



In this Issue

Board of Directors	2
Co-President's Message	2
Message from Reb Lisa	2
Committee Chairs	3
Multi-Faith Committee Update	3
BBYO/Teen Update	3
Board/Committee Meetings	3
Religious School Update	3
Our Holy Texts: Save the Date	4
Jewish History Program	4
Book Group	4
Taste of Mussar	5
Haftarah Session	5
Mitzvah Opportunities	5
1st Mitzvah Day at Food Bank	5
Oneg/Kiddush Manager Needed	5
Seaside Mission to Cuba	6
Bible Museum Trip	6
Cuba's Forgotten Jewels	6
Trivia Night Recap	6
Birthdays	6
In the Community	7
Building Expansion Update	7
Thank You	8
Pat Powell Letter	8
Pastoral Support	8
"We Remember" Flyer	9
Donation Form	10
Capital Campaign Flyer	11
SJC Sponsors	12

Schedule of Services

Friday, May 3

Shabbat Machar Chodesh
Parashat Acharei Mot (Leviticus 16:1-18:30)
14th Day of the Omer
7:30 p.m. Shabbat Service with the Seaside Singers
Leader: Reb Lisa

Saturday, May 18

New Member Shabbat
Parashat Emor (Leviticus 21:1 - 24:23)
28th Day of the Omer
9:00 a.m. Torah Study
10 a.m. Worship
Torah Study Leader: Jeffrey Rosen
Leader: Seaside Lay Worship Team

Expansion Update June 2

You are cordially invited to a community-wide meeting on Sunday, **June 2**, at **10 a.m.** at Seaside for an important update on the expansion project. Light refreshments will be served.

As this issue of the newsletter goes to press, exciting progress has been made. The Capital Campaign Committee has raised nearly \$500,000 in gifts and pledges, plus the \$250,000 allocation from Seaside reserves, for \$748,000 toward the much-needed expansion of our building.

The House Committee has sent the plans out to bid, and four construction companies now have the architectural plans in hand.

By June 2, we should have lots of news to share, including the cost of the construction, descriptions of interior finishes, the latest plans, and a report on the bidding process. We hope to be able to announce the contractor and possibly set a date for groundbreaking.

Your participation in this project is vital to its success. If you have not yet made a gift to the campaign, please do so now. If you made a gift in 2018, please "re-up" with a repeat gift this year. For more information, contact Marilyn Feldman at feldmanz@verizon.net. Information packets are available in the sanctuary and on the website; a pledge form is included on page 11.

Sharing Shabbat Responses Due May 1

It's not too late to sign up for Sharing Shabbat! Here's your last opportunity to join fellow congregants for a relaxing Shabbat evening. Meet for a shared dinner and good conversation. The Social Committee welcomes responses in the next few days from folks who want to get to know other members better. If you are willing to host others in your home and provide the main course, or if you'd rather join as a guest and bring a side on Friday evening, **May 17**, email Fran Saltzman, fesaltz@gmail.com.

New Member Shabbat

The New Member Shabbat will be held on Saturday, **May 18**, during our regular Saturday Shabbat Service. If you recently joined Seaside, we would be delighted if you come to services so that the congregation can celebrate your new membership with you. All members are welcome to attend. We are very excited to hold this event and celebrate the continued growth of SJC. The membership committee will be sponsoring a Kiddush luncheon following the service.



Seaside Jewish Community held its 22nd annual Community Seder at Baywood Greens in Millsboro, April 19.

Board of Directors

Co-Presidents

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DrIrwin@verizon.net

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Rabbi Emeritus

Rabbi Beth Cohen
302-858-2374
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Immediate Past President

Mike Saltzman, z'l

Co-President's Message

– Buddy Feldman

Passover, which we just celebrated, is known as the Holiday of Spring. Evidence of new growth is seen all around us.

At Seaside, we are marking this season of growth by asking contractors to bid on the final plans for our building's expansion. The House Committee is to be congratulated on the time and effort they have put into putting the finishing touches on our expansion plans.

The House Committee is only one example of the expertise Seaside can count on from all of our volunteers.

When our new building is completed, there will be sufficient space to accommodate our growing membership as they participate in Seaside's many activities.

My best wishes to you, as I hope to see you at Seaside as we enjoy the wonderful Spring weather.

Our weekly Email blasts on Thursdays contain important reminders and highlight our events. To sign up, go to the SJC website and click on the Sign Up Here button.

Sponsor Oneg-Kiddush

Have a Mitzvah? Do a Mitzvah! Be the Mitzvah!
Host Oneg Shabbat or Kiddush lunch. Celebrate your birthday, anniversary, or other milestone or just because.

Contact us at
seasidejewishcommunity@gmail.com
to reserve a date.
Check out details under Giving at
seasidejewishcommunity.com

Message from Reb Lisa

My father fought with Gen. George S. Patton's army on D-Day and marched into WWII as a gunner. He survived the Battle of the Bulge to liberate the Birkenau concentration camp. Dad never spoke of his wartime trauma, and it wasn't until after his death that my mom told me of his service and his inability to speak about what he saw.

Today, few survivors are still speaking about what they saw. One of them is Theodora Klayman, who will be our guest speaker at the Interfaith Holocaust Service on **Thursday, May 2, at 7 p.m.** at the Metropolitan Community Church. Dora will recount her journey of survival and help us relive the horror of the brutal murder and torture of six million Jews and six million others who lost their lives at the hands of the Nazis and their collaborators.

Other members of our community will light Memorial Candles at the ceremony, and the Seaside Singers and other choirs will join us in very special Shoa music. I invite all to join us as we bring this heartfelt commemoration to the Interfaith community.

This is our oath: To remember it all and never to forget, lest the past repeat itself.

 Bridge to Peace

SJC Mission to Cuba 2020

(Jan. 24-Feb. 2, 2020)

Registration is open.

For more information
see flyer on Cuba Mission
on SJC website

Committee Chairs

Adult Education

Carole Ash, 301-613-8317
carole.ash18@gmail.com
Hank Smith, 302-644-1581
hank.smith@gmail.com

Cemetery

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Multi-Faith

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Newsletter Editors

David Udoff
Reba Novich
Noreen Spiegelman

Multi-Faith

Committee Update

The Multi-Faith Committee meets on the first Thursday of each month at 4 p.m. at SJC. The next two meetings will be on **May 2** and **June 6**. On **May 2**, we will discuss how the exciting recent history of Seaside's interfaith and multi-faith activities is rooted in our Tikkun Olam values. (See <http://www.seasidejewishcommunity.com/index.cfm?ref=50200&ref6=4>)

Sterling Green from Epworth United Methodist Church will be participating at the May meeting to offer a perspective from our longstanding partner. This Committee meeting is open to any Seaside member interested in the topic. For additional information about this meeting and the Multi-Faith Committee, contact Allan Slan at 204-535-5240 or agslan@comcast.net.

BBYO/Teen Update

Adults interested in teen programming are encouraged to attend a meeting at SJC on **May 1** at **7 p.m.** The focus will be on our progress in teen programming over the past year and future planning.



Mazel Tov to Mara Lobley, who became a Bat Mitzvah on March 30.

Board/Committee Meetings

Meetings are at SJC unless otherwise noted. Meetings are open to SJC members.

Board Meetings – Sunday, **May 19, 1 p.m.**, and **June 9, 10 a.m.**

Adult Education – Wednesday, **May 1** and **June 5, 4 p.m.** (Meets first Wednesday each month. This is a change in schedule.)

Multi-Faith – Thursday, **May 2** and **June 6, 4 p.m.** (meets first Thursday each month)

Chesed – Friday, **May 17** and **June 21, 10 a.m.** (Meets third Friday each month.)

Community Service – Friday, **May 17** and **June 21, 10:45 a.m.** (Meets third Friday each month.)

Seaside Singers – Friday, **May 3** and **June 7, 11 a.m.** (Meets first Friday each month.)

If you are interested in joining the Seaside Singers, please join us for rehearsal!

Religious School Update

The religious school held its annual model Seder on April 14. The children practiced parts of the Seder, sang songs, and ate many traditional Seder foods such as matzah, charoset, and hard-boiled eggs.

On **May 5**, the students will enjoy an art lesson for Yom Ha' Atzmaut (Israeli Independence Day).

The last day of Religious School will be **May 19**. The students will attend class from 9 to 11 a.m., followed by our annual barbeque. We will honor all of our students, especially our two graduates, Mara Lobley (pictured at left) and Ben Barwick. It has been an incredible school year. We have seen such amazing growth in our children. We are so proud of their accomplishments and look forward to the next school year.

Our Holy Texts:

Save The Date June 9

Our Holy Texts: An Adult Learning Experience will take place on **Sunday June 9, 2-4 p.m.**, at the Islamic Society of Central Delaware's Community Center and Mosque in Dover. The event will feature presentations by Reb Lisa Levine, Epworth United Methodist Church's Rev. Vicky Starnes, and the Islamic Society's Imam Arqum Rashid on the theme of Humanity, which is common to our three faiths. Small group discussions among attendees will follow, and clergy will conclude the program with a conversation about the similarities among and differences between our Abrahamic faiths. Refreshments will follow.

This is an event for the members of each house of worship to foster a better understanding of their respective faiths and to continue forging interfaith and personal, neighborly relationships. Please watch for details on registration, transportation, and directions. For more information now, contact George Beckerman at 202-903-5060 or george7505@verizon.net or Sara Rosen at 240-393-2775 or boysies.rosen@gmail.com.

Yoga Shalom at Seaside with Reb Lisa

Open your heart, quiet your mind & restore your spirit! Yoga Shalom is for everyone, whether you are sitting in a chair or have advanced Yoga experience. Bring a mat or towel, and dress comfortably!

All levels are welcome.
Classes are 9:30 a.m. on:

Thursday, May 2
Monday, June 10

Jewish History May 8

Spinoza's influence on modern Jewish thought will be the topic of the lecture and discussion on Wednesday, **May 8, at 4 p.m.** at Seaside's Adult Education program, *Jewish Intellectual History*. Baruch Spinoza (1632-1677) was born to a converso family living in Amsterdam. His Theological-Political Treatise appeared in 1670 and marked his estrangement from his Jewish heritage.

Spinoza offered a radically new understanding of the separation of church and state, rejected the Maimonides equation of biblical prophecy and philosophy, denied the chosen status of the Jewish people, and questioned the rationale for observance of ceremonial law. Every Jewish thinker after Spinoza had to address his arguments, which placed intellectual tradition in opposition with Jewish religious authority. Susan Towers will facilitate a discussion following Professor David B. Ruderman's CD lecture.

The Adult Education program, *Jewish Intellectual History*, will continue at SJC on Wednesday, **June 12 at 4 p.m.**

Parking at SJC

Please park on the hard asphalt strip closest to the building only if you have difficulty walking on the gravel. That way, the strip is available for those who need the firmer surface to walk safely.

Minutes of SJC Board

Minutes are available to interested members after the Board approves them. Copies may be obtained by contacting our Secretary.

Book Group May 16

The SJC Book Group next meets on **May 16 at 7 p.m.**, when Susan Aaronson will lead a discussion of *My Pashtun Rabbi: A Jew's Search for Truth, Meaning, and Hope in the Muslim World* by David Eden. This autobiography, published in 2018, recounts the experience of a Cleveland Jewish journalist who takes a job teaching in 2008 at United Arab Emirates University. It offers an inspiring message of inclusion as the author meets and learns to understand the views of a devout Muslim Pashtun tribesman and his Arab students. This book is amusing, as well as heartfelt, while telling a unique story.

At the end of the meeting, we will select three books to read for the second half of 2019. If you want to have a say in what books we pick, be sure to attend this meeting so that your suggestions can be included and your votes tabulated. If you plan to attend, please email the book facilitator, Enid L. Zafran, at enid@indexingpartners.com so that we will have an idea of how many people to expect.



Thirteen Seaside members participated in Mitzvah Day at the Delaware Food Bank in Milford on April 10. They stocked shelves and assembled about 450 backpack buddies (bags filled with food for schoolchildren in need; see article on page 5).

A Taste of Mussar May 9

Our Mussar course continues on **May 9** and **June 13** at **7:30 p.m.** at SJC. The session on **May 9** will be the 10th session in the current series. We have studied and practiced nine of the 18 soul traits we cover in this course: Humility, Patience, Gratitude, Compassion, Order, Equanimity, Honor, Simplicity, and Enthusiasm.

In May, we will tie together these human virtues as we work on building and experiencing our personal Mussar walkways on the Jewish Spiritual Path. We use *Everyday Holiness: The Jewish Spiritual Path of Mussar* by Alan Morinis as our guide. During this session, we will pay special attention to what Morinis offers in Parts One and Three of his book.

Our group of 8-12 registered participants meets on the second Thursday of each month. Call our moderator, George Beckerman, at 202-903-5060, for more information and about signing up for the second half of this course.

Haftarah Session May 20

The Haftarah class will meet at SJC on Monday, **May 20** at **3 p.m.** (the class will be on hiatus this summer). The session will focus on M'tzora: 2 Kings 4:42-5:19. This somewhat unpleasant Parshah, which details the laws of leprosy, has a compelling Haftarah: the story of the Four Lepers.

Ostensibly, the Four Lepers acted heroically and unselfishly by alerting a city under siege that the assailing army had abandoned the camp and the city's starvation would be relieved. To us today, this story supports inclusion, noting that even outcasts of a

society might act nobly. However, Orthodox Judaism has vilified the Four Lepers. Come and read this story, which you probably did not study in Hebrew school. Where will you come out in the controversy?

Mitzvah Opportunities

Helping Hands Volunteers:

The Chesed Committee is looking for additional volunteers to provide meals, run small errands, or visit with members who need temporary support. Contact Ellie Flanzraich at 561-504-7922 to sign up.

Delaware Food Bank

Volunteers: SJC's Mitzvah Day at the Delaware Food Bank was a success (see photo on page 4), and we plan to schedule volunteer days there on an ongoing basis. To register and be alerted to upcoming dates, contact Emily Eider at emilye2287@gmail.com.

Food Rescue: Volunteer to collect food donations from area restaurants and businesses to deliver to the Epworth food pantry. Contact Hank Smith at 302-644-1581 if you would like to help.

Epworth Soup Kitchen

(ongoing): The next date is Sunday, **May 26**, with food preparation on Friday, **May 24**, and the following date is Sunday, **July 7** with food preparation on Friday, **July 5**. Contact Dill Patz, dillpatz@msn.com, 302-537-4368

Wednesday Mornings at Seaside

Every Wednesday, 9:00 to 10:30 a.m., you'll find the SJC doors open for those interested in a contemplative, spiritual, peace-filled start to their day. Meditation, chant, and prayer are included. Everyone, including folks wanting to learn the practice of meditation, is welcome.

First Mitzvah Day at the Food Bank a Success

On April 10, thirteen enthusiastic SJC volunteers spent three hours at the Delaware Food Bank in Milford sorting donated food, organizing the pantry, and packing weekend meal kits (called "Backpack Buddies"). We assembled about 450 Backpack Buddies, and it was gratifying to know that children who usually receive low cost/free lunches at school will have something to eat at home on weekends as well.

Our group of volunteers enjoyed the camaraderie of working together to perform a mitzvah; so, the Community Service Committee will plan periodic volunteer days at the food bank. To register for future dates, contact Emily Eider at emilye2287@gmail.com.

A huge thank you to our first group of Food Bank volunteers!

Oneg/Kiddush Manager Needed

We are seeking a helping hand to manage Oneg and Kiddush sponsors.

Tasks include:

- Handling sponsor requests, inquiries and reminders.
- Sharing responsibilities list and reminders with sponsors.
- Calendar management for Onegs and Kiddushes.
- Providing information about hosts to SJC admin and Reb Lisa.

If you are interested, please contact us at SJC-newsletter@gmailgroups.com

Thank You!

Seaside Mission to Cuba

Are you already registered for the Seaside Mission to Cuba or interested in finding out more about the mission? We are meeting on Sunday, **May 19** at **5:30 p.m.** at the Iron Hill Brewery for dinner and to discuss the Mission to Cuba. RSVP to Reb Lisa at reblisa@yahoo.com so that we will know how many can join us for dinner.

After dinner, we will head over to SJC for a very special movie about the Jewels of Cuba (see article on the movie at right).

If you have not registered yet for the Mission, the deadline has been extended to **Oct. 1**. Please contact Reb Lisa at reblisa@yahoo.com if you have any questions about the mission or need more information on how you can contribute much needed humanitarian supplies for us to take to Cuba.

Bus Trip to the Bible Museum June 13

The First Presbyterian Church of Milford has extended an invitation to SJC to join them on a bus trip to the Museum of the Bible in Washington, D.C., on **June 13**. The bus will depart at **7:30 a.m.** from Lowe's parking lot in Lewes and leave the museum at 5 p.m.

The cost is \$30 per person, which includes admission to the museum and bus transportation. In order to sign up, contact Lucy Mehl at 302-424-4789 or htmehl@aol.com. Museum details can be found at www.museumofthebible.org.

Cuba's Forgotten Jewels:

A Haven in Havana May 19

The Adult Education Committee is excited to announce the showing of a special movie, *Cuba's Forgotten Jewels: A Haven in Havana*, on Sunday, **May 19** at **7 p.m.** at SJC. This documentary explores the forgotten era when the Caribbean island became a temporary gem hub after opening its doors to thousands of European Jews fleeing the Nazis. Aida Wasserstein, SJC member with a fascinating history that includes coming to the U.S. from Cuba as a child, will facilitate a post-screening discussion. Join us for a stimulating and enjoyable evening.

Trivia Night: Fun for All

The long-awaited and re-scheduled Seaside Trivia Night took place on March 31 and was a success. Twenty-four attended the event at the Greene Turtle for an evening of dinner, drinks, and testing our memories.

We found out that we did not remember all that we thought we did when Lee Horn stumped us with questions on news and popular culture from the 1940s onward. Thanks Bea and Lee Horn for your time and effort planning and executing a fun evening.

Yes, You Can!

Have you ever wanted to attend an SJC event but thought you couldn't afford it? SJC policy is to work with you if you have a financial hardship. Please contact the treasurer to confidentially discuss your situation.

Havdalah on the Beach: Save the Date

Saturday, **July 13**, Gordon's Pond.
Details to come.

Happy Birthday to our Members



05/01 Gloria Bold
05/01 Susan Klein
05/01 Marsha Mark
05/01 Chase Resnick
05/01 Jared Schwartz
05/03 Paul Block
05/03 Rhona Rosenberg
05/03 Arlene Rubin
05/03 Ronni November
05/04 Betsy Samuelson Greer
05/05 Carol Cohen
05/05 Beverly Gordon
05/05 Nathan Pickard
05/07 Patricia Katz
05/08 Brenda Frisch
05/08 Alan Goldman
05/08 Mitchell Resnick
05/09 Ariel Fox
05/09 Cindi Silverblatt
05/10 Leslie Gladstone
05/12 Karen Freid
05/12 Ron Vederman
05/16 Carole Bakst
05/17 Beatrice Horn
05/17 Marianne Katz
05/17 Ian Richman
05/17 Barbara White
05/18 Warren Gleckel
05/20 Jeff Hawtof
05/21 Nancy Fishel
05/23 Edward Simon
05/23 Randi Agetstein
05/24 Stuart Galkin
05/24 Susan Joseph
05/25 Neal Bien
05/26 Charlotte Sass
05/27 Linda Gleckel
05/28 Gilbert Berman
05/28 Robb Mapou
05/28 Rabbi Dick White
05/29 Connie Fazzio
05/29 Kristan Trugman
05/30 Larry Hobman
05/31 Stacey Fox
05/31 Sara Freid
05/31 Paul Pennock

In The Community

Refuah Shleimah - Get Well Wishes

We send our prayers and healing energy to SJC members and loved ones of members who have been hospitalized or injured in recent weeks or who are facing or have had health challenges.

Allyn Fruman
Mary Helms
Brianna Krupp
Florence Levy
Barry Morrison
Harvey Rodgville
Sam Smulyan
Len Ullmann
Ira Wexler



אבותינו ואמותינו, אברהם, יצחק,
ויעקב, שרה, רבקה, רחל ולאה,
הוא יברך את החולים...

Nihum Avelim – Comforting the Mourners

We send our heartfelt condolences to **Fay Gold** and her family on the passing of her husband, **Irwin Gold**. *Zichrono L'vracha*. May his memory be a blessing. Donations in Irwin's memory can be made to Riderwood's scholarship fund or to Seaside Jewish Community.

Our heartfelt condolences go to Stephen Sheffer (Daphne Kaplan) on the death of his father, John Howard Scheffer. May his name and memory always be for a blessing.

Mazel Tov – Congratulations

To Ben Barwick and his family on Ben's Bar Mitzvah on **May 4, 2019**.

Please contact Religious Leader Reb Lisa Levine at reblisa@yahoo.com or 443-824-3903 if you would like to add the name of someone you love to the SJC healing prayer list or to the list of family members who have died or if there is a celebration or milestone in your life that you want to share with the SJC family.

Assistive Listening System Available in Sanctuary

Ask Board Member or Meeting Leader to Obtain a Neck Loop or Ear Bud

Join SJC Bowling League

Thursdays, 4:00, Millsboro Lanes
Or come to cheer us on!
Contact Leslie Gladstone
LLGatty@gmail.com

Dorothy Shor Memorial Mah Jongg

Every Tuesday, 12:30 p.m.
Lunch at 11:30
Green Turtle Five Points
17388 N Village Main Blvd
Lewes, DE 19958
We teach Mah Jongg to anyone wishing to learn.
For more information please contact Deborah Markow at:
443-310-9462 or debnargarm@aol.com

Alfred Gross Event A Huge Success

The 12th Annual Alfred Gross Memorial Lecture Event took place on Saturday, April 13.

Featuring Ralph Begleiter, retired CNN world affairs correspondent, it was an incredibly stimulating program for the almost 70 attendees. Mr. Begleiter shared his inside knowledge of media and politics in the Middle East. The afternoon discussion was a mesmerizing account of his experience with the negotiations for a peace treaty between Israel and Syria.

The Adult Education Committee thanks Suzanne Gross for her generosity in sponsoring the delicious catered luncheon, Susan Aaronson for coordinating the event, and members of the committee for their invaluable help: Carole Ash, Susan Towers, Hank Smith, and Laura Glenn.

Ladies' Luncheon Recap

The women of Seaside welcomed spring at Baywood Green on April 17. We enjoyed all the blooms around us in this beautiful setting, especially the pansy trees. As usual, we learned some interesting things about each other as we relaxed and enjoyed a delicious meal. Some of us stayed after lunch to play cards. Thanks to Bea Horn for orchestrating a lovely afternoon.



Thank You

SJC gratefully acknowledges the following donations received as of April 8.

Building Fund/Capital Campaign

Marsha Davis in memory of Mike Saltzman
 Marsha Davis in memory of Jamie Powell
 Marsha Davis with get well wishes to Allyn Fruman
 Beth & Steven Gilbert
 Leslie & Susan Gladstone
 Jocelyn Kaplan in memory of Eugene S. Kaplan, MD
 Myra Kramer & John Hammett in honor of Mike Saltzman and wishes for a speedy recovery for Allyn Fruman
 Tony & Narda Namrow
 Idylle B. Patz
 Marty Rosensweig
 Edward & Patricia Simon
 Joel & Alyssa Simon
 David Udoff & Jennifer Kappeller

Community Services

Myra Sachs with get well wishes to Lucy Mehl, Fran Sneider and Wendy Walker
 Myra Sachs in memory of Roberta Bass's daughter, Geri
 Myra Sachs in memory of the brother (other half) of Lucy Mehl, Leonard
 Myra Sachs in honor of the life and memory of her husband and best friend, Al Sachs
 Daniel & Pamela Wojnilower in honor of Robb Mapou and Mike Zufall's recommitment ceremony

General Fund

Edna Bauer in honor of Mike Saltzman
 Emily & Mark Eider in memory of Jamie Powell
 Arthur & Marcy Fink, with thanks for hosting High Holiday

Services; we attend and enjoy the services!

Harvey & Allyn Fruman in memory of Jamie Powell
 Lee Mussoff wishing a speedy recovery and happy birthday to Allyn Fruman
 Patricia Powell
 Steve Scheffer & Daphne Kaplan in memory of Jamie Powell
 Eric & Robin Schwartz
 Susan Zemsky in honor of Reb Lisa's installation and her wonderful community

New Members

Neal & Sandra Cohen
 Robert Forman
 Robert Pomeranz & Sorelle Brauth
 Susan Silberstein

Oneg/Kiddush Sponsors

April 5 – Myra Sachs in memory of her husband Albert

From Pat Powell

Dear Seaside Community,
 I am most grateful for your reaching out to me through calls and visits. I now know and appreciate Shiva. Your generosity to our synagogue in Jamie's memory is so appreciated. This is my thank you to each of you and all of you. Helping Hands and Chesed, thank you so much for the meal you provided for friends and family. And, Reb Lisa, thank you for being at my side from that moment on. Your love and healing service were what we needed.

Pastoral Support:**Just a Phone Call Away**

Pastoral support is available to visit patients at local hospitals, nursing homes, and rehab facilities. We can help families dealing with the death of a loved one. Our Religious Leader is available to help families through the rituals and processes surrounding death, including funeral and burial, Shiva, and notifying the SJC community. Other SJC members take care of providing a Shiva tray, meal of comfort, or a contribution. Contact SJC's Religious Leader or SJC's Chesed and Community Service Chairs. See page 3 for their contact information.

Yahrzeit Plaques

Honor your departed loved one by having a plaque mounted on the wall in the sanctuary. It takes three months to receive them.

SJC Cemetery

Reserve Your Plot(s) today.
 Contact Harvey Fruman at 302-226-2209 or rehohef@verizon.net

Helping Hands

SJC offers support to members who are ill, grieving, homebound, or just need a helping hand. Available support includes sending cards, visiting people at home, preparing and delivering meals, picking up groceries and prescriptions, small repairs around the house, and running errands. New Helping Hand team members are welcome. Contact Anita Smulyan at 302-703-2900. If you can provide a meal, call Cynthia Mervis at 302-212-2692.