

Jewish Center of Northwest Jersey



Journal



PO Box 2, 115 Youmans Avenue, Washington, NJ 07882
(908) 689-0762
www.jcnwj.org

September 2010
Vol. XXXVII, Issue 1

MARK YOUR CALENDAR

- *Sunday, September 12
9:30 am Sunday School (opening day) (K/1)
11:15 am PTO Breakfast
12:00 pm Mitzvah Day
- *Monday, September 13, 7:30 pm
Board Meeting
- *Tuesday, September 14, 7:00 pm
Adult Hebrew Class
- *Sunday, September 19
No Hebrew School
- *Tuesday, September 21, 7:00 pm
Adult Hebrew Class
- *Sunday, September 26, 9:30 am
Sunday School (K/1)
Sukkot and Consecration
- *Tuesday, September 28, 7:00 pm
Adult Hebrew Class
- *Wednesday, September 29, 7:00 pm
Sisterhood Book Club

HIGH HOLIDAY SCHEDULE

- *Wednesday, September 8, 8:00 pm
Erev Rosh Hashanah
Oneg: Seidorf, Herson/Fleckles, Goldberg,
Fesinstine, and Needleman families.
- *Thursday, September 9
Rosh Hashanah
8:30 am Family Service
9:30 am Adult Service
12:00 pm Tashlich
- *Friday, September 10
Rosh Hashanah 2nd Day
9:30 am Service
12:00 pm Luncheon
- *Friday, September 17, 8:00 pm
Kol Nidre
- *Saturday, September 18, 9:30 am
Yom Kippur Service
3:15 pm Torah Study
3:30 pm Family Service
4:30 pm Neilah
Break-the-Fast (following service)

Rabbi's Message

When I went to Israel in February of 2009, I kept thinking: *Wouldn't the congregation love this. Wouldn't it be fun if they were here with me. I wish they could see Jerusalem at sunset.* So I paid special attention this spring when I read about the upcoming ARZA/CCAR tour to Israel: *Israel and Your Community: A Leadership Trip – Israel for New Rabbis.* Since I was interested in this trip, I worried: *Who counts as a "new rabbi?"* The brochure answered the question: "Anyone ordained within the past ten years" – *uh oh*, I thought, but then read on - "and others who are hoping to learn how to develop a group trip with congregants or community members." I actually count as three new rabbis if you add up the years since I was ordained, although that isn't the point. The point is that I am "new" relative to learning how to develop a group trip with congregants to Israel. And so I plan to go on this whirlwind weeklong tour to Israel the first week in November. I plan to learn everything I can about how to bring you to Israel with me.

But ever since I signed up for the trip, I have been stuck on this term "new rabbi." If I am not a "new" rabbi, what does that make me? I prefer "experienced rabbi" to "old rabbi." The truth is, no matter how many years it has been since my ordination, I still feel like a "new" rabbi in many ways. I feel lucky to be in a congregation from which I continue to learn new things. I feel lucky to work with student cantors from whom I continue to learn new things.

Better than "new rabbi" is the term "renewed rabbi." When I return from vacation at the end of the summer, I come back refreshed and with renewed purpose. The month of Elul is for all of us a time of renewal as we approach the new year. Each day is an opportunity for reflection as we evaluate the past year. It is a month of spiritual opportunity. A colleague of mine says that he gradually gives up caffeine in the month of Elul as spiritual preparation for the high holy days. I wrote and asked him more about this.

This is what he replied:

Spirituality to me is about 3 types of relationships: 1) with God/Higher Power/Creator; 2) people places and things around me; and 3) with myself. Thus, the elimination of caffeine during Elul is both about the first and third. Getting in touch with my body and preparing it for Rosh Hashanah and Yom Kippur leads directly to a better relationship with God. If you want a good Rosh Hashanah sermon, talk about this practice and suggest it to people during the 10 days and then ask them to provide feedback at the end of Yom Kippur.

Rabbi's Message (cont.)

Spiritual preparation doesn't have to be giving up caffeine. The idea is that doing something small each day can add up to significant preparation. Don't delay your preparation until you walk into the sanctuary on Rosh Hashanah. That won't give you enough time for personal renewal. Start now. And then let me know what you have chosen as your spiritual preparation.

May the new year be one of renewal for us all.

Rabbi Ellen Lewis

A Message From Our Cantor

I am thrilled to begin the year 5771 with the Jewish Center of Northwest Jersey as your new student cantor. I have heard wonderful things about your community from my colleagues and friends, Cantor Tifani Coyot and Cantor Marcy Kadin and I hope to continue the wonderful music tradition they have helped to develop in your community over these past few years.

A few words about myself by way of introduction. I grew up in West Hartford, CT where I was first introduced to the joys of Jewish music as an active participant for many years in my synagogue's choir. This experience and others helped me to know from a young age that I would one day pursue a career in the cantorate.

I attended Middlebury College in Vermont and graduated in 2004 with a degree in History and Secondary Education. After graduation I worked as a high school history teacher in Vermont as well as an English teacher in Seoul, Korea. During these years I also explored the field of Jewish environmental education and Israel, participating in the Adamah Jewish Environmental Fellowship, Hazon bike rides and programming, Teva seminars, and an Eco-Jewish *beit midrash* at a *yeshiva* in Jerusalem. During the summers of 2008 and 2009 I worked as a tour educator for NFTY in Israel summer programs, leading Reform teens to the Czech Republic and Poland in addition to Israel for five weeks. The past two years I have had the pleasure of serving as student cantor for Temple Beth David in Cheshire, CT as well as cantorial intern this past summer for Temple Isaiah in Los Angeles.

As I enter my fourth year of cantorial school I look forward to sharing my passion for music and Jewish community with all of you at the Jewish Center of Northwest Jersey.

L'Shalom,

Elana Rosen-Brown

President's Message

The High Holidays approach as I write this month's message. For many people, the holidays bring with them a sense of awe and responsibility. For me, there are very similar memories to Passover, meaning that it is family time. I can recall my grandparents coming out to stay with us for the holidays when I was growing up. The food was good and I was able to spend time with my grandparents, or more correctly, my grandfathers, because my grandmothers rarely attended temple with us. My two grandfathers could not have been more different. My mother's father, Nathan, was an orthodox Jew, who always seemed very reserved and the prayers were very meaningful to him. I think this is where I learned many of the spiritual ethics that guide me in my life. My father's father, Henry, was a bit crazy. I remember him as the life of any party that we were at. He loved to have a good time and encouraged others to do so as well. I think that I have picked up some of these traits as well.

This year at the High Holidays, I am proud to be the grandson of these two wonderful men.

I hope that the holidays for you will be as meaningful as I hope they are for me.

L'Shanah Tovah Tikatevu

Howie

News About Our Members

Someone in your family receive an honor? Achieve some goal? Perform an outstanding mitzvah? If you'd like to let JCNWJ members know about it in the newsletter, please send the information in "ready to print" form to Howie Hirsch.

Education/PTO

We hope everyone had a great summer! Opening day of Hebrew School is just around the corner – **September 12, 2010** at 9:30 a.m. We have an interesting opening day program planned (for parents and students) followed by our traditional opening day breakfast hosted by the PTO at 11:15. Parents should plan to stay the first day with their children.

There will be no Hebrew School on **September 19th** since it is the day after Yom Kippur. Our Sukkot and Consecration service will be **September 26th**. Our first PTO meeting is scheduled for **October 10th**.

We are looking forward to a GREAT 2010-2011 school year!!

Marsha Gross and Karen Finkelstein



Contributions

In memory of Jack Fleisher, Frances Hoch, and Abraham Schick

~Rona and Stan Schick

In honor of the Spring b'nai mitzvah, our Confirmands, and our graduates

~Helen and John Mattson

In honor of the bar mitzvah of Max Gross

~Helen and John Mattson

~Rona and Stanley Schick

~Edythe Herson, Sharon Herson and Daniel Fleckles

In memory of David Pinn

~Helen and John Mattson

In memory of Ruth A. Leiter

~Audrie Sonzogni

In memory of Elizabeth Anselmo

~Susie Schaffer

In memory of Theodore Jay

~Rabbi Ellen Jay Lewis

In memory of Sallye Klein

~Alan Klein

In memory of Edward I. Lewis

~Nancy and Bernard Robins

~Elaine T. Halpern

~Residents of Seabrook Village

In honor of Max Gross' bar mitzvah

In honor of Marsha Gross

~Gwen and Ed Nagorsky

Hospitality for Our Cantor

Any member who would like to offer hospitality to student cantor Elana Rosen-Brown during the coming year should contact Sharon Herson by phone or email

The Temple Email List

The JCNWJ maintains a list of member e-mail addresses. In addition to delivering the newsletter, the list is used to notify the congregation of upcoming events, school or service cancellations due to weather (or other factors), and news of importance to the members.

All messages need to be approved by the temple president. The following protocol should be followed:

- 1) Provide the "Subject" of the e-mail message
- 2) Provide the text exactly as you would want it to go out. Include the "who, what, where, when, and why" as necessary. Howie or another board member may edit it.
- 3) Attach any document(s) to be included. It will probably be converted to PDF format.
- 4) Send the message to Howie Hirsch and CC Laura Tarlowe.

Laura is "the messenger" and keeper of the list. She does not send messages until approved. Please let her know if your e-mail address changes.

We hope you find the mailings you receive of interest and value.

Join us for a Luncheon

Following services on the second day of Rosh Hashanah, September 10th

Kindly RSVP to Jean Berkowitz by September 5th

JCNWJ Fights Hunger

Join us in commencing the New Year by helping those less fortunate. The annual Yom Kippur Food Drive to benefit local food pantries will begin on **September 7, 2010** with the distribution of bags donated by Shop Rite of Mansfield. Kindly return a bag filled with non-perishable food items (no matzah please) to the kitchen at the Jewish Center anytime from Rosh Hashanah (not Erev) until the week following Yom Kippur.



Information on Funeral Arrangements

In an effort to better serve our members, the Religious Practices Committee (Ritual Committee) has formulated a policy to help our congregants who are dealing with a death in the family. Below are suggestions to help you with your funeral arrangements.

If you are interested in having Rabbi Lewis officiate at the funeral, you should call her **first**. In the event that you cannot reach Rabbi Lewis, you should contact the President of the Jewish Center. If Rabbi Lewis is unavailable at the time you need or if you are unable to reach her within your time frame, we suggest that you consider the following **alternatives**:

1. Call another rabbi known to you or to a family member.
2. Call a Jewish funeral home which can provide a rabbi for their clients (these phone numbers have been checked and are valid as of June 2010).
 - a. Menorah Chapels, Union: (908) 964-1500
 - b. Bernheim Apter Kreitzman, Livingston: (973) 763-3505
 - c. Wien & Wien, Hackensack: (800) 322-0533
 - d. Goldstein Chapel, Edison: (732) 777-0032

OR call DeVoe Funeral Home, Washington: (908) 689-0046
3. Call the URJ's (Union of Reform Judaism) District Rabbi for assistance in engaging a rabbi. The URJ serves as a resource to our district of reform congregations: (212) 870-2903

Rabbi Lewis is always available to console the family. Either the Rabbi or our congregation will organize *shiva* services for our members.

Religious Practices Committee
Jewish Center of Northwest Jersey
Updated June 2010

Practical Notes to the Congregation regarding High Holy Day Observances 2010

The following reminders are in no particular order. All are important.

Observe the handicap parking set aside for members who need to be close to the building entrance. Earphones for the hearing impaired will be provided upon request. Kindly contact Tracey Bauer prior to the High Holy Days to arrange for same.

Additional parking is located in the lot adjacent to the building.

Arrive a few minutes before the scheduled start of the service. Proceed immediately into the sanctuary and do not congregate in the lobby.

TASHLICH. We will be observing Tashlich right after the end of first day Rosh Hashanah services on Thursday, September 9. Tashlich is the symbolic "washing away of sins". We walk (or drive, for those who cannot walk the distance) as a group to a nearby stream, symbolically throw petals or breadcrumbs into the stream, recite appropriate prayers, and walk back to the JCNWJ. The Washington Police Department will provide safe crossing, going and returning. If you participate, be sure to walk with the group.

FOOD DRIVE. Every year the Center sponsors two food drives, one at Yom Kippur and the other at Pesach. The food goes to a local Food Bank. Please bring a bag of suitable non-spoilable food items (no matzah, please) to the Center and leave it in the kitchen. You may bring items starting on the first day of Rosh Hashanah and until the week after Yom Kippur (please do not bring food bags Erev Rosh Hashanah).

TORAH STUDY on Yom Kippur. In the afternoon and before Neilah, at about 3:00, whoever would like to engage in Torah study is welcome to participate. This hour and a half of group discussion and attention to text is separate from the monthly Torah study meetings. Text TBA.

BREAK-THE-FAST on Yom Kippur. Each year the Center holds a community break-the-fast following the end of Yom Kippur services, which usually end around 6:00 pm or 6:30 pm. This is a "coordinated potluck" event, which means that if you plan to come and eat, you must bring something. The meal is an ALL DAIRY MEAL (that means, no chicken, no meat, no bacon bits on salad). Please sign up on the sheets that will be provided starting at Rosh Hashanah or call Lois Goldberg or Tracey Bauer before then to let them know what you will bring. You **MUST** sign up so that those setting up will know how many people to prepare for.

Coming Soon...

Catering Service for Bat/Bar Mitzvah and /or weekly Onegs as well as Bat/Bar Mitzvah Luncheons

More information to come

Inquiries, contact Jean Berkowitz



CONGREGATIONAL NEW YEARS GREETINGS

L'shanah Tova to the Congregation
The Jordan Family

Best wishes to the Congregation
Rabbi Ellen Lewis

Best wishes for a happy and healthy New Year
The Needleman Family

Shanah tova to all the members of the JCNWJ
Edythe, Sharon and Daniel

Shanah tova to Rabbi Lewis and her family
Edythe, Sharon, and Daniel

Happy New Year to the Congregation
Eric Edelstein

Holiday greetings to the Congregation
The Shelofskys

L'shanah tova to the Congregation
Ed, Roseann, and Sarah Weinstein

Wishing the Congregation a sweet New Year
The Nagorsky Family

Wishing everyone a joyous and prosperous New Year
Helen and John Mattson

L'shanah tova to all
The Bauer Family

Holiday greetings to our friends at JCNWJ
Rene, Scott, and Rory

Best wishes to all at the JCNWJ
The Margolin/Weiner Family

L'shanah tova to Rabbi Lewis and the Congregation
The Goldner/Post Family

L'shanah tova to all
The Sonzogni Family

Happy and Healthy New Year to all
Leslie and Murray Heller

L'shanah tova greetings
The Hirsch Family

L'shana tova to all
Marsha Torine

L'shanah tova to the Rabbi and the Congregation
The Romanczyk Family

Best Wishes to the entire JCNWJ Congregation
The Gross Family

L'shanah tova to all
Blanche and Marvin Davidson

Wishing the JCNWJ Congregation peace
health, and happiness in the New Year
The Tarlowe Family

Mazel Tov

From the JCNWJ
To Martha and Jack Needleman and their
family on the birth of grandson
Edward on August 7, 2010



*Have a
SWEET
New Year!!*

JCNWJ-Family Mitzvah Day



HELP US TO FEED THE HUNGRY IN OUR AREA!

America's Grow-A-Row's mission is to help those in need through a volunteer effort of planting, picking, and delivering fresh produce.

In the U.S. 35.5 million people – including 12.6 million children – live in households that experience hunger or the risk of hunger. This represents more than one in ten households in the United States, 10.9 percent.

Please Join your JCNWJ Family for a Mitzvah Day of Fun while making a difference in our community!

Sunday, September 12, 2010

Breakfast at Temple – 11:00 am

America's Grow-a-Row –
Peaceful Valley Farms – 12:30 pm
140 Pittstown Rd, Pittstown

Wear comfortable clothes that can get dirty!

Max's Mitzvah Project

Max was born with a very rare neurological disorder called Pelizaeus-Merzbacher Disease (PMD). He cannot talk and he cannot walk, but he is happy and understands much of the world around him. As his Mitzvah Project, Max has chosen to support The PMD Foundation in their search to find a cure for Pelizaeus-Merzbacher Disease. Max is selling PMD awareness wristbands, that he helped design, and is donating all of the proceeds to The PMD Foundation. The wristbands say "Pelizaeus-Merzbacher Disease" and "www.pmdfoundation.org". As Max donates to the worthy cause, he also spreads awareness of this very rare disease. He continues to sell wristbands, and make donations to The PMD Foundation, even now that his Bar Mitzvah is over. Thank you to all who have supported, and continue to support, Max's Mitzvah Project. Please contact Marsha Gross if you would like to purchase some of these stylish PMD Bracelets at \$2.00 each and help support Max as he supports The PMD Foundation. Thank you.



Birthright Trip to Israel

NOW is your chance to go to Israel for an unforgettable 10 days for FREE. While this trip is sponsored by the Union for Reform Judaism, it is open to anyone who wants to explore the values of Reform Judaism while in Israel, even if you aren't affiliated with a URJ congregation.

Read all of the information below and make a note in your calendar that registration opens on September 14th at www.kesherbirthright.org for the next round of Taglit-Birthright Israel trips with KESHER in December, January, February and March 2010-11. It is critical to register on September 14th to ensure that a space will be held for you.

For important updates, email kesherisraeltrip@urj.org NOW!

Taglit-Birthright Israel: KESHER

WHAT:

The Taglit-Birthright Israel: KESHER trip is a free 10-day trip to Israel. Examining issues such as social justice, a commitment to pluralism in Israel and the Diaspora, and our personal connection with historical and modern Israel through hands-on activities and discussions, participants will find a variety of ways to explore their own Jewish identity. Trips include substantial time in Jerusalem and Tel Aviv, a hike up Masada, a swim in the Dead Sea, a visit to the Golan Heights, and much more!

FOR WHOM:

In order to be eligible for this FREE trip, you must be: Jewish, between the ages of 18-26 at the time of the trip's departure, and never have been on a peer educational trip to Israel before. This means that one can have gone to Israel with family or on their own. They are not eligible if they went on some other teen group program. KESHER offers to put buses together based on interest groups (URJ Camp groups, college or post-college aged groups, etc):

HOW:

Taglit-Birthright Israel is the foundation which raises and disseminates the money for this free trip, and there are approximately 25 different trip providers, all with a different vision, who actually plan the trip and bring the participants to Israel. Taglit-birthright israel is a unique partnership between the people of Israel through their government, local Jewish communities (North American Jewish Federations through the United Jewish Communities, Keren Hayesod, and The Jewish Agency for Israel), and the birthright israel Foundation, generously supported by private Jewish philanthropic partners. The trip is planned by the KESHER College Department of the Union for Reform Judaism, along with the URJ Israel Education Department to give participants a uniquely Reform experience in Israel.

WHEN:

Trips occur twice per year; in the spring/summer months (May-August) and in the winter months (December-March). Registration for the spring/summer trips opens in early February and registration for the winter trips opens in early September. The trips are 10-days long, with an option to extend in Israel.

Please be in touch if you have any questions,

The Union for Reform Judaism KESHER staff
team: www.kesherbirthright.org or
email info@kesherbirthright.org or by phone 202-640-2648



Sponsored by Men's Club

Where: JCNWJ

When: October 3, 2010

9:30 am-2:00 pm

You must weigh at least 120 pounds and be at least 16 years old

If you have questions about whether you can donate, please visit

http://www.bloodnj.org/can_i_donate.htm

For more information contact Howie Hirsch at jcnwjhowie@comcast.net

Membership

The Jewish Center of Northwest Jersey welcomes the following new members:

Cindy and Jason Wilson, and their daughters, Jill and Brooke.

Jeffery and Lisa Fenton and their son, Derek.

SAVE THE DATE:

FRIDAY, OCTOBER 1, 2010
SIMCHAT TORAH SHABBAT SERVICE
7:30 PM



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Sat 9:30-4:00 (9:30-2:00 During Summer)