

## Spring 2021/ Nisan-Sivan 5781

### How can we help?



The Chaplaincy Department of JF&CS is here to help you serve the religious and spiritual needs of your Jewish residents. Our mission is to decrease isolation for Jewish elders and provide support as needed.

When facilities are open to visitors, we can provide one-on-one visits and holiday celebrations to help your Jewish residents feel connected to their faith.

We can also provide Jewish educational presentations for your residents, Jewish resources and cultural sensitivity training for your staff. Additionally, if there are needs for any ritual objects including prayer books, spiritual music or other items that you might need, we're happy to provide them.

**Call us with questions at 770.677.9352**

*Chaplaincy services are made possible by a grant from  
The Marcus Foundation.*



# Spring Holidays

## Shavuot

Along with Passover and Sukkot, Shavuot is one of the three major Jewish pilgrimage festivals. It is celebrated 49 days after the second day of Passover and marks the giving of the Torah to the Jewish people on Mount Sinai. The main ritual associated with Shavuot is known as a Tikkun Leil Shavuot. According to the Midrash, the ancient Israelites overslept on the day of the giving of the Torah. To make up for that ancient error, and to show our eagerness to receive the Torah, the custom emerged of staying up all night to study. In many



synagogues the study session culminates with a sunrise worship service. Central to the holiday of Shavuot is the reading of the Book of Ruth. Ruth and her mother-in-law Naomi are both widowed and destitute. Rather than returning to her home of Moab, Ruth stays with Naomi and goes with her to Bethlehem, where Naomi has family and community to care for them. Ruth adopts the laws and faith of Naomi's people (the Israelites) and bears a child as an heir to the family, whose lineage leads to the birth of David, King of Israel.

## Spring Jewish Holiday Schedule

Observance	2021	2022
<b>Passover</b>	Mar 28 (begins sunset Mar 27)	Apr 16 (begins sunset Apr 15)
<b>Yom Ha'atzma'ut</b>	Apr 15 (begins sunset Apr 14)	May 5 (begins sunset May 4)
<b>Shavuot</b>	May 18 (begins sunset May 17)	Jun 5 (begins sunset Jun 4)

# Passover Recipe for Matzah Brei

## Ingredients

- 4 pieces matzo
- 1/2 cup water
- 4 eggs
- Salt and pepper
- 2 tablespoons butter
- 2 tablespoons kosher vegetable oil



## Preparation

1. In a mixing bowl, break the matzo into 1-inch pieces.
2. Bring the water to a boil and pour over the matzos.
3. Quickly toss the matzo, then drain off any excess.
4. In a bowl, beat the eggs with a fork.
5. Mix the eggs, salt and pepper into the matzo. Over high heat, heat the butter and oil in a large sauté pan. Add the matzo and fry until crisp. Flip over to fry the other side, breaking into pieces as it cooks.
6. Serve with Maple syrup, preserves or Cinnamon sugar.

# Yom Ha'azma'ut Falafel Recipe

## Ingredients

1/2 tsp baking soda  
1/2 cup fresh dill, stems removed  
1 small onion, quartered  
7-8 garlic cloves, peeled  
Salt to taste  
1 tbsp ground black pepper  
1 tbsp ground cumin  
1 tbsp ground coriander  
1 tsp cayenne pepper, optional  
1 tsp baking powder  
2 tbsp toasted sesame seeds  
Oil for frying  
1 cup fresh parsley leaves, stems removed  
3/4 cup fresh cilantro leaves, stems removed  
2 cups dried chickpeas (Do NOT use canned or cooked chickpeas)



## Preparation

- (One day in advance) Place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 2 inches. Soak overnight for 18 hours (longer if the chickpeas are still too hard). When ready, drain the chickpeas completely and pat them dry.
- Add the chickpeas, herbs, onions, garlic and spices to the large bowl of a food processor fitted with a blade. Run the food processor 40 seconds at a time until all is well combined forming the falafel mixture.
- Transfer the falafel mixture to a container and cover tightly. Refrigerate for at least 1 hour or (up to one whole night) until ready to cook.
- Just before frying, add the baking powder and sesame seeds to the falafel mixture and stir with a spoon.
- Scoop tablespoonfuls of the falafel mixture and form into patties (1/2 inch in thickness each). It helps to have wet hands as you form the patties.
- Fill a medium saucepan 3 inches up with oil. Heat the oil on medium-high until it bubbles softly. Carefully drop the falafel patties in the oil, let them fry for about 3 to 5 minutes or so until crispy and medium brown on the outside. Avoid crowding the falafel in the saucepan, fry them in batches if necessary.
- Place the fried falafel patties in a colander or plate lined with paper towels to drain.
- Serve falafel hot next to other small plates; or assemble the falafel patties in pita bread with tahini or hummus, arugula, tomato and cucumbers. Enjoy!

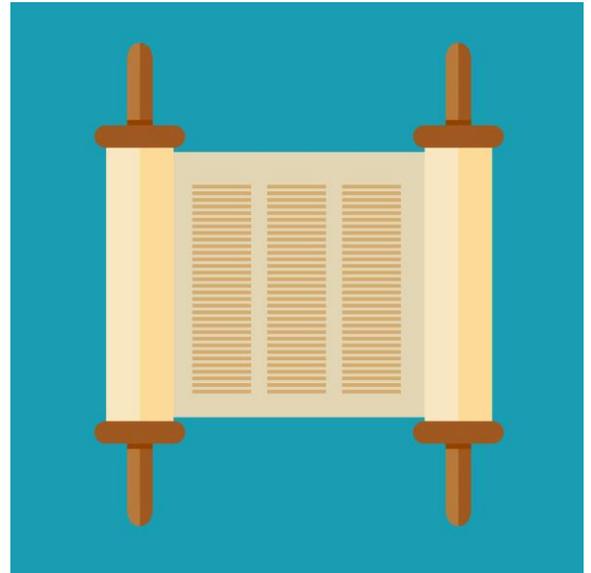
# Torah Teaching by Rabbi Judith Beiner

## *How We are Grateful*

There is a prayer Jews say each morning upon awakening: I am grateful to you, G-d, for restoring my soul to me in compassion. In the Jewish mind, waking up every day with an expression of gratitude is THE way to start the day! Our expressions of gratitude aren't limited to this moment, as they continue throughout the day. We recite blessings before and after we eat; we have prayers for when we experience something for the first time, a prayer for when we see a rainbow or lightning, and even a prayer of gratitude for when we are reacquainted with a long-lost friend. Blessings and prayers allow us to live in full awareness of G-d's constant presence, as we acknowledge our partnership with the Holy One and the gifts in our lives.

Practically speaking, expressions of gratitude can help us feel optimistic and even joyful. And when we are grateful, we might be more inclined to be generous and see the good in others and in our own situations.

Formal prayers aren't the only way to express gratitude. Judaism teaches us that the practice of *hakarat hatov*, noticing the good, is a behavior available to anyone in any language and circumstance. A simple 'wow', a pause to notice something good that just happened, or an expression of thanks are just a few ways one can notice the good. The idea is to make it a habit and cultivate an attitude of gratitude. Give it a try and see how it changes your day!



# Local Jewish Resources



## **Rabbi Judith Beiner**

JF&CS Community Chaplain

770-677-9352 (office)

404-247-1110 (cell)

chaplain@jfcsatl.org

## **Atlanta Jewish Community Information**

[www.atlantajewishconnector.com](http://www.atlantajewishconnector.com)

## **Live Stream Shabbat Services**

[www.or-hadash.org](http://www.or-hadash.org) (Conservative)

[www.dortamid.org](http://www.dortamid.org) (Reform)

[www.templesinaiatlanta.org](http://www.templesinaiatlanta.org) (Reform)

[www.the-temple.org](http://www.the-temple.org) (Reform)

## **General Information about Judaism**

[www.myjewishlearning.com](http://www.myjewishlearning.com)



**Support Services**  
**Jewish Family & Career Services**

**770.677.9352**

**[jfcsatl.org](http://jfcsatl.org)**

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