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Reconnecting to Passover's Roots

Spring greening, by Leah Koenig

One of the dirty little secrets about the Jewish calendar is that many of the holidays have agricultural subtexts, which over time have been muted or lost completely under the historical and religious themes that were layered on top of them.

Two of these holidays, Sukkot and Shavuot, have maintained a relatively transparent relationship to their earthy roots. But finding the natural themes of Passover takes a bit more digging.

The first step is to forget about Moses – for now anyway – and recall that Passover, also known as *Hag Ha-Aviv* (holiday of spring), is one of the Torah's three mandated pilgrimage festivals. It is inextricably linked to the beginning of the barley harvest in Israel. Leviticus 23:10-11 describes the omer (sheaf) offering of barley (the first grain to ripen in the spring) that took place in the Temple on the second day of Passover:

When you enter the land that I am giving to you and you reap its harvest, you shall bring the first sheaf of your harvest to the priest. He shall elevate the sheaf before the Lord for acceptance on your behalf. This priestly grain dance symbolized prosperity, and was the official green light that the season's harvest could be consumed. Today, Jews count the Omer for 49 days, starting on the second night of Passover – to coincide with the date of the omer offering – and continuing through Shavuot (the beginning of the wheat harvest). In most cases, however, Omer practices have been almost completely disembodied – stripped of their connections to grain and ground.

The Seder Plate is Already Green



Contemporary Jews are, of course, forbidden to bring sheaves of just-picked barley, which is hametz, to our seder tables. Still, if one is willing to look, signs of spring and nature's rejuvenation abound throughout Passover. This is especially true of the seder plate, which weaves together the historical and agricultural in one eating ritual.

Continued on page 6.

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COPY DEADLINE: The 20th of the month prior to publication.

RATES: Contact Julie Elizabeth at madrona623@gmail.com.

WEBSITE

<http://www.kolotmayimreformtemple.com>

From Rabbi Louis



Our tradition provides many Holy Days. Each of these days in the Torah is tied to a season, an agricultural event, and a special sacrifice in the days of the Temple. Each of these days provides a special opportunity to notice our relation to the seasons, to the earth and to the Creator.

In our day each of these Holy Days provides an opportunity for introspection and decision making as to how we are going to lead our lives.

Pesach lets us think of how we may continue to be slaves and how with God's help, our own determination and the help of others we can be more free. Pesach tends to be the Holy Day treated with most affection. We sit around the table, eat special foods and tell the story of our miraculous release from slavery after 400 years. We especially shun "inflated" foods that remind us of our sometimes inflated egos as we get back to basics realizing that freedom is continually being sought after and how easy it is to long for and slip back into the slavery of not useful habits and addictions.

Shavuot helps us to remember the basic ethics that come from our tradition and the importance of study and reflection.

Rosh HaShanah gives us the opportunity to reflect on our lives and regret things we have done wrong and to decide to live more ethically and to renew our good intentions with action.

Yom Kippur lets us experience at-onement with others and to feel the sense of forgiveness for things we have done wrong in our relation to our spiritual parts and to the Creator.

Sukkot gives us the opportunity to sense the fragility of our structures and lives and gives us appreciation for the shelter that we have and its dependence on the forces of nature.

Shemini Atzeret-Simchat Torah (the only one with no agricultural connection) gives us the opportunity to experience relaxation and just "being" after the acceleration of Holy Days.

Of the Rabbinic created Holy Days, Chanukah and Purim, the significance of Chanukah is clear. It reminds us of the fragility of our right to worship in our own unique way and the price we sometimes pay for our insistence to do so. It reminds us how freedom is often a combination of battle, sacrifice and the miraculous...

Continued on page 4.

President's Message



Shalom, Kolot Mayim family,

We have booed Haman for another year. Kolot Mayim was represented by Julie, Pony (my daughter) and I as we took turns reading chapter 5 in the Megilla at Temple Emmanu-El.

Spring is definitely in the air: our great flower count has begun as other parts of Canada are buried in snow. We are the best bloomin' city; that's for sure!

There are so many events to report, where to begin? For a small congregation we have a lot going on:

Our sincere condolences to Kis on the loss of her Mother.

Our 'tzedakah" box is always open for your donations. For under one dollar you can donate a can or a box or a package of something, and fruit and vegetables from your summer gardens. We support the Jewish Family Services and the James Bay Community Food Bank. Let the poor glean from the four corners of your shopping carts.

"Pesach" is fast approaching. It is time to reserve your spot at the table. The form to be filled in can be found in this newsletter. Dorothy is handling the reservations: e-mail at d2t2@shaw.ca or phone: 250-598-0229.

March 3rd from 1-3 pm there will be a Trop Workshop with Lynne Greenhough. This will consist of two sessions culminating in learning the trop for the *Veyahaftah*. The second workshop will be on April 7th. Contact Lynn at lgreenhough@shaw.ca to register.

Charlotte will be hosting a Tallit making workshop. The cost is \$18.00 plus materials for three sessions, March 12, once in April and again in May. There will be people to do the sewing so come and pick your colours and materials and let's go. Register at: 250-361-1698.

Kolot Mayim-At-Home encourages each of us to host a small gathering in our home, offering different topics or subjects to be discussed or explored. If you have a special interest or a burning desire to share something, host such an event. Only tea, coffee and cookies need be provided. This is an innovative way for our membership to forge bonds and share our ideas and ourselves. Small gatherings are intended.

NVC (Non Violent Communication, also known as Compassionate Listening) meets bi-monthly. To get involved contact Neal at: wassfam@telus.net or at: 250-595-3874.

If you have children or grandchildren going to the Jewish Federation Summer Camp and Israel Experience, and would like to apply for a scholarship, the deadline is April 15th at info@jewishvancouverisland.ca.

Story telling continues on March 10th at the JCCV from 1:00-4:00. Don't miss this wonderful opportunity to tell your story using your Jewish experience. There are skilled storytellers to guide you. This is in conjunction with the Hindu and Muslim communities who are meeting separately. At the end, each group will pick a story or two to share in a production for everyone to enjoy. This is funded by the Inter-Cultural Association.

[Continued on page 6.](#)

Hebrew School Report

Our children are continuing to enjoy participating in the shared Hebrew School with Emmanuel. We have seven Kolot Mayim students in the school this year, including two kindergarteners. In addition to regular classes which are generally held on Sunday mornings, the Hebrew school occasionally meets on Saturday mornings for Shabbat School. The latest Shabbat school was held on Tu B'shvat and included a seder in which the students tasted the biblical fruits of the land of Israel while discussing their inner and outer strengths and weaknesses. The children joined with Emmanuel's congregation when the Torah was circled around the Shul and returned to the Ark. The art project for Tu B'shvat was a little "greening" project, making "seed bombs", a mixture of clay, compost and flower seeds. The children were excited about taking their seed bombs home and putting them in areas where there are no flowers. They can now look forward to watching their flowers bloom.

The older Hebrew school students, including our Kolot Mayim student

Annika Gafter-Ricks, will be writing their Regional Bible Exam on March 3. This will cover 23 chapters of Leviticus, Numbers and Deuteronomy. They have worked very hard – it is challenging material, as it is a lot of laws, and less stories. It covers the time the Israelites are in the wilderness and Moses is teaching them how to live their lives in the Land of Israel. We wish them all success and hope that they can make it to the Bible contest in Toronto later this year.

The children are also looking forward to a combined Purim and Shabbat dinner on Friday, February 22.

Lynne Marks

Co-Chair, Religious School

Attention all Service Leaders and Wannabees

There will be an
important meeting
for all Service
Leaders,
current *and* hopeful,
on
**Tuesday March
5th**
at
7:30 pm
at
**Rabbi Louis's home,
1135 McClure Street**

We are thinking of having three or four meetings a year to update our skills and knowledge, discuss what works and what doesn't, mentor new leaders, etc. Please mark this date on your calendars and plan on attending.

Hope to see you there!

From Rabbi Louis, continued from page 2. Purim is perhaps the strangest of these days. How to explain to our non-Jewish friends the mitzvah of getting so drunk that we cannot tell the difference between "blessed is Mordecai" and "cursed is Haman", dressing up in costumes, making fun of our Rabbis and ourselves. Yet the sages say that Purim will be the only surviving Holy Day in the messianic age. On Purim the masks we wear reveal parts of our true selves, our demonic, our clown, our opposite gender places. We get to explore the parts of ourselves that are hidden under the facade of civility and recognize that we are "this and that".

As we re-cycle through the year may we accompany each other in compassion and assistance to accomplish both the inner and outer parts of each Holy Day.

I wish you all a meaningful Pesach, and invite you to join us at our congregational Seder on March 27th (3rd night). *r. Louis*

Chai חיי

DONATIONS RECEIVED

Mazel tov to **Kis Brink** on her conversion -
Joel & Sandy Fagan

Happy 70th Birthday, **Sandy Fagan** -
Joel & Sandy Fagan

In memory of **Helen Garbell** - *Susan and
Les Halpert, David and Dorothy Torontow,
Joe and Ann Gougeon-Ryant, Joel &
Sandy Fagan*

RABBI'S DISCRETIONARY FUND

Mazel Tov to **Kis Brink** on her conversion
- *Julie Elizabeth & Reva Hutkin*

Happy 70th Birthday to **Sandy Fagan** -
Julie Elizabeth & Reva Hutkin

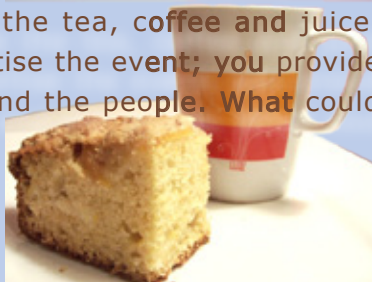
Condolences to **Marla Yacowar** on the
loss of her mother, Helen Garbell - *Julie
Elizabeth & Reva Hutkin*



Sponsored Onegs

Please consider hosting an Oneg Shabbat.
It's a great way to honour an occasion or an
individual, and introduce new people to our
congregation.

We will provide the tea, coffee and juice,
as well as advertise the event; you provide
the munchies and the people. What could
be simpler?



JEWISH MOVIE NIGHT

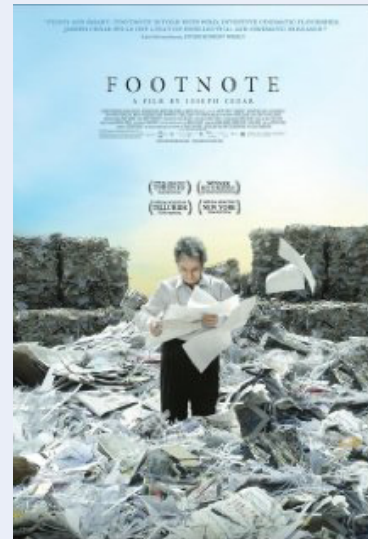
MODERN ISRAELI CINEMA

HOSTED BY MICHAEL GANS

Sat. Mar. 23, 2013

7:30 pm

Footnotes



Nominated for an Oscar as the Best
Foreign Film 2011

Eliezer and Uriel Shkolnik are father
and son as well as rival professors
in Talmudic Studies. When both men
learn that Eliezer will be lauded for his
work, their complicated relationship
reaches a new peak.

\$5:00
at the JCCV

Movie, Popcorn,
Schmoozing over dessert & coffee.

The best deal in town!

Tzedakah: A way of life.

Kolot Mayim Supports Food Bank

Hundreds of people rely on the various food banks in town. Torah tells us to leave the four corners of our fields for those in need; in 2013, this could be translated to mean the 4 corners of our shopping carts!

At Kolot Mayim, our Tzedakah Box has been pretty empty lately. I urge everyone to bring a little something to Shul on Fridays. We support two food banks: Jewish Family Services and the James Bay Community Project Food Bank. There are often sales at the various stores, so surely, one could find a can or package for under a dollar. Check for case lot sales; you could bring one can from the case each week. If everyone brought one can each week, it would go a long way to helping those in need.

Thank you for your support.

Reva

[President's Message, continued from page 3.](#)

Consider sponsoring an Oneg. It is a lovely way to honour someone or an event. To date we have had several such celebrations. Arlette Baker-Shields will be hosting one on March 15th, and I will be hosting one on June 21st in honour of Julie's Bat Mitzvah.

Your Social Action Committee, in conjunction with "Mitzvah" Day is asking everyone to donate a new or gently used book suitable for young readers - babies to teens. The deadline for this is May 5th. We will be gifting the Single Family Resource Centre. Thanks to Joel, we may store them in the JCCV library.

The Pesach Market at Emmanu-El begins on March 15 just for seniors, and continues until March 22nd. See the poster on page 12 for times.

The movie night with Michael will be the second last Saturday this month on account of Pesach.

Rabbi Harry is exploring The 12 Steps to Recovery from addictions in a Jewish context on Wednesdays at noon. Contact Rabbi Harry to register or for more info.

On March 10th from 2-4pm, Temple Emmanu-El will host its 150th Anniversary ceremony.

Happy Springtime everyone! Enjoy the rebirth of Mother Earth as she regales us with the splendour of budding life.

Reva

[Reconnecting to Passover's Roots, continued from page 1.](#) The roasted lamb bone (z'roa), which commemorates lamb sacrifices made at the Temple is taken from one of spring's most iconic babies. The green vegetable (karpas) sitting next to it that gets dipped in saltwater is a symbol of the first sprouts that peak bravely out of the just-thawed ground in early spring. The roasted egg (beitzah) recalls both the sacrifices made at the Temple and also spring's fertility and rebirth.

Hametz as a Metaphor:

Even before Passover begins, the act of removing hametz from our homes offers other opportunities to connect to the natural world. This period of "Jewish spring cleaning" requires us to shake out our sheets and round up any bread or crumbs hiding in our kitchen cupboards. But removing hametz from our homes can also remind us to get rid of the excess "stuff" clogging up our lives--to liberate ourselves from any emotional or spiritual baggage from the year, and send bad habits packing.

[Continued next page.](#)

Pesach problem

It is not generally known that a few years ago the Jewish community in Madrid discovered at the last moment, that they had no horseradish for making chrain for Pesach.

All the countries they asked replied in the same way, "Sorry, we have none left to send you."

So, in desperation, the Spanish Chief Rabbi called his friend in Israel and begged him to immediately send him some horseradish by air freight. He agreed and three days before Pesach, a crate of the best grade of tear-jerking Israeli horseradish was loaded onto an El Al Flight to Madrid.

All seemed to be going OK but when the Chief Rabbi went to the airport to pick up his desperately needed horseradish, he was shocked to learn that there was a strike and that no crates of any kind would be unloaded at the airport for at least four days.

So, as it is said, "The chrain in Spain stayed mainly on the plane."

Kolot Mayim-at-Home

Sometimes we strive for a big crowd when a small intimate gathering is the best thing.

Instead of trying to fill the JCCV for an event, perhaps we should think of doing something for fewer, but intensely interested, folk in our own living rooms. Allow me to introduce a new concept, "Kolot Mayim at Home".

We have an amazing pool of well-informed and talented people in our membership. Each is invited to consider a topic or activity that might well be of interest to from 4 to 8 people and to set aside an evening at which he or she hosts an at-home event. We can have a coffee/tea and cookies rule to lessen the burden on the hosts. We could consider any gathering of at least four attendees as having met the goal.

Some potential topics? They are limited only by our imaginations. Some few examples that occur to me:

[Jews in Europe today](#) Was Shakespeare an anti-Semite or a philo-Semite? [Making music at home \(bring your instruments\)](#) Why ??? is my favourite Jewish movie [Host a movie night](#) Raising children Jewishly [Sharing stories about choosing to become Jewish](#) Reframing food allergies: a pathway to eco-kashruth [Can unaffiliated Jews remain Jewish over time?](#) Demographic threats to the "nature" of Israel [And so on.](#)

Please consider this idea and if you are so inclined, offer your hospitality and your topic to the Kolot Mayim family. I, and others, would be pleased to consult with anyone who might be interested.

Kolot Mayim at Home? Of course!

Joe Gougeon-Ryant

[Reconnecting, continued from page 6.](#) It is a perfect time to recycle the stack of junk mail piling up on the desk (and stop more from coming), plant seedlings in the garden, start composting, switch to compact fluorescent light bulbs, or volunteer for a cleanup day at a nearby river, beach, forest, or park. It also offers a great opportunity to plan ahead, in order to avoid the all-too-common overuse of disposable dishware during Passover. As you clean out your kitchen cabinets, stock them with light-weight, recycled dishes and cutlery, like the stylish offerings from Preserve, which store easily and can be reused year after year.

While these actions might seem like a distraction on an otherwise busy pre-Passover to-do list,

[Continued on page 9.](#)

Purim Disco in Shushan so hot the fireman had to come!

Julie, Reva, daughter, Pony, and granddaughter, Shale were the only Kolot Mayim participants at Emanu-El's *Disco in Shushan* celebration. That's a shame, because it was a really fun evening.

It started with Havdallah, which Reva attended, but the rest of us missed while hunting for parking. Ma'ariv followed, and then the Megillah reading, in which Haman's name was duly obliterated!

There was schnaps and softer drinks for the costumed young'uns, and delicious food catered by Mark Fagan, as well as Hamentaschen - of course! By the time people had finished fressing, the sanctuary had been transformed into a 70s disco hall. Music provided by DJ David Bodrug was excellent and non stop. Wonderful kaleidoscopic designs were projected onto the vaulted ceiling, and a smoke machine added to the atmosphere

so much so, that it set off the fire alarm, while *Disco Inferno: Burn Baby Burn* was blasting through the speakers! Pretty cool juxtaposition - ah, or should that be 'hot?! Victoria Fire Department to the rescue while the revellers never missed a step! Perhaps they had imbibed so much that they couldn't tell the difference between..... nah! We were all just having a good time, and figured it was just the smoke machine!



Photos by Penny Tennenhouse

Interlaced: Stories, Faith and Community

Kolot Mayim is participating in the Intercultural Association of Victoria's Interfaith Storytelling Project. This Interfaith project will include the Muslim and Hindu communities. The program will continue at [the Jewish Community Centre on March 10th](#), and will continue on through to June, culminating in a concert. For information and registration contact Neal Wasser at <wassfamvic@yahoo.com> or 250-595-3874.

Non Violent Communication

An on-going bi-monthly Practice Group in Non-violent Communication (NVC) meets bimonthly. Based on the writings of Marshall Rosenberg, the skills learned help us to connect from the heart, using needs-based communication. NVC, also known as Compassionate Communication, can improve your communication skills and the quality of your relationships with others. To inquire about the Practice Group or Future Workshops, contact Neal Wasser at <wassfamvic@yahoo.com> or 250-595-3874.



Tallit Making Workshop

*Come make a tallit for yourself or a loved one
Or consider making another one for yourself*

No sewing skills are needed.

There are people who will sew for you.

We will meet 3 times: once a month in March, April, and May.

**1st meeting is Tuesday, March 12th at 7:30 pm
at 1135 McClure Street**

You don't need to bring anything to this 1st meeting.

Call Charlotte Sutker at 250-361-1698 to register.

Cost: \$18.00 plus materials.

[Reconnecting to Passover's Roots](#), continued from page 7. Integrating them into our holiday preparations can imbue our celebration with deeper significance that lasts beyond the holiday.

During Passover, all Jews are challenged to remember the Israelites' journey from slavery to freedom, and feel as if they went through it themselves. But for those willing to dig even further, the story of Passover is not simply historical. It is rooted to the land, the giddy joys of spring, and to the reminder that after every period of dormancy and every experience of suffering, new life awaits just under the soil.

Find more practical resources and ideas for "greening Passover" at [The Jew & The Carrot](#), [The Nation](#), and [The Kitchn](#). Leah Koenig is a freelance writer whose work has been published in [The New York Times Magazine](#), [Gastronomica](#), [Jewish Living](#), [Lilith](#), [Culinate](#), [Beliefnet](#) and other publications.
<http://www.myjewishlearning.com>

Those we remember ...



| CIVIL DATE YEAR OF DEATH | HEBREW DATE YEAR OF DEATH | NAME | RELATIONSHIP | MOURNER |
|-----------------------------|------------------------------|---|--------------|---------------------------|
| March 1, 1978 | 22 Adar I, 5738 | Harry Pattenick | Husband of | Eleanor Patten |
| March 1, 2004 | 8 Adar I, 5764 | Carl Hoover | Father of | Karl Preuss |
| March 2nd | Unknown | Marvann Fox | Mother of | Barbara Fox-Juchau |
| March 3, 1983 | 18 Adar I 5743 | Martha Greenfield | Mother of | Gerald (Jerry) Greenfield |
| March 3, 2012 | 9 Adar I 5772 | Fred J. Baron | Brother of | Roger Baron |
| March 6, 2005 | 25 Adar I 5765 | Cassie Ostrov | Mother of | Sue Sandell |
| March 6, 2004 | 13 Adar I, 5764 | Sylvia Smith | Friend of | Jacqueline Seigel |
| March 7, 2010 | 21 Adar I, 5770 | Jon Carr | Husband of | Rose Carr |
| March 8, 2000 | 1 Adar II, 5760 | Sonia Rawicki Agulnik | Mother of | Dorothy Torontow |
| March 9, 2001 | 14 Adar I, 5761 | Harry Agulnik | Father of | Dorothy Torontow |
| March 9, 1955 | 15 Adar I 5715 | Henrietta Jaffe | Mother of | Len Jaffe |
| March 10, 2008 | 3 Adar II 5786 | Betty Ann Cohen | Member | Congregation |
| March 10, 1994 | 27 Adar I 5754 | Gertrude Miller-Kantoff | Aunt of | Don Sher |
| March 11, 1980 | 23 Adar I 5740 | Annie Marks | Mother of | Gerry Marks |
| March 13, 1995 | 11 Adar II 5755 | Wayne Sullivan | Husband of | Doreen Sullivan |
| March 15, 2010 | 29 Adar I 5770 | Bernice Packford | Friend of | the Jewish Community |
| March 14, 1997 | 5 Adar II 5757 | Frank Taylor | Father of | Doreen Sullivan |
| March 16, 2006 | 16 Adar I 5766 | Colin Laing | Father of | Jenny Laing |
| March 16, 2012 | 22 Adar I 5772 | Maurice Ryant | Brother of | Joe Gougeon-Ryant |
| March 17, 1994 | 24 Adar I 5754 | Clara Chuly | Mother of | Phyllis Chuly |
| March 17, 2005 | 6 Adar II 5765 | Saul Holiff | Friend of | David Torontow |
| March 21, 1980 | 4 Nisan 5740 | Isadore Levinta | Father of | Eleanor Patten |
| April 13, 2003 | 11 Nisan 5763 | Maurice Fogel | Friend of | Caroline Hergt |
| March 23 1980 | 6 Nisan 5740 | Nathan Landau | Father of | Susan Kendal |
| March 29, 2010 | 14 Nisan 5770 | Nancy Szczypiorkowski (shera—puh—kow--ski) | Friend of | Don Sher |

The Victoria and Vancouver Island Jewish Burial Society

The Jewish Burial Society of Victoria and Vancouver Island is a service organization founded to assist all Jews with end of life requirements. We administer four totally separate and distinct sections in the Hatley Memorial Gardens and provide space for all persuasions of Jewish life from orthodox to secular, complete with cremation if specified.

The Society works with the Victoria Chevrah Kadisha in preparation of the body for burial, and works with the family in all ways to ensure that the concern and embrace of the entire community for the bereaved.

While we are a non profit Society, regrettably, end of life does not respect one's pocketbook, and costs are dear. There is a small membership charge that must be paid to become a member of our Society, and arrangements for this, and for burial requirements may be made at any time. We recommend dealing with one's self and saving the pain and expense of the survivors at a very stressful time.

For additional information on a highly confidential basis, call Joel Fagan (250 477-2006), Jack Shalinsky (250 477-1012), or Michael Goldberg (250 598-9094).

Torah Trop Workshops

**Sundays, March 3rd and April 7th
1:00 to 3:00 pm**

at the home of
Lynn Greenhough
2895 Austin Avenue

Lynn Greenhough will be conducting 2 workshops to teach the basics of Torah trop. Trop, ta'amim or cantillation, is often understood to be the musical notation by which the Torah is chanted. In actual fact, trop provides many insights into the text itself – the pronunciation of a word, the phrasing of a verse, the stress of a syllable. In the second workshop, we will be using the V'ahafta as a template for learning trop.

Please email to reserve: lgreenhough@shaw.ca

She will need to know in advance
in order to prepare learning materials.

**Workshop by donation
to Kolot Mayim's Rabbi's Discretionary Fund.**



Torah Study

Saturday March 16th
at 4:00 pm at Rabbi
Sutker's Home, 1135
McClure Street.
Everyone is welcome.

March 2013

Adar-Nissan 5773

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|-------------------------------|----------|--|---|
| | White squares indicate days Rabbi Sutker is with us. | | | | 1 7:30 pm Kabbalat Shabbat Service led by ? 19 | Ki Tissa 2 20 |
| 3 21 1 -3 pm Trop Workshop I Lynn Greenhough's | 4 22 | 5 23 7:30-9 pm Service Leadership Workshop at Sutkers' | 6 24 | 7 25 | 8 7:30 pm Kabbalat Shabbat Service led by ? 26 | 9 Vayakhel-Pekudei 27 |
| 10 28 1-4:30 pm Storytelling Workshop JCCV | 11 29 | 12 1 Nissan Rosh Chodesh 7:30pm Tallit-making Workshop I | 13 2 | 14 3 | 15 4 7:30 pm Kabbalat Shabbat Service led by Rabbi Louis. Oneg by Arlette Baker | 16 5 Vayikra Torah Study 4:00 pm at Rabbi Louis's home |
| 17 6 | 18 7 | 19 8 | 20 9 | 21 10 | 22 11 7:30 pm Kabbalat Shabbat Service led by Joel Fagan. | 23 12 Tzav |
| 24 13 | 25 14 1st Seder | 26 15 2nd Seder | 27 16 Kolot Mayim Seder | 28 17 | 29 18 7:30 pm Kabbalat Shabbat Service led by Julie & Reva | 30 19 Hol Hamoed |



Exploring Twelve Steps in a Jewish Context

Join us in putting 12 steps into a Jewish/Torah context for self-healing and Shalom. This workshop is for Jewish recovering addicts and people who love them. (Defining addiction is totally up to you) We will meet weekly for 13 weeks at Congregation Emanu-El, in the sanctuary on Wednesdays at noon beginning on February 20. We will learn and relate to a step each week and the workshop will culminate with a special Passover Seder for healing. If you are interested please contact rabbiharry@gmail.com or by phone 250-812-6715. All inquiries and all participation will be kept in strict confidence.

Emanu-el Hebrew School Fundraiser

PESACH MARKET

Come support our students!

**March 17th to
March 22nd, 2013**



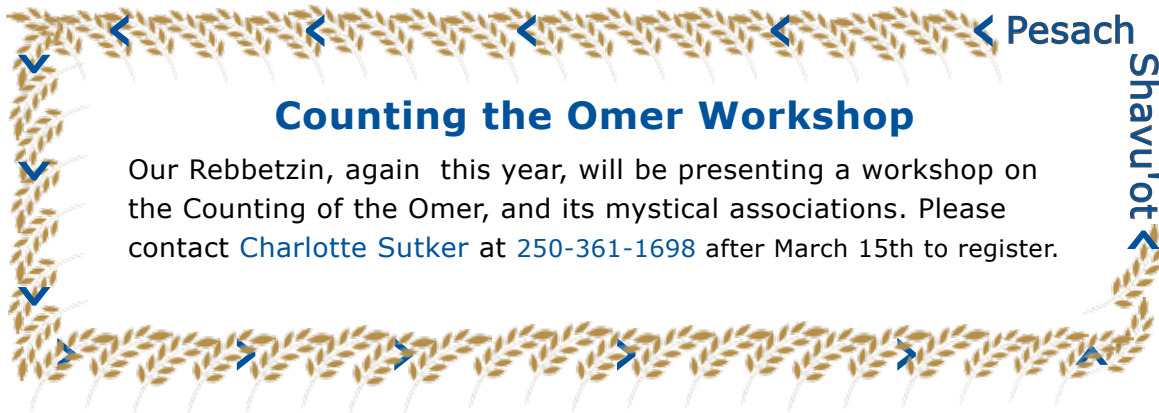
- ∞ The Simcha Gift Shop
will be open
- ∞ Cash & cheques only
- ∞ Please bring shopping bags

**A Wide Selection of
Kosher for Passover
Dry Goods & Frozen Food**

1461 Blanshard @ Pandora

**Seniors Shopping Only
Fri, March 15th, 10am – 2pm**

Open to All
Sun, March 17th 11 – 4
Mon, March 18th 11 – 2
Tues, March 19th 4 – 8
Wed, March 20th 5 – 8
Thurs, March 21st 4 – 8
Fri, March 22nd 11 – 2



MITZVAH DAY

May 5, 2013

*An event sponsored by Congregation Emanu-El
and other faith-based groups*

We are inviting all members of the Victoria community to join us for a day of kindness and community service. Mitzvah Day is a wonderful opportunity for people in Victoria to spend a few hours, helping a variety of organizations that provide important social services in our community. After consultation with these agencies to determine what projects they would need and welcome, with your assistance, we will provide such help as gardening, cooking, and spring cleaning.

It is our hope that Mitzvah Day will make a meaningful difference to these agencies. We also hope that volunteers will become more aware of the needs and opportunities for service in our community, and might consider adding a volunteering component to their lives after Mitzvah Day.

This day of social action is *entirely* the work of volunteers. As funding for these projects is completely donation-driven, we welcome your financial support for supplies. If you would like to make a contribution, please go to congregationemanu-el.ca and specify "Mitzvah Day" under "donations." Tax receipts will be provided.

Registration is open until April 28th, and is on a first come, first registered basis. For registration details, please see the Mitzvah Day website - mitzvahdayvictoria.ca

For more information, please contact the co-chairs of Mitzvah Day:
Jackie Saunders-Ritchie at 250-595-2973 jisaundersritchie@shaw.ca
Sandy Fagan at 250-477-2006 faganis@shaw.ca

2013 PROJECTS

1. Anawim House: spring house cleaning, working with residents
2. Blanshard Community Centre: helping to paint a mural with community members for the children's playground
3. Family Project: art project/note-book decoration for seniors, and preparing birthdaynbpacks for young children at Single Parent Resource Centre
4. Harrison House: community kitchen soup cooking event with resident participation
5. Kiwanis House Society: preparing casseroles
6. Rock Bay Landing Shelter: foot care provided by foot care nurses
7. St. John the Divine Food Bank: dividing peanut butter, and possibly other items, into containers for distribution
8. Sandy Merriman House: preparing casseroles, working in partnership with Rainbow Kitchen
9. Single Parent Resource Centre: collecting books for their give-away library (no volunteers needed)
10. Songhees Nation Community Garden: assisting with spring clean up.
11. Soup Project: soups to be cooked, packaged and distributed to various organizations
12. Vic West Community Centre: garden clean up

Are you inspired to help Jewish Life on Vancouver Island *thrive*?

Do you have an idea that could use some support?

The Jewish Federation of Victoria and Vancouver Island Society would love to hear from you!



The Jewish Federation of Victoria and Vancouver Island is now accepting grant applications for Jewish community projects. If you have an idea that you think would qualify, please review the grant application information available on the JFVVIS website or call (250) 370-9488 for more information. Whether your idea extends upon an existing project or you hope to realize a new one - we would like to hear from you! Please visit our website for more details:

www.jewishvancouverisland.ca

Grant Applications must be submitted by April 15th, 2013.
Please review the application checklist prior to submitting your application.



Hadassah-WIZO of Victoria

A talk by Susan Watt on her first trip to Israel

Israeli dishes will be served: Bourekas , tabouli salad , grilled eggplant, shakshuka, falafel, baclava and Israeli salad are a few. It should be the event of a lifetime! Come and enjoy!

February 12, 2013 at 7:30 pm

At the home of Orli Kalfon

303-5350 Sayward Hill Crescent, Victoria BC

Please RSVP to Marilyn Weisbart at (250) 479-4040 or grillamine@gmail.ca by February 10, 2013.

If you need a drive please call Ana Porzecanski at (250)595-2687 or <rifkaporze@gmail.com>.

**PLEASE SAVE YOUR APPETITE FOR DELICIOUS,
DELIGHTFUL, AND PLENTIFUL ISRAELI FOOD!!**

March 2013
Adar-Nissan 5773

THE VOICE

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Kolot Mayim Seder

3rd Night of Pesach

Wednesday March 27th

at the JCCV

3636 Shelbourne Street

5:30 doors open

6:00 Seder commences.

Registrations should be sent to

Dorothy Torontow

See form and info on page 16.

Jewish Federation of Victoria and Vancouver Island Summer Camp and Israel Experience Scholarships

Application Deadline: April 15th, 2013



For info call
(250) 370-9488



The Jewish Federation of Victoria and Vancouver Island Society values the experiences that Jewish Summer Camp and Israel Experience Trips (Birthright, March of the Living, etc) can bring to our children and young adult community. Profound relationships are forged with Jewish peers and in relation to the Jewish community in Israel and worldwide. It is important that no child is left behind because of financial circumstances. This is why each year, a portion of funds raised by JFVVIS are allocated to Jewish Summer Camp and Israel Experience Scholarships. If you, or someone known to you, is in need of our assistance, please visit our website for more information and to download the application form:

www.jewishvancouverisland.ca

reservation form

KOLOT MAYIM PASSOVER SEDER

WEDNESDAY MARCH 27, 2013

5:30 pm arrival for 6:00 pm commencement

name: _____

phone: _____

email: _____

vegan/vegetarian preference : please specify how many people: _____

nut allergy : please specify how many people: _____

TICKET ORDER DEADLINE IS MARCH 22ND.
EARLYBIRD ORDER DEADLINE IS MARCH 10, 2013.

WILL YOU VOLUNTEER TO SERVE _____? OR CLEAN UP? _____

EARLY BIRD - BEFORE MARCH 10TH

_____ adult members @ \$25. = _____

_____ adult non-members @ \$30. = _____

_____ full time students/teens @ \$15. = _____

_____ children (5-12 years) @ \$10. = _____

_____ children (under 5) @ free = _____

AFTER MARCH 10TH

_____ adult members @ \$30. = _____

_____ adult non-members @ \$35. = _____

_____ full time students/teens @ \$16. = _____

_____ children (5-12 years) @ \$10. = _____

_____ children (under 5) @ free = _____

Dorothy and David Torontow will be pleased to take your reservations.

Please mail this form, along with your cheque made payable to Kolot Mayim Reform Temple/Seder,
to the Torontow's at 2116 Granite Street, Victoria, BC V8S 3G6
250-598-0229, d2t2@shaw.ca