



THE RABBI'S COLUMN: A NEW WORLD

By Mark Sameth

Instantaneous communication in the form of Facebook and Twitter has made the writing of a monthly column into a very strange experience. So much information is exchanged in a 24 hour period that writing words that will be read even just a week later leaves the relevancy of those words questionable at best. On the other hand, because 30 days is an eternity now, a monthly column affords a certain perspective.

Such has been the experience of watching the events of this past month unfold. I write these words exactly 30 days after the Egyptians' January 25th Day of Rage. Who could have imagined? Inspired by the fall of Tunisia's President on January 14, Egyptians took to the streets to demand the resignation of President Hosni Mubarak, and has set off a regional revolution. Yemen, Bahrain, Algeria, and Djibouti have all been touched. Even Iran has experienced protests. As I write these words, Libya's strongman, Moammar Gadhafi, looks like the next to fall.

We celebrate the end of brutal dictatorship in Egypt. We celebrate the opportunity, at long last, for democracy in the region (the only democracy in the entire region today being, of course, Israel). We celebrate the end

of repression and censorship and the looting of an entire country by one man. Full stop.

Now the question of what's next. Over the past month I have read I-don't-know-how-many articles on-line pooh-pooing the influence, ambitions, support for and danger of, the Muslim Brotherhood: Hussein Rashid's "Egypt in Pictures: Not an Islamist in Sight" (February 1); H. A. Hellyer's "On Cairo Streets, No Support for Islamist State" (February 2); Haroon Moghul's "5 Reasons the Muslim Brotherhood Won't Turn On Israel" (February 3); and finally Essam El-Erian's "What the Muslim Brothers Want" (February 9), this last one penned by a member of the Brotherhood itself.

As Jews and as Americans, it's important for us to educate ourselves about this group. A good place to start, I believe, is with Jeffrey Goldberg's piece in the [Atlantic](#) (available on line), "Sheikh Qaradawi Seeks Total War." It's not a pretty picture, but better to know. And then let's continue to hope for, pray for, and work toward the spread of secular democracy by which all people may flourish.

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PRESIDENT'S MESSAGE

After slogging my way through the ice and snow that has accompanied us most of this winter, I am, like most of you, anxiously awaiting spring and the return of warmer weather. But the hazards of winter have served a positive function for me in at least one respect: it has reinforced the importance of having a refuge, a place of comfort and familiarity, that I can turn to. I have two of them: one is my living room chair right in front of the fireplace, where I sit for many hours watching the flames dance as I read; the other is the synagogue, where I spend 4 to 5 hours every Saturday praying, singing and studying Torah after kiddush. This is not a routine for most PCS members; I recommend it, but I also recognize that I have the luxury of indulging myself at this time of my life. I could not have done it when my children were younger and their Saturdays were filled with sports and play dates—nor did I even want to. Now I look forward to it each week.

I was raised in a suburban environment where my father was very active in synagogue life, but it was not a religious home. In my early years, we were orthodox and kosher, but by the time I was bar mitzvah, my parents had moved to a conservative temple and we attended services only on the important Jewish holidays. Prayer and Torah study were never truly part of my life. My family was more culturally, than religiously, Jewish. In his later years, my father stopped going to synagogue except for the high holidays. I've followed the opposite route; I love attending Shabbat services and feel deprived on those few Saturdays when I'm unable to make it.

The synagogue has become my refuge in all kinds of weather. Now why do I share with you this aspect of my personal journey; why talk about refuge at all? The answer is that we all need some form of it. Many of our friends and neighbors, many at PCS also,

find what they need at the malls, the golf courses or some form of entertainment. And that is okay. But I also believe that at some point, the rituals and connections to Judaism and Jewish life become more important; they tug at our sleeves even when we don't recognize the pull. I am once again requesting that you consider spending an occasional Saturday morning with us. It will not only fulfill that empty space in your life, but it will be a mitzvah for those of us who attend services and miss your company.

- Peter Schaffer

HAFTARAH LESSONS

Starting in March, I will be teaching a class at PCS entitled Chanting the Haftarah. The class will be meeting each Wednesday evening in March at 7:30 PM, starting on March 2nd. This class is open to any PCS member who has already learned to read Torah. Another class will be held in the future for those who want to learn trope for the first time. Anyone interested in this class should contact me at philip.paris@gmail.com





ROSH CHODESH NISSAN - THURSDAY MARCH 17TH

Nissan is the month when we celebrate liberation and renewal. Join us on Thursday, March 17th at 7:00pm, when Music Therapist, Maya Benattar leads a music workshop designed to relieve stress and provide relaxation for body and mind. Music experiences may include drumming, music-assisted meditation/guided imagery, singing, humming/toning, and guided music listening. Together, we will reconnect to the ancient traditions of song and rhythm. No musical experience necessary, all are welcome.

RSVP: Estelle Kersh 914-449-6153 eaststar18@optonline.net

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(This is the third installment of a 3 part series about the great Jewish philosopher,
Maimonides)

Maimonides - The Physician

By Philip Paris

At the age of 40, a sudden and terrible accident changed the life of Maimonides. His beloved brother, David, was lost at sea while on a business trip. David had been the sole supporter of their families and Maimonides now needed to find some way to support the two families. He had no interest in the valuable gem business, where David had been so successful. Instead, Maimonides assumed the role of physician. While that would seem an impossible task for any of us today, ever since childhood Maimonides had devoted much time and effort to studying medical books simply for pleasure. Now he could put his medical knowledge to good use, helping people and earning a livelihood as well.

Maimonides, a truly excellent doctor, took his work very seriously. He rejected all quackery and magical use of amulets (pieces of jewelry hung about the neck and thought to be a magical protection against disease). Many of his views sound quite modern and his medical writings are a significant chapter in the history of medicine. He wanted doctors to be open to new ideas. He believed in moderation, cleanliness and careful diet. He felt strongly that relaxation of mind and body were of the highest importance. He introduced theories of psychosomatic medicine as he came to understand that a great many illnesses derive from "our passions" leading to a loss of control over our physical and mental states. Maimonides wrote a treatise on asthma that is amazingly modern. Not only did he understand the relation of asthma to climate, his description of the effects of pollution could have come out of a modern text.

As the reputation of Maimonides grew, he was invited to be a court physician. Many of the noble Muslim families came to use Maimonides as their doctor. Invariably, they were satisfied with his treatment. At the same time, he maintained his practice treating large numbers of the citizens in his community. Unfortunately, his busy schedule placed a great strain upon him. The more he immersed himself in his work, the more it acquired the glow of a sacred duty. Maimonides prayed to God to strengthen the powers of his body and soul, so that he would always be ready to help the rich and the poor, the good and the bad, the friend and the foe. He prayed that he would always be able to see the human being in each patient.



March 6-13

PCS Palooza 8 Crazy Days and Nights!

You've read about us in [The New York Times](#).
You've heard about us from your [friends and neighbors](#).
Come experience [Joyful Judaism!](#)

Which of these events are right for you?

Sunday,
March 6,
12:30 pm

Meet Parenting Expert, Author Dr. Mark Bertin

Meet Parenting expert Dr. Mark Bertin, author of the new book "The Family ADHD Solution: A Scientific Approach to Maximizing Your Child's Attention and Minimizing Parental Stress". When you're calmer, so is your child. [Advance praise](#) for this important book on "mindful parenting." (Event ends at 2 pm.)

Monday,
March 7,
7:15 pm

Take a Yoga Class

Take a yoga class with Susan Lara Safranek. Susan is a Registered Yoga Teacher (since 2003) certified by the Kripalu Center for Yoga and has been studying and practicing yoga for 15 years. Is Yoga Jewish? You decide! (Class runs until 9 pm.)

Tuesday,
March 8,
7:30 am

Learn About Jewish Meditation

Take a one hour class on the history of Jewish Meditation, with Rabbi Mark Sameth. This class is part of a ten week course sponsored by the Westchester Adult Jewish Education (WAJE) program of [Westchester Jewish Council](#) (WJC), and made possible by a grant from the United Jewish Appeal (UJA). Class runs until 8:30 am. A light breakfast is provided.

Tuesday,
March 8,
7:30 pm

Meet Meryl Hyman, Author of "Who Is A Jew?"

Meryl Hyman, author of [Who Is A Jew: Conversations Not Conclusions](#) takes on the subject with a journalist's dispassionate eye. And yet - as a Reform Jew of patrilineal descent - the issue is close to Hyman's heart. "One woman's quest for self-identity and belonging, which brought her deeply into the question of belonging yet not belonging" (Amazon)

Wednesday,
March 9,
7:30 pm

Learn Haftarah

Sit in on a class with Dr. Phil Paris as he teaches our adults the ancient art of Haftarah chanting. Almost all of the (many) adult Torah and Haftarah readers at PCS learned at PCS within the past few years. Like what you see? Sign up for the next class!



IS YOGA JEWISH?

“The word Yoga is derived from the Sanskrit root yuj meaning to bind, to join, attach and yoke . . . It also means union or communion. It is the true union of our will with the will of G-d.”

-- B.K.S. Iyengar

Free to PCS members, \$15 per class for non-members or \$118 for all 10 weeks.

Susan Lara Safranek began studying Yoga 15 years ago, after the birth of her second child. She is a Registered Yoga Teacher since 2003, certified by the Kripalu Center for Yoga and Health. Susan loves studying, practicing, and teaching Yoga, and is particularly intrigued by exploring the similarities between the two ancient traditions of Yoga and Judaism.

For more information or to register: e-mail LaraSue22@aol.com or call (914) 666-5720

Join Susan Lara Safranek in a 10-week course to study the ancient tradition of Yoga and to explore Yoga in a Jewish context. The class will look at the 8 stages of the path towards union set forth in the Yoga Sutras, focusing on the first three: Yamas (restraints), Niyamas (observances), and Asana (postures).

As we study these ancient rules of conduct we learn more about our behavior and motives. As we study the postures we learn more about our bodies. Through understanding our behavior, our motives and our bodies, we gain insight into the mind and spirit, and a deeper understanding of each other.

Delve into this ancient practice and decide for yourself . . . is Yoga Jewish?

**Monday evenings, 7:15 p.m. – 9 p.m.
January 24 – April 4 (no class February 21)**

MINDFUL PARENTING SEMINAR:

When you are Calmer, So is your Child

This seminar, presented by Pleasantville Community Synagogue member Dr. Mark Bertin will introduce practical tools to reduce stress with mindful techniques for use in daily life.

Date: Sunday, March 6 12:30 - 2:00
Babysitting Available



Parenting is stressful no matter what we do. While some amount of stress is inevitable in life (and can even be helpful), too much stress is a problem. Through the practice of techniques that lower stress, we become less reactive and more observant of whatever is going on in our lives – issues with our kids, internal fears and habitual ways we deal with challenging situations – permitting us to make more skillful choices. Studies conducted over several decades suggest both medical and psychological benefits of mindfulness techniques.

Dr. Bertin is a board certified developmental behavioral pediatrician and frequent lecturer on topics related to child development. Dr. Bertin has a practice in Pleasantville and is the author of a new book, The Family ADHD Solution: A Scientific Approach to Maximizing Your Child's Attention While Minimizing Parents' Stress released by Palgrave Macmillan in February 2011.

PCS COMMITTEE CHAIRS

All the Committees of The Pleasantville Community Synagogue are eager for your participation and suggestions. If you'd like to get more involved in the life of the PCS community, this is the way to begin! Below are the names of the committees and their chairs. While our new Web site is in transition, new e-mail addresses for the committee chairs are in the process of being activated. Until then, you can reach any of the chairs by emailing info@shalompcs.com, or by leaving a message with Marcy Gray at 769-2672.

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Israel Action Committee

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NOTE FROM THE PRINCIPAL

On Saturday night, February 12, Kitah Hay lead an Havdallah service after a month of learning and preparation. The students decorated their wooden spice boxes (besamim), studied the Havdallah prayers and wrote their own Havdallah legends (midrashim) under the guidance of their teacher Karen Stamatis. Below you will find some of these Havdallah legends written by some of the students.

As I'm writing these words the mid-winter break is coming to an end and winter as well. We are all looking forward to seeing light at 6pm at the end of Hebrew weekday classes.

Shalom,
Michal Solomon

Here are a few stories the students of Kitah Hey wrote for their Havdallah Legends:

The Hummingbird Spice Box by Maxwell Coleman

There was a little hummingbird who loved looking at different types of boxes. One day the little hummingbird was flying and spotted a weird looking item. The hummingbird flew through an open window. The bird lifted off the top of the item and saw spices. The hummingbird was confused; why were there spices in the box? Then someone came and swatted the hummingbird out of the house. Just as the bird was flying out it swallowed the tip of the box. After a couple of years the bird became metal! Someone came along and picked it up and cut in half so they could put spices in it!

The Intertwined Havdallah Candle by Zacharay Jacobus Osseroff

Once upon a time there were three special children who loved to draw. All three of them would need a perfect tip on their crayon (they loved Crayola). Each time the tip went dull they threw them into the trash. The rabbi was not pleased about that so he kept them and put them all aside. When the children became older they all felt so bad about throwing out all those useful crayons (the three were artists for their profession). Then they thought about how they could make something out of the old crayons. Finally they realized the crayons were all different religions: Islam, Judaism and Christianity. They realized they could make a candle that intertwines, out of the colorful wax of the Crayola crayons. They talked to the rabbi about their idea. He said, "That is a wonderful idea, and it represents how people that have different religions can intertwine and be the same." That is what the candle represents and how they got the idea of how the candle for Havdallah was made. So the legend rests.

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Pleasantville Community Synagogue Mission Statement

Pleasantville Community Synagogue is a transdenominational, inclusive community, a spiritual home deeply rooted in Torah (study), Avodah (prayer), and Gemilut Chasadim (deeds of loving-kindness). We seek to facilitate lifelong spiritual growth by engaging each member wherever that member may be on life's journey, embracing all generations. We encourage Tikkun Middot (repair of the self) and Tikkun Olam (repair of the world) through Jewish education for all ages, social action, Ahavat Yisrael (love of Israel), and a commitment to the understanding and fulfillment of mitzvot. We are a highly participatory community which relies on the commitment of time and energy from all members and which aspires to become an integral part of each member's life and their family's lives.

PAINTING FROM THE INSIDE OUT

Guided by Eve-Marie Elkin Schaffer, LCAT,
LMSW

Painting from the Inside Out uses paint as a catalyst for growth and exploration....encouraging adults and children to express spontaneously, without judgment or concern for outcome. The paintbrush is a tool; whether it is a color a dot, an outline or an image, a gesture appears from within. Spontaneity is awakened for exploration and play. No training is involved. No skills required; just the desire to experience a sense of freedom and joy.

More info: www.evemarieelkin.com
eeelkin@yahoo.com, 914 909 6292



Hola, ¿habla español? ¿No? ¡Qué pena!

SPANISH LESSONS

Brush up on your Spanish:

- if you're traveling
- to have a conversation
- to prepare for your school or college exams

Native Spanish speaker with an MA in
Language Teaching.
Call Cristina A. Martinez at 914-739-7457, or
email: inspanish@optonline.net



MARCH 2011 YAHRZEITS

Marion Rosenberg, Mother of Jonathan Rosenberg
Norman Levinson, Father of Joel Levinson
Charles Sandbank, Husband of Janice Sandbank
Jennie Sadovnik, Mother of Arthur Sadler
Milton Perlmutter, Father of David Perlmutter
Julius Sadovnik, Father of Arthur Sadler
Ida Cohen, Mother of Hirsh Cohen
Sidney Dulberg, Grandfather of Lisa Lipkin
Ruth Weiner, Mother of Steven Weiner
Sarah Havazelet, Mother of Tali Havazelet
Charlie Lubelsky, Father of Janice Sandbank
Roselle Snyder, Mother of Barbara Goldberg
David Friedman, Father of Marty Friedman

March 2
March 2
March 4
March 6
March 12
March 13
March 15
March 16
March 16
March 22
March 24
March 25
March 27



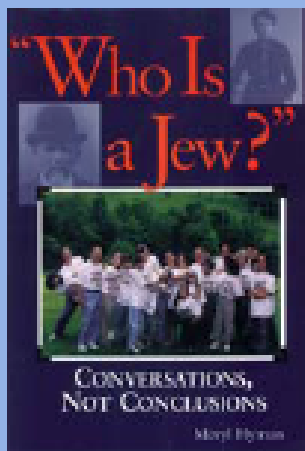
To All PCS Members:

If you or another member suffer personal tragedy or loss or are otherwise in need of help, please immediately call Rabbi Mark at 769-2672, and Michael Gold at 238-9219.

Who Is A Jew?

The Many Meanings of Jewish Identity

Meryl Hyman's book:



Tuesday, March 8 at 7:30 p.m.

The PCS Israel Action Committee will host a very special workshop with Yorktown resident Meryl Hyman, a 40-year journalist and author of "Who Is a Jew? Conversations, Not Conclusions." With great compassion, Meryl will guide us through a discussion of what may be the most controversial issue in Judaism today. What are the implications for Jews around the world? Select copies of Meryl's book will be available for sale at the event.

**Coffee/tea and dessert will be served.*

For more information or to RSVP, e-mail Seth Rutman at seth.rutman@ubs.com.

Snow date Tuesday 3/22 at 7:30 p.m.

Bring Your Friends

The "Who is a Jew" workshop is part of a week-long series of events at PCS. Please invite your friends and neighbors to this and other events. For a full schedule of events click on PCS Palooza! on the synagogue's [home page](#) at www.shalompcs.com.

JEWISH GENEALOGY EXPERT VISITS PCS

One of the biggest challenges that PCS faces is getting members to identify with what is happening at the shul and what is happening on the ground in Israel. The PCS Israel Action Committee took a leap of faith - we envisioned that a great way to help our PCS family identify with Israelis is to help us all discover unknown relatives in Israel. The Committee dreamed up a Genealogy workshop, which we ultimately held at PCS on Tuesday, February 8.

Under the guidance of historian and professional genealogist, Karen Franklin (former president of the International Association of Jewish Genealogical Societies), participants walked into the past. Karen helped each of us access the latest online databases on her laptop, to begin tracing our ancestors and explore how best to contact our families.

Within two minutes, Karen helped me find the passenger lists from the 1922 and 1928 trans-Atlantic ships that brought my grandparents, aunts and uncles to New York. These lists also included the names of relatives back in Romania - including a great-grandmother whose name I never knew! We also found my grandfather's World War II draft card (see photo insert - yes, even at 53 he needed to register for the draft!).

It was a very meaningful experience. For those of us who want to continue this journey, or for anyone who could not join us that night, Karen suggests these helpful websites for beginner researchers:

1. JewishGen.org, which has an easy-to-use Family Finder, to connect with researchers who have posted the names and towns they are researching. Family Finder also has a Jewish Communities Database that helps locate towns and their names today. JewishGen also has Infocfiles for beginners, and many other databases, including indices of European Jewish records. The site is free but you must register to gain access to some security-protected sections.
2. Ancestry.com, which has census, immigration and millions of other records, including some supplied by JewishGen. There is a subscription fee.



Interested in exploring your Jewish background? You must attend the Israel Action Committee's next event, "Who Is A Jew?", on Tuesday, March 8 at 7:30. (see page 10 for more information)

ABOUT THE NEWSLETTER

The PCS Newsletter is published monthly, online, from September through June. Articles and photos should be submitted by the 15th of the month. They can be e-mailed to Judith Chinitz, Editor, at judyhope@optonline.net or dropped off at the newsletter box in the Synagogue office.

Pleasantville Community Synagogue * 219 Bedford Road * Pleasantville, NY 10570
phone (914) 769 - 2672 fax (914) 769 - 1795

Lisa Jane Lipkin in Concert Sunday, March 13, 4:00 pm

Our *PCS Palooza!* Week closes out with a grand finale: An afternoon with Lisa Jane Lipkin and special guest Peter Calo. The concert is free and open to PCS Members and Non-Members. So bring your friends. A reception will be held following the concert to celebrate the release of Lisa's new CD, and copies will be available for purchase. Feel free to bring the kids.

Brand New



About Lisa

"Lisa Jane Lipkin is a sheer joy on stage" - Golden Apple Coffeehouse

Lisa Jane Lipkin is a piano-playing songstress with stop-in-your-tracks lyrics, tunes that catch like fire and a voice powerful as it is soulful. Weaned on the Beatles & Mahler, schooled in rock, jazz & 60's soul, Lipkin opened for Dar Williams, Shemekia Copeland, John Pizzarelli, Garnet Rogers, Beatlejuice (with Boston's Brad Delp), Tom Chapin and others, in addition to being a featured performer at countless clubs, coffeehouses & concerts. "Flying on Instruments" is her brand new album which she co-produced with Richard Martinez (Across the Universe) and features guitarist Peter Calo (Carly Simon), drummer Doug Yowell (Duncan Sheik), bassist Mike Visceglia (Suzanne Vega) and a cast of talented others. Her third release, "Flying on Instruments" reveals Lipkin's versatility as a singer, songwriter, musician and co-producer with blues-edged rock easily flowing into tender ballads. Richard Martinez, also known for his producing and composing in films such as "Daytrippers", "Interview with the Vampire" & "The Longoria Affair", surrounds Lipkin's tuneful songs with an exquisite & engaging soundscape.

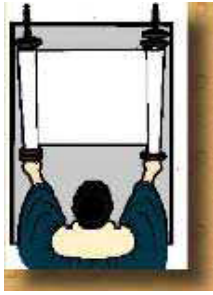


About PCS

To learn more about Pleasantville Community Synagogue click on [our website](#).
And make a note: Our next Open House is Sunday, April 10 at 10 am.
219 Bedford Road, Pleasantville, NY, 769-2672, info@shalompcs.com, www.shalompcs.com.

CONGRATULATIONS TO OUR MARCH

B'NAI MITZVAH



March 19. Congratulations to Robert Levine, son of Lillian and Richard, brother of Jessica.

March 26. Congratulations to Daniel Koster, Eliza Koster, and Noah Koster, the daughter and sons of Jeannie and Howard.

CONTRIBUTIONS

We appreciate the thoughtfulness of those who support the Pleasantville Community Synagogue by remembering and honoring their friends and loved ones through their generous contributions.

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Finances any need of the synagogue considered necessary by the Board of Trustees. All unspecified gifts are credited to the General Fund.

Rabbi's Discretionary Fund

Supports various individuals, organizations and/or programs at the discretion of the Rabbi.

Building Fund

To preserve the beauty and functionality of our physical plant, and to build reserves for future expansion.

Hebrew School Emergency Scholarship Fund

Provides scholarships to children who would like to attend our Hebrew School and may not currently have the financial resources to do so.

Kiddush Fund

Your donation provides lunch after services on Shabbat morning: salads, bagels and pastry.

SPECIAL FUND: ED SPERLING

Pleasantville Community Synagogue has begun to collect funds for Ed. Please keep Ed in your prayers. His Hebrew name is Asher David ben Miriam.

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In honor/
memory of: _____

Fund: _____

Amount: _____

Please send me an acknowledgement of this gift.

Yes

No

PLEASE NOTE: To help our bookkeeper, please issue separate checks for dues or other special events. All donations should be made payable to Pleasantville Community Synagogue (please indicate which fund in the memo section of your check).

Ask The Rabbi: Pies, Moustaches, Robes, and Stars

Last month Rabbi Mark met with our second grade class for a session of Ask the Rabbi (on February 8, 2011). Here is a very short excerpt from that conversation:

Caleb Freiheit: *Why do we like pie? (laughter)*

Rabbi Mark: No, no! That's a great question! There's actually an answer to it, Caleb. God created us in a way so that good food (like fresh fruit pie) tastes good to us. And so that food that's bad for us (like rotten fruit) tastes bad to us. It's true that we human beings have learned to make bad food taste good (called "junk food"), so we have to be careful about our food choices. But for the most part it still works the way God created it.

Ben Klinger: *Why do we wear a kippah?*

Rabbi Mark: Covering the head is just a custom, but it means that we are showing that we respect God; that there's something "above" us. There are all kinds of "kip-pot" (the one I wear today is actually a beret; I see someone here wearing a fancy one; but any head covering is fine).

Maia Mayers: *Why do we have Bar and Bat Mitzvah?*

Rabbi Mark: A Bar or Bat Mitzvah is a ceremony when a child becomes a Jewish adult. Now it doesn't happen all at once. You don't get to drive; you don't get to own your own home; you don't get to vote. But it is the first step. Where everyone has to respect that you are responsible for your actions – and you respect that too.

Joshua Zweibaum: *Why is my brother 12 and has a moustache?*

Rabbi Mark: Wow! OK, well what did we just say about Bar Mitzvah? It's the beginning of adulthood. Some men get their moustaches and beards earlier than others, but it all starts to begin at around the time of Bar Mitzvah. So you see, Bar and Bat Mitzvah really is the start of Jewish adulthood in many ways!

CONTINUED ON NEXT PAGE

ASK THE RABBI, CONT'D

Matthea Schor: Why do Muslim women wear long robes?

Rabbi Mark: Oh, yes. I have seen that. Not all Muslim women wear them; in fact most don't wear them. But I think the idea is to cover the body and pay attention to the heart, mind, and soul. It's not a choice that we would make, and not a choice that most Muslim women make. But I think it has something to do with that.

Benjamin Hahn: Why is there a star on the Israeli flag?

Rabbi Mark: Well, do you see how one triangle points up? What do you think that points to? (Children: God? Heaven?) And what about the triangle that points down? (Children: Heaven? Earth?) Yes, yes. So maybe what the star is saying is that Judaism is about caring for God and for people; caring about heaven and about what's going on here on earth.

Charlotte Harrison: Why did Jewish and Catholic religions separate?

Rabbi Mark: That's a good question. The Jewish religion started about four-thousand years ago. And the Christian religion started about two-thousand years ago. So the religions didn't really "separate." The Jewish people in Israel continued to follow Judaism, and Christianity became a religion followed mostly by people outside of Israel. They have some things in common with each other and with Islam, but they are different religions.

Sidney Schulz: Why is challah braided or round?

Rabbi Mark: Challah is braided on Shabbat as a decoration, to make it look as good as it tastes! On Rosh Hashanna we have special challah which is round, as a symbol of the beginning of the year which comes around again.

Ethan Spanierman: Do you remember I blew the shofar?

Rabbi Mark: And very, very well!



SAVE THE DATE!

Pleasantville Community Synagogue's

PURIM SHPIEL 2011!

Saturday, March 26, 6:30-10 p.m.

Vintage
171 Main Street,
White Plains

With comedians
Peter D. Michael
and Gilad Foss

Co-Chairs
Amy & Bruce
Gutenplan
Dara & Evan
Kingsley
Drs. Michael
Mayers & Leyla
Nakisbendi
Karen & Jeffrey
Neuburger
Lisa & Michael
Pfeffer
Barrie & David
Rakower
Stephanie & Lee
Rosenbaum



An unquestionably comic and
decidedly grown up event

Join us for cocktails, supper, raffles
and a new PURIM SHPIEL

NEWSLETTER TO START ACCEPTING ADS!

The PCS Newsletter is published monthly, online, from September through June and it is emailed to every member family as well as to prospective members and some Jewish organizations.

If you provide professional or business services in the area, the PCS newsletter might provide some extra, valuable visibility. To arrange for your ad to appear in the newsletter, here's what you need to know.

● **Deadlines:**

Ads should be submitted by the 15th of the month. They can be e-mailed to Judith Chinitz at judyhope@optonline.net or cristina@lightbodymusic.com.

● **Ad Specifications:**

Ads will be published in one size only: one-quarter page, which is approximately 3 1/2 x 4 3/4 inches. (See sample below.) The artwork should be provided by the advertiser.

● **Advertising Rates:**

The cost per ad (for 10 issues -no bulletin published in July & August) is \$100 for 1/4 page. Note: Checks preferred. Can be mailed to Pleasantville Community Synagogue (POBox 148, Pleasantville, NY 10570) with "newsletter ad" in the memo section. To pay by credit card, please call the synagogue office at: 914-769-2672.

Sample Ad:



**PLEASANTVILLE COMMUNITY
SYNAGOGUE**

*Westchester's Alternative Synagogue
Welcoming to interfaith, conservative,
reform, reconstructionist*

*Named one of the top emergent
synagogues in the country, with a
Hebrew School your kids will love!*

Join us —

and see what joyful Judaism is all about!

NOTE FROM THE PRINCIPAL, CONT'D

The Rabbi, the Imam and the Priest by Aydin Mayers

Once upon a time in a land far away (actually it wasn't so far away, it was in Yonkers) there was a Rabbi an Imam and a Priest. They were on their way to a Havdallah Service. It was going to be an interfaith service like the one PCS does for Martin Luther King and Thanksgiving. The weather was horrific. It had snowed ten inches every week. They fell in this big pile of snow. As they tried to get up they started floating into the air and twisting. They became braided. Eventually the braiding stopped and they all turned to wax and fell to the ground and they turned into a candle. Every single week since then, that candle is used for the Hvdallah Service. I hope that all our cultures bind together and get along.

No One Really Knows Who Started The Havdallah Service, Although Some People Think This is How: by Kyra Schulz.

Once upon a time in an ordinary town in an ordinary city in an ordinary country in an ordinary world was an ordinary old woman. Back then, Shabbat had no ending. No one ever worked or went to school all because there was no end to Shabbat. The old woman thought this was very inefficient so she molded three candles into a braid and took an ordinary coin box and put spice in it and took a wine cup and filled it with wine. Using these things she made a service called Hvdallah. By doing this everyone went to work and school. And that is how the Havdallah Service was created.

Havdallah by Sarah Spanierman.

Once upon a time there was a girl named Julia who wanted to go to a Havdallah Service but she did not know what it was. So, she asked her parents. Her mother said, "The Havdallah Service happens at the end of the day of Shabbat. We have a candle, a cup of grape juice and a spice box so we can have a good sweet smell. The smell reminds us to have a good week. The light of the candle makes us feel comfortable. The grape juice tastes so good. The grape juice is made out of grapes because someone picked them.

It's a Bird, It's a Plane! Oh No, It's a Flying Candle! by Tova Teitel-Greene.

One day three thousand years ago, at 6:58 am precisely, there was a huge storm the previous night. Rain was flying in a tornado-like shape and all the dome-like houses in a Jewish neighborhood for twenty-four hours. An ancilla (a maid servant in Latin) was working, polishing the silver like her heart depended on it, when the rain stopped. The maid looked at the cloudy sky and saw the sun and a rainbow peeking out from the dreary clouds. Suddenly, she was blinded by light. The sun's rays were turning the rainbow into wax. The warmth from the sun was so hot it was causing the rainbow to curl in braids. A huge Havdallah candle was in the sky! It eventually turned out to be present to Elijah the Prophet. So from that day on, it was a ceremonial candle for Havdallah.

Todah Rabbah (thank you) to:

- Vikki Simon for helping with the Tu B'Shvat fruit preparations for the 4th and 5th graders,
- Lisa Pfeffer for coordinating the Dalet Shabbaton,
- Jennifer Yamuder for coordinating the Vav Shabbaton,
- Emma Reisman, Helen Harrison and Vikki Simon for coordinating and helping with the refreshments for the Kitah Hey Havdallah service,
- Itzik Mintz (Marcy Gray's husband) for making a presentation to Kitah Zayin about the Kibbutz movement in Israel.

March 2011 - PCS Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 NO HEBREW SCHOOL	28	1	2	3 Jew Tube 4:45pm-6pm	4 Friday Night Service 7:15pm 5:31pm-5:49pm • Candle lighting	5 Shabbat Service 9am Torah Study 12:15pm Shabbat Shekalim Parashat Pekudei 7:02pm-7:03pm • Havdalah (72 min)
6 Introduction to Judaism at PCS at 11am Rosh Chodesh Adar II Parenting Expert and Author Dr. Mark Bertin, 12:30pm [Meet parenting expert Dr. Mark Bertin, author of the new book "The Family ...	7 Yoga class at 7:15pm Rosh Chodesh Adar II	8 Jewish Meditation, 7:30am Israel Action Committee workshop, "Who is a Jew?" 7-8:30pm. Snow date March 22.	9 Learn to chant Haftarah, 7:30pm	10 Hebrew High School 4:45pm-6pm Board of Trustees Meeting 7:30pm	11 Friday Night Service 7:15pm with Children's Service, PCS House Band and Bet Shabbaton Shabbat dinner, 8:15pm 5:39pm-5:57pm • Candle lighting	12 Shabbat Service 9am Torah Study 12:15pm Morning Meditation 9 am Family Education 10 am Parashat Vayikra 7:10pm-7:11pm • Havdalah (72 min)
13 Introduction to Judaism at PCS at 11am Lisa Lipkin in Concert, 4pm Pre- and Post-Adoptive Parent Group at PCS - 7pm-8:30pm. Share the joys and challenges of parenting through ...	14 Yoga class at 7:15pm	15 Jewish Meditation, 7:30am Hebrew School Purim Program	16 Learn to chant Haftarah, 7:30pm Social Action Committee Meeting 7:30pm	17 Jew Tube 4:45pm-6pm Rosh Chodesh Nisan Program at PCS 7pm	18 Friday Night Service 7:15pm 6:46pm-7:04pm • Candle lighting	19 Shabbat Service 9am Torah Study 12:15pm Erev Purim Shabbat Zachor Parashat Tzav Bar Mitzvah • Robert Levine 8:17pm-8:18pm • Havdalah (72 min) ...
20 Purim Hebrew School Purim Program Introduction to Judaism at PCS at 11 am Ask the Rabbi 12 pm 6th Grade	21 Yoga class at 7:15pm Shushan Purim	22 Jewish Meditation, 7:30am Snow date for Israel Action Committee workshop, "Who is a Jew?" 7-8:30pm	23 Learn to chant Haftarah, 7:30pm	24 Hebrew High School 4:45pm-6pm	25 Friday Night Service 7:15pm with Children's Service and PCS House Band 6:54pm-7:12pm • Candle lighting	26 Shabbat Service 9am Torah Study 12:15pm Shabbat Parah Parashat Shmini B'nei Mitzvot - Daniel Koster, Eliza Koster, Noah Koster 8:25pm-8:26pm • Havdalah (72 min) ...
27	28 Yoga class at 7:15pm	29 Jewish Meditation, 7:30am	30 Learn to chant Haftarah, 7:30pm	31 Jew Tube 4:45pm-6pm	1 Friday Night Service 7:15pm 7:01pm-7:19pm • Candle lighting	2 Shabbat Service 9am Torah Study 12:15pm Shabbat HaChodesh Parashat Tazria 8:33pm-8:34pm • Havdalah (72 min)

Note: Times and dates of events may change after the newsletter has come out. To get the latest information on any possible changes, please check the calendar on our website: www.ShalomPCS.com. Future months are also on the website.

TORAH STUDY SCHEDULE

TORAH READINGS Between Jan.1 and Oct.1, 2011								
Note	Date	Parsha	Book	Verses	TOPIC	QUOTES	HAFTORAH	
	Jan.	1	Vaera	Ex.	6:2-7:7	The Call of Moses	I have made you Master over Pharaoh. (7:1)	Ez. 28:25 - 29:21
		8	Bo	Ex.	10:1-11:3	Locust, Darkness	I shall never see your face again. (10:29)	Jer. 46:13 - 46:28
		15	Beshalach	Ex.	13:17-15:26	The Departure, The Song	Better to serve Egypt than to die in the Wilderness. (14:12) Who is like You, Adonay? (Mi kamocho?) (15:11)	Judges 4:4 - 5:31
		22	Yitro	Ex.	18:1-18:27	The Appointment of Judges	...teach them the statutes...show them the way...(18:20)	Is. 6:1 - 7:6; 9:5 - 9:6
		29	Mishpatim	Ex.	21:1-22:3	Laws concerning slaves, homicide, wounds, blows	An eye for an eye, a tooth for a tooth... (21:24)	Jer. 34:8 - 34:22;
a.	Feb.	5	Teruma	Ex.	25:1-25:40	The Sanctuary, The Ark	Build Me a Sanctuary and I shall dwell among them. (25:8)	Isaiah 66:1 - 66:24
		12	Tetzaveh	Ex.	27:20-28:30	The oil and the vestments	Kindle the lamp continually. (27:20)	Ezekiel 43:10 - 43:27
		19	Ki Tisa	Ex.	30:11-31:17	The census, The Sabbath	Observe the Sabbath through all generations. (31:16)	I Kings 18:1 - 18:39
		26	Vayakhel	Ex.	35:1-37:16	Construction of the Tabernacle	Bezalel made the Ark of acacia wood. (37:1)	I Kings 7:40 - 7:50
	Mar.	5	Pekudei	Ex.	38:21-39:21	The accounts of the Tabernacle	A bekah a head, a half a shekel. (38:26)	II Kings 12:1 - 12:17
		12	Vayikra	Lev.	1:1-2:16	Offerings	A sweet savour unto Hashem. (1:9)	Isaiah 43:21 - 44:23
b.		19	Tzav	Lev.	6:1-7:10	Offerings of the Kohens	-----	I Samuel 15:2 - 15:34
c		26	Shmini	Lev.	9:1-10:11	The death of Aron's two sons	Take no wine or strong drink. (10:9)	Ezekiel 36:16 - 36:38
	Apr.	2	Tazria	Lev.	12:1-13:39	Laws of Human Contamination	-----	Ezekiel 45:16 - 46:18
d		9	Metzora	Lev.	14:1-14:32	Purification	-----	II Kings 7:3 - 7:20
e		16	Achrei Mot	Lev.	16:1-17:7	Yom Kippur	And the goat shall be set free in the wilderness. (16:22)	Malachi 3:4 - 3:24
P		23	Ki Tisa	Ex.	33:12-34:26	The Encounter on Mt. Sinai	I shall show favor when I choose to show favor and mercy when I choose to show mercy. (33:19)	Ezekiel 37:1-37:14

CONTINUED ON NEXT PAGE

TORAH STUDY SCHEDULE, CONT.

TORAH READINGS Between Jan.1 and Oct.1, 2011

Note	Date	Parsha	Book	Verses	TOPIC	QUOTES	HAFTORAH
f	30	Kedoshim	Lev.	19:1-19:37	The human road to holiness	Do not favor the poor or honor the great. (19:15)	Amos 9:7 - 9:15
	May 7	Emor	Lev.	21:1-22:16	Contamination of the Kohens	-----	Ezekiel 44:15 - 44:31
	14	Behar	Lev.	25:1-25:38	The Sabbatical / Jubilee Year	Proclaim freedom throughout the land. (25:10)	Jeremiah 32:6 - 32:27
	21	Bechukotai	Lev.	26:3-27:15	Rewards and Punishments	I have broken your yoke and led you erect. (26:13)	Jer. 16:19 - 17:14
	28	Bamidbar	Num.	1:1-1:54	Census	Take a census...by number of the names. (1:2)	Hosea 2:1 - 2:22
	June 4	Nasso	Num.	4:21-5:10	Duties of the Levites. Restitution	Pay full value...and add to it its fifth. (5:7)	Judges 13:2 - 13:25
	11	Beha'alotcha	Num.	8:1-9:14	The Levites. The Passover	There shall be one law for stranger and native alike. (9:14)	Zechariah 2:14 - 4:7
	18	Sh'lach	Num.	13:1-14:7	The spies	It flows with milk and honey.(13:27) ...we felt like grasshoppers. (13:33)	Joshua 2:1 - 2:24
	25	Korach	Num.	16:1-17:15	Rebellion in the desert	...the earth opened its mouth and swallowed them. (16:32)	I Sam. 11:14 - 12:22
	July 2	Chukat	Num.	19:1-20:13	The red cow The striking of the rock	...you will not bring this people to the Land... (20:12)	Isaiah 66:1 - 66:24
	9	Balak	Num.	22:2-22:38	The parable of the she-donkey	Am I not your ass you have ridden all your life? (22:30)	Micah 5:6 - 6:8
	16	Pinchas	Num.	25:10-26:51	Census	-----	I Kings 18:46 - 19:21
	23	Matot	Num.	30:2-31:54	Vows. The taking of Midian	A thousand from a tribe, a thousand from a tribe. (31:4)	Jeremiah 1:1 - 2:3
	30	Masei	Num.	33:1-33:49	Summary of the Wanderings	-----	Jeremiah 2:4 - 28; 3:4
	Aug. 6	Devarim	Deu.	1:1-2:1	Moses begins his memoir	I cannot carry you alone. (1:9)	Isaiah 1:1 - 1:27
	13	Vaetchanan	Deu.	3:23-5:18	The Ten Commandments	Add nothing and take nothing away. (4:2)	Isaiah 40:1 - 40:26
	20	Eikev	Deu.	7:12-9:3	Hashem is the Provider	...man does not live by bread alone... (8:3)	Isaiah 49:14 - 51:3

TORAH READINGS Between Jan.1 and Oct.1, 2011

Note	Date	Parsha	Book	Verses	TOPIC	QUOTES	HAFTORAH
	27	Re'eh	Deu.	11:26-12:28	Laws for after the crossing	...you shall obliterate their names... (12:3)	Isaiah 54:11 - 55:5
	Sept. 3	Shovtim	Deu.	16:18-18:5	Judges. The king of Israel	He shall not have too many horses (17:16), ...wives...silver and gold (17:17)	Isaiah 51:12 - 52:12
	10	Ki Teitzei	Deu.	21:10-23:7	Of marriages, sons, property.	You shall not plow with an ox and a donkey together. (22:10)	Isaiah 54:1 - 54:10
	17	Ki Tavo	Deu.	26:1-27:10	The new commitment	Of whole stones shall you build the altar. (27:6)	Isaiah 60:1 - 60:22
	24	Nitzavim	Deu.	29:9-30:14	The renewal of the Covenant	What is secret is Hashem's, what is known is ours.(29:28)	Isaiah 61:10 - 63:9
	Oct. 1	Hazinu	Deu.	32:1-32:52	The Song of Moses	I shall render vengence upon My enemies and upon those who hate Me I shall bring retribution (32:41)	Hosea 14:2-10 Micah 7:18-20 Joel 2:15-27
Notes: P Passover. Bnei Mitzvahs: a.Abbe Fuiirst b.Robert Levine c. The Dosters d.Benjamin Yampolsky e.Sophie Epstein f.Ilana Cohen							

PCS 2nd grader showing off her hard work after collating and stuffing Palooza member mailing with her mom, membership co-chair Laurie Hirsch Schulz. Sydney had a lot of fun and fully embraced the spirit of community!



Guidance & Resources for Men Separating or Divorcing

New Horizons: A Discussion Group for Separating or Divorcing Men will be held Wednesday, March 23 at 7:00 PM at WJCS, 845 North Broadway, White Plains, NY.

The event is an opportunity for men going through a separation or divorce to get information and guidance from a panel of experts including a psychologist/divorce mediator, lawyer, rabbi and family therapist. Plus, it will facilitate networking with others in similar situations. Space is limited.

RSVP by March 14 to Susan Kronish (skronish@wjcs.com). The event is a WJCS Partners in Caring Program in Partnership with Bet Torah Synagogue, funded by UJA-Federation.

WJCS Jewish Spiritual Healing Center **Winter/Spring Programs**

WJCS Jewish Spiritual Healing Center

KUMI ORI: SUNDAY MORNING AWAKENINGS, an exciting program addition to the Healing Center, will offer an experiential workshop one Sunday morning a month from 10AM-noon. Through Jewish yoga, meditation and contemplative study, we will deepen and "awaken" our experience of the Jewish spiritual path. Being mindful of the Jewish calendar, we will honor the rhythms and symbolic meaning of Purim, Passover, the Omer period and Shavuot.

March 6

AWAKENING THROUGH MEDITATION, ART, CHANT & MOVEMENT

With meditation, song & movement, create a Purim ritual that honors holiday heroes and heroines and explores our inner cast of characters. Then design masks, giving form to the face that longs to be revealed.

Facilitated by Ruth Rosenblum, LCSW and Eva Sax-Bolder, artist and rabbinic student.

April 10

AWAKENING THROUGH YOGA, MEDITATION & TEXT STUDY

Discover meaning and insight into Passover through text study, meditation and yoga. Through breathing practice, yoga poses and meditation, explore what it means to transform from slavery to freedom and from limitation to possibility. Adults & teens welcome. No prior yoga experience necessary. Bring a yoga mat.

Facilitated by Robin Wald, RYT, certified yoga teacher who leads Jewish yoga and kabbalah programs at area synagogues.

Please contact Rabbi Pamela Wax for questions or to register for all programming (other than the Contemplative Sundays)

Rabbi Pamela Wax
WJCS Spiritual Care Coordinator
Westchester Jewish Community Services
845 North Broadway
White Plains, NY 10603
914-761-0600 x149
pwax@wjcs.com

Programming made possible with support from

UJA Federation of NY



**Join UJA-Federation of New York and the
Westchester Jewish Council
for the Annual Westchester Government Breakfast**

Friday, March 11 at 8AM
Jewish Community Center of Harrison
130 Union Avenue, Harrison
.Free and Open to the Community

Students from J-Teen Leadership will be recognized for their service to the
Community

For more information and to attend, contact
UJA-Federation of NY (914)761-5100 or the Council offices (914)328-7001

SAVE THE DATE:



- March 6 – 13: PCS Palooza! (go to www.shalompcs.com for details)
- March 6: Parenting Expert and Author Dr. Mark Bertin
 - March 7: Yoga with Susan Lara Safranek
 - March 8: Jewish Meditation class with Rabbi Mark
 - March 8: Meryl Hyman, author of "Who Is A Jew?"
 - March 9: Learn Haftarah with Dr. Phil Paris
 - March 10: "The Meaning of Life" class
 - March 11: Tot Shabbat, The Pleasamatics, & the 2nd Grade Class
 - March 11: Shabbat Dinner following the service
 - March 12: Morning Meditation
 - March 12: Family Education Shabbat
 - March 12: Wine and Cheese
 - March 13: Introduction to Judaism, Coffee Social
 - March 13: Lisa Jane Lipkin in Concert
- March 19: Family Purim celebration at PCS
- March 26: 3rd Annual Adult Purim Shpiel, Comedy Night, Fundraiser