

JANUARY 2022 TEVET - SHEVAT 5782

VOLUME 117 NUMBER 5

Happy Tu B'Shevat!



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NEWSLETTER

Donna Gross, Editor & Designer Fran Loewensteiner, Copy editor

SERVICES ZOOM OR LIVESTREAM

6:15 PM
ZOOM https://us02web.zoom.us/j/6576297611
Passcode: MJCBY
Livestream https://www.mjcby.

Friday Night Services

Saturday Morning Services 9:30 AM

org/service-livestream/

ZOOM https://us02web.zoom.us/j/6576297611 Passcode: MJCBY

Livestream https://www.mjcby.
org/service-livestream/
Go to www.MJCBY.org for more information

WHAT IS GEMILUT HASADIM?

The Gemilut Hasadim Committee is here to help support you and your family. We provide assistance to our MJCBY families who are experiencing illness, recovering from surgery or need help at a difficult time. We provide meals to help comfort them and lessen one burden of needing to cook during these times.

We are looking for volunteers to make an occasional meal for a MJCBY member who is in need.



If you are interested in helping others or in need, contact the MJCBY office or the Elisa Udaskin at e.udaskin@gmail.com. We will discuss your needs and provide meals for you and your family.

From the Desk of the Rabbi



A PEEK AHEAD AT 2022

s the calendar turns to January, a new year (secular) is upon us. Without going into why some Jewish people call January first Sylvester day, (and why some Jews don't

celebrate this day at all because of that), nevertheless New Years can be seen as one more way to think about the past year to plan for the New Year.

To be sure, New Years is not Rosh Hashanah. New Years is a time of merriment, drinking and fireworks. The resolutions we make are more about dieting and exercise then about the soul searching and reflections of Rosh Hashanah and Yom Kippur.

With a new secular year right around the corner, I thought we should take a look ahead at some of the highlights already planned for our Congregation as we continue to stay connected and, as best as we can and be Together Again.

The new year will see the return of Coffee, Conservation and Current Events with Rabbi Nesson once a month.

January will feature a congregational Tu B'Shevat Seder, an evening commemoration of Martin Luther King Day with author Scott Seligman, and Israeli Dancing.

For the Philosophically minded, Rabbi Nesson will present Philosophy in February and lead a study in Martin Buber and Franz Rosensweig. February will also celebrate Sisterhood Shabbat. We will present a program on Mental Health Issues in a Covid World, and you will be asked, How High Can You Kick? -as we meet a former member of the Rockettes!

Purim rolls around in March, with our 6th-7th graders Purim Schpeil and a Purim Carnival.

Adult Education has confirmed an evening (via Zoom) with Former Governor Christine Todd Whitman in April, and we will once again celebrate Passover at a Women's Seder and a Congregation Seder. Towards the end of April we will commemorate Yom Ha-Shoah.

The shul will be alive with the sounds of Music in May as Kol Dodee, the Community Jewish Choir, when they will perform at MJCBY under the direction of Matthew Onigman and featuring our own Cantor. You will also have the chance to show us your building skills as we build Jerusalem from Legos to celebrate Yom Ha-Atzmaut, Lag B'omer and Yom Yerushalayim.

These are just some of the highlights of what is to come.

Wishing each of us a good and healthy 2022!

Rabbi Nesson



Rosanne and Andrew Auslander and Family Hannah and Yonatan Beker and Family Leah and Tamir Bloom and Family Jessica and Justin Goldberg and Family Jennifer and Adam Harter and Family Amy Herbitter

Amy Keyishian and Randy Hauser and Family Sally and Scott Lissner and Familly Lisa and Dan Price and Family Erica and Andrew Schwarz and Family Amy and Erik Stover and Family

Presidents' Message



RESOLUTION -"A FIRM DECISION
TO DO OR NOT TO DO SOMETHING."

REBECCA

ECCA & AMY

appy New Year! It's 2022. In Decem-

ber, did you ponder over the past year thinking about your "shoulds"? I should have gone to the gym more, I should really go on a diet, I should call my parents more often, I should volunteer more, I should . . . January 1st hits and you think it's time to turn those shoulds into firm decisions and actions. Then all of a sudden it's March and you say to yourself, "I haven't gone to the gym yet", or "I'll start that diet soon", and you think, my resolutions have failed. Why did they fail? Why do they always seem to fail?

You made a firm decision to do or not do something, but did not put your decisions into actions. You needed to change your "shoulds" to "dids."

As this New Year begins, are there any MJCBY resolutions that you've thought about? Any "should" that you resolved to do that you can turn into an "I did."

I should go to a Friday night service > I will go to a Friday night service > I went to services last Friday and realized how much I missed going.

I should reach out to _____ who I sit in front of on the High Holidays > I will reach out to ____ > I called ____ and it was so nice to hear that her daughter is getting married.

I should attend more events to reconnect with old friends and meet new ones > I will go to a few programs or classes this year. > We went to see the Purim shpiel and it was amazing.

I should make the board's lives a bit easier by sending in my dues payment earlier in the year than I usually do > I will send my payment to MJCBY today > I sent my check to MJCBY and got such a nice "thank you" note from Becca and Amy.

I should really volunteer more > I will volunteer > I purchased and helped assemble backpacks with school supplies for children in need.

In 2022, MJCBY will continue to offer so many opportunities to say "I did", such as participating in the "Big Game" raffle, donating blood at the Men's Club Blood Drive, attending the MJCBY

Sisterhood Shabbat, taking an adult education class, purchasing (or delivering) Shalach Manot for your friends while making a donation to MJCBY and too many others to list here.

What will your MJCBY resolutions be?

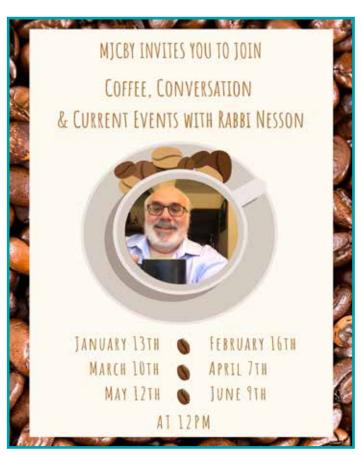
Will they become 'I dids." We hope they will.

Amy and Becca



MJCBY News





Good & Welfare

Mazel Tov to:

Fern and Donald Spitzer on the birth of a grandson, born to Zach and Mandy.

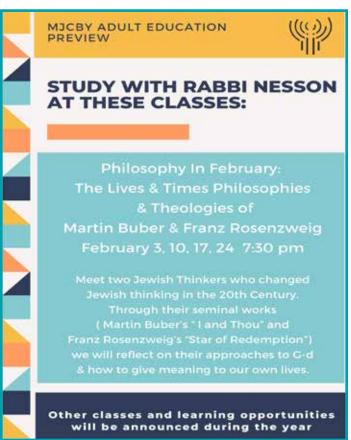
Richard Gebel the birth of granddaughter, Abigail Elaine Chaiken.

Condolences to:

John Salsberg on the passing of his brother, Jesse. Joyce Lantzman on the passing of her husband, Joel.

Refuah Shlema to:

Alan Berger, Joan Cohen, Jeff Newmark, Dr. Steve Neibart, Shane Neibart, Sharon Kellman, Joyce Litchman, Jeff Czeisler, Sue Jacobowitz, Nancy Medford, Sonya Oppenheimer, Barbara Saltzman, Barbara Stein, Rabbi David Nesson, Shirley Storgion, Robin Kane, Lisa Pollak, Dr. Lance Kovar, Joel Beecher, Robin Zeiger, Linda Rosenbaum, Phyllis Levin.



Shalom Yeladim The Judie Gerstein Early Learning Center

It is hard to believe we are already starting the second part of the school year. Our first semester was a great success! The weather has been so nice, we have had many opportunities to enjoy the outdoors. Our students love to go outside and learn all about nature.

We are very excited because last month we started a new soccer enrichment run by "kiddie soccer". The children, the teachers and the coach are having a blast!

We want to thank all of our SY parents for donating items to benefit the families of the Deirdre's House, the Child Advocacy Center for Morris County's child victims of abuse and/or neglect.

The preschoolers sorted the items and they learned about helping our community.

Warm regards,

Michelle Nulman

JANUARY

1/3 1/17 SCHOOL REOPENS
MLK DAY NO SCHOOL



Join us for our "Mommy and Me" class.

Play group for babies and toddlers

up to 24 months and their parent/caregivers.

Wednesday mornings 9:15 am

January 5, 12, 19 February 2, 9, 16, 23 March 2, 9, 16, 23, 30

For more information please email michelle@mjcby.org
or call (973)538-8284

Make new and everlasting friendships

Open to the community

No charge

SORTING ITEMS FOR DEIRDRE'S HOUSE



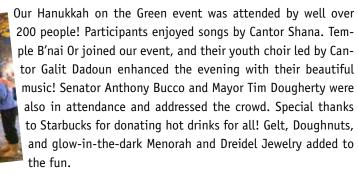
Big Game Chance



Life Long Learning

It was a Hanukkah to remember at MJCBY!

To kick off the festivities, Morah Randi Kushell from Shalom Yeladim led young families in a fun and delicious Hanukkah cookie bake. Prior to the cookie bake, families received a beautiful package with Hanukkah shaped cookie cutters (and of course gelt, dreidels and more)!





The MJCBY Hanukkah Party was a great way to end the excitement of the holiday. The play directed by Cantor Shana and performed by grades 6 and 7 Religious School students was a hit! Competitive Dreidel games, and hot latkes with applesauce to go were enjoyed by all.

Our Adult Education Programs are in full swing. Dr. Perry Bell, an esteemed Morristown psychologist, enlightened us with insights and strategies for 'How to raise a Mensch'.

Hebrew Classes for Adults with Morah Ruth Barbut continue regularly, and Rabbi Nesson is once again facilitating the popular "Coffee Conversation and current events" series!



Our young families enjoyed another fantastic T.G.I.S. (Thank G-d It's Shabbat). We sang Shabbat songs with Cantor Shana, heard a Shabbat story from Rabbi Nesson, and played a Shabbat game with Miriam. And of course we went home with delicious fresh Challah and grape juice to enjoy in honor of Shabbat!

Please mark your calendars for two special events in January you don't want to miss:

In honor of MLK Day, we will be joined (via zoom) by Dr. Scott Seligman who will share insights from his new book: "A Second Reckoning: Race, Injustice, and the Last Hanging in Annapolis". The book tells the tragic story of John Snowden to shine a light on racial injustices, and explores the power of posthumous pardons as part of the national conversation about amends for past racial injustices.

On January 23, Reut Segall will lead us in Israeli dance to shake off the winter blues. You don't need to be a skilled dancer to join. Please join us for some fun and socializing with friends!

Our Youth Programs are gaining steam! MJCBY has once again officially joined USY. If you have children in grades 6 - 8, please check out our Kadima calendar of events for the year! If you have children in grades 9 - 12, please check out our USY calendar of events for the year!

Our USY group enjoyed a wonderful gathering during Hanukkah where we learned to make Sufganiyot (Israeli jelly doughnuts) from scratch, played dreidel, and had a great time socializing! At our next USY event we will be watching a special movie to commemorate MLK Day.

Our Kadima group met for an exciting Mitzvah-Minute-To-Win-It program, where we had a blast competing in 60-second challenges. Our next Kadima event will be ice skating in January!

MJCBY Happenings





MJCBY

presents

In commemoration of Martin Luther King Day

A Second Reckoning: Race, Injustice, and the Last Hanging in Annapolis

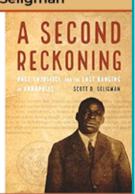
with author Scott D. Seligman

January 17, 7pm

ZOOM

A Second Reckoning tells the tragic story of John Snowden to shine a light on racial injustices.

The book explores the power of posthumous pardons as part of the national conversation about amends for past racial injustices.





Scott D. Seligman is an award-winning historian and biographer interested in the history of hyphenated Americans. He holds an undergraduate degree in history from Princeton University and a master's degree from Harvard University. He is the author of several books and





In-Person at MJCBY

January 23rd 10:30am - 11:30am

An adult beginner's class with easy-to-follow routines and some insights into the Israeli dance culture.

Please RSVP to Miriam at miriam@mjcbu.org



Men's Club

MEN'S CLUB DUES \$36.00 2021/22

We need your Support!

le, dignity, a sense of who

Mensch

key to being "a real mensch" is

e to admire and em

Make checks payable to "MJCBY Men's Club" - mail to: Doug Goldstein, 24 Forrest Road, Randolph, NJ 07869 Questions - dggldstn@yahoo. com or (973) 895-3082.

Name:	
Tel #: _	
Email:	

We welcome new members. Contact Doug to get involved.



MEN'S CLUB MENORAH LIGHTING

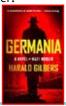
Men's Book Club

Interested in becoming a book club member?

Contact Howard Buxbaum at HowardBuxbaum@gmail.com

January 19

Germania Harald Gilbers





SUNDAY - January 16 8:30am to 1:00pm Frigand Hall

NEEDED: Volunteers to help us direct foot traffic between the synagogue entrance and Frigand Hall If you can volunteer an hour or two, please contact Doug Goldstein at dggldstn@yahoo.com with your availability.

If you wish to donate blood, please sign up at: smarturl.it/NJBS_Drive sponsor code 13702 or call 1-800-933-BL00D(2566) or text Barb Pearson 732-616-8146

Blood drive guidelines:

- 16 year olds must have signed New Jersey Blood Services Parental Consent Form
- Eat a good meal, drink plenty of water & bring photo ID
- Appointments are strongly recommended (but not required) to keep donors spaced out. Walk ins will be taken.
- All staff & donors will be required to wear a face covering at the blood drive.
- Anyone entering the blood drive will be prescreened (temp taken, travel questions, basic health questions).
- Canteen items are individually packaged and will be brought to the donor by a staff member.
- All stations will be wiped down after the donor leaves the area (registration, medical history, donation bed, canteen area). The blood center will provide sanitizing wipes and gloves.
- Some criteria changes have been made including malarial country deferral time reduced from 1 year to 3 months, donors living in UK in the past are able to donate now, tattoo/piercing changes, etc. Some updates can be found here: https://www.nybc.org/donate-blood/become-donor/can-i-donate-blood/

Sisterhood News

\$36.00 DUES - 2021-2022

Sisterhood is comprised of women of all ages who support each other and the synagogue, women who work together for the benefit of our MJCBY community and so much more.....

Note: New members to MJCBY receive complimentary first year Sisterhood membership.

Please accept my \$36.00 Sisterhood dues for the year 2021/2022.

Name: Email:

> Checks payable to MJCBY Sisterhood and mail to: MJCBY Sisterhood * 177 Speedwell Ave.

* Morristown * NJ * 07960

TORAH FUND GREETING CARDS Send special greetings to your family and friends...and have Torah Fund be an additional beneficiary of your kindness and thoughtfulness. \$5.00 each 5 for \$20.00 5. Mazel Toy Psalm 42 Your card purchase helps in preserving, promoting and perpetuating Conservative/ Masort Judaism through active giving to the Torah Fund Campaign of Women's League in support of the Jewish Theological Seminary, Ziegler School of Rabbinic Studies, Schechter Institute of Jewish Studies, Seminario Rabinico, and Zacharias Frankel College. Make checks payable to Torah Fund and mail to Torah Fund C/O Linda Rosenbaum, 4 Ascot Lane, Morristown, NJ 07960 We will get the cards to you. Card #3 qty.____ Card #1 oty. Card #5 gty. Card #7 qty. Card #4 qty.____ Card #6 qty_ Card #2 otv. Card #8 otv. Contact Linda Rosenhaum at bir1836@icloud.com or 973-895-2100 for mom information





DOROTHY COHEN

& DONNA GROSS

Welcome 2022! This New Year brings a glimmer of hope as more and more people get vaccinated. MJCBY is allowing more activities to take place in the building. After Shabbat services on December 4, we served a Kiddish lunch in the Frigand Hall. Twenty-four congregants attended and the following Shabbat we were a total of twenty-nine. As the saying goes a good time was had by all. That being said, we need some of our sisters to offer some time on Friday mornings to help prepare. As we go forward, the Kiddush committee will need even more help to prepare larger kidduses.

Sisterhood Shabbat is February 5. This year we will have this spiritual service in person. (ZOOM for those who prefer it) Contact Judy Diringer for a part in Hebrew or English judysilver@ yahoo.com and also to receive the ZOOM link. We will also have a sumptuous Kiddush following Sisterhood Shabbat.

We are still hopeful the we will be able to honor our two Eschet Chayils', Rita Gotfried and Flo Sager, in the spring. It has been a long time in coming.

We look forward to a new year as Sisterhood members and MJCBY congregants.

Donna and Dorothy



Saturday, February 5

Contact Judy Diringer for a part in Hebrew or English and also to receive the ZOOM link. judysilver@yahoo.com

Kiddush Lunch to follow!

Religious School



Our Religious School students enjoyed a Hanukkah to remember! During our music classes we learned to sing Hanukkah songs in Hebrew, Yiddish and Ladino. Students engaged in Hanukkah plays, created unique Menorahs, wrote Hanukkah stories, and played a variety of games to learn about the holiday. By engaging with all our senses in this way, we not only learn more and retain more information,

but we also create positive and meaningful memories of Judaism for life.



We walked together to the Morristown

Green where we got to experience the joy of gathering as a Jewish community to proudly celebrate our heritage and traditions. Families joined us for a morning in Religious School to watch the amazing Hanukkah performance directed by Cantor Shana and performed by grades 6 & 7. As a school community we also played a variety of competitive and fun dreidel games, and enjoyed delicious latkes, doughnuts, applesauce, and gelt to take home. It was a Hanukkah for the books!

After a nice long winter break we are excited to welcome our students back in January and are gearing up for another zoom Tu B'Shevat Seder with delicious foods and Seder items that will be sent home to each student.

Our Junior Congregation and Minyanaires continue to meet once a month to celebrate Shabbat together. Our A.L.P. (Advanced Learning Program for Teens) also continues its monthly meetings, where we explore a variety of contemporary Jewish themes.

If you are interested in learning more about MJCBY's Religious School, please reach out anytime!

Miriam Loew





Religious School





Teens in Grades 9 - 12

In honor of Martin Luther King Day & Black History Month Movie and discussion



January 9, 1:45pm @ MJCBY

"They Ain't Ready For Me" is the story of Tamar Manasseh, the African American Rabbinical student who is leading the fight against senseless killings on the south side of Chicago and across the country. The film highlights how Tamar's unique perspective as both authentically Jewish and authentically Black influences her activism.

RSVP to miriam@mjcby.org

Bring your friends!

Free to MJCBY USY members. \$5 for guests.

SATURDAYS, 10:30 AM OCT 9 NOV 20 CONGREGATION DEC 18 JAN 29 **FEB 26** MARCH 26 APRIL 23 MAY 7



MINYANAIRES

AGES 12/13 +





Family News



ELIJAH WILLIAM FORMAN

Sara and Eric Forman invite the Congregation to share in their pride and joy as their son, Elijah William, is called to the Torah as a Bar Mitzvah on Saturday, January 15. Eli is a 7th grade honors student at Briarcliff Middle School in Mountain Lakes where math and Spanish are his favorite subjects.

Eli is an excellent athlete, whether it's playing ice hockey, lacrosse or as a cross country

runner. He plays on multiple teams at the travel and recreation level for both ice hockey and lacrosse, and has been on skates since he was two years old. In 6th grade, he decided to take on one of the hardest positions in all of sports - and became a goalie for his Mountain Lakes lacrosse team. His love for the game only increased after he moved to the position, and he is now also playing goalie for the Thunder West lacrosse club team. Eli is very much looking forward to one day playing for the legendary Mountain Lakes High School varsity lacrosse coach Tim Flynn, and is also excited to play ice hockey on the same team with his brother Benji when he is a freshman and Benji is a senior. Eli also loves going skiing in the winter, surfing and playing golf.

A proud alumni of Shalom Yeladim, (he still remembers the penguin story told by Morah Susan!), Eli loved learning with all of the Morahs, especially Morah's Susan, Sharon, Shari, Janice and Fern. Eli's commitment to Judaism has continued to grow stronger through the years and our family trip to Israel in 2019 was a very meaningful and memorable trip for him.

For the past five summers (and, most significantly, in the Summer of 2020 after all of the pandemic-related lockdowns) Eli has attended Jewish sleepaway camp at Camp Modin in Belgrade, Maine. Modin is a special place for Eli, where he has made many great friendships and also learned how to water ski and sail.

Eli chose to honor the memory of his beloved family cat Frank Sinatra for his Tikkun Olam project. Eli setup pet food collection bins at his school and in key locations around Mountain Lakes to donate to the Parsippany Animal Shelter. He also plans to make a financial contribution to the Guinness Dunn Foundation to help families who can't afford veterinary care for their pets.

Eric, Sara, Benji, Eli and Madeleine want to thank everyone at MJCBY who has made Eli's Bar Mitzvah experience unique and special, beginning with the faculty of Shalom Yeladim and extending to his Religious School teachers, Rabbi Nesson and especially to Cantor Shana. We are thrilled to share this special day with our family, friends and you all and look forward to seeing you on January 15!

WAYS TO SUPPORT MJCBY

Did you know you can make a donation in any amount?

CANTOR'S FUND - Support music, special concerts and other activities and programs organized by the Cantor.

CHEVRA KADISHA - Help cover the cost of materials, supplies and additional training for the members.

EDUCATIONAL ENDOWMENT FUND - Used to support the costs of education at the synagogue.

FRIGAND MINYONNAIRES FUND - For extra activities not covered in the budget for minyonnaires.

GEMILLUT CHASADIM (CARING COMMITTEE) FUND - Provide food both for shiva and for when congregational member is unable due to illness.

HERMAN J. FRIGAND KOL NIDRE APPEAL -Provides vital support for the religious, educational and social programming that MJCBY provides.

<u>HISTORY FUND</u> - Cover costs of preserving and preparing materials for presentations.

MORCHOWER FLOWER FUND - Flowers on the bimah.

RABBI'S DISCRETIONARY FUND - For the Rabbi, in his discretion, to help the needy.

BUILDING RENOVATION FUND -Maintain and refurbish the building.

SHALOM YELADIM FUND - Support scholarship and extra curricular activities. (checks payable to Shalom Yeladim)

SOUP KITCHEN FUND - Support the community soup kitchen and homeless needs.

YARZHEIT AND BOOK FUND - Purchase and repair prayerbooks, bibles (Chumashim) and Library Books

Go to www.mjcby.org for a detailed list and how to donate on line

Checks are to be made payable to MJCBY and sent to: 177 Speedwell Ave., Morristown, NJ 07960

Contributions

ALEX CSILLAGE FUND

Susan and Charles Joseph in memory of Joel Lantzman.

CANTOR'S FUND

Ken Saloway in honor of Cantor Onigman. Ilene A. Dorf Manahan in memory of Joel Lantzman.

Meryl and Michael Balaban get well to Allan Berger and Mazel Tov to Harriet and David Sakofs on the birth of their granddaughter.

EDUCATION ENDOWMENT FUND

Becca and Michael Wanatick in memory of Mark Bender's mother; in memory of Michelle Nulman's Father and to Jodi and Ron Leflein for their daughter Erica.

Becca and Michael Wanatick to Geri and Steve Wallis in memory of Norman Wallis and Anita Saloway.

Flo and Joe Sager in memory of Annie Cohen; in memory of Ruth Yakupzack and in memory of Dr. Aaron Tobias, Michelle Nulman's father.

Anita and Theodore Lieb in memory of Louis Spivak.

Lawrence and Rita Gottfried in memory of Edward Seligman.

Beverly and Irwin Berns in memory of Irwin Messinger.

Jason and Erica Navarino

Fred and Ronnie Diringer

Karen and Jeffrey Gould

Barry and Ricki Sokol in memory of Joel Lantzman.

William and Julie Lupatkin in memory of Joel Lantzman.

Jay and Ivy Rubin for the High Holiday Seat for Daniel Rubin.

HELEN MORCHOWER FLOWER FUND

Hedy Gropper Starrin memory of Helen Morchower.

RABBI'S FUND

Nina and Peter Blank in memory of Gertrude Youngerman.

Ilene A. Dorf Manahan in memory of Harriette and Louis Dorf.

Marji and Leo Josephs in memory of Chlotilde Josephs.

William and Susan Neigher in memory of Molly Neigher and Sarah Rubinson.

Richard Greif in memory of Helen Pundyk. Peter and Marilyn Loeb in memory of Erwin Loeb.

Nina and Peter Blank in loving memory of my sister, Janice Tetelbaum.

Norman and Babette Kornbleuth in memory of Pauline Kornbleuth.

Martin and Joan Cohen and Family in memory of William Cohen. Max Weiss in memory of Sadie Weiss.

Howard and Laurie Reingold in memory of Jack Nebrat.

YAHRZEIT FUND

and Morty Cowan.

Westerman.

SOUP KITCHEN FUND

Jonathan and Allison Caplan in memory of Bernard Oxfeld.

Carol and Charles Leiwant in memory of

Ethel Small, beloved aunt of Laurie Iskowitz.

Marilyn and Alex Miller in memory of Adina

Kay and Alan Salzman in memory of Lynne

Regina Yoskowitz in memory of Joseph Markiewicz.

Ann and Warren Rhines in memory of Philip Rhines.

Susan and Michael Press in memory of Fred Schulman.

Kristen Kane in memory of Walter S. Kane. Carol Higgins in memory of Cohnstein; in memory of Sigmar and Friedel Guggenheim and in memory of Leonard Cohenstein.

Sheryl and Steven W. Papish in memory of Frank Papish.

SHALOM YELADIM

Kim and Gary Gerstein in memory of Judie

Sheryl and Gary Weine in memory of Harold and Miriam Weine and Madeline and Nathan Socel.

Kay and Alan Saltzman in memory of Joel Lantzman.

to explore options for contributions visit http://www.mjcby.org/about-us/donate/



Social Action



MJCBY's Social Action programming is back on track, after being on hold during much of the pandemic. As protocols have changed, we have had to change the way we solicit volunteers. If you are interested in volunteering at Nourish.NJ (formerly the Community Soup Kitchen), please contact me at LouB48@Gmail.com. I will then forward your name to the Volunteer Coordinator

at Nourish who will invite you to register on their volunteer website. Once registered on that site, you can select those volunteering activities that meet your interests and availability. Among the opportunities are the following:

- Work at a Farmers Market, where folks can get fruits, vegetables, eggs and milk. Farmers Markets are conducted in and around Morristown, and in Dover.
- Help out at a "Grab and Go" where folks can pick up a bagged lunch and bring that back to their living quarters. These are conducted at 36 Sussex Ave, a block and a half from the Jewish Center.
- For those who are kitchen trained (they know who they are), opportunities are available to work in Nourish.NJ's new kitchen located at the United Methodist Church, which is on the Green in Morristown.
- Help Packing Meals and Grocery Bags for Delivery to Guests. This is done at 36 Sussex Ave.

There are several other ways congregants can volunteer, either as an individual or as a group:

- · Rise and Shine Breakfast Bags Put together a collection of breakfast items
- Purple Apron Meal Kits provide and package all the ingredients needed to prepare a healthy, delicious homecooked dinner.
- Purposeful Acts of Kindness (PAK) Kits –Prepare a kit with the following items:
 - pocket-size hand sanitizer
 - bottle of water
 - · protein bar
 - baggie filled with laundry pods
 - · roll of toilet tissue
 - · hand towel
 - · FULL SIZE Toiletries- shampoo, conditioner, body wash

Thank you to those congregants who have participated in one or more of these programs over the past 2 months:

Howard Buxbaum, Rita Fand, Amy Jones, Carol Leiwant and Flo Sager.

Thanks also go to those who participated in Homeless Solutions' A Night in the Cold.

Now is the time to help our neighbors in need.

Lou Bodian, Social Action Chair LouB48@Gmail.com

Yahrzeits

Decemb	er 31 & J	anuary 1		
Tevet	January			
28	1	Dora Diamond *		
		Isaac Sokol		
		Beatrice Spector *		
		Sydelle Wallenstein		
29	2	Edward Eig		
		Irving Lakind		
		Charlotte Schimel		
		Ida Silverstein *		
Shevat	January			
1	3	Isadore Liss *		
		Ann Lee Stein		
		Sophie Stolzenberg		
		Leslie Warshaw		
2	4	Mildred Gold *		
		Victor Iskowitz		
		Sylvia Kletzkin *		
		Rose Rosner *		
		Marilyn Schwartz		
		Garry Weingarten *		
3	5	Ethel Epstein *		
		Donald Ganz		
		Rhoda Rosenbach		
		Edward Schwartz		
		Samuel Stern *		
4	6	Esther Elman		
		Benjamin Fishman		
		Richard Hart *		
		Harry Kornbleuth *		
		Roger Levy		
		Bertha Loeb *		
		Sima Pincow		
		Kraine Poner *		
January	7 & 8			
5	7	Lynne Cowan		
		Lena Gruber *		
		Abraham Lavein		
		Natalie Richter *		

Yahrzeits

January 7 & 8		January	14 & 15		Januar	y 21 & 22	
6 8 7 9	Leah Bayever Rookie Friedman * Herbert Hirsch * Glela Sharp Ruth Weinstein Norman Galembo	13	15	Irving Grossman William Kolsky * Nacie Salny Celia Shustin * Paul Weiner Herman Weissman	20	22	Anna Charm Frances Ellenberg Edith Fleischman Joseph Freid Alexander Glasser * Nathan Kolsky *
	Rita Hertz Theodore R. Kates * Rachel K. Lewis	14	16	Eleanor Loeb Yellin * Marjorie Elkind * Mary Feurstein			Sylvia Leff William Samuels George Wolff
8 10	Louis Cohen * Sheila Cohen Irvin Dansicker * Harry Hoch Arlene Reff	15	17	George Golding * Harry Pikus Ralph Segal * Irwin Bialer * Rose Hirsch	21	23	Alexander Fox * Anna Friedman * Henry Katz George Michaels Rachel Shraer
	Jerry Rovak Martha Spivak			Joseph Katz * Samuel E. Lewis	22	24	Rose Ossre Sidney Sawyer
	Karl Steinberger Frank L. Stifelman	16	18	Bertha Mansfield * Seymour Forman *	24	26	Albert Abraham Evelyn Strelzoff Berger
9 11	Theodore Barkauskas Norman Scheer Ruth Slotsky Golda Brandt			Diane Levitt Judy Newmark Philip Rosenberg Stuart Rosenblum *			Ethel Cohen Ginsberg Rose Packer * Harry Sklaver Donald Squire
10 12	Harry Ginsberg * Theodore Held Don Juros Sumner Nudel	17 18	19 20	Hilde Spain Sigmund Beck Margie Sidman * Irving Chojnowski	25	27	Milton Buchbinder * Louis Cohen Lillian Evans * Samuel Goldblatt *
11 13	Abraham Koenig			Roberta Gerwin			Esther Pinker
	L.D. Kornreich			Sigmar Guggenheimer *		y 28 & 29	
	Marvis Rosenbaum * Max Schapiro			Frieda Reinheimer * Benjamin Schatman	26	28	Evelyn Reiter * Donald Squire
January 1/ 9 1	Pauline Glass Seifer *			Richard Schleifstein * Sol Stolzenberg	27	29	Faye Abriola * Cecelia Friedman
January 14 & 19	Gabriela Ginsberg Mark Lakind Shirley Levy	January 19	21 & 22 21	Harry Welinsky *			Sam Hirsh George Karp Moshe Kesten
	Morris Potash * Goldie Sklaver Pauline Zudick *			Rachel Berger * Betty Dickinson	28	30	Ann Steinberger Victoria Rochlin Badik Lola Friedman
	Pauline Zudick *			Kurt Lewin Jack Ulman	29	31	Anita Bienstock Cele Stern Fishman Henry Kosterlitz *
*denotes a plaque on the Yahrzeit wall.						Louis Rockowitz * Milford Salny Joan Samuels	



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> James E. Dangler 1948 – 2005

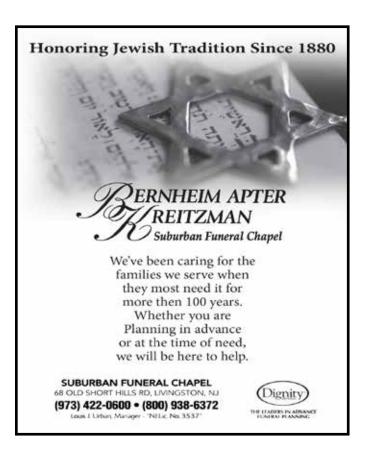
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Cemetery is closed on the Sabbath

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Sheera Siegel, MD, FACE—Anna Kissin, MD, FACE

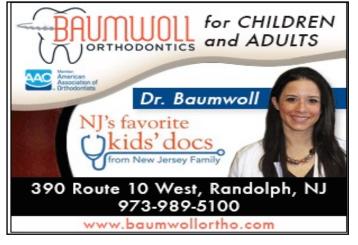
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