#### SEPTEMBER 2022 | 5 ELUL 5782 - 5 TISHREI 5783

### FJCC FLASH

Official Newsletter of the Flemington JCC

Rabbi – Eric Cohen President – Sharon Rednor Newsletter - רודריגז

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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 spies' report darkened the hearts of the entire people and filled them 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-accentury 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

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



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



Be on the lookout for more information about upcoming events.

### ijccyouthgroup

#### CLASS SERVICES, DINNERS, & HOLIDAY PROGRAMS



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

#### CHANUKAH DINNER

Outdoor Menorah Lighting
 Family Menorah Lighting

JAN

Chanukah Dinner

#### CHINESE NEW YEAR DINNER

Chinese Food Shabbat Dinner
 Fifth & Sixth Graders Lead Services

#### PURIM DINNER

Family Megillah Reading
 Purim Dinner

Traditional Megillah Reading

#### IT'S A WRAP

Dairy Wraps & Pizza Bagels Shabbat Dinner
 Third & Fourth Grade Class Service

 Third Graders Recieve their Shabbat Prayer Book

Save the Dates

#### MARK YOUR CALENDAR & SAVE THE DATE

#### 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

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Program

Shabbat

Ruach Shabbat Plus

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

# High Holidays Schedule 2022-5783



# High Holidays Schedule2022-5783

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	Yom Kippur Wednesday, October 5	1000	Hoshanah Rabbah Sunday, October 16	0
	Services	1 2	Services	
	Yizkor	11/2	Shemini Atzeret	· · · ·
	Minchah	0 7	Sunday, October 16 Evening Services	101 10
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	Sukkot Sunday, October 9		Shemini Atzeret Monday, October 17	
	Services7:30 PM		Services	
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	Monday, October 10	1. Parts	Monday, October 17 Family Service	1
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	Sukkot	1.000	Simchat Torah	1 Bank
	Tuesday, October 11 Services		Tuesday, October 18 Services	143.1
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# **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**



FLEMINGTON FORWARD

# **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!



Let's do a mitzvah <u>together!</u>

CENTER

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







# Weekly Events

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CENTER

Contract & Duplicate BRIDGE

DAVID GOLDMAN



Mah Jongg

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

New & Experienced Players Welcome! Members can bring friends



Contact Karen Walsh: kwalsh@flemingtonjcc.c

### 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



Adult Education Classes Rabbi Cohen

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

#### Parashat HaShavuah <sub>with</sub> Rabbi Cohen

Mondays, 1:00 Beginning Sep 12



#### All are welcome!

## **Center Series**



BYOB BYOB RSVP REQUIRED BY SEPTEMBER 14TH TO RSVP OR FOR QUESTIONS, CONTACT: KIMFMULLER@YAHOO.COM \*ADULTS ONLY travel Come Sail we **Cruise Ship Promo** Tue, Sep 20 7 PN



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### **Center Series**



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# Sisterhood

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

Sisterhood

Sukkah Craft

Jr. Sisterhood is welcome after Hebrew school

<section-header>Game NightSponsored by Sisterhood in partnership<br/>with Bridge and Mahjong ClubsSponsored by Sisterhood in partnership<br/>with Bridge and Mahjong ClubsSponsored by Sisterhood in partnership<br/>bridge and Sisterhood in partnership<br/>bridge and Mahjong ClubsSponsored by Sisterhood in partnership<br/>bridge and Sisterhood in partnershipSponsored bridge and Sisterhood in partnership<br/>bridge and Sisterhood in partnershipSponsored bridge and Sisterhood in partnership<br/>bridge and Sisterhood in partnershipSponsored bridge and Sisterhood in partnership<br/>bridge and Sisterhood in partnershipSponsored bridge and Sisterhood in partnership<br/>bridge and Sisterhood in partnershipSponsored bridge and Sisterhood in partnershipSponsored bridge and Sisterhood in partnershipSponsored bridge and Sisterhood in partnership</

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! Megister by email below, or come to a

Sisterhood@flemingtonjcc.org

Sisterhood Presents... A Very Jewish Christmas Chinese Dinner Binday Talent Show



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Dinner ng & More!

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BSVP \_\_\_\_\_ 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

**FLEMINGTON FORWARD** 

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# **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

### **Adverts**



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