

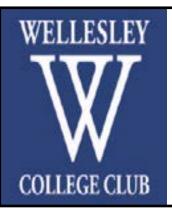


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EDITORIAL It is all about hope



The Festival of Passover is about freedom and the longing for Redemption; it is all about hope.

Moses brought the Jewish people out of slavery with a promise of a land of milk and honey. And ever since we were expelled from the Promised Land, the Jewish people have been living with hope for the arrival of the Messiah and the construction of the Third Temple. We hope for the Redemption - even if when we say at the end of

the Seder "Next year in Jerusalem," we have no intention of packing up and moving to the Middle East.

When you talk to people who had to leave their home in fear of persecution, it is common to hear that they were full of hopes and dreams of a better life with freedom of religion. If you ask a Holocaust survivor what hope is, most of the time the answer will be: "it is hope that kept me alive."

As we are in the midst of the presidential elections, we can't help but notice that there are two leading candidates who are banking on people's hopes and fears. Donald Trump and Sen. Bernie Sanders, with all their differences, are both selling hope to the American electorate. Trump promises a strong America that is not afraid to exist in isolation from the world, without engaging in more wars, hanging tough on international trade agreements, and not accepting immigrants. Sanders is voicing hope for a better life, with free college education and a higher minimum salary to the 99 percent of the Americans who do not reap the benefits of living in one of the wealthiest country in the world.

Therefore, if you are hoping for the American Embassy to move from Tel Aviv to Jerusalem or for the decrease of income inequality in America, we are blessed with the freedom of choice - a freedom that many in the world do not have. We should not forget that there are people still living under oppression and too often, paying the ultimate price because of their religion or life choice. This month, *Shalom Magazine* celebrates its 7th year of publication. Since 2009, we have been proud to bring you a quality Jewish publication that is made in Massachusetts, and is all about our own communities. I must thank all my advertisers who have been financially supporting the magazine and making it possible for us to be widely distributed to the community at no char-

ge. I would like to also thank all of the talented writers and contributors who send in articles and photos that share their ideas and events with our readers. With hopes of a healthy and happy Passover for you and your family,

Shirley Farber Shalom Magazine Publisher

For information on free online subscriptions, send an email to: ShalomMA@msn.com

Cover photo: Shirley Farber

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Community Events

South Shore Events

Monday, Aug. 8 at the Brookmeadow Country Club in Canton: The 8th Annual Combined Temples Charity Golf Tournament, Temple Israel Brotherhood's biggest and most successful "fun-and-fund" raising event of the year.

To register a player or to find out about sponsorship opportunities, please visite www.CombinedTemplesGolf.org. Some of the participating organizations are: Temple Israel, Sharon; Temple Beth Am, Randolph; Temple Emanuel, Newton; Young Israel of Sharon; the YMCA of Stoughton; AJC Boston; World Boston/World Affairs Council and Temple Aliyah, Needham.

North Shore Events

Sunday, May 1, 7 p.m., Newburyport Tannery, 50 Water St., Newburyport. Award winning play "Terezin, Children of the Holocaust," a benefit to defray costs of presenting this play in Cuba in 2017. Call 978-466-7047 for more information.

Friday, May 27, 7 p.m., "AN EVENT" fundraiser at the Firehouse, 1 Market St., Newburyport, with cellist, peace dancers and peace supporters, to raise money for the presentation of programs at schools that have been victims of hate crimes. Call 978-462-7336 for more information.

Tuesday, May 31, 10:30 a.m.-noon, Brooksby Village Chapel, 300 Brooksby Village Dr., Peabody. Arthur Bernstein presents his personal experiences from the 1947 clandestine voyage of the ship ULUA to rescue Holocaust survivors stranded in Sweden and Italy and bring them to Palestine, against British resistance.

For information on how to include your event in listings, please send an email to: shalomma@msn.com. For advertising call: 781-975-0482

Seder at the Brookline Chai Center 105 St. Paul St., Brookline

Overwhelmed by the never-ending Hebrew? Looking for a Seder with a young and fun crowd? Can't make it home for the holiday? Or maybe you just want to experience what a four-course Seder with an overstocked selection of wine feels like? Well, there is a seat for you at the Young Jewish Profesionals Passover Seder!

Friday, April 22, 7 p.m.

The Chai Center and YJP Boston will be hosting a Passover Seder for young adults (singles and couples). \$36 before April 17, \$45 after. RSVP at http://www.yipboston.org

Saturday, April 23, 8:30 p.m.

The Chai Center and YJP Boston will be hosting a Passover Seder for the community. Limited to 70 seats, \$45 before April 17 and \$55 after. RSVP a must. Prepaid reservations only - No door tickets. For more information visit www.getchai.com

Yom HaShoah

Sunday, May 1, 10:30 a.m., Annual Yom HaShoah observance at Faneuil Hall, Boston. Following program, attendees will walk to the adjacent New England Holocaust Memorial. Information: Jewish Community Relations Council at 617-457-8600, info@jcrcboston.org, www.jcrcboston.org or Facebook.com/BostonJCRC

Mah Jongg Tournament

Sunday, May 1, from 1-5 p.m. Mah Jongg Tournament, \$25 registration fee. Play either: Official Mah Jongg Tournament or Casual Corner. Both with cash prizes at Temple Beth Am, 300 Pleasant St., Framingham. Contact: tempbethammj@gmail.com or call Cynthia at 508-879-5596 for registration form or questions. Register by April 22.



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PURIM CELEBRATIONS





Kesher Newton hosted "the Shushan Games" (think color wars with a Purim twist) followed by a festive family Purim party.





Members of the Temple Sinai of Brookline perform Purim-ized Beatles songs in the March 26 Purim spiel "How The Jews Did Win."

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AJC Boston 17th Annual Diplomats Seder

On April 4, over 425 people joined the Boston office of the American Jewish Committee (AJC), and diplomats representing 22 countries from around the world, to celebrate the universal values of freedom, democracy, and human rights at the AJC Boston 17th Annual Diplomats Seder at the John F. Kennedy Presidential Library. The Passover Seder is the annual ritual meal that marks the



Jewish struggle for freedom. "One of the wonderful features of the annual Seder is that it embeds in all who participate a passion for freedom while also challenging each of us to come to terms with what freedom, means for oneself, one's community, and indeed all of humankind," said AJC Boston Director Robert Leikind. The highlights of the evening were the "contemporary exodus" testimonials given by survivors of human rights abuses from Iran,

Egypt and other countries who escaped violence and persecution to live freely in the U.S.



See more at: http://www.ajcboston.org







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Chai in the Aub

More than 400 attendees joined CJP's Young Adults on Feb. 6 to celebrate 18 of Boston's most inspiring Jewish young adults, and to hear from Emmy winner and Executive Producer/Writer of "Homeland" Gideon Raff.

Congratulations to all of the honorees - the educators, social activists, entrepreneurs and innovators who are transforming Boston's Jewish community. For more information on this year's honorees, visit cjp.org/chaihub.



Honorees: Front row (left to right): Judith Rosenbaum, Rabbi Mayer Zarchi, Benjamin Marchette, Rabbi Darby Leigh, Sara Hefez, Laura Cohen, Boris Revsin, Brett Lubarsky, Danielle Ain Back row (left to right): Leeza Negelev, Robin Cohen, Andrew Oberstein, Jeff Gabel, Rabbi Getzel Davis, Adam Smith, Howard Bornstein. Absent: Ross Yellin







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Cuban Purim





On March 24, close to 200 people came together to celebrate Purim with a Cuban theme at the Wellesley-Weston Chabad. The decor, food, drink, costumes, etc. were all connected to the Cuban theme.

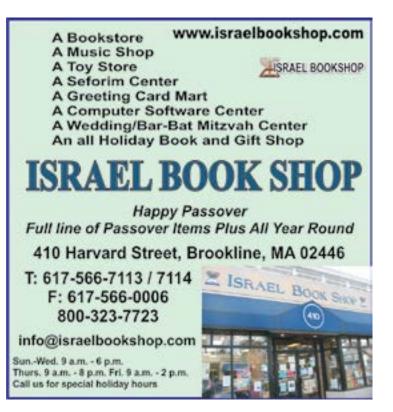
In what might be a first-ever in the U.S., even the water, soda and alcohol were imported from Cuba for the party.











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A NATION OF IMMIGRANTS SEDER



Some of the event co-Chairs at the Anti-Defamation League New England's A Nation of Immigrants Seder at UMass Boston on April 10.



Congressman Seth Moulton and Shalom Magazine publisher Shirley Farber after his speech at ADL New England Seder





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Women in the Haggadah



Sandra Lilienthal, Ed.D.

Even though women are not mentioned in the Haggadah, the story of Pesach would not have happened if it were not for the women. To a certain extent, all Jewish women were instrumental in the deliverance of the Jews from Egyptian slavery. The famous Talmudic Rabbi Akiva said: "Israel's deliverance was in reward for the righteous women."

If we look carefully at the story, from the very beginning, we will see that first came Shifra and Puah, the midwives who tended to the Jewish women. Unhappy with the

growth of the Israelite population, Pharaoh had ordered the midwives to kill every boy born to an Israelite woman. Shifra and Puah, in an act of civil disobedience, refused to carry out such a cruel order and defied the Egyptian king. When Pharaoh discovers that they continue to let baby boys live, the midwives defend their actions by saying, "The Hebrew women are not as the (Egyptian) women; for they are like animals, and [give birth] before the midwives come to them" (Exodus 1:19). They see nothing remarkable in what they are doing. Lord Rabbi Jonathan Sacks points out that these two midwives were moral heroines: "Immoral orders are not to be obeyed because moral law transcends and overrides the law of the state." Shifra and Puah's refusal to kill the baby boys is what allowed Moses to live and eventually save the Jewish people from slavery, even though at that time, they could have had no idea of how important that baby would become.

Which brings me to the next woman in the Pesach story: Yocheved. When she found out she was pregnant and then gave birth to a boy, she knew that she had to do something to protect him. She hid her baby for three months. After three months, concerned that he would eventually be discovered, she placed her infant son in a basket made of reeds, covering it with tar to make it waterproof. She then sent it down the River Nile, in the hopes that he would somehow survive.

It is at this point that Pharaoh's daughter comes into the picture. The princess of Egypt had gone down to the river, and she discovers the basket with the baby. She realizes that this is an Israelite child by the weave of the blanket that protected him. In spite of her father's own rules, she decided to save the child and to raise it as if he were her own.

However, Miriam, the baby's sister, seeing the princess take the basket, runs to her and offers to find an Israelite mother to nurse the baby until he is older. Yocheved, then, becomes able to feed her own son!

Pharaoh's daughter might be the first Righteous Gentile of History. She saved an infant from death, took him in, and raised him with love, as if he were her own. Even though she knew she would not be able to save all baby boys condemned to die, she saved one life (and as we know, the Talmud tells us that "he who saves one life is as if he had saved the entire world."). Our Sages tell us that G-d named Pharaoh's daughter Batya, which means My Daughter. And had she not stretched out her arm to save Moses, the Exodus from Egypt would not have happened.

Let's now talk about Miriam. When she first appears in the Torah, she is nameless. As she watches over her brother, she is referred to as Yocheved's daughter. Miriam has guts (chutzpah, if you will): she approaches the princess of Egypt and asks her to let an Israelite (her mother) nurse the baby. Miriam trusts in G-d, but nevertheless, she acts. She understands that G-d wants every one of His children to be His partner in fixing what is wrong in the world. Later on, as the Israelites cross the Sea of Reeds, Miriam - now mentioned as a

Women in the Haggadah

prophetess - led the women in song and dance, after Moses sang with the Children of Israel.

Over the past three decades, many communities have created a ritual to add to the Seder something that would recall Miriam - the addition of "Miriam's Cup." According to a Midrash, Miriam's well accompanied them in the desert. Just like the manna, the water from the well could taste like anything: milk, honey, wine.

The water also had healing powers. The well was the symbol of both sustenance and healing.

But when Miriam died, the well dried out. It is because of this relationship between Miriam and water (the source of life) that the custom of adding a Kos Miriam to the seder table came into being. One can say that without Miriam, there would be no Moses; without Moses, there would be no Exodus; without Exodus, there would be no Jewish history.

Shifrah, Puah, Yocheved and Miriam played fundamental roles in the Passover story. But our tradition says that all biblical Jewish women were important, not only the named ones. Our Sages say that even as slaves, the women had faith that a better future lay ahead.

Although they are many times absent from the biblical stories, we see that women have always been an important foundation of the Jewish people. From taking care of the home and the children, to fighting wars, to making political decisions, influencing kings, and literally determining the future of an entire nation, biblical women are wonderful role models! As modern women, there is a lot that we can learn from them!

When we sit down for the Seder, we will read in the Haggadah that "In every generation, we must see ourselves as if we had gone out of Egypt." How can we be like those women? One thing the women in

the Exodus story all have in common is the strength to stand for what is right, no matter what the risks are.

G-d took us out of Egypt with an outstretched arm, says the Torah. Sharon Anisfeld, Dean of the Reconstructionist Rabbinical College (Pennsylvania), points out that all these women had strong hands, and were able to stretch out their arms. This can be seen in the stories

> of Shifra and Puah, who literally held in their hands the babies as they were born, to Yocheved, who stretched out her arms as she placed the basket with Moses in the river, to Pharaoh's daughter, who reached out her arm to pick up the basket, and, finally, to Miriam, whose hands carried Moses back to his mother to be nursed.

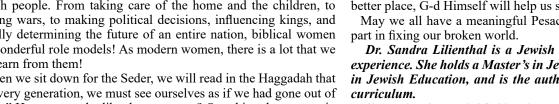
> What a lesson for all of us today, whether men or women. Extend your hand! Stretch out your arm! This year, when we sit down for the seder, let us ask ourselves: how do we act in the face of adversity? Can we stand up for what is right, even when it is unpopular? Will we hear the cries of those who are oppressed, who need our help?

Instead of waiting for miracles, Shifra, Puah, Yocheved and Miriam decided to take action. The women in the Pesach story show us that when we reach out, when we act, when we try to make the world a better place, G-d Himself will help us succeed.

May we all have a meaningful Pesach, with the resolve to do our part in fixing our broken world.

Dr. Sandra Lilienthal is a Jewish educator with over 25 years experience. She holds a Master's in Jewish Studies and a Doctorate in Jewish Education, and is the author of the Pillars of Judaism curriculum.

Illustration by Daniel Schinasi



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PURIM CELEBRATIONS





Purim was celebrated at the State House by a group of Jewish politicians. In the photo: Rep. Ken Gordon, Rep. David Linsky, Rep. Jay R. Kaufman, Rep. Frank Smizik, Rep. Carmine Gentile, Rep. Lori Ehrlich and Rep. Ruth B. Balser





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AIPAC Policy Conference - A View from a "Veteran"

By Sherry Alpert

The good news is that Donald Trump and his detractors did not hijack the 2016 AIPAC Policy Conference in Washington. The bad news is that they tried to.

I first attended AIPAC during the 2008 presidential campaign. It hurt to watch Hillary Clinton read a speech the morning after the California primary, when she had just lost the nomination to Barack Obama. I wondered if it were the same speech she would have given had she won.

Then Obama spoke, using the teleprompters on each side of the podium, enabling him to make continuous eye contact with the audience. That was when I understood the pervasive power of the teleprompter. Obama spoke rousing words supporting Israel, even about moving the U.S. Embassy from Tel Aviv to Jerusalem. But the next day he retracted the embassy remark - and has never again spoke at AIPAC during his presidency.

About 300 Reform rabbis, led by my former rabbi, had threatened to walk out during Trump's AIPAC speech. As a public relations consultant, I was concerned about their using the media the previous week to publicize their protest of Trump's "message of hate" and divert the spotlight from his views on Israel. A walkout would have undermined AIPAC's impartiality to all Democratic and Republican Presidential candidates, Congress and the White House.

To be clear, AIPAC's mission is to maintain a strong U.S.-Israel relationship, no matter who is in office. The organization neither endorses nor donates to any politician. It educates them from the local and state levels to the federal level, so that they will support the only democracy in the Middle East.

Throughout the conference, AIPAC made announcements asking us to show respect for all speakers. However, a record 18,000-plus people attended, requiring a venue change for general sessions, from the gymnasium-style Convention Center to the nearby stadium-style Verizon Center. The result was that all of us in the "cheap seats" (who do not make additional donations to AIPAC) would be seated in the rafters. That meant the media would not see the 300 rabbis walking out.

Noticeably absent from the conference was the only Jewish presi-

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dential candidate, Sen. Bernie Sanders, who claimed a "scheduling conflict." None of the other presidential candidates had trouble arranging their schedules to accept AIPAC's speaking invitation. Sanders just didn't "feel the Bern" for AIPAC.

Each of the four presidential candidates took the floor for 25-30 minutes.

Governor John Kasich blundered by reading his speech, rather than the two teleprompters, minimizing his eye contact with the audience. Nevertheless, we loudly applauded his support of Israel for being on the frontlines fighting civilian terrorists on the street. He also called the Iran nuclear deal a delay, not a required dismantling, of Iran's nuclear capabilities.

Then Trump made a grand entrance from the side, surrounded by five security guards. I looked around the rafters and saw no one walking out. Isolated groups, including college students standing in front of us, howled. I cringed in my seat. [Reportedly, 100 rabbis walked out.]

Trump contradicted his earlier pledge to be "neutral" in the Israeli--Palestinian negotiations by announcing his support for relocating the U.S. Embassy to Jerusalem. The loudest howl from Trump's fans came when he declared, "President Obama is in his final year - YAY!" We looked at our friends in disbelief - that a presidential candidate could utter words fitting for a kindergarten classroom.

Senator Ted Cruz used a teleprompter, noting that Trump was mistaken in thinking that Palestinians existed in 1948. I did not recall Trump saying that. Cheers were loud.

Making a grand entrance hours earlier, Hillary Clinton gave one of her most rousing speeches. I listened carefully to discern any differences from the views she expressed while serving as President Obama's Secretary of State. For example, she told AIPAC a few years ago that Israel must stop building apartments in a Jewish neighborhood in East Jerusalem.

The only weakness I perceived in this speech was a cursory mention of the "benefits" of the Iran nuclear deal. Otherwise, she detailed her knowledge of how Israel gained its independence in a dangerous neighborhood, and why the U.S. must support it. Then she posed with the big givers on the floor for selfies.

Vice President Joe Biden also spoke. The previous times I had heard him address AIPAC, Biden seemed to be visibly uncomfortable speaking for the White House, but exuberant when he talked about his friendship with Golda Meir. He expressed outrage at the terrorist attack the previous week that killed an American tourist near where he was meeting with Prime Minister Netanyahu.

The morning after the presidential candidates' speeches, AIPAC National President Lillian Pinkus emailed us, stating that AIPAC "takes great offense" at both the raucous behavior of the Trump supporters and Trump's remarks denigrating the White House. Amen.

Sherry Alpert is a public relations consultant and media strategist living in Canton.



Teen Trip to Poland & Israel "unforgettable and powerful beyond imagination": "March of the Living" launches recruitment and fundraising campaign for 2017

By Stanley Hurwitz stanhurwitz@gmail.com

Although the 2016 edition of the international March of the Living (MOTL) takes place May 1-15, planning has already begun for the 2017 trip that brings high schoolers on an experience of a lifetime to Poland and Israel. Past participants agree MOTL changed their lives forever.

MOTL 2016 brought nine Massachusetts teens and one from Connecticut along with 14,000 others ages 17-18 from 45 countries on the inspirational itinerary.

Now in its 28th year, MOTL gives participants a rare opportunity to explore their heritage and history on two continents. The trip coincides with Holocaust Remembrance Day, which the group marks in Poland with a tour of a Nazi concentration camp, and, a week later, observes Israel Memorial Day and Israel Independence Day and Israel.



Local 2016 Participants

2016 MOTL participants are: From Maimonides School in Brookline: Nava Winton, Daniel Smits, Julia Perlin, and Shira Wald; From Gann Academy in Waltham: Yael Sternberg, Natan Charytan, Olivia Mamane; From Sharon High School: Tovya Goodwin and Halle Lurie; and from Connecticut, Ari Zackin.

been described as "a cautionary tale of terror that

For donations of \$500 or more, donors receive

a free copy. Donations of \$1,000 will be matched

dollar for dollar by the Kempner Foundation. Tax-deductible donations may be made online: http://

motlnewengland.org/. Proceeds from book sales

will fund scholarships. Order from Amazon:http://www.amazon.com/Always-Good-With-Needle-

-Redemption/dp/1512378232 (\$15 per copy).

testifies to the power of courage and hope."

The region's MOTL Steering Committee includes: Lynn Brandes, Aaron Kischel, Shani Winton, and Holocaust survivor Sidney Handler; Jana Brenman, Director of Teen Engagement at the Jewish Alliance of Greater Rhode Island; Sara Ades Goodwin, Mass. MOTL Development Director; and Stanley Hurwitz, Public Relations and Marketing Consultant.

A 2015 study shows that participants in MOTL-type trips have higher levels of identification with Israel and are more likely to value marrying Jews than the general Jewish population. See more at http://www.jpost.com/Diaspora/Study-March-of-the-Living-participation-boosts-Jewish-Zionist-identity-443210

For more information about donations to and/or participation in future MOTL teen or adult options, see http://motlnewengland.org/ or contact Irv Kempner at IrvKempner@gmail.com. See highlights of the 2015 trip at: https://www.youtube.com/watch?v=uJci5G5SbsI.

Launch of 2017 Recruitment and Fundraising Campaign

MOTL Massachusetts (http://motlnewengland.org/) Chair Irv Kempner of Sharon, (Mass.), son of Holocaust survivors who has been on the adult portion of four previous MOTL trips, led fundraising for scholarships that made it possible for many of this year's students to participate. "By starting earlier, we hope to raise awareness and recruit and support more teens in 2017," said Kempner. This year, 20 individuals contributed, and, combined with matching grants from the Kempner Family Foundation, scholarships totaled \$22,000.

A Special Gift for Donors

To call attention to MOTL and as a special incentive to prospective donors, Kempner is offering copies of his 91-year-old mother's autobiography, "Always Good With a Needle: My Journey from Radom to Redemption," by Marlene Freidenreich Kempner. The book has

Don't Miss This Moving Story of Courage and Hope...

'Always Good With a Needle: My Journey from Radom to Redemption'
By Marlene Freidenreich Kempner

Although the numbers tattooed on Marlene's arm fade with age – they never truly disappear.

In her teens and 20's, Marlene Freidenreich Kempner of Radom, Poland, struggled to survive and safeguard her family from the Nazis. Ultimately, after narrowly escaping death in labor and death camps, only she and her younger sister survived, blessed with the opportunity to begin life again in a new land.

In her 91" year, the author summoned the courage to share her story - a cautionary tale of terror that also testifies to the power of courage and hope.

Proceeds from book sales will help fund scholarships to send teens on the N. E. March of the Living heritage trips to Poland and Israel in 2017 and 2018.

Donations of \$500 or more to March of the Living will receive a free book. Donations of \$1,000 will be matched dollar for dollar. Tax-deductible donations may be made online: http://motinewengland.org/

Order from Amazon: http://www.amazon.com/Always-Good-With-Needle-Redemption/dp/1512378232, \$15 per paperback copy.



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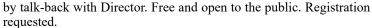
May 1, 5:30 p.m. at Vilna Shul. Vilna Shul Annual Tribute Benefit honoring Andrew Perlman and David Gerzof Richard, Co-Founders of the Vilna Shul's Havurah on the Hill (the Vilna's young adult programming arm, enjoying its 13th anniversary), and Eileen Samuels, Vilna Shul Board member.

May 3, 7:30 p.m. for 6 weeks at Vilna Shull: Kevah Adult Learning class begins. Taught by author and instructor David Ariel for a series of discussion and learning that focuses on "What Do Jews Believe", based on his book. \$192/series.

May 10, 7 p.m. at Vilna Shul. Film screening of Etched in Glass: The Legacy of Steve Ross, followed by talk-back with Director Roger Lyons. Free and open to the public.

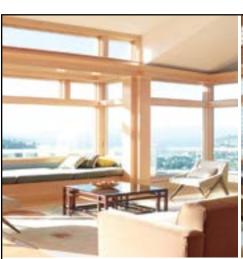
May 14, 5 p.m. at Vilna Shul. Downtown Young Families Havdalah. Featuring dinner, a tzedekah project with JVS and a performance of Israeli dancing by Rashi School students. \$36/family.

May 24, 7 p.m. at Vilna Shul. Film screening Munich and Beyond followed



June 2, 6 p.m. at Vilna Shul, *Shards and Chardonnay.* Join us for the unveiling of the community mosaic, spearheaded by artist Bette Ann Libby and created by members of the community. Free and open to the public. Registration appreciated.

June 9, 7 p.m. at Vilna Shul. Lifesavers Conversation: No Place on Earth featuring the film and talk-back with story discoverer/caver Chris Nicola and Film Director Janet Tobias. \$10.







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The Strength of the Jewish Backbone

By Yosef P. Glassman, MD

"...and solid, and right and present and straight, and loyal, and beloved, and appreciated, and desired, and pleasant, and awesome, and amazing, and reconciled, and accepted, and good, and beautiful is this [truth] for us, forever." - The siddur, after the Sh'ma.

The collective backbone of the Jewish people is always being tested, from the times of Pharaoh, where Israel was physically bent over in backbreaking labor, to today, where Israel ekes out a tenuous oasis in the midst of world chaos.

To be sure, even in the time of national physical slavery, Jewish spiritual health was also at its near lowest, described as hovering at the 49th level of contamination. Israel bordered on near extinction and complete despair, in contrast to the benefits of Jewish life. It took several bold miracles to lift B'nei Yisrael out of the mud.

Today's situation in America and abroad is somewhat different, yet mirrors that nadir in profound ways. While there are no physical taskmasters and shackles, there are spiritual overlords and virtual bonds that require a second look. Once, as an entire people - not just a privileged few - Jews daily recounted our exit from Mitzrayim, in the form of the daily Sh'ma. On Shabbos, Jews all stood together, as a people, holding the kiddush cup declaring freedom. Of course, a strong minority still does - Baruch Hashem. Yet, in G-d Blessed America, our collective unity seems to manifest itself only in annual phenomena, like the seder. Virtually all Jews stand together proudly around the table, reading clearly, each one having personally left Mitzrayim.

But, why? Isn't "In G-d We Trust" on the dollar next to the pyramid stamp enough of a cue for the average American Jew? Isn't the slavery theme passé in the land of the free and the home of the brave, and best relegated to a show in the White House? For the most part, the collective physical back is not really bent over in America. In general, American Jews take a breath of fresh air, and don't show a passport to get into synagogue.

The Jewish people pride themselves on having fought for civil

rights, built clinically relevant medical centers, and added depth to a rich milieu of arts, sports and comical entertainment.

Yet, as upright as Jews may feel, Judaism faces painful osteoporotic vertebral compression fractures, having been relegated to the stage of fluorescent lights and electronic denominationalism. Even amongst the best of neighborhoods, Judaism faces a physico-spiritual kyphoscoliosis. B'nei Yisrael doesn't carry the *Mishkan*, and the vastly sun drenched *Ezras Nashim* of the *Beis HaMikdash* has been replaced with misguided perceptions of the sanctity of external wall space.

What happened? Surely, Judaism is stressed, even her most root-centered form. The Jewish people, as a whole, has accepted de facto that there is no daily smoke-raising herb (*ma'aleh ashan*) in our daily service.

Of course, that is about to change radically - with the fire of prayer for the final redemption (geula). This is only possible by exercising the strength of the Jewish spine, invoking the phrase in the siddur quoted above. These fifteen expressions, our sages teach, represent a Torah-based anatomico-spiritual spinal alignment, each touching on a separate nerve exit point. The masters of the Zohar teach us that prayer indeed is a spiritual battle with the original snake; thus, when we pray, we will often form a snake-like posture, bending, contorting, twisting and bowing at the proper times. When this battle is neglected in this world, it is reserved for a similar, yet less favorable battle in the dusty snake's domain.

Our spinal health, exercised by sincere prayer, is crucial in order to fight the last metaphysical battle - to bring the Moshiach. The physical sway, twist, turn of the Jewish backbone in prayer demonstrates its resilience and true desire for the return of our true open-air, incense-burning, and smoky korbanos avodah. Only with this true workout can B'nei Yisrael once again be able to slaughter the collective ego on the altar of Oneness, and ultimately unify the Jewish people with a fortified spine.

Dr. Yosef P. Glassman, IDF Reserve Lieutenant, mohel, and Harvard trained geriatrician, is the CEO of Hadarta.org, which integrates Torah concepts to applied geriatric medicine.





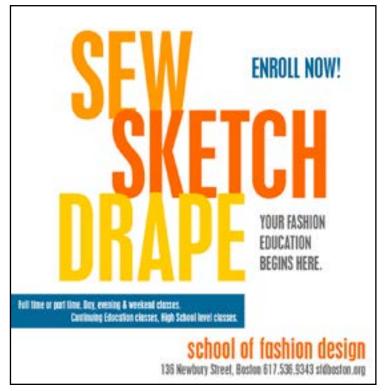
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What does it mean to be an Orthodox feminist?

By Sharon Weiss-Greenberg, Ph.D.

"There is simply no room for women in the beit midrash."

"Most guys wouldn't date you, because you are Student Council President."

"I know that you have your career, but I'm the guy, and you know, the parnassah."

"You need to go to the back door. Only men can enter through the front.'

While there are constituents in the Orthodox community who would label anyone who calls him or herself feminist as extreme, we also face opposition from feminists. Jennifer Zobair's piece "Don't Treat Religious Women As Second-Class Feminists" (August, 2015) in the Huffington Post struck a chord with me. I get it. I understand what it is like to feel like one is constantly on the defense.

Zobair points out that feminism is under attack by celebrities. People think that we should move on. We have the right to vote and such; isn't the movement irrelevant? Zobair correctly asserts that we have a ways to go in terms of equal pay, maternity leave, and in other areas that affect us as women. Ironically, we are women of faith, even faiths that have historically been patriarchal in nature, who are advocating for choice, while women who are not religiously affiliated are not interested in fighting the fight. Zobair makes it clear that we feminists of faith have a role to play in both the religious and feminist spheres.

As an Orthodox feminist, I find that people want to know the story of why I've been driven to advocate for tolerance, change, empowerment, and a voice for women in our community. Each of the quotes above are real words that sunk in as they were nonchalantly said to me. Even as I type these words now, years later, the emotions - including embarrassment, shame and anger - are still present, still raw. I remember who said those words. I remember when they shared their thoughts. I remember how I felt. I remember my response. I remember being bothered enough to vow to take future action.

What does it mean to be an Orthodox feminist? It means politely correcting the gabbai when he calls out, "Do we have a tenth?" It means providing a list of qualified, educated, knowledgeable women



What does it mean to be an Orthodox feminist?

who should be brought in as scholars in residence, teachers, school administrators or clergy staff. It means serving as a role model of a strong, intelligent women for girls and boys. It means offering your Shabbat guests, women and men, the kavod of making kiddush, and saying the blessing over the wine, or the hamotzei, the blessing of the bread. It means firmly advocating for an equal education for men and women in Torah, Talmud and halakha. It means calling out those who claim that the image of a girl or a woman is unholy.

At the same time, it means often receiving flack for the "O."

"Aren't you intelligent? How can you be an intelligent woman and remain Orthodox?"

"Why not just leave? How can you stand it?"

"You are a part of the problem for staying Orthodox. You should leave."

"Have you thought this through? Why would you do this?"

During my post-college years, I spent most of my energy as an Orthodox feminist advocating in the Orthodox community. It wasn't until I was employed as a chaplain on a college campus that I realized how much understanding is necessary on the other end of the spectrum, and what I could learn from the process.

As an Orthodox Union Jewish Learning Initiative on Campus (JLIC) Educator, and the first Orthodox Jewish female chaplain at Harvard University, I had thought that I would spend most of my time in the Jewish community. Six months into the job, I realized that while I had thought that I would be spending my time teaching classes, learning with students, delivering words of Torah and hosting people, I would actually spend a fair amount of time being challenged. People questioned my religious identity as a woman. I dare to say that multiple times a week, I was asked how I as a woman could justify my religion.

I turned to a mentor, who by that time was also a friend, for advice. I asked her for her thoughts, while I told her that the challenge was healthy, and was helping me refine and better understand my positions. Some of those positions slightly shifted as a result. But I also told her that nonetheless, at the end of the day, I was frustrated that I was being viewed as if I were a woman in a burqa. She looked me in the eyes and asked, "How do you see the woman in the burqa?" I've never looked

at religious feminism the same way. She was right. I was a hypocrite; I was just as guilty of judging others.

Yes, religious feminists face opposition from the right and the left. We also have elements of support from the right, the left, and from in-between. Orthodox feminists are constantly questioning, debating, and grappling with our sometimes conflicting values and ideological realities. We have something in common with the readership of Rabbi Joseph Soloveichik's Halakhic Man with our Eve One and Eve Two demands. We are constantly questioning and learning. We are engaged in the struggle.

While I would appreciate the welcome mat from the right and the left, I appreciate the pushback. I appreciate being challenged and forced to grapple with opinions and stances. What religious feminists bring to the table is complicated. The answer is rarely black and white.

This gray reality is shared by those who are feminists of faith. JOFA's Assistant Director, Rachel Lieberman, wrote a great piece in Zobair's collaboration "Faithfully Feminist: Jewish, Christian, and Muslim Feminists on Why We Stay," which is available at select bookstores and online. While we have dedicated our lives to religions that may disagree, we all have similar experiences and struggles, as well as great moments of realization that unite us.

While many have been quick to let me know the price of being an Orthodox feminist, the moments that couldn't seem more right make it worth it. Envisioning the future and seeing the fruits of our labor is comforting. Knowing that as individuals and as a community we have shaped the conversation to better the Jewish community is critical to my identity as a "Jewish Orthodox Feminist Woman."

The benefit of having feminists of faith is difficult to quantify. How do you put a number on being able to engage deeply and meaningfully in prayer and ritual? How do you quantify in value being under the chuppah, sharing words of Torah, as two people become one couple, forming a bayit neeman? The rewards are great, and also critical for the future of the men and women of our communities. It is an investment that I am proud to be a part of.

Sharon Weiss-Greenberg, Ph.D., is the Executive Director of the Jewish Orthodox Feminist Alliance (www.jofa.org).



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Making Passover Meaningful Across Generations

By Jessica Lowenthal Weber

"Where will you be for Seder?"

This question will be flying around Jewish conversations for weeks before Passover arrives. The Seder has historically been the most observed ritual in the American Jewish community, with most surveys in the 1990's estimating that 90 percent of the community would attend a Seder. Today, estimates hinge significantly lower, at around 70 percent. What was once a powerful and almost universal Jewish experience

seems to be losing its connection to the new generation, interpreted by some as less attachment to the Jewish heritage.

On one hand, this should not be surprising. For decades, as well as over most of our history, being Jewish was not a choice. Today, thankfully, that outside judgement is much less fundamental to people's personal Jewish identity. It is no longer enough to embrace one's Jewish identity because the outside world forces it; there must be something intrinsic to Judaism that makes individuals wish to participate. This is the issue we are seeing reflected through a distancing of the newer generation from traditionally robust Jewish traditions in America such as the Seder.

As with all generational divides, the older generation often sees the younger as entitled or lazy, desirous of meaning without putting in the hard work. I propose that the situation we face is actually the opposite of that assumption.

Rather than give up on a connection, we, Jews of all generations, must rise to the challenge. The Passover Seder is a unique opportunity to create a personalized, meaningful experience. It cannot just be a fun evening together with family and friends, nor can it be hours on end of ritual without truly engaging conversation. This generation demands that our Jewish practices reflect the zeitgeist of the current world. If there is not something unique and important happening at the table, young adults will turn their attention elsewhere.

Our Haggadah tells us that we must experience the Exodus from Egypt as if we ourselves were there. This is incredibly difficult; how can one experience slavery and redemption when one has never gone through it? Many in this generation have not had to deal with outright anti-Semitism, so they are even farther removed from experiencing the discrimination that their parents endured. The traditional practices of the Seder are simply not hitting home for many young adults.

There has been a trend in the Jewish communal world of young leaders not being satisfied with giving donations. Rather, they are looking for hands-on involvement. Young adults are happy to go to social events through the nonprofit world, but when it comes to major giving, they are demanding to see how their money will be spent. Others who are burdened by unprecedented amounts of debt are looking for ways to donate their time rather than their money. Organizations have been struggling to find ways to plug these young adults into their work without compromising the client's privacy. However, when it comes back to intergenerational, family oriented events, like Passover, there is a gap between assumptions and reality.

We can look into the Haggadah for help understanding this issue. The telling of the Four Children, especially the "wicked" child, demonstrates an important generational divide.

> Our Haggadah has told us that the wicked child says "you," differentiating between himself and his family and community. The Haggadah answers, "It is because of what G-d did for me when I came out of Egypt. Specifically 'me' and not 'you.' If you had been there (with your attitude), you wouldn't have been redeemed." However, when we look into our Torah, a contradiction presents itself. Exodus 12:26 says: "And it will come to pass if your children say to you, What is this service to you?" To YOU! The Hebrew is not "Lanu" (to us) but L'chem (to you). What is the response our Torah gives to the "wicked" child? "You shall say, 'It is a Passover sacrifice to the L-rd, for He passed over the houses of the children of Israel in Egypt when He smote the Egyptians, and He saved our houses." There

is no chastisement, no judgement of the child who asks. Our Torah seems to understand that there is a difference between members of the community, and that generational divides are to be expected - indeed that is where learning can occur. If we were all the same, with "one mind," like the generation of the Tower of Babel, we would not be the dynamic community that maintained their religion and culture centuries after it should have been destroyed.

Our Seder is the perfect place to talk about generational differences in Jewish identity. So often families argue with each other, but forget to listen to each other. What did the Passover Seder mean to the parent growing up in the 1960s? To the grandparent who lived through the 1930s? To the young adult beginning their career now? Turning the conversation inward to find personal meaning is a way to respond to the "hands on" approach this generation is demanding. It is almost impossible to experience the slavery of our ancestors, but we can absolutely come closer to experiencing each other's lives. Ask each other questions rather than make assumptions about the different generations. We must make Judaism personal and powerful; what better place to start than ourselves.

Jessica Lowenthal Weber is in her third year at Hebrew College Rabbinical School, after previously completing her MA/MBA at the Hornstein Jewish Professional Leadership Program, and working for the ADL and AJC.









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Israel isn't so much a place to live as a place that lives within us

By Rebecca Housel, Ph.D.

Israel isn't so much a place to live as a place that lives within us. The traditional Passover refrain of, "Next year in Israel!" perhaps needs to be said with that very intention. American Jews are not always sympathetic to the plight of Israel or Israeli Jews. We sit in comfortable homes in comfortable cities, where terrorism rarely finds us. We have a better chance of getting into a car accident than being involved in a terrorist attack. But our brothers and sisters in Israel face the threat of terrorist attacks every day they breathe.

My son went to Israel in fall 2015. At 25, he had had opportunity to go all over the States, Canada, even Australia before visiting the Middle East. A seasoned traveler, he basically put everything into a backpack and carried it on the plane. He learned that from me. We went to Australia for two weeks with one carry-on each. Makes travel so much easier. And with the fast-paced tour he was on in Israel, that was particularly true.

Having seen many different cultures before even stepping foot in Israel, my son approached the trip not with wide, naive eyes. He's a man who has lived on his own, driven up and down the United States multiple times, and, has chosen to work hard jobs. Most of the people on the tour were his age. None had really done much travel outside of parent-sponsored vacations. None had to ever really support themselves either. All worked cushy desk jobs making healthy salaries; one young



man, my son's age, even owned a bar, thanks to his father giving him the start-up cash. My son, who could have lived a similar life, made very different choices. One where he is his own man. So he was amazed to see his peers "waste" their time in Israel drinking, clubbing, and hooking up. "Disgusted" might be a better descriptive.

My boy is a big man, 6'5" tall, broad shoulders...he flies an Israeli flag from his truck and house here in the States (though he lives in a very rural area), and has never felt the need to hide or be apologetic about his Judaism. This was an attitude he held long before he ever went to Israel. At only 15, he challenged his high school history teacher who, when teaching the class about World War II, described Hitler as "brilliant but misunderstood." When the teacher tried to intimidate him, my son refused to back down, inviting his teacher to call the Principal to the classroom and explain what was happening. Which, of course, never happened.

We lived in a small town about 60 miles south of the Canadian border. The closest temple was 20 miles away. Most Jews clustered together around the temple. But that is not the real world. The United States is two-thirds Christian. Of the 300,000,000 people in this country, Jews make up less than four-percent of the population. That's the world my son needed to be prepared for. Israel has to live inside him, because, on the outside, Israel is a place most people, even fellow Jews, don't relate to. Or even, appreciate.

My son traveled all over Israel with his group. He loved being in a place where Hebrew was everywhere. And, where being a Jew was more common than not. One day, while in an open marketplace in Jerusalem, terrorists were being chased. Like the Israelis living there, my son was unconcerned, knowing the IDF would get them and just kept shopping; he's used to living in a world hostile to Jews. While the rest of his tour group, mostly from major cities like New York, Atlanta and Los Angeles, were so traumatized, they asked to go back to the hotel. That was my son's biggest frustration. The fact that, though all these young people were American Jews born into privilege and had easy lives, none truly understood who they were. He said it was as if they were removed from their Judaism and the plight of their own people. Separate in some way. The "real" world was too harsh for them.









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Israel isn't so much a place to live as a place that lives within us

Just the thought of being faced with a situation that was unexpected made most so nervous, continuing on with their planned tour activities was simply not possible. The same thing happened again at a museum in Jerusalem. My son, raised by me, did not understand all this. He was taught to be empowered, have authority, not just as a human being, but as a Jew. What he was seeing was an example of who American Jews have become: Weak. Spoiled. Disconnected.

The same thing happened to Jews in Germany before the Enabling Act allowed Hitler unchecked power. Only one-percent of the German population, German-Jews identified more as German than Jewish. But the non-Jewish friends and neighbors German Jews fought side-by-side with during World War I had no problem allowing the ghettoization and systematic killing of their "brothers-in-arms." Going to temple every week, lighting the Shabbath candles, even frequent visits to Israel do not a Jew make. Being Jewish is more than the cultural expectations and trappings American Jews identify as "Jewish."

My son grew up amongst non-Jews to learn how to be a real Jew. Because, THAT is the real world. Understanding you will never really be accepted, even when you think you're accepted, is paramount to American Jews connecting and supporting Israel as more than just a country, but pivotal to global Jewish survival.

"But it's 2016...no one thinks like that anymore."

I recently recorded a radio interview with a Millennial podcaster out of Indiana; she's about six years older than my son. Her day job is as a middle school teacher. She is "educated," and a self-proclaimed "Jewish sympathizer," explaining she had attended Jewish pre-school. The interview was related to my work in the Entertainment Industry, not about Israel, but after the recording ended, this "sympathizer" and one of her co-hosts, a 40-something from Marin County in California, literally ganged up on me, saying things like I was going to be "hung in the town square by people like Donald Trump" and that "Israel is evil," repeating over and over again how Jews kill their own people, like with Yitzchak Rabin, and, of course, Jesus. The radio show only has about 1,000 listeners each week, and, I have been interviewed by them before. Never once has my Judaism been brought up. Mainly because they just assumed I was "one of them." Apparently, I "don't look Jewish." This happened only a few weeks ago....

No matter how much we Jews believe we are "assimilated" and that the people who know us would never let anything horrible happen, it is simply not true. We need Israel to live within us every single day we breathe as Jews. No matter where we live on the planet. If we don't, Jewish survival is in jeopardy, not just because of rampant anti-Semitism, but because we have weakened ourselves by pretending things are different than they are. It's not just in the Middle East. Or isolated incidents in places like Belgium, France and Mumbai. It is our next door neighbor. The middle school teacher from Indiana. The stay-at-home mom with a vineyard view in Santa Rosa. It's a 1,000 other people you don't even know.

I'm not worried about my future grandchildren being good Jews. My son is a good Jew. He doesn't have to marry a Jew to remain one either. He has a living commitment to Jewish philosophy, to Jewish culture, to our people...inside and out. He will teach the next generation how to be good Jews, too. How to be strong. How to stand up and fight. How to be who you are and never apologize for it. More importantly, my family will never be afraid to see the truth, speak it, or, live it. That's my legacy to them. What will yours be?

If my future grandchildren are anything like my son, like me, Passover will always come and go with Israel in their hearts. Because, Israel is a part of their soul. Our soul. As Jews, we are not separate. We are one. Labels, borders, boundaries are all limits derived from negative thinking, part of the non-Jewish cultural rhetoric many of us have unwittingly assimilated as "Americans" or "Brazilians" or "Russians" or "Germans" or wherever you identify as your cultural origins. But none of us are anything more, anything less, than Jews. And, Jews are unlimited. Be proud of that fact. Culturally, we answer to ourselves and each other. No one else. THAT is Israel.

May Israel live inside each of you and your families this Passover, and, for many, many more years to come....

Dr. Rebecca Housel has been teaching in the college classroom for 20 years. She is best known for her books that connect popular culture to socio-political contexts as well as her appearances speaking on the subject at comic cons across the country. Housel also authors a popular blog on her website that boasts over 700,000 readers. To learn more about Dr. Housel, please visit: RebeccaHousel.com



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Lessons from Moses



Dr. Phyllis Chesler

Unbelievably, yet predictably, the Jews are once more in existential danger - but it is not only the Jews who are in trouble. All of civilization, every civilian, is under attack by barbarian death-cult terrorists.

What might the Pesach story have to teach us all? Like many other groups, the Jews have always been persecuted; we have always had to flee a succession of "Egypts." Unlike so many others, the Jewish people have always survived and still

exist - at least a remnant does. And now we again have a sovereign Jewish state.

In ancient Egypt, we were enslaved and could not save ourselves. We needed G-d to do so - and G-d chose a redeemer for us.

Moshe Rabbenu was not raised like all the other Hebrew slaves. In a memorable act of civil disobedience, Pharaoh's own daughter saves the infant who cries out. For this act of chesed, or merciful kindness, she is midrashically and rabbinically re-named "Batya." By this act she becomes G-d's daughter too. Princess Batya adopts Moshe and raises him like an Egyptian prince.

In a sense, Moshe is a more evolved version of Yosef: someone who is both a Jew and an Egyptian. He is a Jew who knows his way around the larger, non-Jewish world - but he is also a Jew who breaks with that world.

Moshe is also the anti-Yosef. Yosef is born and reared as a Jew and, while he remains a Jew, Yosef also remains a powerful and assimilated Egyptian. Moshe is born a Jew and is reared mainly as an Egyptian. It is Moshe-the-Egyptian who becomes miraculously Jewish and who becomes G-d's greatest intimate.

How do we know that Moshe is Egyptian royalty? Moshe has unlimited access to Pharaoh's palace. No one stops him when he enters. One wonders if his adoptive mother Bat'va is still there. Does she accompany him to his meetings with Pharaoh? If so, how poignant, even wrenching, because the break with Egypt, when it comes, will be dramatic and final.

Why did Moshe flee Egypt? In *Shmot* (2:11-2:12), Moshe sees a fellow Eyptian (an "eesh Mitzri") beating a Hebrew slave to death. Moshe looks around. He turns "coh v'coh," this way and that way. Some say that he is looking to see whether any other Egyptians are there watching him before he kills the Egyptian taskmaster and buries him in the sand. Others suggest that he is looking within himself as well. "Who am I? Am I an Egyptian or a Hebrew? What must I do?"

I do not think that Moshe is afraid of another Egyptian. He is a Prince and can easily get away with murder. Moshe waits - but he sees that there is "no man" there among the Hebrew slaves, no one who will come to his brother's aid.

Moshe decides that he is his "brother's keeper," and with this single act, adopts the entire Jewish people as his own - just as his Egyptian adoptive mother once claimed him!

Thereafter, Moshe finds two Hebrew slaves who are fighting with each other. They do not want Moshe to judge them or stop them, and threaten to inform on him to Pharaoh. Moshe fears that these Jewish slaves will turn him in! Due to "kotzer ruach," the shortness of spirit which slavery exacts, slaves are rarely able to redeem themselves, to rebel effectively on their own.

The concept of "kotzer ruach," or shortness of spirit, (heavy breathing brought about by hard labor), explains why slaves can be divided against each other and are loyal to their oppressors. The phrase is contained in Vaera, (6:9). This concept also explains the psychological phenomenon of internalized self-hatred or identification with the aggressor. Slaves cannot bear it when one of their own rises above the common fate. "Who does he or she think they are?"

Lessons from Moses

This is why Moshe must flee Egypt, not because Pharaoh is yet after him but because the Hebrew slaves have challenged, mocked, and turned on him; perhaps they have already turned him in.

Moshe-the-Prince suffers from a speech impediment. This suggests that he has also been marked by trauma, loss, "differentness." Ultimately, even though he has grown up away from his Jewish family, Moshe remains close to, even dependent upon, his Jewish brother and sister, Aaraon and Miriam. However, Moshe never exactly fits in anywhere except in his relationship to G-d and in G-d's plan.

Now, let me turn to a few important things that are specific to the end of the story. *Bo* is the *parasha* in which G-d unleashes the last three plagues: locusts, darkness, and the eerie killing of the first-born and it is the *parasha* in which we gain our first taste of freedom.

We receive our first mitzvot, or holy deeds (12:2), not as an individual, but as a "nation." We are given *Rosh Chodesh* to observe. We begin to count, and therefore control our own time, something that slaves cannot do. We are also told to observe the first Pesach, to teach it to our children, and to remember it as a festival forever after.

Let me draw some parallels to our own time.

Once again, the Jews are facing enormous danger. This time, Pharaoh is not merely the ruler of one nation but is, rather, a global demon, a many-headed Amalek, demonizing, defaming, boycotting, bombing, stabbing, ramming Jews in Israel and elsewhere, truly a "rough beast slouching towards Bethlehem."

We must understand that our redeemers may be both Jewish and non-Jewish, both male and female - and that many Jews many oppose freedom, independence, and Jewish sovereignty, and may prefer an assimilated identity.

As ever, Jews are divided among ourselves. That is to be expected. We are a Kingdom of High Priests in which each Jew wields his own opinion like a club.

But worse than fighting, even worse than demonizing each other - increasingly, Jews with strong views no longer listen to each other. Some Jews shut down free speech entirely by resorting to Brownshirt-style goon squads; other Jews only listen to those with whom they already agree.

This is tragic, perhaps even suicidal.

Some Jews are answering Rabbi Hillel's first question: "If I am not for myself, who am I?"

Other Jews are answering the Rabbi's second question: "If I am only for myself, what am I?"

Zionist and Conservative Jews tend to answer the first question; left-liberal Jews are answering the good rabbi's second question.

Facing down global jihad will require more than just Jews, many of whom do not see jihad as a threat, or as a threat to Israel, or to the West, or even to themselves.

This time, our G-d-sent redeemers will be Christians, Hindus, Sikhs, secularists, and a precious handful of Jews, Muslims and ex-Muslims. Heroism is now our only alternative.

The heroes who have been the first to sound the alarm have risked everything to do so. Some have been forced to flee their homes and countries, other their perches of privilege. Some have been jailed, tortured, and executed. Some have been impoverished and silenced via lawsuit

No matter. G-d is on their side.

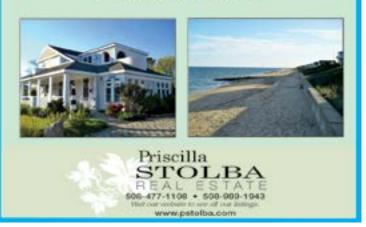
Perhaps it is also time for the Jews to cry out, to pray, to celebrate Passover with all our hearts, all our souls, and all our might.

Chag Pesach Sameach.

Dr. Phyllis Chesler is the author of sixteen books including "The New Anti-Semitism" and "An American Bride in Kabul." She is a co-founder of the Jerusalem and Diaspora based Original Women of the Wall.

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Sen. Dan Wolf headlines economic forum promoting fairness through Jewish values

By Susie Davidson

Sen. Dan Wolf (D-Harwich) gave the keynote speech at an April 10 forum at Temple Israel in Boston on the economic inequality challenges facing our state and society.

Wolf, who chairs the Joint Committee on Labor and Workforce Development, is the founder and CEO of Cape Air, and recently endorsed Sen. Bernie Sanders in the Democratic primary. He and his wife, Heidi Schuetz, have three children, two dogs and



two cats. According to recent news reports, Wolf is a purported 2018 challenger to Governor Charlie Baker.

Sunday's attendees learned about what they could do to achieve solutions. "They took action on current legislation that will benefit working families across the Commonwealth," said Jewish Alliance for Law and Social Action (JALSA) community organizer Hannah Klein, who quoted Leviticus 19:13: "You shall not oppress your fellow. You shall not rob. The hired worker's wage shall not remain with you overnight until morning." JALSA, along with Jewish community partners, sponsored the event.

"The Jewish community is part of the leadership of Raise Up, the broad coalition and movement that is putting Massachusetts on record for caring and doing something about economic inequality," said JALSA Executive Director Sheila Decter.

Income inequality in Massachusetts exceeds that of the overall U.S., and a new Brookings Institution study named Boston the number one U.S. city for income inequality.



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I Was in Brussels

By David Harris

On Monday evening, March 21, I arrived in Brussels from London, where there had been news reports of possible multiple terrorist attacks. It was quiet in Europe's capital as we proceeded to our hotel, just a stone's throw from the heart of the European Union's key institutions. The following day, together with my Brussels-based AJC colleagues, we were scheduled to meet with three EU commissioners (the equivalent of U.S. Cabinet officials), two of whom deal with terrorism and extremism, as well as Belgium's Minister of Interior, who is responsible for internal security and domestic safety.

Those meetings never took place. On Tuesday morning, March 22nd, I went to the nearby park for some exercise. Just after 8 a.m., it became filled with the sirens of police and other emergency vehicles, as well as military trucks, all racing in one direction. It was clear this wasn't a fire or low-level crime. The activity continued, indeed intensified.

By the time I returned to the hotel and turned on the television, there were reports of an attack at Brussels Airport, with only fragmentary information about its nature and the number of victims.

It wasn't long before news arrived of a second attack, this time at the Maelbeek subway station, a short walk from our hotel and in the very heart of the EU's governance structure.

Now the official vehicles were moving in various directions, with more and more ambulances joining them. And heavily-armed guards appeared in front of our hotel, together with an army truck or two.

Reports arrived of total and partial lockdowns in the city. No one knew if other attacks were coming, but the possibility couldn't be precluded, of course.

As the day unfolded, the grim news emerged. Thirty-four people were killed in the two attacks, hundreds were injured, and at least one killer was reportedly still on the loose.

ISIS claimed credit for the assaults. Many believed it was linked to the recent capture of the long-sought mastermind, Salah Abdeslam, of the terrorist carnage in Paris in November. And it wasn't long before attention turned to Belgium itself and whether the country was particularly "ripe" for such terrorism.

After all, it was less than two years ago that four people were killed in an attack on the Jewish Museum of Belgium. Last August, the Brussels--Paris high-speed train was the target of another jihadist incident, only foiled by the courage of three fast-acting American passengers and others. And in November, Brussels was on lockdown because the Paris attacks appeared to have been hatched in the Belgian city.

Moreover, some analysts point to Belgium's large Muslim community and the creation of "parallel societies" in neighborhoods like Molenbeek. A combination of radical ideology and failed integration patterns creates the potential for Islamist recruitment and support.

Indeed, as the Belgian Minister of Interior told us in earlier meetings, the country, per capita, has one of the highest, if not the highest, numbers of "foreign fighters" in Iraq and Syria of any European nation. And those who return to Belgium may well pose a clear and present danger. Given the number of people required to provide full-time surveillance, it becomes practically mission impossible to keep a constant eye on all of the returnees.

And last but by no means least, there are reports that Belgium has had serious difficulty mounting a sophisticated counter-terrorism strategy, including adequate intelligence capabilities, equal to the nature of the threat. The country's deep divisions along linguistic lines; the multiple levels of federal, regional, and local government; and some archaic laws (such as no police entries into homes after 9 p.m.) make a difficult job to begin with that much more challenging.

Plus, and this is true not just for Belgium, a certain complacent mindset that believes "it can't happen here" has further complicated the picture.

I Was in Brussels

And this even as Europe has now seen a spate of deadly terrorist attacks from Britain to Bulgaria, Denmark to France, Belgium to Spain. Europe has laudably achieved so much in the postwar era. From a blood-soaked continent, it forged a new era of peace, prosperity, open societies, and the triumph of "soft power" within its expanding borders. The Kantian notion of "perpetual peace" seemed so tantalizingly close. But now Europe needs to face up to a new reality which is likely here to stay. It must continue to aspire to its lofty goals, of course, while, at the same time, confronting unflinchingly the lurking threats.

Denial of the problem's magnitude, long a favorite approach in some countries, is no longer a strategy. Nor is idealistic dialogue with the death-affirming ideologues on the other side a strategy. Rationalization of murderous behavior - along the lines of "What choice do poor, forlorn people have?" - is not a strategy. Nor is delusion that this is only about people with "legitimate" grievances a strategy. Finally, disregard for failed acculturation models is not a strategy, either.

For literally 20 years, in a spirit of abiding friendship, AJC has been traveling throughout Western Europe to advance discussion on the "three i's" - immigration, integration, and identity - as necessary priorities for increasingly multicultural societies. At the very same time, we have repeatedly highlighted the threats to Europe's commitment to the protection of human dignity, including rising anti-Semitism and the menace it poses not only to Jews, but to the very fabric of democracy itself.

I could write a book on these countless meetings, but suffice it to say that many were resistant to facing the evolving reality, preferring instead to bury their heads in the sand. Needless to say, that didn't do the trick.

Yes, it's late in the day, but not too late. Europe must confront and overcome the danger, and all friends of Europe must be there to help. Our way of life and value system hang in the balance.

David Harris is the Executive Director of the American Jewish Committee. This article was originally published in The Huffington Post and Times of Israel on March 23, 2016. Reproduced with permission.



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A Hero for Our/All Time

During the year I lived in Lisbon with my family, our first full day in the city took us to a local bank to open an account. When I explained to the inquiring bank officer that I was in Portugal to research Cape Verdeans who bear some Jewish ancestry, our young banker immediately launched into an unbelievable story about his grandfather, one Aristides de Sousa Mendes. The account officer claimed that his

grandfather had single-handedly saved some 10,000 Jews and 20,000 other refugees from the Nazis.

As General Consul of the Portuguese consulate in Bordeaux, Sousa Mendes had found the shared humanity in 30,000 desperate refugees and had hand-signed visas for them all, mostly during a single six-day period in 1940. In so doing, Sousa Mendes defied Circular 14, issued by his government in 1939, to deny visas to Jews and others categorized as "inconvenient or dangerous."

After the Portuguese dictator, Salazar, discovered his renegade consul's insurrection, Salazar recalled Sousa Mendes to Lisbon and stripped him of his posi-

tion, his law degree, his pension, and, ultimately, his dignity. Fourteen years later, Mendes died - financially ruined, politically disgraced, and historically forgotten.

Or so our banker claimed. While feigning admiration, I secretly doubted every claim I heard. I knew the Portuguese to be great storytellers and wrote off our banker's bravado as products of an over-active imagination trying to impress some visiting Yankees.

Back in our apartment, I Googled the name I'd jotted down at our banker's insistence. Imagine my amazement when what I saw corroborated every detail of the narrative we had just heard.

But how was it that I had never so much as encountered the name of this remarkable figure, now considered the single-most heroic individual of World War II?

As my family learned during our year in Lisbon, the outsize impact



that the tiny country of Portugal has had on the world - for good and for ill - has largely remained a national secret.

In fact, Portugal boasts a checkered history when it comes to religious and racial minorities. It was the Portuguese who discovered new peoples in navigating the world's seas, the Portuguese who developed the first globalized commercial system, the Portuguese who created

> the first modern European empire, the Portuguese who housed (if ambivalently) large numbers of practicing Jews and Muslims in their midst until the 15th century. It was also the Portuguese who developed the Atlantic slave trade, the Portuguese who conducted, arguably, the longest-lasting and most brutal Inquisition against Jews, and the Portuguese who fought the most ruthless and protracted wars in Africa to hold onto its colonies, with devastating and lasting effects in Guinea-Bissau, Cape Verde, Angola, and Mozambiaue.

> But these and nearly all other Portuguese honors - and dishonors - remain under wraps in the quiet Portuguese psyche. Among the until-now-unknown heroes of whom the

Portuguese can be most proud is Aristides de Sousa Mendes.

In this era of institutionalized racism, increasing economic inequality, expanding refugee crises, and the twin plagues of continuing anti-Semitism and Islamophobia, the story of one man's insistence to do the right thing even while knowing that he would likely pay an extreme price for his decision is both rare and inspirational. Yet, toward the end of his life, an impoverished Sousa Mendes once said, "I could not have acted otherwise, and I therefore accept all that has befallen me with love."

Are we humans still capable of producing a hero the likes of Aristides de Sousa Mendes?

Dr. Alma Gottlieb, Professor of Anthropology, University of Illinois at Urbana-Champaign

The SPIA Media Productions, Inc. North American release of Consul of Bordeaux (2011) is a Portuguese production directed by Francisco Manso and Joao Correa, based on the true story of Aristides de Sousa Mendes, who saved 30,000 people from Nazi persecution by issuing visas for safe passage to Portugal during WWII, defying the direct orders of his government. The remarkable story of Sousa Mendes is told through the eyes of a young boy who recalls the events in 1940 when he was saved from the advancing Nazi forces by the action of Aristides de Sousa Mendes, the Portuguese consul in Bordeaux. Produced by José Mazeda, this English sub-titled film faces history and asks you to face yourself. Consul of Bordeaux opened March 25 at ArtsEmerson in Boston. Information on current and upcoming screenings is posted on www.spiamedia.com.



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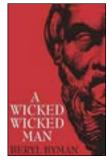
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Entering the mind of notorious biblical villain Haman

By Susie Davidson

Like many biblical tales, it's all there. A thrilling, emotional story of love and friendship gone wrong. A lust for power and victory unachieved. And you can't put it down.

"A Wicked Wicked Man," a 2015 novel by Chicago-based author Beryl Byman, takes us back to fifth century Persia where two boys, Haman and Mordechai, promise to be friends for life. But because of Haman's need to prove himself to his harsh disciplinarian father Hammedatha, the Agate, descendant of Agag, the king of the Amalekites, the pact is ill-fated.



Byman is a former conference director for the University of Minnesota and freelance radio producer for Minnesota Public Radio. The book, a finalist in the Red City Review fiction category, just marked its first Purim in publication with 10 five-star Amazon reviews and coverage in Hadassah and the Chicago Jewish News.

Haman's descent into deceit begins when he takes his father's horse for a joy ride. Confronted with evidence, he shifts the blame to Mordechai. From there, things go from bad to worse as Haman employs dirty tricks, slander, conspiracy and other malevolence to get ahead.

As the lies and turmoil fester and multiply, the boys' lives intertwine through adulthood, amid both the backdrop of Persian politics and their

shared desire for the beautiful Narat.



Lacking trust in those around him - Xerxes, the King's mother Atossa, his beautiful wives Vashti and Esther, and even his own wife, Zeres - Haman, as Grand Vizier, embarks upon his final scheme, to annihilate his enemies. But they have a plan of their own.

Byman's programs for Minnesota Public Radio focused on topical issues such as area farm foreclosures and the evolution of medical care, and included a series on Minnesota writers and

examinations of artistic genres. She has been the recipient of honors including the National Headliners Award, which recognized her production on Nazi medicine and the Holocaust.

To Byman, her book is an exploration of the supremely enigmatic, often ignomic, characters of our Bible and the challenges they face, some of which continue to the present day.

"Once you get to Moses, it becomes much more historical and less fantasmagorical," Byman added. "And throughout the Holy Books, there are so many parallels to current global ethnic struggles."

It just takes a vivid and detailed imagination like Byman's to draw them out.

"A Wicked Wicked Man: The Story of the Bible's Most Notorious Villain" by Beryl Byman (Commonwealth Avenue Books) is available on Amazon. For more information, visit www.awickedwickedman.com.



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Identity, integration and influence

By Ali Noorani

Today, tens of millions of people are migrating from one country to another. Migrating to stay alive, to have a roof, to get a job, to be with a family. People move. We always have and we always will. Migrating is one of the most natural things we do. As of last year, 244 million people - more than 3 percent of the world's people - lived somewhere other than where they were born, according to the United Nations Population Fund.

Some are turning a blind eye to the human drive to seek safety and a better life. Instead they seek to scare the public and set the terms of the debate around a shrinking pie rather than an expanding world. With the exception of leaders such as German Chancellor Angela Merkel, many politicians prey on this fear.

Awkward backtracking aside, Massachusetts Gov. Charlie Baker has gone as far as saying the Commonwealth should not accept Syrian refugees fleeing war and terror.

As a result of this failure, individuals and institutions outside of government are left to fill a vacuum and explain why people migrate. This huge task requires the engagement of every corner of society, from business to faith to the immigrants themselves.

Now for some good news: Civic leaders are stepping forward.

In the first quarter of 2016, I touched down in Miami; Charleston and Spartanburg, South Carolina; Brussels and Antwerp, Belgium; and Marseille and Paris, France. After roughly 9500 miles, I've arrived at two conclusions and two questions.

First, Brussels wins for its pastries. Miami's Cuban bakeries were early contenders, but Brussels' chocolate croissants and waffles ran away with victory. (Of course, the offerings at a good Brazilian bakery in Everett or Framingham are another story altogether.)

Second, three factors are driving the immigration debate: identity, integration and influence. More on that later.

The questions: First, how do institutions encourage cultural change within a nation's values structure that eventually leads to systemic change? And what does it take for politicians to prepare the public for the change that comes with migration?

The easy answer, of course, is waffles. Lots of waffles. The problem, as my research revealed, is that Spartanburg doesn't do waffles.

During my visit there, I sat with educators, pastors and parents. To a person, they spoke of demographic change. As one put it, "This all used to be a mill village, poor whites. Some people point their finger and say, 'those people.'

But they also spoke about Spartanburg's future and what was being done to help newly arrived immigrants refugees meet their potential. The work ranged from Southern Baptist churches' efforts to welcome refugees and expand ministries to the Hispanic community organizing to engage policymakers.

Born and raised in Spartanburg, Chuck Bagwell was principal of Acadia Elementary School for more than 13 years. He is a big man with a gentle voice who put me at ease but surely would have terrified me as a 3rd grader.

"As your community changes, those in the community have to change," Chuck shared. "If you want to help people, you have to learn where they are coming from. You can't teach someone you don't know."

Chuck took the time to get to know his immigrant students and their families - their identities, their cultures, and what they wanted for themselves and their community. As someone who identified, through and through, as South Carolinian, Chuck took a decidedly human approach to how he worked with them.

A few days later, I was in Europe. Attending the workshops were young people and adults, recent arrivals and longtime residents. I met women defending the right to wear the hijab, comedians shining humor

Identity, integration and influence

on the tension of the day, educators teaching migrant communities, organizers pushing back against racial profiling. The groups differed by geography, by experience, and, most important, by the environment they lived in.

Across these differences was a common belief that Belgium or France was their new home - but also a consistent question: "What will it take to be seen and accepted [as Belgian or French]?"

It was more than language. Everyone I met spoke French, and some also spoke Flemish. In Belgium, a large number had emigrated from Morocco one or two generations ago. In France, the immigrant population was more recent and more diverse. In both cases, they yearned for cultural acceptance, the opportunity to reach their fullest potential and fully engage in civic society. They understood that their communities needed to adapt to their new home, but they were challenged by the lack of reciprocity or understanding by their new neighbors.

What surfaced in Europe was a deeper unease among immigrants about their place in society. They spoke the language, contributed to the economy, wanted to make their communities better - so why were their religion and culture a barrier to being accepted?

I'm not claiming that identity is a rosy topic of conversation in the U.S., but at least it is one. In Belgium and France, identity is pushed below the surface of everyday life, but screamed from the rooftops by the media and the political establishment. That sets back immigrants' efforts to integrate into society.

Ultimately, it is the political influence of new Americans, new Belgians or new French that builds economies and communities and helps nations thrive.

Over the last 20 years, the U.S. immigrant community has prioritized citizenship and voting as the way to build political power. Tens of millions of dollars invested by both political parties have slowly but surely built an electoral juggernaut that is changing American politics. Status as a new U.S. citizen is an increasingly influential role in American politics.

The question of citizenship for immigrants in Belgium and France requires many more croissants of research. But the political sophistication of the groups was striking. They realized their identities as new Europeans, and that their integration into society would culminate with political and systematic change. It was just going to take a while.

On both continents, policy change is a must. It will be a function of political pressure and a willingness of political leaders to persuasively explain the potential immigrants bring. What it takes for politicians to take this courageous step is difficult to determine these days. What I am seeing locally gives me hope, but it is going to be a long slog.

Speaking of hope ...

A couple of hours after I met with Chuck Bagwell, I ventured over to Acadia Elementary School to visit Norma Blanton, an ESL teacher who also leads a wide range of after-school programs.

We popped into a financial literacy class just as it was finishing for the day. Every woman in the class knew Norma. More than one, she pointed out, had already "graduated," but kept coming back in order to learn more and remain a part of an extended family.

Our conversation turned to the sobering tension in the city around immigrants and the resettlement of refugees, as well as the awful political rhetoric that dominated the national news.

I asked, "What gives you hope?"

Norma paused and looked down at the table. Her eyes teared up. "They keep coming back."

Ali Noorani is Executive Director of the National Immigration Forum, a non-partisan organization in Washington advocating for the value of immigrants and immigration to the nation.





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On Civility, Public Space, and the Role of Government

By Lori A. Ehrlich, State Representative for the 8th Essex District

The recent controversy at the MBTA over the transit authorities' advertisement policies raised critical questions about the government's role in deciding what speech is acceptable and what is not. If the idea of the government picking winners and losers in the public sphere sounds odd, then good, as you are in line with over 200 years of jurisprudence, scholarly thought, and public opinion on free speech. The basis of the first amendment is that the government should be a neutral arbiter in the general discourse; policies should be applied consistently across the board. Unfortunately, I believe that the MBTA recently made a mistake in this area, and was glad to see that they took the necessary steps to remedy the situation.

Here it is useful to review the facts of the case. This past November, the MBTA Control Board voted to disallow all political issue ads after a series of advertisements about the Israeli-Palestinian conflict put the MBTA in the cross-hairs of activists. The MBTA has long banned campaign and PAC ads from publicly-owned space on the basis that the government taking money from politicians' election committees

would be inappropriate, divisive, and amount to a tacit endorsement of what is being said. The same has not historically been true for political issue ads, advertisements that do not advocate for a specific person but address controversial topics nonetheless. The MBTA has, however, long had a policy that bans advertisements that "demean or disparage" groups of people.

These policies were unevenly applied to two advertisements. One ad that was allowed to run accused Israel of killing "one Palestinian child every three days, using U.S. tax dollars." Let me be clear, this ad was offensive, inflammatory, and inaccurate. I believe that this language is insulting to Israel and America, and is clearly intended to disparage both groups.

The specific message of the advertisement is only part of the issue. The larger point is that earlier the MBTA refused to run an ad that read, "In any war between the civilized man and the savage, support the civilized man. Support Israel. Defeat Violent Jihad." So this language was determined to be out of line, but rhetoric about child murdering is allowed? The inconsistency is the problem; one viewpoint is quashed

and the other is given a forum. That is not free speech

- that is the government acting as a gatekeeper for certain ideas, a role that is wholly inappropriate for any governmental arm, but especially so for a transportation authority.

I am an ardent protector of free speech. If any individual or group wants to get on a soapbox and say offensive, inflammatory and inaccurate things, that is their right. The Nazis get to march in Skokie Illinois, and everyone else gets to protest right back. This situation is different, however. This is about the government, not private citizens, regulating opinions. The First Amendment is premised on the idea that the government should keep its nose out of debates. However, this case is one where the MBTA did accidentally wade into the thicket of contention.

The root of this particular controversy is that the parsing of what crosses the line is itself a political act. The determination of what counts as incitement inevitably gets caught up in personal ideology in a way that makes neutrality impossible. Both sides in this dispute are calling the other a hate group. The MBTA should not have to be sitting in judgement of these claims, especially when the conclusions they

come to affect how public space is used.

On a practical note, this setup leaves the MBTA open to lawsuits. The group whose advertisement was rejected has sued the agency over their decision. The MBTA won their case and subsequent appeals, but the group has brought the case to the Supreme Court. The MBTA has spent \$182,392 on this one case so far, and could spend even more. This is while the MBTA is going through a fiscal crisis. A uniform policy of not

accepting any political ads just makes sense.

I was heartened to learn that immediately following my testimony before the MBTA Control Board, the transportation system's governing body, they voted unanimously to ban political advertisements in the future. Much credit is due to Transportation Secretary Stephanie Pollack for prudently leading this change. The MBTA has enough *tsouris* in dealing with our ailing transportation infrastructure that it doesn't need to waste precious resources fighting intractable battles on their walls and in the courts.

Rep. Lori A. Ehrlich, CPA, MPA



Heartfelt Differences Between Men and Women

6 Life-Saving Tips for a Heart-Healthy Lifestyle

By Wendy Elliman The Hollywood Heart Attack

As every movie-buff knows, heart attacks strike stressed portly men in their 60s and frail older men in their 80s. Hollywood took its cue from doctors, who "for decades believed that heart failure was a man's disease, in whom it often presents very much as movies show," says Dr. Chaim Lotan, 63, director of the Cardiovascular Division at the Hadassah Medical Organization (HMO) in Jerusalem. "For women, it was thought breast cancer posed a far greater risk. Even as our understanding of heart disease grew and therapies improved, men remained the focus of research, statistics, diagnosis and treatment."

"We know now that heart disease kills as many women as it does men, if not more," he says. "It is, in fact, the primary killer of women in the developed world, claiming one in four female deaths in the US - fully double the number of those felled by breast cancer, and more than those killed by all cancers combined. We've also learned that women usually reach a far more advanced disease-stage than men before seeking medical help, which makes their risk of complications correspondingly higher. And, perhaps most significant of all to cardiologists, we've discovered that heart disease presents differently in the two genders. That is, men and women with the same condition suffer different symptoms."

While women were once thought to develop coronary disease five to 10 years later than men, younger women are now known to be equally at risk. Many physicians, however, have yet to catch up: even with 8.6 million women globally dying each year from heart disease, some doctors are still eager to identify stress as opposed to heart disease in their younger, female patients. So what should women be doing to help themselves?

Six Symptoms

- ► Most common is discomfort or pain anywhere in the chest.
- ► Women experience pain in their arms, back, neck or jaw more commonly than men gradual or sudden pain that can come and go before growing intense.

- ▶ Abdominal pain or pressure is another signal, one often confused with heartburn, flu or stomach ulcer.
- ▶ Difficulty breathing, nausea or lightheadedness when inactive can indicate that a heart attack is underway.
- ► Sweating a cold sweat that feels stress-related, rather than one which comes from heat, exercise or hot flashes.
- ► Fatigue, even when sitting still.

The Faster, the Better

Effective interventions are available, but women have to know about them to benefit. In the US, Hadassah's *Every Beat Counts* reaches thousands of women with educational events and programs nationwide. But most effective of all is for women to take control of their own health, and consciously keep their hearts healthy.

What Should Women Do To Reduce Their Risk Of Heart Disease? According to Dr. Lotan, "An estimated 60 to 70 percent of heart attacks can be prevented by a healthy lifestyle." The ways to minimize the risk of heart disease, he says, are these:

- · Be aware that heart disease is the no. 1 killer of Western women.
- · Be aware of its symptoms and that they differ in men and women.
- · Quit or don't start smoking.
- · Exercise regularly.
- · Watch your weight. A BMI of 25 and above or a waist circumference greater than 35 inches (89 cm) indicate overweight.
- · Avoid saturated fats, cholesterol and salt.
- · Take prescribed medications appropriately (blood pressure medications, blood thinners, aspirin).
- · Manage high blood pressure, high cholesterol and diabetes.

With men from Mars and women from Venus, is it any surprise that their hearts beat to different drummers?

Wendy Elliman is a freelance writer whose works appears in Hadassah Magazine as well as other publications. This article was first published in "Life After 50" magazine.





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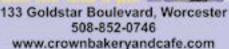
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The book was developed through sold-out performances at The Comedy Central Theater and at Upright Citizens Brigade in Los Angeles, and made its New York premiere at The New York Comedy Festival 2009. Critics are raving:

Gurwitch and Kahn are the "Lucy and Desi" of the Apatow Age! -Marie Claire Magazine

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Passover, the Peace Corps, and Five Words that Connect Them All

So here I am, a Peace Corps volunteer in Armenia, and Shirley Nigri Farber, *Shalom* publisher, emails to ask if would I like to do an opinion piece for the Passover edition. "Well, certainly," I said. And then I wondered, "so what should I write about?"

I could write about being a Jew in a country with a people who are Biblical like us: i.e., Noah's ark comes to rest on Mount Ararat, a major symbol of the Armenian state (although it is now part of Turkey). I could write that being Jewish here is very different from being Jewish in America. I try to keep some traditions the same: I still wear a yarmulke every day and hold Shabbat dinner almost every Friday night with various Armenians or Peace Corps friends, one of whom is Jewish. I could write about answering the ever-present question: "What happened to us (Armenians)? We started out with the Jews, and now their country (Israel) is prosperous, and ours is not?" My own observation is that Armenians appear to be successful in every country but this one; so that the truth is, that is the start to a very complex discussion of "why not here."

The Passover story tells us of the plagues and of the angel of death passing over the houses of the Jews in Egypt, beginning with the story of the exodus of the Jews and the giving of the Torah as received through Moses. With that journey came the laws and rules of how a people, bound by one G-d, revolutionized what it meant to be a civilized and law-abiding people; a people that would be a light among the nations. Today, I am fortunate to work with an organization that carries on many of the ideals of what being a civilized nation means - the Peace Corps. Since this is the Passover edition, I have been trying to connect my service here as a Jewish Peace Corps volunteer with Passover. I found a way out when I discovered a fascinating article by Rabbi Benjamin Blech in Aish HaTorah published in March, 2012: "The Five Most Important Things to Know About Passover." According to the article, these are memory, optimism, faith, family, and responsibility. Well, those are things I can write about.

MEMORY. Passover in Armenia is a challenging time for me. Last year, after much hard work, I was able to acquire some matzah through the only synagogue in Armenia, the Chabad in Yerevan (the capital). Although there is a small Jewish population in Armenia comprising about 100 families, they have truthfully, and for whatever reasons, not been very welcoming. Therefore, I was not able to celebrate Passover with all of its meaning and family. This year, however, Passover will be different. I am going to go to Israel, not with Armenian Jewish friends, but with two Armenian friends, with whom I will experience the meanings of both of our religions. We will go to the Armenian section of Jerusalem, where they will pray at the Armenian Patriarchate. We will talk about being Christian and being Jewish, and we will share memories of growing up in both of our faiths, while we explore this land that is holy to all of us.

OPTIMISM. I know that my sense of optimism will be tested when we are in Israel, due to the ever-present news of unrest and violence. We will share stories and concerns and yet it will be me, the Jew, who will put forth the faith that my religion teaches me: that things will in fact continue to get better, and that one day, all of us will live in peace. **FAITH.** I get to share that optimism and my faith on Friday nights, when I light candles and say the blessings over the wine and the bread and maybe talk a little about the parsha of the week. I share my faith with my guests, and they share their faith with me. This is the time when I really get to explore and explain what it means to be Jewish. It is fascinating that not only do the Armenians know very little about Jews and Judaism, but neither do many of my fellow Peace Corps volunteers. Teaching is a very personal and enjoyable part of this great adventure. When others hear the blessings and see the Shabbat candles burning, Judaism becomes very real to them.

RESPONSIBILITY. One of my Armenian friends has become so

interested that she has borrowed my Chumash; we meet regularly to discuss her insights and questions. Although I am not a trained Jewish educator, I feel it is my responsibility as a Jew to help others understand what our holy teaching means to me, and what it might mean to her. Fortunately, I have had wonderful teachers over the years who helped me learn Torah, so I can share these valuable lessons. Of course my volunteering is also part of responsibility to the tradition of *Tikun Olam*.

FAMILY. Those forty years in the desert helped us understand the meaning of "extended family." The same can be said for the time of my Peace Corps service. I have gotten to know my family even more these past twenty months. My wonderful family has been supportive and inquisitive; they have sent me whatever I have asked for. But more importantly, they have been with me in spirit. From videos, to photos, to emails, to Facebook, my extended family of relatives and my family of friends have been there for me. They have made this great but very difficult adventure possible.

Relating my Judaism, the lessons of my life, and my experiences with the country and people of Armenia into the five most important things to know about Passover - memory, optimism, faith, responsibility, and family - will make Passover in the Holy Land with my new friends even more meaningful for me. Hopefully, these lessons will help you frame your own thoughts about Passover and your faith, and serve to enrich the discussion at your family's Seder.

From Armenia, Happy Passover to you and yours.

Steven M. Greenberg

Greenberg graduated from Cornell University in 1981, with a Master's degree in Regional Planning. He has over forty years of experience working with both for-profit and nonprofit organizations (NGOs) in the U.S. Most recently, he served as the Executive Director of the Vilna Shul, Boston's Center for Jewish Heritage. He is presently in Armenia serving as a Peace Corps Volunteer, and calls Nantasket Beach his home.











IHadassah Itwenis

Sunday, May 1, 10-11:30 a.m. at Boston University Hillel, 213 Bay State Rd., Boston. "The Role of Hadassah Hospital during War," with Dr. Itzhak Brook. Includes brunch. Itzhak Brook, M.D., M.Sc., is a Professor of Pediatrics at Georgetown University School of Medicine in Washington DC. He was born and raised in Haifa, Israel and earned his medical degree from Hebrew University, Hadassah School of Medicine, in Jerusalem. He served in the Israeli Army as a medic in the Six Day War in 1967, and as a battalion physician during the Yom Kippur war in 1973. Dr. Brook will speak about the role of Hadassah Hospital in caring for the wounded in the Six Day and Yom Kippur Wars, and the values Hadassah Medical School instilled in its graduates that carved the way they cared for both Israeli and Arab wounded soldiers and citizens.

Thursday, May 12, 9 a.m. - 4 p.m. at the State House, Boston. Join Hadassah for Women's Advocacy Day to advocate on behalf of gender equity in medical research and pay equity for women.

Sunday, May 22 at 7 p.m., West Newton Cinema, Newton. Hadassah sponsors the Massachusetts premiere of "Baba Joon," Israel's entry for the Best Foreign Language Film Academy Award (and the first Israeli movie filmed in Farsi). A tender tale of generational divide and immigrant experience, it will win your heart. Set in a Persian-immigrant moshav in the Negev in the 1980s, three generations of the stubborn Morgian family run a ramshackle turkey farm in an isolated desert community of Farsi speakers. Yitzhak (Navid Negahban, "Abu Nazir" on Homeland) plans for his son Moti to take over the family business, but Moti's dreams lie elsewhere, especially after the arrival of his more worldly uncle from America. The debut feature of writer-director Yuval Delshad, himself the child of Iranian parents, won Israeli Academy Awards for Best Film, Best Cinematography, Best Art Director, Best Casting, and Best Music. Farsi & Hebrew w/ English subtitles.

Wednesday, May 25 at 7 p.m.

Alan Lightman, author of "Screening Room," at Hadassah Northeast, 1320 Centre St. #205, Newton Centre.

Monday, July 25 through Thursday, July 28: Hadassah Convention in Atlanta, Georgia

Tuesday, August 9 at 11 a.m. at the Viking Hotel, Newport, R.I. "Books on the Beach," featuring Talia Carner, author of "Moscow House," and B.A. Shapiro, author of "The Muralist."

To learn about local Jewish events, follow us at www.facebook.com/ **ShalomMagazine**



Cleaning for Passover and the Search for Spirituality

By Rabbi Joel E. Hoffman

As Passover approaches, many Jews go into spring-cleaning mode. Getting rid of chametz concretizes into actions - such as putting away all of our everyday pots and dishes, or making them kosher for Passover. Many of us also clean out the "gook" that has accumulated in the bottom corners of our refrigerator, and conduct a detailed cleaning of the insides of our cars.

Often, however, we put so much of our focus into the quality of the cleaning, in order to not leave behind any chametz on Passover, that we forget to think about the spiritual meaning of these cleaning actions. Similarly, when we eat matzah during the week of Passover, our thoughts are often on digestion – or lack thereof – rather than on the spiritual meaning of matzah.

The spiritual contexts of chametz and matzah are actually the flip sides of the very same Jewish mystical teaching.

The main characteristic of chametz is that it rises. According to the Kabbalah, rising symbolizes pride, while matzah, which is flat, symbolizes humility. Thus, the process of getting rid of our chametz is not just about getting rid of physical chametz. It is about ridding ourselves of our "spiritual chametz" – our pride and ego – and replacing it with humility.

It is important to thus deflate our ego, because the more ego one has, the less space s/he has in his/her life for G-d and G-dly activities – which leads to more spirituality and real meaning in our lives.

Egotistical people tend to think they are entitled. To cite just a couple of examples: they might believe that they earned the promotion through their own intelligence and effort, and therefore, procedures and deadlines regarding their synagogue or their child's school do not apply to them.

A humble person, however, realizes that everything s/he has, from a job to the family, is a gift from G-d. A humble person also doesn't spend their time complaining, but tries to be part of the solution.

In sum, the Kabbalah teaches that the amount of potential spirituality and meaning in our lives is inversely proportional to the size of our ego; and in order to help people overcome their ego, the Torah commands us to rid our domains of chametz every year before Passover. Therefore, instead of looking with disdain at the amount of time and effort it requires to rid my house and cars of chametz, I look at it as being spiritually therapeutic.

So this year, when we are scraping the black grit from our oven after spraying it with oven cleaner, I hope we all remember that if we want to live a more spiritual and truly meaningful life, then the first step is to reduce our ego. Happy cleaning!

Rabbi Joel E. Hoffman is a special education teacher at a public high school in Massachusetts and teaches 7th grade Hebrew school at the Cohen School of Temple Torat Yisrael in East Greenwich, R.I.

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BOOKS

Breakthrough: How to Reach Our Struggling Kids By Rabbi Uri Zohar

The teenage years are often the most difficult - for parents and adolescents alike. This brief yet power--packed volume addresses this divide between parents and children, and does so with compassion, keen insight into human nature, wisdom, and understanding. Deeply rooted in Torah sources, the author provides

a unique and uplifting perspective that will encourage and enable parents to better grasp and deal with the challenges they face. Then going beyond perspective, Rabbi Zohar offers an array of profound, yet simple, strategies for building trust and communication, seeing the positive, understanding rebellion, avoiding confrontation...by employing the tools of patience, honesty, love and respect.



To Your Health: The Torah Way to a Healthy Life in Modern Times By Yechezkel Ishayek

Readers are presented with a unique blueprint on how to lead a healthy lifestyle and prevent serious disease. This book's light, easy-to-read format is enhanced by tips and success stories. The principles of healthy eating habits enumerated in these pages are solidly based on the Rambam's teachings, as well as on modern medical findings.



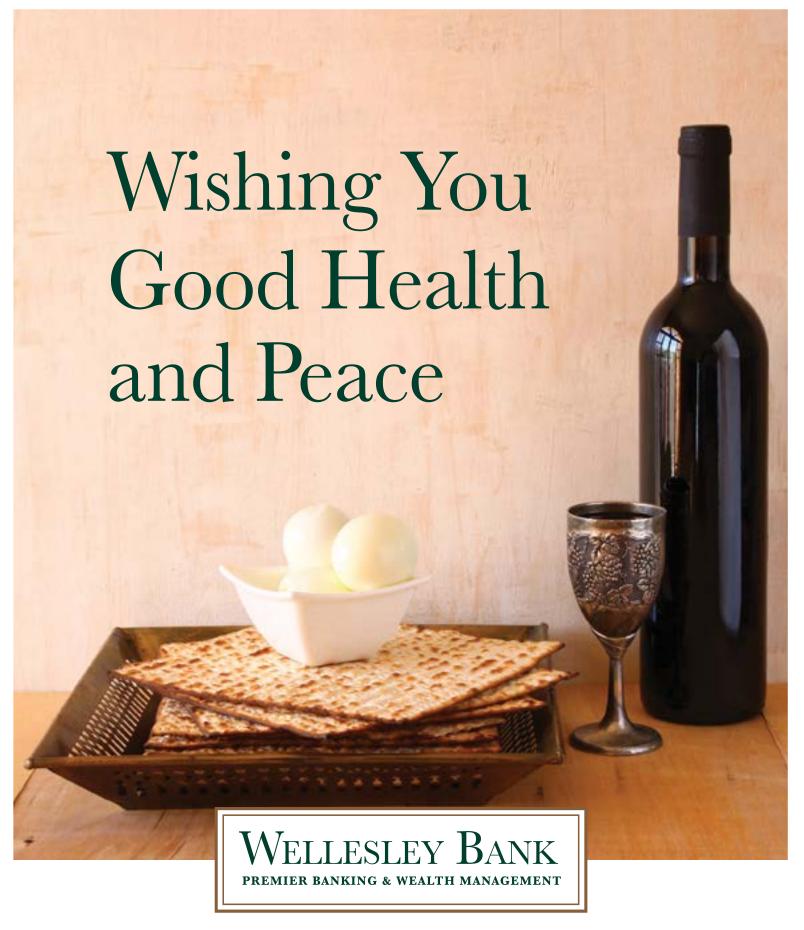
The Scroll A Historical Cliffhanger....on Masada By Miriam Feinberg Vamosh

A sensational but little known archaeological find, the divorce document of a woman named Miriam issued at the desert fortress of Masada is the basis for this new historical page turner. Beginning with a fateful decision by Miriam, a strong-willed survivor on Masada's final, horrific day, the tale spans three generations of her descendants. This saga extends from the depths of her despair on a barren desert

plateau to the glittering city of Alexandria where Miriam sought love and a future, and back to the Holy Land, where, amid the clashing cultures at Beit Guvrin, the storied city of Zippori and, finally, at the emerald oasis of Ein Gedi, the past continues to stalk her, threatening

The Scroll is an adventure-rich voyage through the ancient customs and beliefs of Judaism and early Christianity and the challenges both faced in a hostile world. Readers are transported to the very roads and markets, palaces and hovels, synagogues and village squares of ancient Judea, where The Scroll's characters choose between nation and family, and finally, between life and death. Will Miriam's descendants learn the lessons of her life, or will enemies - within and without - rob those lessons from them?

Miriam Feinberg Vamosh was born in Trenton, NJ and has lived in Israel since 1970. Her love for the Bible and ancient texts deepened over many years working as a tour educator. Miriam has published a number of books, including Teach it to Your Children: How Kids Lived in Bible Days, Daily Life at the Time of Jesus, which has been translated into 32 languages, Food at the Time of the Bible, Women at the Time of the Bible, the award winning Reflections of God's Holy Land: a Personal Journey Through Israel, which she co-authored, and hundreds of articles about Israel's history, archaeology and tour sites.



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