

שופר



The Torah's Guidance on Remembering and Forgetting

By Rabbi Rob Scheinberg

I recently learned about a rare psychological condition called **HSAM**, or “highly superior autobiographical memory.” This condition is exceptionally rare; only 55 people in the United States have been identified as having this condition. Here is [a description of one person with this condition](#), a college student who is age 22:

On Feb. 21, Alexandra Wolff ate steak, mashed potatoes and broccoli for dinner. Later that night, sitting in her room, she spent 20 minutes scanning pictures in InStyle magazine. She remembers those things, just as she remembers that on Aug. 2 she stopped at Target and bought Raisin Bran; and on April 17 she wore a white button-down shirt; and on Oct. 2 she went to TGI Fridays and spoke to the hostess, who was wearing black leather flats with small bows on them. [She and others with this ability can remember] details about their lives that the rest of us couldn't hope to remember: the strangers they pass on the street, the first thing they saw when they woke up seven months ago.

Hearing about this kind of condition makes me a little jealous. I would love to never forget where I put my keys, or where I parked, or what was on the shopping list.... And yet people with this condition and ability often are not delighted by it but troubled by it. The profile of Alexandra continues:

Alexandra says that remembering even an inconsequential trip to Target is an almost physical experience for her. She says she sees what she saw that day, hears what she heard, and emotionally feels what she felt at the time. "Right down to getting sick to my stomach or getting a headache," she says. "It's almost like time travel." But being unable to forget can affect your relationship to the present, people with this form of memory say. Alexandra often feels frustrated with her preoccupation with the past. "It seems like you hold onto everything, and it seems like you're just stuck in the past all the time," she says. It really bothers her. For one, Alexandra says, in her life there are no fresh days, no clean slates without association. Every morning when she wakes up, details of that date from years before are scrolling through her

mind, details that can profoundly affect the new day she's in. For example, the day before we spoke was a day when years ago in middle school a boy bullied her in one of her classes. "I didn't mention it to anyone," she says, "but I mean, still in the back of my mind I kept thinking and thinking about it. It knocked some of my confidence down."

Because the past is so viscerally right there, so available, she finds that when the present gets overwhelming, it's hard not to retreat to the past.

Even though she's only 22, she says she spends huge amounts of time in her room with her eyes closed, reliving the past in her mind...

These stories of people with HSAM remind us that crucial to a vibrant life is not only remembering, but also forgetting. And those who are unable to forget are afflicted indeed.

The Torah portion of Ki Tetzei (to be read this year on August 21) includes several commandments about remembering and forgetting. We are told, for example, **to remember how Miriam was punished for speaking ill of Moses (Deuteronomy 24:9), and to remember what the Amalekites did to the Israelites upon leaving Egypt (Deuteronomy 25:17ff)**. We are told to return lost objects that others may have forgotten behind (Deuteronomy 22:1-3).

Most surprisingly, however, is the commandment that is referred to as **shikhecha ,שכחה** or “forgetting”: (Deut. 24:19): **“When you reap the harvest in your field and forget a sheaf in the field, do not turn back to get it; it shall go to the stranger, the fatherless, and the widow.”**

The commentators of the Jewish tradition noted that this is the one positive commandment in the Torah that you can only observe by accident. You can’t really “forget” something on purpose. And yet the Torah is encouraging us to “forget” to harvest everything in our fields, so there will be something left for the poor and needy.

The commandment about returning lost objects encourages us to be especially concerned with resolving the difficulties of others, but this commandment about the forgotten sheaf urges us to take a more relaxed attitude to our own property and our own possessions. Our possessions are, of course, especially important to us, but they ought not be so important to us that we would scrape out every last bit of what belongs to us. If we **never** forget to collect something that is due to us, then we may be taking our possessions more seriously than how the Torah encourages.

Not long from now, in the High Holy Day prayers, we will refer to God as **zokher ha-nishkachot ,זוכר הנשכחות** “the One who remembers what has been forgotten.” Perhaps we refer to God in this way because it takes the pressure off of ourselves. If we can rely upon

The Torah's Guidance on Remembering and Forgetting (Continued from Page 2)

God to remember everything, then we have permission to be judicious about what **we** choose to remember. Every single sheaf of wheat? Better to forget some of them so the needy have something to collect. Embarrassing moments from our pasts that paralyze us and keep us from moving forward? We are better off forgetting them. Comprehensive catalogues of every single time someone has slighted us or offended us, remembered in perfect detail years and decades later? There are much better ways than that to use our gift of memory. May we be thoughtful about what we remember and what we forget.



It is time to renew your membership! Scan the QR Code and join us for our 116th year!



Fall Learning for grades K-12 REGISTER TODAY!



Where The Love of
Learning and
The Joy of Judaism
Continue...



United Synagogue of Hoboken

AFTER SCHOOL EDUCATION PROGRAMS K-12TH GRADE



Tefilah
Challah
music
stories
Teacher
games
Rabbi
community
Tzedakah
Kodesh
activities
Inclusive
belonging
Jewish
Judaism
Mitzvah
Songs
family
fun
trips
Prayers
Shabbat
Holidays

Hebrew Learning history

REGISTER TODAY! VISIT US AT:
ushlearning.weebly.com/home.html



FOR MORE INFO
KAPLANLEARNINGCENTER@GMAIL.COM

Fall Learning for Pre-k beginning at age 2

KAPLAN COOPERATIVE
PRESCHOOL



UNITED SYNAGOGUE
OF HOBOKEN

Kaplan Preschool

"Where the love of learning and joy of Judaism begin"

**Providing high-quality, play-based
early childhood education**

Licensed Childcare Center



**Jewish preschool open to families
of all faiths**

Jewish & Secular curriculum

**Monday - Friday 8 am - 6 pm;
Full and Part Time Options**

Pre-k 2's, 3's, 4's



Contact director@kaplanpreschool.org for more information

I am in Awe of Rachelle Grossman

By Jeremy Morley, USH President

I am totally in awe of Rachelle Grossman, our very own amazing director of the Kaplan Preschool. Rachelle founded Kaplan 21 years ago and she has created an institution that we are so very proud of.



I love the school slogan, “Where the love of learning and the joy of Judaism begin.” It is such a privilege to be a small part of that.

Rachelle kept the school alive during the most incredibly tough times of the past 18 months. Now she is leading us into a fantastic future. Enrollment for September has zoomed. Summer camp is booked solid. Our teachers are psyched. The kids are loving it. And our parents are thrilled, as my wife and I were 11 years ago when my youngest started at Kaplan.

Kaplan is really unique. And we thank Rachelle and her amazing staff for that.

Rachelle grew up in Jersey City. It would be incredible if, one day, we made her dream of starting a Kaplan Jersey City preschool come true.



KLC Memories

By Rhonda Strosberg

Memories of KLC End of Year Ceremony and Graduation are enough to carry us through the summer. We celebrated with 2 beautiful ceremonies filled with quintessential proud Jewish Hoboken moments in the backyard at USH and at Sinatra amphitheater overlooking the Hudson River! Thank you students, families and staff for these magical moments and memories!

On June 5th, in the backyard of USH, we gathered together for student reflections and to celebrate Havdalah with our **12th grade students** who started their Jewish journey at KPS and then moved onto grade school with our KLC program. Students shared about their Jewish learning with their Bar/Bat Mitzvahs, many KLC trips and sleepovers, and how they will now move on to author their Jewish lives as they continue their Jewish journey at college.

אני ואתה נשנה את העולם
You and I will change the world!

Mazal Tov to our graduates and families:

Hannah Altberger, Eli Blumenfeld, Dana Katz, Sawyer Kron, Ava Laden, Miki Pacheco-Berger and Joshua Sapira

On June 6th, we gathered our **Kindergarten - 8th grade students and families** together at Sinatra Amphitheater on the Hudson to celebrate a memorable year for sure!

Rabbi Rob Scheinberg and Songleader Adam Blotner led our families in song.

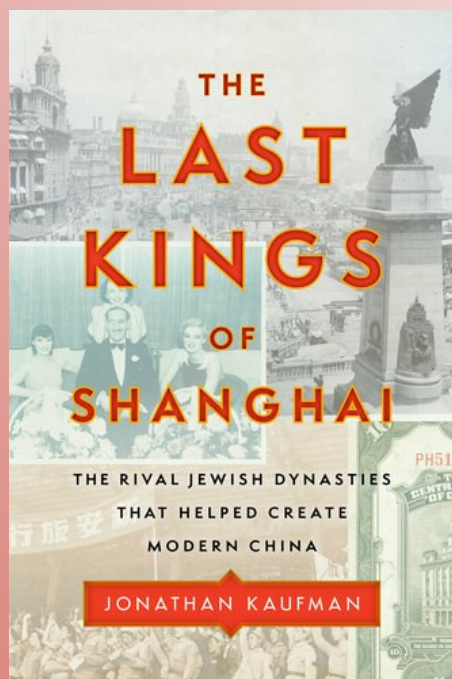
Teachers shared reflections and highlights from the year.

KLC Kaplan Learning Center, Where The love of learning and the joy of Judaism continue... We welcome you to our warm and inclusive community. Enrollment for the 2021-2022 school year is open; for more information about enrolling your child for our Kindergarten - 8th grade program, please contact our Director of Education Grace Gurman-Chan at kaplanlearningcenter@gmail.com.



June 2021 Meistrich Brunch Series with Author Jonathan Kaufman

By Esta Ehrmann



Jonathan Kaufman's 2020 book, *The Last Kings of Shanghai: The Rival Jewish Dynasties That Helped Create Modern China* is a fascinating factual history of two Jewish families who emigrated from Baghdad (Babylon) during the 19th century diaspora to India and then to China to subsequently change the faces of both Shanghai and Hong Kong.

Mr. Kaufman is a multi-award winning and Pulitzer Prize winning journalist who is currently Director of the School of Journalism at Northeastern University School of Journalism. His work of nonfiction reads like fiction, and he spoke in the same easy going, anecdotal manner as appears in his book, which he lectured about at the June 8th USH book event.

Until now, this was a relatively obscure story. Who really thought of Jews when you thought of Shanghai? Yes, Shanghai was widely known for opium and the Opium Wars, but who would have thought that the Sassoon's, who had been considered as royalty in Baghdad, made their main fortune in China from opium and were the leading entrepreneurs of this drug that addicted so many? As was quoted, "behind every successful fortune there is a crime."

This book tells their story as well as the tale of the Kadoorie family who first worked for the Sassoon's and later entered into land and hotel development and founded CLP holdings, the major electrical supplier for Hong Kong.

The two dynamic families became rivals who increased their wealth and power exponentially, each through tightly controlled family business dealings. The author's extraordinary research permeates the book as he unwinds the complex tale of the rise of Shanghai as molded by the families. Reviews of this best seller are exceptional.

As relayed by Mr. Kaufman, both families engaged in philanthropic activities and both "stepped" up during WWII to save the lives of 18,000 mainly middle class Jewish emigres from Vienna and Berlin. They provided schools, soup kitchens, basic services and opportunities for these refugees – all of whom survived during the Holocaust.

Mr. Kaufman tells his readers how the ingenious entrepreneurship and leadership of the two families rewrote Chinese history, bringing Shanghai and Hong Kong from an era of isolationism into the realm of cosmopolitan world class cities.

I first visited Shanghai shortly after it reopened to outsiders in 2003, following the SARS epidemic, when my husband and I accompanied a niece who was adopting a baby girl. The city was exciting, vivacious, friendly, and instantly became one of my favorite places. Since then, I've returned a few times to find that the city has continued to rapidly change from a bustling, exotic Asian metropolis into an increasingly sophisticated cosmopolitan area, even as its many night markets dissipate and it takes on an overall more Western tone. I thoroughly enjoyed listening to the speaker and reading his book.

Dear USH Friends,

As some of you may know, we started up a weekly, member-organized USH Thursday evening Minyan. The time and location of this Ma'ariv service takes place (unless otherwise noted) as follows:

Thursdays (through May 2022)

Time: 8:00 pm

Location: 373 Ogden Avenue

Ground Floor

Jersey City, NY 07307



Ogden Avenue is in Jersey City Heights, just “up the elevator,” a short walk from the back of Hoboken. We will hold a VERY brief service lasting about 10 minutes for those who are in mourning or who simply desire a little fellowship. We have prayer books on hand. Although the Rabbi will provide guidance when he can attend, developing others who can lead the service is a goal to shoot for.

Afterward folks are welcome to linger for a weekly ritual of “Kaddish & Kiddish,” and enjoy a bisselnosh and schnapps. It is our intent to host this Minyan every week until May of 2022, which will coincide with the yahrzeit of Scott’s father and David’s mother. Perhaps this can be the start of a new USH tradition

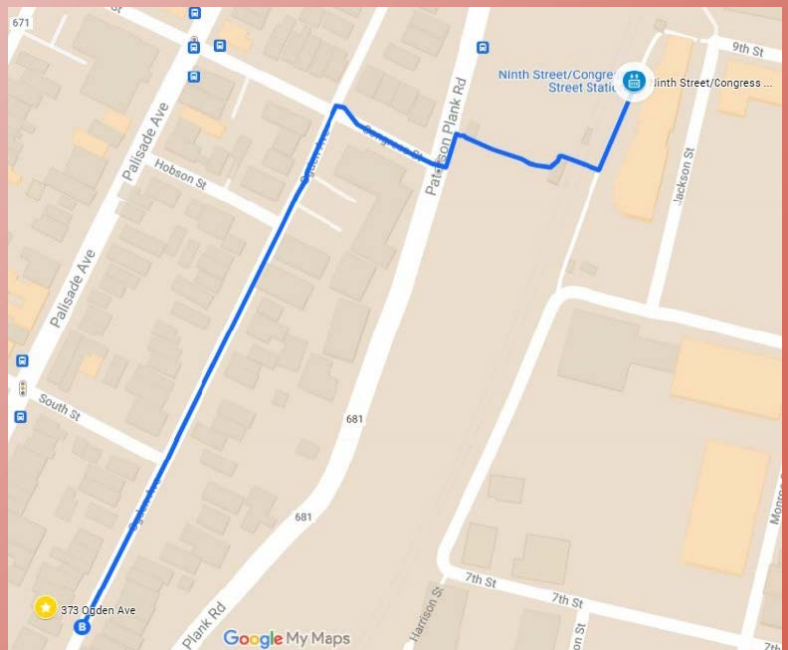
with someone else taking the baton next May.

We hope to see some of you at an upcoming Thursday evening. An ample size backyard is available and if the weather is agreeable

we can meet outdoors.

Shalom,

David Plotka and Scott Warren



Kaplan Preschool graduation June 9, 2021

By Rachelle Grossman

On a beautiful spring day, under a yellow and white tent in our backyard, Kaplan Preschool beaming with pride, honored the 24 graduates of the Class of 2021! There wasn't a dry eye in the room when Pomp and Circumstance started and the graduates marched to the stage for their performances. This show was a meaningful reflection of the hard work our students did over the school year.

Kaplan parents and teachers were in the audience as our graduates sang, danced and were called up one at a time for a certificate and a chance for us to applaud their achievements.

From the upbeat movements in "Dragons Like Kaplan" to the old favorites from each year – Mayim and the 10 Commandments song,, we ended with – "Singalong Song" for all to participate in - the spirit of these 24 students was felt by all.

Special nod to Ana, Debbie, Jesse, Kelly, Faige, Carmen, Felice, Laura H, Meg, Carmen, and Rabbi – it takes a village to teach children....

This was a school year to remember always – Covid, masks, pods and hand sanitizer, are just a few new words we heard around Kaplan all day. But despite everything we never lost what makes Kaplan special – our fun, creativity, learning style and love of each other.

Many thanks to all the Kaplan parents, all the Kaplan teachers, the Laura's, Mike and his custodial crew, Ruthy, Jeremy, Lauren and the synagogue Board Trustees, Dr. Jacobs and our spiritual leader– Rabbi Scheinberg.

As they leave Kaplan – Nina, Josephine, Otis, Joey, Elle, Micah, Emma, Charlston, Daniel, Cameron, Cressida, Manelle, Romi, Sasha, Phoebe, Eli, Libby, Eliana, Mika, Ellie, Romm, Emily, Oliver, and Leann, **our wish for you is that you will always be as happy as you are today and always remember your time at Kaplan with joy.**

I hope to see you around the synagogue, Learning Center and on my walks around Hoboken.



Ignite the Spark of Judaism through our Early Childhood afterschool and weekend programming


KAPLAN COOPERATIVE
PRESCHOOL



UNITED SYNAGOGUE
OF HOBOKEN

Shalom Chaverim: Jewish Stories and Crafts

A drop-off program for children ages 3-5

This exciting program was created for children who attend other preschools but want to take part in the Kaplan Jewish curriculum and community. Children learn Jewish songs, stories and holidays through crafts and exploration of the  **Library** books that many of you receive at home.

8 session Fall Series, October 4-Dec 1

8 session Winter/Spring Series, Feb 28-April 27

Mondays at United Synagogue of Hoboken 4-5p

Wednesdays in Jersey City 4-5p

Register at:

www.hobokensynagogue.org/event/shalomchaverim2021



Mini Holiday Series

A Sunday morning drop-off program for children ages 3-5

This class focuses on the stories, crafts, songs and traditions of the most celebrated Jewish holidays throughout the year. It can be done alone or in addition to the Shalom Chaverim program.

7 sessions from Sept - May held on

Sundays 9am-11am at United Synagogue of Hoboken

session dates and to register visit:

www.hobokensynagogue.org/event/miniholiday2021

Summer Shabbat Programs for Young Families


UNITED SYNAGOGUE
OF HOBOKEN



SHABBAT IN THE PARK

FRIDAYS @ 4:30 PM


KAPLAN COOPERATIVE
PRESCHOOL
UNITED SYNAGOGUE
OF HOBOKEN



**CHURCH SQUARE PARK
(HOBOKEN)**
MAY 21
JUNE 18
JULY 9
JULY 30

**HAMILTON PARK
(JERSEY CITY)**
JUNE 25
JULY 23

**SHABBAT MUSICAL SERVICE
WITH RABBI SCHEINBERG
AND MOLLY ROSE HOENIG**


SCAN ME

Bring a blanket and a shaky egg
Masks must be worn

Best for families with kids
5 and younger

QUESTIONS?
OFFICE@KAPLANPRESCHOOL.ORG


tkiya
music class


KAPLAN COOPERATIVE
PRESCHOOL
UNITED SYNAGOGUE
OF HOBOKEN


PJ Library

Tot Shabbat in the Park

for children 3 and younger w/ adult

SUMMER SESSION

Now on Thursdays:
June 24
July 1, 8, 15, 22, 29

\$15/ class

Masks worn by adults
for this social
distanced music class

Church Square Park @ 9:15-10:00am
(Hoboken)
Hamilton Park @ 10:30-11:15am
(Jersey City)


SIGN UP:

www.hobokensynagogue.org/form/KPSTOTSHABBAT
Email director@kaplanpreschool.org for more info
or to try out the first class for free!

UNITED SYNAGOGUE
OF HOBOKEN
115 Park Avenue
Hoboken, NJ 07030-3703

Non-Profit Org.
U.S. POSTAGE PAID
NEWARK, NJ
PERMIT No. 602

TO:

Address Service Requested

United Synagogue of Hoboken
115 Park Avenue, Hoboken, NJ 07030
201-659-4000
www.hobokensynagogue.org

President:
Jeremy Morley
president@hobokensynagogue.org

Rabbi:
Robert Scheinberg
rabbi@hobokensynagogue.org

Preschool Director:
Rachelle Grossman
preschool@hobokensynagogue.org
201-653-8666

Learning Center Director:
Grace Gurman-Chan
lc@hobokensynagogue.org
201-659-4000, x4

USH Administrative Director:
Ruthy Tyroler
director@hobokensynagogue.org
201-659-4000

Proofreading provided by:
Jane Klueger, Louise Kurtz,
Allen Reuben and Rabbi Scheinberg



SAVE MONEY!

Muller Insurance.com
Established 1906

Erika Muller

HOME • CONDO • BUSINESS • AUTO • BROWNSTONES



PARTY RENTALS

Spandex Table & Chair Covers

Hot Dog Cart

Popcorn Popper

Nacho Warmer

Pretzel Warmer

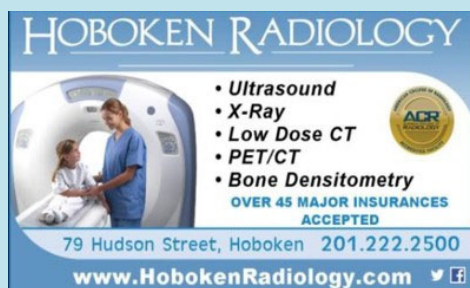
Tables, Chairs, Linens & More

Resnick's Rentals

800 Broadway (at 36th St.) Bayonne, NJ

Call 201-339-3800

www.resnicksonline.com **WE DELIVER**



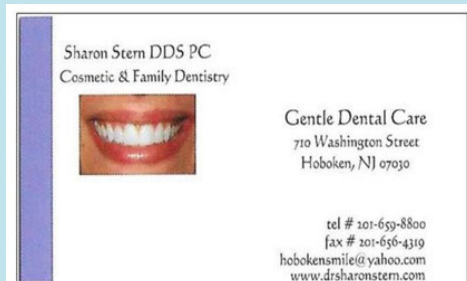
HOBOKEN RADIOLOGY

- Ultrasound
- X-Ray
- Low Dose CT
- PET/CT
- Bone Densitometry

OVER 45 MAJOR INSURANCES ACCEPTED

79 Hudson Street, Hoboken 201.222.2500

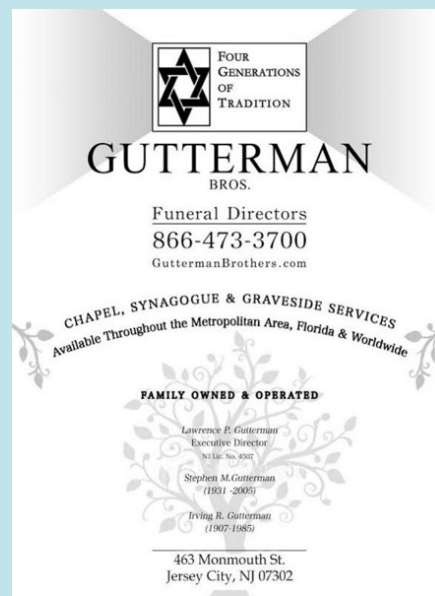
www.HobokenRadiology.com



Sharon Stern DDS PC
Cosmetic & Family Dentistry

Gentle Dental Care
710 Washington Street
Hoboken, NJ 07030

tel # 201-659-8800
fax # 201-656-4319
hobokensmile@yahoo.com
www.drsharonstern.com



FOUR GENERATIONS OF TRADITION

GUTTERMAN
BROS.

Funeral Directors
866-473-3700
GuttermanBrothers.com

CHAPEL, SYNAGOGUE & GRAVESIDE SERVICES
Available Throughout the Metropolitan Area, Florida & Worldwide

FAMILY OWNED & OPERATED

Lawrence F. Gutterman
Executive Director
NJ Lic. No. 4207

Stephen M. Gutterman
(1931 - 2005)

Irving R. Gutterman
(1907 - 1985)

463 Monmouth St.
Jersey City, NJ 07302