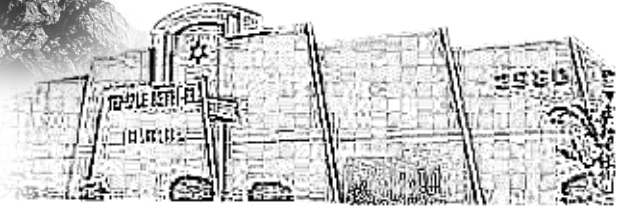




A Monthly Publication for Temple Beth-El,
Las Cruces, New Mexico



MAY 2021 (IYAR-SIVAN 5781)

Temple Beth-El COVID-19 Reentry Plan April 2021

In concert with the Union for Reform Judaism and the Central Conference of American Rabbis, we ground our re-opening policy in the following

Jewish values:

- *Minyan*—Jews worship in community
- *Pikuach Nefesh*—Saving human life is Judaism's highest mitzvah
- *Mipnei seivah takum*—"You shall rise before the aged"-- We must not take actions within our respective communities that would either stigmatize or compromise the health and well-being of the elderly and individuals with preexisting conditions who are considered most vulnerable to Covid-19.
- *Dina d'malchuta dina*—"The law of the land is the law"



Preparation for Safe Return:

- New high-efficiency particulate air (HEPA) filter installed 2020
- Two sanitizing stations installed
- Foot pedals to open bathroom doors installed
- Sanctuary seating rearranged in a socially distant manner
- Entire building has been deep cleaned and sanitized
- Zoom and Facebook platforms remain in place for hybrid gatherings
- Plans in place for consistent deep cleaning and sanitizing
- Staff and volunteer training to be implemented prior to reopening

Considerations for re-opening are grounded in guidelines from the [CDC](#), guidelines mandated by the [Hebrew Union College](#), and characteristics of our local congregation.

- The Centers for Disease Control (CDC) is continuing to discourage medium to large in-person gatherings, even for vaccinated individuals,
- Although many congregational members are vaccinated, not all congregational members have received their vaccines, including our children, who will not be eligible for vaccines until winter 2021/22.
- Our congregation membership includes many who are considered high-risk due to age or medical condition.
- Outdoor gatherings are much safer than indoor gatherings
- Our agreement with the Hebrew Union College-Jewish Institute of Religion, which provides our student rabbi, prohibits congregational singing or reading aloud through May 2022 **indoors**, and also prohibits singing or reading aloud from a distance of less than 30 feet for the worship leader through May 2022

Tentative timeline for reopening

Spring 2021, Phase 1: Open for special outdoor gatherings or meetings, building largely closed

Fall 2021, Phase 2: Begin regular worship and meetings outdoors, hybrid format, combination in person and remote, building used by volunteers and staff for necessities only, no food

Winter 2021, Phase 3: Full programming with minor restrictions

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) to attend

Saturdays–

Talmud Study 9:00 AM

Contact Bryan McCuller (mccullerbryan@gmail.com) to attend

Friday, April 30

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

Saturday, May 1

9:00 am Talmud Study

10:15 am Shabbat Morning Services

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

Parshat Emor

Leviticus 21:1-24:23

Friday, May 7

6:30 pm Family Service for all ages
led by the Temple Beth-El Religious school

Saturday, May 8

9:00 am Talmud Study

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

Parshat Behar-Bechukotai

Leviticus 25:1-27:34

Friday, May 14

6:30 pm Shabbat service *led by Rabbi Sofia Zway*

Saturday, May 15

9:00 am Talmud Study

10:15 am Study session on the Ten Commandments *led by Rabbis Sofia Zway and Brett Kopin*

Parshat Bamidbar

Numbers 1:1-4:20

Monday, May 17

10:30 am Shavuot Morning and Yizkor Service

led by Rabbi Larry Karol

Friday, May 21

6:30 pm Shabbat Service for Renewal of Spirit

led by Rabbi Larry Karol (see page 5)

Saturday, May 22

9:00 am Talmud Study

No Torah Study

Parshat Naso

Numbers 4:21-7:89

Friday, May 28

6:30 pm Shabbat Evening Service
Lay-led

Saturday, May 29

9:00 am Talmud Study

No Torah Study

Parshat Behalotecha

Numbers 8:1-12:16

MAY 2021 (IYAR-SIVAN 5781)**Yahrzeits-April 30, 2021 through June 5, 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, April 30

Tamara Entin (Maxine & William Webber, Jason & Elisha Rosenberg)
 Rabbi Mordechai Langner (Bernice Langner, Leora Zeitlin & Stuart Kelter)
 Dora Kirshner (Bob & Judy Kirshner)
 Hilda Berkeley (Arthur & Lynn Berkeley)
 Ruth Karol (Rabbi Lawrence & Rhonda Karol)
 Stanley Kasten*
 Bessie Rothschild*
 Irving Kallman*
 Sadie Sugarman (Terri Sugarman)
 Frances Klempner (Dee Cook)
 Louis Rashall*

Read on Friday, May 8

Irving Benowitz* (Daniel & Simy Allan)
 Rebecca Bleiberg (Rosalyn Richman & Selma Ryave)
 Harold Deutschman (Ellen & Fred Torres)
 Rae Dorfman* (Harry & Diane Bass)
 Lily Edwards* (Peter & Beth Edwards)
 Beverly Fein (Mark & Stefani Singer)
 Beverly Friedman (Mark & Stefani Singer)
 Shirley Greenberg (Cyrille Kane)
 Mark Herman (Avis & Jeff Lewis)
 Harold Kane (Cyrille Kane)
 Blanche Levine (Frima Marquez, Jeff Marquez)
 Meyer Lieberman (Mike Lieberman)
 Michael Parkes (Ford Parkes-Perret)
 Mollie Segal (Michele & Allen Blum)
 Hana Segen*
 Leland Trafton*
 Nate Wagner*

Read on Friday, May 15

Gertie Davison*
 Nat Dorfman* (Harry & Diane Bass)
 Rebekah Klempner Edelstein* (Dee Cook)
 Gussie Friedman (Mark & Stefani Singer)
 Martin Harris (Nancy & Scott Rushforth)
 Allen Joseph (Susan Brown, Marieka & Jeanne Brown)
 Sidney Kalmanowitz (Sally Sicherman)
 Pauline Rosenberg (Jason & Elisha Rosenberg)
 Alice Ross (Irwin & Barbara Ross)
 Marianne Zeitlin (Stuart Kelter & Leora Zeitlin)

Read on Friday, May 22

Hilda Bortnick (Allen & Eve Palanker)
 Hyman Capin (Sam Klein)
 Wilba Duggin (Cindie Shonk)
 Enid Eytel (Ron & Joyce Mora)
 Cecile Frank (Andrew Frank)

Emanuel Gluck*
 Joel Goldsteen (Rob Goldsteen & Anne Weinberg)
 Jennie Greenfield*
 Simmie Greenfield*
 Rabbi Gerald M Kane (Cyrille Kane)
 Harriet Mandel (Michael & Barbara Mandel)
 Florence Poel (Martin Poel)
 Charles Roselinsky (Lynn & David Zeemont)
 Shirley Ruttenberg (Ellen & Fred Torres)
 Irving Schindler (Lynn & David Zeemont, Robert Zeemont)

Read on Friday, May 29

Rita Berger (Lila Ziegler)
 Michael Bruder* (Pearie & Ron Bruder)
 Carl Caplan (Betty & Steven Rosse)
 Michael Max Cohen (Richard & Darlene Goldberg)
 Esther Edelstein Berlin* (Dee Cook)
 Sarah Eskin (Linda Kruger)
 Jerry Gardner (Brenda & Arlon Parish)
 Doris Kirshner* (Bob & Judy Kirshner)
 Luba Klaitman (Rita Polsky)
 Dorothy Schlisman* (Suzanne & Norman Mazer)
 Doris Schroeder (Dia Taylor)
 Leonard Sicherman (Sally Sicherman)
 Ben Silberman (Cyrille Kane)

Read on Friday, June 5

Jerome Batkin* (Mike Batkin)
 Richard Batkin* (Mike Batkin)
 Christina Griffasi (Deborah Lee Thuman & James Jaworski)
 Aaron Hyman* (Michael & Stacey Hyman)
 Ruben Kasten*
 Miriam Kuznekoff* (Chuck Kuznekoff)
 Anna Weinglass (Teddy Weinglass)

Temple Beth-El offers condolences to:

Phil Alkon, whose cousin, Gavriel Cohen, died on April 9.
 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.



Dear Temple Beth-El community,

I am so grateful and delighted to be able to share with you the news that I will be staying on as your student rabbi for another year! I have felt so blessed this past year by this wonderful community - by your wisdom, your passion, your humour, your soulfulness and your generosity of spirit. From the beginning, I was so blown away by how each of you in this community show up for one another - and I am so grateful that you have shown up for me, too, as I learn how to be the best rabbi I can be. Despite the challenges of Covid, we have continued to learn, pray, celebrate and grieve together with full hearts - what a year it has been!

Brett and I are excited to continue the journey with you next year, and I look forward to continuing to build this wonderful community. As we look towards next year, I also welcome your participation: share with me your vision and dreams for this community. What kinds of programmes and projects would you like to see happen next year? Feel free to let me know by email (studentrabbi@tbcl.org) or we can set up a time to discuss.

Looking forward to a new year together, and Please God, in person!

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

Or

David Decker—575-556-4056,
deckerdavid28@gmail.com

At this time, the Wednesday morning Breakfast club is without a coordinator.



© Can Stock Photo

If you would like to see it continue, and can contribute your time to the effort, please contact Cheryl

(doubledeckerohio@msn.com,
575-640-9559)

or

Phil Alkon (philipalkon@gmail.com,
575-524-6945)

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
- Luke Duddridge—727-204-6086
LCDuddridge@hotmail.com
- David Decker—575-556-4056
deckerdavid28@gmail.com

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

“Lech I-cha” (Go Forth)

Shabbat service for Renewal of spirit

May 21 at 6:30 PM

Please join us for a very special service as Rabbi Larry and Rhonda Karol prepare to “go forth” from Las Cruces, New Mexico.

Rabbi Karol will lead this service to celebrate the 40th anniversary of his rabbinic ordination on the Jewish calendar (by Torah portion). Congregants will participate, and Rabbi Larry and Rhonda Karol will offer a D’var Torah on the Priestly Blessing/Birkat Kohanim to mark our respective transitions.



“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 or call me at 640-3292. Hope to hear from you. —Jim Rosenthal



Dear Temple Beth-El Friends,

The next few months may be a bit uncertain. As we move into summer, we will be without rabbinical leadership. Rabbi Karol and Rhonda are moving, although they will be with us for a special service Friday night, May 21. After Rabbi Sofia Zway and Rabbi Brett Kopin lead a study on the Ten Commandments on May 15, Rabbi Sofia also won’t join us on a regular basis again until mid-August.

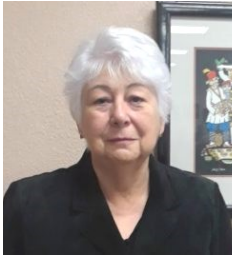
We will have lay-led services with families helping out with the family service, and congregants leading services on Friday nights. We may or may not also have some special themed services or guest leaders. Bryan McCuller will continue to lead Talmud Study at 9 a.m. on Saturdays, but we aren’t certain about Saturday morning Torah Study, which was led by Rabbi Sofia or Rabbi Karol in the past. The Religious Practices Committee will hold meetings to address some of the challenges in the coming months, including when and if we should hold services in person. The latter is an issue that ultimately will be decided by the temple board.

As someone said, it’s been amazing how we’ve continued to hold services every Friday night without exception during the past year, and we’ve managed to hold on to our sense that we are a community, although on Zoom, it sometimes looks like the opening of the Brady Bunch! We’ve laughed and cried on Zoom and we’ve been there for each other even when we couldn’t be there in person.

It’s going to be an exciting and challenging time ahead. Hopefully next summer we’ll have a full-time rabbi. In the meantime, please have patience as we navigate the next few months.

Sincerely,

Cherri Hudson-Brown, chair, Religious Practices Committee



Dear Friends:

An important way to ensure that Temple Beth-El is continually improving and strengthening itself is by gaining your perspective. We are thrilled to be taking part in the launch of a synagogue survey coordinated through Measuring Success as part of our Union for Reform Judaism membership. We are one of over 100

congregations to participate in the project thus far.

The purpose of the synagogue survey is to:

- Help us understand the priorities and needs of our community
- Create local/national benchmarks against which to measure ourselves
- Provide input into the process of continuous synagogue improvement and planning

You will soon receive an email inviting you to take the survey that begins on May 3 and runs through May 25. I want to stress the importance of your participation. Our goal is a 100% response rate to ensure that we hear all voices from our community. The data collection, analysis, and reporting will be handled by an independent third party, Measuring Success, a consulting firm that works with Jewish organizations to develop tools to measure performance and enact positive change.

Measuring Success will conduct the survey and handle all of your survey responses confidentially. Temple Beth-El will receive an aggregate report of the results and will not have access to individual survey responses. We need a minimum of one adult responding per household.

However, it is important to us to gather the opinions of everyone in our community and we hope that each adult in a household completes the survey on his or her own.

We encourage you to tell us what you think we're doing right, what we can improve on, and what is important to you. Your input is valuable, and we fully intend to act upon the results of this survey. If you don't tell us, we'll never know!

Thank you in advance for your participation in this important project. Please keep an eye on your email in the next couple of weeks for an invitation to the synagogue survey.

Sincerely,
Cheryl Decker, 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 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.

celebrating our Simchas

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

Rose Jacobs
Avis Lewis
Barbara Ross
Fred Torres
Jacob Saltman

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

Karen & Mike Currier
Stacey & Mike Hyman
Carla & Bob Libby
Susan & Patrick Quinn

We would love to have more names on 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.

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.

MATZO BALL OPEN

Good news! The 8th annual Matzo Ball Open has been scheduled for October 10th, 2021 at Picacho Hills Country Club.



The tournament will be a four-person best ball team scramble and there will be special events for both men and women. Picacho Hills is building a new outdoor event center so all activities, including raffle and dining will be outside. If you would like to play or volunteer to work on the committee, please contact Lynn Zeemont at mudjob@aol.com. We are also seeking items to be donated for the raffle.

In addition to being a fundraiser for TBE, we also select a charitable entity as a recipient of a portion of our MBO incoming funds. So, if you have any suggestions as to whom we should partner with, please let Lynn know.

As always, *Matzo Ball soup will be served.*

Temple Beth-El Board of Trustees Meeting Summary– April 15, 2021

- The Building and Grounds committee is working on a couple of projects.
 - * Getting automatic door openers for the restrooms
 - * Redoing the playground area at the temple, replacing grass with Crusher Fines and adding a soccer net, and replacing mulch under playset.
- Mensch club has resumed biweekly breakfast gathering. The Mensch Club enjoys going on outings together, they assist with Temple upkeep, and with many of the events that are held in the temple.
- Religious Practices has been busy, planning for services and coordinating lay leadership and Rabbinic scheduling.
 - * The Temple Board voted unanimously to join Temple Mount Sinai and possibly other congregations in sponsoring a pre-Rosh Hashanah concert by Julie Geller, via Zoom. The cost to the temple will be at most \$450. The concert will take place on Sunday September 5, 2021 at 1 PM.
 - * Rabbi Sofia will lead services in May on the 14th.
 - * Rabbi Karol will lead a Shavuot and Yizkor service on Monday, May 17th.
- Transition Team update:
 - * Our congregation will be taking part in a survey by the URJ, and will be asking congregation members to take part. This will help us better understand who we are as a Jewish community and is especially important in this transitional period before we begin a Rabbi search.
 - * We will also have more focus groups, set to begin after the URJ survey period. Five meetings are planned.
- The temple directory is being redone, it is in the hands of the administration.
- Plans are developing for a Father's Day pastrami and sweets drive-through event at the temple.
- Members of the Board are preparing for the Annual Meeting, scheduled for May 13th, via Zoom.

Tikkun Olam Opportunities *Giving to and volunteering at Casa de Peregrinos & El Caldito*

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.

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 April 24, 2021

General Operating Fund:

Robert and Carla Libby, in memory of Marvin Siegel
 Jeff and Avis Lewis, in memory of Rita Herman
 Michael and Barbara Mandel, in memory of Andy
 Williamson and Abe Pomerantz
 Dee Cook, in memory of Frances Klempner
 Harry and Diane Bass, in memory of Louis Bass, Ida
 Bass, and Abe Pomerantz

Temple Beth-El Youth Fund:

Evelyn and Murray Bruder, in memory of Max and
 Michael Bruder

Irving Batkin Memorial Scholarship Fund:

Allen Blum, in memory of Saul Blum

Rabbi's Discretionary Fund:

Jerry and Jodie Nachsion, in memory of Ida Desgund
 Nachison
 Dan Tapper, In memory of Isador Edward Tapper

Rabbi Gerald M. Kane Fund:

Julie Seton, in memory of Daniel Seton Barber

Social Action Fund:

Shelly and Jerry Silverman, in memory of Stuart
 Fleishman and John France
 Peter and Sharon Dorfman, in memory of Norma
 Dorfman

Biblical Garden Fund:

Gary and Alison Man, in memory of John France

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
 discuss including Temple Beth-El in your estate.

Gail Braverman is a Board Member at Temple Emanu-El in San Diego. Gail writes Community Corner, for her synagogue's monthly newsletter and has graciously offered to share her column with us. She is a Marriage & Family Therapist, Certified Transition Writing Specialist and Amherst Writers & Artists Writing Workshop Leader

RESILIENCE

By Gail Braverman, M.A., LMFT, and Temple Board Member

Resiliency is the latest hot topic, the word highlighted in articles and books during this time of crisis.

There are many definitions of resiliency. Basically, resiliency is the capacity to recover quickly from difficulties. Some say it's the ability to 'bounce back.'

Resiliency is obvious, dramatic and inspirational when someone 'bounces back from an illness,' or an accident, or after having suffered a loss. What is not as obvious are the common, everyday acts of resiliency we do over time.

Resiliency is a skill we build. It is something we need to practice and repeat, just like learning to play the piano, riding a bike or running a marathon. We get better at something by practicing. What you practice grows stronger.

Resiliency has a lot in common with rituals. If repeated, they strengthen and sustain us.

Most of us probably don't think about resiliency in the context of our daily lives. We do things automatically without thinking too much about them. The extraordinary resides in the ordinary. Each time we do something we don't want to do like cleaning a toilet or making dinner, or attending a funeral, in some small undramatic way we are doing the thing that strengthens our capacity to grow through adversity. It's money in the bank for some future time when we're going to need to make a withdrawal.

We build our resiliency muscle when we listen deeply and talk honestly to each other about hard things, things that cause us pain. When we support others who have lost a job, are going through chemotherapy, or a divorce, we are building our resiliency muscle.

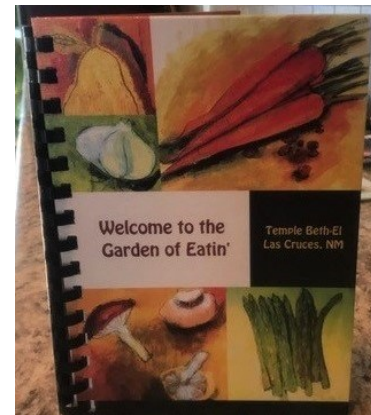
When we recall those who have gone before us and whose shoulders we are standing on, we build our resiliency muscle. Persevering through challenging circumstances may help us see ourselves and life with new eyes.

Today's Practice: Talk to a friend or family member and share your resiliency stories.

Reflection: Today I will look for resiliency in the ordinary.

Temple Beth-El Cookbook "Welcome to the Garden of Eatin'"

\$15, Cash or Check



**Contact Francine Feinberg for
copies**

fefeinberg@gmail.com or

414-331-3306

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, Lag B'Omer bonfires, recipes, 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 June 2021 Adelante is May 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



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. 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

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

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 collectable figures
- Mounted photographs

All items priced at 80% of going rate

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

Moving Sale

Our plans to move in early June are going forward. Some of our current furniture will not fit into our new living space, so we are selling the following items:

- A side table with a glass top
- A cocktail table with a glass top.
- One L-shaped blue suede sofa with queen pull-out bed.
- One twin day bed with sheet and comforter set.
- One small dresser.
- One low white bookshelf.
- One TV stand.

The items will be available during the last week of May. We are happy for you to call (*Home: 575-652-4507/Cell: 785-554-5438*) to see any item in which you may be interested.

Rabbi Larry and Rhonda Karol



Tanah Hemingway

(575) 524-4329

most nights

P.O Box 16318

Las Cruces

NM 88004

Editing:

Books, scientific papers, theses, dissertations

Technical documents of all sorts.

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



Ron Bruder

ASSOCIATE BROKER

ronbruder@topproducer.com

Cell: 575-312-7330

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Steinborn & Associates
Real Estate

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MAY 2021

ALL EVENTS BY ZOOM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Iyar 19 1 Talmud Study 9:00 am Shabbat morning Service 10:15 am Torah Study 11:15 am with Rabbi Sofia
Iyar 20 2 Religious School 9:30 am	Iyar 21 3 Short Story group 11:00 am	Iyar 22 4 Short Story group 11:00 am	Iyar 23 5 Tanakh Study 10:15am	Iyar 24 6	Iyar 25 7 Religious School Family Shabbat Service 6:30 pm	Iyar 26 8 Talmud Study 9:00 am Torah Study with Rabbi Karol 11:00 am
Iyar 27 9 Religious School 9:30 am <i>Mother's Day</i>	Iyar 28 10 Short Story group 11:00 am	Iyar 29 11 Short Story group 11:00 am	Sivan 1 12 Tanakh Study 10:15am	Sivan 2 13 TBE Annual Meeting Time TBA	Sivan 3 14 Shabbat Service led by Rabbi Sofia 6:30 pm	Sivan 4 15 Talmud Study 9:00 am Study of the Ten Commandments with Rabbis Sofia Zway and Brett Kopin 10:15 am
Sivan 5 16 Religious School 9:30 am <i>Erev Shavuot</i>	Sivan 6 17 Shavuot Morning and Yizkor Service led by Rabbi Karol 10:30 am NO Short Story group	Sivan 7 18 Short Story group 11:00 am	Sivan 8 19 Tanakh Study 10:15am	Sivan 9 20 Board Meeting 6:00 pm	Sivan 10 21 Shabbat Service for Renewal of Spirit led by Rabbi Karol 6:30 pm	Sivan 11 22 Talmud Study 9:00 am No Torah Study
Sivan 12 23 Last day of Religious School 9:30 am	Sivan 13 24 Short Story group 11:00 am	Sivan 14 25 Short Story group 11:00 am	Sivan 15 26 Tanakh Study 10:15am	Sivan 16 27	Sivan 17 28 lay-led Shabbat Service 6:30 pm	Sivan 18 29 Talmud Study 9:00 am No Torah Study
Sivan 19 30	Sivan 20 31 Short Story group 11:00 am <i>Memorial Day</i>					

3980 Sonoma Springs Avenue
Las Cruces, NM 88011

Phone: 575.524.3380
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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**

May, 2021



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