



From Rabbi Josh



And God made the two great lights: the greater light to rule the day and the lesser light to rule the night, and the stars. And God placed them in the sky of the heavens to give light on the earth, and to rule over the day and over the night, and to divide the light from the darkness; and God saw that it was good. And there was evening and there was morning, a fourth day.

Genesis 1:16-19

The rarest of Jewish observances is the little-known ceremony of *Birkat ha-Chamah*, the Blessing of the Sun which takes place every twenty-eight years, at the moment when the ancient rabbis tell us that the Sun occupies the exact place in the firmament it did when it was originally created, 5769 years ago. Although modern astronomy might quibble with that assertion, the rabbis' calculation was not about science; it was about wonder. In fixing this observance, the rabbis were encouraging us to pause every twenty-eighth year to contemplate the order of the heavens, the majesty of Creation, and exclaim: "How wondrous are your works, O God, and how profound are Your designs!" (Psalm 92:6)

We will have the rare opportunity to take part in this extraordinary ceremony on the morning of April 8 – the 206th cycle of blessing since Creation according to the traditional Jewish calendar. We will gather at Curtis Arboretum in Wyncote at 6:30 as we greet the sunrise surrounded by the beauty of nature and the joy of community. Joining us for this wonderful event will be students from the Reconstructionist Rabbinical College who will proclaim along with us the blessing prescribed by the Talmud for the occasion: "Blessed are You, Adonai, our God and God of all the universe, who makes all things in Creation."

This year's cycle of blessing falls at a time of increased awareness of the dangers posed to our world by the over consumption of fossil fuels. We will be using our Blessing of the Sun to promote the importance of solar energy and other forms of renewables that can provide power to our planet without destroying our fragile ecosystems. Our Environmental Committee, led by Len Zangwill, will be helping us build on the momentum from this ceremony to raise awareness about energy use at Or Hadash, both inside our synagogue and in our homes, and to promote conservation, sustainability, and the use of green energy. One piece of this growing awareness will take place at our Shabbat service on Friday, April 24 when Lani Raider from the Culinary Institute of America will be speaking on ways we can support the environment by becoming more knowledgeable and conscientious eaters – stay tuned for more information.

As we gather at our Passover seders the evening of *Birkat ha-Chamah*, we can all consider how the tremendous gift of freedom is also accompanied by the obligation to use our power responsibly for our sake and the sake of future generations. So please be sure to join us on April 8 for this extraordinary event – if you miss it you won't have another chance until 2037!

B'shalom,

Rabbi Josh

Curtis Arboretum is located on Church Road ½ mile west of Washington Lane, directly across from the Reconstructionist Rabbinical College

American Jewish Society for Service

By Lita Weinstein

In response to calls for advice on summer volunteer opportunities for your teens, I am offering the following.

"...there is nothing so satisfying to the spirit, so defining of our character, than giving our all to a difficult task." These words, by President Obama, are similar to those expressed by teenagers who participate in the American Jewish Society for Service summer program. For six weeks AJSS takes high school students into communities in the U.S. that are very different from the ones with which they are familiar, and gives them a chance to put their Jewish values into action to serve those in need. Days are spent building or renovating houses for low income families or working in other community agencies. The teens are exposed to an America they have never experienced. Evenings and weekends include travel, camping, and learning about the community they are serving. Lending a hand in communities where residents have may have never met a Jewish individual is an eye opening, heartening experience for the students as well as the community members to whom they are reaching out. Although there are many summer programs that incorporate a piece of *volunteerism* in their programs, AJSS is 100% hands on "Tikkun Olam." Our daughters have experienced this trip, and we all believe it was well worthwhile. Consider this option as you begin to plan your summer activities. More information on American Jewish Society for Service summer program opportunities can be found at this web address: <http://www.ajss.org>.

From the President-Rick Dzubow

When the going gets tough, the tough get going..." No, I'm not talking about me, because a more accurate phrase to describe me would be, "When the going gets tough, I do what my wife tells me to do." Clint Eastwood might growl at my "pragmatism," but it does promote harmony in the home and lack of harm to the rest of me.

When I think of "tough," I think of a fighter's toughness, because a fighter is able to absorb blow after blow and still stand up and move forward. When I think of "tough," I think of a hero's toughness, because a hero is able to disregard personal safety to help someone in need. When I think of "tough," I think of a parent's toughness, because a parent is willing to sacrifice so much so that their child has a better life.

"When the going gets tough, the tough get going." Oddly enough, when I hear that statement, I think of Or Hadash. How can a synagogue be tough, and is that a good thing? I think it's a great thing!

At Or Hadash, we have much to celebrate, and much to be grateful for. Or Hadash is a place where people come together to pray, to learn, to play, to celebrate, to volunteer, to do "good deeds" and to make enduring friendships. Or Hadash is also a place where we come together FOR each other, to support those who have experienced loss or illness, to support those who just need a hand extended in friendship or affirmation.

As a community, Or Hadash has amazing toughness, rallying around individuals and families who are faced with difficult challenges, illness, or loss. As a community, there probably hasn't been a more challenging time in our community's existence than the one we are living through right now as we all try to cope with the effects of the severe economic recession. As a community, we will need to be fighter tough, we will need to be hero tough, and we will need to be parent tough. As a community we will need to stand together and rally around those in need of our support. And as a community, we consider it our sacred obligation to support all of you as you navigate through these turbulent times.

By the time you receive this edition of Ha Keshet, you will have received a letter detailing several programs we will be holding at Or Hadash to respond to the recession:

On February 27 at 8 PM, we will be hosting a Shabbat service co-led by Rabbi Josh and Rabbi Mordechai Liebling of Jewish Funds for Justice that will explore the emotional, social, and spiritual challenges we face during these difficult economic times.

On March 11 at 7:30 PM, we will be hosting a seminar led by Beth Rosenbaum of Jewish Family and Children's Services that will focus on resources available to the Jewish community in facing economic stress, including help in areas such as resume writing and interviewing.

On March 29 at 9 AM, we will have a special Nosh with Rabbi Josh that will be co-led by JFCS entitled, "Talking with Children about Financial Difficulties in the Family."

In addition, Or Hadash is pooling its community resources to create a job bank. If you are aware of an opening at your company, please send an e-mail to orhadashjobs@gmail.com with a clear description of the job requirements and expectations. If you are searching for a position, please send a current resume and/or description of areas of interest and/or expertise. All inquiries will be kept confidential.

As always, Rabbi Josh is available to meet with you individually to offer support and discuss access to various resources; and Ken Olsho, our treasurer, is available to discuss any needs you may have related to your dues or tuition payments.

We will continue to monitor the impacts of the recession and determine how we can be of further support. Let's all be "Or Hadash tough" and stand as one extended family. Let's all rally around each other and draw strength and caring from each other as we weather these turbulent times.

Writing Workshops-led by Janet Falon

JOURNAL WRITING WORKSHOP

Sunday, March 1 at 9:00 am in the Board Room

Did you know that keeping a journal (a.k.a. diary) has long been a Jewish activity, especially at certain times of the year (such as around the High Holidays)? Come to this experiential workshop to learn techniques for writing a vibrant, expansive Jewish journal, and learn how to overcome some of the myths and misconceptions of journal-keeping. No writing expertise or experience is necessary. Please bring something to write on, and something to write with.

Janet Ruth Falon, MLA, an award-winning writer and writing teacher, is the author of [The Jewish Journaling Book](#) (Jewish Lights, 2004). For 25 years she has taught secular journal-writing skills at The University of Pennsylvania and in various organizations, and Jewish journaling at many synagogues and Jewish

CREATIVE WRITING FOR PASSOVER

March 21st at 7:30 pm Location - TBA

The goal of this hands-on writing workshop is to create a few readings that you might incorporate into your seders. We will discuss some of the techniques that make for good writing in general, and incorporate them into pieces that deal with Passover themes such as freedom and overcoming adversity. No writing experience or expertise is necessary. If possible, bring a lesser-known fact or tidbit about Passover to share.

organizations. Janet has kept her own journal for more than 45 years.

To reserve your spot, email Janet at: jrfalon@english.upenn.edu.

Jews Change the Way the World Eats

By Shelley K. Rosenberg

The first chocolate, vanilla, and citrus fruit plantations in the New World were started by Jews. The smoked, pickled, and salted fish business—that was Jewish, too. Jews from the Canary Islands owned the earliest sugar plantations in Brazil. The dried fruit and nut business? Also Jewish. All of this information, and more, rolls off the tongue of experienced chef and cookbook author Aliza Green like sweet butter off a hot brioche, as you can't help but catch her infectious excitement about the history of Jewish food.

Green will bring that history alive with a talk and tasting at Or Hadash: A Reconstructionist Congregation in Ft. Washington, on Saturday evening, March 28. And, because the program will be held immediately following the Havdalah ceremony that marks the close of the Sabbath, with its requisite spices, she'll begin the program with spices, a Jewish business in India close to 2,000 years ago, and spicy recipes.

Jewish traders changed the way the world eats, Green explains, having had a substantial influence both because they moved throughout the Diaspora and had an influence on people in other countries and because of the trust they built up with fellow Jews who knew that goods would be paid for, even long distance, and that ingredients would be controlled to be certain that they were kosher. Certain occupations, like being a “frigatore,” a maker of fried foods at street stands, were permitted to Jews in Roman times, and they became specialists in them. She also makes a connection between the agrarian basis of the Jewish calendar and the centrality of food to Jewish holidays and celebrations, such as using dried fruits and nuts for shalosh manos at Purim. This, Green points out, is unique to Judaism.

Green's love of food, especially Jewish food, and the unique history surrounding it, began in childhood, when her

father's work as a theoretical physicist allowed the family to travel and live throughout the world. By age 10, she was cooking for her family and, as an adult, her love of languages, history, literature, and cultural studies, as well as food, led her to make the connections that now fuel her passion. Self taught, having left college because they “weren't teaching



her what she needed to know,” Green made her own opportunities, serving as chef at such Philadelphia favorites as Under the Blue Moon, DiLullo's, and Moonstruck.

Eventually, Green began consulting with restaurants on their menus, developing recipes, and even doing food styling for television. She wrote food columns for the Philadelphia Inquirer and Daily News, co-authored a cookbook with Georges Perrier, and then went on to author or co-author ten more cookbooks, including the recently published Starting with Ingredients: Baking (Running Press, 2008).

The idea for her next book, Sweet and Sour: How Jewish Traders Changed the Way the World Eats will begin to be explored in the program at Or Hadash, Green's own synagogue. “Eating sweet and sour together is a very Jewish way to cook, and it's also a recognition of a very Jewish outlook on life,” she says. “Think about breaking the glass at a wedding, or combining sweet charoset and bitter horseradish at Passover, for example.” She will provide an overview of the history, as well as a taste of the specially prepared foods. The menu will include onion and poppyseed kichel with sour cream and herring; “pan levi,” or biscuits made with mace, a traditional recipe from Curacao, that will be dipped in spiced hot chocolate; and “stuffed monkey,” a Sephardic recipe for pastries made with a filling of dried fruits and cashews, that comes from a Jewish bakery in East London.

For Green, and her lucky audience, it's not enough simply to talk about food; it needs to be experienced. Thus, the program will be as delicious as it is informative. Green will also have her new books available for sale that evening and will be happy to autograph copies.

The program will be open to the public and information is available by calling the synagogue at 215-283-0276.

One Book One Jewish Community Book End Event Beyond the Book

A Celebration of the Jewish Experience in Arab lands

Sunday, March 29, 2009 from 3 -5 pm

Congregation Keneseth Israel, 8339 Old York Road, Elkins Park
Storytelling, crafts, food...and more! Featuring a live performance by DIVAHN, the only all-female ensemble performing Mizrakhi-influenced music in the US.

Special guest: Ariel Sabar, author of My Father's Paradise, will be signing books.

For further information: info@jopp.org or 215-635-2877.

Education Corner

Life can seem like it passes you by pretty easily. As we rush around taking our kids to basketball, karate, dance lessons, or even Hebrew school, we don't have time to spend together as a family. One way to savor the time we have is to plan mindfully. Once you set a date on the calendar for together time and participate in that special activity, you'll find it easier to set another one. I find that planning mindfully helps me understand how my time has been spent instead of wondering where all the time went. You might ask what this has to do with the religious school at Or Hadash. Well, allow me to tell you.

One year ago, we celebrated my son Alex's Bar Mitzvah. It was a wonderful event that we'll remember for many years to come; but it is over... then what? We set a goal. Alex will be reading Torah at the Abramson Center on the anniversary of his Bar Mitzvah. Junior Congregation will be held at the Abramson Center that week so Alex will be able to celebrate this milestone along with congregants of his own community. In addition, we'll be able to help the Abramson Center get the residents to services that morning by participating in the mitzvah of Hiddur P'nei Zaken, honoring the elderly. What kinds of activities could you book that would help you savor time together? Here are some ideas:

- ◆ Create time to attend services. There are many options at Or Hadash.
 - ◆ Carve out time to attend our family services on the first Friday of the month. I know it is difficult sometimes to get out the door when you've just gotten home from work after a long week; but it is an easy way to make dinner (potluck); and the joy of seeing your kids happy in the synagogue might just be worth it!
 - ◆ Attend a Junior Congregation. They're held on Saturday mornings for one hour. In addition to an age appropriate service, we listen to interesting stories, play games, do crafts and have really yummy treats. It's only 60 minutes and you'll feel like you've celebrated Shabbat with your family... because you have!
 - ◆ Come sit with your child during our Sunday or Tuesday services. It makes a big difference in your children's lives when they know that you think what they're doing at Hebrew School is important. When the kids lead services, it is a joy to watch. Try it, you'll like it!
- ◆ Create family mitzvah days. Here are some ideas:
 - ◆ Visit the Jewish Relief Agency as a family. While the packing times are during Sunday school, the JRA offers a delayed pick-up time; so you can get your kids from Sunday school, pick up some boxes, and deliver them to seniors who are thrilled to see what you have brought them.
 - ◆ Visit the Abramson Center as a family. Many residents don't get visitors frequently. Come on a Shabbat morning and help them at services, or come on a weekend afternoon to play games. They love Scrabble, Boggle, Checkers, and Chess.
 - ◆ Try doing a mitzvah at home. Have each family member clean one room in the house. This will certainly create Shalom Bayit (peace in the home.) Take a walk around your neighborhood or park and pick up trash, which takes care of the environment. You'd be helping to take care of the world and creating family memories at the same time!
- ◆ Take a few minutes each week to look at a Jewish website together with your kids. Look at our parent memos for ideas.
- ◆ Practice reading Hebrew with your child. Use the Behrman House website or our prayer CD for assistance.
- ◆ Watch a movie as a family and look for Jewish themes in it. Google "Jewish movies" and see what you find!

At Or Hadash, we try to ensure that there is relevance to what we teach in our students' lives. Help us create that relevance by planning some activities with your family that include those Jewish values that we teach. Make some plans! You will be glad that you did.

Happy Purim! Visit our Purim Carnival and create some memories with your Or Hadash friends on Sunday, March 8th from 10:30-12:00. There will be food, games, fun and prizes. Then, on Monday, March 9th, you can dress up in costume, hear the Megillah and see the famous Purim Shpiel. This year, we have involved some teens in reading, so come out and support them!

As always, if you have any questions or concerns about the religious school, please contact me in the school office.

Lori Rubin, School & Youth Director

B'Nai Mitzvah

March 7

Jessica Shapiro,
daughter of Babette Zemel and Jon Shapiro

March 14

Matthew Madden,
son of Susan and David Madden

April 18

Jessica Berson,
daughter of Cheryl and Alan Berson

April 25

Rebecca and Abby Toll,
daughters of Sue Ann Eckell and David Toll

MAZEL TOV!

B'Nai Mitzvah Projects

Cradles to Crayons By Sarah Rosenbaum

For my mitzvah project I volunteered at Cradles to Crayons, which is a charitable organization in Horsham that provides needed items to homeless or low-income children. I volunteered between two and three hours, on six different days.

The mission of Cradles to Crayons is to provide, free of charge, basic necessities that low-income and homeless children (birth to pre-teen) need to be safe, warm, ready to learn, and valued. The organization also provides volunteer opportunities to thousands of youth and adults each year. I took advantage of that opportunity to perform the mitzvah, the commandment, of Gemilut Chassadim, acts of loving kindness, one of which is to provide clothing to those in need. I did this at what Cradles to Crayons calls "The Giving Factory" in Horsham. What I did was inspect and sort clothing, clean and sort toys, and bundle and organize baby supplies, books and school supplies. The items donated are gently used or new. Any clothing with tears or stains is not used. This shows respect for the children receiving the articles. Just because they are needy doesn't mean they should be given bad stuff.

My favorite part of this project was cleaning and inspecting toys because I remembered that when I was younger, I played with some of the very same toys and they brought back pleasant memories. Another

favorite part of this project was hanging out with the people who worked there, because they helped me with what I was doing, and they were always smiling and having fun. Sometimes, there were other groups volunteering, like Girl Scouts and high school kids.

I enjoyed doing the work because I imagined that the child getting the shorts and shirt, or the Teenage Mutant Ninja Turtle toy would really enjoy it, appreciate it, and would mean a lot to him or her. I learned from this project that all children, no matter how little money their families have, should have a clean toy, a good clean book, and clean clothes. When I did this project, I felt good that I did something for someone that doesn't have as much as I do.

What I learned about myself from this project is that I am very lucky to be able to go shopping every year and get new clothes and school supplies before school starts. Everyone should appreciate how much they have, because others can only dream of a life where they have enough money to shop for clothes and the food they need.

I would recommend this project to anyone who is willing to do something nice for someone else. I think that a lot of people would like this project, because you feel so good when you help someone else that is less fortunate.

By Sam Grossman

For my Bar Mitzvah project I chose to visit children who live at Silver Springs-Martin Luther School, and to conduct activities with the children during the week of their spring break. These children can't live with their parents for many different reasons. I chose to teach them how to play basketball because they do not have adults to take them places during break, and I wanted them to have something to look forward to. I also chose this project because I enjoy playing basketball and wanted to help children who want to learn and to play but do not have the same opportunities that I have. They do not have a home life where they are able to participate in basketball leagues or clinics. Some of these children do not even have parents to take care of them or who are able to provide their children with the extra activities that most children take for granted.

For three days during spring vacation, I had an activity to do with the children when I first arrived. This involved sitting in a circle and sharing something about ourselves, such as our favorite food or movie.

Once we were comfortable, we walked up to the gym and went through a variety of essential drills and instruction. At the end of each day, we played a game for about fifteen minutes before returning to the main dining room for our wrap-up. Each day ended with basketball-related word games and edible goodies.

I think that I helped make spring break especially fun. I had to plan and orchestrate an instructive and enjoyable clinic. The children seemed to enjoy spending their time with me, learning about dribbling, throwing and lay-ups. They also learned more about the "real" game of basketball. Many of the children showed improvement and responded to my encouragement.

I learned that it takes a lot of time and management to do such a project. I also learned my life is a lot better than those children. Even though the children had behavior problems, they were very happy to have me come; and mostly, they were cooperative. My favorite part of this project was having the kids ask me if I could keep coming back to do more activities and to play basketball with them. I hope to do that!

By Sarah Schacht

For my bat mitzvah project, I collected books for the Jade Bar Shalom Books for Israel Project. I collected about 800 books from Or Hadash, my school, and from people who attended my bat mitzvah.

The book drive involved several steps. First, I had to make boxes for collecting. I decorated, labeled, and distributed them in my school and synagogue. Then, I had to make my project known. I made weekly announcements at school assemblies and I spoke at Sunday school services. I also made a flyer that went to all of our synagogue families. It was very exciting to come into school and the synagogue and see the boxes overflowing with books. I felt like my work had paid off, but it had really just begun. The books had to be schlepped home, sorted and each had to be labeled as donations. Then, they were boxed according to reading level and sent off through the post office. I used some of my

bat mitzvah money to pay for the very costly postage to Israel. The books donated were sent to the Kibbutz Yavneh to be distributed where needed. A book plate was placed inside each book donated from our synagogue that said: "This book has been donated with love to the children in the land of Israel by the Congregation of Or Hadash Synagogue, Fort Washington, Pennsylvania, USA through the participation of Sarah Schacht in the Jade Bar Shalom Books for Israel Project."

My project applies to the following mitzvot: acts of loving kindness, which translates as Gemilut Chasadim, and to the mitzvot of Tzedakah, giving, Ahavat Yisrael, love of Israel and Veshinantam Livanecha, which means teaching children. I have helped others with learning, which is very important to me.

Thank you for helping me with my bat mitzvah project!

Afghans for Afghans

By **Judy Brown,**
Fourth Sunday Stitchers Havurah

The fourth Sunday of every month, the Stitchers Havurah meets together in the Community Room of Or Hadash. We come with projects in hand, of every kind: knitting, crochet, quilting, needlepoint...well, you get the idea. Conversation ranges over a many topics: events in our lives, political forecasting, explanations of different eye-catching techniques. Because of the overlap of skills and interests, everyone teaches each other, and we share the joy -- and frustration -- that comes with the challenge of creating things both functional and beautiful.

We've also been looking into the ways we can charitably contribute through the works of our hands. We're all disheartened by the toll that war is taking on the civilian lives on the other side of the world. News agencies have reported that there are about 70,000 troops now in Afghanistan, and nearly half of those are American. Our administration is promising to send up to 30,000 more in the next 18 months. We can only imagine the effect that this will have on Afghanistan's people and communities. In an effort to reach out, we have decided to support the program "afghans for Afghans." By utilizing our skills and talents we hope to send some caring comfort and

warmth by knitting or crocheting much-needed woolen blankets and garments.

According to the website www.afghansforAfghans.org, "afghans for Afghans is a humanitarian and educational people-to-people project that sends hand-knit and crocheted blankets and sweaters, vests, hats, mittens, and socks to the beleaguered people of Afghanistan. This grassroots effort is inspired by Red Cross volunteers who made afghans, socks, slippers, and other items for soldiers and refugees during World Wars I and II and other times of crisis and need."

Please join our fourth-Sunday gatherings, 7 - 9 pm, to laugh and chat, create and learn! If unable to come, you can still join our efforts to create and send wool blankets and garments that will directly help Afghan women, men, or children who greatly need the caring, warm embrace of these personal, handmade gifts. Information will be available on the table in the Community Room.

Our next few meeting dates are: March 22, April 26, & May 24 -- always the 4th Sunday of the month (even if there are 5 Sundays). If you'd like more information about the Stitchers Havurah or the "afghans for Afghans" project guidelines, please contact Judy Gary Brown at 215-836-1696 or jgbrown18@comcast.net.

Upcoming Events for March & April

Three-Part Harmony – Our first Shabbat of each month starts off with a Tot Shabbat at 6:00 pm, a Pot Luck (dairy kosher) dinner at 6:30, and Family Service at 7:00. We celebrate all the birthdays of that month during family service. Three-Part Harmony Shabbats will be on **March 6 and April 3**.

Sunday, March 8 – Purim Carnival 10:30 am—noon.

Monday, March 9 – Purim Festivities continue:
6:00 pm Pizza and Costume parade
7:00 pm Service and Megillah Reading
8:00pm Purimshpiel

Wednesday, March 11, 7:30 pm at Or Hadash – **NAVIGATING THROUGH TOUGH ECONOMIC TIMES: a Seminar on Coping with Economic Stress and Living with Uncertainty**. This event is free of charge and open to the public. Please RSVP to Laurie Albert at office@orhadash.com.

WRITING WORKSHOPS – Taught by award-winning writer and teacher, Janet Ruth Falon

Sunday, March 15 at 9:00 am in the Board Room – *Journal Writing*

Saturday, March 21 at 7:30 pm – *Creative Writing for Passover*.

To reserve your spot for either or both of these exciting workshops, email Janet at jrfalon@english.upenn.edu.

Saturday, March 28 – **SWEET & SOUR: How Wandering Jews Changed the Way the World Eats!**

Cookbook author, journalist and pioneering chef, Aliza Green, will explore the diverse foods that have been significant to Jewish and World cuisine. We will also get to taste a few of her Jewish-heritage recipes. Please RSVP to Laurie Albert at office@orhadash.com

Sunday, March 29th at 9:00 am – **Special Nosh with Rabbi Josh** (Please note change of date.)

"Talking with Children about Financial Difficulties in the Family". The presenter/facilitator will be Lonnie Lore Beer, LSW. This is a Nosh for parents who want to learn how to talk with their children about economically challenging time as part of our series of programs responding to the recession.

Wednesday, April 8: Passover, first Seder

Saturday, April 25th

ANOTHER GREAT COFFEE HOUSE! This will be the 3rd in our series of coffee houses. It will be a fundraiser for Habitat for Humanity. We will have the choir and some acoustic music, along with a speaker to talk about HFH. Be sure to mark your calendar now because you do NOT want to miss this event!

Soup Stats!

By Debbie Bernstein

A big thank-you to all who made soup for Aid for Friends this year! Our final total from our congregation was 1,051 pints. With our New Life/Or Hadash Soup Chef team, we added another 218 pints for a grand total of 1,269! Whether you made 4, 8, 10 or 20 pints of soup, your hard work chopping, stirring, simmering and ladling is much appreciated.

We had some exceptional and creative soup gurus this year that are important to mention. Rhoda Gansler posted a sign at her gym that generated over 100 pints of soup from her generous gym buddies. Norman Weinstein's office participated bringing in additional pints for our freezers. Alyson Bell, Linda Poley, Lita Weinstein and Carolyn Savitsky (and others

that I may not have seen) worked tirelessly on GIANT pots of beef, chicken and vegetable soups with members of New Life Church. And we can't forget Julie Wowk-Jacobson who seems to make more and more soup each year. I think she fills Sharon's freezer all on her own! A big thank you to those who supplied freezer space and those who schlepped the many, many pints over to Aid for Friends – we couldn't have done any of this without you.

If you have any containers left, please return them to Or Hadash. If you are interested in planning next year's MLK events, please join the SATO committee!

Thanks again!

Office News

**From the Synagogue Administrator
By Laurie Albert**

In the last HaKeshet, I wrote about the amazing volunteers at Or Hadash and some of the wonderful things they were doing. I predicted that they would meet and probably exceed their goal of collecting 100 bags of manna at the December coffee house. I am very pleased to tell you that they collected over 140 bags of non-perishable groceries for local food banks! And they have planned two additional coffee houses. The February 7th event was aimed at collecting infant formula for the food banks and helping the Environmental Working Group make Or Hadash a greener environment. The April 25th Coffee House will support Habitat for Humanity. The example that our volunteers have set is inspiring other congregations to do similar projects. We can be proud that the good work here is being multiplied elsewhere.

Condolences

To Robin Alpert on the passing of her husband, Dr. Charles Alpert, father of Joey, Amanda and Yale

To Joan Nathan on the passing of her mother, Phyllis Nathan

A Poem of Thanks for Soup Makers

**Making Soup
By Jan Goldman**

Grounded in the earth, this root food
thick slices of carrots, onions, potatoes
lend their separate solidity as
now one by one, now together
they dance among the bubbles
their sweet steam a prayer rising as
the window's vision blurs.

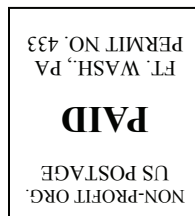
When my soul has wandered long measure
through the world's dense complication
When finally I need home more than breath,
then soup sings out its special invitation
calling me to begin the assembly.

Once stirring, I am moored,
tied back to the matriarchs,
to Sarah, Rebecca, Rachel, and Leah
all threaded in a line through
my grandmother, my mother, to me
connecting me to the warm heart of things
to the place where all things
are offered and received.

Mazel Tov!

Mazel Tov to Rachel and Chad Pytel on the birth of their son, Noah Evan Pytel.

Address Service Requested



A Reconstructionist Congregation
190 Camp Hill Road
Fort Washington, Pennsylvania 19034



Save these Dates

Purim Carnival Sunday, March 8	Purim Festivities Monday, March 9
Navigating Through Tough Economic Times: A Seminar on Coping with Economic Stress Wednesday, March 11	Writing Workshops Presented by Janet Falon Sunday, March 15 and Sunday, March 21
Special Nosh With Josh Talking With Children About Financial Difficulties in the Family Presented by Lonnie Lore Beer, LSW Sunday, March 29	SWEET & SOUR: How Wandering Jews Changed the Way the World Eats! Presented by Aliza Green, Author and Journalist Saturday evening, March 28
Passover First Night Wednesday, April 8	Coffee House Benefits Habitat for Humanity Saturday, April 25