



the RECORDER

EAST BRUNSWICK  JEWISH CENTER

DECEMBER 2023

KISLEV - TEVET

VOLUME # 138



SHABBAT SERVICES

Services are currently being held in-person and on Zoom at the following times. To join the stream GO TO DROP DOWN MENU - LINKS TO SERVICES AND MINYANIM.

Friday Evenings

12/1 4:10 p.m.
12/8 4:10 p.m.
12/15 4:10 p.m.
12/22 4:15 p.m.
12/29 4:20 p.m.,

Saturday Mornings
9:30 a.m.

DECEMBER 2
Vayishlach

DECEMBER 8
Vayeshev

DECEMBER 15
Miketz

DECEMBER 22
Vayigash

DECEMBER 29
Vayechi

PRIMARY CONTACTS

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Men's Club Contact
Howard Jacobs

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Ken Gerson & Taryn Webber

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Circumstances
Marilyn Friedes

Social Action
Hollie Cerame

Interim Education Director
Justin Hirsch

Director of The Center for
Early Learning
Lynda Perel

Calendar
Taryn Webber

Education/Youth
Committee Chair
Jamie Wasserman

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WHAT'S INSIDE

03 Announcements

05 Rabbinical Musings

06 Executive Director

07 From our Presidents

08 Sisterhood

10 Men's Club

11 Kesher & Youth Groups

12 Center for Early Learning

13 Adult Education

14 Living with Stage 4 Cancer

22 Donations

UPCOMING DATES

Hannukah

First candlelighting

Thurs Dec 7 (25 Kislev)

Ends on Friday Dec 15 at sunset.



For links to services, events and programs, please go to our webpage at <https://www.ebjc.org>. The dropdown menus at the top of the page will take you to the links for services, programming (including Hazak), and other events. Information and an application for membership can be found under the membership menu

If you have problems at EBJC that are not getting adequately resolved, please call Ellen Botwin at (732) 257-7070

ANNOUNCEMENTS

PLEASE NOTE:

ONLY checks made out to EBJC go to Kesef, PO Box 418, Montvale, NJ 07645.

When sending a check to Kesef, please remember to write the check to EBJC and not Kesef!

Sisterhood, Men's Club, Mitzvah Corps, all discretionary funds, 613 event, Pavilion donations all go to 511 Ryders Lane. When sending any form with a payment, those should be mailed to 511 Ryders Lane as well.

FOR THE UPCOMING MONTH:

TROUBLE PAYING DUES?

If you are experiencing difficulty paying your dues or if you'd like to pay on a specific schedule, please call Ellen at 732-257-7070 x5. We are always here for you and are happy to help in any way we can.

SHABBAT SERVICES

Shabbat services are in-person (also offered via Zoom). Friday evening service times can be found on the cover of the Recorder as well as on the EBJC website calendar, and Saturday morning services are at 9:30 a.m. The link to join can be found on our website at ebjc.org/online-events



OFFICE HOURS

The office is currently staffed Monday through Thursday from 8:30 a.m.- 5 p.m. and on Fridays from 8:30 a.m.- 3:30 p.m.

BIKUR CHOLIM

Bikur Cholim would like to reach out to our congregation during this difficult time. If you would like a friendly call or know someone who might need a friendly call from a member of the Bikur Cholim committee, please contact Madeline Frances at (732) 254-2783 or email madelinef18@gmail.com

HAZAK

December 14 - Luncheon - Gift Card Bingo returns! Celebrate Hannukah as our preschoolers entertain. Eat latkes and win prizes!

UPCOMING PROGRAMS IN DECEMBER

SOMETHING FOR EVERYONE! GO TO **EBJC.ORG** TO REGISTER!

- ⇒ Dec 9 5:30 pm Karaoke Night—with Live DJ
- ⇒ Dec 14 12:00 noon Hazak—Chanukah Gift Card Bingo/Luncheon
- ⇒ Dec 14 8:30 pm What Jews Think—The Beginnings of Kabbalah
- ⇒ Dec 17 10:00 am Play a Hand to Lend a Hand (Mahjonn and other games)
- ⇒ Dec 17 1:00 pm Travel Series—Jewish Greece with Evan Kapros
- ⇒ Dec 17 7:00 pm Jewish Heritage Night—New Jersey Devils Hockey Game
- ⇒ Dec 24 10:00 am Pickleball Tournament
- ⇒ See page 11 for all Youth Activities!!
- ⇒ See page 13 for weekly and monthly EBJC adult classes

THE CONGREGATION CONGRATULATES:

Ellen Stein and Marc Mellinger on the Bat Mitzvah of their daughter, Madeleine
Joe Goldman, who was selected Man of the Year by the Men's Club
Maya Baskind, who was selected Youth of the Year by the Men's Club

THE CONGREGATION EXTENDS CONDOLENCES TO:

Amy Schafer on the loss of her father, Michael Kaplan
Lisa Kaplan on the loss of her father, Michael Kaplan
Jacqueline Shagam on the loss of her wife, Joyce Noroski
Yvette Schlussel Yama on the loss of her father, Jack "Yaacov" Schlussel

Planning a Simcha? Need a Party Planner? Decorator?

TOTAL
party

Call Dori
732.723.3555
Email: Dori@Total-Party.com

www.Total-Party.com
[www.Facebook.com/TotalPartyLLC](https://www.facebook.com/TotalPartyLLC)

Event & Balloon Décor
Balloon Sculptures & Centerpieces
Invitations & Custom Stationery
Custom Seating Cards & Sign-in Boards
Favors & Candle Lighting Ceremonies
And even More!



Do Not Throw It Away
LLC

House Clean Outs
Junk Removal
Moving Managing

Andrew Cerame
732-586-7525
Andrew@donothrowitaway.com
donothrowitaway.com



RABBINIC MUSINGS



Of all the holidays of the year, Hanukkah is the most important! Well, we know that is not the case. We like this holiday because it has multiple features of celebration. We like lighting the candles and enjoying their glow. We love eating Latkes and Jelly Donuts. Of course, who doesn't like getting presents.

We know that there is more to this holiday than all of that. The history of the Jewish people's struggles is paramount in this commemoration. The war between the small band of Maccabees against a prevailing Greek army is a testament of strength, wit, and perseverance.

In today's world, we are reliving certain aspects of that past. Perhaps the Israeli Defense Force is not as small as Judah Maccabee and his brothers, but for sure we are fighting a war for freedom and Judaism, against a large army of anti-semites, both in Israel and around the world.

I once read a statistic that the most widely celebrated Jewish holiday in one form or another is Pesah or Passover. The statistic took into consideration that even the most secular of Jewish people who found themselves in a restaurant on Passover asked for a piece of Matzah to commemorate and celebrate the holiday. Even Rosh Hashana or Yom Kippur were not at the top of the list. Hanukkah came in a close second.

On each holiday, and we can include Shabbat

too, we light candles to begin the celebration. On Hanukkah, we take even more pride lighting the lights for eight days. Some use wax candles, some use olive oil, some have electric bulbs, and even cool LED ones today.

There is something powerful about the lights, about the fire, and about the increasing brilliance as we add a light each day. It is as if the internal and personal fires inside our souls are burning strongly.

We are reliving history. We are awaiting the moment that Israel can declare its independence by knowing that the threats against her are complete. We are lighting the lights of Hanukkah, as if we just took back the Temple and lit the great Menorah to signify a victory of peace.

Sing proudly the words of Maoz Tzur..." My Refuge, my Rock of Salvation! It is pleasant to sing Your praises. Let our house of prayer be restored. And there we will offer You, our thanks. When You will have destroyed our foes, we will celebrate with song and psalm the altar's dedication."

This year, light it up! If you usually only light one Hanukkah, then light more. Perhaps, each member of the family can light their own. Display the lights proudly in or near your windows. Show the world that our lights will never be fully extinguished and that the light will grow stronger day after day for a lifetime to come.



FROM OUR EXECUTIVE DIRECTOR



When I was little and living in the projects, my mother and a group of Jewish families decided they wanted to build a shul – in East New York. A project doomed to failure, but they had high hopes. My mother sold bricks and then she sold stuff to support the building of the synagogue. In the 60's women wore these smocks around the house. I think they snapped in the front or zipped up. They were like bathrobes only a step up. My mom would get a shipment in and the women would either come to our apartment to try them on and shop, or she would go to them. There were eight families to a floor and eight floors in each building, so there were many potential customers between buildings 15 and 16 alone! One time, a neighbor requested to look at a few of them and asked that my mom bring them to her. My mother couldn't do it so she asked me to go. That may have been my first foray into volunteering. I was probably 12. So, I took the smocks and went up to the neighbor who proceeded to try on a few. I remember watching her and thinking one was uglier than the other and wondering what my role in this was. I didn't want to hurt her feelings, but I didn't want to lie either. What's a kid to do? So, every time she asked me what I thought, I would nod my head and smile. Then she said... so which looks the best (because the women would wear them to each other's apartments to discuss world issues over coffee) and I froze. I remember this so vividly. I finally blurted out... Mrs..... I really don't like any of them on you! Well, there goes the sale and the shul will never be built because of me (it wasn't built but it had nothing to do with me). She smiled, walked up to me, put her hand under my chin and said..." you know, I don't like any of them either." What a relief!

I could never sell used cars.

Well, that was the beginning of my long relationship with volunteering. I've talked about this before because it is so important. It seems that the pandemic had a strong impact on volunteering. To the negative. We lead busy lives. We work, we have kids, we schlepp them to every activity in the world, we just don't have the time. I get it, truly I do. I was there once. How do we create balance? How do we fit it in? It isn't easy. It isn't easy to volunteer, it isn't easy to participate. It's time. How do we juggle time? I don't and won't pretend to say I have the answer. I do know that if you really want to do something, you'll

make the time. I know that because I did it. I cared passionately and so I did it. I schlepped my kids with me. They learned about volunteering and giving back and to this day, they volunteer. Makes me proud that actually I may have done something right.

This past Sunday, we hosted Mah Jongg for Israel. It wasn't an event that required dozens of volunteers. Rachel Botnick and her girls (Eliana & Isla) volunteered. We got in on Sunday and sliced and diced and made pretty platters. We plugged in the coffee. Eliana and Isla moved the chairs and tables, manned the doors to let people in and helped tremendously. Rachel and I had a great time schmoozing and talking while we prepared for the event and the time passed quickly. The event was a resounding success. We had 55 people play Mah Jongg, raising over \$1,800 to support the IDF. Everyone helped to clean up, even the attendees! It was wonderful. It was so wonderful, that Rachel volunteered to do this monthly. That's right! She volunteered to do this monthly. We will have a Sunday game day from 10 – 1:00 with Mah Jongg, Canasta, Scrabble, bridge (you name the game that involves 4 people around a card table) and we will host! 50% of the entrance fee will go to the charity of choice (right now that is Israel), and the remainder helps to offset the cost of the food and snacks and supports programming for EBJC. It's a win/win and everyone said they'd come back!

Now, I mention this because I want to show you an example of someone stepping up and offering to volunteer. Not everyone has to run a monthly program or a huge event. We have wonderful volunteers at EBJC, many of whom do not get enough recognition for what they do. I'd start mentioning names, but I know I will forget many and I don't want to hurt or anger anyone. I work with many volunteers. The Sisterhood and Men's Club and Mitzvah Corps are all made up of volunteers who have a passion for what they do and for EBJC.

And if you can't volunteer, then consider coming to events. My goodness, we have many Shabbat dinners, programs, events, fundraisers...you name it and we have it. Sisterhood has book clubs, Men's Club has Sunday Breakfasts, Mitzvah Corps has a wine tasting and dinner once a year. You can fill up your calendar with EBJC events. But you don't have to. Just do a few. Support a fundraiser, support an event. Come to a Shabbat dinner and meet some really great people. When we organize these things, it's for you, for the community and for EBJC. Read the emails and just don't hit "delete". You'll be amazed at all we have to offer.

May you all be well,

Ellen

FROM OUR PRESIDENTS



Build it and they will come.....!!

Welcome to EBJC.....the role of president has many sides - as Steve and I like to call it, the crisis du jour - however there are many good things that make the job rewarding and dare I say fun.

This month, I would like to focus on our most recent event: the Mah Jongg Tournament.

About two months ago, Ellen Botwin informed Steve and me about a planned Mah Jongg afternoon to be held on a Sunday. It would raise a few dollars and give members a chance to "play games" as well as make new friends. Steve and I gave it our presidential blessings. As most of you know the event happened on Sunday, November 11... and was a tremendous success.

There are many reasons for the success - certainly Ellen's dedication to the event including room set up, snacks, publicity, registration and the list goes on. And the good news, a member of our shul stepped up to assist Ellen with all of the little and not so little things that make an event successful. I wish to thank Rachel Botnick and award her with the MVP award Most Valuable (Mah Jongg) Player. Rachel realized how overwhelming any event could be and worked along side with Ellen - together a super successful afternoon was had. I measure the success after the games concluded - what was the feedback? Will people come back again? What could be done to improve?

What could be done to expand? How soon can we have another event?

'Always be willing to listen' - after I spoke with the Dynamic Duo, I suggested a similar event in six to eight weeks - I was respectfully told that we are looking at a monthly event with very little format changing - however a non-participant wants to include other table games - scrabble, canasta etc - as long as those individuals bring their own sets and enough participants, why not? From the funds collected, EBJC donated half to the Israel Defense Forces - and we still covered expenses. Moving forward we will continue to collect and to donate to various Israeli causes during these troubling times.

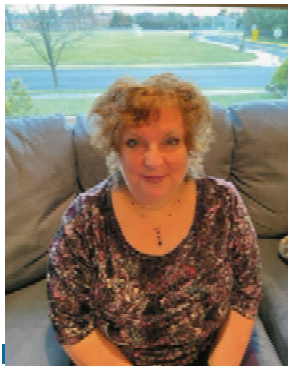
The moral of the story - EBJC had a 5-star event. What was required was some initial very hard work and then some not so hard work - as long as we had a few angels assisting - and that's where we all come in - Rachel's assistance, as well as offer to take the entire event off of Ellen's plate is a blessing for us - the rest of us need to step up - whether with assistance with this program or any other program, we must create an atmosphere of volunteerism. The idea that 'someone else' will take care of an event or assist does not work. The attendees at the above event asked one question continuously - can I bring my friends who are not members (the answer is yes) - Those who attended cannot wait for the next date and to bring friends - While I kvell about this, it will require additional man/woman power - so please volunteer.

Let us stay on the theme of volunteering, we need assistance with viewing the monitors in the main office on Shabbat. This is the easy one - we are asking for 90 minutes (9:30 to 11 or 11 to 12:30) on Shabbat viewing the bank of monitors. A script is provided and I am happy to answer any questions - please be on the look out for a notice asking for sign ups.

Wishing all a Happy, Happy Hanukah



SISTERHOOD



“Hanukkah is about the freedom to be true to what we believe without denying the freedom of those who believe otherwise.” —Rabbi Jonathan Sacks (of blessed memory)

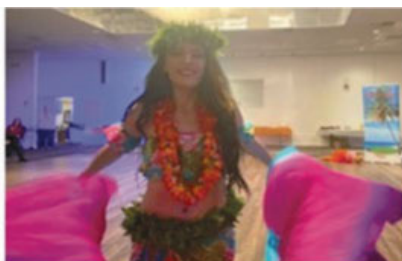
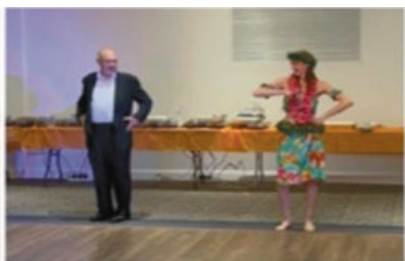
Rabbi Sacks of the United Kingdom, was considered a “global voice for faith and morality.” At this special time of year, let’s keep his words close to our heart as we follow the news and celebrate with our families.

On Wednesday, November 8, Sisterhood marked its second post-Pandemic in-person Paid-Up Membership event with a fun-filled, spectacular evening that everyone enjoyed immensely. We were treated to a delicious Chinese dinner, followed by a unique entertainment experience. The Rock the Luau dancers put on a dazzling show, featuring not only their impressive talent, but special lights. And they taught some of their best moves to our Sisterhood women. Even Rabbi

Larry got in on the fun. As an added bonus, the event will go toward rebuilding the damage caused by the devastating fires in Maui AS WELL AS toward our beloved *Eretz Yisrael*.

We learned that EBJC Sisterhood earned the prestigious Jewel in the Crown award from the Women’s League of Conservative Judaism. This honor is awarded to Sisterhoods that meet the required criteria for “offering programs and education that nurture and sustain Jewish life and vitality in their local communities.” If you get the chance, come and take a peek at the award in the window of our Sisterhood Judaica Shop.

A huge thank you to Cindy Rabinowitz, Membership VP, and Cindi Jacobs, Programming VP, who seamlessly orchestrated all the details of a memorable evening.



This Past Month—

Our **Sisterhood Book Club** met on Thursday, November 30 to discuss ***The Lost Family*** by Jenna Blum. This touching novel explores the impact of the Holocaust on a family struggling to rise above the horrors of the past. Can the Holocaust ever remain tucked away in the past, or does it have long-ranging effects? Participants enriched the session by sharing their own backgrounds and experiences related to this topic.

On the Horizon—

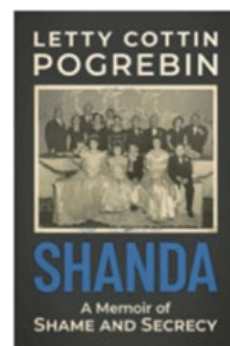
Our next Sisterhood Book Club selection is ***Shanda*** by Letty Cottin Pogrebin. This well-known Yiddish term means “Shame,” and it usually refers to some type of perceived disgrace that is being kept secret to protect a favorable reputation. In this non-fiction book, famed feminist, and author Pogrebin shares the painful hidden secrets of three generations of her own family. The book examines how fear of public humiliation shapes the dynamics of all our relationships.

We look forward to seeing you at our next discussion—early spring date to be announced.

Our annual **Torah Fund campaign** is currently underway. As always, we hope you will support the education of Conservative Judaism’s future leaders by donating. Contributing to Torah Fund, at any level, is a sacred investment in the continuity of Judaism.

This year’s theme is *Kol Yisrael Arevim Zeh Ba’Zeh*, “All the people of Israel are responsible for one another.” We look forward to seeing you at our annual Torah Fund dinner in April.

BRAND NEW PINS ARE NOW AVAILABLE! Contact **Torah Fund Chair Anne Kroll** at selectivemedia@comcast.net to become a contributor toward our 2023-2024 campaign.



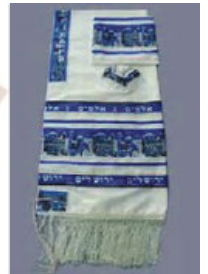
SISTERHOOD

PURCHASING SCRIP IS AN EASY WAY TO SUPPORT SISTERHOOD! We currently have gift cards on hand to Shoprite and Acme. We extend our sincere thanks to those congregants who regularly purchase these gift cards. Contact Cheryl Decker at 732-257-7070.



The new **Women's League calendar diaries for 5784** ARE NOW AVAILABLE at \$12 each in the office. They are beautiful and filled with many bonus features, such as special prayers.

Check out our **Sisterhood Judaica Shop** for all your needs—talleisim, kiddush cups, mezuzot, religious jewelry, head coverings...the list goes on and on. If you have something special in mind, we can probably order it for you. Contact Cindy Rollman at cinpepper1@aol.com.



May the warmth and brightness of the Hanukkah menorah fill all our homes with joy and love. Our hearts and prayers remain with our beloved brothers and sisters in our cherished homeland of Israel and with the brave soldiers of the Israel Defense Forces.

Am Yisrael Chai and...

Happy Hanukkah,

Sara Ullman, Immediate Sisterhood Past President

MEN'S CLUB



Shalom:

EBJC and Men's Club expresses our continued profound grief for the tragic attack that took place in Israel and the continuing strife.

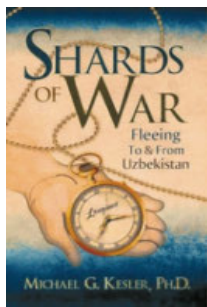
המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים

Unfortunately, these issues have also spread to us locally. MC will continue to support our EBJC and broader community every way we can, such as by paying for security improvements, like cameras, and serving as an extra set of eyes as needed.

Information on all Men's Club upcoming activities can be found at <https://www.ebjc.org/mens-club>. Please go there for current information about upcoming events. For information on our open board meetings, please go to the EBJC calendar; all interested are welcome.

Our Hike 5.0 at Frost Woods was a big success. We look forward to our next one in the Spring.

Our regional NNJR MC group will be coordinating a **hockey trip to the NJ Devils** at the Rock in Newark on December 17 at 7 pm playing the Anaheim Ducks. It will be Jewish Heritage night with special Jewish themed activities including a post-game Maccabeats concert. Please go to <https://www.ebjc.org/hockey> for detailed information. Everyone who attended last year's game had a great time.



We will be discussing the book **"Shards of War: Fleeing to & from Uzbekistan"** by our own Michael Kesler z"l on December 20 at 7 pm. The book describes his travails and escape during WWII at age 16 with his sister. His widow Barbara Reed and daughter Rabbi Esther Reed will join us for this program. You can purchase the book online at [amazon.com](https://www.amazon.com) or other stores.

Men's Club jointly sponsors regular multiple open pickleball sessions. We have moved our Pickleball play indoors at EBJC for the winter and spring season on Tuesday and Thursday afternoons from 4:10 pm to 6:00 pm. The gym has a terrific new surface. We welcome

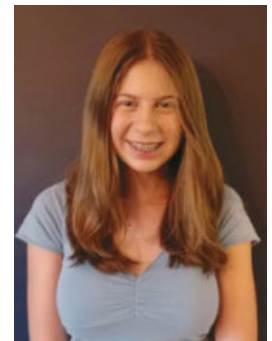
anyone who is interested in playing. Please contact Joel Greengarten at (201) 450-3352 for information. EBJC also hosts a weekly Shabbat morning pickleball session at 7:00 am in the gym prior to Shabbat services.

EBJC is hosting our first Pickleball Tournament on December 24 in the Activity Center starting at 9:30 am. Please find details at <https://www.ebjc.org/tournie>.

On Jan. 7 at 1 pm we have our **Man of the Year and Youth of the Year brunch** at B'nai Tikvah in North Brunswick, honoring Joe Goldman and Maya Baskind. Please find details to sign up at <https://nnjr.org>. Signup deadline is Dec. 19.



Joe Goldman



Maya Baskind

Our annual **Blood Drive** will be on Sunday, January 14 in conjunction with our Unsung Heroes event in the Kroll Ballroom. Please mark your calendar to participate in this life saving mitzvah. For more information and signup link please visit <https://www.ebjc.org/blood>

Topgolf will be rescheduled during the spring.

We are always interested in new and innovative ideas for activities for our membership. We are especially interested in sponsoring events of interest to members with children. Please let us know if you have any ideas for events such as wine or beer making, sporting events, bowling, movies, outings of all types, Jewish-oriented activities and the like. We would very much like to hear your ideas and make them a reality.

Men's Club looks forward to seeing you at our upcoming activities. Please let us know if you have any questions or would like to get involved.

Marty Hoffman, Arthur Fliegelman, Howard Jacobs and Neil Kosher

KESHER AND YOUTH GROUPS



Wow! *Keshet's* experiences in November 2023 is proof that the Hebrew month of *Marcheshvan* is anything but bitter! We are diving into all of our studies; it is beautiful to see so many engaged students thanks to our amazing teachers! I have the honor and pleasure to walk the halls hearing prayer, Hebrew practice, Torah study, love of Israel, and more. *Rosh Chodesh Kislev* was on November 13-14, so we celebrated on Wednesday, and even more exciting, it marks the countdown to *Chanukah*! While we continue to pray for our brothers and sisters in *Eretz Yisrael*, it is even more important that we remember to spend the time leading up to 25 *Kislev* learning about the *Beit Hamikdash*, its rededication, and the hope from the 2nd century BCE that will hopefully continue to save us during the 21st century.

Our Youth Programs (*Chaverim*, *Kadima*, & USY) also made us proud in November! On our November 1 Youth Night, all three groups collected items for Israel, made cards for soldiers and Israeli children, and created art that celebrates Israel. On November 17-19, we sent several USYers to the *Hagalil* Regional Summit, where they loved experiencing Shabbat and beyond with fellow Jewish teens while representing EBJC among the many other New Jersey chapters!

Upcoming December Dates:

- ♦ *Midrasha* - December 4
- ♦ First Night of *Chanukah* - December 7
- ♦ *Kadima* (Grades 6-8) Regional "Lock-in" - December 9-10
- ♦ *Keshet* is OPEN for *Chanukah*! - December 10
- ♦ *Keshet* Outdoor Candle Lighting with Rabbi Larry - December 13
- ♦ Youth Night *Chanukah* Celebration! - December 13
- ♦ *Midrasha* - December 18
- ♦ NO *Keshet* (Winter Break) - December 24, 27, 31

Moreh Justin

JustinH@ebjc.org

CENTER FOR EARLY LEARNING



Leaf it to us to
have the most
fun in this
fabulous fall
weather!



November has been filled with fun fall projects, Thanksgiving prep, and of course... our very own election day!



ADULT EDUCATION & ACTIVITIES

EBJC offers a full range of adult courses designed for all interests and at various days and times. If you want to learn something that is not currently offered, let us know! For ZOOM links, go to: www/EBJC.org/adult-education

AVAILABLE CLASSES

PARSHAT HASHAVUAH CLASS (ZOOM)

Fridays | 11 am

Once a month we will meet to discuss several Parshiot. Next class will be Dec 1, 2023

GENESIS SCIENCE CLASS WITH DR. JUDAH LANDA

Mondays | 8:30 p.m. via TEAMS.

This class combines a rigorous textual analysis of the biblical verses with knowledge from external sources, including history, science, linguistics and archeology. We meet every Monday evening at 8:30 pm for about one hour (virtually on TEAMS these days, perhaps will go hybrid again). After more than 16 years of continuous study, having started at the beginning of the Book of Genesis and completed the entire Pentateuch, the Books of Joshua, Judges I and II Samuel, we are currently (November 2023) making our way thru **I Kings** (King Solomon and beyond).

TALMUD CLASS WITH DR. JUDAH LANDA

Wednesdays | 8:30 p.m. Via TEAMS

This class brings to life the voices, discussions and debates of our sages as they formulated Jewish Law based on the traditions and foundational texts received from ancient times. We meet every Wednesday evening at 8:30 pm for about one hour (virtually on TEAMS these days, perhaps will go hybrid again). Currently we are studying tractate **Megillah** via the Artscroll English translation and commentary.

LUNCH AND LEARN (ZOOM)

Wednesdays | 11:30 a.m.

Once a month we meet with Rabbi Larry via Zoom to discuss various topics.

Next date: Dec 20, 2023

MONROE LUNCH AND LEARN

Thursdays | 12 p.m.

Once a month we meet with Rabbi Larry in the homes of various congregants. These sessions have been very interesting and well attended. Please call Howard Jacobs at 732-402-2273 for details on upcoming dates, to get on our Monroe mailing list, with questions and to reserve your spot.

ISRAELI DANCE

Beginners:

Mondays | 7 p.m.

Intermediate/Advanced:

Mondays | 8 p.m.

Come and stay for as long as you can!

\$12.00 per session fee.

JAZZERCIZE

Mondays, Wednesdays, Thursdays | 5:45 - 6:45 p.m.

\$20 single class

\$160 for 10 classes

\$65/month for unlimited live and livestream classes each month (best value and most popular)

CHAIR YOGA

Due to several conflicts, chair yoga registration will take place in December, 2023 with starting days and times in January, February and March. The price will remain the same at \$45 for 8 sessions, with a minimum registration for each class. We will offer a morning class and an evening class.

HAZAK

December 14 - Luncheon - Gift Card Bingo returns! Celebrate Hannukah as our preschoolers entertain. Eat latkes and win prizes!

HEBREW READING CLASS AND MAH JONGG ARE CANCELLED UNTIL FURTHER NOTICE.



Gail Kosher—My Personal Experience Living with Stage 4 Cancer Breast Cancer Awareness Shabbat

Shabbat Shalom. My name is Gail Kosher and in May 2019 I was diagnosed with Stage 4 Breast Cancer. Now, nearly four and a half years later, I still have that cancer and I always will. It's a part of me, but it doesn't own me. So, let me explain how we got here, the ups and downs, and what I've learned.

After several scans and surgeries related to a non-cancerous issue with my appendix and ovaries, my doctors decided to take a scan of everything from the breast to the pelvis. It was then that a cancerous tumor was found on my breast; they found that it had already spread to my liver, and that it was in my blood. Stage 4 Breast Cancer was the diagnosis.

All I could do was cry. I'll never forget my son, David, coming into my bedroom to console me and telling me, "We will get through this, and everything is going to be okay". That support along with the unwavering support of my husband, Neil, got me through that first week. Rebecca, who was taking finals at the end of her third year at the University of Delaware, didn't even know anything was wrong yet. It wasn't until she came home for the summer that we sat her down and told her the news because we had to say it in person. She and I cried together.

Soon after, we told Cantor Larry and Rabbi Pivo. They both told me that I have the choice to keep the news to myself or to tell people. I figured if other people knew, they would pray for me, and they did. So, I made it my goal to go to shul every Shabbat throughout my chemo treatment, which I did do. I also hoped to continue playing Mah Jongg often, which I'm proud to say I did that as well.

So, over the course of that summer I had 6 rounds of chemotherapy treatment. Neil, David, and Rebecca all came with me to my first session, then at least one of them accompanied me to each one thereafter. I got into a routine of taking daily medications, going to recurring doctor's appointments, and healing from the previous chemotherapy treatment just in time for the next one. I dealt with hair loss, fatigue, breakouts, mouth sores, and only at the very end did I experience nausea. I feel lucky for that. Along the way I received another CT scan that revealed the tumor on my breast was gone and the spots on my liver were nearly gone. When my chemo treatments were done and out of my system, I felt like a new person and my cancer was stable.

Fast forward to December 2020. Neil and I visited Rebecca in Philly for a weekend. Rebecca noticed I was walking slower than usual and seemed unstable on my feet. I even ended up falling on the sidewalk while out for a walk. After telling my oncologist what happened, I was immediately admitted to the hospital. After scans and tests, I was told I had cancerous lesions in my brain. Three days later I had brain surgery to remove one of the lesions. Then after a total of 10 days in the hospital by myself because visitors weren't allowed due to covid protocols, I finally went home.

That following spring then became the hardest period since my cancer diagnosis. Not just for me, but also my family who've had to fill in some of the blanks I simply have no memory of. In the weeks after receiving radiation and experimenting with new medications, I started to not feel well, was completely overwhelmed by everything, and just did not feel like myself. The changing medications made me anxious, and I had what I can only describe as a panic attack which resulted in me being hospitalized on Erev Pesach. After coming back home and for the next 2 months I experienced waves of confusion and incoherence. I was incredibly weak which forced my family to move a bed to the living room because I couldn't walk the stairs and the three of them had to take turns sleeping on the couch next to me. I also closed myself off and stopped answering calls and texts from friends. It wasn't until the end of May that I was getting stronger and feeling better as we found the right medications for me, and the radiation effects wore off.

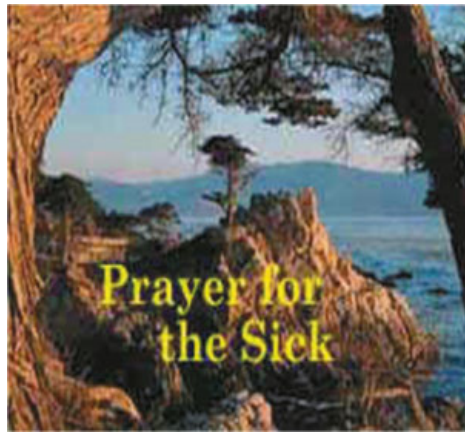
Now, let's get back to where we are today. I still have cancer in me. According to my latest scans there are a few lesions in my brain that are being monitored but of no immediate concern. I of course still have medications and treatments to take but it's all a part of my routine and does not impact my quality of life.

I learned many things since I was diagnosed with Stage 4 Breast Cancer. The first thing I learned was that if I got this cancer 30 years ago, I would not be here today. Thank G-d over the years new and better treatments were discovered so that I can live with the advanced cancer that I have today. It is because of all the awareness and fundraising around the disease that this is possible and lives like mine are prolonged.

Another lesson I learned is the importance of patience and positivity. My mother for my entire life had been a beacon of positivity and never dwelled on the past, which I had always tried to replicate. This came to a head after my diagnosis when one of my initial feelings was guilt for not keeping up with regular mammograms which had led me to this point. Until my family encouraged me and I thought of my mother, I did not feel ready to undergo treatment and for all the changes that were about to come. But then I remembered I need to stay positive. Not for anyone else, but for myself. Without a positive mindset and patience along the way, every day would have been a burden instead of a blessing.

Before I conclude, I need to take this opportunity to thank my EBJC family for all your support and friendship always, but during the last 4 and a half years in particular. I am so grateful for all the phone and text check-ins, all the love that has been shown, and the permanent spot on the Shul's Mishaberach list. My final lesson learned is the importance of a strong community who will be by your side not just for the simchas, but the tough times too. Todah rabah from the bottom of my heart for being a shoulder to lean on through it all.

And finally, I need to thank my husband, Neil, and my children, David and Rebecca, for being there for me throughout my journey. I could not have done it without them. They were my rock and will always be. Shabbat Shalom.



HevraTehillim - a "Psalm Fellowship"

Join us for a healing prayer circle for EBJC members, as we recite from the Book of Psalms in English and Hebrew. We gather each week to chant psalms together to pray for the sick and ask for their healing. All are welcome to join the Zoom meeting on Tuesday evenings from 8:30 p.m. to 9 p.m. Please send in the name of the person you will be praying for to: selectivemedia@comcast.net, where a list will be kept.

Emails are sent out each Monday with the Zoom meeting information.

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KARAOKE NIGHT

SATURDAY DECEMBER 9

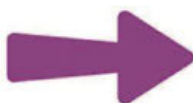
A.K.A. 3rd Night of Hanukkah

5:30pm

ALL AGES are invited to **ATTEND**
EVERYONE is encouraged to **SING**



Family Havdallah Service followed by
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RSVP by December 4

www.ebjc.org/KARAOKE

Questions? Contact Brooke Rudolph
brookedani128@gmail.com





What Jews Think

Thursday, November 2 @8:30 PM - Dr. Yaniv Feller, University of Florida - "Philosophy and Leadership in Dark Times"

Thursday, December 14 @ 8:30 PM - Dr. Brian Gordon Hillman, Towson University - "The Beginnings of Kabbalah"

Thursday, January 4 @8:30 PM - Dr. Eitan Fishbane, Jewish Theological Seminary - "Ideas of God in Jewish Mysticism"

Thursday, February 8 @8:30 PM - Dr. Eugene Sheppard, Brandeis University - "Ideas of God in Jewish Mysticism"

Thursday, February 29 @8:30 PM - Rabbi Dr. Haim Reznitzer, Hebrew Union College - "What is Judaism? – The Dispute between Martin Buber and Franz Rosenzweig"

Thursday, March 14 @8:30 PM - Dr. Michah Gottlieb, New York University - "A Rabbinic Debate about Slavery on the Eve of the Civil War"

Thursday, April 11 @8:30 PM - Dr. Andrea Dara Cooper, University of North Carolina at Chapel Hill - "Jewish Philosophy and Feminism"

Thursday, May 9 @8:30 PM - Dr. Shira Billet, Jewish Theological Seminary - "How Jewish Philosophers Think about Troubling Traditions"

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estone@newjerseydevils.com



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Sunday, November 19 @ 1:00 PM - "Jewish Cuba" with Abel Hernandez Eskenazi

This presentation will present a panoramic view of the whole Jewish presence in Cuba since the first group of Jews who arrived to Cuba until today. It will emphasize the different historical periods of the Cuban Jewish Community, the presence of Jews in different cities of the country, the most important Jewish places and the most important Jewish personalities.

Sunday, December 17 @ 1:00 PM - "Jewish Greece" with Evan Kapros

Greece is full of history, and this is reflected in the history of Greek Jewry, a unique combination of Sephardic, Ashkenazi, and Romaniote communities with roots in Spain, the Balkans, and going back all the way to the Roman Empire. We will discover this rich history, and will talk about the social perceptions prevalent in contemporary Greek society concerning Jewish identities. Finally, no good discussion about Greek Jewry can be conducted without talking about the language, food, and music of the community!

Sunday, January 7 @ 1:00 PM - "Jewish Egypt" with Louise Arwas

Over the course of our virtual tour we will be time travelling: From the time of Moses, through to the Golden Age of Egyptian Jewry, and right up to present day Jewish Egypt. We will visit an Egypt that was tolerant and open, yet indigenous and traditional, where Jews and their Muslim neighbors lived harmoniously, and extended, multigenerational families lived seemingly safe and joyous existences. We will be journeying through world history and Jewish history (and some of my own family history), and long the way we'll stop at some of the most iconic Jewish sites in Egypt. We will remember what was - and maybe what can be again someday.

Sunday, January 28 @ 1:00 PM - "Stories from Curacao's Jewish History" with Ron Gomes Casseres

This presentation will include both historical and current stories about the Curaçao Jewish community and practices. Curaçao will also be introduced for those who may not be familiar with my home country. There will be several photographs to show aspects of Curaçao, the synagogue and Jewish heritage sites.

Sunday, February 25 @ 1:00 PM - "Jewish Portugal" with Gloria Ribeiro

The Jewish heritage of Lisbon started in Roman times (if not before). This visit will allow you to understand the living Jewish community in Lisbon and learn about their history, their traditions and their everyday life. We will see the Sharee Tikva synagogue and refer to the massacre of Passover of 1506, for which a memorial was built by Jews and Catholics to express the reconciliation between religions. We will also walk virtually through Lisbon's historic downtown, where two of the Jewish quarters used to be located. The Alfama, the oldest neighborhood in Lisbon, still preserves the 8th century layout, and here, Jews, Christians and Muslims used to live and work side by side. For centuries after the expulsion, many "conversos" kept practicing their faith in secrecy, and the most famous example are the Belmonte Jews, who until recently lived as an isolated community. We will also learn about the growing community of Porto, representing about 500 Jews from more than 30 countries.

Sunday, March 10 @ 1:00 PM - "Jewish Iran" with Alan Niku

Iran's Jewish community is one of the oldest diaspora communities in the world. But is there more to those 2700 years than Queen Esther and the Islamic Revolution? This talk examines the lesser-known parts of Iran's 'Jewish History, a vast story of prophets, autonomous nations, divergent sects, epic poetry, and political intrigue. Through the music, languages, foods, writings, traditions, and stories of two millennia, along with their ties to neighboring and faraway communities, the Jews of Iran have forged a culture at once Persian and Jewish, with traditions and aesthetics uniquely their own.

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