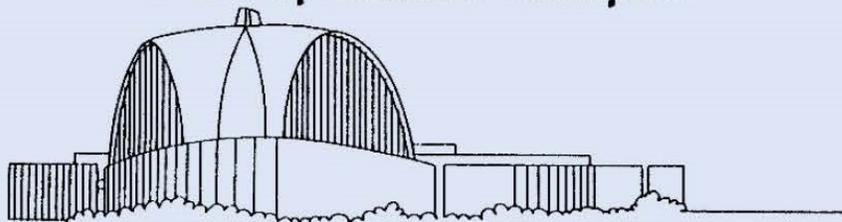


# the sephardic temple



CONGREGATION EMETH VE'SHALOM

## WEEKLY BULLETIN

775 Branch Boulevard at Halevy Drive • P.O. Box 392, Cedarhurst, NY 11516  
Tel: 516-295-4644 • Fax: 516-295-1941 • Email: admin@thesephardictemple.org

## שבת שלום SHABBAT SHALOM

ב"ה



**DAILY MINYAN SUNDAY - FRIDAY IS HELD VIA ZOOM AT 9:00 AM**  
**CONTACT RABBI GOLDEN FOR MORE INFORMATION**

### FRIDAY, MAY 14, 2021

LIGHT CANDLES: 7:46 PM

At this time during COVID-19,  
Friday evening services are not being held



### SATURDAY, MAY 15, 2021

(4 SIVAN 5781 - 48<sup>TH</sup> DAY OF THE OMER)

PARASHAT BEMIDBAR

פרשת במדבר

SHABBAT SERVICES 9:30 AM

שחרית, קריאת התורה, ומוסף

Shabbat Morning Services will be held in the Sanctuary  
with social distancing as outlined in our updated  
COVID-19 Policy, available on our website:  
[www.sephardictemplecedarhurst.org/covid-19](http://www.sephardictemplecedarhurst.org/covid-19)

Please contact the Temple office with your reservations  
to help us plan ahead.  
[admin@thesephardictemple.org](mailto:admin@thesephardictemple.org) (516-295-4644)



Parashat **BEMIDBAR**... The Book of Numbers contains a mixture of legal and narrative material concerning Israel's sojourn in the wilderness. The opening

parshah gives a detailed description of the Israelite nation's demographic make up and the structure of its society. Not only are we told the number of people and the names of the leaders, but we are also told where each tribe was assigned to camp in relation to the Tent of Meeting. In this highly structured society every person knew his special place as well as his unique role in the community.



## MELDADOS

SHABBAT, MAY 15, 2021

SHELOSHIM

AARON AIHINI

FIRST YEAR

SAMUEL MORRIS RUSSO

ESTHER HANAN  
JULIA MEVORACH  
ESTRELLA BENAIM  
IRVING WEBER  
STEVEN MARC GRAUER  
LUNA BAKER  
KENNETH GOLDSTEIN  
LEO GREENBERG  
BESSIE TANZMAN  
ALBERT BENVENISTY  
SAMUEL SITKO  
SHIRLEY LANDIS  
JACK A. FINTZ  
ISAAC HASSON  
SHARON MAE PEARLMAN  
BERNARD BAROUCH  
ESTHER NAHMIA  
ERNA GROSS  
STEVEN S. RUSSO  
ABRAHAM COHEN  
SAM GATTEGNO  
HARRIS SILBERMAN  
SOLOMON SAM YAHYA  
FRANCES LILLIAN NAAR  
MORRIS COLONOMOS  
MORRIS A. BAROCAS  
LEON SHURIK  
BEN HAZAN  
ARTHUR MARK LEVY  
IRVING MATHEWS

JESSE (JESS) FUCHS  
ELI CASSORLA  
JOSEPH ISAAC BAROCAS  
ZIMBUL R.D. BEHAR  
DAVID J. CRESPI  
ISAAC ELIMELECH  
ISAAC ESKENAZI  
ISAAC MAYA  
REGINA MITRANI  
ETHEL AMIEL  
ESTHER ASHWAL  
ABRAHAM CHAIT  
JACQUES CODRON  
SAMUEL COFFINO  
SOPHIE COHEN  
EVA FEUERMAN  
LORRAINE HAMMERS  
VICTOR HASSON  
LUCY MECHONLAM  
MAX MOEL  
ISRAEL NACHMAN  
ESTHER ROUSSO  
JACK SEFEKAR  
ROSE SHALHON  
ALLEN SUSI  
NORMAN TELVI  
TOMAR TORRES  
LOUIS VARON  
SAM YAHYA

# SHAVU'OT

חג שבועות

2021 – 5781

## FIRST DAY OF SHAVU'OT

EVE OF SHAVU'OT,  
SUNDAY, MAY 16

Light Candles ...7:48 PM

MONDAY, MAY 17

Morning Service ... 9:00 AM  
IN TEMPLE SANCTUARY (Reservations requested)  
Reading of the *Ketubah*

**Services on Shavu'ot morning will reflect the next step in reintroducing elements of the Tefillah that were omitted due to COVID-19 concerns.**

**Please note the new start time of 9:00 AM.**

## SECOND DAY OF SHAVU'OT

EVENING OF SECOND DAY,  
MONDAY, MAY 17

Light Candles ...after 8:41 PM

TUESDAY, MAY 18

Morning Service ... 9:00 AM  
IN TEMPLE SANCTUARY (Reservations requested)

*Dizkor* Memorial Prayers Following Services

Yom Tov ends ...8:42 PM

Seven weeks after Passover there is the holiday known simply by the Hebrew word for “weeks” which is Shavu'ot. This holiday is also known as *Zeman Matan Torah*, or “Festival of Giving the Torah,” or *Hag Ha-Bikkurim* the “Festival of the First Fruits”.

*Zeman Matan Torah* - the Torah, the most important book, was given to us on Shavu'ot. It tells the story of Israel's covenant with G-d over countless generations from Adam and Eve through the reconstruction of the community in the land of Israel after generations of exile. It is our ancient spiritual heritage and contains the guidelines for living a life of righteousness. The Ten Commandments - the core of the covenant given at Mount Sinai - is the centerpiece of our reading from the Torah scroll on the first day of the Shavu'ot festival.

*Hag Ha-Bikkurim* – refers to the agricultural aspect of the holyday; in the modern period, synagogues and homes are decorated with greenery and flowers.

The biblical story of Ruth the Moabite is also read during the festival. The setting of this story takes place in the spring during the barley and wheat harvests. Its central character is a righteous woman who converts to Judaism and embraces the covenant of Torah. Sephardic Jews read a poetic *ketubah* (marriage contract) between G-d and Israel. In it the Torah is compared to a bride, and Israel to the groom who comes forward to accept her.





# IN THE TEMPLE FAMILY

THE SEPHARDIC TEMPLE WEEKLY BULLETIN · MAY 15, 2021

## SEPHARDIC TEMPLE SHABBAT MORNING SERVICES

Shabbat Morning Services will be held in the Sanctuary with social distancing as outlined in our updated COVID-19 Policy, available on our website: [www.sephardictemplecedarhurst.org/covid-19](http://www.sephardictemplecedarhurst.org/covid-19)

Registration to the Temple office for Shabbat must be received by Thursday.

Mazal Tov  
on the Bat Mitzvah of:

*Ariana Rose Waldman*



Parents:  
Liz & Greg Waldman



Brother:  
Spencer Waldman

Grandparents:  
Sheryl & Eli Blit  
Paul Waldman  
Bonnie & Larry May

Great-grandparents:  
Marion Crespi & the late Bob Crespi  
The late Annette & Abe Waldman  
The late Marian & Richard May  
The late Miriam & Rodney Simensky

ת.נ.צ.ב.ה

Condolences on the loss of:

**Lillie Reader**

Beloved wife of:  
The late Arthur Reader

Beloved mother of:  
Louis Rousso  
Ira Rousso  
David Rousso

Beloved sister of:  
Michael Calderon  
The late Abrhm Calderon  
The late Morris Calderon  
The late Annie Markowitz

ת.נ.צ.ב.ה

Condolences on the loss of:

**Marcia Scott**

Beloved daughter of:  
Helen Hazan Cohen

Beloved sister of:  
Linda Feldman  
Gary Feldman

Beloved wife of:  
Robert Moon

Beloved mother of:  
Ryann Moon

ת.נ.צ.ב.ה

Condolences on the loss of:

**Dorothy Rosen**

Beloved wife of:  
The late David Bernard Rosen

Beloved mother of:  
Sharon Kotchek  
Susan Sloane  
Leslie Rosen

## REFUAH SHELEMAH

רפואה שלמה

**SHERYL (RUSSO) SHERMAN**  
*Daughter of Mildred Russo*

**RACHEL MESSINGER**

*Wishing you a speedy and  
complete recovery*

## *Ladino Phrase of the Week*

מילדה קון סאב'דוריאה טו תפילה אי איל סיניוור  
דיאו טי מאנדארה ברכה

*Melda kon saaviduria tu tefila  
i el Senyor Dio te mandara beraha*

Pray with wisdom and G-d  
will send you blessings

Courtesy of the Sephardic Jewish Brotherhood of America:  
[www.sephardicbrotherhood.com](http://www.sephardicbrotherhood.com)



## IN THE KITCHEN FOR SHAVU'OT

### *Sütlaç: Sephardic Rice Pudding*



8 servings

*Sütlaç (also Sutlach or Muhallabeya)*

*is a dairy Turkish treat  
that can be enjoyed on Shavu'ot  
or throughout the year*

#### *Ingredients:*

- 3/4 cup white rice flour or regular, unflavored cream-of-rice cereal (not instant)
- 1/2 cup sugar
- 1/8 teaspoon salt
- 5 1/2 cups whole milk, divided
- 1/2 teaspoon and 1 tablespoon of ground cinnamon
- 1 teaspoon vanilla extract

#### **Optional garnishes:**

- Ground cinnamon
- 1/2 cup chopped nuts (pistachios, pine nuts, etc.)
- 1/2 cup raisins

#### **\*Rosewater variation:**

Substitute 1/4 teaspoon of ground cardamom for the 1/2 teaspoon of cinnamon and 2 tablespoons of rosewater for the vanilla. Garnish with pomegranate seeds, pistachios and toasted coconut chips.

#### *Directions:*

1. Combine rice flour, sugar and salt in a large saucepan.
2. Slowly add 1 cup milk while stirring until smooth paste forms. Slowly stir in remaining milk.
3. Place pan over medium heat and stir constantly for about 10 minutes until mixture is bubbling and has begun to thicken.
4. Reduce heat to low, stir in 1/2 tsp. cinnamon, and cook, stirring often, until bubbling, thickened and there is no raw taste, about 5 minutes. Stir in vanilla.
5. Pour into serving dishes.
6. Serve immediately with garnishes or wrap in plastic and store in refrigerator. (Press wrap against the top of the pudding.) Serve chilled or at room temperature. Garnish before serving.
7. Sprinkle puddings with remaining cinnamon and top each with the nuts and raisins.

Source: Kramer, Faith. *The Jewish News of Northern California*.

<https://www.jweekly.com/2018/01/12/turkish-milk-pudding-rice-flour-right-fairy-tale/>

*Have a recipe worth sharing? Help us further document our heritage and traditions.*

THE SEPHARDIC TEMPLE • 775 Branch Boulevard, Cedarhurst, NY 11516  
Tel: (516-295-4644), Fax: (516-295-1941), Email: [admin@thesephardictemple.org](mailto:admin@thesephardictemple.org)

Dear Friends,

We hope this finds you well and vaccinated. Responding to new developments in the course of the pandemic, the Sephardic Temple has updated our COVID-19 Policy as detailed below.

Please contact the Temple office with any questions or concerns. As always, we are here for you.

Stay healthy and safe,  
Isaac Mayo, President

## **New Procedures for Attending Shabbat Services** **at the Sephardic Temple**

**Acknowledging that guidelines for observing COVID-19 social distancing have changed, beginning Shabbat May 8, 2021, here are the newest revisions to our procedures:**

**Individuals who have received the COVID-19 vaccine - or have positive antibody verification of not more than 90 days following illness, may sit in the Sanctuary with two empty seats distance between themselves and the next person/pod.**

**A family/group pod, where all members have received the COVID-19 vaccine – or have positive antibody verification of not more than 90 days following illness, may sit in the Sanctuary with the outermost occupied seat having two empty seats distance between the next person/pod.**

**Individuals who are not vaccinated must seat themselves at least 6 feet away from other individuals or pods.**

**Mask wearing is still required while you are inside the Synagogue building irrespective of vaccination status.**

**We would appreciate if you provide the Temple office with a scanned copy, photocopy, or fax, of your COVID-19 vaccination verification or positive antibody verification to the Temple office for our records, but declaration of vaccination status now follows the honor system.**

**Please remember to contact the Temple office to let us know that you will be attending Shabbat services. Your participation helps us plan ahead.**

**If you have any further questions, please refer to our Sephardic Temple COVID-19 Policy available on our website:**

**[www.sephardictemplecedarhurst.org/covid-19](http://www.sephardictemplecedarhurst.org/covid-19)**

## **SEPHARDIC TEMPLE COVID-19 POLICY FOR SHABBAT SERVICES**

- **Pre-registration for attendance to Shabbat services is requested, either by phoning the Temple office (516-295-4644), or by email [admin@thesephardictemple.org](mailto:admin@thesephardictemple.org). A Shabbat Registration Confirmation email from the Temple office will be sent on Thursday evening to confirm your reservation.**
- The prayer service will be streamlined and starts promptly at 9:30am. Many non-essential prayers will be omitted in order to shorten the service with the aim of reducing the chances of transmitting the virus. Committing to attending a service means arriving ON TIME so the minyan can run smoothly.
- **The Temple can only be entered through the front doors. The doors will be opened and staffed no earlier than 9:10am. Please maintain appropriate social distancing before and after entering the building. Each person's temperature will need to be taken before entering the synagogue building. It is requested that everyone attending arrives in advance of 9:30am so the service can start on time. Arriving by 9:30am will reduce waiting time to get into the service.**
- **YOU MAY SEAT YOURSELF ACCORDING TO THE POLICY OUTLINED AT THE BEGINNING OF THIS DOCUMENT:**  
Social distancing must still be safely maintained. According to CDC guidelines and the advice of local medical experts: Two empty seats between vaccinated individuals/pods. And a minimum of 6 feet of distance between unvaccinated individuals and the nearest person not part of their pod. We continue to refrain from shaking hands with, or hugging/kissing, another.
- **Masks must always be worn at all times, covering the entire mouth and nose.** A mask will be provided if you do not have one with you. **Someone who cannot or does not want to wear a mask will not be allowed in the synagogue under any circumstance.** If it makes you feel more comfortable wearing gloves, gloves and face shields will be available.
- Please use hand sanitizer when entering, and before exiting, the sanctuary. Tables on either side of the room will have hand sanitizer available.
- Anyone attending a service who finds afterwards that they are COVID-19 positive, agrees, by the fact of their attendance, to notify immediately the Sephardic Temple of their COVID-19 positive status so appropriate contact tracing and quarantine can occur without delay.
- On Fridays, Rabbi Golden will continue the practice of reciting the full list of hashkabet for the Sephardic Temple, the Sephardic Jewish Center of Canarsie and New Lots, and the Sephardic Home for the Aged, as well as the full list of names for *refu'ah shelemah*. These prayers, and Rabbi Golden's sermon, will be posted before the start of the Sabbath on the Sephardic Temple YouTube Channel:  
[www.youtube.com/sephardictempleofcedarhurst](http://www.youtube.com/sephardictempleofcedarhurst)  
The hashkabet list for Shabbat morning will include only the Meldados observed by those in attendance.
- A bag with your name on it will be provided to you that will contain a prayerbook, humash, and head covering (and a tallet for men). You may certainly bring your own books and ritual items if you wish, but you must

take them with you when you leave or place them in the bag with your name on it. The bag will remain closed and intact until you open it again on your next shabbat attendance. Your bag will be available on a table outside sanctuary. A detailed outline of the service with page numbers will be placed at the entrance when you pick up your bag, so you can easily follow along.

- Please do not touch or kiss any mezuzah - or memorial plaque - inside or outside the building. Similarly one should not kiss a humash or siddur, even if it is being placed into your named bag.
- Please be aware of all signage in the building and comply with our requests to maintain hygiene. This includes use of the restrooms, coat room, and all other spaces on the grounds of the Sephardic Temple.
- There is no kiddush served during this phase of our reopening.
- It is halachically forbidden to pray with a minyan if:
  1. You feel ill or have any COVID-19 symptoms per the updated CDC guidelines. This would endanger your fellow congregants.
  2. You had or think you may have had COVID-19 until at least 14 days after symptoms have resolved and you have not had a fever for at least one week.
  3. You have had contact within 14 days with an individual who has COVID-19, even if you currently show no symptoms.

Despite the seriousness of these significant policies, please know that we are very pleased to see you at the synagogue and hope that you once again find great spiritual satisfaction by praying together as a community.

Your attendance at services signifies your agreement with the above procedures.

Wishing you *anyos muchos, y salud buena para todos!*

Isaac Mayo, President  
Rabbi Golden