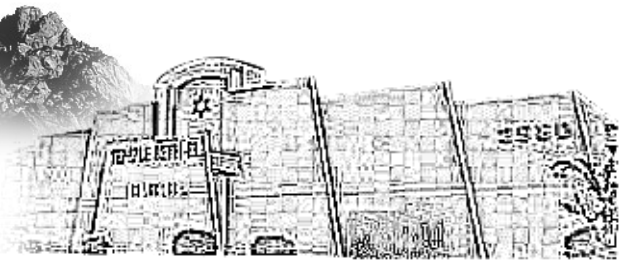


# Adelante!

A Monthly Publication for Temple Beth-El,  
Las Cruces, New Mexico

MARCH 2021 (ADAR-NISSAN 5781)



Thanks to our Religious School families for making the Hamantashen gift bags “give away” successful, especially to these remarkable cooks and volunteers:

Jeanne and Marieka Brown, Liana and Kaila  
Beth Tierney and Morgan  
Sheri Spiegel, Naomi and Solly Ragosta  
Marlene Benz and Kaylee Zeledon  
Diane Fleishman  
Ann Berkson, Lilah and Mia  
Max, Michael and Pearie Bruder

We handed out dozens of bags and Purim greetings to drivers who ventured through the Temple driveway and had enough left over to take to members who don't have cars, or who are sheltering from the Coronavirus, staying out of harm's way!

-Marlene Benz, Religious School Director



## Worship Schedule (Via Zoom)

You can also watch the Facebook livestream for holiday and Shabbat services on this page:

<https://www.facebook.com/pages/category/Synagogue/Temple-Beth-El-115816285166004/>

(if you do not have a Facebook profile now, and it asks you to join when you go to the page, click "Not Now" and that box will disappear).

If you do not have a siddur at home, you can follow along in the Mishkan T'filah for Shabbat flipbook provided by the Central Conference of American Rabbis at this link

<https://www.ccarnet.org/publications/mishkan-tfilah-for-shabbat/>

Zoom invites for Torah Study on Saturday mornings, all Services, and any text to follow, will be sent out weekly.

### Wednesdays—

**Tanakh study 10:15 am with Rabbi (Emeritus) Larry Karol**

Contact Rabbi Karol ([rablpkarol@gmail.com](mailto:rablpkarol@gmail.com)) to attend

### Saturdays—

**Talmud Study 9:00 AM**

Contact Bryan McCuller ([mccullerbryan@gmail.com](mailto:mccullerbryan@gmail.com)) to attend

### Friday, March 5

6:30 pm Family Service for all ages  
*coordinated by the Berkson Family*

### Saturday, March 6

9:00 am Talmud Study

11:00 am Torah Study *led by Rabbi Larry Karol*

Parshat Ki Tissa

Exodus 30:11—35:35

### Sunday, March 7

2:00 PM Memorial Service for Joe Bell

### Friday, March 12

6:30 pm Shabbat Evening Service-  
*led by Rabbi Sofia Zway*

### Saturday, March 13

9:00 am Talmud Study

10:15 am Shabbat Morning Services

11:15 am Torah Study *led by Rabbi Sofia Zway*

Parshat Vayakhel-Pekudei

Exodus 35:1-40:38

### Friday, March 19

6:30 pm Shabbat Evening Service  
*lay-led*

### Saturday, March 20

9:00 am Talmud Study

11:00 am Torah Study *led by Rabbi Larry Karol*

Parshat Vaikra

Leviticus 1:1-5:26

### Friday, March 26

6:30 pm Shabbat Evening Service-  
*led by Rabbi Sofia Zway*

### Saturday, March 27

9:00 am Talmud Study

10:15 am Shabbat Morning Services

11:15 am Torah Study *led by Rabbi Sofia Zway*

Parshat Tzav

Leviticus 6:1-8:36

### Sunday, March 28

Congregational Second Night Seder

*Co-Led by Rabbis Sofia Zway and Larry Karol*

\*Time TBA\*





## Why on this night do we eat only matzah?

Sofia Zway

Why is this night different from all other nights? We ask this question repeatedly throughout our Pesach seder

as we seek to uncover and experience the meaning of the Exodus from Egypt. On all other nights, we eat chametz and matzah, why on this night do we eat only matzah? I don't know about you, but I do not eat matzah on all other nights - that gastronomical experience is one I reserve exclusively for the eight days of Pesach. But let's indulge the question: why do we eat chametz and matzah on all other nights?

Chametz and matzah are made of the same ingredients - water and flour. Products with chametz are those that have been given time to rise, or contain a leavening agent and other ingredients that allow it to puff up and taste delicious. Matzah, on the other hand, contains just the essential ingredients of flour and water and is baked in under 18 minutes in order to prevent it from rising like chametz.

Linguistically, too, chametz and matzah have a lot in common. The two words in Hebrew, חמץ and מצה share two Hebrew letters, Tzadi and Mem, and the difference between the third letter is as small as an open space.

Behind these similarities and differences lies an important lesson for us about how we approach our lives. First, eating only matzah on Pesach teaches us how to distinguish between what is essential and what is not. We learn to develop an appreciation for the simple, essential aspects of our lives. Eating matzah teaches us to be humble as we free ourselves of the non-essential stuff that puffs us up but isn't part of our core. The space between the Hay and the Chet also teaches us about humility, as we learn to take up our rightful place on earth while making space for others.

This Pesach, as we move from eating chametz and matzah to just eating matzah, I want to invite you to consider the "chametz" in your own lives that you want to clean out this year. How are the non-essentials keeping you from feeling fully free? How can you use Pesach as an opportunity to make space for what you really need, for what really matters?

## Adult Education Series Led by Rabbi Sofia Zway

**Final Session:**

**Sunday, March 14th, at 12pm.  
Bruriah, the Scholar**

### **Yours and Mine - is Hers: Stories of Women in the Talmud**

In this four-part adult education course, we are studying the stories of four named women in the Talmud. Each class will focus on a different woman. Together, we will seek to uncover who the heroes of these stories are. How are they represented in the text? What can these stories - presumably written from the perspective of male rabbis - teach us about women's lives during Talmudic times? What do these stories teach us about women's relationships with Judaism and with their husbands? What do these stories elucidate for us about the way the rabbis thought about women? As we 'reclaim' these stories from the boys' club that wrote them, we will breathe new life and new perspective into the stories of these women as we ask what lessons we can learn from them to apply in our lives and in our own times. There will be one class each month, and the text for each class will be provided ahead of time.

### **Temple Beth-El Mitzvah Team**

The Mitzvah Team has identified the following tasks that it would like to perform and support with the help of Temple volunteers (please let us know if you can assist us):

- Develop a phone tree and other ways to reach out to members.
- Support the Rabbi and the Religious Practices Committee in providing special arrangements for shiv'ah minyans.
- Visit homebound and hospitalized members and members living in nursing homes, assisted living facilities, and hospice.
- Provide transportation to worship services and Temple events, medical appointments, and errands.
- Celebrate simchas (life's joyous moments).

Please contact:

- Alison Mann—575-680-0207  
[Alisonmd4@gmail.com](mailto:Alisonmd4@gmail.com)
- Luke Duddridge—727-204-6086  
[LCDuddridge@hotmail.com](mailto:LCDuddridge@hotmail.com)
- David Decker—575-556-4056  
[deckerdavid28@gmail.com](mailto:deckerdavid28@gmail.com)

**If you are aware of any members in need of the services listed above, please let us know!**

**MARCH 2021 (ADAR-NISSAN 5781)****Yahrzeits-March 5, 2021 through April 2, 2021**

(Listings include the name of the loved one on the yahrzeit list and the name of the congregant or congregants remembering that loved one -asterisks indicate loved ones remembered with memorial plaques)

**Read on Friday, March 5**

Ralph Alkon (Philip Alkon)  
 Faye Berkson\* (Burt Berkson)  
 Betty Brankman (Sally Alkon)  
 Mollie Bruder\* (Murray Bruder, Ron Bruder)  
 Samuel Chapman (Diane Fleishman)  
 Warren E. Dudleston (Betsy Gubin)  
 Lawrence Friedman (Teddy Weinglass)  
 Rabbi Allan Langner (Bernice Langner)  
 Lena Lieberman\*  
 Harold W. Loudon (Cheryl Decker)  
 Robert Marcus (Steven Marcus)  
 Jacob Neidich\* (Ezra Neidich)  
 Anna Podolsky (Rosalyn Richman, Selma Ryave)  
 Harry Schechter  
 Edith Steinberg\* (Evelyn Bruder, Ron Bruder)  
 David A. Steinzig\*  
 Helen Troy (Marsha San Fillipo)

**Read on Friday, March 12**

David Aboulafia\*  
 Sidney Berger\* (Barbara Berger)  
 Martin Feingold (Deana Kessin)  
 Katherine Lathrop (Jane Grider)  
 Bertha Maness (Mark & Stefani Singer)  
 Harold Mann (Alison & Gary Mann)  
 Hattie Neidich\*  
 Abigail Palanker (Eve & Allen Palanker)  
 Richard Palanker (Eve & Allen Palanker)  
 Gertrude Silverston\*  
 Clara Singer\*  
 Anthony Thelkan\*  
 Benjamin White\* (Mike White)  
 Joel Ziegler\* (Lila Ziegler)

**Read on Friday, March 19**

Estelle Berger (Barbara Berger)  
 Tessie Rose Bergman (Nancy Bergman & Greg Artman)  
 Dorothy Frieder\* (David & Linda Fisher)  
 Muriel Heiman\*  
 Mark Edwin Rosenberg (Julie Rosenberg & Aaron Flores)  
 Charles Rothschild\*  
 Mary Sirota (Anne Weinberg)  
 Sima Tashlik (Michele & Allen Blum)  
 Eleanor Williamson (Michael & Barbara Mandel)

**Read on Friday, March 26**

Molly Aboulafia\*  
 Dvora Alkon (Sally & Philip Alkon)

Lillian Cooper (Terri Sugarman)  
 William Elperin (Nancy Rosen)  
 Reuben Friedman (Teddy Weinglass)  
 Syd Friedman (Teddy Weinglass)  
 Ann Hansen\*  
 Bill Hemingway (Tanah Hemingway)  
 Leonard Hurwitz (Susan Fitzgerald)  
 Maxine Markson (Linda Kruger)  
 Terry Petty\* (Brenda Parish)  
 Abe Rayblatt (Rose Jacobs)  
 Michael Resnick\* (Frances Williams)  
 Joel Roth (Tanah Hemingway)  
 Paulina Salopek (Vivian Steinborn)  
 Elaine Silberman (Cyrille Kane)  
 Morty Steckler\* (Selda Steckler, Amy Fox)  
 Leonard Weinglass \* (Teddy Weinglass)

**Read on Friday, April 2**

Blanche Blum (Michele & Allen Blum)  
 Dorothy Blumkin\*  
 Ethel Bond\*  
 Gail Evans Kiteley (Dia Taylor)  
 Jennie Hackman (Tanah Hemingway)  
 Carl Hansen\*  
 Judy Harary\*  
 James McCuller (Lisa & Bryan McCuller)  
 Shirley Muffs\* (Carol & Marvin Bernstein)  
 Jack Petrowsky\*  
 P.M. Pollack\*  
 Daniel Seton Barber (Julie Seton)  
 Ernest Siegmeister (Jamie Bronstein, Michael Zigmond)

Temple Beth-El offers condolences to Jeff and Avis Lewis and their family on the passing of Jeff's father. David Lewis was 93 and passed away in Delray Beach, Florida on January 30. May his memory be for blessing.

In order to ensure that the name of your loved one will be recited during services, we have instituted the following practices:

- The Hebrew dates for each week's Yahrzeits are listed in each Adelante.
- Names are read on the Shabbat **following** the Yahrzeit, or on the day, if it falls on that Shabbat.
- Hebrew vs. conventional (Gregorian) calendar: The temple's tradition is to base the Yahrzeits list on the Hebrew calendar. Those who wish to have a name read on a Friday night close to the conventional (Gregorian) calendar date are asked to please email or call the Temple office a few days prior to the service.

\*Asterisks indicate that a loved one has been permanently memorialized with a plaque in the Temple sanctuary. If you are interested in acquiring a plaque for your loved one, contact the Temple office.

In 1968 I spent the most memorable Passover of my life in Vietnam. I was dispatched as a civilian worker for the Army) to the 14th Inventory Control Center (I4th ICC) in Long Binh, Vietnam which was the central supply depot for our troops and allies in South Vietnam. The computerized supply system there had failed and much needed supplies and equipment were not getting out to the field, especially to troops in combat areas. Our mission was to get the system up and running as quickly as possible. I was working at White Sands Missile Range as a Supply Officer in Logistics and I agreed to volunteer for the mission as a DAC (Department of Army Civilian). Long Binh also had the 24th Evacuation Center, a MASH unit, responsible for providing medical treatment to the U. S. soldiers, but also to the allied troops and civilians. In some instances they also treated enemy soldiers. After a 12 to 14 hour day at the 14th ICC and no good TV, I was bored and decided to volunteer at the 24th Evacuation Center on my off duty hours. TET hit in January 1968, and our supply mission became more critical.

When Passover came, I was invited to attend Passover services at the Army mess hall in Saigon with the troops and the President of the Jewish War Veterans. I was the only woman present. Manischewitz supplied the food for the seder which consisted of the usual fare of chicken soup and matzo Balls, gefilte fish and horseradish, chicken, vegetables, salad and macaroons for desert. And of course, the Manischewitz wine.

The food was served in individual TV dinner plates, and served lukewarm, by a kitchen staff not familiar with Jewish food temperatures. A young chaplain, Rabbi Gary Rosenberg, conducted the services. He also conducted Shabbat services every Friday night at the REX hotel in Saigon, which was the BOQ for officers. As the doors opened at the mess hall, troops came pouring in from their jungle and city locations. Those who came from combat areas came with their rifles slung over their shoulder, which had to be left at the door. Some still had dirty and unshaved faces, showing the strains of combat; tired, weary, sad, and exhausted. The acrid smelling dirt of Vietnamese soil was still clinging to their uniforms. Most were young and had been drafted, as was my son. As I watched the soldiers coming into the mess hall I felt that It was an ingathering of my people, a link of shared culture and history, not sent by G-d but government. The Passover service was inspiring, the singing of songs "Had Gadya" sung with zest, enthusiasm, and a lot of laughing. As a mother, a woman who had born children, and a Jew, I experienced the pain of seeing the product of war up close and personal, something you can't get from watching TV. I left my seat at the head table, making the rounds to talk to the soldiers. They had come from every where in the U. S. We exchanged Jewish jokes and Yiddish words, kibitzed. They told me about their families, children, and the women they left behind. They all wanted to know what was going on at home. I hugged them all, wanting them to feel the warmth from a mother's arms, a person who cared about them, and to let them know we all cared. When it is said that "War is Hell" you don't really know until you see the results of combat up close as I did. Most of these soldiers were young and had not yet experienced living. Some did not make it home.

May their memory be for a blessing

-Frances F. Williams

## Create Your Own Passover Traditions

Last year, the pascal lamb in our house was represented by a Lamb Chop dog squeaky toy. During the community seder via Zoom, at the end, we shared it on screen and then let our beagle add its voice to the holiday.

Other years, we've had little rubber frogs on our seder table (these were later sent off with our now adult children.) We have kept our Moses action figure that was purchased at the late Hastings video store on Lohman. It would not be Passover without the miniature Moses, complete with accessories, being displayed prominently in our home.

Passover is a time for remembering but also for celebration. This year we once again face doing our community seder by Zoom.

There will be people missing from our tables, some because of social distancing, some because of living far away. Some have been gone a long time. Holidays can be difficult especially when you compare them to what they once were and what they are now.

Rabbi Sofia has recommended a You Tube video with a couple singing, "Keep Going On". In it, they sing that we hope we have people to share our lives or we have good memories to keep us company.

One of the ways to get through difficult times is to be grateful. In this case, to remember the people with whom we shared happy times. It doesn't mean we don't miss them, but we are grateful to have had that time with them. Not everyone is so fortunate.

So, decorate your house, make your grandmother's matzah ball soup or sponge cake. Carry on some traditions, but also be open to creating your own.

If you can, go make your own good memories. Pass on recipes, or a tablecloth to the next generation, or spend some time on the phone with far flung family or friends. We've got to "Keep Going On!"

Happy Passover.

Cherri Hudson-Brown, chair,  
Religious Practices Committee

## "Virtual" Short Story Series Continues

During these challenging times, you are invited to join us for the "spring semester" of our ongoing Temple Beth-El "virtual" Jewish short story discussion series. We have two separate groups that meet via Zoom on Mondays and Tuesdays at 11 a.m. We are reading the short stories of Jewish authors, past and present. Since many of our authors' stories are available on-line, there is no need for you to purchase a book. I send the assigned stories via email directly to you. The fee for the current series is \$18 which goes to the temple's Adult Education programs. (Checks should be made out to Temple Beth-El and the memo line should indicate "short story group.") If reading great fiction and spending time with friends and fellow fiction lovers for lively conversation sounds good, just email me at [jar529@gmail.com](mailto:jar529@gmail.com) or call me at 640-3292. Hope to hear from you. —Jim Rosenthal





## **Updates from our Board President**



This month of March sets a historical marker for Temple Beth-El. One year ago this month the Board of Trustees voted unanimously that the literal closing of our temple doors was imperative to keep our congregation and greater Las Cruces community safe from this new pandemic we would come to know as COVID-19.

That one vote triggered the impetus that has become the TBE new normal. We all know that Zoom has played an important part in how temple goes about its daily existence and the Board does not anticipate a change in our new normal in the near future.

Recently, I participated in the URJ 2021 Congregational Assessment and Benchmarking Project. The goal of this project is to allow TBE to learn more about ourselves and use this information to assess our strengths and areas for advancement, and priorities for development in our near future. We will begin this assessment for TBE on Monday, May 3, 2021 using email. We ask your active participation in this crucial project. More information from Joanne Turnbull about this project is in the Transition Times.

The dedicated members of Building and Grounds have been busy adding additional handicapped spaces to our parking lot, trimming bushes and restoring the concrete tops of our retaining walls. But a crucial change that has been made, is that a touch pad locking system has been installed on our front entrance door. It has the same look but without the inconvenience associated with a standard key lock. The standard key locking system has produced keys stuck and broken in the lock, which in turn activated our alarm system without a means for deactivation. In addition, high efficiency, UV air cleaners have been installed on each rooftop unit. These cleaners are designed to kill mold, mildew, bacteria, pollen and viruses, including the COVID-19 virus. The units allow purified air to flow throughout temple.

Thank you to our Temple Beth-El Religious School families for the hamentashen they produced and distributed to our congregation. I can attest to how delicious they were.

As always if you have any questions, comments or ideas, please feel free to contact me. My contact info is located (on the next column) in the Adelante.

L'shalom,

Cheryl Decker  
Temple President



**Honor the memory of loved ones with a memorial plaque and mark celebrations and milestones (and also the memory of friends and family) by adding leaves to our Tree of Life.**



## **Bricks for the Biblical Garden and Brick Walkway**

**Please consider ordering one to mark that special occasion of your own or a loved one. Call Dee Cook or Alison Mann, and they will send you the form and even help you design the brick, if you wish. And take a few minutes to sit in the meditation area of the walkway...it's a lovely spot!**



## **Financial Assistance**

These are challenging times for all of us but Temple Beth-El is here to support you. If you are struggling to buy groceries, or pay rent, mortgage, or other bills, we have a large balance in the Rabbi's Discretionary Fund to assist our community members.

To request short term assistance, you can contact Temple President, Cheryl Decker at [doubledeckerohio@msn.com](mailto:doubledeckerohio@msn.com) or 575-640-9559. All requests will be held in the strictest personal confidence.

Thank you to all our donors who have made this assistance possible.

Casa de Peregrinos provides staple foods to the needy, and El Caldito provides a meal 365 days a year to the hungry in our community. Both organizations are part of the Community of Hope located on the same campus at 999 W. Amador. There are common interests and goals and the food received is often shared between the two organizations in order to best utilize both perishable and non-perishable foods. There is also a need for wide-mouth glass bottles and containers and gently used clothing.

**This is a critical time for the organizations.** Due to the COVID-19 crisis, they have seen an increase in demand. At the same time, they have had a decrease in volunteers, particularly on weekends. In order to maintain social distancing, the El Caldito soup kitchen has switched to handing out meals to go.

For more information on current needs, questions, or to volunteer, contact Casa de Peregrinos (575-523-5542) and El Caldito (575-525-3831) directly.

Join us for the first gathering of “Jews and Star Trek,” as we go where no Temple educational program has gone before, on Tuesday, March 2, at 7pm MST. During this session, we will discuss the coordinates to where we would like to journey in our discussions. Please bring with you one insight about how one memory from, or aspect of, any Star Trek series has connected with your Jewish knowledge and belief.

★ If you plan to attend, please contact Rabbi Larry  
★ Karol ([rablpkarol@gmail.com](mailto:rablpkarol@gmail.com)) by Monday,  
★ March 1. A Zoom link will be sent out by March  
★ 1.

For the last two years the Mensch Club has hosted an event to honor our partners in life. The first year the event was held at a local restaurant. Unfortunately, last year due to Covid, the event was cancelled.

This year, the decision was made to have a Zoom event and the name of our event is, “Honor Your Partner,” whether that person is a relative or a close friend. Our event this year will be open to all TBE members. While this year’s event will not be as personal via Zoom, we have hope that next year we will be able to host an in-person event. The event will be on on Sunday, March 14th starting at 2:45PM .

Elliot Katz will introduce the event, followed by a prayer by Jim Rosenthal. Temple's own, Amalia Zeitlin and her friends will serenade us with beautiful Jewish love songs. Following the music, we will toast each other followed by a closing thought.

The Temple Mensch Club is open to all men, and we are a very active club. We have attended baseball games in El Paso, the Holocaust Museum, the Sunspot Observatory, and other local sites of interest. Pre-Covid, we met once a month for breakfast and conversation at a local restaurant.

We honor our young men on the event of their Bar Mitzvah, and participate in temple fundraising events, such as the JFFF, annual rummage sale, and the Renaissance Faire. We meet once a month to discuss how we can assist temple in upcoming events, and the club president furnishes the donuts. The annual dues are \$20.00. Please consider joining, contact Jeff Lewis, President, or Luke Duddridge, Vice President.

David Decker, Mensch Club Treasurer

## MY TRANSPLANT JOURNEY

Diane Fleishman

At 12:30, November 19, 2020 I was getting ready to eat lunch when I got a call from a woman at Mayo Clinic in Phoenix. She was asking me the usual Covid-19 questions, so I thought it was just a follow up call to my last visit. Then she said they had a match!!! They had one more test to do and she would call me back in one half hour. It was the longest half hour!

She called back and said they had pediatric kidneys that were a match for me and when could I be there. I laughed and cried. I immediately felt conflicted that my good fortune meant that someone had lost a child, probably an infant. I also realized that the parents wanted something good to come from the short life.

2020 was a difficult year on so many levels. It did enable me to reflect on the many blessings in my life. We lived in a bubble with our friends, were financially secure with Social Security and Medicare, and our kids were ok. The original plan for my transplant caretaker was for each son to come for a week or two, then friends in Las Cruces would step in for the six weeks I would have to be in Phoenix. Covid ended that plan. Stu could not be my caretaker as he had to go to dialysis three times a week and Mayo said I needed someone 24/7.

I called Cheryl Decker, who said she would be my first caretaker. I asked her to be ready to leave by 2:30 as I told them I could be there by 9pm. I drove the whole way so I would not have the chance to be scared. I didn't have time to process what this would mean to my life. I was on autopilot. We arrived at the Mayo Clinic Phoenix hospital at 8:50 and I was prepped and going into the operating room at 11:55.

Before they put me out, I saw the surgeon and another doctor working on what looked like two chicken livers. I assumed they were the kidneys I was going to receive. I woke up the next morning with very little pain. I later found out that Cheryl was texting people at 4 am that the transplant was successful. That was Friday; I was released from the hospital Sunday.

The next challenge was finding a place to stay during the six weeks when I needed to be close to Mayo. Because David and Stu were coming, and I knew that our friend Anselmo Delgado would be one of my caretakers, I needed a two-bedroom, two-bathroom place. With help from my dear, tech savvy friend, Kathy Naegle Delgado, we found a condo ten minutes away. The location turned out to be very beneficial as there were many days when we had to make several trips to Mayo.

Cheryl was amazing. My medication regimen was daunting. I started out with more than 20 pills twice a day in addition to taking my vitals twice a day and going to Mayo three times a week. My labs were usually at 6 am. It was freezing that early in the morning. Then we would go back

for my appointment with a Nurse Practitioner. Often, we would have to go back a third time or on a Tuesday or Thursday for me to have an infusion or another test. Cheryl was steady as a rock; she made sure I ate well and followed all of the recommendations.

Dave took Stu home after the first week and he, Jeff Lewis, and Norm Mazer made sure he was ok. One day they discovered he couldn't walk and called our friend Anselmo Delgado, who was a medic. On his advice, Jeff took Stu to the ER. They called me, and I called our doctor, who made sure he was admitted to the hospital. Stu had sepsis and was in the hospital for 4 days. When he got home, "the guys" made sure he had food and was ok. They are amazing friends and enabled me to focus on my recovery.

After three weeks, Kathy drove Anselmo to Phoenix; she left him there and took Cheryl home. Anselmo was a military medic and took my recovery seriously. I had lost a lot of weight before the transplant and had no appetite the first few weeks after it. He, like Cheryl, made sure I had food that I liked and that I ate at least two good meals a day. He was a great help when I had some medical issues. I felt so bad that he missed Christmas with his family. I was finally released from Mayo's care on December 30.

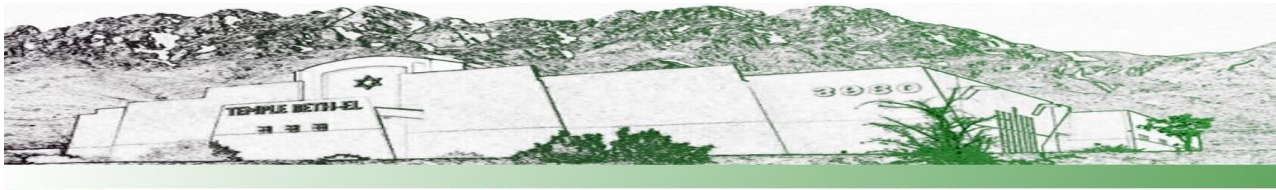
They didn't tell me, or I didn't remember, that it takes months to really recover from a transplant. I did have a set back and was in the hospital in Las Cruces for a week, followed up with a week of antibiotic infusions. The antirejection drugs make me vulnerable to all kinds of bacteria. The good news is that I am getting stronger every day, but I also feel very weak doing things that I took for granted. It is a process.

I never used the term "blessed" much; however, I am truly blessed in so many ways. I celebrated 54 years with Stu February 18. He has been very supportive even though he still has to go to dialysis three times a week. Our Temple family has been fantastic. In addition to the love and support that we received; Susan Fitzgerald arranged with our wonderful cooks for us to have meals for two weeks. It was truly a mitzvah from all of you who contributed delicious food. I was really too weak to cook and Stu only does eggs.

One of our best decisions was to move to Las Cruces and join Temple Beth-El. We are so appreciative of all that we have received from the Congregation.

My journey continues as I gain strength and look forward to a healthier future.





# Transition Times

## New TBE Directory.

Thanks to Rose Jacobs for updating our Congregational Directory and to Rabbi Emeritus Karol for assisting with this important effort. The goal is for the Directory to be ready by Passover. **Please review the current directory to see if your information is correct.** Email changes to Rose at [arejay11@icloud.com](mailto:arejay11@icloud.com). If Rose does not hear from you, the information in the 2019 Directory is what goes into the 2021 Directory.

## Communications & Technology

Thanks to Dave Zeemont for leading the project to update TBE's website and internal computer systems. Dave will supervise an intern from DACC's Creative Media Technology Program who will handle the technical aspects.

## Student Rabbi

The year of Temple Beth-El's first-ever Student Rabbi, Sofia Zway, comes to a close in May. A new application to Hebrew Union College for a student rabbi has been submitted by Cherri Hudson-Brown, Chair of the Religious Practices Committee. The Student Rabbi will begin in August 2021 and be with us through May 2022. We are hoping to have Rabbi Sofia return; if not, we will welcome a new student rabbi.

## URJ Congregational Study

TBE's Board voted to participate in the Union for Reform Judaism's (URJ) **2021 Congregational Assessment and Benchmarking Project**. The goal is for our congregation to learn more about itself and use this information to set TBE's agenda and priorities. Cheryl Decker, Joanne Turnbull, and Lynn Zeemont will lead the project. We will use three tools to assess our strengths and areas for advancement:

- Congregant Survey (with questions about clergy transition)
- Financial and Operating Data Benchmarking
- Board Self-Assessment

Here's the timing for the Project:

**May 2, 2021:** TBE receives links to tools and instructions.

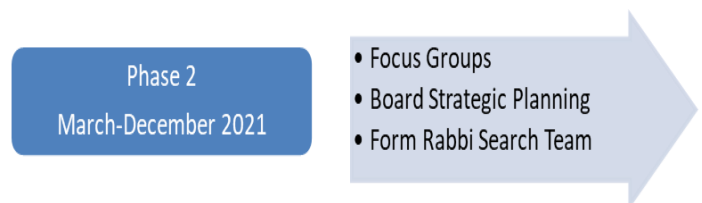
**May 3, 2021-May 31, 2021:** Survey launches on May 3 and runs until May 31.

**August 9, 2021:** Analyzed data returned to TBE on August 9. Key findings to be shared with our community as soon as possible.

The URJ will provide a mentor to help us understand the analyzed data, set priorities based on the data, and connect us to resources to further our goals.

## Timeline for Phase 2 & Phase 3 of the Transition

The team for Phase 2 of the Transition includes Rebecca Berkson, Jeff Brown, Wendee Lorbeer, Joanne Turnbull, and Lynn Zeemont. In addition to the URJ survey, the team will provide input to (and help move along) the following activities:



The final phase of TBE's Transition begins on December 1, 2021 and ends on July 1, 2022. The Board President will appoint the Rabbi Search Team after the High Holy Days. To begin the search, the team will complete the application from the Central Conference of American Rabbis in December and screen candidates and interview finalists during the winter and early spring. It is our intention to have a new Rabbi starting on July 1, 2022

## MARCH 2021 (ADAR-NISSAN 5781)

*This is part of a series sponsored by the Adult Education Committee to support our community during the pandemic. Please let us know what you find helpful and what else you would like to know by submitting feedback to:*

[copingtemplebethel@gmail.com](mailto:copingtemplebethel@gmail.com).

As of June 2020, according to the Centers for Disease Control and Prevention (CDC), 40% of adults in the United States are now struggling with mental health or drug issues. COVID-related stress is taxing the coping mechanisms of people who have never before dealt with anxiety and depression. People who live with ongoing mental health issues are even more vulnerable and are having a harder time. They are more susceptible to what's being called 'COVID fatigue'—emotional exhaustion caused by the unrelenting stress of the continuing pandemic—and are finding it difficult to obtain needed resources, such as medications, therapy, and support groups.

Whether you are experiencing symptoms for the first time or are someone who has been dealing with mental health issues for a long time, you need to know that there is no one-size-fits-all solution to combat COVID fatigue, depression and anxiety. However, the following suggestions may help:

- Move. Any form and amount of exercise will help you to feel better, both physically and mentally. Walking every day, even for 15 minutes, can make a big difference; if you're able to do aerobic exercise and get your heart rate up, all the better.
- Eat a healthy diet. Sugar worsens depression, so cutting down on sugar will make you feel more energetic and clear-headed.
- Alcohol is a depressant that can impair your mental health. Think about cutting back or avoid it completely.
- Sleep is critical to mental health and physical wellbeing. A consistent routine of at least seven (7) hours a night in a dark room is best. Experts suggest stopping the use of smart phones, computers, and TVs at least 30 minutes before bedtime.
- Get out of the house.
  - ◊ Sun and fresh air are mood enhancers. Enjoy the outside.
  - ◊ Go for a walk (without your phone).
  - ◊ Soil contains *Mycobacterium vaccae*, a bacteria which causes the release of 'serotonin,' a mood-enhancing brain chemical used in antidepressant meds, so garden if you like to, or repot a plant if you don't.
- Fight isolation.
  - ◊ Participate in ZOOM support groups and trainings.
  - ◊ Phone friends.
  - ◊ Visit with friends outdoors (social distancing with masks of course.)
- Limit News and Social Media.
  - ◊ Most news is negative and can put you over the top emotionally. Stay COVID-informed but don't overdo it.
  - ◊ What you see on Facebook—gushing stories, angry and disrespectful discourse—makes it easy to believe that your life is not as fantastic as it should be. This is especially true when you're depressed. Maybe a

timeout is in order.

- Accept that most of what goes on in the world is beyond our control. The following steps may seem simple, but they are easier said than done.
  - ◊ Try to live in the present moment.
  - ◊ Set reasonable expectations.
  - ◊ Be willing to be surprised.
  - ◊ Be open to new opportunities.
- It's not easy to 'take charge' when depressed or anxious. Be patient. Positive change takes time, especially when dealing with mental health challenges.
  - ◊ Take baby steps. Pat yourself on the back for any constructive action you're able to take.
  - ◊ If you can't ignore the critical, negative voices in your head, use meditation and simple deep breathing techniques to help quiet them.
  - ◊ Take advantage of free guided meditation apps available for smartphones.
- Embrace Gratitude.
  - ◊ It's a human tendency to focus on the negative. Try to focus on the positive aspects of your life—even the small ones.
  - ◊ Make a daily gratitude list to remember what's good in your life.
- Spiritual or Religious practice is important. Temple Beth-El offers many opportunities to remain connected through virtual activities and events.
- A special note to frontline health care and essential workers:
  - ◊ Avoid burnout by going back to basics and keeping things simple.
  - ◊ Try to get rest, sleep and quiet time.
  - ◊ Take deep breaths to try and slow things down and keep your balance.
  - ◊ Revisit your motivation for why you do this important work.
  - ◊ Talk to your family about what you need (and ask them what they need.).
- Seek help.
- The New Mexico Crisis and Access Line (1-855-NMCRISIS) provides 24-hour support and resources from clinically trained experts. The Peer-to-Peer Warmline (1-855-4NM-7100) can connect you to a peer who lives with mental illness.
- Mental health professionals have quickly migrated to virtual therapy sessions, so connecting with a therapist should not be difficult during COVID.

I end by leaving you with a YouTube video (link below) about the Science of Happiness. Author and lecturer Tal Ben-Shahar teaches at Harvard. His classes on Positive Psychology and Psychology of Leadership have drawn the largest attendance in the history of the university. I hope you enjoy the video as much as I did.

<https://www.youtube.com/watch?v=msIofda6IdQ&t=2874s>

May these suggestions help you and help you to help others during this Pandemic.

---Susan Michelson

## Temple Beth-El Board of Trustees Meeting Summary- February 18, 2021

- There is a new lock on the front door. It requires a code to unlock.
- Dave Zeemont filed an application with NMSU for acceptance of a student intern, Dave is the new web master. He will be overseeing the intern who will be updating and improving our temple web page. We will be paying the intern \$15/hour as well as associated tuition.
- Phase 2 of our transition period will include participating in a URJ Congregation Assessment Project; additional focus group discussions; review and revision of Temple bylaws
- We are applying again for a student rabbi for the August 21 – May 22 term.
- We are planning to begin the process for a rabbi search in December 2021, with a view towards having a new rabbi in July 2022.
- It is essential for the congregation to continue keeping up with their dues to ensure that we are able to sustain a full time Rabbi once we have one.
- Thank you to the Religious School for the Hamentashen.
- Sisterhood and Adult Education are co-sponsoring two lectures by Kathleen Key on Jewish art of the 19<sup>th</sup> and 20<sup>th</sup> Centuries.
- Matzo ball Open is scheduled for October 10<sup>th</sup>.
- We need to replace some of our security cameras, and are planning to apply for a security grant available through the URJ.

## Medical Equipment to Borrow

Mensch Club has two wheelchairs, two walkers and a pair of crutches available to borrow. Please let them know if you are in need or have any other equipment to donate.

Contact Luke Duddridge, 727-204-6086,

[LCDuddridge@hotmail.com](mailto:LCDuddridge@hotmail.com)

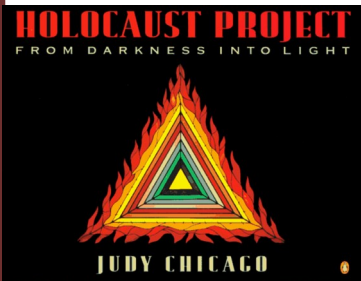
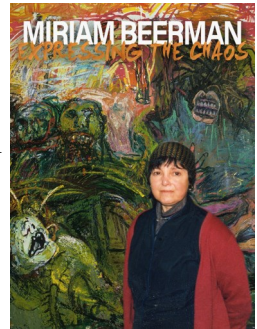
Or

David Decker—575-556-4056,

[deckerdavid28@gmail.com](mailto:deckerdavid28@gmail.com)

## GREAT JEWISH ARTISTS OF THE 19<sup>TH</sup> AND 20<sup>TH</sup> CENTURIES: A TWO- PART PRESENTATION

The Adult Education Committee, along with Sisterhood, are proud to be sponsoring a two- part lecture series on Jewish artists of the 19<sup>th</sup> and 20<sup>th</sup> centuries. Professor Kathleen Key, a professor of art history at the University of Texas at El Paso will enlighten us about Jewish artists from around the world who have made enormous contributions in the field of art. We will be learning about artists such as Camille Pissarro, Marc Chagall, Mark Rothko, Helen Frankenthaler, Miriam



Beerman to name a few, as well as Judy Chicago who lives and works in Belen, New Mexico. The first presentation will be on March 21<sup>st</sup>, at 2pm followed by a second date of April 18<sup>th</sup>.

So please put this event on your calendar and reminders and zoom links will be forthcoming.

## Shiva Observance

These are unusual times and it's harder than ever to remember loved ones or grieve the way we have in the past.

I want you to know you're not alone, that if you need to have an informal Zoom gathering to remember someone or a traditional (as it can be, via Zoom) Shiva, I'll try to find a way for that to happen.

Some of us have our own limitless Zoom accounts, and there are people in the congregation and Jewish professionals and para-professionals who can do a service or informal gathering. There will be more information available in the next few weeks, but in the meantime, I'm here and will do whatever I can to help.

Cherri Hudson-Brown, chair, Religious Practices Committee.



## Donations through February 22, 2021

### General Operating Fund:

Aaron Hyman, tzedakah on scholarship monies  
Evan and Derek Hyman, tzedakah  
Rosalyn Richman and Selma Ryave, in memory of Cecilia  
Chotiner Lipsitz, Norman Green, Samuel Ryave,  
Chana Podolsky, Rebecca Bleiberg, Isaac Podolsky  
Arlon and Brenda Parish, in memory of Wade Gardner  
Lisa McCuller, in memory of Patricia Collier Ehler  
Sonny Klein, in memory of Francis Klein  
Sharon and Peter Dorfman, in memory of Ruth N Brooks  
and Earl W Dorfman  
Jacob and Susi Kolikant, in memory of Itzhak Kolikant and  
Margaret Gantert  
Nina Rothman, in memory of Irv Rothman  
Bernice Langner, in memory of Hesh Langner

### Social Action Fund:

Alison and Gary Mann, in honor of Jim Rosenthal short  
story group and in memory of Charlotte Mann  
Sharon and Peter Dorfman, in memory of Ruth N Brooks  
and Earl W Dorfman  
Jerry and Shelly Silverman, in memory of Gayle Sacks and  
David Lewis

### Temple Beth-El Religious School Fund:

Stacey Hyman, in memory of Jean and Pauline Lemelin  
Evelyn and Murray Bruder, in memory of Mollie and  
Henrietta Bruder, Max and Edith Steinberg  
Ann and Burt Berkson, in memory of Faye Berkson  
Dave Zeemont, in memory of Milton Zeemont

### Temple Beth-El Youth Fund:

Sue Brown, in memory of George Cohen

### Rabbi Gerald M. Kane Fund:

Robert Zeemont, in memory of Milton Zeemont

### Biblical Garden:

Julie Seton, in memory of Dee Seton Barber  
Art and Wendee Lorbeer, in memory of David Lewis  
Bernice Langner, in honor of Ethel Freeman's 80<sup>th</sup> birthday  
Leslie Glater, in memory of Irving Glater  
Robert Zeemont, in memory of Raphael Gordon

### Frances Williams Library Fund:

Frances Williams, in memory of Yetta Resnick  
Jeff and Cherri Hudson-Brown, in memory of Dolly Zabin  
Dave Zeemont, in memory of Raphael Gordon

*Given changes to the standard deduction limits, we will not be providing contribution statements for tax purposes. If you would like a statement, please contact the temple treasurer Michael Mandel to request one.*

## TEMPLE FUNDS

Donations are gratefully accepted for the following:

**General Operating Fund**—For the day-to-day operation of TBE.

**Biblical Garden Fund**—To provide the infrastructure for biblical plants and trees, and bricks in the fountain meditation area and on the brick walkway.

**Rabbi Larry and Rhonda Karol Campership Fund**—Providing scholarships for Temple students to attend Jewish summer camp programs.

**The Mitzvah Team Fund**—to assist this voluntary team of Temple Beth-El members that, upon request and dependent upon availability, will provide non emergency support service to members of the temple.

**Social Action Fund**—For projects that benefit our community and Las Cruces and Southern New Mexico.

**Irving Batkin Memorial Scholarship Fund**—To broadly support Jewish education, based on merit or need, through participation in the TBE Religious School, camperships, and/or pursuit of Jewish collegiate studies or rabbinical studies.

**Frances Williams Library Fund**—To provide books and infrastructure for the TBE library.

**Rabbi Gerald M. Kane Fund**—Provides funds to help further adult education and cultural programming at TBE.

**Temple Beth-El Religious School Fund**—Supports the regular and special programming planned by faculty, students and the Religious School Committee.

**Temple Beth-El Youth Fund**—Support for Youth activities at TBE.

**Rabbi's Discretionary Fund**—Used to meet a variety of philanthropic requests as well as to supplement TBE programs.

Periodically the temple may list short-term projects or needs. Contributions that do not specify a project or fund will be added to the General Operating Fund. If you have a question or wish to contribute to a project not listed here, please contact our Temple Beth-El Treasurer, Michael Mandel.

## **“Have you considered a bequest to Temple Beth-El?”**

An important part of our future is represented by bequests made by members.

Thoughtful bequests enable Temple Beth-El to retain a future of Jewish life for generations to come.

From funding our Rabbi to scholarships at our religious school, your generous gift maintains our financial health.

A simple codicil can be added to your existing will, if you wish to make a bequest, such as:

**“I give and bequest to Temple Beth-El, located in Las Cruces, New Mexico, the sum of \$\_\_\_\_\_ [or \_\_\_\_\_ percentage of my estate as finally determined for federal estate tax purposes].**

A will or codicil should be prepared by an attorney. Please call the Temple office at (575) 524-3380 to

**MARCH 2021 (ADAR-NISSAN 5781)****Adelante Submissions:**

During this time of social distancing due to COVID-19, let us not become distant from each other. Speak with fellow congregants, friends and family. Send me your pictures of family Shabbat, Purim costumes, musings, illustrations, etc. I will share as many as space allows in next month's Adelante.

**The deadline for turning in articles, items and photos for the April 2021 Adelante is March 20, 2021. Late items may not be included.** Please do your best to keep to that schedule to facilitate a timely completion of the Adelante! All content can be e-mailed to Beth Tierney at [cambrien73@gmail.com](mailto:cambrien73@gmail.com)

# celebrating our Simchas

**Congratulations to Elaine (Baeza) and Erich Zamaret who were married on February 8!**

**The Temple Beth-El Mitzvah Team sends best wishes to these members celebrating birthdays this month:**

Marieka Brown  
Bernice Langner  
Irwin Ross  
Lindsay Tierney  
Kaylee Zeledon

Beverly Duddridge  
Alison Mann  
Terri Sugarman  
Joanne Turnbull

**The Temple Beth-El Mitzvah Team sends best wishes to these members celebrating anniversaries this month:**

Karen and Ron Pierce      Beth and Jamie Tierney

We would love to have more names in these lists. If you would like to have us acknowledge your occasion in the future please send birth month, anniversary month, and the year you joined the temple to Luke Duddridge at [LCDuddridge@hotmail.com](mailto:LCDuddridge@hotmail.com).

If you follow the example below it would be helpful:  
Sam Adams Born July, Married March, Joined 2015

Please note that we are not collecting dates, just the months.

## **WEDNESDAY BREAKFAST CLUB (WBC)** **ORGANIZER NEEDED**

I've been overseeing the Temple Beth-El's WBC for many moons now. A labor of love – both challenging and rewarding. I now wish to pass the WBC mantle on to a successor. I am fortunate to have been supported by my wife Sally throughout my tenure. Patrick Quinn has shared an important Co-Host responsibility during the past year. I also thank Aggie Saltman for publicizing our events; and Steve Haydu, Sherry Woods, and Avis and Jeff Lewis for serving as Zoom Masters during the current pandemic. The wonderful array of volunteer speakers and topics we have featured is a marvel that mirrors the incredible congregation and larger community we are blessed to be part of here in Las Cruces.

I wish to terminate my official WBC responsibilities by April 2021, and will do all I can to foster an effective transition to whomever assumes this role. I have already informed the TBE Board of my intentions to relinquish this post. Please contact me for further details regarding this position and my plans. Cheryl Decker, TBE President, also will be glad to address inquiries regarding this opening.

Thank you all for your friendship and support.

Phil Alkon

## **Wednesday Morning Breakfast**

The Wednesday Morning Breakfast has resumed in Zoom format. The program will begin 9 am weekly. Phil Alkon is the organizer and should be contacted at [philipalkon@gmail.com](mailto:philipalkon@gmail.com) or 575-524-6945 with general questions or recommendations regarding future speakers.

Patrick Quinn is assisting Phil with developing and maintaining the mailing list and with Zoom access. If you have questions about either of those issues please contact Patrick at [patrick.kaye.quinn@gmail.com](mailto:patrick.kaye.quinn@gmail.com) or 575-522-4692.



© Can Stock Photo



Temple Beth-El is part of Amazon Smile, which offers members of Temple Beth-El an opportunity to participate in Smile Amazon and donates 0.05% of all purchases back to the Temple. The process is very simple – go to [www.smile.amazon.com](http://www.smile.amazon.com). You will be required to enter the charity to which you wish to donate – just type in Temple Beth-El, Las Cruces in the charity box and this will set the Temple as your charity of choice. Then just shop – pretty easy and since many people today shop online via Amazon, it becomes a win-win situation for all.

Visit the Temple Beth-El Website

[www.tbhelc.org](http://www.tbhelc.org)

for in-depth information about Temple and its programming and updates on current Temple events

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Temple Beth-El is on Facebook!

<http://www.facebook.com/pages/Temple-Beth-El/115816285166004>

(It is open for all to see!)

If you are on Facebook already, find our page, click “Like” and join us in our Facebook community!

### For Sale:

- Library of books on many subjects, including a large Judaica section
- Star Wars and Lord of the rings collectable figures
- Mounted photographs

All items priced at 80% of going rate

Call Tanah Hemingway at 575-524-4329 for prices and specifics

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**Tanah Hemingway**

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#### Editing:

Books, scientific papers, theses, dissertations

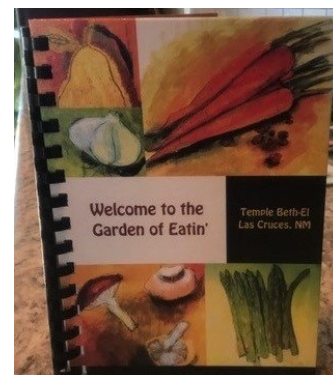
**Technical documents of all sorts.**

(for accuracy, continuity, organization, style  
grammar, readability, supportability, etc.)

### Temple Beth-El Cookbook

**“Welcome to the Garden of Eatin’”**

**\$15, Cash or Check**



Contact Francine Feinberg for copies

[fcfeinberg@gmail.com](mailto:fcfeinberg@gmail.com) or

**414-331-3306**



**Ron Bruder**

ASSOCIATE BROKER

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Cell: 575-312-7330

Office: 575-522-3698

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# MARCH 2021

\*ALL EVENTS BY ZOOM\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Adar 17</i> 1 Short Story group 11:00 am	<i>Adar 18</i> 2 Short Story group 11:00 am “Jews and Star Trek” 7:00pm	<i>Adar 19</i> 3 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am	<i>Adar 20</i> 4	<i>Adar 21</i> 5 Family Shabbat Service organized by the Berksons 6:30 pm	<i>Adar 22</i> 6 Talmud Study 9:00 am Torah Study with Rabbi Karol 11:00 am
<i>Adar 23</i> 7 Religious School 9:30 am Memorial Service for Joe Bell 2:00 PM	<i>Adar 24</i> 8 Short Story group 11:00 am	<i>Adar 25</i> 9 Short Story group 11:00 am	<i>Adar 26</i> 10 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am	<i>Adar 27</i> 11	<i>Adar 28</i> 12 Shabbat Service 6:30 pm led by Rabbi Sofia	<i>Adar 29</i> 13 Talmud Study 9:00 am Shabbat morning Service 10:15 am Torah Study 11:15 am with Rabbi Sofia
<i>Nissan 1</i> 14 Religious School 9:30 am “Yours and Mine...” with Rabbi Sofia 12:00 pm Mensch Club “Honor Your Partner” 2:45 pm	<i>Nissan 2</i> 15 Short Story group 11:00 am	<i>Nissan 3</i> 16 Short Story group 11:00 am	<i>Nissan 4</i> 17 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am	<i>Nissan 5</i> 18 Board Meeting 6:00 pm	<i>Nissan 6</i> 19 Lay-Led Shabbat Service 6:30 pm	<i>Nissan 7</i> 20 Talmud Study 9:00 am Torah Study with Rabbi Karol 11:00 am Havdalah Time TBA
<i>Nissan 8</i> 21 Religious School 9:30 am “Great Jewish Artists” 2:00 pm	<i>Nissan 9</i> 22 Short Story group 11:00 am	<i>Nissan 10</i> 23 Short Story group 11:00 am	<i>Nissan 11</i> 24 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am	<i>Nissan 12</i> 25	<i>Nissan 13</i> 26 Shabbat Service 6:30 pm led by Rabbi Sofia	<i>Nissan 14</i> 27 Talmud Study 9:00 am Shabbat morning Service 10:15 am Torah Study 11:15 am with Rabbi Sofia  <i>Passover Begins</i>
<i>Nissan 15</i> 28 NO RELIGIOUS SCHOOL  Second night seder, co-led by Rabbis Sofia Zway and Larry Karol	<i>Nissan 16</i> 29 Short Story group 11:00 am	<i>Nissan 17</i> 30 Short Story group 11:00 am	<i>Nissan 18</i> 31 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am			

3980 Sonoma Springs Avenue  
Las Cruces, NM 88011

Phone: 575.524.3380  
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President:  
Cheryl Decker

Student Rabbi: Sofia Zway

Rabbi Emeritus:  
Lawrence P. Karol

The Temple Beth-El Newsletter is produced regularly at Las Cruces, New Mexico. Editor: Beth Tierney. Copy Editors: James Rosenthal, Tanah Hemingway, Rabbi Larry Karol. Circulation: Cheryl Decker. We welcome Adelante sponsorships by or for Temple members and non-members. Sponsorships can be mailed to the Temple; receipts are provided upon request. We reserve the right to edit all sponsorships. Non-member sponsorships (with no ad) are \$25/year. Annual sponsorship rates are as follows: 2x3 business card \$150; Quarter page \$300; Half page \$600. For information about sponsorships, please contact the Temple Office.

**Temple Beth-El and “Adelante” are on the web at  
[www.tbclc.org](http://www.tbclc.org)**

**March, 2021**



**Temple Beth-El  
3980 Sonoma Springs Avenue  
Las Cruces, NM 88011**