

# FLEMINGTON FORWARD

Official Newsletter of the Flemington JCC



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Newsletter - **רודריגו**

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# Rabbi's Reflections

**Last month, we observed Tisha B'Av, the most tragic day in Jewish history. We lost both Temples that day, as well as our independence as a people. Later on, we were expelled from Spain. So many tragedies!**

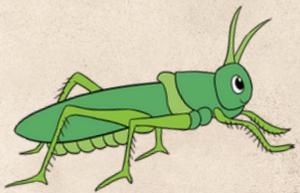
**My teacher, Rabbi Sharon Cohen Anisfeld, reminds us that according to rabbinic tradition, the grief of Tisha b'Av reaches much farther back in our history than the destruction of the Temple in Jerusalem.**

**The sages teach us that it goes all the way back to the story of the spies who entered the land of Israel and brought back... a message of hopelessness. The report the spies brought back darkened the hearts of the entire people with fear and self-doubt. "The country that we traversed and scouted is one that devours its inhabitants. The people we saw there are giants . . . we looked like grasshoppers to ourselves, and so we must have looked to them."**

**A commentary from Midrash Tanchuma picks up on this last line and writes: "The Blessed Holy One said to the scouts: "I am ready to put up with your saying, 'We looked like grasshoppers to ourselves.' But I take offense at your asserting, 'and so we must have looked to them.' Could you possibly know how I made you appear in their eyes? How do you know, but that in their eyes you were like angels?"**

**Rabbi Cohen Aniseld remarks that, in this brief imagined exchange between God and the scouts, the midrash underscores the insidious nature of self-doubt, the way we can mistake it for truth, the way our own anxiety can indeed become "a land that devours its inhabitants."**

**This divine voice, Rabbi Cohen Anisfeld notes, is the voice that leaves room for other possibilities, for hope. We can silence it, she writes, or we can strain to hear it, amplify it, in ourselves and in each other. My teacher makes some very powerful points.**



# Rabbi's Reflections

**When grief threatens to overwhelm me, and I am on the verge of falling into despair, I look to the prophet Jeremiah for inspiration. He had a very hard life. Jeremiah experienced great personal suffering and persecution for trying to persuade the Jews of his day to repent. He saw the destruction of the first Temple. He saw the exile of the Jewish people to a foreign land. And yet, after all he and his people had gone through, the prophet writes the following letter to those in exile in Babylon:**

**"Thus says the God of Israel... Build houses, and dwell in them; and plant gardens, and eat the fruit of them. Take wives and beget sons and daughters; and take wives for your sons, and give your daughters to husbands, that they may bear sons and daughters; that you may be increased there, and not diminished. And seek the peace of the city into which I have caused you to be carried away as captives, and pray to God for it: for in its peace, shall you have peace."**

**After the greatest tragedy the Jewish people had experienced to that date, Jeremiah says: start again. Start a new life. Yes, even after all that you have experienced. Do not despair. There is a future.**

**If you are feeling grief for the state of affairs in our country, on our planet - you are not alone! Know this: what you do matters. Choose life, even after destruction. Work for justice, even when you see none. These are the great character traits of the Jewish people. Do not be silenced.**

**Do not be idle. Maybe we don't win all of the time (maybe not even most of the time), but we don't let our losses destroy us. We follow the words of the prophet, and we choose hope. We choose life. L'Chaim! May this New Year bring us the inspiration to continue the struggle. Shanah Tovah!**

**Rabbi Eric S. Cohen, PhD**



# From The Desk of Our President

Dear Congregants:

I concluded my column last month as follows:

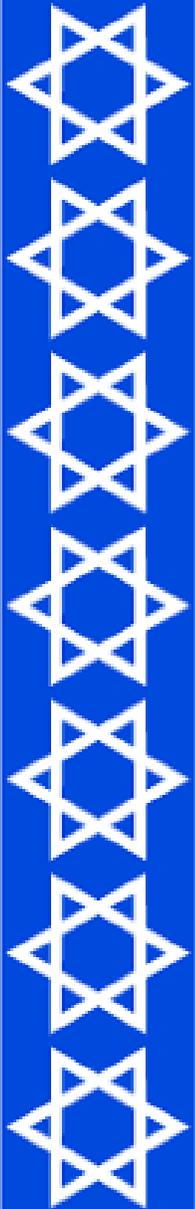
To our hard-working staff and generous volunteers, my hat goes off to you! If I have inadvertently missed thanking someone, please accept my apology. And, to anyone with an extra few hours, there are plenty of opportunities for you to learn a new skill and give back to your shul community – just give me a call, text or email.

As we move into September and look forward to the High Holidays, the sentiment is the same. First, thank you to all the volunteers who give their spare moments, energy and expertise to the FJCC. Second, if you have some time, energy or experience to share, please let me know and I will gratefully find an opportunity for you to practice or learn a new skill. As Kurt Vonnegut, one of my favorite authors, wrote:

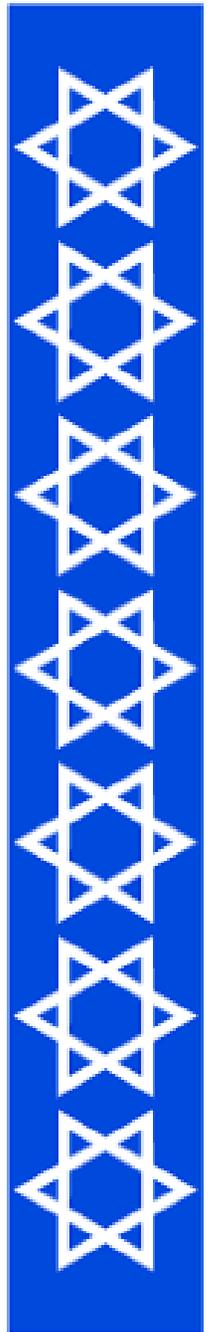
“We have to continually be jumping off cliffs and developing our wings on the way down.”

Three groups that have been “developing their wings” recently are the Membership Committee, Communication volunteers, and Long-Term Planning Group. In essence, these intrepid volunteers have no road map, but are relying on their own good judgment to enhance the FJCC experience. Will you join them?

**Kim Muller** enjoys networking and decided to reach out and welcome new members. The people she contacted were thrilled, so Kim created a buddy program to connect with even more members. Thank you to the following volunteers: **John Fellin, Bruce Moskovitz, Pam Nemeth and Jodi Weitz**. Then, Kim initiated a really fun social program, “Dinner is Served” an FJCC monthly dinner club. The August session was very successful and the dinner on Sunday, September 18th will offer a welcome reprieve to those preparing for the holidays. Join us!



# From The Desk of Our President



A huge thank you to all the individuals working on communications and marketing of FJCC offerings. **Ian Rodriguez** and **Garry Rodriguez** took over publication of the monthly newsletter and updated the FJCC website. **Cara London**, **Nadine Milecofsky** and **Karen Walsh** led the Center Series in developing the event posters that adorn our lobby and publishing the electronic versions of that material. They have dedicated committee members: **Marsha Goldstein**, **Adah Radzin**, **Harry Rapkin**, **Mona Shapiro**, **John Fellin**, **Bruce Moskovitz**, **Barbara Clarin**, **Kim Muller** and **Carolyn Goldman**. Not a small task, **Deborah Kesselhaut** entered all the event details on the ShulCloud calendar so the information is available to you 24/7. **Sharon Zimmerman** posts on Facebook almost every day and she could use your help – share the posts.

The Long-Term Planning Group started with a few people discussing ways to further our mission, improve connections with our members, enhance our communication within the community and celebrate everything FJCC. A number of recommendations came from those initial meetings, including: a plan to solicit input from our members, further development of an endowment, and the most exciting initiative – creation of a 100th anniversary brainstorming group. So, under the direction of a consultant, we will be engaging with you (either by survey, email, by phone or small group discussions) in the coming months. Please answer the call and share your experiences. If you are interested in learning some leadership and fundraising skills, we want to hear from you. Finally, we will be celebrating the 100th anniversary of the creation of the FJCC in a few short years. This is a once-in-a-century event! Stay tuned to hear about all the opportunities for you to be part of a soaring, successful celebration.

Shanah Tovah!

Sharon Rednor

# Hebrew School

It is time to unpack the boxes of books and set up the classrooms for Back to School. The staff is busy preparing for Back to School.

Back to school paperwork is due. We need to have paperwork on file before your child arrives on their first day. If you need help completing the forms please contact Kimi Mittler, [kmittler@flemingtonjcc.org](mailto:kmittler@flemingtonjcc.org)

We are looking forward to the first day of Hebrew School. The students will be decorating musical instruments in preparation for Musical Shabbat on Friday, September 16th. Mark your calendar and save the date for this and other creative Shabbat programs.

- September 11th – First Sunday Session (Alef-Vav)
- September 14th – First Wednesday Session (Gimel – 7th Grade)
- September 16th – Musical Shabbat
- September 27th – Rosh HaShanah Jr. Congregation

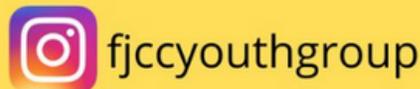
Please email me if you have questions about Hebrew School and programs [kwalsh@flemingtonjcc.org](mailto:kwalsh@flemingtonjcc.org)

**GET  
READY**

Your FJCC Youth  
Group Board is  
looking forward  
to a great year!



Be on the lookout  
for more  
information about  
upcoming events.



## CLASS SERVICES, DINNERS, & HOLIDAY PROGRAMS

OCT  
28

### WINNER WINNER CHICKEN DINNER

- Chicken Shabbat Dinner
- Fourth & Fifth Graders Lead Services
- Storyteller Rebecca Kelly

DEC  
9

### DELI DELIGHT

- Deli Sandwiches Shabbat Dinner
- 7th - 12th Graders Lead Services

DEC  
21

### CHANUKAH DINNER

- Outdoor Menorah Lighting
- Family Menorah Lighting
- Chanukah Dinner

JAN  
27

### CHINESE NEW YEAR DINNER

- Chinese Food Shabbat Dinner
- Fifth & Sixth Graders Lead Services

MAR  
6

### PURIM DINNER

- Family Megillah Reading
- Purim Dinner
- Traditional Megillah Reading

MAY  
12

### IT'S A WRAP

- Dairy Wraps & Pizza Bagels Shabbat Dinner
- Third & Fourth Grade Class Service
- Third Graders Receive their Shabbat Prayer Book

Save the Dates

## MARK YOUR CALENDAR & SAVE THE DATE

Shabbat Programs You Just Don't Want to Miss

### September 16th Musical Shabbat Part 1

Kabbalat Shabbat from Around the World. A two-part Global Shabbat Experience in our Sanctuary with the Strauss/Warschauer Duo. Students will participate with their handmade instruments.

### October 14th Ruach Shabbat Plus

New Member Oneg, Ice Cream Social in the Sukkah with song leader Emma Rehfeld. Get your ruach on! *Ruach* - spirit

### October 28th Dalet Hay Class Service

Winner Winner Chicken Dinner followed by Dalet and Hay students leading services. Rebecca Kelly will entertain us with her magical story-telling.

### November 5th Beyachad with Story-teller

A congregation-wide Shabbat experience. Hebrew School students will participate in the Torah Service and present a Torah Skit that they prepared with Rebecca Kelly during Hebrew School.

### November 18th Musical Shabbat Part 2

The Strauss/Warschauer Duo return for part two of the Kabbalat Shabbat Global experience.

## Selichot

Saturday, September 17

Study Session .....7:00 PM  
Services .....8:00 PM

## Erev Rosh Hashanah

Sunday, September 25

Services .....6:15 PM  
Candle Lighting.....6:33 PM

## Rosh Hashanah - Day 1

Monday, September 26

Day 1 Service .....8:30 AM  
Junior Congregation.....10:00 AM  
Tashlich.....5:00 PM  
Evening Service.....7:00 PM  
Candle Lighting (from existing flame).....7:32 PM

## Rosh Hashanah - Day 2

Tuesday, September 27

Services .....8:30 AM

## Fast of Gedaliah

Wednesday, September 28

## Shabbat Shuvah

Friday, September 30

Services .....7:30 PM

## Shabbat Shuvah

Saturday, October 1

Services .....9:15 AM

## Yom Kippur Eve - Kol Nidre

Tuesday, October 4

Services .....6:00 PM  
Candle Lighting.....6:17 PM

# High Holidays Schedule

# 2022-5783

## Yom Kippur

Wednesday, October 5

Services ..... 8:15 AM  
Yizkor ..... 10:30 AM  
Jr Congregation/Babysitting..... 11:00 AM-1:00 PM  
Minchah..... 4:45 PM  
Nella..... 6:00 PM  
Fast Ends..... 7:17 PM

## Sukkot

Sunday, October 9

Services ..... 7:30 PM

## Sukkot

Monday, October 10

Services ..... 9:15 AM  
Services ..... 7:30 PM

## Sukkot

Tuesday, October 11

Services ..... 9:15 AM

## Hoshanah Rabbah

Sunday, October 16

Services ..... 9:15 AM

## Shemini Atzeret

Sunday, October 16

Evening Services ..... 7:30 PM

## Shemini Atzeret

Monday, October 17

Services ..... 9:15 AM  
Yizkor..... 10:30 AM

## Simchat Torah

Monday, October 17

Family Service ..... 7:00 PM

## Simchat Torah

Tuesday, October 18

Services..... 9:15 AM

# COVID Policy

## COVID POLICY AS OF AUGUST 2022

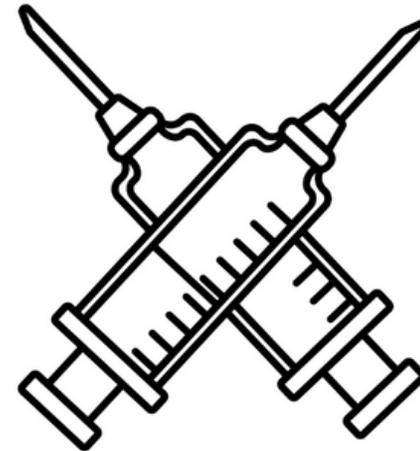
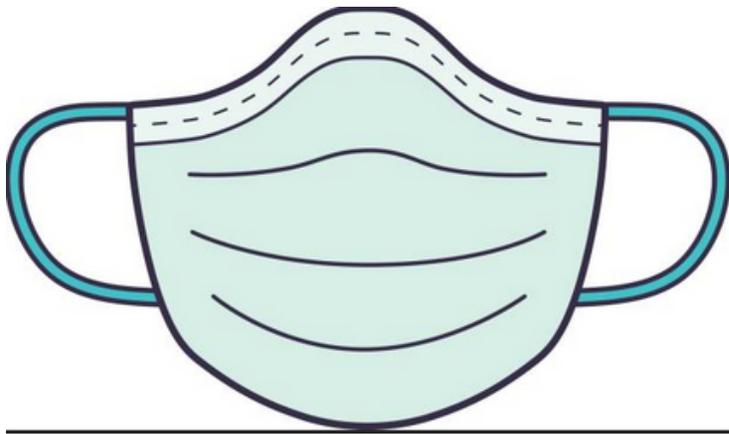
The Covid Taskforce, with endorsement by the Executive Board, updated the FJCC Covid policy, based on guidance from the Centers for Disease Control and Prevention and the State of New Jersey. As the situation evolves, the Task Force will reassess these guidelines.

Hebrew School and Nursery School will publish their own policies.

The Task Force will update these FJCC guidelines as needed in light of CDC or other government policy changes.

**Masks And Vaccines:** For vaccinated individuals, masks will be optional when the Centers for Disease Control and Prevention (CDC) COVID tracker shows Hunterdon County community level as green (low) or yellow (medium). Masks will be required in the sanctuary, social hall and offices when Hunterdon County community level is orange/red (high).

Vaccinations are no longer required, but unvaccinated individuals (children two and older and adults) are required to remain masked on the premises regardless of CDC COVID tracker community level for Hunterdon County.



# End of Summer Celebration



# End of Summer Celebration



# Giving Garden

**Each week all summer the FJCC Giving Garden has been delivering a variety of fresh vegetables and herbs to the Flemington Food Pantry. The warmth and appreciation from food pantry volunteers is massive. Earlier in August Jake and I were asked to add our vegetables to those already out at the front of the building to be distributed that day. Picked maybe just 30 minutes earlier, we added string beans to a small basket with string beans, peppers to a small basket with peppers, cherry tomatoes to a small basket with cherry tomatoes. I was surprised how “little” of each type of vegetable was out for the taking that morning. We’d added just four onions to the onion basket, but that made four more onions than they would otherwise have had to give. More evidence that even when we’re bringing over just 5 to 12 pounds of food, it might not be a lot, but it’s meaningful to someone, and we’ve done good.**

**Due to the extreme heat we are slowing down, with plants not able to produce. But we still have lots of watermelon, cantaloupes, basil and kale getting bigger and more beautiful every day. The okra, beans and cherry tomatoes have been extraordinarily plentiful. There is still much more watering to do in September. Please consider volunteering. And don’t forget to drop off your coffee grounds, stale bread, apple cores and cucumber peels in our compost bed!!!**

**Pam Nemeth**



# Grow a Row



Don't miss out on your last chance this year!

 **Join Us!**

*Let's do a mitzvah together!*



We will meet at the farm in either Pittstown or Milford. Location TBD the week of our scheduled times.

**Help feed people in need in NJ & PA**

Go at your own pace ~ pick a few or pick a lot!

Wed, July 20, 9-12 noon  
Mon, Aug 15, 9-12 noon  
Thur, Aug 25, 9-12 noon  
Thur, Sep 15, 4-6 PM



*Any questions? Contact Mona Shapiro ~ [monajudith@aol.com](mailto:monajudith@aol.com)*



# Weekly Events



**CONTRACT & DUPLICATE BRIDGE**  
with  
**DAVID GOLDMAN**



**DUPLICATE BRIDGE**  
MONDAYS- 10 AM  
\$5/pp/session  
includes a light lunch

**CONTRACT BRIDGE**  
THURSDAYS- 7:30 PM  
\$2/pp/session  
includes snacks  
-----  
BEGINNERS ARE WELCOME!

**Adult Education Classes**  
with  
**Rabbi Cohen**



Thursdays  
11:00  
Begins Sept. 15  
All are welcome!

**Chair Yoga**  
Not Just for Seniors

No Chair Yoga on Tuesday  
August 30th or September 6th

Chair Yoga resumes on September 13th  
at a new time, 11:45 AM



**Mah Jongg**

Thursdays, 1-3:30  
\$5 cash at door

*New & Experienced Players Welcome!*  
Members can bring friends  
Light snacks served



Contact Karen Walsh: [kwalsh@flemingtonjcc.org](mailto:kwalsh@flemingtonjcc.org)

**Parashat HaShavuah**  
with  
**Rabbi Cohen**

Mondays, 1:00  
Beginning Sep 12



All are welcome!

# Center Series



FJCC  
**Musical Shabbat**  
September 16  
November 18  
*with*  
**The Strauss/Warschauer Duo**  
Kabbalat Shabbat Around the World:  
A Two-Part Global Shabbat Experience in Our Own Sanctuary!



**DINNER IS SERVED**  
FJCC DINNER CLUB\*



Sunday, September 18th  
VIVA MEXICO 7:00 PM  
BYOB  
RSVP REQUIRED BY SEPTEMBER 14TH  
TO RSVP OR FOR QUESTIONS, CONTACT:  
KIMFMULLER@YAHOO.COM  
\*ADULTS ONLY



*Come Sail with Me*  
Cruise Ship Promo  
Tue, Sep 20  
7 PM




**A Walk in the Park**



Sunday, Sep 18  
10:00  
We will meet at  
Morales Park  
Flemington



**Join us!**  
Sunday, Oct 2  
Rain Date: Oct 9

**BUILD  
our  
SUKKAH**

# Center Series



**New Member Shabbat**  
**Friday, Oct 14**  
**7:30**  
 New Member Oneg ~ Ice Cream Social  
 with special musical guest  
**Cantor Emma Rehfeld**




**Celebrate!**  
**SIMCHAT TORAH**



Make your own  
**Edible Torahs**

Monday  
**October 17**  
**6:30pm**

**OCTOBER 28TH**  
**6:00 PM**

**WINNER,  
 WINNER,  
 SHABBAT  
 DINNER**



Register By  
 October 18th  
**\$25/ Family**  
**\$15/ Single**

**Traditional  
 Shabbat Chicken  
 Dinner &  
 Chicken Tenders**  
 Vegetarian Option  
 by Request

Dalet and Hay Class  
 will lead Services at  
**7:30 PM**

**Storyteller  
 Rebecca  
 Kelly**

Register After  
 October 18th  
**\$36/ Family**

**REBECCA KELLY**  
 Storyteller



**OCTOBER 28**  
 at Friday Night Services

**FOOTBALL**  
 at the **FJCC**  
**OCTOBER 30**



**Shabbat B'Yachad**

**Saturday**  
**Nov 5 & Feb 25**  
**9:15 - 12:00**

**Design your Shabbat**  
 Yoga  
 Meditation  
 Parsha Discussion

☆

**Hebrew School on Shabbat**  
 Learn Prayers  
 Sing Songs  
 Tell Stories

**Kiddush Lunch**



# Sisterhood

## Sisterhood Sukkah Craft Meet and Make

Sunday, October 9th,  
10:30-12:30  
Social Hall

Jr. Sisterhood is welcome  
after Hebrew school!

## Sisterhood Shabbat

Friday, October 21st at 7:30pm

AND

Saturday, March 25th at 9:15am

Sign up to lead services,  
pick a prayer, or 2!

Register by email below, or come to a  
meeting!

Sisterhood@flemingtonjcc.org

## Sisterhood Make and Take

Make latkes with your Sisters!  
Because cooking is always more fun in  
someone else's kitchen!

Sunday,  
December 18th  
11am

Jr. Sisterhood is welcome  
after Hebrew school!

## Game Night

Sponsored by Sisterhood in partnership  
with Bridge and Mahjong Clubs

Bring your  
family, friends  
and games!

SATURDAY  
December 3, 2022  
6:30 PM

\$5 per person for  
snacks, appetizers  
and drinks

REGISTER NOW  
On Shul Cloud

## Sisterhood Presents...

A Very  
Jewish Christmas

## Chinese Dinner and Talent Show

Sunday,  
December 25th  
5:30pm

\$18 for Adults  
\$10 for kids

## Sisterhood Woman of the year

May 21st 5-8pm

FJCC Social Hall

\$50 per  
person

Dinner  
Dancing & More!

RSVP  
by  
May 21st

# Birthdays

**September 1**  
Ray Slavin  
Arielle Slavin  
Bruce Davidson

**September 2**  
Stephanie McInerney  
Amira Kleiman

**September 4**  
Stanley Weinstein  
Matthew Rednor

**September 5**  
Aaron Sperling

**September 6**  
Liam Franklin  
Lilah Mason

**September 7**  
Hoyt Holley  
Jeffrey Doshna  
Zachary Nemeth

**September 9**  
Emily Quinn

**September 11**  
Zev Forman

**September 12**  
Jake Nifoussi  
Jamie Alexander  
Abby Walsh

**September 15**  
Lucy Lipson  
Jordan Alexander

**September 16**  
Frank Rumore

**September 17**  
Howard Nifoussi  
William Fernekes  
Deborah Kesselhaut

**September 18**  
Edward Winnick

**September 20**  
Alissa Fox

**September 21**  
Linda Atlas

**September 24**  
Lawrence Wissner  
Sam Kohn

**September 26**  
David Goldman

**September 27**  
David Green  
Joshua Sperling  
Zachary Sperling

**September 29**  
Evelyn Gabai

**September 30**  
Rosemary Mehrlust

# Anniversaries

**September 2**

**Salena Kern and Allen Kern**

**September 6**

**Julius Kawarski and Alexander Soto**

**September 9**

**Bruce Kestenbaum and Josy  
Kestenbaum**

**September 14**

**Deborah Farber and Drew Farber**

**September 21**

**Joel Goldstein and Sharon Goldstein**

**September 24**

**Edward Winnick and Sharon Winnick  
Jami Miller and Charles Miller**

# Yahrzeits

**September 1**  
**Frieda Frant**  
**Theodore London**

**September 3**  
**Joseph Hayfer**

**September 5**  
**William Suess**

**September 8**  
**Evelyn Treinish**

**September 10**  
**Rose Billowitz**  
**Tangi Wright**

**September 12**  
**Lillian Gerstein**

**September 13**  
**Jack Franklin**  
**Kurt Hylton**

**September 14**  
**Abraham Greenberg**

**September 15**  
**Herman Rosen**  
**Ira Krupen**

**September 16**  
**Norman Thomas**

**September 17**  
**Bruce Nifoussi**

**September 19**  
**Henrietta Farber**

**September 20**  
**Louis Gross**

**September 21**  
**David Bruce Wasserman**

**September 22**  
**Jerry Cohen**  
**Julius Kaminowitz**

**September 24**  
**Sarah Neibart**

**September 25**  
**Ruth Elstein**

**September 27**  
**Barbara M. Berg**  
**Samuel Stein**

**September 29**  
**Daniel Alexander**

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