

# MAYIM SHALOM

Adar I & II - Nisan 5779

Purim / Passover edition

Spring 2019

## President's Message

### Welcome 2019!

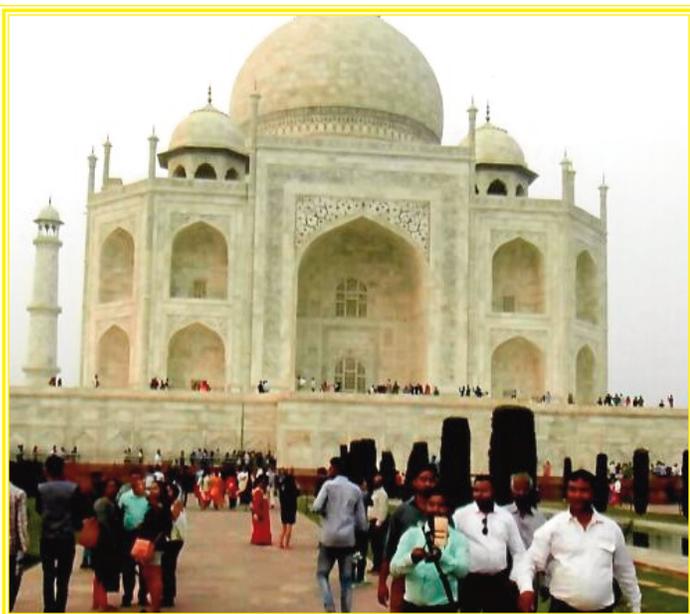
To begin, I want to thank our present board members: Secretary Dahlia Grossman, Treasurer Martin Sher, Vice President Linda Binder, and members Carl Siminow, Joan Morrison, Diana Harvey, and Grant Cousens.

Thanks to their ongoing participation and commitment our Jewish Community can look forward to many activities in the upcoming year.

As current President of Mayim Shalom I am asking all people who participate in our many activities to declare themselves as members or friends of Mayim Shalom by filling out the attached pledge form with their contact information and pledge for this year.

Mayim Shalom is valuable as are each of you who share and respect our Jewish Life. My hope is that we continue to grow and welcome all of good faith. To do this, we need to know each other as the "eclectic and diverse" South Coast Jewish Community we are.

Many Blessings to us all in this upcoming year!  
Baruch Hashem  
President Rae Lea Cousens



## Coming Events

### PURIM WEEKEND

**Fri., Mar. 22:** Services w/Rabbi Jackie

Oneg: 5:30 Children are especially welcome!

Service: Directly after oneg.

**Sat., Mar. 23:** Purim party w/Rabbi Jackie

(See flyer, page 2) Children especially welcome!

### PASSOVER: April 19-27

Sat., April 20, 12-4: Seder: (See flyer on page 3)

*\*\*Florence Jewish Community and Florence Unitarian Fellowship are co-sponsoring a community wide seder on April 20 from 4:30-7:30. Contact Tuvia Chai at tbernstein1@yahoo.com 253.740.9328 for more information\*\**

### SERVICES WITH RABBI JACKIE

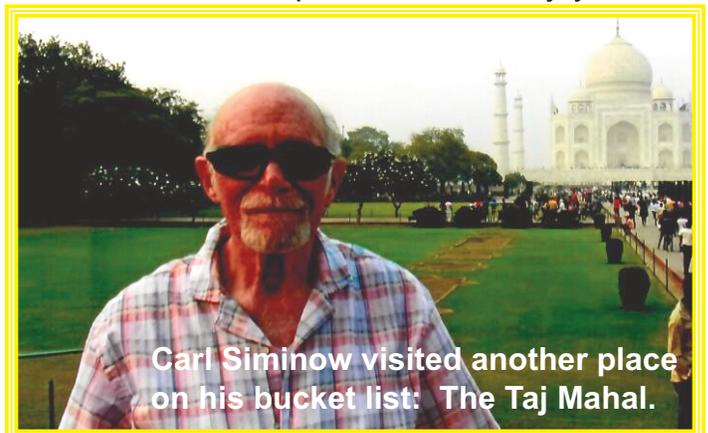
**May 3-4:** Shabbat weekend w/Rabbi Jackie

**June 7-8:** Shabbat-Shavuot weekend with Rabbi Jackie

To confirm dates go to [www.mayimshalom.us](http://www.mayimshalom.us). or contact [grant-cousens@hotmail.com](mailto:grant-cousens@hotmail.com).

## Hebrew Classes Forming

The board voted to start another 12-week series of Hebrew classes. Those of you who are committed to learning beginning Hebrew (we're still working on the alphabet) please contact Dahlia Grossman at 541-252-1376 or [dahliagrossman@yahoo.com](mailto:dahliagrossman@yahoo.com) Please let Dahlia know what days of the week work best for you and any suggestions you have to make the classes productive and enjoyable.



Carl Siminow visited another place on his bucket list: The Taj Mahal.

# 2019 Purim Party



**When:** Sat., March 23, 2019, from noon to 3 pm

**Where:** Grant and Rae Lea's house  
92674 Dunes Lane, North Bend

*It's easy to find but feel free to call Grant or Rae Lea for directions: 541-759-3522 (home) or 541-756-3402 (work).*



Our annual Purim party is one of Rabbi Jackie's favorite events and she will be with us to make it a fun and educational day for everyone!

The dress code is very informal and many people dress in costumes. As always, children are especially welcome!

Grant will make his self-declared "World Famous" Hamentashen, but feel free to bring some of your own favorite recipe.

There will also be kosher hot dogs and veggie burgers. If you care to contribute, you can bring salads or breads.

The address is 92674 Dunes Lane, which is about 10 miles north of downtown North Bend. For directions, call either our home (541-759-3522) or work (541-756-3402).

See you there!

## Rabbi's Message: BE HAPPY...IT'S ADAR!

On February 5, we entered the Hebrew month of Adar 1. Since this is a leap year in the Hebrew calendar (7 out of 19 years are leap years), we add an extra month of Adar. This year we have Adar 1 and 2. (Our Purim celebration is in Adar 2).

Why do we have leap years with extra months? This method allows Passover to always arrive in the Spring as opposed to having it move all over the calendar. Imagine if we celebrated Passover in the heat of the summer or the cold and snow of the winter? How would we then relate to the springtime symbols of parsley and egg, and more importantly how could we relate to and enact the concept of being released from enslavement if we were experiencing extreme heat or cold? Therefore, we adjust the calendar to keep Passover in the Spring.

The main holiday in Adar is Purim, a big favorite

of our fun-loving coastal community. Each year we enthusiastically look forward to having a great Purim celebration. In addition to thinking of what part we may want to play in the Purim story, what costume (or special hat or mask or other accoutrement) to wear, or what to bring to the potluck, we can begin to do the special mitzvot that go with the holiday.

What are the mitzvot of Adar? Purim has four main mitzvot: 1) The reading of the Megillah (Mikra Megillah), the Book of Ester; 2) The festive Purim meal (Seudat Purim); 3) Sending gifts (to friends, family and neighbors) (Mishloah manot); & 4) Giving gifts to the poor (Matanot l'Evyonim).

We don't have to wait until Purim to do all of this! Here is how can we start these mitzvot now: We can begin to read and understand the Book of Ester and its wonderful story and lessons; we can

think about what to make for our special family/friends meal to celebrate Purim (our community potluck; we can prepare gifts to send to our loved ones (usually food baskets filled with Hamentaschen and other goodies); and we can help support the poor by working with shelters, food banks, clothing drives, etc.

In addition to these mitzvot, I would like to add another very important one. Since our sages teach us that different times of the year contain special spiritual qualities, for this season, the quality is **joy**. It is said "He (she) who enters the month of Adar increases joy." Therefore, it is also a mitzvah to be joyful during Adar.

How do we command joy? This is not an easy task, but at the same time, it is so important to seek it out, and to find ways to keep it in our lives. Whether we are young or old, joy can help us with life's many challenges. Finding ways to **experience and keep** joy in our lives ... can literally be a lifesaver! Here are some wonderful (and some comical) ways to create happiness from Rabbi Zelig Pliskin's book *Happiness*:

## 20 IDEAS FOR CREATING A HAPPY LIFE

**1. Realize that** happiness is a choice. You create happiness by thinking thoughts that create happiness in your own mind.

**2. Be grateful for** all that you can be grateful for. Each and every day you will have things to be grateful for.

**3. Every happy** and joyful moment that you've ever experienced is stored in your brain. Your brain is always with you. So you can relive your happiest and most joyful moments at any given time you choose. Choose to do so frequently.

**4. The way you** personally evaluate any given situation and occurrence is the key factor for your emotional reaction. Master the ability to view situations and occurrences in positive, growth-filled ways. Keep asking yourself, "What is good about this and how can I grow from this?"

**5. Make meaningful goals.** Take action. Be patient and persistent. Rejoice every step of the way towards those goals.

**6. Grow** from each challenge you face. The greater the challenge, the more you grow. Appreciate the opportunity.

**7. Celebrate** your personal character victories and you will have much to celebrate. Be resilient when you make a mistake. Resilience leads to many victories.

**8. See the good** in other people and treat them kindly. They will usually reciprocate. You will live a happier life whether or not they reciprocate.

**9. This moment** is the only moment that exists. Be joyful this moment. Learn from the past. Prepare for the future. And live joyfully in the present.

**10. Appreciate being alive** so intensely that all the trivial and minor things that don't go the way you wish are irrelevant and inconsequential. The thought that reverberates in your mind will be, "I am joyful that I am alive right now."

**11. Smile and wave** to mirrors (!!). They like it and are guaranteed to reciprocate. This habit will ensure that you will always see a smiling face whenever you choose to look in a mirror.

**12. Learn** from every joyful person you see. Talk and walk the way a joyful person does and you too will be joyful.

**13. Spend time** with positive people. Being around an authentically happy person will make you happier. Be so happy yourself that your happiness is contagious.

**14. See the humor** in challenges and potential difficulties. Laugh even before you see the humor and the humor will come to you.

**15. If needless** negative thoughts come to your mind, just let them flow by as the water in a flowing river. Choose to flow in a positive mental direction.

**16. Whenever you hear** a telephone ring, say enthusiastically, "I am grateful I am alive and I am grateful I can hear." (instead of cursing the phone)

**17. Create inner music** in your mind and create positive inner self-talk.

**18. Make** a personalized positive recording for you to listen to. Write a list of statements that you would like to hear over and over again. Make the recording in your own voice. Play it frequently.

**19. Take mental vacations** whenever you wish. Visualize the most beautiful scenery possible. Close your eyes and see yourself being in your utopian spot. Allow yourself to release all stress and tension. Feel the happiness of knowing that this paradise is yours.

**20. Bring happiness** to as many people as you can! Adar is with us for two whole months this year!!! Be happy!!! ...and get really good at it so it lasts all year!!!! And spread that happiness around!!!!

Shalom u'v'rakha! Peace and blessing and joy to you all!!! Rabbi Jackie Brodsky

# Annual Passover Seder 2019 (5779)

Hosted by Congregation Mayim Shalom

**Where:** Grant & RaeLea Cousens' home  
92674 Dunes Lane  
North Bend

**Directions:** 541-759-3522 (home) or  
541-756-3402 (work).



**When:** Saturday, April 20  
Doors open at 12 noon to 4 pm  
A 30-minute service will be led by Joanne Drapkin

**Please RSVP** by April 15 so we know how much food to buy.  
Call 541-759-3522 or email [raelea-cousens@hotmail.com](mailto:raelea-cousens@hotmail.com)

## ***What's Provided***

A traditional Seder plate, matzo ball soup, salads, vegetables, brisket, chicken, wine, water and grape juice.

## ***What to Bring***

Dessert to be shared, cooked vegetables. If are unsure as to the (non-leavened and dairy) dietary restrictions for Passover, feel free to bring fruit, nuts, or packaged desserts (labeled for Passover use) such as macaroons. Out of respect for our treasured traditions, no leavened or dairy products will be served.

## ***Suggested Donation***

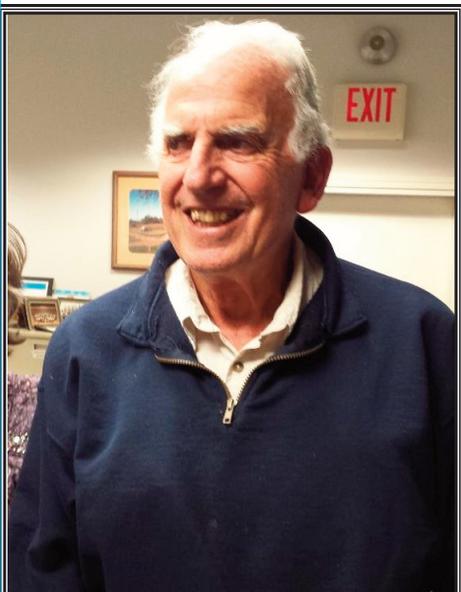
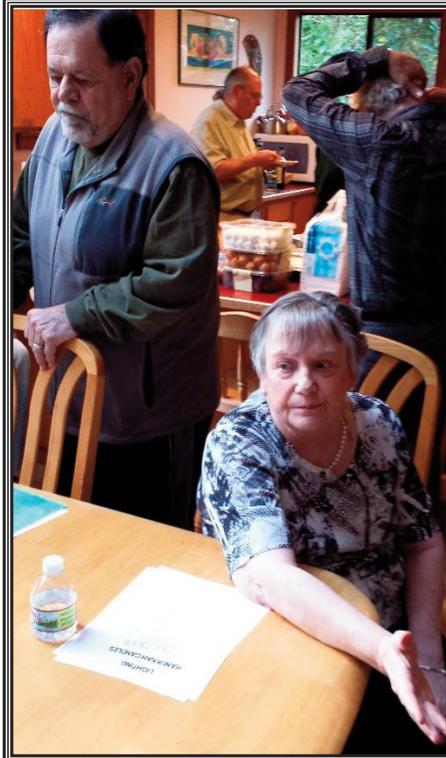
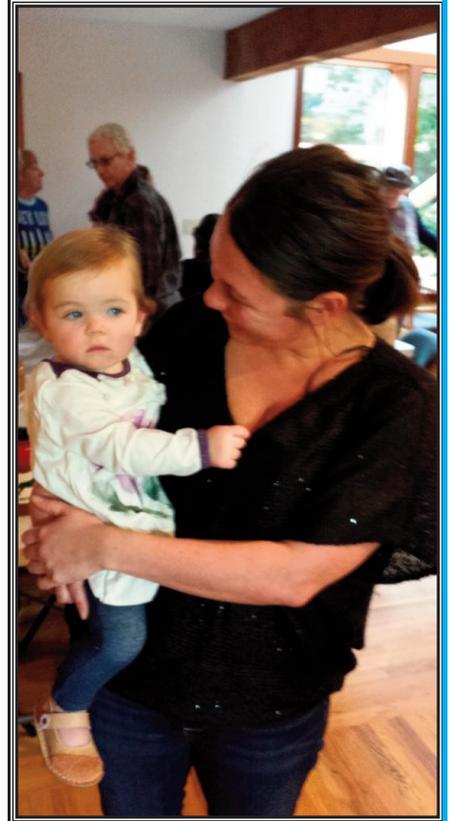
\$10.00 per person

\$25.00 per family (Immediate Family)

**Please Note:** *As always, no one will ever be denied full participation based on ability to pay.*

*Besides your monetary contribution, we will be collecting dry or canned food for the local Food Bank. If you prefer, there will also be a collection can for cash contributions. There are many local people in our community who require food assistance. We should be generous to those less fortunate as we sit, schmooze, and enjoy our Community Seder Services and meal.*

# Mayim Shalom Celebrates Chanukah



# ANNUAL MEMBERSHIP PLEDGE FORM

FOR THE YEAR 5779 (2019).

YOUR SUPPORT IS CRUCIAL TO OUR CONTINUING SUCCESS.

PLEASE USE THIS FORM FOR YOUR ANNUAL PLEDGE TO CONGREGATION MAYIM SHALOM

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY, STATE & ZIP: \_\_\_\_\_

PREFERRED PHONE: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

The congregation suggests a minimum pledge of \$100 for an individual or \$150 for a family. Please give as much as you are able to. The board has stipulated that no one will be denied membership due to financial considerations.

My pledge for the year 5779 (2019) is \$ \_\_\_\_\_

Please make your checks payable to Congregation Mayim Shalom and mail promptly to the address below. Thank you !!!

If you have any questions, please call board member Grant Cousens at either: (541) 759-3522 [Home] or (541) 756-3402 [work]

Congregation Mayim Shalom  
P.O. Box 307  
Coquille, OR 97423

# The British Are Coming!

Reprinted from *More of Paul Harvey's The Rest of the Story* by Paul Aurandt

It was a sweltering August day, and word was travelling like a brush fire through the countryside: "The British are coming!" No false alarm. The British Army was closing in fast. Looking for one man. A prominent patriot with a price on his head.

In the mounting rebellion against the British, he was commander-in-chief of the small but courageous forces opposing the Crown. And he was hiding in a coffinlike compartment in the ceiling of his home!

The secret compartment had been prepared for this purpose. But the heat of August had made it an oven. So, with barely enough room to lie flat in the sweltering, suffocating, starving, thirst-searing delirium of that quiet darkness, the fugitive patriot would try to fight off madness by remembering.

His men had tried to warn him that the British were coming. He had not taken the warning seriously. He had awakened before dawn to hear his dog barking in the yard and the clatter of approaching British troops in the distance.

In minutes the town would be isolated and a house-by-house search would begin.

Fortunately, his home appeared on the official register of the Crown under a name that was not his own. Yet even as he took comfort in that thought, there came a knock at the door ... the Army of King George! He had ascended to his secret hiding place in the ceiling only moments before.

The patriot's wife let the soldiers in and answered to the alias by which she was addressed. Her husband was visiting in another town, she said. After searching the house, the soldiers ordered her and her two small children to come with them. Temporary headquarters had been set up nearby. They would be held for questioning.

So now the patriot was alone in that torrid tomb, sealed in the ceiling of his own home.

On the brink of unconsciousness he recognized the ultimate horror: If something should happen to his wife and children he would be left there to die in an unmarked crypt. His forces, leaderless, would surely be crushed by the troops

of King George.

Days passed.

No food, no water. The only sounds were the occasional voices of British soldiers taking refuge from the August sun -- and the miraculously incessant pounding of his own heart.

On the evening of the third day, when he would almost have welcomed capture by the British, came a tapping at the boards on which he lay. And then he heard his wife's voice.

It was over. The British troops had given up the search, had gone. The dream for a new nation conceived in liberty lived.

The fugitive patriot with a price on his head, the hunted commander of the freedom forces, had survived a premature tomb to lead his men to victory, eventually to lead his country.

The nearness of his capture, during those three days in hell, is measured in a coincidence. The British soldiers, choosing a site at random, had unknowingly arranged their temporary search headquarters in the courtyard of the home of the man they sought!

And that man, who might have suffocated in the ceiling of his own house -- the dissident leader with a price on his head, hiding from the troops of King George VI, in Tel Aviv, in August of 1946 -- was Menachem Begin.

HE IS THE REST OF THE STORY.

## Social Group Forming

Are you interested in making some new friends? Our newest members, Peter and Ahna, have a nice idea for social interaction for getting together. Here's a little poem that Ahna wrote:

Gather ye of opinions and civil discourse for all to hear

To exchange and be heard all in good cheer

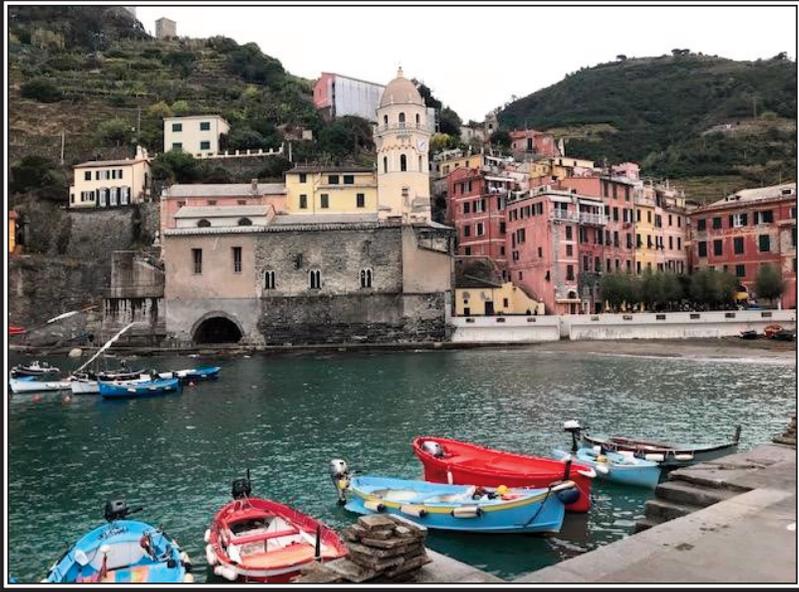
Disagreement is good, we welcome all that

So bring a question or two to throw into The Hat.

Open-ended is best so our talk won't fall flat.

*Call them at 541-808-0407 to find out about their next gathering, which will include snacks.*

## Wandering Jews



Above and right: Joanne and Ron vacationed in Corniglia, Cinque Terre, Italy.



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P.O. Box 307  
Coquille, OR 97423