

# תמוז: NEWS

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### Tisha B'Av - A Time To Mourn

The ninth of Av is an annual fast day in Judaism, named for the ninth day (Tisha) of the month of Av in the Hebrew calendar. A passage from the Talmud states; "When Av comes in, joy is diminished." It is a time when we recognize and reflect on some of the worst catastrophes in Jewish history. The observance commemorates the destruction of both the First Temple and the Second Temple in Jerusalem, which occurred about 600 years apart, but on the same Hebrew calendar date. Accordingly, the day has been called the "saddest day in Jewish history".

For many Holocaust survivors who have no exact date to observe the deaths of their family, Tisha B'Av becomes a yahrzeit (anniversary of death) for their family members. It is a time of collective mourning and a time to connect to tragedies within Jewish history, through prayers and reflection.

On the eve of Tisha B'Av, it is customary to eat a ritual meal, a "seudah mafseket", before beginning a 25-hour fast. The meal consists of round foods such as lentils or eggs, which are symbols of mourning. Other customs include a period of abstinence and affliction reminiscent of Yom Kippur. It is forbidden to wear leather shoes, bathe, eat, drink or have sexual relations. Torah may not be studied except for the texts relevant to the day: Lamentations, Job, and Jeremiah.

Some women's Rosh Chodesh groups commemorate the themes of destruction and mourning by sitting on low stools or on the bare floor, symbolic of sitting Shiva. Orthodox and other observant Jews assemble at the Wailing Wall in Jerusalem to bewail the destruction of the Temple(s), "kissing the stone wall and watering it with their tears." They read from the Book of Lamentations and recite suitable Psalms.

Although the poems and prayers in Lamentations reflect the harsh realities of the treatment of Jews through the ages there is hope in the midst of sorrow: "Because of the L-rd's great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness...I will say to myself: the L-rd is my portion; I will wait for Him." (Lamentations 3: 22-24) We are reminded of Hashem's forgiveness and His commitment to the Children of Israel. We have hope that even within our tumultuous history, Hashem's favor and love for His Chosen Ones endures for eternity. This hope can be seen in the recitation of the final verse of Lamentations: "Restore us, to Yourself O L-rd, that we may return; renew our days as of old."

Let us reflect on our history during this season and remember that in the aftermath of exile and destruction, Hashem's promises for our future --for redemption, blessing and restoration are true. ✍



# מנחם: NEWS

*Bellevue, Washington.* Join Achot and the UMJC this summer at our Annual International Messianic Jewish conference themed:

**Ma Navu--Walk the Talk! (Isaiah 52:7)**

**Dates:** July 28<sup>th</sup> – 31<sup>st</sup>, 2010

**Where:** Conference hotel: Hyatt Regency Bellevue, Bellevue, WA

(Preceded by business meetings July 25<sup>th</sup> – 28<sup>th</sup>, 2010)

*Bellevue, a green picturesque Northwest city, is ideally located just 17 miles from Sea-Tac International Airport and 9 miles east of Seattle. It is home to outdoor adventures like hiking, boating, golfing and more. Plus, guests enjoy easy access to the many unique landmarks and attractions that have made Seattle famous. (from [www.bellevue.hyatt.com](http://www.bellevue.hyatt.com))*

Achot has planned a pre-conference tour of Pike Place Market in downtown Seattle, a visit to the first original Starbucks, and a tour of Seattle's own Theo Chocolate Factory. RSVP to your Evite today –only 4 spots left! Achot will also be hosting its yearly reception on Thursday after the evening session. Come and schmooze, reconnect and find out what Achot has in store for the year. Join us also on Friday as Achot hosts a seminar, "Uniquely You: Personality & Engaging Spirituality." As Messianic Jews, it is good for us to draw life from the traditional spiritual practices of our people. But we can also engage these practices with a modern understanding that not all people will connect in the same way. This seminar will attempt to give a brief introduction to the Myers-Briggs Temperament Indicator (MBTI) and how it can inform us about creative ways that we can each approach our tradition in a way that will be personally helpful and life-giving. It will explore how people of different temperaments may be able to engage such elements as the siddur, liturgy, meditation, mussar (Jewish ethics), Talmud study, etc. in a way that will be the most enriching. We hope you can join us!

## Sisters in THE HOOD

*Showcased here is a short bio on one Achot member every quarter. Get to know your 'sisters in the hood'!*

**Abby Korotney ~ ~**

Born in Westbury, New York, I grew up in a Conservative Jewish home with three older brothers. My grandfather was an Orthodox Rabbi and a formidable presence in my family's life--overseeing my brothers' Hebrew lessons and advising my mother on keeping a kosher home.

At the age of two, my family moved to Westport, CT where I attended Hebrew school three times a week until becoming a Bat Mitzvah at the age of 13. Coming from a Conservative/Orthodox Jewish family, it was considered unusual, although not "unheard of", for young Jewish girls to take on this mitzvah. My love for Jewish prayer, particularly the Shema and its accompanying blessings from Deuteronomy 6 were a hallmark of my childhood: "Hear O Israel, the L-rd is our G-d, the L-rd is One. You shall love the L-rd your G-d with all your heart, with all your soul and with all your might..."

The prospect of one day passing on my Judaism to my children became my dream. Torah, G-d and the Land (Israel) were my passion and my *raison d'etre* (reason for being).

However, after entering adolescence, a variety of circumstances occurred that profoundly changed my spiritual path. Our family was assailed by trouble. My brothers struggled with the temptations and the lure of the tumultuous 60's. They seemed lost and without direction. One of my brothers made a suicide attempt. It left me with a deep spiritual yearning during a time when G-d seemed far away.

Even within my Jewish youth group, there was a complete lack of focus on Hashem and His precepts. The Judaism of my childhood and the teachings of Tanakh were invalidated by my peers. I found myself searching for meaning and significance in a culture devoid of spirituality.

*(continued on pg. 6)*

**VISIT US ANYTIME: [WWW.UMJC.NET/ACHOT](http://WWW.UMJC.NET/ACHOT)**

# BECOME A MEMBER!



*As a sisterhood, we have the goal to connect with one another in becoming all that the L-rd G-d of Israel has for us.*

*We are here to help enhance our love of G-d, Torah and Israel. We are dedicated in the bond of the testimony of the love of G-d as witnessed in Messiah Yeshua, who when asked what the greatest commandment was, answered, "Love the L-rd your G-d and your neighbor as yourself." It is in this spirit that we will create stronger bonds with one another and reach out our hands in tzedakah to others.*

*Please join us in this dynamic venture! Visit: [www.umjc.net/achot](http://www.umjc.net/achot). You can either become a member online by clicking on the menu item "Become a Member", or by filling out our form below and sending it into the UMJC office. *~**

## Join Us Today!

**Membership is open to any individual who is part of any congregation and those who seek to support Achot.**

Chai : \$ 18 per year \_\_\_\_\_ Double Chai : \$36 \_\_\_\_\_

Triple Chai : \$ 54 per year \_\_\_\_\_

Other: \_\_\_\_\_

**Please detach and send this form along with check payable to the Union of Messianic Jewish Congregations with a notation for Achot. *This will help us make sure it goes to Achot!!!!***

**Please send to: UMJC Office  
529 Jefferson St. N.E.  
Albuquerque, NM 87108**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Amt. \$** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

## WELCOME!

*A*chot warmly welcomes our newest members. Do you have talents that you wish to share? We need contributors to our newsletter on a regular basis. Do you have any notable events you would like to announce? Is there something exciting happening in your sisterhood that you wish to share? Have you read a book worth reading? Send your ideas, comments, and writing [malkahmiriam@gmail.com](mailto:malkahmiriam@gmail.com) today!

Current *A*chot Board Members are:  
Linda Lieber, Merryl Eaton, Abby Korotney,  
Sherry Moore, Susan Lerner, and Malkah  
Forbes. *~*

*I*t is time to renew your membership. Please go online or send in your renewal amount based on your membership level. Thanks for your continuing support! *~*

# A Bissel...

Come here to learn "a bit" about something new...



## The Yiddish Book Center

*I don't speak Yiddish, I don't understand Yiddish, not even a "bissel" but, it didn't matter. I love the Yiddish Book Center, located on the campus of Hampshire College, in Amherst, Massachusetts. And so, I happily organized a group of folks from Simchat Yisrael in West Haven, Connecticut to join members from Ruach Yisrael in Needham, Massachusetts to tour the Center and attend a Klezmer concert, by a band whose name I have since forgotten. There were fifty of us, and that alone was quite gratifying. At one point, I was "schmoozing" (yes, I know I said I don't speak Yiddish, but, schmoozing doesn't count as a Yiddish word, does it? After all, the Puerto Ricans in New York say it too) with another tourist who asked which synagogue did I come with. She was quite aghast when I said "a messianic one" and even more farmisht when I explained that there were fifty of us.*

*The Yiddish Book Center was built to resemble one of the many beautiful wooden Polish synagogues destroyed by the Nazis. Entering the visitor's center, I would encourage you to watch the twelve minute orientation film "A Bridge of Books" by the Center's founder, Aaron Lansky.*

In 1980, when he was a 23-year-old graduate student, Lansky stumbled upon an alarming fact: thousands of priceless Yiddish books – books that had survived Hitler and Stalin – were being discarded and destroyed. As an older generation passed on, their Jewish volumes were often thrown in the trash by children and grandchildren unable to read the language. An entire literature was on the verge of extinction.


Lansky issued a public appeal for unwanted and discarded Yiddish books, and Jews from all over America rallied to the call. Soon Lansky and a handful of co-workers were on the road, hauling Jewish books from cellars and attics, synagogues and abandoned buildings.

Originally, scholars estimated there were 70,000 Yiddish books extant and recoverable. The Center saved that number in six months and has gone on to recover one million volumes.

Current technology has allowed the Center to reprint the found books at a reasonable price and so the "library" is not a library per say, but rather a giant Yiddish book store.

And so, the Book Center helped establish Yiddish collections at more than 600 great libraries including Harvard, Yale, Library of Congress, the British Library, Hebrew University in Jerusalem, and national libraries in countries as distant as Australia, China and Japan.

But, the Book Center is more than that. There are interesting displays, lectures, plays and concerts. The Center has a wonderful book store that I could happily spend several hours in. So, the next time you plan a trip to the East Coast, plan a trip to the Yiddish Book Center. You won't be disappointed. And call me - we can go together.

*\*\*Merryl Eaton is the rebbetzin at Simchat Yisrael and an enthusiastic tourist where ever she goes. *

# RECIPE CORNER

Enjoy these delightful recipes from our kitchen to yours!

## Spanish Style Fish


-- taken from *Estee Kafra's* Cooking with Color-Dinner, which is part of a boxed set of two (the other is *Cooking with Color—An Array of Fast and Fresh Ideas to Brighten Your Cooking*).

You can make the sauce and marinate the fish in it overnight. Bake the fish up to 2 hours before the meal and keep it at room temperature until you serve it.

4 whitefish steaks or 4 pieces tilapia  
1 tablespoons extra-virgin olive oil (approximately)  
2 cloves garlic, crushed  
1 (14 ounce) can diced tomatoes  
1 jalapeno pepper, grated (discard seeds)  
3 heaping tablespoons tomato paste  
2 teaspoons sugar  
1/2 orange bell pepper, thinly sliced  
1/2 yellow bell pepper, thinly sliced  
1/2 pound okra, sliced crosswise in 1-inch pieces

Preheat oven to 350°F. Rinse fish and pat dry. In a large skillet, sauté the garlic in olive oil until fragrant but not brown. Add the remaining ingredients (except the fish) in the order in which they appear, stirring to combine after each addition. Let cook for about 15 minutes on low heat, or until the peppers and the okra begin to soften slightly. Let sauce cool. Place fish in an oven-safe dish and pour cooled sauce over to cover completely. Cover well and bake for about 30 minutes. Serves 5.

*Note: Additional peppers can be added to the sauce after it has cooked, right before baking in the oven, to add additional color and texture.*

B'tayavon! 

## LAUGH A LITTLE!

*It's good for you...*

### A Zoo Story

Moishe, a Jewish actor is so down and out, he's ready to take any acting gig that he can find. Finally, he gets a lead, a classified ad that says, "Actor needed to play an ape." "I could do that," says Moishe.

To his surprise, the employer turns out to be the Central Park Zoo in New York. Owing to the mismanagement, the zoo has spent so much money renovating the grounds and improving the habitat, they can no longer afford to import the ape to replace the recently deceased one, so, until they can, they'll put an actor in an ape suit. Out of desperation, Moishe takes the offer.

At first, his conscience keeps nagging him, that he is being dishonest by fooling the zoo-goers. Moishe also feels undignified in the ape suit, stared at by the crowds who watch his every move.

But after a few days on the job, he begins to enjoy all the attention and starts to put on a show for all the zoo-goers.

Moishe hangs upside down from the branches by his legs, swinging about on the vines, climbing up the cage walls and roaring with all his might, while beating on his chest. Soon, he's drawing a sizable crowd.

One day, when Moishe is swinging on the vines to show off to a group of school kids, his hand slips and he goes flying over the fence into the neighboring cage, the lion's den.

Terrified, Moishe backs up as far from the approaching lion as he can, covers his eyes with his paws and prays at the top of his lungs, "Shema Yisrael Adonai Eloheinu, Adonai Echad!"

The lion opens his powerful jaws and roars the response, "Baruch Shem K'vod Malchuto L'olam Va'ed."

From a nearby cage, a panda yells, "Shut up, you'll get us all fired!"





# אחות: נעו?

*We want to know what we can do to help your local sisterhood, women's group, and each individual member prosper. Please forward your concerns and ideas to: [tikvatlinda@aol.com](mailto:tikvatlinda@aol.com)*

*You are the reason we started Achot! May His name be glorified in and through our lives!*

*Love, Achot* ✍

## Raffle!



*We are planning a fundraiser for Achot at the International UMJC Conference in Seattle this year. What's up for grabs? A \$100 gift certificate to DSW (Designer Shoe Warehouse). DSW has store locations nationwide.*

*Take a chance and you may be stepping out in fashion. Tickets will be sold throughout the conference at the Achot table: 6 for \$5 or \$1 each. Everyone is welcome to try their hand at winning this certificate - men, women and children. The winning raffle ticket will be announced Saturday evening at the end of the plenary session. You must be present to win. Good luck!* ✍

## Sisters in THE HOOD

*continued from page 2*

Eventually, I came into contact with a believer in high school who led me to faith in Yeshua the Messiah. I was profoundly attracted to the idea that I could have a relationship with the G-d of Abraham, Isaac and Jacob. Belief in Messiah was the perfect antidote for the disillusionment that I felt in my teen years.

During college, I became a part of a Christian community. However, the lack of Jewish expression (i.e., practices and prayers) made it a rather empty experience. It was not until many years later, when Congregation Zera Avraham ("Seed of Abraham") was established by Rabbi Mark Kinzer in Ann Arbor, MI that my Jewish ideals and belief in Messiah were brought to fruition.

Belief in Messiah has also brought meaning to my life as it pertains to being in right relationship with G-d and others. The biblical commandment to love one's neighbor as oneself has become the foundation for my daily Jewish life. In Rabbi Donin's book "To Be a Jew", he states: "The 'good heart' is the Talmud's prerequisite for a truly pious and observant individual."

I discovered that the practice of *tzedakah* (charity) is a way to fulfill the mitzvah of *gemilut hasadim* (deeds of loving kindness), one of the three pillars of Judaism. Proverbs 21:3 instructs us in the way of *tzedakah*: "The doing of righteousness and justice is preferable to the Lord than the sacrificial offering." Being part of a sisterhood and more broadly Achot has been a meaningful way to make a difference at home and in my community.

In addition to my participation in a Messianic Jewish congregation, I spend most of my time raising two children with the help of my wonderful husband. I enjoy music, knitting, reading, swimming and spending time with friends. Although life has not been without its struggles- raising a son with Asperger's, supporting a husband through chronic back pain, and dealing with aging parents--I have been strengthened by the knowledge of Hashem and His saving power. B"H! ✍

## Good Reads... A Book Review of Amos Oz's *A Tale of Love and Darkness* by Marie Singer

This is the true story of the celebrated Israeli author's childhood growing up in Israel during the birth of the new nation. In his book, Oz describes the famous thinkers and leaders he came to know and the significant events he witnessed first hand, including the creation of the state of Israel.


The author dwells on his childhood years and includes humorous tales of the family members he knew growing up. He gives a much more brief description of his adolescent years and of his time at Kibbutz Hulda. He describes at length his own feelings and those of others.

Oz describes each and every detail and significant event in his childhood, relating these events to other parts of the book. In the book he tells of the families of his father and mother, who came to Israel from Europe in the beginning of the 20th century; of his encounters and relationship with the great author S.Y. Agnon; of his relationship with his uncle, the famous Prof. Yosef Klauzner; and of his intimate meeting with David Ben-Gurion. Alongside these tales of great figures of the founders' generation of Israel, Oz tells the story of his own, highly educated, father and mother. His father had been a librarian at the National Library, and throughout his life tried to build a career as a writer and philosopher, failing to succeed at this. His mother, very sensitive, romantic and fragile woman, would fall into periods of depression and finally committed suicide when Oz was only 12 years old. Be prepared to read these details, encounters, events, feelings and illusions as they are; spread throughout the book, not necessarily in chronological order.

I personally felt bogged down with the author's long description of his childhood years, and although he includes humorous tales of the behavior of some of his quirky relatives and immediate family, I felt that there is a pervading underlying sense of sadness and depression. He briefly describes his mother's death. Perhaps a more detailed recounting of his mother's life, and of the author's relationship to her, will come later.

Oz was nominated with the prestigious Goethe award (awarded once in three years, and previously given to Freud and Herman Hesse) in 2005. The award was for all his works, with a special emphasis on this book.

This book is a great read for young people because they can get a picture of life in Jerusalem in the new state of Israel of the 1940's and 1950's; a picture of the people and of the events around them; and of how people coped with everyday dangers, including touchy relationships with Arab neighbors. I recommend this book for everyone who wants a personal background to the story of Israel's first years as a nation.

*\*\* Marie Singer is a member of Congregation Zera Avraham in Ann Arbor, MI. She is an accomplished artist and calligrapher and has created many lovely ketubot for Jewish couples. Marie is also an avid reader and she belongs to a local Jewish women's book group. She currently resides with her husband in Dexter, MI and has three grown children and two grandchildren. *




## A WORD FROM THE CHAIR...

*It is hard to believe that the UMJC conference is happening in a month.*

*It is such a great time to get together and renew friendships, perhaps strengthen acquaintances, establish new friendships, worship the L-rd together, be encouraged and built up.*

*On Thursday night, we will be having our Achot reception and we can't wait to see you there; it is such a wonderful time to relax and be with one another.*

*The Board of Achot has been busy planning time for all of the women to be strengthened and encouraged in our prayer lives and our understanding of who we are and how we function as individuals. You won't want to miss our session entitled "Uniquely You; Personality and Engaging Spirituality". This session will take place on Friday morning at 9 a.m. *

# Shout!



*Did you enjoy this month's newsletter? If so, forward this newsletter to 3 women you know. Get the word out about Achot!*