

### A Message from Rabbi Schuck



Dear Friends,

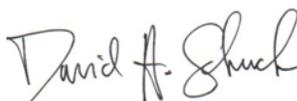
This has been a very difficult time. The uncertainty of the past two months has been disorienting. For me, not knowing precisely what will happen in the near future creates tremendous anxiety. I am sure that others can relate. But the truth is, we can never know what the future will bring. In order to offset the anxiety of this reality, we create conditions that obscure it from our conscious mind. We busy ourselves with work, we collapse in front of the TV at night, or we distract ourselves with any number of gadgets. And...it works! At least temporarily. I have found solace in many of these distractions during these past two months (especially in the HBO series *The Newsroom*). It was not until I went to the last silent retreat in January that I found the courage to "lean in" to all of this uncertainty and face it directly.

At times, our uncertainty compels us to ask the wrong questions: "What will make me happy?" "What is the best thing for me to do?" These questions assume that we can know the answer, but ultimately, we cannot plan for happiness. We try, but there are no guarantees. At the retreat, I experienced a moment in which I realized that instead of asking these questions about my own future, I ought to focus on what I *do* know and what I *am* able to control. I know that whatever challenges arise, I will do my best to face them head on. I can cultivate the discipline and faith so that I am able to respond to anything from a place of integrity and with an open heart. This is not easy to do, but reframing uncertainty in this way has been helpful. Instead of producing anxiety, it can become an opportunity to discover the inner wells of strength that we all have. This strength can only emerge when we face (directly!) our fear of the unknown and uncontrollable future. When we turn away from those fears through distractions, we never give our inner strength the opportunity to materialize.

The Hebrew Bible is a story of movement. From the beginning, we thought we could stay in the garden, kick back, eat fruit, and live in peace. But God taught us that this is a fantasy. We had to go out into the world and confront darkness and danger, uncertainty and anxiety. Our matriarchs and patriarchs were always on the move. Our people wandered from Egypt to Israel, and once in the Promised Land, they were exiled, only to return home. Exile and return. Exile and return. This is all a metaphor for the human condition, as expressed in Jon Kabat-Zinn's words, "Something larger includes recognizing that things that we desire to stay the same and that we cling to will inevitably change and the things that we so much want to change seem to hold still and resist change the more we try to force them to move as we wish" (*Coming to Our Senses*, p. 480).

No matter what the future holds, we know that it will include challenges and pain. The religious person acknowledges this and turns inward to cultivate the strength to adapt to life outside of the Garden, looks outward to her community to hold her up in difficult times, and looks upward to God to bring him equanimity in order to stay balanced when life pushes on us. As I write these words with so much uncertainty in my own life, my hope is that we can each find these blessings as we turn toward whatever the future holds, face it directly, and with integrity.





David A. Schuck

# A MESSAGE FROM THE PRESIDENT

The recent events in France require us all to sit up and take notice of both terrorism in general and anti-Semitism in particular. Anti-Semitism is unfortunately a fact of daily life, and seems to be growing not only across the oceans but in our own country and even in our own locales. We need to be sure we are not so comfortable in our insulated worlds that we lose sight of the real threats that exist to our freedoms, our way of life and to the existence of the State of Israel. I know I am preaching to the choir.

So what can we do? The PJC needs to be better connected to the greater Jewish community locally, we need to be more proactive when it comes to local anti-Semitism (town, county and state) and we need to strengthen our connection and more importantly our support of the State of Israel.

We are looking for volunteers from our membership who are willing and able to take on some roles to accomplish these goals:

- A member who will actively participate in events occurring in the greater Jewish community.
- A member who will be our liaison to all things related to Israel.
- A member who will be our key contact point and keep us active in responding to anti-Semitic events.

We have not had time to define these specific roles, yet time is of the essence in our quickly changing world. If you can consider participating in these very exciting and crucial roles, please email me at [drlar@optonline.net](mailto:drlar@optonline.net).

Things only happen if we make them happen. Please don't assume someone else at the PJC is handling these issues because most of the Board gets wrapped up in managing the day to day activities of the shul. Please step up if you have an interest in any of these roles.

Thank you so much for listening and we stand in solidarity with all those around the world who strive for peace and freedom.

Larry Cohen, President

## PJC Spring Gala

It's just weeks away, the PJC "Once Upon a Time..." Fundraising Gala on February 28th! The evening starts with dinners at congregant homes followed by spirits, sweets and stories at the PJC. We hope you can join us for real life stories told by some of our own. Please contact Lisa Neubardt at [lisa@bakeatfourcorners.com](mailto:lisa@bakeatfourcorners.com) or 914-494-7181 with any questions.

Looking forward to being with everyone!

**PJC Women's Group**  
**February 7th at 1pm**  
**Please join us!**

## Sunday Morning Lecture Series

10:00 a.m.  
Feb. 8 Sheldon Horowitz  
Mar. 22 Gloria Horowitz  
Apr. 26 Gloria Horowitz

## The Pelham Jewish Center

451 Esplanade  
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Adam Bukowski, Caretaker  
Kim Lewis, Office Manager

***The PJC is affiliated with The United  
Synagogue of Conservative Judaism***

The **HAKOL** is published 11 times per year. Submissions are due by the 15th of the month preceding publication. Please send articles via email to Kim Lewis at [office@thepjc.org](mailto:office@thepjc.org), with copies to [jackmklebanow@gmail.com](mailto:jackmklebanow@gmail.com).

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# A MESSAGE FROM THE EDUCATION DIRECTOR

*Last month, I wrote extensively about our teens' role in the Learning Center and how should we support them in their Jewish growth here at the PJC. I am delighted to share with you that a LC alumna, Emily Abeshouse, has just joined our teen team. I am truly excited about having one of our own returning after college and bringing much inspiration and life experience, which are instrumental for the task. I am thankful to Emily for agreeing to this challenging role and I hope we can together start building a meaningful environment for Jewish growth of all PJC teens. Emily describes her role in her own words:*

Dear Members,

My name is Emily Abeshouse. I have been a member of the PJC since the age of four, and it has been my second home for twenty years. I recently accepted a position as a *madricha* for the Westchester Jewish Teen Learning Initiative (WJTLI), a branch of the Jewish Education Project. My role with WJTLI is to talk to the teens in our community about their Jewish lives and identities as well as share insights from my own. I am to act as a supportive resource, and an empathetic listener.

I understand the pressures facing our teens today, and wish I could say these pressures have lessened since I was in high school, but sadly, the opposite is true. Being a college-bound high school student in Pelham brought its fair share of stress. Like my school friends, most of whom were not Jewish, I studied music, took AP classes, played a sport, participated in the drama club, and regularly stayed awake past midnight to finish my piles of homework. Unlike most of my school friends, I also had an active religious life. I attended Hebrew High School, went to Shabbat services, and participated in USY events. Of course, there were the days where I had too much homework or a recital or play, and my Jewish involvement would take a brief hiatus, but my Jewish friends, and most importantly, my Jewish identity, were a constant in my high school life.

Most of my favorite memories from high school are from PJC: playing card games, with the Rabbi on USY Shabbats, playing Taboo® with Jason Fruithandler, going to Six Flags in the spring, and just hanging out in Hebrew High School.

The summer before my senior year of high school I went on USY Pilgrimage, a six-week trip to Poland and Israel. I remember the moment I realized that being Jewish had to remain a central part of my identity in order for me to be happy. While I was deeply moved by the Western Wall

and the top of Masada at sunrise, my moment of connection occurred in a youth hostel somewhere in the Negev. I was trying to plug in a power converter so my friend could straighten my hair and I got a really severe electric shock. Hearing my screams, my roommates rushed into the bathroom, nighttime snacks of chocolate spread and pretzels in hand. The ease with which we were able to connect, the bonds that were formed, stemmed from a shared history, I realized.



Making friends, especially in college, even more so just after graduation, can be difficult, overwhelming, and lonely. Having an immediate understanding of what it means to be Jewish makes the process much easier. There is something so powerful about belonging to an ancient community in the moments when you feel like an outsider. Neither of my roommates in college had any Jewish friends. I became the ambassador of the Jewish people for them, even bringing them to the PJC one Shabbat when we traveled to the city for my birthday!

I am writing this letter because my life has taken a certain path due to Judaism and the PJC, and I would like to talk to the teens in our community about the various decisions that I made to maintain my Jewish identity. The message I would like to share is that having fellow Jews in your community of friends is the best way to keep Judaism a part of your life. I look forward to meeting with your teens.

Best, Emily

## BLOOD DRIVE SUCCESS!!!!

Thanks to everyone who came out to support the Blood Drive at the PJC on January 11th! (including volunteers who were ineligible to donate)

We are grateful to PJC members and neighbors from Pelham and surrounding communities for sharing the gift of life. The Drive was a great success with 35 pints of blood collected!

Thank you.  
Linda Levine

## Kiddush Korner

Our PJC Kiddush represents a wonderful conclusion to the meaningful Saturday morning Shabbat service. It is a time to connect with fellow congregants, welcome new members & guests, and include our children in the weekly traditions. The weekly Kiddush is a special way to celebrate a *simcha*--birthdays, anniversaries, and graduations are just a few occasions to acknowledge. It is also customary to observe a *yahrzeit* by sponsoring a Kiddush in memory of a loved one.

Sponsorship is simple—we do it all, from menu planning to set-up and clean-up. Kiddush package options start at just \$200. Please contact PJC Kiddush Coordinator Leah Leonard at [lleonard@optonline.net](mailto:lleonard@optonline.net) to reserve an upcoming spring 2015 Kiddush date now. Thank you for helping to maintain a special PJC tradition!

Available Kiddush Dates:

March 14  
April 4, 25  
May 16, 23, 30  
June 6, 13

The PJC thanks the following congregants for hosting a Kiddush last month:

January 3	Marshall & Naomi Jaffe in honor of Rabbi Schuck's unsurpassed spiritual leadership and his invaluable role in the development of their family's Jewish identity
January 10	Jacqui Stein in honor of Dana's 25 <sup>th</sup> birthday
January 17	Sheldon & Gloria Horowitz in honor of their 50 <sup>th</sup> wedding anniversary
January 24	Glyn Morgan & Mercedes Castiel in memory of the Yahrzeits of Mercedes' father, Judah Castiel, and mother, Celia Castiel
January 31	Jonathan & Marjut Herzog in honor of the birthdays of their daughters, Eliana & Sasha

## SOUP KITCHEN

Thank you to the Collens, Glickman-Korenstein, Goldenberg, Herzog, Leisman-Dukess, Levine, Mar-Chaim, Radvany and Singer families for providing a hearty and healthy dinner to the Soup Kitchen on January 6<sup>th</sup>, 2015.

**The PJC will be cooking and serving for the Community Services Associates Soup Kitchen next on Tuesday, February 3<sup>rd</sup>, 2015.**

The menu for February 3rd is as follows (enough for 10 people):

- Meatloaf
- One box of white rice
- Salad
- Chocolate Chip Cookies

If you would like to participate:

- ◆ Contact Adam Lauzar at home 654-9486, cell phone 914-419-1252 or email at [adamkate86@gmail.com](mailto:adamkate86@gmail.com)
- ◆ Cook or purchase the menu items for 10 adults
- ◆ Drop the food off at Adam's house (81 Vaughn Avenue, New Rochelle, 10801) as early as Sunday, February 1st, and no later than NOON on Tuesday February 3rd.
- ◆ If you would like to serve at the Soup Kitchen, let Adam know and be there at 4:50pm on February 3rd. The address is 115 Sharpe Boulevard, Mt. Vernon, NY (Sanford to Fifth Avenue; right on Fifth. Church is at the corner of Fifth and Sharpe).

**Please note that the Learning Center's Hei class will be serving in the soup kitchen in May, 2015.**

# The Pelham Jewish Center Remembers ...

## February Yahrzeits

- |   |  |
|---|--|
| <p>2/1 Rose Feffer, aunt of Gerold Jacobs<br/>         2/2 Ellye Bloom, wife of Norman Bloom<br/>         2/3 Theodore Handelman, father of Stephen Handelman<br/>         2/4 Stanley Backer, father of Jon Backer<br/>         2/5 Rita Agris, mother of Cheryl Agris<br/>         2/6 Esther Taub, mother of Shelley Klein<br/>         2/7 Ardis Read, mother of Lydia Read<br/>         2/8 Gussie Jacobs, mother of Gerold Jacobs<br/>         Marsha Lanoil, mother of Jerry Lanoil<br/>         2/10 Bronia Fink, founding member of Pelham Jewish Center<br/>         Carole Goldman, mother of David Goldman<br/>         Dr. Herbert S. Lewin, father of Sybil Rosenberg<br/>         2/11 Max Schreiber, father of Gloria Staple<br/>         2/12 Alan R. Dreyfus, brother-in-law of Eleanor Dreyfus</p> | <p>2/13 Marian Stern, grandmother of Jill Goldenberg<br/>         2/14 Carol Gevisenheit, mother of Cara Wulfsohn<br/>         David Goldreich, father of Gloria Horowitz<br/>         2/19 Henry Levy, father of Mary Goldiner<br/>         Alec Rossman, father of Robert Rossman<br/>         Charlotte Zipser, mother of Eleanor Einzig<br/>         2/21 Morris Weisman, grandfather of Harold Weisman, and<br/>         founding member of Pelham Jewish Center<br/>         2/23 Michael Rossman, brother of Robert Rossman<br/>         2/24 Harry Druckerman, father of Martin Druckerman<br/>         2/25 Herbert Taub, father of Shelley Klein<br/>         2/26 Eleanor Goldman, mother of Robert Goldman<br/>         2/27 Charles Goldberg, father of Shelli Goldberg-Peck<br/>         George Pine, father of Richard Pine</p> |
|---|--|

### Tributes Made to The PJC In Honor of ...

*Make tributes online ... go to [www.thepjc.org](http://www.thepjc.org) and click **DONATE** in the top right corner!*

- Ted & Vivian Brown, in honor of the Bar Mitzvah of Andy Radvany
- Pat Levinson, in honor of the 50th Anniversary of Gloria & Sheldon Horowitz
- Robert Zorowitz, in honor of the PJC
- Florence Grossman, in memory of her father Nathan Schaeffer
- Mitchell Essig, in honor of the PJC
- Mary & Paul Goldiner, contribution for the new Kiddush room tables
- The Nathan and Shafram Foundation, contribution for the purchase of new chairs for the sanctuary
- Kate & Adam Lauzar, in honor of Hildy & Steve Martin on the engagement of their daughter Julia
- Gary & Evelyn Trachten, in honor of Hildy & Steve Martin, thank you for your generosity and health in times of need

### Tributes Made to The Rabbi's Discretionary Fund

- Ed Sporn & Dee Dee Acquisto, in honor of the PJC and the time they shared with us during Yom Kippur services
- Amy Ehrlich & Jon Backer in honor of Jon's mother Esther Backer

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# FEBRUARY 2015

# SH'VAT/ADAR 5775

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Shevat 12 <b>1</b> Rabbinic Intern Zach Sitkin	Shevat 13 2	Shevat 14 <b>3</b> Hassidut with Rabbi Schuck 4:00pm Hassidut with Rabbi Schuck 7:30pm	Shevat 15 4	Shevat 16 <b>5</b> Intro to Talmud with Zach Sitkin 7:30pm	Shevat 17 <b>6</b> Kabbalat Shabbat Service 6:30pm	Shevat 18 <b>7</b> Shabbat Services 9:30am Women's Group 1:00pm Hooked on Havdalah 5:00pm
Shevat 19 <b>8</b> Sunday Morning Lecture with Sheldon Horowitz 10:00am	Shevat 20 9	Shevat 21 <b>10</b> Hassidut with Rabbi Schuck 4:00pm Hassidut with Rabbi Schuck 7:30pm	Shevat 22 <b>11</b> Board Meeting 4:06pm	Shevat 23 <b>12</b> Intro to Talmud with Zach Sitkin 7:30pm	Shevat 24 <b>13</b> Kabbalat Shabbat Service 6:30pm	Shevat 25 <b>14</b> Shabbat Services 9:30am
Shevat 26 15	Shevat 27 16	Shevat 28 17	Shevat 29 18	Shevat 30 19	Adar I 1 <b>20</b> Kabbalat Shabbat Service 6:30pm	Adar I 2 <b>21</b> Shabbat Services 9:30am
Adar I 3 22	Adar I 4 23	Adar I 5 <b>24</b> Hassidut with Rabbi Schuck 4:00pm Hassidut with Rabbi Schuck 7:30pm	Adar I 6 25	Adar I 7 <b>26</b> Intro to Talmud with Zach Sitkin 7:30pm	Adar I 8 <b>27</b> Kabbalat Shabbat Service 6:30pm	Adar I 9 <b>28</b> Rabbinic Intern Zach Sitkin Birthday Shabbat Shabbat Services 9:30am Junior Congregation Services 10:30am Torah Time Services 11:00am PJC Gala 6:30pm

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