



# The Tikvah Times



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## FROM THE RABBI'S DESK

### *Are We Trees?*

Dear friends,

The 15th of Shevat is significant because, by this time, most of the winter rains have fallen in the Land of Israel, promising a summer of luscious, delicious fruits for which Israel is praised. It is also considered Rosh Hashanah (the New Year) for fruit trees regarding certain Halachot of agriculture.

The day, known as Tu B'Shevat, is also significant because, by this time, most of the winter rains have fallen in the Land of Israel, promising a summer of luscious, delicious fruits for which Israel is praised. It is also considered Rosh Hashanah (the New Year) for fruit trees regarding certain Halachot of agriculture.

The Torah likens man to a tree, "For man is a tree of the field" (Deut. 20:19), but this isn't an insult! Instead, humans are like trees in that our head is rooted in the Heavens, nestled in the spiritual soils of the Eternal, and nourished by our connection to our Creator. Our arms and legs are like branches, through which he accrues good deeds, and upon which the "fruits" of our labor are laden. Therefore on Tu B'Shevat, one must revitalize his connection to G-d, and rejuvenate his commitment to keep the mitzvot (Midrash Shemuel on Pirkei Avot 3:24).

It is the custom on Tu B'Shevat to eat from the seven species for which G-d praised the Land of Israel: "...a land of *wheat* and *barley* and [*grape*] vines and *fig* trees and *pomegranates*, a land of *olive* trees and [*date*] honey" (Deut. 8). By increasing the blessings we pronounce over G-d's produce, we become more aware of His providential role in creation. Not by our toil alone does the land bear fruit. Rather, without G-d's providing rain and sustenance, all our efforts would be worthless.

Rabbi Sholom Mimran

## Shabbat Times

### VAERA

FRIDAY JANUARY 12

5:15pm - Mincha/Maariv

5:16pm - Candle Lighting

SATURDAY JANUARY 13

9:00am - Shacharit/Kiddush

4:50pm - Mincha/S"SH

6:15pm - Maariv/Havdalah

### BO

FRIDAY JANUARY 19

5:20pm - Mincha/Maariv

5:22pm - Candle Lighting

SATURDAY JANUARY 20

9:00am - Shacharit/Kiddush

4:55pm - Mincha/S"SH

6:21pm - Maariv/Havdalah

### BESHALACH

FRIDAY JANUARY 26

5:25pm - Mincha/Maariv

5:29pm - Candle Lighting

SATURDAY JANUARY 27

9:00am - Shacharit/Kiddush

5:05pm - Mincha/S"SH

6:27pm - Maariv/Havdalah

### YITRO

### SHABBAT MEVARCHIM

FRIDAY FEBRUARY 2

5:35pm - Mincha/Maariv

5:35pm - Candle Lighting

SATURDAY FEBRUARY 3

9:00am - Shacharit

5:10pm - Mincha/S"SH

6:33pm - Maariv/Havdalah

SHEVAT 5784 - JAN/FEB 2024 CALENDAR

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				11 Jan Rosh Chodesh Shevat 6:45a Shacharit 5:15p Mincha & Maariv 8:30p Daf Yomi	12 7:00a Shacharit 12:00p Daf Yomi 5:15p Mincha/ Kabbalat Shabbat/ Maariv 5:16p Candle Lighting	13 - Vaera 9:00a Shacharit 12:00p Daf Yomi 4:50p Mincha / Seuda Shelishit 6:15p Maariv / Havdalah
14 8:30a Shacharit 9:30a Kollel 2:00p Ladies Lounge 5:20p Mincha & Maariv 7:30p High School Topgolf & Pizza 8:30p Daf Yomi	15 MLK Day 8:30a Shacharit 12:15p Branch Out Paintball 5:20p Mincha & Maariv 7:30p Hebrew Reading Course 8:30p Daf Yomi	16 7:00a Shacharit 5:20p Mincha & Maariv 7:15p Kollel 8:30p Daf Yomi	17 7:00a Shacharit 5:20p Mincha & Maariv 7:30p Prayer Class 8:30p Daf Yomi	18 7:00a Shacharit 5:20p Mincha & Maariv 7:15p Kollel 8:30p Daf Yomi	19 7:00a Shacharit 12:00p Daf Yomi 5:20p Mincha/ Kabbalat Shabbat/ Maariv 5:22p Candle Lighting	20 - Bo 9:00a Shacharit 12:00p Daf Yomi 4:55p Mincha / Seuda Shelishit 6:21p Maariv / Havdalah
21 8:30a Shacharit 9:30a Kollel 5:25p Mincha & Maariv 8:30p Daf Yomi	22 7:00a Shacharit 5:25p Mincha & Maariv 7:30p Hebrew Course 8:30p Daf Yomi	23 7:00a Shacharit 5:25p Mincha & Maariv 7:15p Kollel 8:30p Daf Yomi	24 7:00a Shacharit 5:25p Mincha & Maariv 6:00p Tu B'Shevat Seder with BSBI 7:30p Prayer Study Class 8:30p Daf Yomi	25 Tu B'Shevat 7:00a Shacharit 5:25p Mincha & Maariv 7:15p Kollel 8:30p Daf Yomi	26 7:00a Shacharit 12:00p Daf Yomi 5:25p Mincha/ Kabbalat Shabbat/ Maariv 5:29p Candle Lighting	27 - Beshalach 9:00a Shacharit 12:00p Daf Yomi 5:05p Mincha / Seuda Shelishit 6:27p Maariv / Havdalah
28 8:30a Shacharit 9:30a Kollel 5:35p Mincha & Maariv 8:30p Daf Yomi	29 7:00a Shacharit 5:35p Mincha & Maariv 7:30p Hebrew Reading Course 8:30p Daf Yomi	30 7:00a Shacharit 5:35p Mincha & Maariv 7:15p Kollel 8:30p Daf Yomi	31 7:00a Shacharit 5:35p Mincha & Maariv 7:30p Prayer Study Class 8:30p Daf Yomi	1 Feb 7:00a Shacharit 5:35p Mincha & Maariv 7:15p Kollel 8:30p Daf Yomi	2 7:00a Shacharit 12:00p Daf Yomi 5:35p Mincha & Maariv 5:35p Candle Lighting 8:30p Tisch with the Rabbi	3 - Yitro / Mevarchim 9:00a Shacharit 10:00a Parsha Pearls 10:15a TOT Shabbat Luncheon In honor of Gerry Katz 12:00p Daf Yomi 5:10p Mincha / Seuda Shelishit 6:33p Maariv / Havdalah
4 8:30a Shacharit 9:30a Kollel 5:40p Mincha & Maariv 8:30p Daf Yomi	5 7:00a Shacharit 5:40p Mincha & Maariv 7:30p Hebrew Course 8:30p Daf Yomi	6 7:00a Shacharit 5:40p Mincha & Maariv 7:15p Kollel 8:30p Daf Yomi	7 7:00a Shacharit 5:40p Mincha & Maariv 7:30p Prayer Study Class 8:30p Daf Yomi	8 7:00a Shacharit 5:40p Mincha & Maariv 7:15p Kollel 8:30p Daf Yomi	9 6:45a Shacharit 5:42p Candle Lighting 5:45p Mincha & Maariv 6:45p Friday Night Dinner	

# MONTHLY MUSINGS

[dortikvah.org/rebbetzins-blog](http://dortikvah.org/rebbetzins-blog)

## Shevat: Strong Like a Tree

Zahava Mimran

**‘The passing traveler** gazes in awe at the strong arms upraised to the heavens. Back straight and wide, limbs long and sturdy, skin tough with age: there is wisdom etched into every line. Little wonder we are compared to the trees of the fields. Ever growing, never stagnant, trees are like humans in their continuous search for meaning - for bigger and better and stronger than before. Rooted firmly in the ground, with arms in the sky, they reflect the dichotomy of our existence; an earthly soul tied to a physical body; mortals who walk this world and who yet nevertheless reach for the heavens. Indeed, with a lifetime spanning centuries, the tree almost approaches the immortality our souls are fashioned from.

‘Tree, oh tree, with what should I bless you?’ asks the now sated traveler, having feasted on the tree’s luscious fruits and rested in its cool shade. ‘Should I bless you that your fruit be sweet? Your fruit is already sweet. Should I bless you that your shade be plentiful? Your shade is plentiful. That a spring of water should run beneath you? A spring of water runs beneath you.



There is one thing, though, with which I can bless you. May it be G-d’s will that all the trees planted from your seeds should be like you...’ (Ta’anit 5b)

A healthy tree may be hard to differentiate from an unhealthy one. It may appear to be strong and steady, even whilst the rot twines through its limbs. The most telling parameter of success for a tree is when it produces offshoots which are just as healthy and strong as itself, when all of its seeds become trees just like itself.

# MONTHLY MUSINGS CONT.

**We too**, have a great wish that our children should be like us, and instinctively we measure our success by theirs. We invest decades of hard work into our children and our youth, and we hope that they too will grow up to be the kind, mature, loving adults that we are. We set them up to succeed in the lofty goals and aspirations that we dreamt of for ourselves, and we hope that they will not deviate far from the path that we have set them upon. We pray to merit that they will know G-d as we know G-d, that they will walk in His light, that His Hand will hold theirs.

Yet the truth of this success lies within us. If we want our children to be strong and healthy and to embrace their Jewish identity, then we ourselves must be strong and healthy. We ourselves must embrace and celebrate our Judaism and our commitment to it. We must harken to the constant quest inside of us which calls us to do bigger and better every moment of the day, to break through barriers and self-imposed limitations. For the opposite of growth is death. We must stand tall and strong in our beliefs. For those who sway in the winds of others are never at peace, never calm.

**We do not have to tell** our children how to live their lives. For their roots come from us. All we need to do is nurture it within ourselves, and our growth will shape the future of our children and the future of our world.

On the 15th of this month, we celebrate the birthday of the trees as they begin their yearly rebirth. For growth is always a celebration. We too, are growing, even though it may yet be unquantifiable, invisible. This growth too, should be celebrated. And when we grow spiritually, we are tapping into the tree which we ourselves are rooted in; we are connecting to life itself. For 'Etz Chaim Hi' – 'The Torah is a tree of life', promising immortality to all those who cling to it. 'Its ways are sweet, and all of its paths bring peace.' Indeed, what more could we ask for ourselves and our children?



# ANNOUNCEMENTS



## New Administrative Assistant



We welcome Samantha Murray as our new administrative assistant! Her first day will be Wed, Jan 17th. The office will be open as usual.

## Monthly Tot Shabbat

**Ages 4- 14**

Join us every *Shabbat Mevarchim* for Kiddush, Games, Food, Crafts, & Prizes

## Monthly Branch Out

**Grades 6-8**

Join our dynamic Middle School community for an exhilarating journey of Torah exploration and vibrant community activities

## Quarterly Picnic & a Playdate

**Ages 4- 14**



Stay after Kiddush for a playdate with friends

## Quarterly Mini Movie Night

**Grades 2-5**

Watch a movie, eat some snacks, and hang with friends



## IN THE COMMUNITY



**ADDLESTONE**  
HEBREW ACADEMY

## HEBREW & JUDAICS TEACHING POSITIONS AVAILABLE



Addlestone Hebrew Academy community day school offers the opportunity for four energetic and passionate teachers - or two teaching couples - to positively impact a small, thriving, Southern Jewish community.

[www.addlestone.org](http://www.addlestone.org)

## KOLLEL AHARON V'LEAH

### A Torah Learning Initiative



- Bet Medrash Learning
- Chavrutot Arranged
- Sefarim Provided
- Stipends Available
- Refreshments Served

SUNDAY: 9:30am - 10:30am

TUESDAY: 7:15pm - 8:15pm

THURSDAY: 7:15pm - 8:15pm



**Stand With Israel:** Help out by praying, donating, advocating, and more! Visit our 'Support Israel' webpage.

Also, join our daily Tehilim between Mincha & Maariv.

[www.dortikvah.org/israel](http://www.dortikvah.org/israel)

## Have you seen our exciting Mikvah plans?

*Learn about the Mikvah and view the floor plan, features, and dedication opportunities.*

CLICK HERE



We are in the final stages of our new Mikvah! Be a part of this stunning facility.

*Donation and dedication opportunities are now available!*

Learn more at [dortikvah.org/mikvah](http://dortikvah.org/mikvah)





# EVENTS & PROGRAMS

If you are reading this digitally, click an event for more details or to RSVP!  
Or visit [dortikvah.org/events](https://dortikvah.org/events)

## Create your Own Vision Board

### Join us for a Vision Board Party!

Our Hostess Shoshanna Richek has been creating vision boards for years. Create your own 2024 Board with your dreams and wishes, to keep you inspired throughout the New Year.



Sunday January 14 • 2:00pm  
Shoshanna Richek's Residence, James Island  
Light Refreshments • \$10 • RSVP on FB



To create your board digitally on Canva, bring along a device.

*The Ladies' Lounge*

## Tu B'Shevat Dinner

January 24th, 6pm  
at BSBI

Falafel Menu with Israeli Fruits  
\$15 per person / \$50 max family

CONGREGATION  
**DORTIKVAH**  
קהילת דור תקווה

**BSBI**  
Brith Sholom Beth Israel  
SYNAGOGUE



## Kiddush Luncheon In Honor of Gerry Katz

*Sponsored by our Dor Tikvah congregation  
for the years of dedication and commitment  
to our shul, striving to make us stronger.*

9:00 am - Shacharit

11:30 am - Kiddush

February 3rd  
Shabbat Mevarchim

Halftime Torah Inspiration! • SIT BACK AND WATCH THE GAME •

**SUPER BOWL LVIII  
BBQ WATCH  
PARTY**

FEB • 11 • 6:30 PM

Join us and all your friends  
for a fun night of football,  
BBQ, and brews!

Adults • \$8 Kids • free  
RSVP @ [dortikvah.org/superbowl](https://dortikvah.org/superbowl)



# YOUTH AT DOR TIKVAH

Children hold a special place in our hearts here at Dor Tikvah. Our youth program continues to grow and strengthen, just like your kids.

See more on [Dor Tikvah Youth](#). #DTYouth Get your kids involved by contacting [youth@dortikvah.org](mailto:youth@dortikvah.org)

MLK DAY WEEKEND  
HIGH SCHOOL

## TOPGOLF and Pizza



**JAN 14** | TOPGOLF CHARLESTON  
7:30 PM  
\$15 DISCOUNTED RATE

NCJY

## Paintball Charleston Monday, Jan 15

Low-Impact Paintball - 12:15pm - 4:45pm  
\$20/person  
239 Cypress Gardens Road, Moncks Corner, SC

- Bring bagged lunch
- Dress comfortably with appropriate shoes
- Refreshments provided

CONGREGATION DORTIKVAH  
קהילת דור תיקבה

BRANCH OUT

## MINI MOVIE NIGHT

2ND - 5TH GRADERS  
SATURDAY, FEBRUARY 10  
7PM



CONGREGATION DORTIKVAH  
קהילת דור תיקבה

## TOT Shabbat

EVERY SHABBAT MEVARCHIM  
COME AND JOIN US!

AGES  
3-6yrs & 7-12yrs  
FEBRUARY 3RD

CHILDRENS KIDDUSH  
MIDDLE SCHOOL PROGRAMMING  
PLAY GAMES  
EXCITING PRIZES  
SING SONGS



Thank you to our sponsors for partnering with us on our past and future events.



Charleston  
Jewish Federation





# CLASSES

*We have regular opportunities for all ages and types to connect spiritually, master prayer, learn Hebrew, or explore our heritage!*

## LEARN AT DOR TIKVAH

### Daf Yomi

SUNDAY to THURSDAY @ 8:30 pm, FRIDAY & SHABBAT @ 12:00 pm  
Weekdays on Zoom: [dortikvah.org/dafyomi](https://dortikvah.org/dafyomi), Shabbat & Yom Tov in The Gilston Chapel. The Daily Daf with Rabbi Mimran & Dr. Joe Rubin.



### Kollel Aharon V'Leah

SUN. @ 9:30am, TUE. & THU. @ 7:15pm - The Gilston Chapel  
A Bet Medrash style chavruta Torah Learning Initiative.  
Sefarim Provided, Stipends Available.



### Hebrew Reading Course

MONDAY @ 7:30 pm - DT Classroom or Zoom: [dortikvah.org/hebrew](https://dortikvah.org/hebrew)  
Master our ancient and beautiful language with Rabbi Mimran.  
All are welcome!



### Prayer Study

WEDNESDAY @ 7:30 pm - DT Social Hall or Zoom: [dortikvah.org/prayer](https://dortikvah.org/prayer)  
Examine and discuss the what, why, & how of Jewish prayer.  
**Recordings:** [dortikvah.org/prayer-recordings](https://dortikvah.org/prayer-recordings)



### Parsha Pearls for Women

SHABBAT MEVARCHIM @ 10:00 am - The Gilston Chapel  
Unearth pearls from the Parsha in a monthly class for ladies and girls with Rebbetzin Zahava Mimran.



### Shabbat Youth Groups

SHABBAT @ 10:15 am - Dor Tikvah Youth Wing  
For kids 2-9 years old, join us for playing, learning, and Kiddush with friends and our Dor Tikvah Youth leaders.



### Torah Study

**RESUMES MARCH 16th**

SHABBAT, 45 min before Mincha - The Gilston Social Hall  
A deep dive into the weekly Torah portion with Rabbi Mimran.





# SHEVAT LIFE CYCLES

## Anniversaries

1/28 - David & Marcie  
Rosenberg

## Birthdays

1/13 - Jennifer Phillips

1/20 - Lizi Mimran

2/3 - Sammy Rosenberg

2/3 - Thea Pearson

## Yahrzeits

1/11 - Morris Lazarus  
*Great Uncle of Nathan Kirshstein*

1/13 - Maxine Zucker  
*Mother of Lenny Zucker*

1/17 - David Funk  
*Father of Laura Zucker*

1/19 - Moses Oberman  
*Uncle of Marvin Katzen*

1/20 - Avram (ben yosef) Rubin  
*Father of Joseph Rubin*

1/22 - Ruth Baker Silverman  
*Grandmother of Debbie Rothschild*

1/24 - Nathan Kirshstein  
*Grandfather of Nathan Kirshstein*

1/25 - Hortense Gorfain  
*Mother of Neil Gorfain*

1/26 - Eta Bat Yenta  
*Mother of Frederick Schaffer*

1/26 - Phyllis Shorago  
*Mother of Susan Chase*

2/5 - Batsheva Sarah Koplowitz  
*Niece of Jennifer Phillips*

2/7 - Arthur Gorfain  
*Father of Neil Gorfain*

2/9 - Hyman Gilston  
*Father of David Gilston and  
Grandfather of Phyllis Katzen*

2/9 - Morris Feinberg  
*Father of Leah Chase*

WHAT DO YOU WANT  
YOUR JEWISH LEGACY  
TO BE?

*"As my parents planted for me before I was born, so  
do I plant for those who will come after me."*  
- Talmud



**LIFE & LEGACY**  
Assuring JEWISH TOMORROWS

*A program of the*  
**HAROLD GRINSPOON  
FOUNDATION**

To ensure acknowledgment of your family's yahrzeits, birthdays, and anniversaries, please make sure those sections of your Shulcloud account are completed and up-to-date. Manage your account at [dortikvah.org/member](http://dortikvah.org/member)

# SPONSORSHIPS

## Shevat Kiddush

**1/13 - Lenny & Barbie Zucker**

*In memory of Lenny's mother, Maxine Zucker at Yahrzeit time*

**1/20 - Nathan Kirshstein**

*In memory of his mother, Sylvia Lazarus Kirshstein at  
Yahrzeit time*

**1/27 - Susan Weintrob**

*In memory of Neil Weintrob*

**2/3 - Dedicated Kiddush Luncheon**

*In honor of Gerry Katz*

## Shevat Sunday Shacharit

Thank you to Harvey, Stacy, and Eli Nathan for  
sponsoring Sunday Shacharit Bagel Breakfast & Coffee

*Honor a meaningful event or special person in your life by sponsoring a  
kiddush or Sunday refreshments. **If interested, contact**  
**info@dortikvah.org**. Thank you for your support!*

## Tevet Kiddush

**12/16 - Carol and Gary Elkies**

*In honor of Carol's father, Daniel Cantor, at Yahrzeit time*

**12/23 - Simeon Glaubach**

*In honor of Nathan Parker and the proud parents Rebecca and Yosef  
Wagner*

**12/30 - Marcie and David Rosenberg**

*In honor of their first grandchild, Isaac Ronen Atwood (Izzy), Yitzchak  
Ronen and his parents, Rachel and Ben Atwood*

**1/6 - Stuart Feldman**

*In celebration of 5 years of recovery from, leukemia and the reopening of  
the Dor Tikvah sanctuary.*

**Sponsorships listed in gold are Enhanced Kiddushes.**



# TZEDAKAH

*Thank you to our generous donors this past month! We appreciate all of your contributions!*

Contributions to Dor Tikvah can be made at [dortikvah.org/donate](https://dortikvah.org/donate) or by mail to  
1645 Raoul Wallenberg Blvd., Charleston, SC 29407

*Thank you for your support! Donations of \$10 + will be acknowledged in all of our newsletters.*

## In Memory

**Vladimir and Eliza Varadi**

*of Avraam Mikulinsky*

**Debbie, Greg, and Truere**

**Rothschild**

*of Ruth Baker Silverman and Sidney  
Silverman*

**Marian and Greg Yarus**

*of Sandy Katz*

## Shabbos House

**Ashleigh Fields**

**Larry Rabinovich**

**Michael and Nadine Wiesel**

**Josh Shanes**

**Tzippora bat Avraham**

## Rabbi's

## Discretionary Fund

**Vladimir and Eliza Varadi**



**Mezuzot are available for purchase**, including a limited number of hand-crafted mezuzot by Marvin Katzen. If interested, contact [info@dortikvah.org](mailto:info@dortikvah.org)



**Have you seen our Mikvah Plans? Check them out on [dortikvah.org/mikvah](https://dortikvah.org/mikvah). We are still fundraising for this initiative. Please consider contributing what you can!**

## In Honor

**Lori and Slade Gleaton**

*of the Atwood and Rosenberg family on  
the occasion of Izzy's birth*

## Mikvah Fund

**Vladimir and Eliza Varadi**

## Mi Sheberach

**David Beckman**

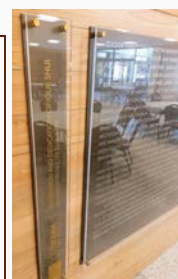
**Lori and Slade Gleaton**

**Larry Rabinovich**

**Ezra Barr**

## General

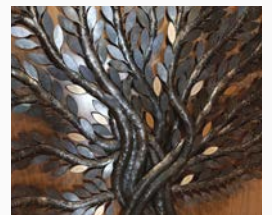
**Alvin Hammer**



We still have some opportunities available for sponsorship and dedication.

Contact David for details at [dmr964@yahoo.com](mailto:dmr964@yahoo.com)

## TREE OF LIFE



Add your own leaf or branch to our Tree at [dortikvah.org/TOL](https://dortikvah.org/TOL)



# DOR TIKVAH PHOTOS

Find all our photos in our [gallery page](#) on our website! Please submit event photos you would like to share!



**LIGHT UP THE NIGHT - CHANUKAH**



**ISRAELI CHANUKAH BBQ**



**KIDDUSH LEVANA - TEVET**



**SUNDAY SHACHARIS BAGEL BREAKFAST**



# INTERNATIONAL KOSHER COOKING

*with Susan Weintrob*

## **Mahshi: Stuffed Zucchini, Eggplant and Red Bell Peppers**



**Serves 6**

Eaten all over Egypt are Mahshi, stuffed vegetables. Jews have a history of stuffed vegetables as well. Zucchini, the bell peppers and eggplant are hollowed out and stuffed with rice, meat and Middle Eastern spices, and are served for Shabbat, because they reheat well or can be eaten at room temperature. They are also on the menu for holidays and special occasions, such as a wedding or brit milah, circumcision. This stuffing, as well, can be put in grape or cabbage leaves. All are baked in a delicious tomato sauce. You can also stuff, if less traditional, buttercup, butternut or acorn squash or small sugar pumpkins.

### **SPICES**

1 teaspoon allspice  
1 teaspoon cinnamon  
Pinch nutmeg  
1/4 teaspoon ground black pepper

### **SAUCE**

2 tablespoons olive oil  
3-4 cloves garlic minced  
6 oz can tomato paste  
1 teaspoon salt  
3 cups water

### **STUFFING**

1 cup rice uncooked and rinsed (I used brown rice—use your favorite!)  
1 pound ground beef chicken or lamb  
1 large onion minced  
1 tablespoon dried or 4 sprigs fresh chopped. Put stems in sauce.  
1-2 teaspoons olive oil

### **VEGETABLES**

5 small zucchini and/or yellow squash  
2 medium or 4 small eggplants  
2 red bell peppers

*More delicious and kosher recipes on [expandthetable.net](http://expandthetable.net)*

# INTERNATIONAL KOSHER COOKING CONT.

1. **Mix spices** together in small jar or bowl. Set aside.
2. Make the sauce. **Sauté the garlic** for 2 minutes in olive oil, stirring constantly. **Add tomato paste** and stir until paste is dissolved in water, 2-3 minutes.. Add salt and water.
3. **Rinse rice** thoroughly in a sieve and cook according to package directions. Drain and set aside.
4. **Hollow out vegetables** with a corer or knife, being careful not to cut into the outer skin.
5. Set zucchini and eggplant in colander in a sink or over a bowl, sprinkle with kosher salt, and let sit for 15-20 minutes. This will draw some of the **moisture out of the vegetables**. Rinse gently.
6. Add olive oil to a skillet. Warm over medium heat. **Sauté onion** until translucent. **Add ground meat**, stirring occasionally. Add spices and stir to mix with meat mixture. Cook another 5 minutes or until onion is soft and meat is browned. Remove from heat.
7. **Mix meat mixture and rice together** in a bowl. Refrigerate if you are going to use later.
8. Place the **vegetables scraps** you cored out on the bottom of the pot you are going to use to cook the vegetables. This adds a layer to prevent the vegetables from sticking when you remove them after cooking.
9. Stand the **vegetables upright in a pot**. They should fit snugly so they will cook upright. If there is space between the vegetables, add chunks of onions, garlic, celery, cabbage, etc., to fill in the spaces.
10. **Stuff** the vegetables with the meat and rice mixture. Use a spoon or your fingers. Don't overstuff as the rice will expand while cooking.
11. **Pour the sauce** into vegetable pot. The liquid should cover about 3/4 of the vegetables. Add more water or broth if needed.
12. Bring to a boil, then lower to a simmer, cover and cook for 35-40 minutes. Remove from heat and let it cool for about 15 minutes. Taste and adjust seasoning.
13. Carefully remove the vegetables from the pot and put on plate spooning a bit of the sauce over each vegetable.
14. Leftovers sauce and stuffing: You may have some stuffing leftover. Save in the refrigerator for 3 -4 days or you can freeze it. The leftovers are great to add to grains, such as rice, quinoa or farro for a savory side dish, to add to pasta or place in a pita for an impromptu and delish meal. You may also have extra sauce. Add to cooked grains, let chicken simmer in it or save both stuffing and sauce for the next time you make stuffed vegetables!

*More delicious and kosher recipes on [expandthetable.net](http://expandthetable.net)*



# REFUAH SHLEMA

מי שברך אבותינו ואמותינו אברהם יצחק ויעקב, משה ואהרן, דוד ושלמה, שרה רבקה רחל ולאה, הוא יברך וירפא את כל חולינו, בעבור שאנחנו מתפללים להחלמתם. בשכר זה הקדוש ברוך הוא ימלא רחמים עליהם להחלימם ולרפאתם ולהחזיקם ולהחיותם וישלח להם מהרה רפואה שלמה מן השמים, עם כל חולי ישראל, רפואת הנפש ורפואת הגוף, השתא בעגלא ובזמן קריב ונאמר אמן

- Alexsandra bat Gavrielle
- Alter Benzion Volf ben Tzippora
- Aspen Moshe Carmona
- Chana Leah bat Miriam
- Chaya bat Vaely
- Chaya Dina bat Chana Devorah
- Cindy Hoffman
- Dovid ben Heiman
- Efrayim Fishel Aryeh ben Tzirel
- Elimelekh Daniel ben Raziel
- Elisheva Netanya bat Sarah
- Esther bat Alitza
- Joyce Williams
- Heith Harrison
- Lazer ben Ruth
- Linda H. Milligan
- Lindsay Linderman
- Maureen Shelly
- Michaela Esther bat Kaila Devora
- Michael Dangerfielb
- Miriam Rut bat Yosef
- Mordechai Yehuda Leib ben Yatzil
- Nachama Chana bat Tzippora Rachel
- Pamela Hoffman
- Refael ben Ita Faigel
- Rochel Leah bat Tovah Leba
- Sarah bat Reena
- Sarah Rachel bat Miriam Ruth
- Simcha ben Ettie
- Shai ben Chava
- Sura bat Oudis
- Sura Leah bat Muriel
- Talia bat Shoshana
- Tzipora Rachel bat Leah Yosepha
- Yakov ben Simi
- Yael Bracha bat Pnina
- Yehudit Shulamit bat Bryna
- Yitzhack ben Simcha

*To have a name added or removed from the list, contact [info@dortikvah.org](mailto:info@dortikvah.org)*

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## Shabbat Newsletters



## Dor Tikvah Gallery

### Host your next event at Dor Tikvah!



Our multipurpose kosher facility is available for rent. If interested contact [info@dortikvah.org](mailto:info@dortikvah.org).

## CONTACT US

Mon - Thu: 9:00am - 5:00pm  
Fri & Erev YT: 9:00am - 1:00pm

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## PHOTO OF THE MONTH



## University School of the Lowcountry Visit

Check out the albums for all of our recent events in our Gallery at [dortikvah.org/gallery](http://dortikvah.org/gallery). If you have pictures you would like to share, send them to [info@dortikvah.org](mailto:info@dortikvah.org).

The University School of the Lowcountry came for a visit over Chanukkah to learn more about the Jewish Religion.