the VOICE הקול

FEBRUARY 2018, SHEVAT/ ADAR 5778

Queen Esther and Mordechai

Published monthly from September-June by Congregation Agudath Israel of West Essex; Affiliated with United Synagogue of Conservative Judaism
20 Academy Road, Caldwell, New Jersey 07006; 973.226.3600; www.agudath.org

The Andy Statman Trio

Saturday, February 10, 2018

7:45 pm Desserts 8:30 pm Concert

at Congregation Agudath Israel
20 Academy Road, Caldwell, NJ

Andy Statman's music expands the boundaries of traditional and improvisational forms. He is a National Endowment of the Arts Award recipient and Grammy nominee. Statman has appeared on more than 100 recordings, playing with Itzhak Perlman, Bob Dylan, and the Grateful Dead, just to name a few. His skill and versatility on mandolin and clarinet will astound you.

"Statman's virtuosity has labeled him a genius by his peers" – Village Voice
"One of the most important Jewish creative artists of the postwar era" – Jerusalem Post
"No one else approaches the mandolin the way he does" – NPR
"Andy Statman, clarinet and mandolin virtuoso, is an American visionary" – New Yorker

Listen to a sample of his music: tinyurl.com/StatmanSample

Get discounted seats now:

Ages 20 and under: $15.00 / Adults: $25.00 by February 9th at noon

Tickets at the door: $40.00

Purchase discounted tickets online: tinyurl.com/CAIStatman
or
Make checks payable to CAI and note 'Andy Statman' on the memo line
Mail to CAI, 20 Academy Road, Caldwell, NJ 07006 Tel: (973) 226-3600

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SERVICES

SCHEDULE OF SERVICES

For daily minyan and Shabbat morning times, see below, right-hand side.

NOTE: Early and Late Friday night services are being COMBINED into the EREV SHABBAT SERVICE

Friday, February 2
Erev Shabbat Service .....4:55 pm
Super Bowl Shabbat.....6:00 pm

Saturday, February 3 - Service at 9:15 am
Shabbat Meditation.....9:30 am
Torah Chug .....10:15 am
Camp Shabbat.....11:00 am
Minchah/Talmud Study/Maariv.....4:50 pm
Bat Mitzvah-Taylor Newnham .....pm

Friday, February 9
Erev Shabbat Service .....5:05 pm
Shabbat in PJs .....5:30 pm

Saturday, February 10 - Service at 9:00 am
Bat Mitzvah-Mikayla Nathan.....am
Minchah/Talmud Study/Maariv.....5:00 pm
Bar Mitzvah-Adam Randall.....pm

Friday, February 16
Erev Shabbat Service .....5:10 pm

Saturday, February 17 - Service at 9:00 am
Bat Mitzvah-Sophie Fischer.....am
Minchah/Talmud Study/Maariv.....5:10 pm
Bar Mitzvah-Benjamin Solomonov.....pm

Friday, February 23
Erev Shabbat Service .....5:20 pm
Chevrah Kadisha Dinner .....6:30 pm

Saturday, February 24 - Service at 9:15 am
Minchah/Talmud Study/Maariv.....5:15 pm
Bar Mitzvah-Justin Eisenberg.....pm

Wednesday, February 28.....
Megilah Reading – Children's Service.....6:30 pm
Megilah Reading – Main Service .....7:30 pm

CANDLE LIGHTING

FEBRUARY

Friday, February 2.....4:58 pm
Shabbat ends, Saturday, February 3.....6:08 pm

Friday, February 9
Shabbat ends, Saturday, February 10.....6:17 pm

Friday, February 165:15 pm
Shabbat ends, Saturday, February 17.....6:25 pm

Friday, February 235:23 pm
Shabbat ends, Saturday, February 24.....6:33 pm

DAILY SERVICES

Mornings
Monday & Thursday.....6:45 am
Tuesday, Wednesday & Friday.....7:00 am
Sunday Talmud Study.....8:15 am
Sunday Shacharit.....9:00 am
Evenings
Sunday - Thursday.....7:30 pm
Friday.....(see schedule)
Saturday.....(see schedule)

SATURDAY

Services Begin.....9:15 am (9:00 am when a Bar/Bat Mitzvah is scheduled)
Torah Study Group.....9:00 am
Torah Reading Chug.....10:15 - 11:00 am (twice a month, ages 9-12)
Teen Service/Schmooze.....10:45 am
The following are at.....11:00 am

- Torah for Tots (ages 0-4)
- Mini-Minyan (grades K-2)
- Mini-Congo (grades 3-4)
- Jr Congo (grades 5-6)
- Kadima (grades 7-8)
- Shabbat Meditation 9:30 am, second Saturday of every month

A MESSAGE FROM RABBI ALAN SILVERSTEIN

Judaism's Commitment to Tzedakah

As CAI continues our Annual Campaign to fund the best synagogue we possibly can be, it is fitting to ponder the view of our sacred heritage toward the magnitude of "Tzedakah" necessary to meet our goals.

For Judaism, being involved in donating some of one's means to the communal well-being is not equivalent to the English term "charity." Charity derives from the Latin word "caritas," meaning "heart." In other words, one should give in a manner that one's heart leads you to contribute. Quite differently, "Tzedakah" means "righteousness," as in the Biblical command from God: "Tzedek, Tzedek Tirdof" – "You are mandated to pursue righteousness in your deeds."

For a Jewish person, giving Tzedakah is a necessary and righteous act that one ought to exercise whether or not our heart "moves us" in this direction. This distinction is evident, for example, within Maimonides' famous list of "Eight Degrees of Tzedakah." The Rambam includes among people who meaningfully fulfill the mitzvah of Tzedakah: BOTH "Those who gives grudgingly, reluctantly, or with regret," AND "Those who give graciously." For Judaism, each category is leading a life of "Righteousness," as long as they GIVE.

Moreover, in the view of our Sages, the very act of giving Tzedakah is life-affirming. As an illustration, they pointed to the difference between two dramatically different bodies of water inside the Land of Israel. The Sea of Galilee symbolizes vigor and vitality. In contrast, the Dead Sea is the embodiment of the absence of life. Why? The Rabbis taught that "The Sea of Galilee not only receives water from the Jordan River, but also gives of its waters to other streams. On the other hand, the Dead Sea keeps all that it receives – thus its name ["Dead Sea"]. To paraphrase Scripture (Proverbs 10:2), "Helping others keeps you alive."

Additionally, Jewish tradition views with great favor those who not only contribute Tzedakah, but also solicit others to do the same. "A person who persuades others to give Tzedakah shall have a reward [in fulfilling yet a second mitzvah] that accompanies the mitzvah fulfilled by the act of the donor…" Our religious tradition likened those who bring others to participate in acts of Tzedakah as role models for us all, pointing to the Book of Daniel 12:3: "They that turn others to acts of Tzedakah [shall shine] as the stars."

Giving Tzedakah to further worthy communal needs has been a prized Jewish value passed from one generation to the next. Judaism mandates that it is incumbent upon parents to instill devotion to this mitzvah into the upbringing of their offspring. For instance, a prominent Boston businessman wrote the following in the Ethical Will he penned for his son: "Acquiring money is only a noble goal but it is not an end in itself." He then proceeded to elaborate upon the importance both of meeting the material needs of one's family and of engaging in meaningful acts of Tzedakah. He concluded in asserting to his son: "I say this to you because I know that your abilities may well make you wealthy materially. But my real desire is that you be successful in business and that you become rich in heart and in soul."

As the CAI family moves forward in fulfilling our collective destiny as a cornerstone of Jewish life and values, may each one of us be privileged [each in accord with his or her means] to fulfill this life-affirming, paramount Mitzvah of Tzedakah. May we become ever more rich in heart and in soul.

With friendship,
Rabbi Alan Silverstein

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NOTES FROM CANTOR JOEL CAPLAN

Cantor Caplan

I'm Here To Say Kaddish...

It can be uncomfortable, coming into the Daily Minyan after there's been a death in your family.

You're grieving, and your family is upset, and there are so many logistical details to take care of, and oh yeah there's that little thing called getting back to work, or dealing with carpools, or taking care of that one family member who needs it so much --

-- and with all that, there's a voice telling you, "You're expected to come to Minyan to say Kaddish."

So you come, but you may honestly have no idea what to do, exactly. All the other people seem to know what they're doing, and you're feeling like a fish out of water, even as you're grieving and overwhelmed.

Oy.

To try to help, I've started to write what I hope will be a little pamphlet for those who are new to the Minyan, especially if they've just had a death in the family. Here are some excerpts:

"Okay, I'm here. Now what?"

First, it's good that you're here. Thank you for coming.

Our condolences on your loss...

You're here to say Kaddish, the prayer for the dead.

Some say that your saying Kaddish helps the soul of your loved one be more "comfortable" or "elevated" in the World to Come. Others say it elevates us, as we honor their memory. Either way, it's good that you're here, and important that you're here.

The Kaddish prayer is said near the very end of the service. There also may be other times, depending on the particular service.

What's the most important thing I should do first?

Get a Mentor. That is, find someone in the room who looks friendly, summon up your courage, come up to them and say, "I'm here to say Kaddish. Would you please show me what to do?" They'll be happy to do this.

How do you know?

Because most of the people who come regularly to the Minyan started coming when they needed to say Kaddish. Just like you. They get it; they've been there.

All the other people here seem like they know what they're doing...

Some do -- but honestly, some don't as much. Remember, just about everyone started coming when someone died in their family. Just about everyone is still learning, getting better every time. Ask them about it.

There sure is a lot of Hebrew in the service... Why does it need to fly by so quickly?

We say the traditional prayers that are said by Jewish congregations all around the world. Yes, there's a lot...

We try to strike a balance: We don't mean to "rush through" the prayers, but we don't want to take all day, either. People need to pray, but they also need to go to work, go home, etc.

Well, I can't read that fast. What should I do?

Different people have different strategies. They include:

* Follow along with transliteration. That's "Hebrew in English letters." There are prayer books that have every word written out this way. Ask your Mentor.

* Pick one paragraph, or two, or five, or whatever. Just concentrate on those. Yes, that's legal.

* Meditate on your own. Or find an English reading. Or find a book on the library shelves. We daven in the library because we're surrounded there by the Wisdom of the Ages. Sounds lofty, but it's true.

But isn't that improper? I'll look like I'm not paying attention.

It's ok to study during Minyan time. "When I pray, I talk to God. When I study, God talks to me."

This all seems pretty complicated. Does it ever get any easier?

Yes, but be patient with yourself. How much time does it take to be able to ski well? Or play chess? What about playing bridge, or baking, or playing violin, or becoming an accurate free-throw shooter? Or, for that matter, being a good parent? It takes practice, over months and years, and Jewish prayer is like that. But "the longest journey begins with just a single step."

You've already taken your first step – you're here. Our condolences on your loss. Now, be brave and pick out a Mentor. They don't bite...

Come hear the Andy Statman Trio here at CAI on Saturday night, February 10!

Andy is absolutely one of the greatest living Klezmer performers, and an absolute whiz on both mandolin and clarinet.

Listen to this -- **http://tinyurl.com/StatmanExample** –and you'll see what I'm raving about.

Get discounted tickets online till February 9 at tinyurl.com/CAIStatman.

Desserts at 7:45 pm, concert at 8:30 pm.

And order Purim Baskets through the Werb Torah Club for family and friends! Didn't get your personalized link to order? Tell me! – Cantor Joel Caplan

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Plots Available for Members

WHAT'S IN THE WERKS

Torah Pillar

Every Age & Every Stage of Jewish Learning

Celebrating inclusion and appreciation

I love to read and am so grateful that many people whose opinion I trust recommend books to me that they think I will enjoy. I have a list of these books to read when I am ready to begin a new adventure.

One of my favorite recommenders, Debbie, suggested I read "Wonder" by R.J. Palacio when it was published in 2012. So when the movie "Wonder" came out in December — and was met with amazing reviews — it sounded familiar, I looked on my recommended books list, and there it was. My rule is to read first and then watch the film.

Wow, was Debbie right! Reading "Wonder" was a transformative experience. The book is about Auggie, a boy born with a facial difference that prevents him from attending a mainstream school. The story begins with Auggie entering into a mainstream fifth-grade class and goes on to show how his peers and the teens and adults in his life learn and grow from his experience.

It is a must-read book; it offers a dramatic reminder of the necessity to conduct ourselves with kindness and understanding and an awareness that all children, in fact all people, should be included. The book beautifully illustrates that when we "normal" or "typical" people — whatever that means — open ourselves up to "others," "outsiders," "people who are different," we are actually the beneficiaries.

Soon after I read the book, the ABC news program "20/20" featured a true story of a "Wonder" child. The Rosh Chodesh Women's Group enjoyed an evening of learning and growing from viewing parts of this episode. One of Judaism's value precepts is from Genesis 1:27: "And God created man in His image, in the image of God he created him; male and female He created them." We are all made b'tzelem Elokim — in God's image — and that refers to all human beings; whether someone has a disability, a delay, anything that makes him or her an outlier of the community — all have the spark of God within. Efforts to bring holiness into our lives lead us to be inclusive of all.

February 28-March 1

Our Jewish community heightens this awareness by designating February Jewish Disability Awareness and Inclusion Month. For the past 10 years, during this month, we have been given the opportunity to embrace the principles guiding us to be an inclusive community. Thanks to the work of Rebecca Wanatick — manager of community inclusion for Greater MetroWest ABLE (Access, Belonging, and Life Enrichment for People and Families) at Jewish Federation of Greater MetroWest NJ — we join with the GMW community and hundreds of other organizations around the world that participate in Jewish Disability Awareness and Inclusion Month. JDAIM reminds us that ALL Jews, without regard to ability or disability, must have access to Jewish life — to work live, love, play, learn, and worship how and where they choose, and to be part of our Jewish community.

JDAIM
Jewish Disability Awareness & Inclusion Month

Inclusion refers not only to individuals with disabilities but extends to our understanding of milestone life-cycle events. When a death occurs in a family, grief brings the emotion of feeling different or alienated from the community. This is when the Agudath Israel Chevra Kadisha, or Holy Society, volunteers step up to give support during this difficult time. The Chevra Kadisha will hold a learning evening on Friday, Feb. 23, in memory of Moses. This Shabbat is observed as Moshe Rabbeinu's yahrtzeit, since the rabbis, through calculations based on a number of biblical passages, determined the date of Moshe's death is 7 Adar (this year, Feb. 22).

The Torah portion of Moshe's yahrtzeit is Tetzaveh, which is the only parshah — from the first of Exodus (in which he is born) until the end of Numbers — that does not include Moshe's name. His absence from the Torah reading, like his virtual absence from the Haggadah, can be interpreted as an effort to ensure that no cult of Moses worship would ever arise.

But for our purposes — celebrating Moshe's life on his yahrtzeit — we remember the qualities that made him unique as a prophet, a teacher, a man who had a profound relationship with God, and a humble leader who fought for social justice (what qualities would you add?).

So part of our observance of Jewish Disability Awareness and Inclusion Month is our appreciation for the outstanding work and compassionate support our Chevra Kadisha members provide for congregants coping with loss On Shabbat, Friday-Saturday, Feb. 23-24, we will combine these themes of inclusion, understanding, and kindness to create a meaningful Shabbat for all. Further information will follow.

Awe and wonder surround us!

B'Shalom,
Susan Werk
Educational Director

Purim Is Coming!

Wednesday, Feb. 21
Mishloach Manot Packing Party, 3-8 p.m.
USY Purim Party, 7:45-9 p.m.

Sunday, Feb. 25
Purim Carnival 11 a.m.-1 p.m.

Wednesday, Feb. 28
Children's service with magician, 6:30 p.m.
Community service & costume contest, 7:30 p.m.

New Jersey Jewish News in partnership
with Congregation Agudath Israel
present

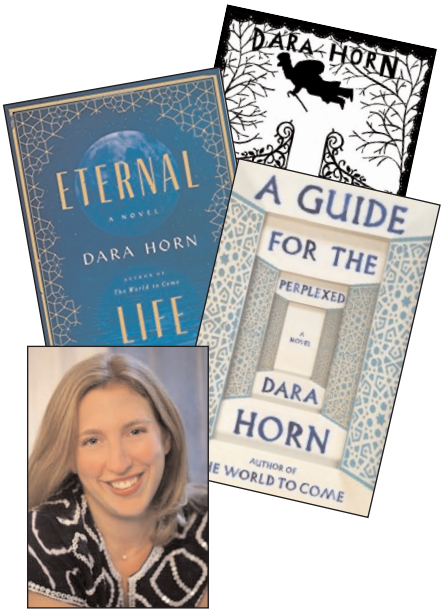
Novel Ideas: A Conversation About Jewish Time, Language, & Stories

Tuesday, February 6, 7 p.m.

Dara Horn, award-winning author and CAI congregant,
named Granta's Best of Young American Novelists

Sandee Brawarsky, culture editor at The Jewish Week

Admission:$18; $20 at the door; free for students
To purchase, go to jewishweek.timesofisrael.com/events



Captain America & Wonder Woman

are coming to Chaverim
(Kindergarten, First-grade,
& Second-grade Youth Group)

Sunday, February 4
11:30 a.m.-12:45 p.m.

Join us for pizza &
superhero training!

RSVP to tinaforoutan@gmail.com

SPECIAL DATES

Friday, Feb. 2
Family Super Bowl Shabbat Dinner, 6 p.m.

Thursday-Tuesday, Feb. 15-20
Religious School closed for Presidents' Day

Monday, Feb. 19
All closed, ECC and Extended Day, offices,
for Presidents' Day

Tuesday, Feb. 20
ECC closed (excluding Extended Day)
for Presidents' Day

Wednesday, Feb. 28
Purim services and megillah reading
Children's service, 6:30 p.m.
Main service, 7:30 p.m.

Torah Pillar: Every Age and Every Stage of Jewish Learning

Programs for all Agudath Israel day school and religious school students and adults

Early Childhood Center

Friday, Feb. 2: Super Bowl Family Shabbat Dinner, 6 p.m.
Friday, Feb. 9: Shabbat in PJ's, 5:30 p.m.
Wednesday, Feb. 14: ECC: "The Velveteen Rabbit," The Pushcart Players, 10 a.m.
Monday, Feb. 19: All closed, including ECC and Extended Day and offices for Presidents' Day
Tuesday, Feb. 20: ECC closed, Extended Day open
Sunday, Feb. 25: Al Galgalim, 10 a.m.
Sunday, Feb. 25: Purim Carnival, 11 a.m.
Wednesday, Feb. 28: Purim celebration, 6:30 p.m.

Primary (Kindergarten-Second Grade)

Friday, Feb. 2: Super Bowl Family Shabbat Dinner, 6 p.m.
Sunday, Feb. 4: RS monthly programs and Chaverim Superhero event, 11:30 a.m.
Friday, Feb. 9: Shabbat in PJ's, 5:30 p.m.
Thursday-Tuesday, Feb. 15-20: No Religious School, Presidents' Day
Sunday, Feb. 25: Purim Carnival, 11 a.m.
Wednesday, Feb. 28: Purim celebration, 6:30 p.m.

Elementary School (Third-Fifth Grade)

Friday, Feb. 2: Super Bowl Family Shabbat Dinner, 6 p.m.
Saturday, Feb. 3: Torah Chug, 10:15 a.m.
Saturday, Feb. 3: Camp Shabbat, 11 a.m.
Sunday, Feb. 4: RS Third Grade Special Program, 10 a.m.
Saturday, Feb. 10: Tov M'od sings, 11:20 a.m.
Sunday, Feb. 11: Chalutzim Event, Boys vs. Girls, 11:30 a.m.
Thursday-Tuesday, Feb. 15-20: No Religious School, Presidents' Day
Saturday, Feb. 24: Torah Chug, 10:15 a.m., and Lunch and Leyn for reading Megillat Esther
Sunday, Feb. 25: Purim arnival, 11 a.m.
Wednesday, Feb. 28: Purim celebration, 7:30 p.m.

Middle School (Sixth-Eighth Grade)

Friday, Feb. 2: Super Bowl Family Shabbat Dinner, 6 p.m.
Saturday, Feb. 10: Tov M'od sings, 11:20 a.m.
Sunday, Feb. 11: Better Together, 10 a.m.
Thursday-Tuesday, Feb. 15-20: No Religious School, Presidents' Day
Sunday, Feb. 25: Purim Carnival, 11 a.m.
Wednesday, Feb. 28: Purim celebration, 7:30 p.m.

Teens (Ninth-Twelfth Grade)

Wednesdays are Teen Nights at CAI: Pizza & Shmooze, Current Issues, Modern Hebrew, and more

Wednesday, Feb 7: Teen Night, 6 p.m.
Thursday, Feb. 8: Teen Buddy Program, 3:45 p.m.
Wednesday, Feb. 14: Teen Night, 6 p.m.
Thursday-Tuesday, Feb. 15-20: No Religious School, Presidents' Day
Wednesday, Feb. 21: Teen Night, 6 p.m.; USY event, 7:45 p.m.
Thursday, Feb. 22: Teen Buddy Program, 3:45 p.m.
Sunday, Feb. 25: Purim Carnival, 11 a.m.
Wednesday, Feb. 28: Purim celebration, 7:30 p.m.

Adults

Saturday, Feb. 3: Shabbat Meditation, 9:30 a.m.
Tuesday, Feb. 6: "Novel Ideas, A Conversation About Jewish Time, Language, and Stories," with author Dara Horn and Jewish Week culture editor Sandee Brawarsky; cosponsored by New Jersey Jewish News
Friday, Feb. 23: Chevra Kadisha dinner, 7 p.m.
Sunday, Feb. 25: Purim Carnival, 11 a.m.
Wednesday, Feb. 28: Purim celebration, 7:30 p.m.

Adult Education Classes

Tuesdays, Feb. 6, 13, 27, at 9:30 a.m.
Nancy Caplan

Thursdays, Feb. 1, 8, 22, at 9:30 a.m. and 10:30 a.m.
Rabbi Silverstein and Susan Werk

CAI DEVELOPMENT

Young Chefs Inspire Old* Development Director

Religious School cook off illustrates the meaning of tzedakah

Dear CAI Members,

As a loyal fan of the Food Network series *Chopped*, I was absolutely thrilled to be invited recently to judge a Kosher cooking contest. The chefs were members of the Religious School's Hay Class, whose teacher—Renee Buckler (Morah Rivka)—had challenged them to create a three-course meal using only the ingredients provided for them in the Dairy Kitchen.

Initially, I imagined myself sitting behind an imposing—almost intimidating—table, illuminated by harsh lights like those in the *Chopped* studio. I pictured the chefs moving deftly through the kitchen, from the cutting board to the sauté pan to the blast chiller, while my fellow judges and I observed and commented on their performance.

In reality, the judging took place in the Social Hall. And while there were no spotlights, there were six young chefs whose knowledge of Kashrut was on full display. I was introduced by Morah Rivka as CAI's Director of Development, had a chance to explain my role at CAI, and talk briefly about why charitable giving is important.

"So your job, basically, is to motivate people to give tzedakah," one of them said, reflecting back my explanation perfectly.

Tzedakah is a particularly important concept as it relates to the Religious School, not only as a cornerstone of the Jewish values taught to students, but also as a crucial source of funding that enables their education. This is because the cost of providing a high-caliber Religious School experience (like the one we offer at CAI) exceeds the tuition that families are asked to pay. This leaves a gap between price and cost that we strive to close through the generosity of those who support CAI.

Judging the cooking contest was the kind of eye-opening experience that fundraisers like me need every so often to remind us of who truly benefits from charitable giving. That day, it was a class of 12- and 13-year-old chefs who took their learning about a Kosher lifestyle to the kitchen, and made a vegetable pita, an egg sandwich, a puff pastry dessert, and glass of chocolate milk to cleanse the palate.

I saw a group of kids whose command of Jewish values will come to bear for a lifetime on their decision-making, understanding of the world, and treatment of others. Thanks to teachers like Morah Rivka, they grasp our shared culture, history, and religion, enabling them to carry forward the priorities, traditions, and observances that are central in our own lives. And in doing so, not only are they beneficiaries of the tzedakah that made their education possible, but so are we.

With warm regards,

Michael E. Bressman
Director of Development

*But not *too* old.

MAHJONG MADNESS

Sunday, March 18, 2018

9:00 AM - 2:00 PM

Join us for our annual Mahjong event. A wonderful event with all ages and abilities.
Know how to play? Give a lesson. Don't know how to play? Someone will teach you and everyone can all share in the fun and laughter!

Register online today at https://tinyurl.com/CAIMM18

Yesterday. Today. Tomorrow.

Herbert Ross
Founder

Karen Ross Kerstein
Manager

Our future is coming

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MavenChef Agudath: The Sequel

Battle of the Babaga-Nosh

An Israeli Food Cooking Competition at CAI, celebrating the 70th birthday of Israel!

Multiple Teams, 3 Judges, 1 Winner

Come see your favorite CAI staff and friends cook for the title of "MavenChef Agudath." Teams of 4-6 members, representing ALL ages and stages (children to seniors). During a timed competition, each team will be required to create a snack, dish or dessert inspired by Israeli food for the judges and spectators.

Bring the Whole Family to Cheer on your Favorite Team, Taste Some Food and Enjoy!

Mark your calendars…

Sunday Afternoon

March 11, 2018

If you would like to participate in the planning of this event, field a team or have any questions, please contact Cindy Goldstein at (201) 320-0017 or cindyneil.goldstein@yahoo.com

MEN'S CLUB

The Agudath Israel blood drive took place on Sunday, January 7. As always, our congregants came out on a frosty morning to bleed in large numbers, 40 victims of the blood suckers. Thanks to Chuck Rettig for organizing and coordinating the event.

Our night at the Prudential Center for NJ Devil's hockey game on Thursday, January 18 was a great success. We sold 25 tickets, and the game was quite enjoyable. Thanks to David Moses for organizing the event.

The Worldwide Wrap tefillin event is scheduled for Sunday, February 4. Our February meeting will take place around 10:00 am that morning.

The Purim Carnival is scheduled for Sunday, February 25, at 9:00 am, and volunteers are needed to help.

We hope everyone had (will have, depending when you read this) a great Purim.

Alfie Mahler, President

ADULT EDUCATION AT CAI

We are going to have the most outstanding spring at CAI. Our own Dara Horn will be speaking!

- In May, we will have an extraordinary Interfaith Learning Weekend, with Protestant guests from Germany, and two scholars: Dr. Ursula Rudnick, from Hanover; and Dr. Mary Boys, from Union Theological Seminary.
- In May and June, Phil Kruger has just the most amazing people coming:
- Dr. Burt Visotsky, who teaches midrash EXCELLENTLY at JTS
- Dr. Gary Rendsberg, an outstanding teacher of Bible, who was here last year. Gary also has a new book out!
- Martha Himmelfarb of Princeton. Her teaching and research focus on ancient Judaism from the Second Temple period to the rise of Islam. Her most recent book is *Jewish Messiahs in a Christian Empire: A History of the Book of Zerubbabel* (Harvard University Press, 2017). She serves as director of the Program in Judaic Studies.

Jewish Disability Awareness and Inclusion Month

A Shabbat not to miss! Friday, February 23, and Saturday, February 24

The CAI Chevra Kadisha, in conjunction with Jewish Disability Awareness and Inclusion Month, invite our community to celebrate kindness and compassion with **Rabbi Regina Sandler-Phillips, MSW, MPH, of WAYS OF PEACE Community Resources. Rabbi Regina will inspire us to continue our goal of being a caring, inclusive community.**

Rabbi Regina has pioneered innovative Jewish approaches to such challenges as forgiveness, ethical speech, and **just-giving**, and is a leader in the movement to reclaim the vital traditions of the *chevra kadisha* (sacred burial fellowship). She holds masters degrees in social work and public health, with additional training in clinical pastoral education (CPE), conflict resolution, and spiritual direction. She lived and worked for social change in Israel during the turbulent years of 1989-1994, was honored for her leadership in the post-9/11 NYC disaster relief, and participated in the 2005 interfaith Bearing Witness Retreat at Auschwitz-Birkenau.

Shabbat Schedule:

Friday, February 23

5:20 pm Candle Lighting Service

6:30 pm: Chevra Kadisha Dinner commemorating Moshe Rabbenu's yahrtzeit (details to follow)

7:15 pm: Interactive text study on **"Continual Light and 'Interlife': Invisible Points of Connection"** This week's Torah portion, geometry and astronomy, Jewish afterlife beliefs, and practical implications for the transition period between death and burial

Saturday, February 24

11:15 am: D'var Torah on "**Three Legs or One Foot? *Shabbat Zakhor* and the Call to Rebalance Our Caring Communities"**

Seeking a new equilibrium that integrates kindness and justice with the regular rhythms of learning and prayer

12:45 pm: Interactive text study to explore **"Three Legs or One Foot?"** in greater depth

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Come Join Us for an OPEN HOUSE

Congregation Agudath Israel Open House
Sunday, February 25th
9:30 am – 10:30 am

Please join us for a prospective member brunch and information session.

Meet the staff, take a tour, hear how
Congregation Agudath Israel has something for everyone.

Families with young children (ages 0-12) are invited to stay for our Purim Carnival as our guests, which begins at 10:30 am.

And don't forget……Join us for Purim FUN
Wednesday, February 28th

Come in costume!

Children's Service 6:30 pm, ages 0-7
Megillah Reading 7:30 pm, all ages!

Please RSVP to Debbie at 973-226-3600 x118 or dlurie@agudath.org

Congregation Agudath Israel - 20 Academy Road, Caldwell, NJ 07006

CAI-SPONSORED FILM AT THE NJ JEWISH FILM FESTIVAL

Where:

JCC in West Orange, 760 Northfield Road

When:

Friday, March 23

Film at 11:30 am; Lunch and Discussion at 1:00 pm

Bombshell: The Hedy Lamarr Story

Austrian actress Hedy Lamarr fled an oppressive marriage to create a name for herself as one of Hollywood's top leading ladies in the 1940s. Behind the glamour and sex appeal, though, was a talented and inquisitive inventor who created a radio system that is now considered the basis of Bluetooth technology.

Movie Only $10

Lunch Only $10

Movie and Lunch $20

Please go to the events page of Agudath.org to register today!

SISTERHOOD

Sisterhood Update: New Bylaws and Board To Be Formally Elected

As many are aware, we have been spending the last 18 months experimenting with meeting formats, organizational structure, etc. During this time it has become very apparent that while an organization dedicated to women within our community is still VERY relevant, the operating structure and event activities on an ongoing basis need to take on a modified format from years of old to remain relevant to our current membership.

I, along with Victor and several other congregants, are working together to draft and propose new bylaws based on this modified approach. Information will be shared with all in the coming weeks as to the process by which this effort will be undertaken. Our goal is to have these modified bylaws and a board formally installed no later than May of this year so that we can move beyond our interim operating model.

By the time you see the next Voice I know we will have shared in a meaningful Shabbat together, engaged in a great book talk with Dara Horn on "Novel Ideas," we will only be a few weeks away from a terrific MahJongg event and delicious Maven Chef. These are the types of things our newly proposed operating model are well suited to support and I am very excited about how we formally reset Sisterhood moving forward.

Sasha Pailet Koff

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CAI SOCIAL WORKER

Resilience and Refuah

Managing Anxiety: Catch Yourself Doing Something Right

The Middle East. Tax codes. Divorce. School problems. Drug abuse. Lay offs.

We ask ourselves, and each other, when will it stop. What can we do? Research makes it clear that living in a constant state of anxiety takes its toll on us both mentally and physically.

What to do?

CATCH YOURSELF DOING SOMETHING RIGHT

There's lots going on that is beyond our control. What can we control? How we view ourselves and others.

Self-Punishment

Even the most self-confident among us often second guess the ways we manage what life throws at us, and may be tormented by thoughts like: I **shoulda** done more for my mother while she was sick/I **shoulda** handled my divorce better for the sake of my kids/I **shoulda** worked differently so that I would still have my job. Key word: **should.**

We grow up being taught right from wrong, good from not so good. By the time we're five years old, we have some clearly written scripts playing in our heads. This is important. It provides us with a moral compass. It gives us the direction to make the best of ourselves while on our mission of Tikun Olam.

Yet, we may find ourselves anxious, sad, even depressed while thinking about words we have said and things we have done, even though we did the best we could with the equipment we had at the time. Soul searching is a good thing when it helps us to stay on a steady course and do what we hope is best. It becomes troublesome when we begin to punish ourselves for perceived misdeeds and we neglect recognizing our strengths and attributes. Maybe we learned punitive scripts in the past and so we keep repeating them (thank you, Dr. Freud). Whatever the reason, it's time for a change, starting with the way we think (thank you, Dr. Burns).

Nu, What To Do

Following is a simplistic example of a way we can change our thinking. It is amazing how changing our thought patterns around the simple stuff can lead us down the road to feeling better. Here goes.

I love Hamantaschen. I love baking. I do not so much love baking Hamantaschen. Triangles? I have invented shapes that would elude Pythagoras. Israeli archaeologists have done carbon dating on what appeared to be ancient fossils in my kitchen even though these are cookies that just came out of the oven.

But I keep on baking. Why.

My culinary catastrophe is a metaphor for the more, and less, perilous journeys. There is not a person among us who has not had experiences that are heartwarming and heartbreaking, sometimes at the same time (think kindergarten bus).

That brings us to one of the most hazardous words in the psychological lexicon:

I. I SHOULD: SELF BLAME

I will use my Hamantaschen journey as an example of how our inner scripts can devolve. Here is my "sad" script, as they come out of the oven:

1. My hamantaschen **should** not look like hexagons.
2. I **shoulda** followed the instructions more closely. I messed up again.
3. Oh, embarrassing!!!

We don't like the feeling of having made a mistake. It can lead to feelings of guilt and shame.

Our natural tendency is to switch from self-flagellation to **blame**, because anger is a much more tolerable feeling:

I. THEY SHOULD: BLAME OTHERS

1. The instructions **shoulda** been better. It's the author's fault.
2. SOMEBODY ELSE **shoulda** taken a turn this year. It's their fault.
3. Poor, miserable, resentful, lonely me.

Wait, is there more to life?

II. IT'S OK?: CATCH YOURSELF DOING SOMETHING RIGHT

4. The house smells good.
5. I take joy in giving.
6. I can laugh at myself along with everybody else, it's nothing personal.

The easiest way to rewrite the script can be by thinking about what you would say to a friend, and then say it to yourself.

MOVING FORWARD: LOSE "SHOULD"

Substitute, for the word cookie, whatever is bothering you. If it is something that needs repair and is within your control, such as harsh words to a loved one, go ahead and say you're sorry, or raise a discussion. If it's something you don't have control over, such as someone else's behavior, it may be time to reimagine the struggle.

Not mistake to mistake: strength to strength. And have a happy, funny Purim!

Andrea Malmud
Zeller Family Social Work Consultant, Ext 143

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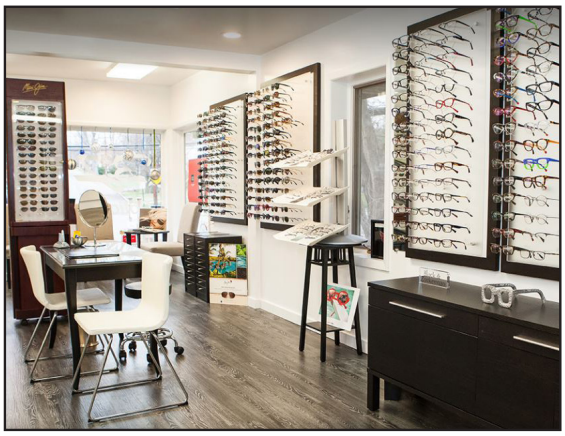

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Shabbat Meditation

Begin Shabbat in stillness. Shabbat is the time for quieting, stepping back from the hectic workday world, and entering a time of peacefulness and communion with nature and spirit. Begin your Shabbat with meditation on ten Saturday mornings this year. You will feel a sense of peace, tranquility, and awareness that will enhance your Shabbat experience.

Instructor: Karen Frank, RN, Congregational Nurse
Time: Saturdays at 9:30 am
Dates: February 3, March 3, April 14, May 5, and June 2

Location: Conference Room in the Toby Shapiro Library, Learning and Conference Center

New Jersey Jewish Singles 45+

"Where Friendships Begin"

SAVE THE DATE

Food, Fun, & Mingle - Dessert Buffet

Sunday, March 4, 2:30 PM at CAI

- ADMISSION: $10.00 - RSVP Required

For information and to RSVP: contact Sue Grossbard at singles@agudath.org or 973-226-3600, extension 145

ADULT EDUCATION

ADULT EDUCATION IN FEBRUARY AT CAI

Tuesday Adult Ed with Nancy Caplan

9:15 - 10:15 am: Conversational Hebrew Advance Beginner to Intermediate level

10:30 - 11:40 am: Text and Coffee – Torah text through many lenses. Together let's explore Torah text with an eye towards how it can be interpreted by different, sometimes conflicting approaches: from ancient to modern from Jewish to other religions. We will begin with the book of Exodus.

1:00 - 2:00 pm: Where and When - Looking at where and when laws and customs originated. Is it ancient or modern, and where in the world did it begin?

Instructor: Nancy Caplan

Dates: February 6, 13, 27; March 6, 13, 20; April 10, 17, 24; May 1 Location: Conference Room in the Toby Shapiro Library, Learning and Conference Center

Cost Per Class: $120 CAI member, $240 non-member - for either one of the above classes

Wednesdays With Rabbi Silverstein

10:00 am - Book of Job; Why Do Good People Suffer?

11:00 am - Great Zionist Thinkers – Herzel, Ahad Ha'am, A.D. Gordon, Jabotinsky, Louis Brandeis, Eliezer Ben Yehuda
and others

Instructor: Rabbi Silverstein

Dates: Wednesdays, March 7, 14, 21, 28; April 11, 18, 25; May 2, 9, 16, 23, 30

Location: Conference Room in the Toby Shapiro Library, Learning and Conference Center

Cost: Free for CAI members, $240 non-member per semester

Thursdays With Rabbi Silverstein and Susan Werk

9:30 am - Rabbi Silverstein presents: Contemporary Jewish Thinkers, Musicians, Artists. Periodic session with Cantor Joel Caplan and CAI artists

10:30 am - Susan Werk presents: The Drama of King David and How It Relates To Contemporary Issues. Taught through text, art and literature

Instructors: Rabbi Silverstein and Susan Werk

Dates: February 1, 8, 22; March 1, 8, 15, 22; April 12, 19, 26; May 3, 10, 17, 24, 31

Location: Conference Room in the Toby Shapiro Library, Learning and Conference Center

Cost: Free for CAI members, $480 non-member

Michael and Barbara Erlichman Film Series - *Rosenwald*

Wednesday, March 7 at 7:45 pm

Rosenwald, is the incredible story of Julius Rosenwald, who never finished high school, but rose to become the President of Sears. Influenced by the writings of the educator Booker T Washington, this Jewish philanthropist joined forces with African American communities during the Jim Crow South to establish challenge grants, seeded for the creation of more than 5,500 schools for poor, rural African-American children in southern states at a time when few received any public education. Inspired by Jewish ideals of Tzedakah (charity) and Tikun Olam (repairing the world), and a deep concern over racial inequality In America, Rosenwald gave away $62 million in his lifetime. Included in his list of scholarship recipients are: Marian Anderson, James Baldwin, Julian Bond, Ralph Ellison, Langston Hughes, Jacob Lawrence, Loretta Lynch, Maya Angelou, Oprah Winfrey's ancestor, Amanda Bullock, and many more. This film will shed light on a remarkable man, and his extraordinary story.

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- ↘Experience the serenity of Shabbat in Yerushalayim.
- ↘Tour the City of Jerusalem, including the Old City, the Western Wall Tunnels, the City of David, Yad Vashem, Mt. Herzl and Machane Yehudah's Open Market
- ↘B'nai Mitzvah Ceremony at the Masorti Kotel
- ↘ B'nai Mitzvah Ceremony at the Masorti Kotel, Tour Masada, the Dead Sea, Ein Gedi, Visit Abraham's Tent for a Camel ride, Dig for A Day in Beit Guvrin National Park, Machane Yehuda Market, Plant a tree
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Bar/Bat Mitzvah child as third person in parents' room: subtract $625
Third and Fourth child sharing room in quad with parents: subtract $240
Added to the costs above are tips for Guide, Driver, Restaurants and Poterage $180
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For additional information please call Susan Werk 973.226.3600 or email werk@agudath.org

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Sunday, 12 August – Depart USA on an over night flight to Israel:

Monday, 13 August – Going up into the Land - Arrive in Israel to be met and assisted by your ITC representative. Tour the alleys of Old Jaffa, the ancient port city once known as the Gate of Zion. Shekhiyanu-Welcome ceremony on top of Tel Jaffa overlooking modern Tel Aviv. Proceed to check-in at the Dan Panorama Hotel on Tel Aviv's Mediterranean Coast. Welcome dinner and orientation at Maganda Yemenite Restuarant.
Overnight: Dan Panorama Hotel, Tel Aviv

Tuesday, 14 August – The Hebrew City and the Jewish State - Walking tour of historic "Little Tel Aviv" - Discover the quaint Neve Tzeddek neighbourhood that gave birth to the "first Hebrew city in 2,000 years". Relive David Ben Gurion declaring the new State of Israel at Independence Hall. Stroll down Rothschild Boulevard to view the Bauhaus architecture for which central Tel Aviv was declared a UNESCO World Heritage Site.
Lunch on your own and free time to explore the Nahalat Binyamin crafts fair. Travel to Rehovot for a guided tour of the Ayalon Institute – an underground bullet factory used by Jewish forces before the founding of the State of Israel. Free time to swim in the Mediterranean Sea and enjoy beach side Promenade. Free evening. Dinner on own. Overnight: Dan Panorama Hotel, Tel Aviv

Wednesday, 15 August – Cradles of Jewish Civilization in the Galilee - Depart for northern Israel. Explore ancient Tzippori and study Jewish texts in the ruins of the city where Rabbi Judah Hanasi sealed the Mishna. Discover its magnificent mosaics, including Mona Lisa of the Galilee and ponder why an ancient synagogue floor features a wheel of the zodiac. Lunch on own. Tour the old synagogues and picturesque alleyways of the mystical city of Tzfat and discover the origins of our Friday night service where Lecha Dodi was written. Visit the studio of a Kabbalistic artist and hear how Jewish spirituality influences his work. Check–in to the Kibbutz Lavi Hotel on Kibbutz Lavi in the Galilee. Dinner at hotel. Overnight: Kibbutz Lavi.

Thursday, 16 August – Ancient and Modern Geopolitics and Israel's Finest - Learn about kibbutz life on walking tour of Lavi led by a local kibbutznik. Walk in the lush Tel Dan Nature Reserve, one of the sources of the Jordan River, where you'll discover biblical intrigue and one of the oldest arches in the world. Lunch on own. Jeep tour to the Golan Heights for a perspective on Israel's complex geopolitics as we visit former Syrian bunkers overlooking Israel and strategic Mt. Bental. Chocolate making workshop at the De Karina Chocolate Factory. Barbeque dinner with young Israeli soldiers who are giving some of the best years of their lives to the defense of Israel. Overnight: Kibbutz Lavi

Friday, 17 August – Across Israel: A Multicultural Jewish Society - Visit Bio-Bee on Kibbutz Sde Eliahu, world leaders in organic agriculture to hear how they are using very effectively biological pest control, rather than toxic pesticides to protect their crops. Lunch at Kibbutz Sde Eliahu. Continue south through the Jordan Valley and ascend to Jerusalem. Shekhiyanu/Welcome ceremony overlooking the Old City of Jerusalem. Check-in to Dan Panorama Hotel, Jerusalem. Free time to relax and prepare for Shabbat. Special Susan Werk Friday night services. Festive Shabbat Dinner at hotel
Overnight: Dan Panorama Hotel, Jerusalem

Saturday, 18 August – And on the Seventh Day… in Jerusalem - Shabbat morning services at a local Conservative/Masorati synagogue, followed by Kiddush and an update about the Conservative/Masorati movement in Israel. Shabbat Lunch at the Fuchsberg Center for Conservative Judaism. Shabbat afternoon options: Late afternoon walking tour to the historic Montefiore Windmill to discover the first neighbourhood built outside the walls of the Old City. AND/ OR: Walking tour to First Temple period burial site at Ketef Hinnom – Where archaeologists discovered the oldest biblical text ever found. Independent Option: Visit to the Israel Museum to see the Dead Sea Scrolls in the Shrine of the Book and the Model of Jerusalem in the first century. Free time to explore additional exhibitions on own – Recommendations: Modern Israeli art, Synagogue interiors in the Judaica section and the Archaeology Wing.Havdalah with Susan Werk. Free evening. Dinner on own. Recommendation for the evening: Visit the First Station Compound, Jerusalem's restored Ottoman railway station turned restaurant - cafe area. Overnight: Dan Panorama Hotel, Jerusalem

Sunday, 19 August – Holocaust, Remembrance and Continuity - Guided tour of Yad Vashem Israel's national Holocaust memorial and museum, including the Historical Museum and Children's Memorial. (Children under age 10 are not permitted in Yad Vashem's historical museum). Alternate program for younger children with Susan Werk Lunch on own. Meaningful visit to Mt Herzl Cemetery to discover chapters in the history of Israel while vidsiting the graves of Yitzhak Rabin, Golda Meir, Theordore Herzl and Hannah Senesch. Engage in hands on tzedakah preparing food packages for distribution to some of Israel's neediest people at Pantry Packers in southern Jerusalem. Free evening. Dinner on own. Overnight: Dan Panorama Hotel, Jerusalem

Monday, 20 August – The Old City of Jerusalem – An Ancient Jewish Legacy - B'nai Mitzvah Ceremony at the Masorati Kotel to connect a Jewish past with a Jewish future. Discover the archaeological story of the Western Wall and episodes from rabbinic texts while standing where Jewish pilgrims walked 2,000 years ago at Robinson's Arch and the Southern Wall Excavations. Discover underground Jerusalem in the Western Wall Tunnels. Festive B'nai Mitzvah lunch at Between the Arches restaurant. Explore the City of David using the Bible and archaeology to make Jerusalem's stones tell the story of the city's ancient past. Wade through Hezekiah's Tunnel – A still flowing ancient water system that saved the city of Jerusalem 2,700 years ago (dry option available). Dinner on own in Jerusalem's Mamilla Quarter. Watch the Night Spectacular – Sound and light show at the Tower of David.
Overnight: Dan Panorama Hotel, Jerusalem

Tuesday, 21 August – Masada and the Dead Sea: Freedom Fighters or Fanatics? - Set out across the Judean Desert and ascend Masada by cable car to tour the ruins of Herod's palace and the last outpost of Jewish independence. Discussion: Which Jewish Legacy – Masada or Yavne? Swim in the Dead Sea, the lowest place on earth, at a local resort. The resort also has a fresh water pool and spa facilities. Massage and spa treatments available by prior reservation at own expense. Lunch at Dead Sea resort. Time permitting: Walk in Ein Gedi Nature Reserve opportunity to bath in waterfalls and hear how David hid there from King Saul. Stop off at "Abraham's Tent" for a Camel ride and a light biblical dinner before returning to Jerusalem. Free evening.
Overnight: Dan Panorama Hotel, Jerusalem

Wednesday, 22 August – Digging Up the Past and Nature's Underground Sculpture - Engage in a real hands on archaeological work unearthing Israel's past at Dig for A Day in Beit Guvrin National Park. Lunch on own. Tour of the bustling Machane Yehuda Market to discover Jerusalem's many flavors from East and West, followed by free time to explore on your own. Return to Jerusalem. Free time to relax and enjoy hotel pool. Dinner on own
Overnight: Dan Panorama Hotel, Jerusalem

Thursday, 23 August – Modern Israel's Realities and Wrapping Up - Visit Yad Lakashish – A unique employment and Tzedakah project serving Jerusalem's elderly citizens and stop off its store where shopping is a mitzvah. Plant a tree in the soil of the land of Israel to help renew a forest near Jerusalem. Lunch on own. Guided tour of Jewish Quarter including the Cardo, Broad Wall and Rooftops followed by free time to shop and explore on own. Remainder of afternoon free to explore on your, relax and get in last minute shopping. Farewell Dinner at Olive and Fish Restaurant
Transfer to Ben Gurion Airport – See you again soon!

Friday, 24 August - Arrive in USA - Begin planning your next Israel trip with Susan Werk and ITC Tours!

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Full Page (7 W X 9 H)	$1,225	$160

The VOICE is published 10 times a year (from September to June) and offers information about religious, social, cultural programs/activities and our community. The VOICE is mailed to all members of our congregation, reaching 1,000 households, in the following townships: Caldwell, West Caldwell, North Caldwell, Livingston, Essex Fells, West Orange, Roseland, Fairfield, Montclair, Parsippany, and Montville. Each month the new publication is also posted on our website, www.agudath.org.

If you would like to reach our members by advertising your service or product, we would be happy to assist you.

Ad copy, 300 dpi, CMYK JPEG, TIF, EPS or PDF, should be emailed to our Communications Manager, Julie Othen, at voice@agudath.org. All submissions must be received by the 5th of the preceding month for inclusion. If you have any questions regarding copy design, layout, or deadlines please feel free to contact us.

For any questions regarding your payment or billing, please contact billing at billing@agudath.org.

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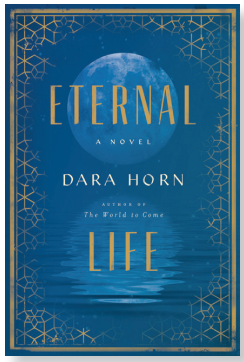

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Culture Editor, The Jewish Week

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B'NAI MITZVAH

TAYLOR NEWNHAM
Daughter of Marci and Eric Newnham
February 3 - PM

Taylor is a 7th grader at West Essex Middle School. She has been attending CAI since pre-school!

Taylor enjoys playing both field hockey and basketball as well as doing art and cooking. She is happiest when surrounded by friends and family as well as her dog, Parker. In following her heart and passion for helping others, Taylor's Mitzvah project focuses on caring for those less fortunate.

Taylor is a kind and loving daughter, sister, friend, granddaughter and niece and we are so very proud of her as well as all of her accomplishments. We look forward to celebrating Taylor on this most special day.

Mazel Tov!

MIKAYLA NATHAN
Daughter of Jessica and Randy Nathan
February 10 - AM

Mikayla is a current 6th grader and honor roll student at Edison Middle School in West Orange. When she's not busy socializing with her friends, Mikayla enjoys singing in her school's select chorus and making MVP level plays at first base in softball. Mikayla's favorite place to be is Camp Ramah in the Berkshires, and she counts down to the first day of camp beginning in September. In her limited spare time, Mikayla likes spending time with her family and being with her sister. Mikayla is a compassionate, warm, kind, and hilarious pre-teen. She keeps us on our toes and makes us laugh with her quick wit and comedic timing. We are incredibly proud of Mikayla and her desire to do her best. We are beyond excited for her upcoming Bat Mitzvah and are looking forward to celebrating with our Agudath friends and family.

ADAM RANDALL
Son of Jonathan and Melissa Randall
February 10 - PM

Adam is a 7th grader at West Essex Middle School. Adam enjoys playing tennis and basketball and loves spending time with his friends. He also enjoys spending his summers with his best friends at his home away from home, Trails End Camp.

For Adam's Mitzvah project, he is working with the Friendship Circle, a Jewish organization dedicated to helping children with special needs. Adam participated in a training program, where he was educated about different disabilities and how to interact with children who have special needs. Adam has participated in several of their organized events including sports activities as well as Jewish holiday events and plans to continue there for many years to come.

His family is very proud of all Adam's accomplishments and can't wait to celebrate this special milestone.

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NOTICE TO PARENTS OF UPCOMING B'NAI MITZVAH

Please submit writeups (no more than 150 words) and photos electronically to arobinson@agudath.org.

DO YOU NEED HELP WITH YOUR MITZVAH PROJECT?

If you are working on a project and would like to publicize it to gain support from the congregation, send a 50-75 word description of your project and what sort of support you would like to education@agudath.org.

B'NAI MITZVAH

SOPHIE INDIANA FISCHER
Daughter of Alexis Gruber and Matthew Fischer
February 17 - AM

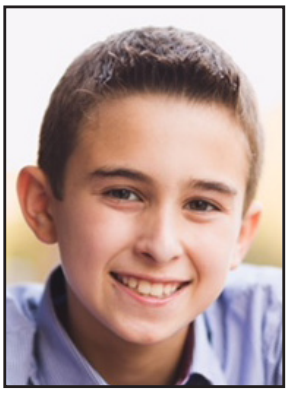
Sophie is a bubbly and fantastic 7th grade student at Golda Och Academy where she enjoys her classes, choir, the school play, cross country, and her friends. During the summer, Sophie is in heaven at Cedar Lake Camp. She is in heaven any day while eating sushi or cheesecake!

Since age two, Sophie has been singing and has developed a passion for anything Broadway. She is a member of HaZamir Prep Choir and takes classes at Papermill. Sophie has already written the acceptance speech for her first Tony!

Sophie is a 2nd year participant in Agudath's "Better Together" program. She parlayed this experience into her Miztvah project, where she visits homebound senior citizens, talking with and singing for them.

Sophie is an "old soul." She is compassionate and kind, an amazing older sister to Marley, and generous with her love and hugs, especially with her dog, Hashbrown.

We are incredibly proud of you, Soph, during this special milestone and every day. We love you to pieces!



JUSTIN EISENBERG
Son of Scott and Deborah Eisenberg
February 24 - PM

Justin is a 7th grader at West Essex Middle School. He is an amazing son and brother to his three siblings. He loves baseball and tennis and has recently even gotten involved in the stock market. He has an unlimited thirst for knowledge and learning. He has combined his love of science and technology with an appetite for business that has endured since the moment he could talk. Justin has always been creative and uses that for things such as 3D printing.

Justin's Mitzvah project is in support of the Community Food Bank of New Jersey. He will be sorting food for distribution to agencies that support the hungry of New Jersey. This will be the start of an ongoing and regular initiative to help the less fortunate and remind them to appreciate all that we have.

We are all very excited to celebrate Justin!

TRIBUTES AND DONATIONS

Through December 27. We gratefully acknowledge all who generously support Congregation Agudath Israel's many programs by remembering and honoring friends and loved ones. Donations can be made on our website, www.agudath.org, or by sending a check to the synagogue office. Please call or email Allison Robinson, Member Services Assistant, at 973-226-3600 x110 or donations@agudath.org, if you have any questions.

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IN MEMORY OF:

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- Rabbi Herman Savitz, from his wife, Renee Savitz
- Bess Epstein Meyer, from her daughter, Debby Schenkel

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- Cindy, Jeff, David, and Elizabeth Schechter

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- Phil Kruger and Judy Levenstein

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- Larry and Michele Raiken

In honor of Emma Grumet's Bat Mitzvah
- Carole and Joe Wiatr

In honor of the birth of Judy and John Craig's grandson
- Nikki and Mort Rachelson

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- Esther and Harry Kartus

In honor of Edna Stone's birthday
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- Irma and Peter Berman
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In memory of Toby Knopf, mother of Debbie Weisleder and grandmother of Jordyn and Danielle, and in memory of Seth Weisleder's father and Jordyn and Danielle's grandfather, Dr. Harry Weisleder
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Is Your Contribution Missing?

Sometimes tributes come in after deadline. Sometimes there is a clerical error.

Please let us know if you are looking for a listing, which is absent. We will make sure it appears the following month. And we apologize for any oversights.

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Contact caioffice@agudath.org

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$10 Minimum Donation

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Allison Robinson, Member Services Assistant in our office, can assist you with your options. Please contact her at:
caioffice@agudath.org;
973-226-3600 Ext. 110;
973-226-7480 (Fax)

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Through December 27, 2017

MAZEL TOV TO:

- Karen and Ted Eisenberg on the marriage of their daughter, Jennifer Eisenberg
- Michelle Zeman and Howard Feiwus on the marriage of their daughter, Marissa Feiwus, and Ross Pollack
- Phyllis and Marvin Friedman on the birth of their great-grandson, Netanel Gitman, in Israel
- Judy and John Craig in honor of the birth of their grandson
- Pam and Rich Chassen on the engagement of their son, Stephen, and Rachel Schiffman

SINCERE CONDOLENCES TO THE FAMILIES OF:

- Fred Kann, husband of Margot Kann
- Zena Jay, mother of Rabbi Michael Jay, mother-in-law of Sheri Horowitz Jay, and grandmother of Samantha Jay
- Lola Rothkopf, mother of Michael Rothkopf
- Elaine Lubel Merwin, mother of Babette Davis
- Fredelle Moyer Ben-Avi, mother of Dana, Oren, and Gadi Ben-Avi, and grandmother of Paulie Solomon Ben-Avi
- Harold Wolf, father of Carol Berman, and grandfather of Josh and Lillian, Rachel and Jim, and Brittany
- Syd Musikar, mother of Alice Hirsh
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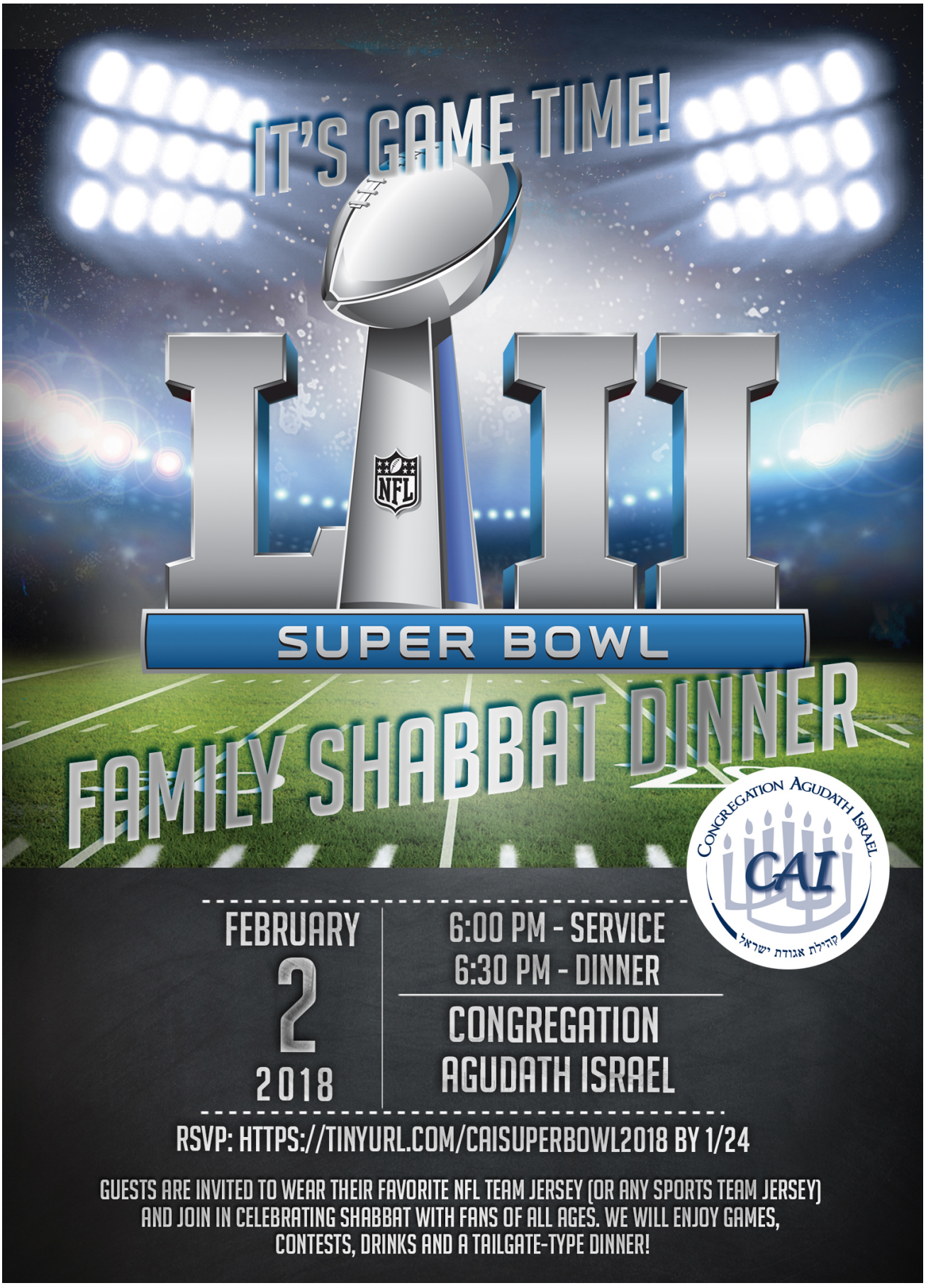
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2
2018
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Your Torah Fund contribution strengthens and perpetuates Conservative/Masorti Judaism throughout the world.

Mah Tovu

Mah tovu, which means "**how good!**", is a phrase that originates in the Torah, in Numbers 24:5. Quoted in our prayer book, it forms the basis of the opening prayer that is sung when we enter the synagogue.

The full phrase is ***Mah tovu ohalecha Yaakov, mishk'notecha Yisrael,*** "**How goodly are your tents, O Jacob, your dwellings, O Israel!**" It is a spontaneous exclamation of joy and appreciation, said when gazing at the nation of Israel, dwelling in peace and mutual respect. As we celebrate the beginning of the 100th year of **Women's League for Conservative Judaism** and the end of the 75th year of the **Torah Fund Campaign**, we count our many blessings as individuals within the community of Israel. We are blessed in our synagogues with depth of learning, prayer, and acts of kindness that bind us together; with communal leaders who are thoughtful and learned; with children and grandchildren who make us smile; and with the love of family and friends—especially our Women's League sisters—who are such a strong support to us. **How good are all these blessings in our lives!**

The pin, featuring the number 100 in raised letters and encased in a silver frame, is a **treasured keepsake of the Women's League centennial celebration** to wear with pride!

Receive the Torah Fund pin for 5778 as

OUR GIFT TO YOU

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Pin design by Eytan Brandes

For information, please contact your Sisterhood Torah Fund Chair Sharon Hammerman at sfhammermn@aol.com or 973-287-3455

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the VOICE הקול

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