Circle Donation - $10.00
Chai Circle Donation - $18.00
Silver Circle Donation - $25.00
Special Gifts Donation - $50.00+

Please help us expedite matters by making all requests in writing, with complete names and addresses, including zip codes.

DAYLIGHT STANDARD TIME BEGINS

Sunday March 10th, 2019

Turn the clocks ahead 1 hour at 2am
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