

Jewish Center of Northwest Jersey Journal

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Rabbi's Message

Dear Friends,

As we head into the final days of preparation for the Holidays, I'd like to take the opportunity to write a little about some customs specific to Yom Kippur. For me, taking time to review these rites and rituals helps to put my consciousness in the proper state of mind to think about and seek forgiveness.

After having spent the entire month of Elul (the month preceding Rosh HaShanah) focusing on our conduct and interactions with others, we make use of the days between Rosh HaShanah and Yom Kippur to apologize to and seek forgiveness from those we have wronged. Of course, we should take ownership for our conduct every day of the year, but the pursuit takes on heightened importance during these interceding days, because once Kol Nidrei begins on the evening of September 24, our opportunities to find and interact with these people will be few and far between.

In the days leading up to Yom Kippur, and especially on the final day before Yom Kippur, it is customary to increase our charitable giving. Dating back at least to the 9th century, during the ancient tradition of *kaparot* (from the same Hebrew root as *kippur* – "atonement"), a live chicken is held high in the air and passed around in three circles while the one performing the rite recites a prayer asking God to accept the chicken as expiation for personal sins. After this, the chicken is slaughtered and then (usually) donated to the needy to eat. A more modern tradition involves swinging a piece of fabric holding coins inside. Then, rather than donating the meat of a chicken to the needy, we donate the money instead.

(continued on next page)

Calendar of Events

Saturday, September 9

10:30am: Torah Study

Sunday, September 10

9:30am: Community B'Yachad & Sisterhood

Monday, September 11

7:00pm: Board of Trustees Meeting

Friday, September 15

7:30pm: Erev Rosh Hashanah

Saturday, September 16

10:00am: Rosh Hashanah Morning
Tashlich following service

Sunday, September 17

10:00am: Rosh Hashanah Morning
Luncheon following service

Sunday, September 24

7:30pm: Kol Nidre

Monday, September 25

10:00am: Yom Kippur Morning
Yizkor following service
4:00pm: Torah Study
5:15pm: N'eilah

Sunday, October 1

12:15pm: Sisterhood - walk at Merrill Creek
3:30pm: Hebrew School
6:00pm: Sukkot & Pizza in the Hut

Note: Most in-person events will also be available virtually on Zoom.

Rabbi's Message (continued)

As we all know, Yom Kippur is perhaps the most important fast day of the Jewish year. The fasting, however, is not punishment. Rather, it serves to bring discipline and focus to our pursuit of atonement on Yom Kippur. As well, fasting demonstrates our obedience and willingness to submit to the will of God. And, finally, just like some people fast in order to cleanse their bodies, Jews fast on Yom Kippur to cleanse their spirit.

Because our fast is not understood to be punishment, it makes sense that tradition teaches us to eat two festive meals – lunch and dinner – the day prior to Yom Kippur.

Our rabbis teach that fasting is not for everyone, though. If you live with any medical conditions that render fasting physically unsafe, it is not only permitted, but actually commanded that you do in fact eat. Even without existing health concerns, because fasting is for positive purposes rather than punishment, we do what we can to fast as comfortably as we can. Some practices recommended by modern-day health professionals that we should begin a couple days before Yom Kippur include:

- Don't overeat, but do eat to the point of satiation
- Eat foods that are rich in protein and complex carbohydrates, which will help you maintain healthy sugar levels for longer periods of time. (Good choices include, nuts, seeds, legumes, whole grains, beans and fresh produce.)
- Drink extra fluids (water is the best)
- Reduce consumption of drinks and foods containing caffeine, in order to protect from caffeine withdrawal on Yom Kippur
- Reduce intake of salty foods and spicy foods, in order to curb thirst

As well as preparatory traditions for Yom Kippur, so too are there traditions we follow on the day itself, two of the more common of which are:

- Wearing white clothing, because tradition teaches that white is the color both of purity (to help us enter the new year with pure intentions) and death (to remind us of the severity of the day).
- Abstaining from wearing anything made from leather, because draping ourselves in such luxury material may hinder the humility we need to recognize, accept, and atone for our sins.

In the end, no matter how you choose to prepare for Yom Kippur, whether or not you will be fasting, or how you plan to observe the day itself, I wish you a Happy and Sweet New Year!

לְשָׁנָה טוֹבָה וְמְתוּקָה

L'Shana Tova u'M'tuka

Looking forward to seeing you all soon,

Rabbi Dubin

President's Message

Here we are again at the start of another year. We get a clean start and have a chance to renew our lives. We have a chance to make peace with each other and with our Lord. We could start something new, or to improve on things we are already doing. We have the chance to maintain or renew friendships. We can make peace with family and friends that we may have become estranged from. We can start a new hobby, a new job, a new relationship. We can rekindle old relationships. We can make the best of every day. We can be kinder to our friends and family. We can be kinder to ourselves. We can look at ourselves and see if our life is going in a direction that we would like it to go in. If it is going in a good direction, keep it going. If there are things that you would like to change, it is a great time to start making those changes, even if they are small changes. Small changes lead to larger ones, and larger ones can make an impact on our communities and our world.

One thing I would really like you to do is be kind to yourselves. We each do the best we can every day. Some of us struggle with physical challenges, some of us struggle with emotional issues, some of us deal with family issues, elderly parents, sick relatives, etc. Do the best you can with what you are given and remember that you do not want to change positions with someone else, because you don't know what they are going through. Even the happiest looking people have troubles that they don't let you in on, mainly because they don't want to burden you with their troubles.

In my life, I have found that sharing my troubles and talking them out with others has helped me out of some very dark places. The more I hold inside of me, the harder life becomes. When I share my troubles, they seem to be lighter than they had been.

If you ever have the need to unburden yourself, I am here to listen to you, without being judgmental or offering advice, and I make that offer with reservations.

I will leave you with a couple of my favorite quotes:

Abraham Lincoln: "Most folks are about as happy as they make up their minds to be" and from Pirke Avot: "Who is rich? The one who appreciates what he has."

I wish each and every one of you a HEALTHY and Happy New Year.

With much love,
L'Shanah Tovah
Howie

Updates & Events

HIGH HOLIDAYS

Rosh Hashanah:

Evening Service - Friday, 9/15 @ 7:30pm
Morning Service - Saturday, 9/16 @ 10:00am
Tashlich following the Day 1 service
Morning Service - Sunday, 9/17 @ 10:00am
Lunch following the Day 2 service

Yom Kippur:

Kol Nidre - Sunday, 9/24 @ 7:30pm
Morning Service - Monday, 9/25 @ 10:00am
Yizkor following the morning service
Torah Study - Monday, 9/25 @ 4:00pm
N'eilah - Monday, 9/25 @ 5:15pm

SEPTEMBER YAHRZEITS

Isaac Merein	Grandfather of Stuart Goldberg
Joseph Goldstein	Cousin of Mo Bauer
Mari Hall	Mother of Colson Hall
Gloria Jacobs	Aunt of Howie Hirsch
Melinda Skoller	Sister-in-law of Lynne Kowski
Arthur Bauer	Father of Mo Bauer
Thomas Frank	Father of Grace Marr
Edward Margolis	Father of Bob Margolis
Arlene Gordon	Friend of Edythe Herson
Charlie Hall	Father of Colson Hall

Note: If any Yahrzeit information is missing or incorrect, please notify the Temple.

DONATIONS

For the yahrzeit of Beattie Felberbaum
- Howie and Iris Hirsch

In loving memory of my Dad, Jerome Smith
- Erica Shirmer

Irene Marinich
Nancy and Bernard Robins
Adam Tucker
Harold and Beth Lappin
Roy Loomis
Shelofsky Family
Bernie Robins
Harold and Carlee Schwartz
Sharon Herson and Daniel Fleckles
Weinstein Family

BUILDING UPDATE

If you notice that something is running low and needs to be replaced (either in the bathrooms or kitchen), please let me know.

You can either call or email me at
irishirsch@comcast.net or 908-850-1030.

Thank you.

Iris

Updates & Events

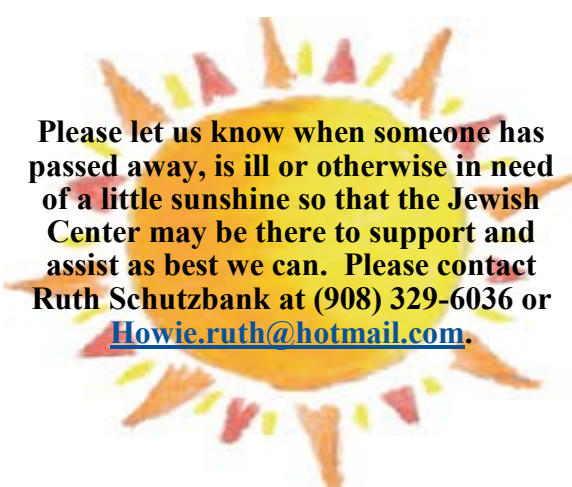
TORAH STUDY

We have now started exploring the Book of Samuel. In this book, Samuel becomes a prophet, and a monarchy is established in Ancient Israel, starting with King Saul. Our discussions will continue to be wide-ranging but focused as we analyze some of the Bible's most interesting stories.

Anyone is welcome to join, and it is not necessary to read the text ahead of time. It is helpful to have a copy of the Tanakh (Bible) so that you can follow along. We appreciate Rabbi Dubin's continued participation and insights.

The next meeting will be September 9 at 10:30 am. Please watch your email for the Zoom link.

A Reminder from the Sunshine Committee



Please let us know when someone has passed away, is ill or otherwise in need of a little sunshine so that the Jewish Center may be there to support and assist as best we can. Please contact Ruth Schutzbank at (908) 329-6036 or Howie.ruth@hotmail.com.

FOOD DRIVE

Although we are not collecting food at the Temple right now, we encourage all members to give to charities helping those in need.

The food pantries are in dire need of supplies to fill their shelves as more and more people are in need and your generosity will help fill that need.

Thank you for your continued support!
-Iris

PICNIC

Two of our new members. Lydia and George Cotz have invited the congregation to a picnic at their home on September 3 at 1 pm.

This is not a congregational only event.

They will have lots to eat and fun with a banjo player !

The address is 306 Route 173 Stewartsville 08886.

Please note the parking is across the street at the Greenwich church parking lot (we rent it) as our property does not have the space.



Sisterhood Tentative Meeting Schedule –

Sept 10 – Opening Day Community b'yachad & Sisterhood Meeting [EVERYONE INVITED]

Oct 1 – walk/hike at Merrill Creek Reservoir. Meet at the **Boat Ramp** at 12:15pm. BYO lunch & drink. Followed by light refreshments at Ruth's home. Please RSVP.

Nov 12 – Community b'yachad & Sisterhood Meeting

Dec 10 – Community b'yachad followed by Congregational Chanukah Party - noon

Jan 28 – Sharon & Risa's 80th birthdays AND "Craft with Teri" Japanese Knot bag. \$6 + material / supplies. Refreshments.

Feb 4 – Mishloach Manot and Passover Wine Fundraising meeting

March ?? — group trip to NYC to see SIX on Broadway. Drive in or take the train/subway together. Meet & depart from temple. NEED YOUR RSVP with \$20 deposit ASAP to guarantee your participation. Fate TBD. We need group of 10 for group discount.

March 22 -- Purim Schpiel & Mishloach Manot Distribution [please pick up]

April 13 – 7:30pm Havdalah, followed by Judaica SWAP Fundraiser & Cocktail Party

May 19 – Annual Mother's Day Tea Party - 1pm

June – annual congregational meeting [no sisterhood meeting this month]

Weekly Wednesday Night Yoga w/ Gina @ The Barn Belvidere, NJ - Spoonful of Om - special monthly rate available.

JOIN us on FB at "**JCNWJ members only**" page for updates and/or add "**WhatsApp**" to your smart phone to get current updates. We look forward to seeing you all at these events!

Questions, please call Suzi 908.343.1135

With warmest regards,

Suzi Marr & Beth Lappin
JCNWJ Sisterhood Co-Chairs

Updates & Events

NEW YEARS GREETINGS

To Rabbi Dubin and Family from Sharon, Daniel, and Edythe - L'Shanah Tovah! We are so glad you are our Rabbi

To Howie Hirsch from Sharon, Daniel, and Edythe - L'Shanah Tovah! Thank you for continuing to serve as President

To the JCNWJ Congregation from Sharon, Daniel, and Edythe - L'Shanah Tovah! We look forward to more in person contact this year

L'Shanah Tovah to our friends and family at the Jewish Center of NW Jersey from the Hall family

L'Shanah Tovah from Risa and Al Smith

A Happy and Healthy New Year to the congregation from the Hirsch family

L'Shanah Tovah to everyone from Ed, Roseann and Sarah Weinstein

L'Shanah Tovah to our friends at the JCNWJ from Karl and Marsha Gross and family

L'Shanah Tovah to the Temple from Rene

To my temple family from Ruth Schutzbank

To the Kowski family from the Loomis family

To the Schutzbank family from the Loomis family

To the Hirsch family from the Loomis family

L'Shanah Tovah from the Loomis family

To Gerri Klein from Erwin and Marcia Guberman

L'Shanah Tovah to the congregation from the Margolin/Weiner family

To the Congregation from Adam Tucker

To the Congregation from Gerri Klein

To All JCNWJ Members from Jerry and Rita Berkowitz

To the Congregation from Rhonda Jordan

To the Congregation from the Fenton Family

To our Congregation from the Bauer Family

Happy New Year greetings to the Congregation from Helen and John Mattson, Jennifer, Mike and Lochlan

L'Shanah Tovah from Rabbi Lewis

L'Shanah Tovah from the Marr family

Updates and Events

TAX EXEMPT CONTRIBUTIONS

The following is provided as general information to all members planning to pay dues and/or make a charitable contribution to JCNWJ. **This advice may not apply to all situations and persons, and you should of course check with a financial advisor to be sure you proceed correctly.** Be aware that you may be able to save on federal income tax when you pay dues or otherwise make a charitable contribution (to JCNWJ or any other qualified charity) with this money, even if you do not itemize deduction on your federal tax return.

After years of contributing to tax-deferred 401(k)s and [IRAs](#), income tax is due on that money when you take withdrawals in retirement. Annual withdrawals from traditional retirement accounts are required after age 72, and are generally considered ordinary income and federal income taxes when you withdraw any money from your IRA.

However, you can avoid income tax on your required withdrawal from an IRA by donating your money directly to a qualifying charity, which includes JCNWJ. A qualified charitable distribution is an IRA (but not a 401K) withdrawal that is paid directly from your IRA to a qualified charity. While income tax is normally due on each traditional IRA withdrawal, you do not pay federal income taxes on the amount transferred to a qualified charity, including JCNWJ.

Please note that IRA owners must be age 70 1/2 or older to make a tax-free charitable contribution. Also, you don't need to itemize your taxes in order to save taxes. Just be sure to withdraw the funds directly from the IRA to JCNWJ by the IRA trustee in order to [qualify for the tax break](#). If you withdraw the money from your IRA and later donate it, it won't qualify as a tax-free qualified charitable distribution. You have to request that the distribution check is charitable distribution. However, you cannot additionally claim a charitable contribution tax deduction on a charitable distribution from your IRA.

Funds must be transferred payable to the charity directly. But you can have the check (payable to JCNWJ) sent to you and you can then forward to JCNWJ for dues and/or any other contribution.

(Prepared by Bob Margolis)

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