



KOLENU

"Our Voice" The Newsletter of Congregation Anshei Israel

March/April 2026 • Adar/Nisan/Iyar 5786

Volume 78 Number 4

CAI Presents
The Most Magical Purim on Earth:

A DISNEY PURIM

MONDAY, MARCH 2

Join us for
Tucson's Community

Second Night Seder

Thursday, April 2

See details inside!

Space is limited. Reservations required. See details inside!

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KOLENU • קולנו

"Our Voice"

The Newsletter of Congregation Anshei Israel

Congregation Anshei Israel

A Conservative Synagogue and Proud Member of USCJ



5550 East 5th Street • Tucson AZ 85711
(520) 745-5550 • fax (520) 745-9058

caiaz.org

MISSION STATEMENT

Congregation Anshei Israel shall serve as a source of spiritual, educational, and social enrichment in order to encourage and ensure Judaic values in accordance with the Principles of Conservative Judaism.

CLERGY & STAFF INFORMATION

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Please visit our website caiaz.org and check your email for the most up-to-date information.



Instagram

Shalom! FROM RABBI METZ

As we move into March and April, we find ourselves in one of my favorite stretches of the Jewish year. This is a season that invites us to laugh, to notice one another more carefully, and to remember that freedom is a journey we make together.



First, Purim bursts into our lives with color and noise. It is joyful and a little chaotic. We dress up, we laugh loudly, we tell a story where God's name is never mentioned and yet, God's presence is felt everywhere. Similar to our lives, God can seem hidden in our everyday drama, in our courage, and in ways we show up for one another. Purim reminds us that our survival itself is a miracle, and that joy is a great act of resistance.

Purim doesn't stand alone. In Jewish time, it opens the door to something deeper.

Four weeks later, Passover arrives quieter than Purim, and with far greater preparations. We are commanded to remember slavery, hardship, pain, fear, love, miracles, and the hope of our ancestors.

At the Seder table, we tell a story that insists every generation must see themselves as if they personally went out from Egypt. We do this knowing that the work of becoming free is ongoing.

This season reminds us that transformation doesn't happen all at once. First comes awareness. Then courage. Then action. And in each step, community.

At Congregation Anshei Israel, we'll be marking this journey together through joyous Purim events and meaningful Passover celebrations with moments of love, learning, ritual, and connection across generations. Know that you are part of this unfolding story.

I hope you'll join us as we move from the laughter of Purim to the questions of Passover, from hidden miracles to open redemption. May this season help us notice hidden strength, find courage for the work of becoming free, and remember that we move from celebration to redemption with you.

Chag Purim Sameach and an early *Chag Pesach Sameach*. I can't wait to experience this sacred season together.

B'Shalom,

Rabbi Sara Metz
(520) 745-5550 ext. 230
RabbiMetz@caiaz.org

Please warmly	<h2>Welcome</h2>	Our rejoined members:
Cynthia Bower & David Lieberthal		

Candle Lighting Times

March	
March 6	6:07pm
March 13	6:12pm
March 20	6:17pm
March 27	6:22pm

April	
April 1 (<i>Erev Pesach I</i>)	6:25pm
April 2 (<i>Pesach II</i>)	7:21pm
April 3	6:26pm
April 7 (<i>Erev Pesach VII</i>)	6:29pm
April 8 (<i>Erev Pesach VIII</i>)	7:25pm
April 10	6:31pm
April 17	6:36pm
April 24	6:41pm

FROM THE PRESIDENT



The current officers and Board of Trustees are grateful to everyone who participated in the congregational survey last summer. It provided a valuable snapshot of what appeals to you, and where you'd like to make things even better. We got up to 153 responses per question, depending on its relevance to the responder. That says

we received a fair cross-section of opinions, not just those of the happiest and unhappiest.

The most common response with respect to programming was "satisfied." On the general question of satisfaction with the organization, satisfaction with clergy and staff was the highest, while there was desire for more means of social connection and more adult education. This information aligns with the Rabbi's and the Board's priorities and has informed programming choices this year.

With respect to specific aspects of programming, the highest satisfaction by far was with support for family lifecycle events. This was followed by activities of the Parent Action Committee and the quality of High Holy Day services. There was also satisfaction with the more classical ways that the Congregation communicates, through Kolenu and weekly eblasts. Respondents found more room for improvement in Men's Club activities and virtual Friday evening services.

Your feedback was taken seriously. There is now an in-person service with a special focus (almost) every Friday night. Men's Club events have become very popular. The recent Scotch & Steaks Night, sponsored by Men's Club, was well attended, educational (for whiskey lovers and aspiring distillers), and featured perfectly cooked steaks.

The other area of suggested improvement was in the means of communication with the younger population of congregants, particularly Instagram and other social media. I would say we're working on that.

Given that the Rabbi's contract was up for renewal within a year of the survey date, we took the opportunity to understand her impact on you and your experience at Anshei Israel. Again, the most frequent response was "satisfied". Summarizing the free responses: Many congregants view her as a warm, knowledgeable, and relatable rabbi who brings a modern sensibility to Jewish tradition. Her focus on ethics, inclusion, and community-building resonates especially with women and younger members, who find her family-oriented and humble demeanor to be both comforting and inspiring. These respondents feel that her blend of professional expertise and personal authenticity encourages a stronger sense of community and deeper involvement in synagogue life. Rabbi Metz received particularly positive recognition for her support of Israel and her effective partnering with other Jewish organizations and their programming.

This positive input, along with comments that suggested areas for growth, have high value to the Rabbi and synagogue leadership as we partner to provide the spiritual and social community you want.

Bivrachah,

Richard F. Green

richard_green_94647203@comcast.net

Know Someone New to Tucson?



If you know someone new to the Tucson community who you believe would be interested in learning about CAI, please call Debra Lytle at (520) 745-5550, ext. 242, so we can speak to them about all of the many spiritual, educational, and social opportunities our synagogue has to offer!

CAI's 95th Annual Meeting Monday, May 18

**SAVE
the DATE**

The Governance Committee is responsible for conducting an annual review of the bylaws and suggesting changes as appropriate, updating bylaws and resolving questions about them as required, reviewing all petitions to amend bylaws, reviewing general Board, and committee operating rules, and maintaining and updating Board policies as appropriate. They also assess the leadership needs of committees and Board and create a slate of Officers and Board members.

This year's slate of Officers and Board member recommendations will be shared in the 94th Annual Meeting announcement coming out soon.



CAI's Governance Committee:

Jim Whitehill, Chair

Watch your email for updates and details.



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Members of CAI

EDUCATION

Preschool



What a gorgeous, sunny winter season it has been at the preschool. Our children have loved spending time outdoors on our beautiful playground, and both they and the garden have been thriving. We have enjoyed tasting a rainbow of vegetables and comparing familiar favorites with the special varieties we have grown, including purple cauliflower and purple carrots. In honor of Tu B'Shvat, we planted parsley seeds and watched beans, acorns from the playground, and other seeds sprout and grow roots. Observing these changes has sparked wonderful conversations about growth, nature, and gratitude for the earth.

In January, Rabbi Metz and our Parent Action Committee generously helped offset most of the costs for our Pajama Tot Shabbat, allowing even more families to come together to welcome Shabbat. The children arrived in cozy pajamas, clutching their favorite stuffies, and we shared a sweet and meaningful evening as a community. Our next Pajama Tot Shabbat will take place on March 6, and we would love for you to join us if you have little ones as this gathering is designed primarily for children in first grade and younger. Please feel free to invite a family from outside our community to experience this special Friday celebration.

Excitement has also been building as we prepare for Purim! The children have been eagerly practicing in their costumes, parading through the building while singing and shaking their instruments with great enthusiasm. During Shabbat music with Miss Nichole, we have been learning our favorite Purim songs. One highlight is the interactive song where the children enthusiastically shout "Hooray!" for Queen Esther and loudly "Boo!" at the mention of Haman. We cannot wait to celebrate together!

Enrollment for the upcoming school year is now open, and we look forward to welcoming new families into our preschool community. Tours are available upon request, and I am delighted to share the outstanding programs we offer. Registration is also open for our STEAM Summer Camp, running June 1 through July 17, featuring special visitors, hands on science, daily water play, art, music, and more. If you know a family with children five and under, please help us spread the word. See the insert for more detailed information and please share with anyone who may be interested.

B'Shalom,
Allison Wetzel
 Early Childhood Director
 (520) 745-5550 ext. 229
 ECDirector@caiaz.org

*The children
 have become
 quite the
 farmers.*



B'Yahad and USY

As we enter Spring and get closer to the Summer, our B'Yahad families were given the opportunity to explore Jewish Summer Camp options at our Jewish Summer Camp Fair with Kol Ami. We were thrilled to welcome Camp Representatives from many different Jewish camps (including Camp Ramah!). As a reminder, we have scholarships available for families who are interested in sending their child to camp this summer. We want to make sure that every family that wants to send a child to camp can, so please be in touch with us!



We look forward to celebrating Purim together on the **evening of March 2 with The Most Magical Purim on Earth: A Disney Purim!** Be sure to join us for the fun! We also look forward to a wonderful B'Yahad Passover Workshop on March 22!

Parents of Tweens & Teens: Be sure to join us for the second installment of our **"Dor L'Dor: Generation to Generation Learning for Teens & Parents"** on **March 15**. If you missed the first one, no problem! Also, we are very pleased to participate in the **Teen Mental Health Initiative in partnership with JFCS, and in memory of Rabbi Arthur Oleisky.** Keep an eye out for upcoming classes and counseling opportunities to make sure our teens have the support they need around mental health.



Kadimanicks: Join us for Kadima on March 8 and April 12, along with our Midbar Kinnus at the end of March at Camp Stein in Prescott.

USYers: See you on March 14 and April 11, along with volunteering at the Purim Carnival on March 2.

B'Shalom,
 Nichole Chorny
 Cantorial Soloist and Education & Youth Director
 (520) 745-5550 ext. 227
 CantorialSoloist@caiaz.org

Becoming a Bar Mitzvah



Noah Benjamin Tennenbaum March 21, 2026

Noah is the son of Josh & Bri Tennenbaum, and brother to Cooper. His grandparents are Joe & Joy Ehrlich, and Noreen & Bruce Tennenbaum. Noah attends Esperero Canyon Middle School and enjoys playing basketball in his spare time. For his mitzvah project, Noah is collecting donations for the scholarship fund for his basketball team at the Tucson Jewish Community Center.

The Mitzvah of Bikur Holim (Visiting the Sick)

Federal healthcare privacy regulations make it difficult for us to know when a member of CAI has been admitted to a hospital.

Become a partner in the mitzvah of Bikur Holim – visiting the sick – by advising our clergy when you, a relative, or a friend is hospitalized. We can stay informed ONLY if a family member or friend provides the information to us.

Please call Rabbi Metz at (520) 745-5550, ext. 230

ADULT EDUCATION



Back by popular demand!



The Tribes of Israel: A Shared Homeland for A Divided People

9:45am-11:00am

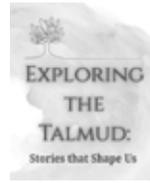
Sundays March 15 & April 19

This engaging course explores how Israel can be both a Jewish and democratic society. Based on the iEngage series from The Shalom Hartman Institute, this class looks at how Israelis from different religious, political, and cultural backgrounds can build a shared future. Through video lectures and lively discussion, we'll explore what it means to create unity within diversity and why it matters for all Jews today.

Scan QR Code
to Register



NEW!



Exploring the Talmud: The Stories That Shape Us

Thursdays at 10:00am
on Zoom

Join our Thursday study group as we explore the Talmud, home of deep wisdom, spirited debates, and stories so quirky you'll wonder if the rabbis missed their calling as comedians.

Each week we'll explore one tale and what it can teach us today. No background needed, just curiosity and a sense of humor. Come learn, laugh a little, and discover timeless meaning in these ancient stories.

Check your email for details and Zoom link.



Read It and Meet

*Nothing beats talking about
good books!*

Please join Women's League for **Read It and Meet** to discuss a wide variety of books by Jewish authors and/or about Jewish themes.

**Join us in Rabbi Breger Hall following
Shabbat Morning Services.
(approximately 12:30pm)**

DATE	TITLE	AUTHOR
Mar. 7	<i>Only the Beautiful</i>	Susan Meissner
May 2	<i>How to Share an Egg: A True Story of Hunger, Love, and Plenty</i>	Bonny Reichert



Jewish Journeys

After Shabbat Morning Services
(approx. 12:30pm)

In Rabbi Eisen Beit Midrash
(in person only)

Stay after services for lunch and a special interview with members of CAI.

Saturday, March 28

In March, we speak with Dr. Richard Green as he shares stories from his life and Jewish journey.

Come hear, learn, and connect as we celebrate the richness of our CAI community.

COMING UP



Pajama Tot Shabbat Service & Dinner

Friday, March 6
5:45pm Service
6:15 Dinner

Join Rabbi Metz and Cantorial Soloist Nichole Chorny in the Rabbi Eisen Beit Midrash for this tot-friendly service, followed by a dairy dinner at approximately 6:15pm.

RSVP & payment for dinner required no later than **March 3**.

Scan QR Code for pricing & RSVP for dinner or visit caiaz.org



Hybrid Traditional Shabbat

Friday, March 6 at 5:45pm

In the Sanctuary and on Zoom

Join Joy Peskin in the Sanctuary (or on Zoom) as she leads us in a traditional Kabbalat Shabbat service.

Shabbat Oneg Service

Friday, March 20

7:30pm Service

Dessert & L'Chaim Oneg to follow

Join us for a later *Kabbalat Shabbat & Ma'ariv* service in our Rabbi Eisen Beit Midrash.

Stay after services to schmooze over sweet treats, drinks, and great conversation as we connect and celebrate with our community together.

Both pareve and dairy desserts will be available.

Family Shabbat Service & Dinner



March 13

(March Madness/Sports)



April 10

(Israel)



Family Shabbat Service at 5:45pm

Rabbi Eisen Beit Midrash & on Zoom
(approximately 1 hour)

Join us as we bring in Shabbat together with a family-friendly Shabbat service in the Rabbi Eisen Beit Midrash.

Followed by a delicious chicken dinner with vegetarian option.

RSVP and payment for dinner required no later than

Mar. 10



Scan QR Code for pricing & RSVP or visit caiaz.org

Apr. 7



Shabbat Sovev
שבת סובב

Shabbat Sovev

Friday, April 17 at 5:45pm

in the Rabbi Eisen Beit Midrash

Dinner to follow at approximately 7:00pm

Join us for a spiritually-moving Kabbalat Shabbat Service full of community and new melodies sung to traditional liturgy. After the service, join us for a chicken dinner with vegetarian option.

RSVP and payment for dinner required no later than Tuesday, April 10

Scan QR Code for pricing & RSVP or visit caiaz.org



COMING UP

Daily & Weekly Services

Join us in prayer services!



Morning & Evening Minyan Service

Now by request - scan QR Code or visit caiaz.org to request a minyan!

HYBRID Morning Minyan Fridays at 7:30am

In-person in the Rabbi Eisen Beit Midrash & on Zoom, followed by a light breakfast.

HYBRID Evening Minyan Tuesdays* & Thursdays at 5:30pm

In-person in the Rabbi Eisen Beit Midrash & on Zoom
*Learner's Minyan - Slower Pace

Kabbalat Shabbat Services

MARCH	APRIL
6 th - 5:45pm Tot Shabbat Hybrid Traditional Shabbat	3 rd - 5:45pm on Zoom
13 th - 5:45pm Hybrid Family Shabbat	10 th - 5:45pm Hybrid Family Shabbat
20 th - 7:30pm Hybrid Shabbat Oneg	17 th - 5:45pm Hybrid Shabbat Sovev
27 th - 5:45pm on Zoom	24 th - 5:45pm on Zoom

Subject to change. Check your email for details.

Hybrid Shabbat Morning Services

NOW IN THE RABBI EISEN BEIT MIDRASH
9:30am Saturdays



Addiction as Illness: A Jewish Ethical Lens Sunday, April 12 at 11:00am in Cantor Falkow Lounge

Addiction raises profound questions about responsibility, compassion, and healing.

In this adult education class, Dr. Hillary Goldstein will explore how Jewish ethical teachings can inform the use of medication in treating addiction.

Drawing on values such as *pikuach nefesh* (saving a life), *refuah* (the obligation to heal), and human dignity, we will consider how medical treatment and Jewish wisdom can work together.

This conversation invites us to see addiction treatment as an act of care for both body and soul.

Scan QR Code to Register
or visit caiaz.org.



Dor L'Dor:

Generation to Generation Learning for Teens & Parents



Join Rabbi Metz & Nichole Chorny for a pizza lunch followed by learning geared toward preteens and teens (approximately 6th-10th grade) and their parents.

Session 2: Sunday, March 15 at 12:00pm Now What?: Moving From Teen to Eighteen

This session provides a space for parents and preteens/teens to explore the next stages of their life journey and their Jewish journey, learn about Jewish wisdom on character, and begin a dialogue about the changes in their Jewish life. Together, teens and parents examine the different areas of growth between becoming a teen and becoming an adult.



Scan QR Code
to RSVP

Free

Peer-to-Peer Teen Mental Health Training



March 22, April 12 & April 19
12:15-1:30pm (w/pizza!)

RSVP Required

(for more information, contact Nichole at cantorialsoloist@caiaz.org)

For ALL Teens, this initiative is in memory of Rabbi Arthur Oleisky and in partnership with JFCS.



COMING UP

CAI Presents
The Most Magical Purim on Earth

A DISNEY PURIM!

MONDAY, MARCH 2

The fun starts at 5pm!

Join us for a joy-filled celebration with Disney magic, Purim fun, costumes, treats, and happily-ever-after memories for all ages!

5:00pm - Carnival!	Dinner
5:45pm - Dairy Dinner!	\$10 per person
6:30pm - Megillah Reading!	\$15 at the door

Chat with JFCS representatives and have an opportunity to support our community, through JFCS Matzah & More Drive. Scan the QR Code to make your secure donation online.



Scan QR Code to RSVP for dinner



Scan QR Code to help at the Carnival



Join us for
Tucson's Community

Second Night Seder

Thursday, April 2 at 6:00pm

in Cantor Falkow Lounge

Participate in one of Judaism's most meaningful festivals with Rabbi Metz and your CAI family!

Seder begins at 7:00pm

Watch your email for details!

Space is limited.
Reservations required.



CAI'S MEN'S CLUB INVITES YOU TO



UA Baseball

Sunday, March 22 at Noon
Hi Corbett Field
700 S. Randolph Way • Tucson, AZ 85711

Tickets - \$7 each
plus processing fee

Scan QR code to purchase tickets or visit
<http://tiny.cc/edcy001>



Israel Paint & Sip Night

Thursday, April 16 at 6:00pm

In Cantor Falkow Lounge

\$18 per person

Join us for a relaxing and creative Israel Paint & Sip Night with artist Kala Phelps! Participants will learn watercolor techniques for painting flowers before creating an Israel-inspired piece, all while socializing in a welcoming atmosphere.

No prior painting experience is needed—just come ready to unwind, connect, and create. All supplies are included.

Scan QR Code to register or visit caiaz.org



Congregation
Anshei Israel

COMING UP



Learn or brush up on your Hebrew skills!

Starting (and Restarting) Hebrew:

Thursdays, March 12-May 14

(no class April 2, 9 & 16)

Following Evening Minyan

(approx. 6:00pm through 7:30pm)

in Rabbi Breger Hall

Join Eva Kvaloesund after Thursday evening *minyan* for an Adult Hebrew class focused on building confidence and comfort with Hebrew reading. Whether you are just beginning or looking to strengthen your skills, this class offers a supportive, low-pressure space to practice reading, learn patterns, and deepen your connection to prayer and Jewish text. All levels are welcome.

\$90/member

\$126/guest



**Scan QR Code
to Register
by March 3**

SAVE THE DATE COMING FROM ISRAEL!

June 12-14

Musicians-in-Residence Shabbat
with ZAMRU

and

Dr. Stephen Arnoff,
CEO of the Fuchsberg Jerusalem Center



יְהוָה

DETAILS TO COME!

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CATCHING UP

Brisket & Bright Lights Chanukkah Party - December 14, 2025



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CATCHING UP

Havdalah Under the Stars - January 24, 2026



Scotch & Steaks - January 25, 2026



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CATCHING UP

Sacred Traditions - January 25, 2026



Tu B'Shvat at the Park - February 1, 2026



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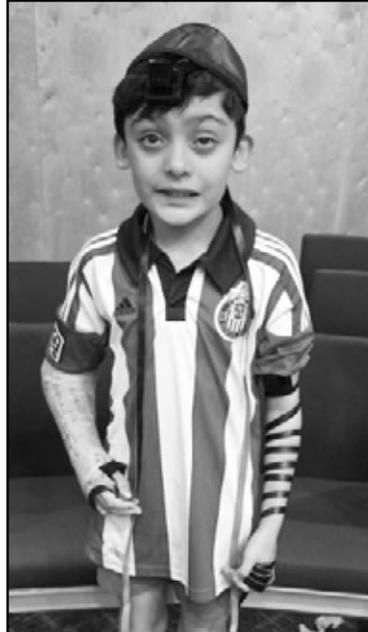
Imagine a gated community w/ stables, tennis, pool, & a pond, this is Redington Ranch Estates, set in the serene Tanque Verde Valley. This 4Br, 3Ba 3612 sqft hilltop Santa Fe spans 3.2 acres of natural desert beauty and offers breathtaking panoramic mnt views and city light vistas.

MADELINE FRIEDMAN
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520.907.4141
WWW.TUCSONAZHOMES.COM
TUCSONHOMEFINDER@AOL.COM



CATCHING UP

B'Yahad's World Wide Wrap - February 8, 2026



Passover Guide 5786

Congregation Anshei Israel's Clergy, Staff, Officers, and Board of Trustees wish you a happy, healthy, kosher Pesach.



Pesach Schedule of Services

Wednesday, April 1 (on Zoom)

Morning Minyan with Siyum for First-Borns... 7:00am

Those who conclude study of a significant portion of Rabbinic literature must participate in a celebratory meal after learning.

Wednesday, April 1 (on Zoom)

Morning Minyan with Siyum for First-Borns... 7:00am

Thursday, April 2 – 1st Day Passover *

Morning Service (Hybrid) 9:30am
Second Night Seder.....6:00pm

**In-person at CAI.
RSVP required for 2nd Night Seder.
Watch your email for details!**

Friday, April 3 – 2nd Day Passover *

Morning Minyan (Hybrid)9:30am
Shabbat Evening & Passover Service (on Zoom)..5:45pm

Saturday, April 4 – 3rd Day Passover *

Shabbat Morning/Passover Service (Hybrid) 9:30am

Tuesday, April 7 – 6th Day Passover

Mincha/Ma'ariv Service (Hybrid)5:30pm

Wednesday, April 8 – 7th Day Passover *

Morning Service (Hybrid).....9:30am
Mincha/Ma'ariv Service (on Zoom)5:30pm

Thursday, April 9 - 8th Day Passover *

Morning/Yizkor Service (Hybrid).....9:30am
Mincha & Passover/Ma'ariv Service (on Zoom)... 7:00pm

**Plan to join us for Kiddush in Rabbi Breger Hall following these morning services: April 2, 3, 4, 8 & 9.*

Passover Food and Food Preparation Guidelines

The following is a summary of the Rabbinical Assembly of Conservative Judaism's Committee on Jewish Law and Standards for Passover food and food preparation.

The Rabbinical Assembly Pesach Guide

Every year the Rabbinical Assembly Committee on Jewish Law and Standards publishes a Passover Guide which includes instructions for how to kasher one's home for Passover, as well as a list/overview of permitted and forbidden foods.

For this year's Guide, visit rabbinicalassembly.org and click the link on the home page.

Ta'Anit Bechorim: Fast of the First-Born

It is customary that all first-borns fast on the eve of Pesach commemorating the plague of the first-born before the Exodus from Egypt.

First-borns are excused from fasting if they attend a Siyum, celebrating the conclusion of studying a significant portion of Rabbinic literature.

Rabbi Metz will conduct our annual Siyum after a special morning service on **Wednesday, April 1 at 7:00am**. We invite all "first-borns" to participate in our Siyum.

Prohibited Food

Leavened breads, cakes, biscuits, crackers, cereals, coffee substances derived from cereals, wheat, barley, oats, spelt, rye, rice, dry peas, beans, and all liquids which contain ingredients or flavors made from grain alcohol. Baking soda may not be used.

Permitted Foods

Requiring no Kosher for Passover label:

כשר לפסח

The following are permitted in unopened packages: coffee with NO added flavors (No decaffeinated), sugar, salt, pepper, fresh fruits and vegetables, except for legumes (such as beans and peas). String beans are permitted.

If bought BEFORE Passover starts: milk may be purchased WITHOUT a Kosher for Passover label.

• If certified Kosher for Passover by a Rabbinical Authority: Matzot, matzah flour, Passover noodles, candies, cakes, beverages, canned and processed foods, milk, butter, jams, cheese, jelly, relishes, dried fruits, dried spices, nuts, salad oils, gelatin, shortening, vinegar, and liquors.

UTENSILS

- **China** - Fine translucent chinaware, which has not been used for Passover, may be used if thoroughly scoured and cleaned in hot water.
- **Dishwasher** - May be kashered for Passover by running a full wash cycle with soap after not using the machine for twenty-four hours.
- **Earthenware** - Cannot be kashered.
- **Glassware** - May be kashered for Passover by means of washing thoroughly in hot water.
- **Gas Stove** - The stove as well as the burners should be thoroughly scrubbed, cleaned and then turned on until red-hot.
- **Metal Dishes and Utensils** - Utensils used in a fire (i.e., spit or broiler) should be thoroughly scrubbed, cleaned, and heated until red-hot.
- **Silverware** should be thoroughly scrubbed, cleansed and then dipped in boiling water. In both cases, the utensil should not be used for a period of twenty-four hours between the cleansing and the kashering. The above procedures apply only to utensils made wholly of metal, with no cracks, that are used for cooking but NOT baking.

Bedikat Chametz

One of the pre-holiday ceremonies is *Bedikat chametz*, searching for leaven, when we conduct a candle-lit search through our homes to ensure that no *chametz* is still present. It is a brief ceremony in which the entire family can and should participate.

Bedikat Chametz

Make sure that all *chametz* has been removed or locked away, with the exception of what will be needed for the morning. Carefully hide some crumbs of bread. This is to ensure that the blessing and the ceremony will not be performed in vain. Take a candle, a feather or brush, and a box or cloth for the crumbs, and recite this blessing:

Baruch Ata Adonai, Eloheynu Melekh Ha'Olam Asher Kid'Shanu B'Mitzvotav V'Tsivanu Al Bi'Ur Hametz.

Blessed are you, O Lord, King of the Universe, who has sanctified us with His commandments and commanded us to remove all leaven.

Mechirat Chametz: Selling of Chametz

According to the Torah, Jews may neither eat nor own *chametz* (leavened foods) during the week of Passover.

Many *chametz* foods can be disposed of prior to Pesach, but some cannot without significant loss. This problem can be resolved by selling, according to an ancient formula, any *chametz* foods to a non-Jewish person, who is not obliged to observe the holiday.

The *chametz* is sold with the understanding that the seller will not partake of it during the week of Pesach. The *chametz* technically becomes the property of the non-Jewish person. However, it remains on the seller's property, usually in a designated corner of the house or garage, "rented" to the non-Jewish person. The *chametz* is repurchased immediately after Pesach for your continued use.

Rabbi Metz will accept responsibility for instituting the transaction and for repurchasing the *chametz*. Please complete the *chametz* Fund donation form and return it to the synagogue before **Tuesday, March 31**. Form is also available online at caiaz.org



Congregation
Anshei Israel

Join us for a delicious

Last Chametz Meal

Tuesday, March 31 • 4:00pm–8:00pm

Sweet Tomatoes

6202 E Broadway • 85711

Arrive anytime.

Rabbi Metz will be there with her family until 6:30pm.



Sweet Tomatoes.

MAZAL TOV

Congratulations

MAZAL TOV!



Yasher Koach to Adina Karp, who has been honored as the JPSA Young Woman of the Year!

March Anniversaries

Date	Years
5 Billie & Boris Kozolchyk	59
Ofelia & Simon Fried	45
7 Marsha & Charles Blitzer	45
9 Nancy & Richard Weiss	41
14 Marylou & Norman Feiger	33
16 Amber & Casey Page	13
18 Hollie & Bradley Rotenberg	14
21 Shelly & Les Silberman	41
Valorie & Andrew Douglas	17
Irene & Scott Glass	17
25 Dani & Phil Bregman	25
27 Stacey & Zach Singer	15
30 Sarah & Leonard Schultz	57

April Anniversaries

Date	Years
2 Norma & Ron Karp	60
6 Eliza Dray & Ian Kelly	18
28 Barbara & Peter Danes	24
29 Ellen Eichler-Grabell & Lawrence Grabell	31



Bake, bond, and do a mitzvah!

Join Vicki Pepper & Marcy Friedman on Sundays, March 22 & April 19 as we fill the freezer with homemade treats for the community. Open to all adult members.

Scan QR CODE to register by March 20.



Chesed "Caring" Committee



Did you know that every congregant is a member of the Chesed "Caring" Committee, the largest committee at Congregation Anshei Israel?!

Chesed means loving-kindness, grace, helping each other. We exist to help our members in times of need.

Please feel free to contact
Jane Poliakoff,
Chesed Committee Chair
JMPoliakoff@gmail.com



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Become a Kiddush sponsor!

Sponsorships will be acknowledged in eblasts, during services, and in the Kolenu.

If you are able to support us, please email Debra Lytle at ExecDir@caiaz.org

Interfaith Families Welcome



CAI welcomes all interfaith families and encourages them to participate in as much synagogue life as they choose within the framework of Conservative Judaism. For more information, visit caiaz.org/resources as part of CAI's "Myths vs. Facts" program.

Honorable "Menschens"

Todah Rabah to:

Community Chanukkah Party

Volunteers

Irvin Belzer
Andy Douglas
Will Douglas
Allen Gordon
Ron Gray
Jonathan Green
Richard Green
Dan Jurkowitz
Josh Melson
Lev Metz
Gregg Pollack
Linda Silverman

Kolenu Proofreaders

Judy Schultz
Linda Silverman
Dawn Steinberg

B'Yahad Family Chanukkah Celebration

Volunteers

Brooke Rabe
Tom Williams
Kerri Haeflinger
Lev Metz
James McGinnis
Beth McGinnis
Josh Tennenbaum

Gabbaim

Lois Bodin
Phil Bregman
Ron Gray
Lisa Jurkowitz
Rosie Kahn
Vicki Pepper
Joy Peskin
Steve Singer

If we missed you, we apologize. If you would like to be included in further announcements, please let us know.



Thank you to our "Yad Squad"

(Those who read Torah & Haftarah in Dec. & Jan.)

Charles Blitzer	Michael Haber	Phillip Pepper
Tzipora Chorny	Adeline Horst	Joy Peskin
Ari Espinoza	Mike Jacobson	Gregg Pollack
Hillary Goldstein	Lisa Jurkowitz	Leonard Schultz
Margo Gray	Ziva Mason	Finn Williams
Richard Green	Nancy Ozeri	

Thank you to the following congregants for sponsoring our Kiddushim

- Eve Scarborough, in honor of her grandchildren Kason, Henry & Henley
- Ethan & Larry Glass, in memory of parents, Dick & Susan Glass
- Bertie Levkowitz, in memory of Jack Levkowitz & mother, Henriette Magnus Goslins
- Amy Prywes, in honor of Ruth Goldin's 100th birthday
- Brina Grusin, in memory of her mother, Ethel DeVorkin
- Elaine Fagan, in honor of Howard's 80th birthday and 67th anniversary of his Bar Mitzvah
- Iris Bernstein & David Karp, in honor of their daughter, Adina's honor of JPSA Young Woman of the Year, their son, Corey's passing the Step 1 Medical Boards Exam, and in memory of Iris's beloved parents, Jeanyssse & Dorel Bernstein
- Sarah & Leonard Schultz, in honor of Sarah's 80th birthday
- Evelyn Sigafus, in memory of her parents, Claire & Herman Weiss

Please contact Debra Lytle at ExecDir@caiaz.org to reserve a date to sponsor Kiddush.

Condolences

המקום ינחם אתכם

The congregation mourns the loss of our members:

*Dr. Larry Adler
Myron "Mickey" Ginsburg
Jarrod Michael Stevenson Saffioti
Joshua Sweat*

Our condolences to these members who mourn the loss of their loved ones:

Sandra Adler, husband Larry
Nancy Auslander, father Jack Mosow
Joyce Becker, grandson Garrett
Donna Saffioti, son Jarrod
Eric Saffioti, brother Jarrod
Evelyn Sigafus, brother Ronald Weiss
Nancy Sweat, husband Josh

May the Author of Life Comfort the Mourners

Anshei Israel Memorial Hall

Installation of a memorial plaque is a beautiful way to perpetuate the memory of a loved one. Each year on the anniversary of your loved one's death, the synagogue will send you a reminder of the Yahrzeit and light the light adjacent to their memorial plaque. Call Debra at (520) 745-5550, ext. 242, to make arrangements or if you wish to reserve a



Dealing with Grief and Loss?

Are you having difficulty dealing with grief and loss? Perhaps it would be helpful to talk with a trained counselor. A synagogue volunteer would be happy to speak with you confidentially.

Please call Norma Karp at (520) 299-3382.

Stay connected with us!

- **Email Updates** (Sign up on our website Home page: caiaz.org)
- **Facebook** (CAI, Preschool, B'Yahad Religious School & USY)



Some tips:

- Sharing our Facebook posts allows more people to learn about us.
- When you comment on or like our Facebook posts, it puts our page on your friends' radars, expanding our audience.

CONGREGATION ANSHEI ISRAEL DONATIONS

Donations made to Anshei Israel Funds enable our Synagogue to continue to carry out its work, thereby better serving our members. Please consider making a donation in honor of a relative or friend who may be celebrating a simcha or in memory of a loved one. This list reflects those donations made after the last issue's publication date. Todah Rabah to all.

Our Donation Form
is at the Front Desk
in the Administrative Office
AND
at caiaz.org
Notification cards are
sent for donations of
\$18 or more.

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In Memory of:

Mother, Joan
Deborah Kaye
Spencer Roberts
Dawn Steinberg

In Appreciation of:

Rabbi Sara Metz
Debra Rade

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Stephen Seltzer

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Jack Mosow, Father of Nancy
Auslander
*Bonnie Sedlmayr-Emerson &
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Mother, Lois
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Mother, Edythe Epstein
Lee Lawson
Mother, Ruth Levy Meyer
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Kolenu is published bi-monthly September–August. The deadline for all submissions is the first day of the month prior to the publication month. Ad placement & editing of submissions at CAI's discretion. For more information, contact Nancy Auslander at (520) 745-5550, ext. 228, or Communications@caiaz.org



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