

# Temple Beth El Bulletin

Volume 53 Issue 1 (bi-monthly)

January-February 2026

Tevet/Shevat/Adar 5786



TEMPLE ROCK 2026

# TROP ROCK

CELEBRATING OUR TBE COMMUNITY

**Saturday, February 7, 2026  
at 7 p.m.**

Tiki Bar

Tropical Oasis Buffet

Paradise Auction

Island Chic Attire

Salsa and Soul Dancing

<https://tinyurl.com/tbetr2026>



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**High Holy Days Food Drive**

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**Ritual Committee**

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**Social Action/Tzedek Committee**

Debra Adler-Klein .....	203-253-1664
Elissa Garber Hyman.....	203-979-0294

**OUR STAFF IS MOST EAGER TO ASSIST YOU****Monday-Thursday, 9am-5:00 pm | Friday, 9am - 2:00pm****Phone: 203-322-6901 Fax: 203-322-0532**

Michael Knopf, Senior Rabbi (rabbiknopf@tbe.org)	ext. 307
Katie Kaplan, Cantor (cantor@tbe.org)	ext. 315
Erica Newman, Executive Director (execdir@tbe.org)	ext. 304
Leo Linder, Director Keshet Beth El (eddir@tbe.org)	ext. 305
Gerry Ginsburg, Associate Rabbi (rabbiginsburg@tbe.org)	ext. 300
Joshua Hammerman, Rabbi Emeritus (joshuah@tbe.org)	
Linda Rezak, Bookkeeper (lindar@tbe.org)	ext. 302
Mindy Rogoff, Temple Secretary (office@tbe.org)	ext. 301
Rad Vazquez, Facilities Manager (maint@tbe.org)	ext. 314

## MICHAEL ROSE KNOPF, SENIOR RABBI

Earlier this month, I was blessed to travel with over thirty TBE members through Georgia and Alabama on a Civil Rights Journey with Etgar 36. The word *etgar* means “challenge” in Hebrew — and from the very beginning, it was clear that this journey would not be a sightseeing trip or a nostalgic pilgrimage. It would be an encounter: with history, with memory, with our country, and with ourselves.



In our pre-trip learning session, we began by dismantling one of the most persistent myths about the Civil Rights Movement: that it was exclusively a Southern story. Yes, the injustice of segregation was most explicit below the Mason-Dixon line. But Connecticut has its own deep and unhealed history of slavery, redlining, school segregation, housing discrimination, inequitable policing, and racialized economic disparities. That history is, to paraphrase Faulkner, not past. It is present, etched into neighborhood boundaries, school districts, health outcomes, and family wealth.

And we also wrestled with our own Jewish community's place in this history. Many of us grew up with a simple and proud story of Jewish involvement in the Civil Rights Movement: rabbis marching arm-in-arm with Dr. King, young Jewish activists risking their lives, legal advocates pushing for change. That story is partly true — and worthy of pride. But it is not the whole story. As our trip leader reminded us, “There were Jews on both sides of the Edmund Pettus Bridge.” Some fought for justice; others resisted it. Some were courageous; others were cautious or complicit. Ours is a mixed record — as human stories usually are.

So even before we boarded the bus, we named three truths that became touchstones throughout our journey: The story isn't only Southern. It isn't only history. And we Jews were and are part of it, for better or worse.

When we finally traveled South, those truths came alive in ways that no article or film can fully convey. We walked across the Edmund Pettus Bridge, following in the footsteps of brave voting rights marchers, once again discovering that courage is often the work of ordinary people choosing extraordinary risk. We traced the journey of Rosa Parks, which encompassed not merely one courageous act of civil disobedience, but rather a lifetime of activism. We spent hours in the Legacy Museum and the National Memorial for Peace and Justice, where the legacy of slavery, lynching, segregation, and mass incarceration confronts you not as an abstract concept, but as human lives and human suffering that demand moral accounting.

We met people whose stories forced us to see the civil rights movement not as something frozen in the past but as a living, breathing moral struggle that continues in every American city, including our own. We wrestled with the deep discomfort of what it means to be citizens of a country still shaped by racial injustice — and to be Jews who carry our own complicated history with race in America, pushing

*Continued on page 4...*

## KATIE KAPLAN, CANTOR

### Ways to Keep Warm this Winter

Many of you may know that winter is not my favorite season and if there is one thing that I am particularly not fond of, it is being cold. Some of you might ask, “But didn't you grow up in Vermont?” And that is when I would answer, “Yes, and I used up all my tolerance for the cold in the first 18 years of my life.” So, I thought it would be fun as we turn the corner into the secular New Year, to come up with a list of ways to keep warm this winter.



1. Drink a hot beverage of tea, coffee, or cocoa and warm up by holding the cup (call your cantor to join you).
2. Curl up under a blanket and wear warm socks
3. Wrap yourself in a tallit and come to shul
4. Watch the Yule Log on TV (Ok, who doesn't love that thing?)
5. Gaze into the gentle glow of a real fire in a fireplace.
6. Go for a brisk outdoor walk (call your cantor to join you).
7. Phone a friend and have a warm conversation.
8. Be a snowbird and head south for some sunshine.
9. Meditate while thinking about Moses' vision of the burning bush.
10. Sing a prayer about the sun, moon, stars, and heavens - El Adon is a good one for that.
11. Take a bath with Epsom salts and essential oils - a mikvah for your soul.
12. Go to the JCC and sit in the sauna or steam room.
13. Listen to Vivaldi's Four Seasons, but only listen to Summer.

Come to services and enjoy the warm embrace of our congregation at Temple Beth El

If you have other suggestions for ways to warm up this winter, please send them my way at [cantor@tbe.org](mailto:cantor@tbe.org) Truly, the invitation to join me for a hot beverage of your choice always stands and we can pair it with warm conversation and support.

Stay warm and have a Happy Secular New Year!

*Cantor Katie Kaplan*

CHECK US OUT ON  
**facebook**

[facebook.com/tbestamford/](https://facebook.com/tbestamford/)



ourselves to ask not only *who we were then*, but also *who we want to be now*.

Relationally, the journey was equally powerful. Traveling together — praying, processing, crying, laughing on the bus, sharing meals and late-night conversations — enabled us to create a real community. I loved the time I got to spend with our group: seeing how seriously people took the learning, how vulnerable folks were willing to be, how much care they showed for one another. We didn't always agree, but we stayed in it together. That was one of my hopes for the trip: not only more knowledge, but deeper relationships — the kind of relationships that can sustain the long-term moral and spiritual work that is at the heart of TBE's purpose.

On our final day, our tour leader, Billy — a lifelong teacher and mentor who has had a profound influence — gave each of us a small button reading simply: "Give a Damn."

It's blunt, yes — but as Billy explained, it's also deeply Jewish. Our tradition acknowledges that none of us is likely to repair the world on our own, or all at once. But we do have to care enough to act: "It is not upon you to finish the work, but neither are you free to desist from it," remind the sages of the Mishnah.

What does that mean for us at Temple Beth El? I think it looks like at least three things:

### Reflection and Storytelling

We need to keep talking about what we saw and felt — not only within our group, but with the larger congregation. In the coming months, we'll create opportunities, including a program during Shabbat of MLK weekend, to share our experiences, lift up the voices we encountered, and invite others at TBE into this learning.

### Action for Justice

If we truly "give a damn," it can't stop with words. Our Tzedek Committee is working to engage TBE more deeply in the pressing justice issues right here in Stamford — housing, education, economic inequality, and more. The point is not to reenact the 1960s but to ask: What does justice require of us now, in 2025 and beyond?

### Relationships and Partnership

And finally, we know that lasting change happens in relationship — across lines of race, faith, and experience. A next step for our community will involve building genuine, long-term partnerships with diverse leaders and organizations in Stamford, learning not what we can do for them, but asking how we can walk *with* them.

Our journey South is behind us now, but the real journey — the one that brought us there in the first place — is ongoing. My hope is that we don't file this away as a "powerful experience" and move on, but that we continue to let it unsettle us, disrupt us, deepen us, and ultimately transform us.

May we all continue to heed the message of that blunt and beautiful button: "Give a damn" — and may our caring create real and lasting change.

Rabbi Michael Knopf

### How to Be Happy when Things Are so Rotten



As we step into 2026, we can look back at a year that was, to put it gently, not ideal. It's at times like these that I like to go to one of my "Happy Places." So, on a cold, crisp day in early December, I took a stroll at an inspirational promontory nearby called Meigs Point, which juts into Long Island Sound from Hammonasset Beach. It's a place where hundreds of species come to live, and where enormous piles of boulders, deposited by melting glaciers eons ago, and thousands upon thousands of shelled marine animals have come to lie together for eternity - crushed by the Atlantic tides and waves of human beings.

To read more about why that place makes me happy - and see some gorgeous photos (if I must say so myself), check out my Substack post at <https://rabbijoshuahammerman.substack.com/p/how-to-be-happy-when-things-are-so> (And why not subscribe while you're at it?).

In that posting, I also discuss [one of my favorite sermons, which was on the topic of happiness](#). In that sermon, I shared [ten keys to a life of happiness](#). Here is a sampling. I hope they will help all of us to navigate these hard times with a little more hope.

**Nachman of Bratzlav said, "If you are not happy, pretend to be."**

Even if you are totally depressed, act happy. Genuine joy will follow." This one might leave you skeptical, but Reb Nachman believed that when we activate joy, it ignites a spark inside us, it opens up our aliveness and lets us see the world from a God's eye view. As Rabbi Mark Novak put it, "Putting on a smile is not intended to cover over anything, but to make room for *what is here* — the divine presence — in each breathing, sacred moment. The smile, which leads us to joy, which leads us to wonder, calls upon the child within us to live with curiosity and creativity." **Rabbi Nachman of Bratzlav understood, way before Freud, that sadness can lead to sickness.** Nachman himself struggled deeply with depression. Aristotle called happiness "the chief good," the end towards which all other things aim. And in full agreement, Moses Chayim Luzzato, who in the 18<sup>th</sup> century wrote "*The Path of the Just*," begins the first chapter saying, "The human is created to take pleasure." For him, there was no greater pleasure than seeking closeness with God.

**Laugh your way through the tears.**

Henny Youngman put it in the form of a joke: says "I go to the doctor and the doctor says I have six months to live. I told him I can't pay him. So he gave me six months more." That is the quintessential Jewish joke. We all have six months. We're all up against literally a dead-line. But if we can laugh at it and stand up to it, it will give us a reprieve from the sadness — and that's like bargaining for six months more. What else can we do in the face of death but laugh at it?

**Cultivate He-sed-ic Communities by Caring for Others**

Not Hasidic — but *Hesed-ic*. Communities filled with

Continued on page 20...



## SHABBAT SERVICES

**Friday Night services are held at 7:00 pm**

**Shabbat Morning services are held at 10:00 am**

**Our services may be seen on livestream**

<http://www.tbe.org/tbe-live/>

**All are welcome!**

### CELEBRATE SPECIAL OCCASIONS ON SHABBAT MORNING

Celebrate a birthday with our TBE family! We warmly invite you to celebrate your birthday with the congregation on Shabbat morning. During that service, we will invite you for a celebratory Aliyah. We hope you will share in that joyous moment. If possible, please let us know ahead of time which Shabbat you'll be attending, and we will gladly provide you with an Aliyah at that time. Please also note that we are proud to continue marking special milestone birthdays with personal blessings in addition to this new ritual. If you fall into that category, you may contact Eileen H. Rosner at [rosnereileen@gmail.com](mailto:rosnereileen@gmail.com) to make the appropriate arrangements.

Celebrate an anniversary! On behalf of the entire congregation, we invite you to celebrate your wedding anniversary with the congregation with an Aliyah on Shabbat. If possible, please let us know ahead of time which Shabbat you'll be attending, and we will gladly provide you with an Aliyah at that time.

While it is most certainly not expected, if you would like to elevate your birthday or anniversary celebration and the congregation's joy by helping to sponsor Kiddush on the Shabbat of your Aliyah, we would be most grateful for your generosity. Please call Mindy Rogoff at 203-322-6901, ext. 301 or [office@tbe.org](mailto:office@tbe.org).

### Special Occasion?

**Sponsor the Shabbat Announcements**  
(emailed every Thursday afternoon)

or

**Rabbi Knopf's Shabbat Reflections**  
(emailed every Friday morning)

**Donation of \$118**

**All sponsors will be acknowledged at the top of each of the eblasts and also listed in our bi-monthly Bulletin.**

**Contact Mindy to reserve your date**  
[office@tbe.org](mailto:office@tbe.org)

## WE WELCOME YOU TO JOIN US ON SHABBAT MORNINGS

We warmly welcome you to show up for services on Shabbat in whatever way is meaningful to you. A reminder: you don't have to attend services to come for lunch on Shabbat! Services begin at 10 am, and we get to lunch around 12:15 pm. You can also show up for and/or leave services any time:

- From 10 until about 10:30 am, we sing the joyous and soulful melodies of P'sukei D'zimrah, the preliminary service.
- From about 10:30 to 10:45 am is the morning service, Shabbat (including greatest hits like Shema and the Amidah).
- We take the Torah out at about 10:45 am, and chant from the Torah and Haftarah portions until about 11:30 am.
- The D'var Torah (sermon) takes place around 11:30 am.

Between 11:45 am-12:15 pm, we conclude the service with Musaf, Aleinu, and Adon Olam (we always invite children up to help lead some of these final prayers, and any kid who helps lead gets to pick a prize from the Rabbi's "Tchotchke Chest").

And for those who wish to partake, you are welcome to make a "L'chaim!" with us on a beverage of your choosing (whether alcoholic or non-alcoholic) after services.



### SEEKING SHABBAT GREETERS

Do you like getting a warm "Shabbat Shalom" as you enter shul on Saturday morning?

Our greeting program has been extremely well received. To keep this program going, we need volunteer greeters like you.

For more information Contact Jon Eisenstein at [jon.eisenstein@gmail.com](mailto:jon.eisenstein@gmail.com)

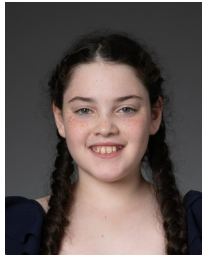
Thanks for helping make Temple Beth El a warm and welcoming place to be.

## B'NAI MITZVAH

January 10, 2026

### VIVIAN KAPLAN

Daughter of Cantor Katie and Eric  
Sister of Ethan  
Attends The Leffell School  
Mitzvah Project: Caring for Animals



January 24, 2026

### MADISON GOICHMAN

Daughter of Mandy Greenberg & Sam  
Goichman  
Sister of Jackson  
Attends King School  
Mitzvah Project: Clips for the Cure



To learn about these Mitzvah Projects visit [Mitzvah Projects - Temple Beth El](#)

## MAZAL TOV TO...

*Laura Markowitz, Stewart Casper and Victoria deToledo on the birth of Remi Drew Usdin born to Allison and Jason Usdin*

*Terry and Asa Hazen on the birth of a granddaughter, Emery Rhodes Hazen born to Emma and Eric Hazen*



Share your family's simcha (engagement, marriage, birth, Bar or Bat Mitzvah of a child or grandchild) and other joyous event. Just contact the TBE office at [office@tbe.org](mailto:office@tbe.org) or 203-322-6901, ext. 301.

## HONORABLE MENSCHEN TODAH RABAH TO OUR TORAH READERS

ABBY ALLEN ★ GAVIN COOPER ★ GODON COOPER  
KAHLA COOPER ★ SLOANE COOPER ★ BARRY ERNER  
RACHEL FRIEDMAN ★ AMANDA GEFFNER  
RABBI GERRY GINSBURG ★ LISA GROVE-RAIDER  
DEVRA JAFFE-BERKOWITZ ★ NEIL KATZ ★ EVAN KAUFMAN  
JONAH KAUFMAN ★ RABBI MICHAEL KNOPF  
CAROL KRIM ★ LEO LINDER ★ NAOMI MARKS  
MATT MILLER ★ SUSAN SCHNEIDERMAN

## THANK YOU FOR SPONSORING KIDDUSH

DEVRA JAFFE-BERKOWITZ  
SUSAN FRIEDEN  
AMANDA GEFFNER  
MARSHA MATTHEWS  
DOROTHY LEVINE and ALVIN ROSENFELD  
MARCIA and SETH KAUFMAN  
JULIA and AARON KAUFMAN  
LINDA KAUFMAN and RICK YEATTS

## BETH EL CARES

*Beth El Cares focuses on chesed and tzedakah by helping the poor and unfortunate through mitzvot, both in our synagogue and the greater Stamford community. We welcome volunteers! This is the work we are currently engaged in. If you are interested in volunteering in any of these endeavors, please contact the person listed.*

**Reyut (Friendship):** Committed to serving the needs of those in our TBE community, including friendly visits, assistance with errands and transportation, Shabbat bag delivery to hospitalized patients. Contact Melanie Massell at [reyut@tbe.org](mailto:reyut@tbe.org) or 203-274-1708.

**Project Ezra:** Providing shiva meals to the bereaved in the congregation. Contact Debbie Adler-Klein at [dakmd75@gmail.com](mailto:dakmd75@gmail.com) or 203-253-1664.

**Serving the homeless:** Help prepare and serve food — you can do either or both throughout the year. Contact Julie Rosenberg at [julierosenbergsjp@gmail.com](mailto:julierosenbergsjp@gmail.com) or 203-273-6794.

**High Holiday Food Drive:** Contact Sharon Turshen at 203-323-3872

**Christmas dinners at local homeless shelters:** Contact Karen Resnick at [kmr925@sbcglobal.net](mailto:kmr925@sbcglobal.net) or 203-536-3115.

## BETH EL CEMETERY ASSOCIATION

Information about the Beth El Cemetery Association, Inc. is available from:

Allan Lang at 203-327-6418  
or  
Eileen H. Rosner at 203-461-0506

## Get involved, please...

Help Wanted! In order to maintain our vibrant and dynamic community, the Fund-Raising Committee needs more members to support TBE and volunteer their skills and talents. Many of these opportunities ask for very small-time commitments. Please consider getting involved with the:

Annual Appeal | Temple Rock | Cantor's Concert

If you are interested in volunteering, please contact us and we will give you more information.

Thank you!

Contact Ron Zussman [rmzussman@gmail.com](mailto:rmzussman@gmail.com) or Erica Newman [execdir@tbe.org](mailto:execdir@tbe.org) for information.

**Temple Beth El, Stamford  
and  
Congregation Beth El, Norwalk  
Proudly Present:**

**KESHER BETH EL**  
*Beth El Connections: Two Synagogues,  
One Learning Community*



**IN PERSON SUNDAY MORNINGS GRADES K-7  
ZOOM HEBREW TUTORIALS THURSDAY  
AFTERNOONS GRADES 3-7**

- **Monthly Sunday Morning Learning Program** for ages 3-4
- **Amazing Holiday Celebrations**
- **Experiential, Interactive Learning**
- **Small Group Hebrew Learning**
- **Weekly Tefilah (worship service)** led by our clergy, teachers, and students
- **TRY US OUT FOR A YEAR!** For grades K-2, registration for the first year is open to non-members; tuition is reduced 50% for the first year for members.

For more information contact Leo Linder:  
[eddir@tbe.org](mailto:eddir@tbe.org).

**K'TANIM**

**A monthly Jewish learning Sunday drop-off  
program for 3 and 4 year-olds.  
9:00am-11:45am**

**GAMES! MUSIC! TORAH! HOLIDAYS!  
STORIES! CRAFTS! BLESSINGS! FUN!**

**You do not need to be a member  
of a synagogue to participate.**

**Questions? Contact Leo Linder at [eddir@tbe.org](mailto:eddir@tbe.org).**



Kesher Beth El has been abuzz with activity! Students engaged in deep learning with our clergy and a visiting rabbi, a field trip to the Anne Frank museum, and hands-on experience with holidays and life cycle events. Lower School students brought Hebrew off the page with “Human Hebrew,” shaping letters and words with their bodies. We also gathered as a community to celebrate Havdalah at an event for both students and their families! We’ve also been engaging in community service: students continue to bring eggs and shelf-stable milk to CBE for the mobile food pantry, and Kesher alumna Sloane Cooper started a friendly competition between grades around her pasta and rice drive at TBE. Looking ahead, we’re eagerly anticipating our winter events, like the Chanukah Carnival and Tu B’Shevat Seder, while starting to plan even further ahead for Purim!

Interested in joining us or want to learn more? Email me ([eddir@tbe.org](mailto:eddir@tbe.org)) for more info, or to arrange a trial day!

Leo Linder  
Kesher Director



Morah Galit’s K/1 class received their own siddurim to use in tefillah and to help build Hebrew reading skills.



Sixth and seventh graders joined CBE congregants on a field trip to the Anne Frank Exhibit in NYC, where they had the chance to learn about the Holocaust through the lens of the Frank family’s experiences before, during, and after the war.



The clergy kicked off this year’s Havdalah Carnival with singing and a beautiful havdalah ceremony, followed by activities for students and a social hour for adults. And after dinner and activities, we had a blast watching a movie in PJs with popcorn and ice cream!



## Jewish Community Men's Clubs Whiskey Tasting



## Hanukkah Candle Lighting at Stamford Government Center



## Providing Food and Gifts at Local Shelters





# Essentials of Judaism: An Introduction to Jewish Life & Thought

Temple Beth El is delighted to offer Essentials of Judaism, a welcoming and engaging introduction to Jewish life, tradition, history and values. Using the nationally recognized Miller Introduction to Judaism curriculum, this 19-session course, taught by a rotating team of TBE clergy and educators, is designed to be accessible, thoughtful, and relationship centered.

The course is ideal for:

- Jews seeking a meaningful refresher or deeper grounding
- Interfaith couples and families
- Those considering conversion
- Non-Jews who are curious about Judaism and Jewish life

The course is organized into six thematic mini-series that blend learning, conversation and community. Participants can enroll for the full course or individual mini-series. Spouses/partners are welcome to attend at no additional charge.

**For more information, a schedule of classes, and to register, go to [tbe.org/miller-intro](http://tbe.org/miller-intro).**

*Miller Introduction to Judaism is taught through an educational partnership with American Jewish University. Endorsed by the Rabbinical Assembly, it is the go-to Intro to Judaism program around.*

Temple Beth El, 350 Roxbury Rd., Stamford, CT  
203-322-6901 [office@tbe.org](mailto:office@tbe.org) [www.tbe.org](http://www.tbe.org)





## **Censorship, Book Banning & 1st Amendment Rights**

***An Engaging Community Program***  
***Sunday, January 11th at 9:30 AM***  
***Temple Beth El Social Hall***

### **Featuring:**

**Dr. Tamu Lucero**

Superintendent of Stamford Public Schools

**Regan Allan**

Director of Education & Engagement Stamford  
Public Education Foundation (SPEF)

**Alice Knapp**

CEO, Ferguson Library

**Join us for a light breakfast.**

\$10 in advance (for adults over age 20) by 1 pm on Friday, Jan. 9<sup>th</sup>

\$15 (cash or check) on the day of event.

Middle school and high school students are encouraged to attend.

**Please RSVP to [www.tinyurl.com/censor1-11-26](http://www.tinyurl.com/censor1-11-26)**

**Temple Beth El**

350 Roxbury Road, Stamford, CT 06902

This program is brought to you by the **TBE Tzedek Committee**.





# BETH EL B'YACHAD: TBE TOGETHER

## Small Groups Initiative

Come together to connect with others at TBE through shared interests, identities, and life stages.

These groups are entirely **lay-led**, and the meeting schedule and activities are determined by the members.

**You can join our current groups or start your own!**

20s and 30s  
Group

Walking  
Group

Dog Group

Israel and  
Us:  
Discussion  
Group

**If you would like to start a group or would like more information reach out to our Rabbinic Intern Abby Allen at [aballen@jtsa.edu](mailto:aballen@jtsa.edu)**

**Sign up here: [www.tinyurl.com/tbesmallgroups](http://www.tinyurl.com/tbesmallgroups)**

# TBE MLK Shabbat

Join Rabbi Knopf and Cantor Kaplan to celebrate  
the life and legacy of Dr. Martin Luther King, Jr.

**Friday, January 16 at 7pm**

Join us for Kabbalat Shabbat featuring  
musical artists:



**Jason Terry and Chris Coogan**

**Shabbat, January 17 at 10am**

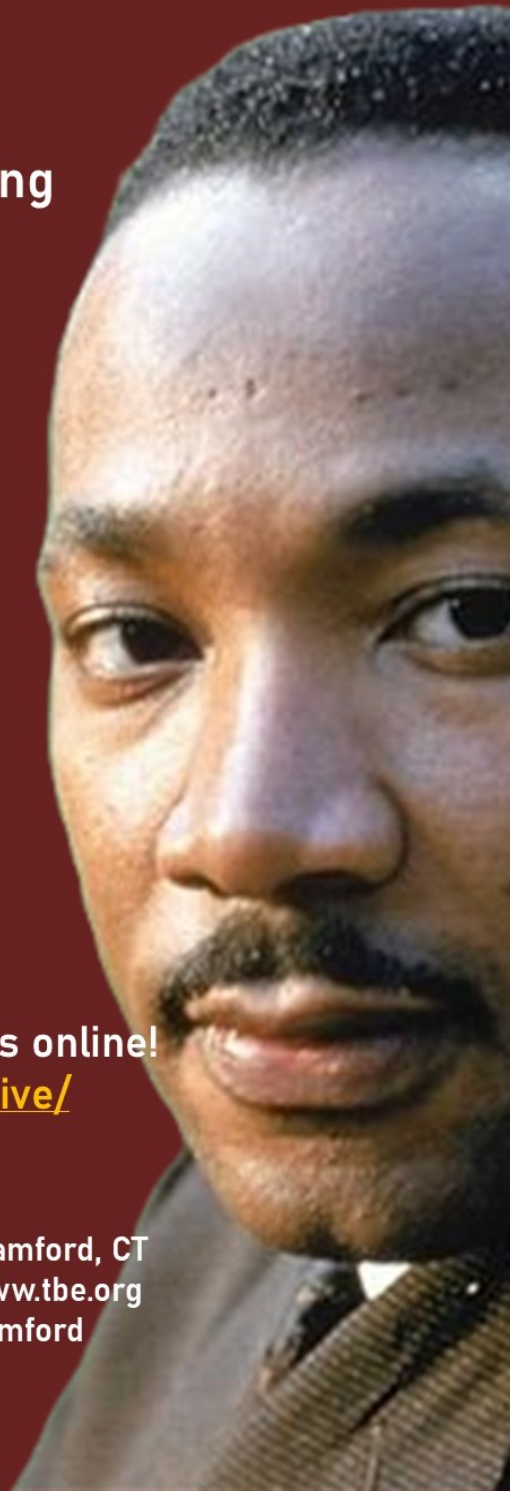
Join our Shabbat morning service  
followed by Kiddush.

Can't attend in person? Join us online!

<https://www.tbe.org/tbe-live/>



Temple Beth El, 350 Roxbury Road, Stamford, CT  
203-322-6901 office@tbe.org www.tbe.org  
<https://www.facebook.com/tbestamford>

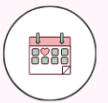


# FAITH IN ACTION: JEWISH VALUES AND THE PURSUIT OF JUSTICE



Join us for a yearlong pilot program for Temple Beth El teens in grades 8-12 that explores how Jewish faith and values inspire action in the world. The program will empower students to engage with social justice through learning, discussion, relationship-building, and a culminating justice-themed trip.

**Led by Rabbi Michael Knopf**



## 4 IN PERSON GATHERINGS\*

**NOVEMBER 15**

**DECEMBER 20**

**JANUARY 31**

**FEBRUARY 21**

Back up date if needed: March 28



## EVENINGS



## TEMPLE BETH EL

350 Roxbury Rd  
Stamford, CT 06902



\$180/student plus cost of trip  
[Click here](#) to register

\*Participation in at least 3 of 4 cohort sessions is required to join the trip.

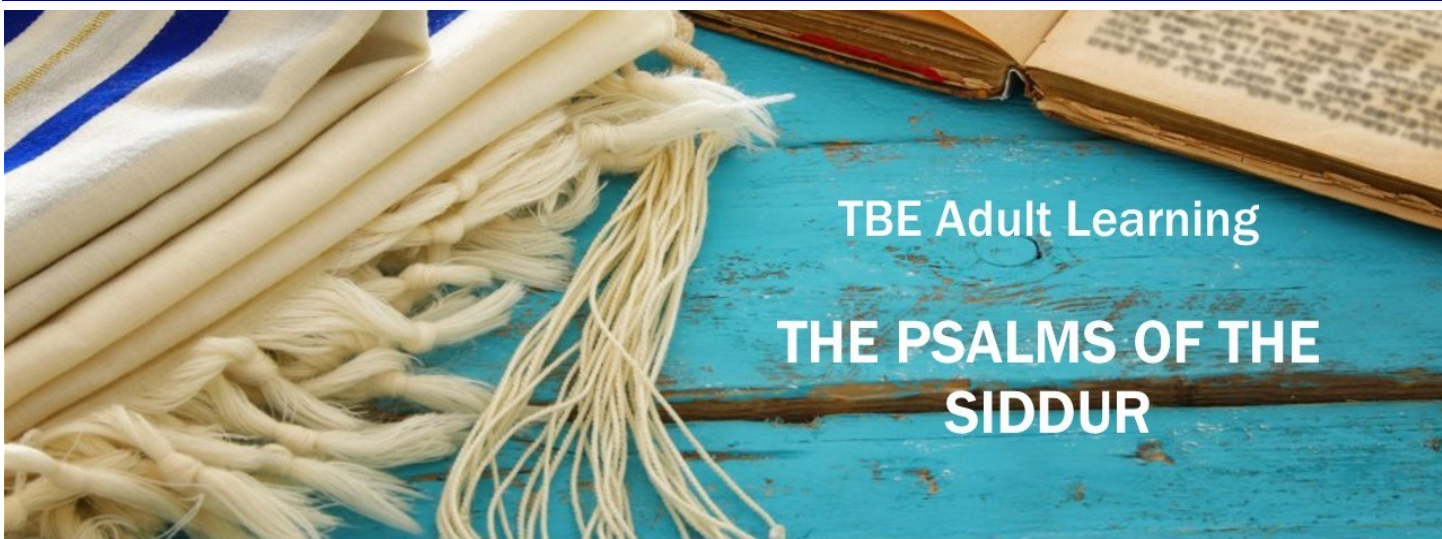
## CAPSTONE TRIP: SPRING 2026

A one-day, justice-centered travel experience to explore Jewish identity and activism in context. Due to travel logistics, this year's pilot will focus on locations within a day's reach.

Trip options will include New York City, Boston, Newport or Philadelphia.

**Trip date: Sunday, April 19, 2026**





## TBE Adult Learning THE PSALMS OF THE SIDDUR

Join Rabbi Knopf for a series of virtual lunch ‘n learn sessions as he looks at some of the oldest, most poetic, and most enduring pieces of Jewish prayer found in the *Siddur*, the Psalms (*Tehillim*).

- Study the Psalms historically and linguistically, looking closely at what the text says and how it says it.
- Understand why particular Psalms were woven into the daily, Shabbat and holiday liturgy.
- Explore how their themes can mirror our own spiritual narrative and illuminate our own lives and prayer practice.



Classes will be held Wednesday afternoons on Zoom starting December 3 from 12pm to 1pm. Attend as many sessions as you can and, optionally, stay for the *mincha* service immediately thereafter.

For more information, a schedule of classes, and to register, go to [bit.ly/tbe-psalms](https://bit.ly/tbe-psalms).

Tuition: TBE members – Free | Nonmembers - \$18

All backgrounds are welcome. No prior knowledge is necessary — only curiosity.

Temple Beth El  
350 Roxbury Road, Stamford, CT

# ROOTS SHABBAT

## Friday, January 23

### 7:00 pm

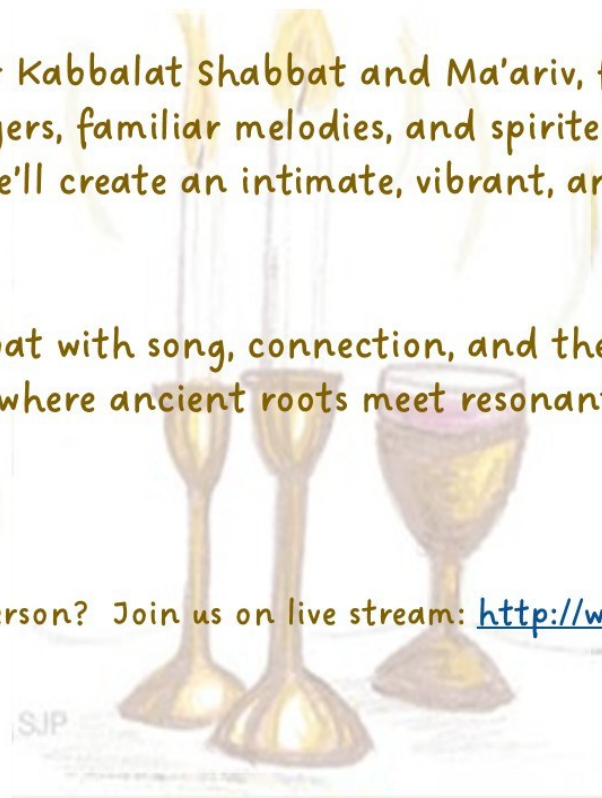
Step into an unplugged Shabbat evening service that blends the depth of tradition, the warmth of connection, and the energy of joyful community.

Through a fuller Kabbalat Shabbat and Ma'ariv, focused on traditional prayers, familiar melodies, and spirited congregational participation, we'll create an intimate, vibrant, and uplifting atmosphere.

Celebrate Shabbat with song, connection, and the warmth of shared spirit — where ancient roots meet resonant voices.

All are welcome!

Can't join us in person? Join us on live stream: <http://www.tbe.org/tbe-live/>



Temple Beth El  
350 Roxbury Road, Stamford, CT  
[www.tbe.org](http://www.tbe.org) | 204-322-6901 | [office@tbe.org](mailto:office@tbe.org)





# After October 7: Campus Antisemitism and the Jewish Response



An evening to inspire students, empower parents, and educate our community.

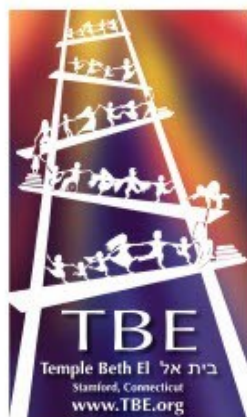
**Tuesday, February 3 at 7:00 pm**  
Stamford location provided after registration

## Panel Discussion Featuring

- Uriel Cohen, Executive Director, Slifka Center, Yale
- Edina Oestreicher, Executive Director, UConn Hillel
- Dr. Daniel Rosenthal, AJC Center for Education Advocacy
- Shirly Afrimi, Israel Fellow, UConn Hillel
- Abe Baker-Butler, student voice from Yale & AJC Campus Global Board
- Moderator; Myra Clark-Siegel, Regional Director, AJC Westchester/Fairfield

**Reception to follow: Meet the panelists and ask questions.**

Registration free; deadline February 2, 2026. Click the link to register:  
<http://www.ajc.org/westfair/campus-antisemitism-after-10-7>



**AJC** Westchester/Fairfield





# *Koleinu Shabbat*

*Friday, February 6, 2026*

*7:00 pm*

“Koleinu” means “our voices,” and this special Shabbat evening service invites us to join our voices in song, prayer, and reflection.

With seating in the round, we’ll create an intimate and uplifting atmosphere, blending traditional Hebrew prayers, soulful melodies, and moments of quiet intention to foster connection and spiritual renewal.

Stay to enjoy an Oneg Shabbat after the service.

All are welcome.

Due to the special setup for this service and its location in the social hall, there will be no livestream.

Temple Beth El  
350 Roxbury Road, Stamford, CT  
[www.tbe.org](http://www.tbe.org) | 203-322-6901 | [office@tbe.org](mailto:office@tbe.org)



# Let's play mah jong and canasta!



**TBE Sisterhood invites you to a fun night!**

## **mah jong**

Beginners and advanced players welcome.  
Bring your friends - members and non-members.

We have instructors and refreshments!!!

---

## **Canasta**

Canasta lessons will be offered to a maximum of eight beginners. Advanced players are welcome if we have groups of four.

**Tuesday, January 20 and February 17 at 7:00pm**

in the TBE social hall

Fee: \$10 per person to cover security cost

PLEASE RSVP, so we know how many tables we need, to  
Fran Ginsburg at [ginsstamf@gmail.com](mailto:ginsstamf@gmail.com) or 203-979-9570.

Temple Beth El Sisterhood, 350 Roxbury Rd, Stamford, CT 06902  
[www.tbe.org](http://www.tbe.org) | 203-322-6901



**DONATE ONLINE**  
Go to: [www.tbe.org/donate/](http://www.tbe.org/donate/)

### OPPORTUNITIES FOR GIVING

- ☒ Adult Education Fund
- ☒ Paver Walkway Campaign
- ☒ Beth El Cares
- ☒ Rabbi Knopf's or Cantor Kaplan's Mitzvah Fund
- ☒ Goldberg Scholarship Fund
- ☒ Emmet Manheim Memorial Playground
- ☒ Kiddush Fund
- ☒ Matthew Klein Memorial Sanctuary Garden Fund
- ☒ Music Fund
- ☒ Project Ezra
- ☒ Religious School Fund
- ☒ Frank and Rose Rosner Memorial Fund
- ☒ Security Fund
- ☒ Shabbat Bags
- ☒ Youth Fund

### CONTRIBUTING SHARES OF STOCK TO TEMPLE BETH EL

One way to boost your charitable contributions to Temple Beth El is to give shares of appreciated stock instead of cash. You do not pay any tax on your capital gain, and your charitable deduction is the shares' entire fair market value.

Beth El members may contribute shares of stock to satisfy their dues pledge, their annual fund pledge, and other contributions to the Temple.

After consulting your tax advisor, please contact the TBE office at 203-322-6901.

### DID YOU KNOW...

TBE offers free family membership for the first year to any member's child on the occasion of his or her marriage. For more information, contact Mindy Rogoff at 203-322-6901, ext. 301.



### TREE OF LIFE

A beautiful way to commemorate a special occasion is to purchase a "leaf" on our beautiful "Tree of Life" sculpture adorning our Temple lobby. There are many more leaves available for your own personal inscriptions.



The following categories are still available:

**Triple Chai** **\$1,000**

**Silver Leaves - Gold Border** **\$750**

**Silver Leaves (very few remaining)** **\$250**

Call the office for information 203-322-6901.



### INFORMATION FOR YOU...

When making a donation an acknowledgement will be mailed to the designee for donations of \$10 or more. Donations of less than \$10 will be acknowledged only in the Bulletin. All donations will be published in the Bulletin unless you state that you wish to be anonymous.

### HAVE YOU VISITED OUR WEBSITE?

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

Find out about the latest news and upcoming activities ... access our online membership directory ... register for events and make donations ... connect to TBE's Twitter and Facebook pages ... and much more.

## WE ARE GRATEFUL FOR YOUR CONTRIBUTIONS

### IN HONOR OF:

#### LILAH KNOPF BECOMING A BAT MITZVAH

Susan Schneiderman, Judy Schneiderman

#### THE BIRTH OF SCARLETT JUNE ACKERMAN

Susan Schneiderman, Judy Schneiderman, Marsha Matthews

#### BERT MADWED FOR HIS COMMITMENT TO READING TORAH EVERY SHABBAT

Suzanne Horn

#### BARRY ERNER FOR READING TORAH AND PROVIDING A SPECIAL COCKTAIL AND MOCKTAIL RELATED TO THE PARASHA

Suzanne Horn

#### THE BIRTH OF SOPHIE WARREN SHAPIRO

Malerie Yolen-Cohen & Jeff Cohen

#### EILEEN H. ROSNER AND THE TBE STAFF

Michael Horowitz

#### REFUAH SHELEIMAH FOR BERT MADWED

Suzanne Horn

#### LESLIE HEYISON ON HER SPECIAL BIRTHDAY

Lisa and Michael Heyison, Carol & Allen Krim, Linda Rezak, Karen Resnick

#### THE BIRTH OF EMERY RHODES HAZEN

Lois Stark & Gary Lessen

#### AMANDA GEFFNER ON HER SPECIAL BIRTHDAY

Carol & Allen Krim

#### JUDY DALGIN ON HER SPECIAL BIRTHDAY

Karen Resnick

### YOUTH FUND

#### *In honor of...*

Lila Knopf becoming a Bat Mitzvah by Sharon & Steve Katz

### ADULT EDUCATION FUND

#### *In memory of...*

Sol Sesnowitz, z'l, by Suzanne Horn

### RABBI MICHAEL KNOPF MITZVAH FUND

#### *In honor of...*

The birth of Scarlett June Ackerman by Sharon and Jeff Turshen

Rabbi Michael Knopf and Scott Krowitz in appreciation of the Civil Rights Journey by Sue Frieden

Lilah Knopf becoming a Bat Mitzvah by Marsha Matthews

#### *In memory of...*

Nathan Sieman, z'l, by Susan Plutzer

### CANTOR KATIE KAPLAN MITZVAH FUND

#### *In honor of...*

Vivian Kaplan becoming a Bat Mitzvah by Linda & Joe Rothman

### SHABBAT BAG FUND

#### *In memory of...*

Jenny Seigal, z'l, by Meryl & Hank Silverstein

### MUSIC FUND

#### *In honor of...*

Refuah Sheleimah for Karen and Michael Gartner by Suzanne Horn

### SISTERHOOD

#### *In honor of...*

Leslie Heyison on her special birthday by Shelley & Brian Zielinski

### BETH EL CARES

#### *In memory of...*

Esther Yomtov, z'l, by Brian, Rowan & Jordanna Yomtov

### STEVEN AND LIEBA LANDER LECTURE FUND

#### *In honor of...*

The birth of Sophie Warren Shapiro by Sharon & Jeff Turshen

## JOSHUA HAMMERMAN continued from page 4...

Hesed (lovingkindness). Rabbi Israel Salanter, the 19th century founder of the Mussar movement, saw a scholar with a forlorn look on his face during the days between Rosh Hashanah and Yom Kippur. The scholar said he was worried because *these are the days when God is judging us*. To which Salanter replied, "But other people won't realize that that's what's bothering you. They might think that you are upset with them." **In order to be truly happy, we've truly got to care about the happiness of others.**

A while back, PBS aired a film called "Happy," tracking the phenomenon all over the world. The producer spoke about how he had heard that happy people tend to be healthier, get sick less often and live longer than unhappy people – and that for some reason, the oldest people in the world came from Okinawa in Japan.

He went there on a whim and found that it was a resounding YES, they were happy. The key was how different generations come together on a regular basis. One day, he noticed a group of elderly women visiting a preschool as the kids were having a footrace. The grandmothers convened at finish line. They hugged all the kids as they finished. The producer went to congratulate a grandmother about having such a grandkid.

She said, "That's not my grandchild. None of these are my grandkids. She was asked, "Is this your friend's?" She said, "None of the women here are related to any of these children."

So, as we enter this fateful year, we must find a way to find a way to smile through the tears. Whether you do that by listening to a good joke, doing a mitzvah for others, or simply faking it until you make it, it's within our power to face the future with a smile, along with grit and determination.



And then our world can all truly arrive at a happier place. Have a happy 2026!

Rabbi Joshua Hammerman





## REMEMBERING OUR LOVED ONES



Joanne & Marshall Goldberg ..... **RUTH ABRAMS**  
 Sabrina and Daniel Benjamin ..... **YVETTE BENJAMIN**  
 Barbara & Edward Drotman..... **RUTH DROTMAN**  
 Lois Hofshi ..... **BENJAMIN ELLMAN**  
 Philip Farin ..... **RAY & CHARLES FARIN**  
 Beth & Jeff Goodman ..... **BEVERLY FRANKEL**  
 Jim Rothkopf ..... **MAY FRIEDMAN**  
 Phyllis Walzer..... **FRANCES GOLDBERG**  
 Sandy, Bill & Alexandra Gottlin ..... **NATHAN GOTTLIN**  
 Denise & David Greenman ..... **SANDRA GREENMAN**  
 Susan & William Greenfield ..... **ROSE GREENFIELD**  
 Carol & Willy Sander ..... **MILDRED GROSSMAN**  
 Nadel Family ..... **SYLVIA HANTMAN**  
 Steven Grushkin & Family ..... **BERNARD HELLMAN**  
 Devra Jaffe-Berkowitz & Family..... **DAVID JAFFE**  
 Alan Jaffe ..... **SARI JAFFE**  
 Evelyn & Bruce Kahn ..... **PHYLLIS KAHN**  
 Sharon & Steve Katz..... **HERBY KATZ**  
 Gail Walter ..... **JULES KELLNER**  
 Julius Lasnick ..... **ANN LASNICK**  
 Stephanie & Larry Sherman ..... **LILLIAN LEVINE**  
 Magida Family..... **FRANCES MAGIDA**  
 Barbara Malloy..... **HOWARD MALLOY**  
 Sandra & David Oberhand..... **OTTO MARX**  
 Ellie Mirne ..... **LARRY NUSSDORF**  
 Sandra & David Oberhand..... **CELIA OBERHAND**  
 Robin Evans & Jeffrey Perry..... **ALEXANDER PERRY**  
 Judy Schneiderman ..... **MORRIS ROSENBERG**  
 Mimi Cohen..... **ISIDOR ROSNER**  
 Barbara & Steven Rothstein ..... **ANNE ROTHSTEIN**  
 Caroline Temlock Teichman ..... **ROSE & HERBERT RUBIN**  
 Baer Family ..... **LAWRENCE SCHUMER**  
 Debora & Paul Weinstein ..... **BERNARD SCHWARTZ**  
 Maddy Shapiro, Jim Shapiro & Family ..... **AMY SHAPIRO**  
 Susan & Carl Shapiro ..... **IRVING SHAPIRO**  
 Mary C. Silberman ..... **JAMES SILBERMAN**  
 Meryl & Hank Silverstein ..... **LOUIS SILVERSTEIN**  
 Susan & Carl Shapiro ..... **NATALIE SKALKA**  
 Gail & Bruce Stone..... **CELIA SALTZMAN**  
 Lorelee & Phil Granowitz..... **IDA WALLACH**  
 Phyllis Walzer..... **HARVEY WALZER**  
 Rhonna & Brian Rogol ..... **LEONARD WEBER**  
 Harriet & Seymour Weinstein ..... **ADOLPH WEINSTEIN**

## IN MEMORY OF:

**DANIEL SHAMEER, z'l**  
 Carol & Wil Brewer  
**JAMES LOCKER, z'l**  
 Lenore & Michael Cooper

## EMMET MANHEIM PLAYGROUND FUND

*In memory of...*  
 Sari Blonder Jaffe, z'l, by the Lubliner Family

## WE MOURN THE PASSING OF...

**EVELYN AARONSON** mother of Carol Lederman  
**BRUCE GREEN** father of Jordana Laurent  
**JAMES LOCKER** husband of Ilene Locker

## SHIVA NOTICES AVAILABLE ON-LINE

Congregants who are looking for shiva information can now quickly look online instead of searching their inbox for the announcement or calling the synagogue office. Just go to TBE's website ([www.tbe.org](http://www.tbe.org)) and click "Shiva Notices" under the WHAT'S NEW menu.

## MEMORIAL PLAQUES



Inscribe the names of your loved ones on a plaque in our Chapel foyer along with a light to commemorate their *yahrtzeit* and *yizkor* observances throughout the year.

For details, contact Mindy at [office@tbe.org](mailto:office@tbe.org) or 203-322-6901, ext. 301.



# Noah's Ark



Have you seen our replica of Noah's Ark in the lobby by the main office? It is walnut, measures 76" by 72", and has 149 plaques and 18 larger animals that can include engraved messages in honor of a family's children or anyone else, or in honor of a significant family event .

We are asking you to consider honoring your children (or anyone else) by donating \$250 to this project and buying a plaque. We hope that you might be further moved to buy one of the remaining animals for a donation of \$1,000.

*Proceeds to benefit Kesher Beth El.*



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AND SPIRIT OF HER CELEBRANTS.



### Israeli Dance classes offered at Temple Beth El

#### Beginner classes!

Prior experience is not required.

Learn classic and modern dances to popular songs;  
Enjoy the social aspect! Reap physical & mental benefits!

Thursday evenings: 6:45 PM - 7:45 PM

Sunday afternoons: 1:00 PM - 2:00 PM

**Special events: Available to teach, lead and/or perform:**  
Temple events, Hebrew school, weddings, bridal showers, birthdays,  
Bar/Bat Mitzvahs, assisted living venues

**Contact Leng** Phone: 203.912.4086 IsraeliDanceTeacher@gmail.com  
www.CTIsraeliDance.com

## HOW WILL YOU ASSURE JEWISH TOMORROWS?



Commit to leaving a legacy and help ensure that Temple Beth El will be part of the fabric of the Stamford Jewish community for many years to come. [Click here](#) for our LIFE & LEGACY Honor Roll.

TEMPLE BETH EL  
350 Roxbury Road  
Stamford, CT 06902  
[www.tbe.org](http://www.tbe.org)



To create your legacy contact Erica Newman  
[execdir@tbe.org](mailto:execdir@tbe.org) | 203-322-6901, ext. 304



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PHOTOGRAPHY

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OR THE VERY SOUL OF HER SUBJECTS.

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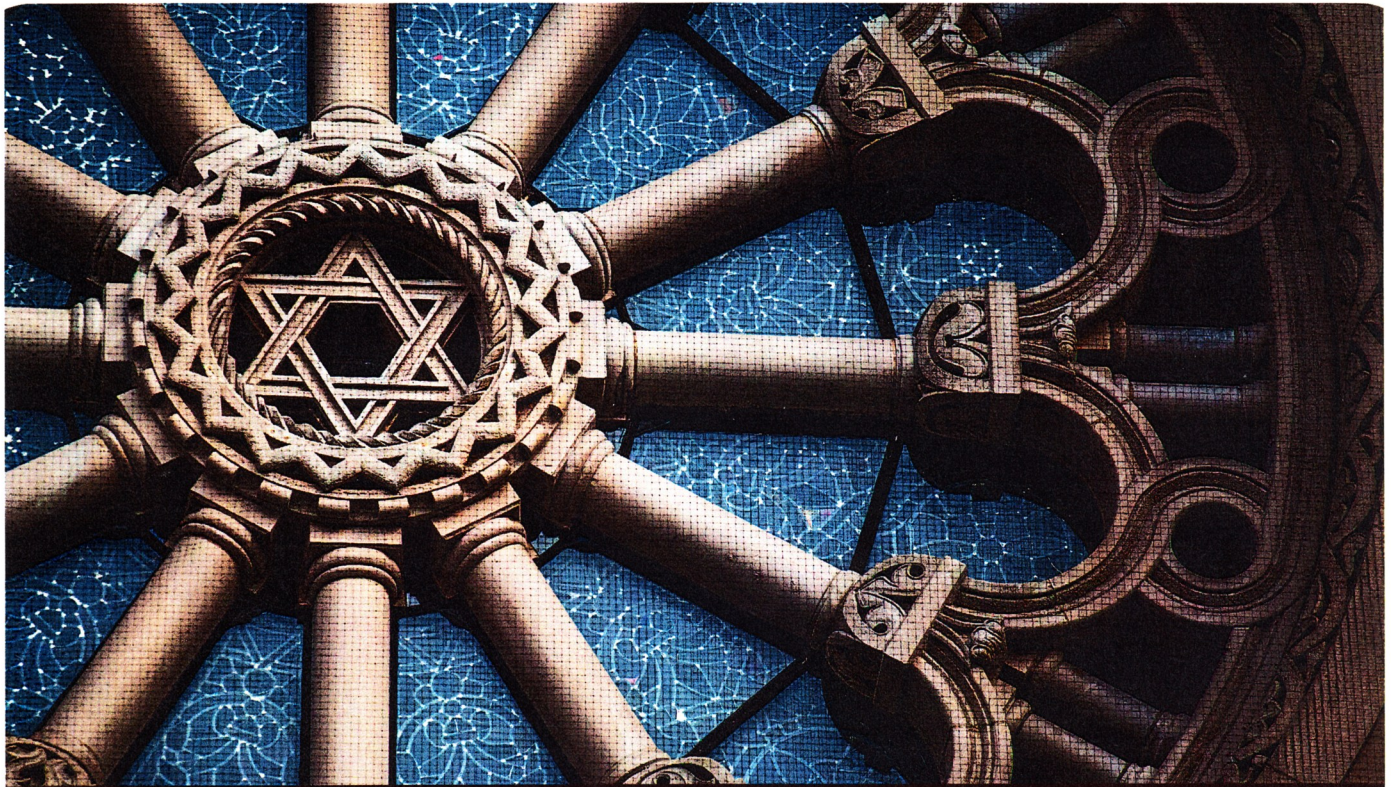
Check out our special website  
Dedicated to TBE's event space

[www.thebigeventspace.com](http://www.thebigeventspace.com)

Please let your friends and business  
associates know how we can fulfill their  
celebratory and meeting needs.

**The deadline for the  
March-April 2026 Bulletin  
will be Monday, February 2, 2026.**





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