



BEIT CHAVERIM

Jewish Community of Greater Zion

May 2024!



SAVE THE DATE

Friday, May 10, 7:00 pm – In-person Shabbat service and Oneg. This service will be conducted by Ellen Margles & Evan Sanders while Rabbi Helene is traveling to visit her children and grandchildren. We'd love to see you there.

Monday, May 20, 10:00 am – Breakfast With The Rabbi. *Black Bear Diner, 1245 S Main St, SG (at Bluff & Main). *Note another new location. RSVP arneen@infowest.com.

Tuesday, June 11, 5:30 pm – Join us for a special Shavuot celebration with Cantor Sam Cohen at the home of Andy & Ellen Margles. Enjoy cocktails followed by a potluck dairy dinner and dessert. See inside for RSVP & details

Welcome All!

IN PERSON
SHABBAT
SERVICE 2ND
FRIDAY

OF EACH MONTH

AT 7:00PM

GOOD SHEPHERD
PRESBYTERIAN
CHURCH

611 N 2450 E.
ST. GEORGE.

(EDUCATIONAL BLDG. IN
REAR)

ZOOM SHABBAT
SERVICES ALL
FRIDAYS @7:00PM.
LINK WILL BE SENT A
FEW DAYS BEFORE
EACH SERVICE.

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SPOTLIGHT

This month, "Spotlight" is happy to feature LaLonnie Swagger who joined Beit Chaverim late last year. I hope you enjoy reading Lonnie's story. Be sure to welcome "Lonnie" (her more casual nickname) when you see her at a Beit Chaverim service or event.

I was born and spent all my childhood in a suburb of Portland, Oregon. I was raised as a Seventh Day Adventist and attended private schools. Growing up I thought we were Jewish because we went to church on Saturdays, but I never got a satisfactory answer whenever I asked, "Why Sabbaths was plural?"

I grew away from the SDA church and lived a more secular life. I lived in Japan for about eight years and then moved to Los Angeles. I never married or had children but rather spent my time and energy pursuing an artist's movies and playing drums in continue my education, sustainable energy.

I moved to St. George almost family. I live with my mother and enjoy visiting my sister and Winchester Hills. I love the and the surrounding natural in Snow Canyon and Zion, scenery. I found the local arts community to be very inviting and even had one of my photographs included in a Kayenta art show.



life, writing and directing short local bands. I decided to majoring in drafting and

four years ago to live closer to close to the downtown area her family who live in small town feel of St. George beauty. I enjoy going for walks taking photos of the amazing

I joined Beit Chaverim after looking into local Jewish community gatherings, wanting to learn more about the other Sabbaths and the Bible that most other congregations skip over. I have a strong desire to learn Hebrew so that I can have a better understanding of what was written and how to apply it to my life.

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COME AND ENJOY A SHAVUOT SONG FEST AND DINNER WITH CANTOR SAM COHEN

Tuesday, June 11, 2024

Last October, Cantor Sam Cohen of Huntsville, Utah, led more than 30 Beit Chaverim congregants in an uplifting special musical Shabbat service. All who attended were brought to life with singing and clapping led by the charismatic Cantor Cohen. Many of you who came expressed a desire to have him return. Thanks to the increase in our “sponsor memberships” this year, we are happy to welcome Cantor Cohen back again to lead us in song, of Shavuot (Feast of Weeks).

Shavuot is the day when the Ten Commandments were given to Moses on Mount Sinai, on the 6th day (seven weeks after Passover). The Ten Commandments represent the first moral law in human history and are what our ethical laws are based on to this day. Shavuot celebrates the revelation of the Five Books of the Torah given by G-d to Moses and the Israelites 49 days after the Exodus from Egypt. It also commemorates the spring harvest in Israel and the culmination of the 49 days of the Counting of the Omer; the counting of the days and weeks is in anticipation for the giving of the Torah.



Shavuot is traditionally observed by lighting candles, studying Torah all night, decorating our homes with greenery and flowers (a reminder of the spring harvest), reciting of the Ten Commandments, reading the Book of Ruth and festive eating of dairy foods. We invite you to come celebrate together with Cantor Cohen at the home of Ellen & Andy Margles on Tuesday, June 11th. We will begin at 5:30 pm with cocktails and apps, followed by songs and readings with Cantor Cohen, then ending with a potluck dairy meal and desserts. RSVP ewmargles@gmail.com by June 3rd. Please state your food contribution with your RSVP. Location will be given after you have sent your RSVP.

We hope you will join us in what should be a fun, festive evening.



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MESSAGE FROM OUR PRESIDENT

Spring is here! Frosty mornings are gone! And... Beit Chaverim has sprung into action. In March we met Queen Esther at Rabbi Helen's home. A yummy lunch was enjoyed by all after an enlightening reading of the Megillah.

April started with visitors from the United Jewish Federation of Utah. Liz Paige, Associate Director, presented the D'var Torah at our in-person Shabbat service. The following afternoon, more than 20 of us gathered at the home of Lisa Bernath for a more serious discussion with Liz and Maya Skurnik, a schlicha (emissary) from Israel, about the situation in Israel and how we can talk about it to our non-Jewish friends. Maya related a very personal, moving account of her younger sister who was at the music festival and escaped the tragedy of October 7th.

Our recent Passover Seder was enjoyed by over 60 people, both members and their guests. If you were there, you would have witnessed our best Seder ever! A big thanks to our Hospitality Committee and Chef Jeremy of Snow Canyon Catering. This special evening was only possible due to the generosity of our Sponsor level members and a grant from the United Jewish Federation of Utah.

Watch as Beit Chaverim continues to "spring" into more great events. Cantor Sam Cohen will be returning to Beit Chaverim in June for a Shavuot celebration. Watch for more information on upcoming events in our newsletter.

Marilyn Kanas, President Beit Chaverim Board of Directors



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LET'S NOSH

This month's recipe, Rugelach, is lovingly shared by Liza Ness. "Rugelach from my mother Suzanne Feinberg Ness (of blessed memory) who made them every year when I was a child. I got to help a little and have always loved them, along with the fond memories of making them together with my mother".

Ingredients

- | | |
|---------------------------------|----------------------------------|
| 1 pkg. dry active yeast | ¼ cup sugar |
| ¼ cup warm water | 3 to 3 ¼ cup white flour |
| 2 lg beaten eggs | 1. Tbsp cinnamon |
| ½ lb unsalted margarine, melted | 1. ½ cup walnuts, finely chopped |
| | 2. Raisins |

Dough

In a large glass bowl, dissolve yeast in warm water. Set in warm place for 5 minutes. Add eggs & margarine, blend well. Add ¼ cup sugar and all flour, slowly Form dough, knead it for 3 minutes. Cover bowl with plastic wrap. Refrigerate for 3 hrs. Divide dough into 5 parts (keep other parts in refrigerator till needed). Mix 1 C sugar with cinnamon (total for all 5) Sprinkle a little sugar/cinnamon mix on rolling surface. Place dough on mixture, roll it out (floured rolling pin), into 9" circle. Use pastry brush or knife to spread the layer of jam Sprinkle with more cinnamon/sugar mixture, then some walnuts. Cut dough into 10 pie shaped wedges. Place about 4 raisins on outer edge. Roll from outer edge to point of triangle. Place seam side down on ungreased cookie sheet. Sprinkle with more cinnamon/sugar mixture. Repeat with each ball of dough. Bake at 350 for about 20 min. **DON'T PREHEAT OVEN**

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FROM THE DESK OF RABBI HELENE

The month of May has both Mother's Day and Memorial Day, while the Jewish calendar has two different months occur currently, the end of Nisan and start of Lyar. We begin the 49 day "count the Omer" on the second Passover seder (Nisan) ending the day before Shavuot (Lyar). The days of the Omer signify the 49 days after the Jewish people left Egypt until they received the Torah on Shavuot. The month of Lyar has the significant days of Yom HaZikaron, Yom Ha'atzmaut, Pesach Sheni, Lag BaOmer and Yom Yerushalayim. The most recent Jewish holiday was the 26th of Nisan which corresponds to the calendar date of May 5, 1948, which is Israel's Independence Day!

Many Jews do not celebrate the more recent historical history of our people because they are not found in the Torah. A few were added due to the historical events of major importance. One was Hanukkah and the other, Yom Ha'Atzmaut, the day commemorating the Israeli Declaration of Independence on May 14, 1948.

Yom Yerushalayim commemorates the "reunification of East Jerusalem to West Jerusalem under Jewish sovereignty after the Six-Day War in 1967. It is celebrated on the 28th day of Lyar. After the Six-Day War, the Jewish people were finally able to return to living in the Eastern portion of Jerusalem. The Holy sites became all of Israel once again.

To understand Yom HaShoah, one must first look at the timing and events that lead up to the Holocaust. Briefly, Palestine (name given to Judea & Samaria by Alexander the Great in 332 BCE) had major Arab-Jewish problems under the Ottoman Turk Empire since before WWI. Then Hitler came into power in Germany and the Jews had no place to go. NO HOMELAND!

Shoah means "Holocaust" or "Destruction". Six million innocent Jewish people were slaughtered from 1938-1945 by the Nazis. Hitler wanted the Jews in the Warsaw Ghetto to die faster. On the first night of Passover in 1943 (15th Nisan), the Germans attacked the Jews in the ghetto. However, the observance of this event is on the 22nd day of Nisan. This date was chosen because a group of Jews in the Warsaw ghetto started to fight the Nazi army on that day.



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FROM THE DESK OF RABBI HELENE (con't)

We remember those that perished by lighting yahrzeit candles. Jews recite Kaddish and synagogues have special memorial services. Yad Vashem, Israel's Holocaust Museum holds a special ceremony, and Israelis observe a moment of silence. We must, as Jews, make sure these events will never happen again to our people.

Yom HaZikaron remembers and commemorates all Israeli soldiers that have died and all those killed by terrorists. The barbaric and horrific attack on Israel on October 7, 2023, the over 1200 slaughtered by Hamas, and just recently the attack on Israel by Iran, Syria and Yemen shows us we should "Never Be Silent" and "Never Forget".

Am Ysrael Chai, "Long Live Israel"

Rabbi Helene Ainbinder

IN MEMORIUM

It is with much sadness that we announce the recent loss of one of our long-time members, Toby Rosenblum. Toby passed on March 28, 2024. Toby and her husband, Jay joined Beit Chaverim in 2009. They both served on the Board of Directors in past years. Toby had a strong bond with Judaism, frequently attending services until her health interfered. She will be greatly missed. May her memory be a blessing for Jay and their children as well as her Beit Chaverim family.

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BEIT CHAVERIM HOLIDAY GATHERINGS

Purim celebration and lunch with Queen Esther at the home of Rabbi Helene and Michael Ainbinder.



Passover Seder enjoyed at The Escape at Brio with 70 congregants and guests.



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WELCOME!

Beit Chaverim welcomes Evan Sanders as a new member to our Board of Directors. Evan was voted in by the Board on 4/11/24 to fill the vacant position left when Linda Reinherz had to step down last year. Evan comes to St. George from Draper, Utah. He and his wife, Lorraine had been living in SG part-time since 2013; becoming full time residents in 2020. Evan has been an active participant in Beit Chaverim services and events. He joined our congregation in 2021. Evan designed and started our Beit Chaverim Facebook Page. He recently joined the Religious Committee and has helped to shape our new Shabbat service. Now that Evan has finally retired, he graciously accepted our nomination to join our Board of Directors. We know he will bring great value to the Board and to Beit Chaverim as we continue to move forward and grow.



Meet and Greet at Lisa's



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Andy Margles

MR FOODIE: Best Places to Go When Someone Else is Treating

Most of our local restaurants are moderately priced, however there are two places where you could spend over \$70 for a steak or lobster tail: Arrabiata and Aragosta. In addition to their expense, these eateries have other similarities. Each restaurant features delicious, European continental cuisine prepared by actual European chefs. The two chef-owners are like brothers from another mother, even though one is Italian and the other Hungarian. Besides being excellent chefs and great showmen who give a lot of personal attention to their customers, both chefs have a great deal of pride in their cooking abilities. So much so that they will tell you, without prompting, of their many culinary accomplishments.

Dining at Arrabiata, 575 S 200 E, Ivins, is quite a hands-on experience with chef Eric. The restaurant is tiny, with only a half dozen tables and rather plain decor. The night Mrs. Foodie and I were there, we were the only diners. There is no other wait staff, as the restaurant is manned by only the chef and his wife. Eric described the menu, guided us through course selections and told us of his culinary history and achievements. He proudly mentioned that he had prepared his escargot appetizer for the renowned Eric Ripert from La Bernadine, who told him it was both “unique and fantastic”! “They really were something special.” Also excellent were the lobster bisque, lamb shank and the linguini Frutti de mare, which overflowed with succulent fresh-tasting seafood.

Aragosta, located at 1386 E 100 S, SG, is quite large and formal, as it was previously a wedding venue. Chef Imi usually makes a personal appearance, visiting tables and kissing ladies’ hands. Corny? You bet, but fun, in an old-fashioned way. Some outstanding dishes on his menu are the Chilean sea bass, colossal U-8 scallops and the risotto tartufo with grilled prawns, black truffle and lobster sauce. Also delicious are the lamb Osso Buco, rack of lamb and Hungarian goulash. Portions are substantial and the food is usually excellent, but at times inconsistent. Service is both gracious and timely.

Contact me, Andy Margles andymargles@gmail.com with comments or suggestions.

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JEWISH SHTICKS

Our Lee Miller just keeps them coming!

There was a terrible blizzard raging outside.

Sam made it through the howling winds the half-mile to Hersh's bakery. Once there, Sam asked the owner for six rolls.

"Your wife must love these rolls," he said.

"How do you know these are for my wife?" Sam asked.

"Mr. Hersh replied, because your mother wouldn't send you out in weather like this."

Sidney Cohen was thinking about how good his wife had been to him, and how fortunate he was to have her.

He asked G-d, "Why did you make her so kindhearted?"

The Lord responded, "So you could love her, my son."

"Why did you make her so good looking?"

"So you could love her, my son."

"Why did you make her such a good cook?"

"So you could love her, my son."

Sidney thought about all this. Then he said, "I don't mean to seem ungrateful or anything, but why did you make her so stupid?"

"So she could love you, my son."

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Temple Bulletin Board



**HAPPY
BIRTHDAY**

Andy Margles
Ellen Rosen
Trudi Sackey
Sandy Vavrek

Donations

General Fund:

Lois Cernic in memory of Toby Rosenblum
Marva Motley

Rabbi's Discretionary Fund:

Jay Rosenblum in appreciation to Rabbi
Helene

Torah Fund:

Andy/Ellen Margles in memory of Toby
Rosenblum

HELLO!

New Members!

New Member

Janie Unger

**Happy
Anniversary**

Hope & Larry
Grabarnick