

5783 January/February 2023

Beth El Bulletin



NINA MANDEL
RABBI

[HTTP://WWW.BETH-EL-SUNBURY.ORG](http://www.beth-el-sunbury.org)

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vicepresident@beth-el-sunbury.org

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Sunbury, PA 17801
570 939-7155
treasurer@beth-el-sunbury.org

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Anna Beth Payne	Sharon Simone
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*Past presidents are also members of the board of directors.

Rabbi

Nina H. Mandel
570-286-1490
rabbi@beth-el-sunbury.org

Standing Committees

Membership

Benita Kolmen-Solomon Edye Newman

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Leslie Harris - Chair	
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Elayne Sobel	David Marateck
Steve Irwin	Meeshel Tarsa
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Michael Wolfberg - Chair

Cemetery and Memorial

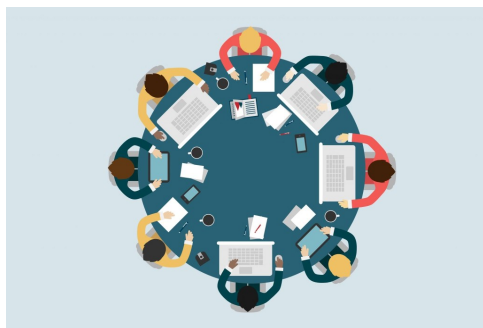
David Marateck - Chair
Norman Rich

Tikkun Olam

Jen Bayer -Chair

REFLECTIONS FROM THE RABBI

Following my recent trip to Israel and the Palestinian Territories, I reflected on the bravery of the individuals we met. They are women and men who have every reason to be fearful, angry, and resentful towards the people they see as their enemies. However, they have chosen to work for the restoration of justice, safety, and human rights for everyone in the land; and a commitment to do so through non-violent, legal means. One of the organizations I have been in contact with for several years is called (in English) Roots. It is a collaboration between Palestinians and Jewish Israelis, committed to living and working off the land as neighbors. A sign in their office says, in Hebrew, Arabic, and English: "We refuse to be enemies." The commitment to not giving up on our ideals is a difficult one to maintain. However, if we do not find a way to stay the course, we end up becoming the enemy which we cannot face.



Tzedakah

Nelson and Virgen Acevedo
Anonymous
Bev Bayer
Bev Bayer
Sheldon and Frances Bernstein

Susan Bernstein

Nicholas and Joan Brabander

David Connuck and
Bonnie Anne Salbert

Richard Daniels and
Barbara Parker Bell

Richard Daniels and
Barbara Parker-Bell

David Diehl and Mia Nicolai Diehl
William and Linda Dworsky
Nevin Fiedler

Seth and Reggie Gazes
Mike and Cara Glazer
Morton and Evelyn Hershman
Barbara Kolmen
Barbara Kolmen
Barbara Kolmen
Barbara Kolmen
Barbara Kolmen
Jim and Luda Lavine

Gail Levinsky
Marc Lichtenfeld and Jen Bayer
Marc Lichtenfeld and Jen Bayer
Marc Lichtenfeld and Jen Bayer
Marc Lichtenfeld and Jen Bayer
David and Betsy Marateck
David and Betsy Marateck
David and Betsy Marateck

High Holiday Donation
Operating Fund Donation
Dues rounded up
L'Dor V'Dor Capital Campaign
High Holiday Donation IMO Jack &
Marguerite Bernstein, Blanche
Bernstein, and Arthur Spector
Rabbi's Discretionary Fund
(IMO Walter Hershman)
High Holiday Donation IMO Nettie &
Hyman Amdurer
Dues rounded up

Endowment Fund

High Holiday Donation

Dues rounded up
IMO Walter Hershman
Rabbi's Discretionary Fund
IMO Herman and Beverly Fiedler
Dues rounded up
Rabbi's Discretionary Fund
Good Yontif Bakery - Rosh Hashanah
Building Maintenance Fund
Cemetery Fund
L'Dor V'Dor Capital Campaign
Rabbi's Discretionary Fund
Rabbi's Discretionary Fund (Fire Fund)
Rabbi's Discretionary Fund
Good Yontif Bakery - Rosh Hashanah
High Holiday Donation
IMO Marty Bayer
IMO Jackie Sallade
L'Dor V'Dor Capital Campaign
Good Yontif Bakery - Rosh Hashanah
Rabbi's Discretionary Fund (Fire Fund)
Rabbi's Discretionary Fund
(The Takery)



**Thank you for your donations to
Congregation Beth El...**

Congregants' Corner

Shabbat Recipe

Dafina, Slow-Cooked Moroccan Stew

Ingredients

- 2 lbs flanken meat, on the bone
(flanken is short ribs cut across the bones)
- 4 pieces chicken, on the bone
- 12 large red potatoes, peeled
- 2 cans chickpeas, rinsed
- 4 eggs (in the shell)
- 4 pitted dates
- 1 tbs salt
- 1 tsp pepper
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp honey
- 1 tsp cinnamon
- 3-4 garlic cloves
- 2 Tbsp of olive oil



Directions

Arrange the chickpeas on the bottom of the crockpot. Add the potatoes around the interior walls of the crockpot. Place the meat, chicken, eggs and pitted dates in the center.

Add all of the spices and mix very well but gently as to keep each ingredient in it's place. Pour in enough water to cover everything. The top of the water should hit around 1/4" above the ingredients.

Set the crockpot at a medium temperature and set to cook for 24 hours. Sephardic tradition is to not add any water, even boiling, to the crockpot on Shabbat.

Tevet 5783

January 2023

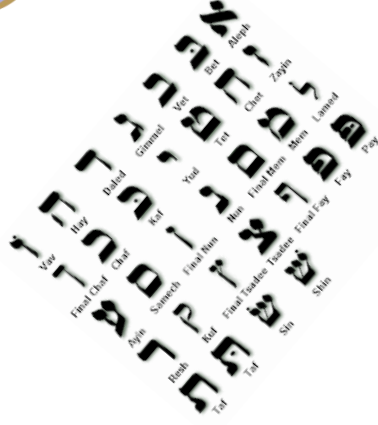
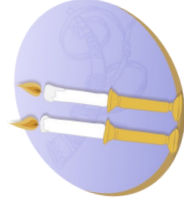
Shevat 5783

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Tevet 8	Tevet 9	Tevet 10	Tevet 11	Tevet 12	Tevet 13	Tevet 14
HAPPY NEW YEAR!						
8	9	10	11	12	13	14
Tevet 15	Tevet 16	Tevet 17	Tevet 18	Tevet 19	Tevet 20	Tevet 21
15	16	17	18	19	20	21
Tevet 22	Tevet 23	Tevet 24	Tevet 25	Tevet 26	Tevet 27	Tevet 28
22	23	24	25	26	27	28
Tevet 29	Shevat 1	Shevat 2	Shevat 3	Shevat 4	Shevat 5	Shevat 6
	Rosh Chodesh					
29	30	31				
Shevat 7	Shevat 8	Shevat 9				

Happy
New
Year

January Calendar of Events

- 1/6: Shabbat Service, 8pm
- 1/8: Hebrew School resumes, 9:30am
- 1/8: Second Sunday Social Club, 1pm
- 1/13: Shabbat Service, 8pm
- 1/15: Hebrew School, 9:30am
- 1/20: Shabbat Service, 8pm
- 1/22: Hebrew School, 9:30am
- 1/27: Shabbat Service, 7pm
- 1/29: Hebrew School, 9:30am



Shevat 5783

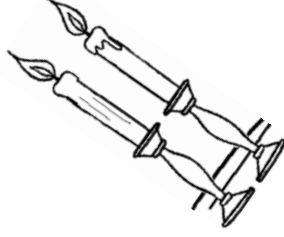
February 2023

Adar 5783

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
			Shevat 10	Shevat 11	Shevat 12	Shevat 13
5	6	7	8	9	10	11
Shevat 14	Shevat 15	Shevat 16	Shevat 17	Shevat 18	Shevat 19	Shevat 20
12	13	14	15	16	17	18
Shevat 21	Shevat 22	Shevat 23	Shevat 24	Shevat 25	Shevat 26	Shevat 27
19	20	21	22	23	24	25
Shevat 28	Shevat 29	Shevat 30	Adar 1	Adar 2	Adar 3	Adar 4
		Rosh Chodesh	Rosh Chodesh			
26	27	28				
Adar 5	Adar 6	Adar 7				

Februray Calendar of Events

- 2/3: Shabbat Service, 8pm
- 2/5: Hebrew School, 9:30am
- 2/10: Shabbat Service, 8pm
- 2/12: Hebrew School, 9:30am
- 2/12: Second Sunday Social Club, 1pm
- 2/17: Shabbat Service, 8pm
- 2/19: Hebrew School, 9:30am
- 2/24: Shabbat Service, 7pm
- 2/26: Hebrew School, 9:30am



S h u l H o u s e R o c k s !

Tzedakah (Cont'd)

Paul and Edye Newman
 Norman and Phyllis Rich
 Norman and Phyllis Rich
 Matthew and Sharon Silberman
 Matthew and Sharon Silberman
 Matthew and Sharon Silberman

Sharon Simone
 Elayne Sobel
 Elayne Sobel
 Tom Solomon and
 Benita Kolmen-Solomon
 Tom Solomon and
 Benita Kolmen-Solomon
 Philip and Renee Sosland
 Philip and Renee Sosland
 Philip and Renee Sosland
 Ian and Vickie Speck
 Fred and Karen Teichman
 Michael and Laura Wolfberg

Dues rounded up
 Building Maintenance Fund
 Rabbi's Discretionary Fund (Fire Fund)
 Good Yontif Bakery - Rosh Hashanah
 Rabbi's Discretionary Fund (Fire Fund)
 Rabbi's Discretionary Fund
 (IMO Walter Hershman)

Dues rounded up
 Dues rounded up
 IMO Allan Sobel and Walter Hershman
 L'Dor V'Dor Capital Campaign

Rabbi's Discretionary Fund (Fire Fund)

Dues rounded up
 For the Website
 L'Dor V'Dor Capital Campaign
 Dues rounded up
 Good Yontif Bakery - Rosh Hashanah
 Dues rounded up



**Thank you for your donations to
 Congregation Beth El...**

DUES

You can now pay your dues automatically.

Go to

<https://www.beth-el-sunbury.org/ach>
 for more information.



Thank You!

January Yahrzeit



Archie Irwin	8	Tevet	1/1
Fannie Friedman	9	Tevet	1/2
Max Kaufman	9	Tevet	1/2
Manny Marks	11	Tevet	1/4
Shirley Diamond	12	Tevet	1/5
Sidney Koch	13	Tevet	1/6
Anabelle Schultz	13	Tevet	1/6
Israel Heyman	15	Tevet	1/8
Barney A. Friedman	17	Tevet	1/10
Ruth Newman	19	Tevet	1/12
Mildred Osterweil	20	Tevet	1/13
Arnold Sukenik	20	Tevet	1/13
Sylvia Glazer Green	22	Tevet	1/15
Ida Seidler	22	Tevet	1/15
Harry D.Zabitz	22	Tevet	1/15
Margot Boraks	23	Tevet	1/16
Abraham Kornsweet	23	Tevet	1/16
Ellen Cohen	24	Tevet	1/17
Sharon Glazer	24	Tevet	1/17
Sonia Kornsweet	25	Tevet	1/18
Max Schneider	25	Tevet	1/18
Rona Seider	25	Tevet	1/18
Selma Grossberg	26	Tevet	1/19
Henrietta Rubenstein	26	Tevet	1/19
Samuel Adler	27	Tevet	1/20
Max Kronberg	27	Tevet	1/20
Mable Klick	29	Tevet	1/22
Frances Goldman Ross	1	Shevat	1/23
Evelyn Stoler Bernstein	2	Shevat	1/24
Robert Heyman	2	Shevat	1/24
Israel Katuna	3	Shevat	1/25
Stuart Newman	3	Shevat	1/25
Jay Bloom	5	Shevat	1/27
Alise Steinberg	5	Shevat	1/27
Jeremy Haimes	7	Shevat	1/29
Samuel Riemer	7	Shevat	1/29
Edna Bernstein	8	Shevat	1/30
Roslyn Harris	8	Shevat	1/30
Pearl Nach	8	Shevat	1/30
Bernard Salesky	8	Shevat	1/30
Selma Silberman	9	Shevat	1/31

February Yahrzeit



Hannah Kaufman	10	Shevat	2/1
Ralph Harris	13	Shevat	2/4
Edith Schwartz	13	Shevat	2/4
Minnie Levy	14	Shevat	2/5
Richard A Solomon	14	Shevat	2/5
Henry Charles	15	Shevat	2/6
Max B.Friedman	16	Shevat	2/7
Celia Apfelbaum	17	Shevat	2/8
Joseph Klick	17	Shevat	2/8
Lillian Buntman	18	Shevat	2/9
William Fehr	19	Shevat	2/10
Morris Gubin	19	Shevat	2/10
William Haft	19	Shevat	2/10
Ida Wolfberg	19	Shevat	2/10
Selma Hartman	20	Shevat	2/11
Joseph Isaac Kolmen	21	Shevat	2/12
Lillian Shane	21	Shevat	2/12
Daniel Buckler	23	Shevat	2/14
Diane Buckler	24	Shevat	2/15
Morris Rosenblatt	24	Shevat	2/15
Martin Weiss	24	Shevat	2/15
Lily Cohen	26	Shevat	2/17
Abraham Lipkin	26	Shevat	2/17
Jacquie Stiefel	26	Shevat	2/17
Rosalie Hirsch	28	Shevat	2/19
Rose Lev	28	Shevat	2/19
Hedy Rich	28	Shevat	2/19
Joseph Daniels	30	Shevat	2/20
Shirley Kronberg Ross	30	Shevat	2/20
Esther Markley	1	Adar	2/22
Hattie Biow	2	Adar	2/23
Kenneth R Buckler	2	Adar	2/23
Leo Friedman	2	Adar	2/23
Paul Levitan	2	Adar	2/23
Kenneth Nadel	2	Adar	2/23
Naomi Buckler	4	Adar	2/25
Daniel Silverman	4	Adar	2/25
Joan Nach	5	Adar	2/26
Dr. Daniel Solomon	6	Adar	2/27
Philip Newman	7	Adar	2/28
Maxwell Shane	7	Adar	2/28

Those in the First Year of Passing

Walter Hershman

*May their memories be
bound up in the Book of
the Righteous.*



*Remember to kindle the
memorial candle on the evening
before the yahrzeit date.*

Thoughts of Strength

Our voices and minds are joined as a community to ask
for the strength to see our friends and family through
times of sickness and strife. May our thoughts help bring
healing to those in need

Mishaberach List



Gail London

Alan London
Norma Yohai

Harriet Shane

***Please note: Names have been removed from the Mishaberach List if we have not heard from you in over a year. If you would like to add a name, please contact Rabbi Nina:
rabbi@beth-el-sunbury.org*

Please check our website for updates on the
Mishaberach list.





Do you shop on Amazon? Would you like a simple, hassle-free way to donate to Congregation Beth El?

Every time you shop on Amazon at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to Congregation Beth El.

The link below will take you to AmazonSmile and allow you to log in to your account as usual. Once you have logged in you will see “supporting Congregation Beth El” in the left-hand side of the banner. You only have to do this once, and then Amazon remembers your charity of choice.

<https://smile.amazon.com/ch/27-0108696>

All your purchases are kept private; Congregation Beth El does not get any history of your transaction. We are only informed of the proceeds deposited into our account once each quarter.



Beth El Bulletin Sponsors

We hope you are finding the bulletin informative and entertaining. The congregation's bulletin has a long history. Over the years and across decades it has served as an engine to inform the Beth-El community of temple events as well as the comings, goings, arrivals and passings of our friends and neighbors in our small but vital Jewish community.

Stretching back through the years, the Congregation Beth-El Bulletin has been edited by members who have given their time, and a little bit of sweat, dedicated to the task of keeping our temple family informed and involved. The current editorial staff hopes that with this incarnation of the temple bulletin we live up to the good work of our predecessors. Let us know what you think.

We would also like to invite businesses and individuals interested in sponsoring the bulletin to contact us.

You can also see the current bulletin as well as archived issues on our website.

Support

Congregation Beth El appreciates your generous support. We look forward to your continued involvement and interest in our community. Any and all donations are tax deductible; a receipt will be furnished for your records. It is possible to donate stocks to the synagogue, and you can get additional tax benefits by donating directly from your IRA.

Should you feel the desire to contribute, please fill out the form below, and mail it to:

**Congregation Beth El
PO Box 506
249 Arch Street
Sunbury, PA 17801**

Name: _____

Address: _____

Phone: _____

I would like my contribution to go to the following account:

- | | |
|---|--|
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| <input type="checkbox"/> Endowment | <input type="checkbox"/> Visiting Scholars |
| <input type="checkbox"/> Hebrew School | <input type="checkbox"/> Bulletin/Printing |
| <input type="checkbox"/> Cemetery Fund | <input type="checkbox"/> The Library |
| <input type="checkbox"/> The Rabbi's Discretionary Fund | |

Donation in honor/memory of:

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