



YOU FIT HERE!

FEBRUARY IS JEWISH DISABILITY AWARENESS,
ACCEPTANCE & INCLUSION MONTH

CELEBRATE DIVERSITY AT MLRT THROUGHOUT THE MONTH!



COVID-19 regulations and guidelines are rapidly changing due to new variants and case numbers, and our main priority is keeping our MLRT family safe and healthy. This issue was printed in the beginning of January, so we ask that you **please visit mlrt.org or call the Temple office at 610-649-7800 for the most up-to-date information.**

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Jamie Mushlin

Hello MLRT family! Back in the 1960's, February was named National Heart Awareness month, in an effort to bring attention to heart disease as it was the leading cause of death at the time. Unfortunately, it still remains the leading cause of death in the entire world today. It is true that I wasn't born yet when this happened...but I really love all the music from this decade and am, and always will be, a huge Beatles fan.

The four boys from Liverpool famously sang, "All You Need is Love," so even though many of us relate February and our hearts to love, it's also important to remember that heart disease can sometimes be preventable and that steps can be taken to reduce the risk of developing heart disease. Valentine's Day will fittingly share the stage with heart disease as both deal with matters of the heart, so to speak. We hope to get to the point where we can recognize the signs and symptoms and hopefully reverse, or prevent entirely, heart disease in our friends, family and loved ones. Why is this important to me you may ask? And why am I talking to you about it now?

A few months ago, I added another area of genetics specialty in cardio-genetics. I immersed myself back in the books and learned an entire new service line in regards to heart diseases like cardiomyopathies, arrhythmias, aortopathies and lipid disorders, to name just a few. I did this to cover a maternity leave for one of my colleagues and I thought, "I'm not too busy with the Temple, my kids, my current job in cancer genetics, my teaching and of course my nine chickens, six ducks, two cats and a dog...why not learn an entirely new area of genetics?" So yes, I may be certifiable with all that I keep piling onto my plate.

When I went to graduate school, all we knew about cardio-genetics was that high cholesterol ran in families and that we had a gene that was found to be mutated in those families. Today we know of hundreds of genes that play a role in cardiology that go way beyond cholesterol levels. Knowledge of these genes has led to treatments and preventative measures which help identify at-risk individuals and those who might benefit from early intervention and detection. This new level of knowledge and prevention protocol has, in turn, saved lives.

So what can you do to make a difference during National Heart Awareness month? You can talk to your doctor if you're worried or have symptoms, such as unexplained shortness of breath, passing out, irregular heart beats, or chest pain (to name a few). Reach out to your doctor if you have a family history of heart disease. Make some healthy choices for your future like starting an exercise plan, giving up smoking, or beginning a diet/weight loss program. These healthy steps can help offset heart disease symptoms as they can go hand in hand with weight. You can manage your blood pressure, diabetes and cholesterol levels, heading off a problem before it ever becomes a problem.

You can always reach out to me, as a medical specialist, as a friend, or as a Temple lay leader. I'm happy to help direct you! Be safe and take care of yourselves and one another!



MLRT GETS TOGETHER IN THE SUNSHINE STATE: See you in Florida this February 4-6!

Friday, February 4 at 5:00 pm

Don't miss drinks, dinner, and Shabbat service at the lovely home of Nancy and George Broder in Palm Beach

Saturday, February 5 at 10:00 am

Shabbat Morning Walk starting at the South Beach Park Pavilion, 400 N State Road A1A, Boca Raton

Sunday, February 6 at 10:00 am

Rabbi Newburge's Nosh & Drash - join Rabbi Newburge at The Seed, 1449 W Yamato Rd Boca Raton 33431, for sunshine and study!

For more details and to RSVP, contact Michelle Wilson in the MLRT office at 610-649-7800 or mwilson@mlrt.org.

Vaccinations are required to participate in these Florida events; booster preferred.

Be the Light



Rabbi Geri Newburge

One of the greatest blessings of the pandemic is the Monday night sessions of Keeping It Reel when members of the Main Line Reform Temple Beth Elohim family discuss a movie we've watched in advance. These movies have run the gamut from comedy to drama, documentary to fantasy. Our conversations delve into camera-work, music, acting, and storyline and we can always be sure of a diversity of opinion (but as I always say, it would be boring if we all thought the same thing!). I'm grateful for everyone's insights during our movie conversations, and appreciate the different perspectives shared.

Recently, we watched and deliberated the movie *Begin Again* on Netflix. The plot of the movie revolves around a young woman, Gretta, and her songwriting/singing partner and boyfriend Dave, who head for New York when he lands a record deal with a major label. Unfortunately, Dave gets involved with another woman as he becomes more successful and Gretta is suddenly left on her own. A friend takes her in and then encourages her to sing one of her original songs at an open mic night, when a down and out record executive, Dan, hears her song and decides to put everything he has into making a record with her. A life-changing bond forms between the pair as they work together on this album.

We always begin with general reflections on the film. In general, most of our participants enjoyed the movie, and much of the conversation revolved around the music and acting. Yet for me, the most important and powerful aspect was the storyline. Both of the leads, Keira Knightly and Mark Ruffalo as Gretta and Dan, respectively, faced enormous personal trials, and with the inspiration of friendship, music, and meaningful work, they were able to find their way back to a sense of purpose and wholeness. It was a beautiful movie, even if at times weighed down a bit by the other elements of movie making. For me, *Begin Again* offered a hopeful take on facing the challenges of life.

The Torah reading the second week of February is Parashat Tetzaveh from Exodus, and it spells out the instructions for the construction and usage of the *Ner Tamid*, the Eternal Light. The fourteenth century Jewish poet, physician, and philosopher Jedaiah ben Abraham Bedersi offered a unique and thoughtful expression of the *Ner Tamid* in his poem, "Bechinat Olam, An Investigation of the World,"

The Torah and humanity combined comprise the lamp of God on earth.
The Torah is the flame issuing forth from the spark of God in the heavens.
Humanity, made up of both body and soul, is the torch that draws flame from it.
The body is the woven wick and the soul is the purified olive oil.
Through the intertwining and fusion of torch and flame, the whole house becomes filled with light.

Wherever we find our inspiration, comfort, and support- in the sacred words of Torah, a relationship with God, in friendships, or in the gifts of our community- each of us can be a *Ner Tamid* to others.

NOTICE OF ANNUAL CONGREGATIONAL MEETING

Sunday, March 20 | 11:00 am

Please join us for MLRT's Annual Congregational Meeting on Sunday, March 20 at 11:00 am. Our lay leaders, clergy and senior staff will program a review of MLRT's, programs and operations during the pandemic and plans for our multi-access future. There will also be an opportunity to meet and elect the slate of Officers and Trustees nominated to service in the coming year. Additional information including the Zoom link will be sent out in the next month.

2022-23 Slate of Officers

President:

Jamie Mushlin

Treasurer:

R. Victor Haas

Vice Presidents:

David Heppen
Mary Kamplain
Lori Robbins

Financial Secretary:

Mike Cohen

Recording Secretary:

Amy Kopelman

Nominations for the Board of Trustees

Three Year Term:

Ken Brier
Amy Buckman

Brad Frank
Allison Goodwin

Kari Kurtz
Sue Plick

One Year Term:

Jamie Sandler

We Rise by Lifting Others



Amy Krulik,
Executive Director

Scene: Early February 1985, about 7:45 am on a ridiculously windy day on the campus of Hamilton College in Clinton, NY.

I am dressed for the sub-zero windchill and snow, and head out for my 8:00 am class which is in a building maybe 500 feet from my dorm. All I need to do is get across the quad. The quad regularly created one of those annoyingly weird wind tunnels, but what greeted me that morning was something other worldly. The wall of wind hitting me in the face was so strong that I couldn't take two steps without being pushed right back to the door. As I was contemplating my options, I saw my professor approaching. He had years of experience with this level of wind and was armed with a few extra pairs of ski poles for stranded students like me. The wind was no match for the ski poles. And yes, we made it to class!

The Random Acts of Kindness Foundation, which was founded in 1995, has designated February 17 as Random Acts of Kindness Day. Over the years, I have honored my professor's kindness by not only engaging in acts of kindness on February 17, but by also taking time in February to make plans for Good Deeds Day (first Sunday in April, unless it's Passover because the organization is based in Israel) and World Kindness Day (second Sunday in November).

There is a whole body of research that shows when we practice kindness either towards other people or towards ourselves, we can experience positive mental and physical changes. Kindness helps lower our stress levels and increases our body's production of feel-good hormones such as dopamine, oxytocin and serotonin. Kindness also has the seemingly magical ability to strengthen relationships and increase our sense of satisfaction in life.

Ours is an exceptionally caring and kind community and I am confident that we can still push our collective kindness up a level or two. Here are five simple ways to get started:

- Add Random Acts of Kindness Day (February 17) to your calendar.
- Volunteer for an MLRT committee or help out at a special event like the upcoming Purim Carnival – email me to learn more at akrulik@mlrt.org.
- Join MLRT's Tikkun Olam Network (TON) to plant and care for our community vegetable garden this spring – Please email Liz Stoller at ljstoller@gmail.com or Beth Allen at ballenlevy@yahoo.com.
- Donate blood to the American Red Cross. The next MLRT Blood Drive will be on May 17, but there is no need to wait – find a local blood drive at www.redcross.org.
- Schedule some "me time" this month and commit to keeping this date with yourself to rest and recharge.

And remember, kindness is more than doing good deeds. It is an attitude, an expression, a look, a touch, Kindness is anything that lifts up another person and makes them feel loved and appreciated. February 17 is just around the corner. Are you ready?

We rise by lifting others - Robert Ingersall

If you participate in Random Acts of Kindness Day on February 17, let us know!

Let your acts of kindness inspire others by emailing Davida Chornock, Director of Marketing and Communications, at dchornock@mlrt.org with details and/or photos. Your acts will be shared anonymously to MLRT's social media and will motivate others to follow suite.

We can't wait to see the creative and meaningful ways you spread light throughout your community!

COVID has shown us the critical importance of connecting with others, while at the same time creating some giant roadblocks to making these connections possible. MLRT has developed a member profile to help connect us to other members with shared passions and to volunteer and leadership opportunities that meet our time, talents, and interests.

All you need to do is log onto your Member Profile via the MLRT website, select the tile that says "Profile" in the family information section, and complete and submit the form for yourself and any other members of your family.

Based on the information you share, we will reach out to you with opportunities to connect with other members, to volunteer, and to get involved with MLRT leadership. Plus, all profiles filled out in February will be entered to win your choice of delectable treats from our Executive Director, Amy Krulik: homemade chocolate chip cookies, award-winning banana bread, or chocolate mousse!

Cantor's Corner



Cantor Faryn Rudnick

As you may recall from years past, February is Jewish Disabilities Awareness, Advocacy, and Inclusion Month, a celebration of diversity and a call to action that is near and dear to my heart. And while we will spend the month celebrating, learning, and advocating, I am - surprisingly - not using my article space this month to share about JDAIM. Rather, I want to share with you about an incredible experience I had in early December, when I had the privilege of attending a two-day virtual training with The One America Movement, a national nonprofit organization that works to help faith communities navigate and confront polarization and toxicity with challenging and divisive issues - anything ranging from but not limited to: politics, racial injustice, immigration, gun violence, and religious intolerance. As part of my role on the executive board of the American Conference of Cantors, I co-chair our continuing education committee, and one of my colleagues approached us about doing a workshop with The One America Movement. Some meetings were held and the workshop was scheduled, but while this was transpiring, my co-chair and I were invited by the Rabbi on staff to join in the two-day training. The training was the inaugural pilot cohort of Jewish clergy, joining from all over the country, who, together, took a deep dive into the science of polarization.

Over the course of the very intense two days, we talked a lot about assumptions, implicit bias, triggers, conflict lines, creating space for all in the congregation, active listening, perceptions, identity, navigating truth, and learned skills for bringing this powerful, meaningful, and necessary work into our communities. Of the many things that had a deep impact from this meeting, what was most profound was the reminder that we are more alike than we are different. And, because of this, we need to push past our assumptions that come with labels and open the floor for active listening and honest, but respectful dialogue. For example, and I am speaking in broad strokes, people assume that they have completely opposing values and view points from people in opposite political parties. In reality, we share opinions and values, but are too quick to pass judgment or make assumptions based on extreme representations of our political parties or simply based on our labels, to engage in meaningful dialogue.

Our teachers, Hillel and Shammai, disagreed in almost all areas of their teachings, but they were humble and deferential, respectful of one another, and willing to work together without dehumanization. This work is challenging, but we are all up for the challenge. In many ways, the efforts of The One America Movement mirrors and helps to further the efforts of disability advocates through their work to break down misconceptions and barriers, and help create a more united, trusting, safe, and healthy community. My hope this JDAIM, and every day of every month of every year, is that we all continue to build a community and society where we all have a seat at the table.

While we celebrate all of our community members each day of each month, February and JDAIM is a time to remind ourselves of the need to widen the proverbial net, to make sure that no one stands on the periphery of the community, and to refresh ourselves and our efforts to be a community of belonging for all people. This JDAIM we encourage you to read a book by an author with a disability, watch a movie with actors with disabilities, get involved with our inclusion team, and visit inclusioninnovations.com/jdaim.

Join us on Friday, February 11 at 6:30 pm for a Shabbat service honoring Jewish Disability Awareness, Acceptance, and Inclusion Month with special guest, Dani Tapper.

Dani will speak about her experience and her work - Brilliant: A New Musical. In *Brilliant*, Sarah expected to have a family that replicated the one of her childhood home. However, when her second child, Adam, is diagnosed with behavioral challenges, she soon realizes that raising her son and keeping her family afloat will be far from the calm and easy pace of her past. *Brilliant* follows Sarah as she and her husband work to support Adam, although often falling short on providing him what he needs. Ahead of Dani's Shabbat service presentation, a link to her video will be coming out via eblast; check your inbox!

Please mark your calendar to join us for this presentation and JDAIM Shabbat Service!

Gabby Kaplan-Mayer will lead a lunchtime discussion on Friday, February 18 at noon on Zoom.

Gabby has worked as an education director, curriculum writer, teacher, author and youth director/advisor in various capacities for over 20 years and directs Whole Community Inclusion at JLV. Copies of her new book, *In My Kehillah*, where the cute cast of relatable characters with different abilities shows the values in action and illustrate what it means to be an inclusive community, can be found in our Odell-Diamond Library.

We look forward to hearing from Gabby and benefiting from her expertise to facilitate our conversations about curiosity surrounding disabilities.

Keep an eye on your inbox for more information, links, and programs throughout February!

Lifelong Learning



Sally Brown,
Librarian

The short story for the short month of February will be "Lebensraum" by Erika Dreifus from her collection, Quiet Americans. Her stories are inspired by her grandparents, German Jews who emigrated to the United States in the late 1930's. Our discussion will take place in person and via Zoom on Thursday, February 10, at noon. We have a dedicated group of readers, but we are looking for and welcome newcomers to join in our lively monthly discussions.

Many of you have heard of the new book by Dara Horn: People Love Dead Jews: Reports from a Haunted Present. The author was in Philadelphia with one of her fiction books several years ago and she recently appeared on January 27 at Drexel University, sponsored in part by One Book One Jewish Community (OBOJC) and Gratz College. We are fortunate that Rabbi Straus will lead a discussion of the book for

our congregation on Monday evening, February 7 at 7:00 pm. I hope that you will have a chance to read this startling and profound exploration of how Jewish history is exploited to comfort the living and join in what is sure to be a enlightening and meaningful book discussion.

At the end of the month, Ethan Michaeli will be our guest on February 25 at Friday night services. In his newly-published book, Twelve Tribes: Promise and Peril in the New Israel, award-winning journalist Ethan Michaeli weaves together the personal stories of Israelis of all tribes into a narrative of social and political change. Based off his experience as an Israeli American, this book is filled with, "love for the Israeli story, and anxiety for its future," as described by our previous distinguished guest author, Yossi Klein Halevi. Ethan Michaeli currently teaches at the University of Chicago's Harris School of Public Policy and continues to astound the literary world with his thorough research and elegant writing. Please make sure to join us for this special multi-access Shabbat Service in partnership with the Israeli Committee.

Learning together will be our goal at MLRT for February 2022!



STAY CONNECTED!

Shabbat Morning Walks

Saturday, February 5 at 10:00 am South Beach Park Pavilion, 400 N State Road A1A, Boca Raton

Celebrate Shabbat in the Sunshine State with your MLRT Floridian community. Meet Rabbi Geri Newburge (with your masks!) in Boca Raton for a Shabbat walk drenched in sun.

Saturday, February 12 at 9:00 am Cynwyd Trail, Barmouth Trailhead

Celebrate Shabbat in nature with your MLRT community. Meet Rabbi Geri Newburge (with your masks!) at the Cynwyd Trail for a beautiful and invigorating winter walk.



Keeping It Reel: Get your popcorn ready to discuss these Netflix movies on Zoom with Rabbi Newburge!

 **Monday, February 14 at 8:00 pm - Ophelia**

In this retelling of Shakespeare's "Hamlet" from Ophelia's point of view, the lady-in-waiting's shared love with Denmark's prince is ruined by treachery and madness.

 **Monday, February 28 at 8:00 pm - Power of the Dog**

A domineering but charismatic rancher wages a war of intimidation on his brother's new wife and her teen son — until long-hidden secrets come to light.



Beer Club - Sunday, February 20 at 7:00 pm

Tired Hands Fermentaria, 35 Cricket Terrace, Ardmore

Let's enjoy a beer learning experience hosted by a member of the Tired Hands team. Congregants are responsible for their own tabs. Beer Club is open to all MLRT members who enjoy trying and sharing beer.



Lunch and Learn - Monday, February 28 at 12:00 pm

Lunch with the Rabbi is back! Take a break for lunch while Rabbi Newburge leads a thoughtful conversation on Zoom.

*All programs, classes, and services are subject to change.
Visit mlrt.org/zoom for the most up-to-date information, more details, and virtual program links.*

Israel Matters

Several of Israel's numerous start-up companies are making great strides in ensuring that the Earth becomes a healthier planet. Bonus BioGroup has developed a drug called MesenCure, which shows great promise in the treatment of gravely ill covid patients. While the overall hospitalization rate was reduced by half compared to a control group, mortality was reduced by 70%. The drug is now entering phase III clinical trials. The company will apply for emergency use approval from European and US regulatory agencies. Clinical trials of two other Israeli products, EXO-CD24 and Allocetra, are also showing great results with Covid patients who have preexisting conditions.

Exposure to poor air quality only worsens these preexisting conditions, and another Israeli company has found a way to remedy that, too. If you were to ask Siri about the air quality in Philadelphia, she will go to the Breezo-Meter app for information. Developed by young Israeli entrepreneurs, the company provides 400 million people worldwide with the most comprehensive real-time data about air pollution, wildfires and environmental hazards. Eventually, the company hopes to reach one billion users.

We hope you enjoy these "good news" bulletins from Israel. If you would like to contribute to future issues, please email Sherrill Neff at sherrill.neff@gmail.com, Jackie Shulman at jjshul@gmail.com, or Renee Margulies at Milren4@yahoo.com.



SAVE THE DATE FOR OUR FIRST ARTIST-IN-RESIDENCE OF 2022, DAN NICHOLS!

FRIDAY, MARCH 18 - SUNDAY, MARCH 20

Spend the weekend with this Jewish music rockstar and hear Dan perform in a variety of ways!

Dan will lead Friday Night Services for the entire congregation and then put on an intimate concert on Saturday night. He will also perform for our Religious School students on Sunday morning.

Dan is a product of the URJ Jewish camping movement. He has toured Jewish summer camps across North America for the last 15 years. A classically trained singer, Dan received his Bachelor of Music degree in vocal performance at the University of North Carolina. In 1995, realizing the potential of music to make powerful connections with Jewish youth, Dan established the Jewish rock band Eighteen. Since that time, Dan and Eighteen have released 13 albums. Dan has been featured at conferences and conventions of nearly every major Jewish movement, including the URJ Biennial, NFTY Convention, BBYO International, Limmud and the Wexner Heritage Program.

Contact Cantor Faryn Rudnick at frudnick@mlrt.org for more information.

Helping the Refugee

What would you do if you had to immediately uproot your family, leave your home, job, community, and everything you've earned behind, and run for your life toward uncertainty? I hope none of us has these experiences, but for many being settled by HIAS PA this is their reality, as I am sure it was for some of our ancestors.

This past fall, many generous members of the community brought donations to MLRT to be sorted and then used to help set up homes for HIAS' new clients. New arrivals are not only from Afghanistan, but also Iran, Iraq, Ukraine, Liberia, Pakistan, Sudan, Bangladesh, Democratic Republic of Congo, Eritrea, Syria, Burma and Uganda. Yet even with all the generosity, there are a few things that are running low, so please consider donating some of these easily acquired items: full-sized Shampoo (No conditioner), Deodorant, 2-ply Toilet Paper, Scissors, and Note Pads. All of the above easily-acquired items can be brought to MLRT and put in the gray plastic bin in the vestibule which is labeled for HIAS PA.

Also, HIAS PA has identified its top needs and shared them on their Target Registry. All registry items will be shipped to HIAS PA and are available for purchase at target.com/gift-registry/gift/hiaspa-refugee-needs. And, as always, thank you for helping to "welcome the stranger."

Sisterhood



Ami Lonner & Elizabeth Stoller,
Sisterhood Co-Presidents

We hope you are safe and sound during the throes of winter that we are in right now. February is always the long haul until we see the first signs of Spring. Our sense of timing seems to have been thrown for a loop the past two years as we have been dealing with Covid, but with Spring comes Purim and one of our favorite programs of the year – Shalach Manot. We don't want to reveal what this year's theme will be just yet, but we promise that it will be fun, will lift your spirits, and provide you with some yummy treats in honor of the Purim holiday.

Once again, we will be asking for volunteers to help pack and delivery our popular Shalach Manot bags. Our packing day is March 10, so make sure to mark your calendars! Please contact our Shalach Manot chairs, Jackie Bobrin at jackiebobrin@gmail.com or Lisa Greenblatt at greenblatt5@comcast.net, if you would like to help pack or deliver.

Please check out page 9 for all of the details about ordering Shalach Manot and participating in this mitzvah of Purim and Sisterhood fundraiser!

We will also have our annual author talk on March 15, but we wanted to give you time to read the book, since we will all be spending more time at home again this winter. We will be reading The Woman With the Blue Star, by Pam Jenoff. We have had Pam visit us before, and she is always an engaging and fun guest. Watch your email for information on the program and whether it will be in person or virtual.

Brotherhood

Mr. Berra was right: "it's like déjà vu all over again." And it's frightening. Last February's Brotherhood Bulletin contained a lengthy transcription of Rabbi David Saperstein's remarks to our national Brotherhoods following our national election. I submit for your consideration his eerily prescient remarks:

"Rabbi Saperstein's greatest fear now centers on the fact that, if we are unable to make really hard decisions that matter to all of us, that we will confront a bleak future. The issues that matter to Trump voters should also matter to Biden supporters: the consequences of globalization; rural America's sense of always being neglected; our children not being able to fulfill their dreams; the fear of demographic shift: in 2008 54% of Americans identified as white Christians, in 2019 that percentage dropped to 44%. Any smooth sailing for Biden's administration will meet with stiff headwinds given the abandonment of the tenets of the Warren/Berger Supreme Courts; the seismic shift in the Court may influence future decisions on climate change, women's rights, and the like." To deny the overlaps between last year's and this year's events and fears means you may have been on a Disney cruise for three-hundred and sixty five days. Clearly, the single difference between the two periods is that all that was considered a "may" has now become a stark reality.

But enough of doom and gloom. Brotherhood does have a few events planned for February: a Super Bowl Party is in the planning stage, so keep an eye out for updates; another try at a Texas Hold'em Tournament is scheduled for the 24. And, forward looking as we are, make your plans now to attend the Brotherhood Shabbat on March 11. This annual event was virtually presented last year; this year we hope to greet you in person. Finally, that shaggy-haired genius, Albert Einstein, said of education that "it is the supreme art of the teacher to awaken joy in creative expression and knowledge." Childhood and adolescent education is this year's theme for our annual golf outing for charity, scheduled for May 18. Your participation in this event allows Brotherhood to continue its tradition of charitable giving to worthy causes. Solidify your plans early, since space is first come, first served. Contact Gerry Robbins at suppliesplus3@comcast.net if you have questions.

Kindly, Gary Brock, MLRT Brotherhood Vice-President

Tikkun Olam Network (TON)

This issue was sent to the printer before our MLK Day of Service, but we are already overwhelmed with the amount of donations and support that have come in!

Thank you all for working with us to honor Dr. Martin Luther King, Jr.'s legacy! We hope to have made him proud with our actions on January 17, and all of our efforts leading up to the Day of Service.

Shalach Manot

Purim is around the corner and your MLRT Sisterhood is hard at work on our annual Shalach Manot fundraiser!

We can't think of a better way to let friends and family know that you are thinking about them during these isolating winter months than by sending a cheerful package of Purim treats!

The Purim Mitzvah of sending Shalach Manot to friends and family is even more important during a pandemic. MLRT Sisterhood is making it easy to show people you are missing them and thinking about them by assembling and delivering packages for you for \$7/recipient!

Each recipient will get one package which will include traditional Purim goodies and a letter with the names of everyone who sent them Purim greetings.

Special bundled pricing is available to send to MLRT clergy and staff, and additional packages for family or friends who are not members of our MLRT community will be available for \$10.

You will receive an email by February 10 that contains your personal link for ordering. Just click on your personal link and it will log you directly into your HappyPurim account. If you do not receive the email with your personal link by February 10, please contact Lisa Greenblatt at greenblatt5@comcast.net.

All orders are due by midnight on March 3

No exceptions and no extensions

The funds raised from Sisterhood's Shalach Manot project are donated directly to MLRT for special projects or needs. Your support of this fundraiser fulfills one of the mitzvot of Purim and helps support MLRT in the future.

Opportunities to volunteer for packing and contactless delivery are also available.

There will be a place to indicate your desire to help on the order page or you can send an email to our Shalach Manot co-chairs, Lisa Greenblatt and Jackie Bobrin at greenblatt5@comcast.net or jackiebobrin@gmail.com.

Purim 2022

With celebrations including costumes, skits and songs, noisemakers, and gifts of food, Purim is definitely full of fun! The main communal celebration involves a public reading—usually in the synagogue—of the Book of Esther (Megillat Esther), which tells the story of the holiday: Under the rule of King Ahashverosh, Haman, the king's adviser, plots to exterminate all of the Jews of Persia. His plan is foiled by Queen Esther and her cousin Mordechai, who ultimately save the Jews of Persia from destruction. The significance of Purim lies not so much in how it began, but in what it has become: a thankful and joyous affirmation of Jewish survival.

Purim dates:

Religious School Purim Carnival - Sunday, March 13

Erev Purim - Wednesday, March 16

Purim - Thursday, March 17

Look out for more information and details about all of our Purim programming in your inbox!

Teach Our Children: ECE

The ECE is excited to present our annual Spring Event!
We look forward to gathering for a "Backyard BBQ" themed fundraiser with delicious food & beverage, lawn games, local vendors, auction & raffles, and much more!

Save the Date:
The evening of Saturday, April 30

Currently recruiting volunteers to join the event planning committee. Email eceoffice@mlrt.org for more information.



MLRT ECE is THE place to be in 2022-23!



**A new school year means new beginnings
and new adventures!**

REGISTRATION OPENS
Ages 2-Kindergarten (FULL-DAY!)

**Get Ready for the
BEST SUMMER EVER!**

FEBRUARY 1, 2022
for currently enrolled families

MARCH 1, 2022
for new families

MLRT
Camp
ECE

JUNE 20 – AUGUST 12

Flexible schedule for ages 2-5

Space is limited!

REGISTRATION OPENS

FEBRUARY 1, 2022
for current ECE families

MARCH 1, 2022
for new ECE families

Learn more at mlrt.org/early-childhood-education

To schedule a tour, please contact the ECE office at eceoffice@mlrt.org



Teach Our Children: Religious School



Rabbi Kevin Kleinman
Director of Education

The book of Pirkei Avot teaches, "Mitzvah goreret mitzvah – One mitzvah leads to another mitzvah." Teaching and living Jewish values is an important component of our Judaic Studies curriculum. For several years, our Religious School has partnered with Challah for Hunger. Each grade takes one Sunday morning to make challah, while learning about Jewish responses to food insecurity in ancient and modern times. The grade brings tzedakah to "purchase" the challah. This money gets donated to the Ardmore Food Pantry to help stock their shelves. Being Jewish means that we take note of the need in our community and do our part, individually and as a community to making a difference wherever and whenever we can.

Check out some photos of the past few years of our Challah for Hunger baking below, followed by some important Religious School dates to keep in mind this month.



Family Shabbat Service with K-2nd grade participation
Friday, February 4 - 6:30 pm
*Family art project at 5:30 pm

3rd grade Mishpacha (family) Program
Sunday, February 6 – 9:00 - 11:00 am

5th grade Challah for Hunger program
Sunday, February 13 – 9:00 - 11:00am

Sunday, February 20 – No Religious School

Family Shabbat Service with 3rd grade participation
Friday, March 4 - 6:30 pm
*Family art project at 5:30 pm

2nd grade Mishpacha (family) program
Sunday, March 6 – 9:00 - 11:00 am

Sunday, March 13 – Purim Carnival!

K and 1st grade Challah for Hunger program
Sunday, March 27 – 9:00 - 11:00 am

Break out your instruments because we are looking for adult congregants to join the MLRT Bimah Band!

If you play the guitar, bass, keyboard, drums, horns, or sing, and are interested in learning new music, jamming with fellow musicians, or rocking out a Shabbat, all while having a blast, please contact Ross M. Levy at rlevy@mlrt.org.

Contributions

(As of January 5)

Annual Fund

Nancy & Larry Abrams
In memory of Rita Reichlin

Barbara & Edward Ambacher
In memory of Leona Jaffe

Randi Becker

Pamela M. Cohen & Denis P. Cohen
In honor of Rabbi David Straus

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In honor of the MLRT Clergy for Zoom Torah Study

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In memory of Bessie Hendel

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In memory of Merle Cantor Goldberg
In honor of George and Jackie Goldstone's new
great grandson, Pierce Adler
In honor of Jeff Goldstone's new grandson,
Pierce Adler

Sherrill Neff & Alicia Felton
In memory of Lisa Adoni

Joan Nerenberg
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Lori & David Israeli
In honor of Eliana Israeli's bat Mitzvah

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In honor of Cantor Faryn Rudnick

Linda Mundy & Jeffrey Drebin

Community Action Fund

Joan & Larry Bergen
In memory of Lisa Adoni

Covid-19 Emergency Fund

Marla & Norman Fienman

Miriam Nadler

Covid-19 Emergency Fund cont.

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In memory of Jeffrey Adelman

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In memory of Jeanie Levy

Rabbi Newburge Discretionary Fund cont.

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Dr. Bradley Robinson
In honor of Rabbi Geri Newburge

Sydelle Salkind
In honor of the baby naming of Henry Aiden Hill and
Carter Scott Hayes

Jane & Gary Schloss

Ann Superfine
In memory of Stanley Superfine

Rabbi Straus Discretionary Fund

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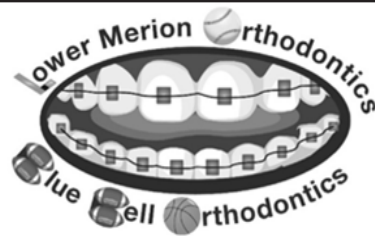
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We extend condolences to members of our community on the loss of their loved ones

Lisa Adoni

Daughter of Fonda Hartman
and Donald (Patricia) Rossman
Sister of Marla (Richard) Milgram and
Adam (Marcelle) Rossman
Mother of Stacie Silvestri and Alex (Jaclyn) Adoni
Grandmother of Emma and Sloane

Marcia Cohen

Mother of Peter (Mary Louise) and Barry (Joyce)
Sister of Arthur (Suzanne)
Grandmother of Claire (Ian), Andrew (Alicia),
Seth (Samantha), and Joy

Terri Konheim Cooper

Mother of Andrew (Meryl) Cooper and
Joel (Dorit) Cooper
Grandmother of Elle, Brynn, and Tess Cooper
and Garret and Addison Cooper
Sister of Bruce (Susan) Konheim and Lyn (Laurie) Konheim

Donald G. Howard

Husband of Paula Howard
Father of Laura (Brad) Frank and
Eric (Paige) Lehr-Howard
Grandfather of Adeline and Carter Frank
and Zane, Greyson and Hawkins Howard
Brother of Mary Roberge, Robert Howard,
and John Howard

Evelyn Korman

Mother of Robin (Kimm) Perlin, Phyllis (Ken),
Susan (Daniel), and Steven
Step-mother of Charles (Rachel), Marty (Liz), Paula
Grandmother of Nancy, Brad (Kristin), Rachel (Josh),
David, Sarah, Michael, Evan, and Andrew
Step-grandmother of Jonathon (Alex), Sam, Hayley (Eric),
Sam, Naomi, and Seth
Great-grandmother of Lucy, Max, and Blake
Step-great-grandmother of Miriam and Aviva

Fred Mayer

Husband of Maxine Orloff-Mayer
Family of Amy (David) Orloff-Fine,
Dean (Mary Beth) Orloff, and Scott (Stacey) Orloff

Evelyn Penchina

Mother of Helene (Glenn) Fischer, Robin (Larry) Blum,
Jay Penchina, and Beth (Brian) Jones
Grandmother of Melissa (Christopher) Stoddard,
Noah (Heather) Fischer, and Rachael (Steven) Fischer
Great-grandmother of Ryan and Jake Stoddard,
Alexander, Abigail, Benjamin, Eleanor, Sylvia, and Tariku

Vanda Rosenthal

Wife of Sam Rosenthal
Mother of Ann Robin Rosenthal (Michael Litchman),
Kimberly Dale Rosenthal (David Budner, former spouse),
and Sara Beth (Eric) Silberman
Grandmother of Isaac, Chaya, Drew, Pearl, and Ella

*Please consider a contribution to Main Line Reform Temple Beth Elohim in memory of these beloved people.
Visit mlrt.org to make a donation in their names.*

Mazal Tov!

Marlene & Richard Ferst

on the B'nai Mitzvah of their grandchildren,
Haley Rose Ferst and Tyler Ethan Ferst

Eileen Roberts

on the Bar Mitzvah of her grandson,
Owen Corey Swarbrick

You Belong Here.

MLRT strives to uphold the value of welcoming all people into our spiritual home that is so near and dear to our heart as a Jewish people. And we truly do welcome all people, regardless of age, gender, ability, race, sexual orientation, and political leanings.

Be Inspired. Be Connected. Belong. Believing in those words means we want everyone who joins or visits MLRT to feel at ease and comfortable participating in all aspects of temple life: spiritual, ritual, social, educational, and musical. Our Inclusion Committee's mission is to proactively combat and remove barriers to participation and engagement of all kinds so that our collective mission of a warm and thoughtful community is maintained from generation to generation.

Start Your Shabbat with MLRT

Our Sunshine State Shabbat information can be found on page two.

BIRTHDAY BLESSINGS

Friday, February 4 at 6:30 pm

For all those celebrating birthdays in February, join us for a special birthday blessing during Friday Night Family Shabbat Services to start the year off right.

JEWISH DISABILITY AWARENESS, ACCEPTANCE, AND INCLUSION MONTH SHABBAT

Friday, February 11 at 6:30 pm

We look forward to seeing you as we celebrate diversity and inclusion in the Jewish community at our annual JDAIM Shabbat Service with special guest, Dani Tapper. Dani will speak about her work, worlds, and share her wisdom as we continue our efforts to be a fully inclusive congregation.

ALL ABOUT LOVE MUSICAL SHABBAT

Friday, February 18 at 6:30 pm

One Shabbat together using love poetry in Jewish text to celebrate February: Heart Awareness Month, Jewish Disability Awareness, Acceptance, and Inclusion Month, and Valentines Day.

SHABBAT WITH GUEST AUTHOR, ETHAN MICHAELI

Friday, February 25 at 6:30 pm

Michaeli will relate his personal experiences as an Israeli American and those of the hundreds of people he interviewed from all aspect of Israeli life into a meaningful message for our Friday Night Service.

ALL FRIDAY NIGHT SERVICES AT MLRT ARE MULTI-ACCESS. PLEASE JOIN US IN PERSON (MASKS REQUIRED REGARDLESS OF VACCINATION STATUS) OR VIA YOUTUBE, FACEBOOK LIVE, OR LIVESTREAM.

MULTI-ACCESS WEEKLY SERVICE

THURSDAYS

11:00 am - Bible Study

Our rabbis lead an ongoing discussion of the Mishnah over the year. Join the discussion on Zoom or in person at MLRT anytime, whether you are an avid Mishnah student or have never looked at the Mishnah before.

FRIDAYS

6:30 pm - Friday Shabbat Service

We invite you to join us via YouTube, Livestream, or Facebook Live, or in the Morganroth Sanctuary for a Shabbat service with songs and prayers, followed by a virtual Oneg Shabbat.

SATURDAYS

9:00 am - Torah Study

Each week our Rabbis lead us in lively discussion as we read from the Parsha, or weekly portion, and learn about its context and history. All are welcome to join us via Zoom, from wherever you are, or in person at MLRT.

10:00 am - Shabbat Morning Service

Immediately following Torah Study, join us on Zoom or in person at MLRT for a lovely Shabbat Service featuring our clergy.

ZOOM-ONLY WEEKLY SERVICE

SATURDAYS

6:30 pm - Havdalah with the Rudnicks

Join Cantor Rudnick and her family for songs & Havdalah, as we look towards a week of peace and of good health.

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Shabbat & Holiday Services

Friday, February 4

5:00 pm Sunshine State Shabbat Service*^
6:30 pm Multi-Access Family Shabbat Service (KG, 1st, and 2nd Grade) with February Birthday Blessings

Saturday, February 5

9:00 am Torah Study
10:00 am Sunshine State Shabbat Morning Walk*^
10:00 am Shabbat Morning Service
6:30 pm Havdalah with the Rudnicks**

Friday, February 11

6:30 pm Multi-Access JDAIM Shabbat Service with Dani Tapper

Saturday, February 12

9:00 am Shabbat Morning Walk with Rabbi Newburge^*
9:00 am Torah Study
10:00 am Shabbat Morning Service
10:30 am B'nai Mitzvah of Haley Rose Ferst and Tyler Ethan Ferst~
Children of Taryn & Eric Ferst
6:30 pm Havdalah with the Rudnicks**

Friday, February 18

6:30 pm Multi-Access Musical February Shabbat Service

Saturday, February 19

9:00 am Torah Study
10:00 am Shabbat Morning Service
10:30 am Bar Mitzvah of Owen Corey Swarbrick~
Son of Amanda & Marc Swarbrick
6:30 pm Havdalah with the Rudnicks**

Friday, February 25

8:00 pm Multi-Access Shabbat Service & Israel Program with Ethan Michaeli

Saturday, February 26

9:00 am Torah Study
10:00 am Shabbat Morning Service
6:30 pm Havdalah with the Rudnicks**

Friday, March 4

6:30 pm Multi-Access Family Shabbat Service with March Birthday Blessings & HIAS Program

Saturday, March 5

9:00 am Torah Study
10:00 am Shabbat Morning Service
6:30 pm Havdalah with the Rudnicks**

All times, including B'nai Mitzvah services, are subject to change. The most up-to-date information and access links can be found on our website at mlrt.org.

All services at MLRT are multi-access.

*** In person only ** Zoom only ^ Off-site ~ Livestream**

Please join us in person at MLRT or via YouTube, Livestream, or Facebook Live on Friday nights or in person at MLRT or on Zoom on Saturdays. B'nai Mitzvah Services will be on Livestream. Havdalah is Zoom only.

Masks are required for all in-person programming, regardless of vaccination status.

PLOTS AVAILABLE IN THE MLRT SECTION AT WEST LAUREL HILL CEMETERY

A limited number of cemetery plots are still available in the MLRT section of West Laurel Hill Cemetery. The cost of a single grave is \$6,500, which is less than what the cemetery charges the public if bought directly, and includes perpetual care.

If you or your family members are interested in purchasing plots, please contact Amy Krulik, Executive Director, at (610) 649-7800 or akrulik@mlrt.org for more information or to arrange for selection and purchase of plots.

February 2022

All programs, classes, and services are subject to change. The most up-to-date information can be found at mlrt.org

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|----------------|--|---|--|--|
| | | 1 | 2 | 3 11:00 am Bible Study 7:30 pm BoT Meeting* 7:30 pm Friends of Bill W.* | 4 5:00 pm Sunshine State Shabbat (FL)*^ 6:30 pm Family Shabbat Service at MLRT with February Birthday Blessings | 5 9:00 am Torah Study 10:00 am Shabbat Service 10:00 am Sunshine State Shabbat Morning Walk*^ 6:30 pm Havdalah** |
| 6 10:00 am Sunshine State Nosh & Drash*^ | 7 7:00 pm Book Discussion with Rabbi Straus: <u>People Love Dead Jews</u> ** | 8 | 9 | 10 11:00 am Bible Study 12:00 pm Short Story Discussion: <u>Lebensraum</u> 12:00 pm Du Siach 7:00 pm FTD Caregivers 7:30 pm Friends of Bill W.* | 11 6:30 pm JDAIM Shabbat Service with Dani Tapper | 12 9:00 am Torah Study 9:00 am Shabbat Morning Walk*^ 10:00 am Shabbat Service 10:30 am B'nai Mitzvah of Haley and Tyler Ferst~ 6:30 pm Havdalah** |
| 13 6:00 pm Brotherhood Superbowl Watch Party | 14 8:00 pm Keeping It Reel: <u>Ophelia</u> ** | 15 | 16 | 17 RELIGIOUS SCHOOL CLOSED 11:00 am Bible Study 7:30 pm Friends of Bill W.* | 18 12:00 pm Inclusion Lunchtime Learning with Gabrielle Kaplan-Mayer** 6:30 pm Musical Shabbat Service | 19 9:00 am Torah Study 10:00 am Shabbat Service 10:30 am Bari Mitzvah of Owen Swarbrick 6:30 pm Havdalah** |
| 20 RELIGIOUS SCHOOL CLOSED 7:00 pm Beer Club at Tired Hands Fermentaria*^ | 21 PRESIDENTS DAY MLRT OFFICE CLOSED ECE CLOSED | 22 | 23 10:30 am Sisterhood Author Brunch with Pam Jenoff | 24 11:00 am Bible Study 12:00 pm Du Siach 7:00 pm Brotherhood Texas Hold'Em* 7:30 pm Friends of Bill W.* | 25 8:00 pm Friday Night Service & Israel Program with author, Ethan Michaeli | 26 9:00 am Torah Study 10:00 am Shabbat Service 6:30 pm Havdalah** |
| 27 | 28 12:00 pm Lunch & Learn with Rabbi Newburge** 8:00 pm Keeping It Reel: <u>Power of the Dog</u> ** | March 1 | March 2 | March 3 11:00 am Bible Study 7:30 pm BoT Meeting* 7:30 pm Friends of Bill W.* | March 4 6:30 pm Family Shabbat with March Birthday Blessings & HIAS Service | March 5 9:00 am Torah Study 10:00 am Shabbat Service 6:30 pm Havdalah** |

All services at MLRT are multi-access. Please join us in person at MLRT or via Livestream or Facebook Live on Friday nights or in person at MLRT or on Zoom on Saturdays. B'nai Mitzvah Services will be on Livestream. Havdalah is Zoom only.

Masks are required for all in-person programming.

* In person only

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