



המרכז היהודי ד'פורסט הילס

Message

FOREST HILLS JEWISH CENTER

September-October 2023 / Elul-Tishrei-Heshvan 5783-5784/ Vol. LXXIX No. 1



FHJC Kol Nidre Campaign 5784

No matter what door you walk through, when you walk through the door to the Forest Hills Jewish Center, the welcome you receive will be genuine and heartfelt. Come for the High Holidays and chant prayers that bring us together as a community. Hear words that will give you a sense of belonging. Stand among friends and family, singing age-old melodies that bring sweet memories and make shining new ones. And to ensure the Forest Hills Jewish Center continues to serve our spiritual, social and educational needs, please be generous and contribute to the Kol Nidre Appeal.

We wish all our members and friends a healthy and happy 5784, Shana Tova u'Metukah.

Gary Kerzner, President

And the members of the Executive Board:

Mitchell Frank, Richard Chase, Zach Wichter, Debra Weil, Preston Forman, and Suzanne Vick

FHJC Kol Nidre Appeal

 Donate with PayPal

Donate with Debit or Credit Card

SCHEDULE OF SERVICES FOR THE HIGH HOLIDAYS

ROSH HASHANAH:

Erev Rosh Hashanah, Friday evening, September 15:

6:30 PM, Little Synagogue

Rosh Hashanah Day One, Saturday, September 16:

8:30 AM, Main Sanctuary;

7:20 PM, Minha/ Ma'ariv

Rosh Hashanah Day Two, Sunday, September 17:

8:30 AM, Main Sanctuary; 6:00 PM Tashlikh (Jewel Ave.)

7:20 PM Minha/Ma'ariv/ 8:00 PM Havdalah

KOL NIDRE AND YOM KIPPUR:

2:00 PM, Mincha; Little Synagogue

Kol Nidre, Sunday, September 24:

6:15 PM, Main Sanctuary

Yom Kippur, Monday, September 25:

9:00 AM; 4:45 PM, Main Sanctuary

Shacharit on the Beach Sunday, September 10

It's the Start of the Year - Let's Beach Together!

SURFSIDE PRAYER, FAMILY FUN, LEARNING FOR ALL AGES
SURFING OPTIONAL

9:00 AM Coffee & Welcome

**9:15 AM Kick-off Shofar Blast
Long Beach, NY -- All welcome!**

**For more information click here
or contact Jessica (jbraginsky@fhjc.org)**

FROM THE RABBI'S STUDY

Rabbi Daniel Graber

"Chadesh Yamenu Ke'kedem" – Restore us as in days of old

Shalom friends,

I saw a clip of a stand-up comic mocking the phrase, "New and Improved." How can something new be improved? If it has been improved, then there was an old version and it's not new! Which one is it, new or old?

While I appreciate the humorous semantic argument, the concept of something both new and old isn't confusing to me as a Jew coming into the season of High Holidays and beginning the calendar afresh on Rosh Hashanah. We reach the same point each year, with the summer having waned, kids returning to school, and routines setting back in. In synagogue on Rosh Hashanah familiar melodies will be sung, the Rabbi will give a sermon, and we'll hear the sound of the shofar, just as has been before. We live out and recite traditions that go back through the ages.

Yet at the same time we can appreciate that these old, and even ancient, Jewish ways are given new vitality through the modern connections and energy we pour into them. We reinvigorate our services in many ways when we gather communally. The psalms from the bible are thousands of years old, and their inclusion as part of our prayer liturgy has been set for a millennium. Still we read them with thoughtful modern translations and sing them with contemporary melodies. We restore deep meaning on a personal level to the words of our prayer books when we intone prayers like *Avinu Malkeinu*, whose words were penned by the Talmud's famous Rabbi Akiva, and infuse them with our personal needs, desires, and requests. Thus we make the old words new again in our mouths.

Most strikingly, Rosh Hashanah is marked for us as a transition moment when we ourselves can become new. The 11th century sage, Maimonides, writes in his Laws of Repentance that we have the

opportunity and ability to improve who we are and in doing so make ourselves new. He writes that the teshuvah we are supposed to do at this point in the year changes us, "as if to say, I am someone different. I am no longer the person who did those [wrong] things" (*Mishneh Torah, Hilchot Teshuvah 2:4*). The goal of Rosh Hashanah is to be both new and improved as individuals. The experiences and path of the person we used to be, met with intention of who we want to be, gives shape to the new person we will be.

At the Forest Hills Jewish Center, there is a lot of "new" happening. For instance, I'm very excited to be your new rabbi. For some it is still new to be leaving our homes again to synagogue "post pandemic." New classes and programs for all ages are in the works for the coming year. New faces have walked through our doors this summer. We even have new paint to beautify our sanctuary. Still, because we have the teachings of Rosh Hashanah from which to learn, I find it comforting to know that everything new is exactly as we see for the psalms, services, and ourselves. That is to say, the new in our community is coming with a purpose of strengthening and enriching the beloved traditions and values of the FHJC. It is part of our mission as the Jewish people to renew ourselves, to learn and to grow.

I wish for you this year that you find new and improved connections with the people and places long dear to your heart. I pray for the new year to bring good health and joy to your home. And I look forward to going from being your new rabbi to old friends.

שנה טובה ומתוקה,
A Happy and Sweet New Year.

Rabbi Daniel Graber

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NOTES FROM THE HAZZAN

Hazzan Randall Levin

When I study the liturgy with students and congregants, a common reaction has been how, when closely examined, many prayers written in antiquity still feel fresh and relevant, as if our ancestors are speaking to us through the collective wisdom of generations. Despite the many changes we see and feel around us in the world, the basic human condition, and our most basic spiritual needs, have largely remained the same. Three themes of the High Holiday prayers stick out in this regard:

We are not in control of everything. The emphasis on Rosh Hashana, in particular, is God’s sovereignty, the idea that God is ultimately the one who created us and indeed the world, and the universe will unfold in a way that is largely out of our hands. During the *Un’taneh Tokef* prayer we confront our own fragile mortality, asking “How many will pass on, and how many will be born. Who will live and who will die?”

We can change. “Ut’shuva, ut’fillah, u’tzedakah.” Our changing, our prayers, and our righteousness have the power to transform our destiny. *Teshuva* involves self critique and a resolve to act in line with our principles. Yes, much is out of our control, but these three divine aspects of humanity have been, and will continue to be, the ways in which we can determine what sort of world we live in going forward.

Compassion. The Hebrew word for compassion is the most common word found in the High Holiday Machzor. In the *Untaneh Tokef* prayer, God is depicted as a judge. But the rabbinic understanding of God is specifically as a compassionate judge, so much so that our sages teach that when the balance of one’s deeds are in question, God removes a misdeed from the scale of justice, essentially giving us the benefit of the doubt. Our tradition thus encourages us to show greater compassion for one another, and for ourselves.

During the coming year, may we have the humility to approach the sacred through the wisdom of generations, and may we be able to connect to our world and to our fellow human beings with grace and compassion.

Emily, Henry, Michael and I wish you a very sweet and happy New Year,

Hazzan Randall Levin



JOIN US FOR TASHLIKH - Sunday, September 17

Please join your Forest Hills family and friends in the Rosh Hashanah tradition of Tashlikh in the late afternoon after services on the second day of Rosh Hashanah, Sunday, September 17th at 6:00 PM.

Tashlikh takes us outdoors into the realm of nature as we take part in the symbolic ritual of casting off our regrets from the previous year and looking forward to the New Year. Tashlikh takes place by a body of water where we throw away breadcrumbs to symbolize our sins.

We will meet at Flushing Meadows Park, right off Jewel Avenue. This is a wonderful event for all ages and especially for families.



FROM THE PRESIDENT

Gary Kerzner

Warm and Welcoming

This is my first column as president of the Forest Hills Jewish Center, and I want to begin by saying how much I appreciate your confidence in electing me to the position and what a great deal it means to me. I'm privileged to work with a dedicated Executive Board and an awesome Executive Director. It's truly inspiring and makes me strive to perform the duties of president to the very best of my ability.

Foremost among those duties is the desire to make FHJC ever warmer and more welcoming, to attract new members and strengthen the bonds that connect us to our spiritual, social and educational home. I have to admit that my job is made easier by our new Rabbi, Daniel Graber, whose warm and approachable personality is already attracting the attention of prospective new members, and the captivating, melodic tunes of Hazzan Randall Levin, which inspire us to join in heart-felt prayer. Added to that has been a great effort by all members of the congregation to greet newcomers, help make them comfortable with our services and welcome them at kiddush. By serving as ambassadors of FHJC we not only fulfill the mitzvah to welcome strangers, we also expand our tent to bring them into the community.

A second and equally important task, is to help shepherd our financial resources so we have the means to maintain our facility while providing the

full roster of services that are the hallmark of FHJC. Aside from the normal maintenance costs required by a large, aging structure, we've had to replace major parts of our air conditioning system, clean up from floods caused by burst water pipes and make extensive repairs. It's been a terrible financial strain and, undoubtedly, will continue throughout the next few years until we move into our new home (more on that to come). On the plus side, we were able to negotiate a very favorable price with a service that repaired the cracked, peeling walls of the Sanctuary and repainted them - in time for the High Holidays. I'm especially proud of that, since while water pipes and air conditioning are necessities, they are still in the background and as long as they are repaired and maintained they're transparent to most people (the engineers reading this may take exception). However, the majesty and awe of our tremendous Sanctuary is surely enhanced and very noticeable when it's properly maintained.

So that we can continue to maintain and take pride in our beloved Foerst Hills Jewish Center, please be generous during the upcoming Kol Nidre Appeal. Rae and I wish you all a very joyous and happy New Year. May it bring good health and success to all of us.

Gary Kerzner, President



CHAGGIM SERVICE SCHEDULE

Erev Sukkot

Friday, September 29

6:00 PM, Little Synagogue

First Day Sukkot

Saturday, September 30

9:00 AM, Main Sanctuary

6:30 PM, Little Synagogue

Second Day Sukkot

Sunday, October 1

9:00 AM, Main Sanctuary

7:20 PM, Havdalah on Zoom only

Hoshanah Rabbah

Friday, October 6

6:30 AM, Little Synagogue

Erev Shmini Atzeret & Shabbat

Shabbat, October 6

6:00 PM, Little Synagogue

Shmini Atzeret & Shabbat

Shabbat Morning, October 7

9:00 AM, Main Sanctuary (with Yizkor)

6:00 PM Minha

Erev Simchat Torah

Saturday October 7

7:15 PM, Outdoor Hakkafot

Simchat Torah

Sunday, October 8

9:00 AM, Main Sanctuary

7:10 PM, Havdalah on Zoom only

Welcome Shabbat

Forest Hills Jewish Center

DAVEN & DINE

Sept. 8

5:30pm - Nosh and Greet
6:00pm - Kabbalat Shabbat & Maariv
7:00pm - Deli/Chicken Nugs & Salads Dinner

\$30 a person, \$75 per family
5 and under are free
or add 3% to use PayPal!
rsvp by 8/31

Contact Debra with questions: debra.weil@yahoo.com

EDUCATION AND ENGAGEMENT

Jessica Braginsky

America is going through a “social recession.” Americans report having fewer friends and close relationships, and higher rates of depression and loneliness. Luckily for us Judaism provides an antidote! Dr. Ron Wolfson said in *Relational Judaism* “... the purpose of Judaism... is to love the other and the Other, the thou and the Thou. When you do, you find meaning... you find purpose...you find belonging... and your find blessing. It is all about relationships.” I couldn’t agree more. Community building, creating relationships, will be a focus for me as head of the Religious School and Director of Engagement this year.

This year, our calendar is replete with occasions for connection. **Shacharit On The Beach** will kick off the 5784. It is open to all and a great way to meet new friends or get together with those you already know. We will begin with coffee and donuts (because what better way is there to start a conversation than discussing the relative merits of chocolate covered or powdered?). Next up, a beautiful moment for prayer by the sea, with Hazzan Levin and Marcy Mirkin bringing the music that will inspire us. Then comes the fun stuff. Choose surfing lessons for five year olds and up; take an Awe Walk; appreciate the natural world by making art; learn Torah with Rabbi Graber. All these are occasions to find spiritual and personal connections. We end the day with an opportunity to meet the Religious School teachers or just relax on the beach.

For Parents: Our popular parent night out programs will continue beginning with **Gratitude Night** on **November 9**. Enjoy wine, bar snacks, good music and great folks. Drop in for a fun night.

For Families: Relationship building is at the heart of **Family Friday Nights** coming up on **November 3** for grades 2-4 and **January 5** for grades 5-6. Join me in the FHJC kitchen to prepare dinner together. We will activate our teamwork to create a beautiful beginning to Shabbat.

For our youngest students and their families: Let’s usher in a day of rest with **PJ Shabbat**. Bring your kids in PJs, 0-8 years old, to this new monthly event. Stories, songs, kid friendly food (and a forshpeis for adults). Time to schmooze gives us a chance for relationships to grow.

For Teens: For our seventh grade families, our **B’nei Mitzvah How-to Workshops** will bring students and families together to share ideas and get support. Our teens will have informal time to join Rabbi Graber for dinner one Tuesday a month.

For Students: Election Day “Camp FHJC” will be a great opportunity to challenge oneself, break down barriers and build trust as we visit a low ropes course for the day with 2nd-6th graders. We will bus to Westbury for a day together.

For All: Monthly Open Havdallah beginning October 28, social action, Daven and Dine, our Watch Party and Mutual Support Zoom Group, Adult Ed., Sisterhood, Men’s Club, plus much more. FHJC is designed for community building.

As Margaret Thatcher said, “True companionship comes not from being together, but from doing together.” We are a dynamic congregation full of wonderful, interesting, supportive and welcoming people who want you here. Doing Jewish together builds our community and makes FHJC the place where relationships thrive.

OFFICIATING AT ROSH HASHANAH & YOM KIPPUR SERVICES in the RABBI BEN ZION BOKSER SANCTUARY

Rabbi Daniel Graber
Hazzan Randall Levin

Ba’al Shaharit: Matthew Beizer

Ba’al Teki’ah: Ira Beer

Ba’alei Keriah:

Ira Beer, Yael Beer
Madison Pollack
Aaron Weil, Debra Weil

NEWS FROM NURSERY SCHOOL

Lynn Fisher

FHJC Early Childhood Program understands the incredible responsibility and privilege that comes with nurturing the young minds of our children. In a world that can sometimes seem fast-paced and achievement-focused, it's important to pause and consider the profound impact of a preschool education that prioritizes emotional intelligence, collaboration, empathy, and expert support. The FHJC Early Childhood Program stands at the forefront of such values, offering an environment filled with warmth and a curriculum that extends beyond content to cultivate skills that last a lifetime.

As we have entered the month of Elul, and we approach the beginning of a new year - and school year - it is a time for reflecting. Our staff's commitment to inward reflection is at the core of our educational approach. We believe that understanding and managing emotions are vital skills that support other aspects of development. Our skilled teachers guide our little ones through hands-on activities, expressive arts, and thoughtful discussions that empower them to explore their feelings and communicate them effectively. This foundation in emotional awareness fosters resilience and positive self-esteem that will serve them well as they grow.

Collaboration is cornerstone of the FHJC Early Childhood Program, and our experienced educators are adept at facilitating it. Our classrooms are centers of teamwork and mutual respect. From hands-on exploratory activities to imaginative play,

we provide ample opportunities for children to learn the art of working together. These experiences teach valuable communication and problem-solving skills, preparing our students for the challenges and triumphs of the future.

Empathy is another value that is woven into every aspect of our program. Through stories that inspire understanding and activities that encourage kindness, our teachers help our little ones develop a profound sense of compassion. By nurturing empathy from a young age, we ensure that our littlest learners grow into compassionate and aware children who contribute positively to their communities.

At FHJC, we recognize that education is not just about acquiring knowledge; it's about cultivating character. Our Early Childhood Program embodies this philosophy, offering an environment where warmth, reflection, collaboration, empathy, and expert support are celebrated. We are embarking on this journey to shape not only our learners academic future but also their ability to make a difference in the world.

In partnership with the families, we are instilling kindness, curiosity, cooperation, and competence. Together, we're nurturing hearts and minds that will flourish and thrive, making the world a better place—one reflective, empathetic, and skillful step at a time.

High Holiday Programs for Children & Teens

FHJC is again happy to announce THREE DIFFERENT High Holiday Programs especially for your children. These programs are designed to give your children a meaningful holiday experience geared just for them:

Young Kids Yom Tov For ages 2 - 2nd grade

A musical and joyful mini-service focusing on the unique melodies and themes of the holidays.

9:30 - 10:30 am, in the Heller Ballroom.

(At least one adult must accompany your child(ren))

Rosh Hashanah - Saturday, September 16

Rosh Hashanah - Sunday, September 17

Yom Kippur - Monday, September 25

[Register here](#)

Junior Congregation For grades 3-8

A fast-paced and participatory service, games and discussion.

10:30 - 12 noon in the Crystal Room.

Adults with child(ren) are welcome, but not required.

Rosh Hashanah - Saturday, September 16

Rosh Hashanah - Sunday, September 17

Yom Kippur - Monday, September 25

[Register here](#)

Teen Tikkun Olam

For teens only - in the Youth Lounge.

Teens leading teens in a laid back activity to address hunger in Forest Hills.

Drop in for a snack (on RH only), to chat with friends and to organize a food drive for the FHJC community.

Rosh Hashanah - Saturday, September 16

Yom Kippur - Monday, September 25

[Register here](#)

You will receive an email immediately after registering that will serve as your ticket. These programs are available in person only and will not be available via Zoom. **We look forward to seeing you and your children on the High Holidays.**

While there is no charge to join our High Holiday Youth programs, please help support FHJC Youth Activities with a donation, by clicking [here](#). Once at the PayPal page, scroll through the drop down box and click on Youth Activities to direct your donation.

ADULT EDUCATION

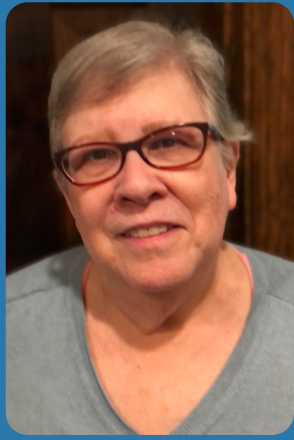
Judy Gostl and David Snyder

The **Hebrew Literature Group** will kick off this year's Adult Education schedule. On **Thursday, October 12** at 5:00PM, The group will Zoom together to complete the discussion of the book of *Job*. Dan Kob will head this presentation which will be entirely in English on some of the literary adaptations of the book of *Job*. During the rest of this year, The Hebrew Literature Group will devote itself to an exploration of the changes in the Hebrew language from the First Temple period leading up to the Mishnaic period. Mishnaic Hebrew is not as complex as the Hebrew of earlier periods. The Group will look at literature that demonstrates these changes including Ecclesiastes (*Koheleth*), Maccabees I, writings from the Dead Sea Scrolls, as well as first temple period writing as a point of comparison, and Mishnaic Hebrew itself. This should be fascinating. Please see Mitchell's note below for more information!

Adult Education here at FHJC will see some changes. Some of our **Shabbaton at Home** lectures will move back to in-person presentations on Shabbat after Kiddush and some will remain on Zoom in the evenings. We have new teaching volunteers who have never been part of this program before and we look forward to hearing from them. We are a fortunate congregation to have so many people who have solid Jewish backgrounds who are willing to share with us.

We also have a new program: **History Readers Book Club**. This idea came to us from Regina Geber. This group will meet on Zoom every other month. At each meeting, the group will decide on its next book together. But the first book for this group has been chosen by Regina. It will be *The Betrayal of the Duchess: The Scandal That Unmade the Bourbon Monarchy and Made France Modern* by Maurice Samuels. History Readers book group's first meeting will be **Thursday, November 9** at 8:00PM on Zoom.

We are still soliciting new ideas from our FHJC members and teachers (both our regulars and new people). We hope to have the program set by the end of the High Holidays. Watch for fliers, postings in eShabbat Shalom, and future editions of the *Message*.



HEBREW LITERATURE GROUP

Mitchell Frank

The Hebrew Literature Group is preparing its program for the coming year. We will begin with a tip of the cap to our 5783 season which was dedicated to a reading of the biblical book of *Job* through the new translation by Edward Greenstein. On **Thursday, October 12, 2023 at 5 pm**, via Zoom, Dan Korb will present a session on world literature, theater and film that draws from the book of *Job*. The presentation will be in English. Prepare to be fascinated!



Our theme for the coming year (as it stands now) is the development of the Hebrew language during the second temple period. That historical period, from about 500 BCE to roughly 100 CE, was an amazing era by any standard. It started with the first Zionist movement, involving the return of exiles from Babylon (as commemorated in Psalm 126 - the *Shir HaMaalot* that we sing before Grace After Meals on Shabbat and holidays). At that stage, the Hebrew language was as rich as it was during the period of Kings. But over time our biblical language became interspersed with other languages, from Persian and Aramaic to Greek, becoming diluted and somewhat transformed. Several stages along the way lead up to what is termed Mishnaic Hebrew, and we will follow the progress of that train with stops along the way including (but not limited to) the biblical book of *Koheleth* (Ecclesiastes), psalm-like poems from the *Essenes* unearthed in the Dead Sea scrolls, and the *Mishna* itself.



Join FHJC on Saturday night,
September 9th, at 9:30pm
for Havdalah, learning with
Rabbi Graber, and the Selichot service

The Selichot service inaugurates the
High Holiday season in the spirit of
introspection and *t'shuvah*.

Please join us for this essential,
beautiful and meaningful
opening of the High Holiday season.



SISTERHOOD

Debra Weil, Presiding Officer, September/October



It has been reported that there has been a national decrease in participation in fraternal, religious and civic social groups. Based on the observations we had at the Women's League International Convention in July, FHJC Sisterhood is part of a thriving, growing group!!!

Meeting in Schaumburg, Illinois for three days, we joined together with over 300 women from Sisterhood affiliates across the US and Canada. There were inspirational speakers and presentation about Jewish life in Uganda and the Shifra and Puah Birthing Center that WLCJ is supporting. We gathered for Rosh Hodesh services along with the Women of the Wall (streaming on Facebook) and celebrated a Bat Mitzvah of over 30 women who had studied on-line together over the past 3 years. In addition, Forest Hills Jewish Center Sisterhood was again recognized as a "Jewel in the Crown" for our excellence and diversity of programming.



Our Sisterhood is already at work planning our next years' quality programming (once you're a Jewel in the Crown you're motivated to continue!) both in-person and on Zoom. Join us at Shabbat services on **September 9** as the Executive Board receives an Aliyah and is installed for the coming year. Later in the month Sisterhood will be working together with the Men's Club and FHJC schools to decorate the Sukkah. In October we are thrilled to welcome Fern Kershon, editor of the *Forest Hills Living Magazine* and Tony award winning producer of the Broadway show,

Parade. Don't forget to order your signed copies of Maggie Anton's new book, *The Choice: A Novel of Love, Faith and the Talmud* by September 5th so you'll be ready to meet Maggie and hear her discuss this newest book on **November 15th** on Zoom. Sisterhood will be taking a field trip to Manhattan on Sunday, **November 5th** to visit the Kehila Kedosha Janina, a synagogue and museum devoted to the Romaniote Jews of Greece. Please see the *Sisterhood Blast* for more details and sign-up sheets. We welcome new members as well as returning members - see the *Blast* for information about membership dues and links to PayPal.

Shanah Tovah Tikateivu v'Tichatemu. Wishing you all a Happy and Healthy New Year! We look forward to sharing this New Year together with all of you.



Reading along with Sisterhood?

Deepti Kapoor: *The Age of Vice* - October 18 - See Page 12 for more information.

Maggie Anton: *The Choice: A Novel of Love, Faith and the Talmud* - November 15.

Plan to join us!

Sisterhood outing to Kehila Kedosha Janina
Sunday, November 5



MEN'S CLUB

Hal Berkowitz

Men's Club Is Alive and Kicking

Men's Club started off the summer with a very successful Meet the Rabbi BBQ. On September 3, Men's Club had an outing at Citi Field. Those who attended the game saw FHJC's Dorrie Berkowitz and the Shireinu Choir of Long Island sing the National Anthem.

Now as we enter the fall season, we have scheduled a variety of events. On the first day of Rosh Hashanah Men's Club will once again be wishing those in shul a sweet New Year with chocolate bars. **Join us as we decorate the FHJC sukkah on Tuesday, September 26, through Thursday, September 28, mornings, and evenings.** On the evening of **October 4**, join **Men's Club for a Scotch and Beer BBQ in the Sukkah.** Then, on the afternoon of Sunday, **October 15**, all are invited to join us for miniature golf and the batting cage in the Five Towns on Rockaway Boulevard. We also are working on the details for a cemetery cleanup on **Sunday, October 22.** This is an important and fulfilling mitzvah!

Plans are also in the works for another Recycle-A-Bike event and a recycling electronics event. And we haven't forgotten about winter fun! We have planned a Family Havdalah Night in January in memory of Scott Sharinn, who started this program before COVID. Scott, the single father of a young son, Ashton, and a former Men's Club president, passed away in 2022 at a very young age. We also are thrilled to announce that **Coffee House** will be back on **January 27!**

We hope that you will join the FHJC Men's Club and become active. We as a social club support the synagogue and other arms of the shul. Without your support we can't provide our b'nai mitzvah students with kiddush cups, or support the Yellow Candle program, Coffee House, and other programs. Please contact Hal Berkowitz at redzonehal@aol.com or 917-509-7351 and become a member!!!

We wish everyone a *Shanah Tovah!*



Men's Club Scotch & Beer BBQ in the Sukkah

Wednesday, October 4



Men's Club Mini-Golf & Batting Cage Outing

Sunday, October 15



Men's Club Cemetery Clean-Up

Sunday, October 22



2023 Family Sukkah Building and Decorating

All are welcome to help beautify our sukkah Join us as we decorate the FHJC sukkah on Tuesday, September 26, through Thursday, September 28, mornings, and evenings.



MAZAL TOV TO OUR B'NEI MITZVAH



Georgia Rafalaf

Bat Mitzvah, October 14, 2023

Georgia Rafalaf is a New Yorker through and through. Born in Manhattan, Georgia moved to Forest Hills when she was in first grade, where she matriculated at PS 196 and began her Jewish education with FHJC. She is currently in eighth grade at Halsey JHS, where her talent is art. Georgia lives with her parents, brother, Henry, and dog, Ronan, and some of her all-time favorite things are the Grateful Dead, mashed potatoes, anime, roller coasters, reading, and drawing.



Michael Barenboym

Bar Mitzvah, October 21, 2023

Michael is thrilled to celebrate his Bar Mitzvah with the FHJC community. Michael is a resident of Forest Hills and an eighth grader at Hunter College High School. He has attended FHJC since nursery school. Michael enjoys several hobbies including playing the cello, fencing, and math, as well as being an avid student of history. He is a terrific big brother to Anna!



FHJC Coffee House 2024 Performers Wanted

Hey Performers! Are you ready?

Registration deadline is

September 28, 2023

Performance slots are limited, so this deadline is firm!

Click [here](#) for all the registration information.

Save the Date:

**The 2024 Coffee House -
January 27, 2024**



Shabbat Kiddushim are back and we need your help!

If you can contribute time and effort, please consider joining the Kiddush Committee. Many hands make light work. Contact Jonathan Kastin if you would like to be involved or have any questions - jkastin@mac.com or 917-789-0490.

If you can contribute funds to sponsor a kiddush; full sponsorship cost is \$1,200. An individual can sponsor or a group of people can sponsor together. Please also consider celebrating your birthdays and other special events by contributing \$36 (or more) to the kiddush fund, and your simcha will be acknowledged on that Shabbat. Any amount is appreciated and will be collected in a kiddush fund for monthly kiddushim.

www.FHJC.org/kiddush



Thank you to the following individuals for sponsoring a congregational Shabbat Kiddush this Summer and Fall:

- July 15: Tami & Preston Forman, Eve & Jonathan Kastin, Rae & Gary Kerzner, Sarah & Stephen Markowitz, Gail Port, Debra & Gary Weil, Deborah Ball Witlin
- August 19: Carol Alexander, Ilana & Bill Altman, Dorrie & Hal Berkowitz, Bonnie Dassa, Maureen & Jason Dunkel, Ellen Elowitz, Lari & Mitchell Frank, Rae & Gary Kerzner, Yonah & Jason Kirschner, Betty & Dan Korb, Lisa Rich, Bentzy Rosengarten & Azi Graeber, Judy & David Zipkowitz
- September 9: Teri & Steve Goffner, Judy & Jack Gostl, Sarah & Stephen Markowitz, Shirley & David Zucker
- October 14: Penney Vachirapapun & Andrew Rafalaf in honor of Georgia's Bat Mitzvah
- October 21: Karen Imas & Alexander Barenboym in honor of Michael's Bar Mitzvah

**Thank
You!**

Acknowledgements

PULPIT FUND

Sharon Ades in honor of the **Skolnik Family**

Preston Forman in honor of **Rabbi Gerald and Robin Skolnik**

Michael Landsman in honor of **Rabbi Skolnik** and our fond memories at FHJC

Cheryl, Scott, Lindsay, Rochelle & Maxine Gilder, her cousins, in honor of **Debra Bochner** receiving the Women in Achievement Award

Rebecca Castar in honor of **Bentzy Rosengarten and Azi Graeber's** wedding. Mazel tov!

Risa & Michael Doherty in honor of **Rabbi Skolnik and Robin Skolnik**

Norman Pernick in honor **Rabbi Daniel Graber**

Rhona Drossman & Gloria Gribin in honor of **Debbie Bochner's** recognition by Bikur Holim

GrGrMaMarty Helfand in honor of **Noah Eli Rubenstein**, our great-grandson's Bar Mitzvah 5/13/2023. With love and hugs and so proud of you and your family!

Marcia & Ellis Hittner in gratitude to **Rabbi & Robin Skolnik** for their 42 years at FHJC

Marcia & Ellis Hittner welcoming **Rav Graber** and family to the FHJC congregation

Lewis Polishook, Susan Sapiro, Aliza & Bina in honor of **Rabbi Skolnik, Robin Skolnik and family** for their years of service to Forest Hills Jewish Center.

Mark & Pauline Raphael in honor of **Jerry Klibanoff**

Alan Rubenstein in gratitude for the aliyot given to my family at **Noah Rubenstein's** Bar Mitzvah and for the wonderful service you provided.

Susannah Spodek & Michael Turner in honor of **Maya Turner's** high school graduation

Regina Geber in honor of **Teri & Steven Goffner's** 40th anniversary

Betty & Dan Korb in memory of **Ira's** mother

Marian & Martin Krasilovsky in gratitude to **Judy Beizer** for honors received

Monica Lagnado with appreciation to **Dr. Judy Beizer** for honors given

Judith Levine in memory of **Anne B Frankel**

Anne T. Levner in memory of **Anne Frankel**

Tikva, Zahava, Hanna, & Dorothy Mahlab in loving memory of their mother, **Suzette Mahlab**, z"l, 20th yearzeit

Jeffrey Seward & Rita Sherman in memory of **William Cimbol's** yearzeit

Juliet Vogel in memory of her father, **Rudolf Vogel's** yearzeit

Lucy Ross in memory of her dear husband, **Julius Ross's** yearzeit

Norman Eliaser in memory of **Sally Beer**

Esther Feldman in memory of **Ira Beer's** mother

Stewart Alter in memory of his beloved mother, **Dorothy Alter's** yearzeit

Ilana & William Altman in memory of his beloved mother, **Pearl Altman's** yearzeit

Stephen Markowitz in memory of his beloved father, **Bernard Markowitz's** yearzeit

Esther Feldman in memory of **Jane Keibel**

Pauline Clements in memory of her brother & mother

Teri & Steven Goffner in memory of **Norman Vogel**

KIDDUSH FUND

Dorrie Berkowitz in honor of family summer birthdays

Bernstein, Pollack & Shine families in honor of **Rae Kerzner** on her special birthday

Bonnie & Keith Chernin in honor of all the 2023 grads **Ivan and Hilda Chusid**

Dunkel family in honor of **Rebecca Dunkel** for Junior High School Graduation Halsey Jr High School

Marcia Kane Hittner in honor of the birth of **Rae & Gary Kerzner's** grandson, **Elliott These Firestone**

Marcia Kane Hittner in honor of **Gary Kerzner's** appointment as President of the FHJC

Marcia Kane Hittner with gratitude to **Romi Narov** for her term as President of the FHJC

Jerry Klibanoff in gratitude to **Hazzan Levin** for his patience and guidance in seeing me through the haftarah, "Shabbat Hagadol."

Jerry Klibanoff in gratitude to **Jonathan & Eve Kastin** and the entire Kiddush Committee for making my "special" Kiddush such a success.

Ezra Lagnado with appreciation for honors and aliyot given

Ezra Lagnado in gratitude to **Mr. Gursen**

Monica & Ezra Lagnado with appreciation to **Dr. Judy Beizer** for honors given

Laurie Lax, Eric Kober, & Hannah Kober in memory of **Ira Beer's** mother, **Sally Beer**

Irma Megiddo

Michael Singer in honor of **Ari's** graduation

DEBRA DANIS SEIDEN MEMORIAL LIBRARY FUND

Fran & Zev Spiro in honor of **Reuben Gedalia Oberfield**

Monica, Ezra, Caroline, Evelyn Lagnado & family - in memory of the fourth yearzeit of **Lucette Lagnado**

Fran & Zev Spiro in memory of **Debra Danis Seiden**

YOUTH ACTIVITIES

Bonnie & Keith Chernin in honor **Bentzy Rosengarten & Azi Graeber's** marriage

Bonnie & Keith Chernin in honor of the birth of **Reuben Danis Oberfield, Sophie Oberfield's** son and **Naomi Danis's** grandson

Judy & David Zipkowitz in honor of **Bentzy and Azi's** wedding

Bonnie & Keith Chernin in honor the birth of **Elliott These Firestone, Rae & Gary Kerzner's** grandson

Tikva, Zahava, Hanna, Dorothy Mahlab in gratitude to **Rabbi Gerald & Robin Skolnik** for 42 years!

Fred & Laurie Iskowitz in gratitude to **Hazzan Levin** for guiding them through their aunt's unveiling

Pauline & Mark Raphael in gratitude to **Norman Gursen** for his kindness

Pauline & Mark Raphael in gratitude to **Ira Beer** for his kindness

Monica Lagnado with appreciation to **Dr. Judy Beizer** for honor at yearzeit of **Aron Friedlich**

Monica Lagnado with appreciation to **Dr. Judy Beizer** for honors given

continued on next page.

Life Cycles

Mazal Tov מזל טוב

...to those in our Center family who are celebrating a simcha:

to Penney Vachirapapun, Andrew Rafalaf and Henry Rafalaf on the Bat Mitzvah of their daughter and sister, Georgia Rafalaf
to Karina Imas, Alex Barenboym and Anna Barenboym on the Bar Mitzvah of their son and brother, Michael Barenboym
to Laurie Lax and Eric Kober on the engagement of their daughter,
Hanna to Joshua Pernick
to Mindy & Mark Weinblatt on the birth of their grandson,
Nanthaniel Asher Cordova

Hamakom Y'nahem המקום ינחם

...may God grant comfort and consolation to those who have lost a loved one.

to Susie Spodek on the loss of her father, Howard Spodek
to Ira Beer on the loss of his mother, Sally Beer

We mourn the loss of our dear Center members:

Norman Vogel, Eli Hertz, Jane Keibel
Ruth Rosenzweig, Aubrey Friedman

May their memories be for a blessing

Acknowledgements cont

YOUTH ACTIVITIES CONT

Tikva, Zahava, Hanna, Dorothy Mahlab in loving memory of our mother, **Suzette Mahlab**, z"l, 20th yahrzeit
Pauline & Mark Raphael - in memory of **Aubrey Friedman**
Pauline & Mark Raphael - in memory of **Eli Hertz**

The following donations were made to the Youth Activities fund in memory of **Ira Beer's** mother, **Sally Beer**:
Tikva, Zahava, Hanna, Dorothy Mahlab
Richard and Nancy Chase
Pauline & Mark Raphael

The following donations were made to the Youth Activities fund in memory of **Pauline Raphael's** father, **Norman Vogel**:
Susan Feuer
Rita & Michael Lieberman
Rhoda Housel

FHJC Support Group

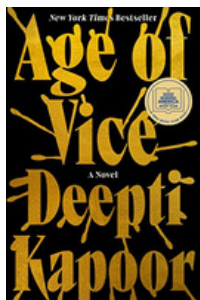


Mondays, 5pm via Zoom

Warm company and professional support from Dr. Mitchell Frank and Ariela Frieder, M.D.
Come share your concerns and hopes.
See the FHJC listserve for the link.

Sisterhood Daytime Readers

Thursday, October 19, 2023
10:30 AM (ZOOM)



The Age of Vice by Deepti Kapoor

Age of Vice is one of the buzziest debuts of 2023—and for good reason. It's got everything: power and pleasure, sex and drugs, love and loyalty, respect and violence. From extreme wealth to extreme poverty, and narrated by a cast of characters on both ends of the spectrum, Deepti Kapoor's novel centers on a sprawling Indian family that controls—or attempts to control—all that's around them, and at any cost. Paced like a TV series, this juicy and entertaining story will keep you on the edge of your seat and hotly anticipating the next in the trilogy as you root for each character to find their place in the world. With a dash of *Narcos*, *Crazy Rich Asians*, and *The Godfather*, *Age of Vice* is pure page-turning heaven. —Al Woodworth, Amazon Editor

[Click here to register and receive the Zoom link.](#)

Beginning with this book, Daytime readers will alternate morning and afternoon meetings.



FHJC BIKUR CHOLIM

Bikur Cholim is working and helping our membership when needed. If you need a visit or phone call or know someone in need please email Hazzan Levin (rlevin@fhjc.org) or Rabbi Graber (rabbi@fhjc.org) or Debbie Bochner (Debbiebochner@gmail.com)

If you would like to have someone on the *misheberach* list please call Laurie Worthman in the center office 718-263-7000

Happy, healthy and sweet

NEW YEAR 5784

Rabbi Daniel Graber, Zev & Sivan
Hazzan Randall and Emily Levin, Henry and Michael
Rabbi Gerald and Robin Skolnik,
Rabbis Hillel and Sharon Barr Skolnik, Dafna, Liav and Hadar,
Rabbi (Lt Cdr) Yonatan Warren and Leora Skolnik, Calanit and Meirav,
Adam Dicterow and Talya Skolnik, Matan Skolnik
Anna Grosz, Michelle, Alan, Rachel and Daniel,
Diane and Michael, Max, Rebecca, Nathan and Noah, Kenneth, Andrea and Lauren
President: Gary and Rae Kerzner
Executive Director: Deborah and Jacob Gregor, Dan, Rachel, Violet, and Miri
Director of Education and Engagement: Jessica Braginsky and Howard Berman,
Reuben, Joshua, Aaron and Gideon
Early Childhood Director: Lynn and Michael Fisher, Zoe and Zachary
Office Manager: Laurie and Roy Worthman, Michael, Courtney and Miles

THE ABRAMS FAMILY

HELAINÉ & ANDY BASS, ILANA, JORDAN, ELLA, JULIA &
MARGO BASS, JAMES, ISABEL & JACOB BASS
L'SHANA TOVA-LORI, DANA & THE BERGER/FRIEDENBERG
FAMILY

BARBARA BERNSTEIN AND FAMILY

JANE & STANLEY BLUM AND FAMILY
DEBBIE & JEFF BOCHNER, NICOLE, ADAM, JACK & LAYLA
MALITZ, AMY, JARED & MILES NEWMAN, SANDRA ZALBE

LOTTIE BURGER AND FAMILY

NANCY, RICHARD, JACOB, AND ABBY CHASE
BONNIE & KEITH CHERNIN

ROBYN CIMBOL, LAUREN CIMBOL, MICHELLE CIMBOL
MAZOR, OFIR MAZOR, & EREZ YAHIEL CIMBOL MAZOR

MARLA, JORGE, DAVID, AND SAMSON CORNEJO
GEORGETTE & ANTHONY DANKNER

NORMAN & REBEKAH FASSLER & FAMILY

DIANE, LEONARD, MATTHEW, AMY, ELLA, AND LILY
FOGELMAN

HELAINÉ & JOE FOX, JOSH, JILL, ZOEY, SABLE & ARI FOX,
STEPHANIE, ALEX, MAYA & BENJI BRANOVAN

THE BLOCH GOLAN FAMILY

ELLIS & MARCIA KANE HITTNER

TEMMAN & AL KINGSLEY & FAMILY

BARBARA & JERRY KLIBANOFF AND FAMILY

CATY JARRAT KOATZ

THE KOBER/LAX FAMILY

CANDICE & CARL KOERNER AND FAMILY

BETTY & DANIEL KORB

MARIAN & MARTIN KRASILOVSKY & FAMILY

FELICIA, BEN, JESSICA, REBECCA & MAOR GORDON-
GUTERMAN & JOSH LEEMAN

RITA & MICHAEL LIEBERMAN, JASON & RACHEL, DYLAN &
LUKE LIEBERMAN, HARRIS, JULIE, GEMMA, STELLA & TESSA
LIEBERMAN, SHARON & SEAN ELLMAN & LEVI

VALERIE & JACK LEIBLER & FAMILY

SUE & FRED LEVINE

TIKVA, ZAHAVA, HANNA, & DOROTHY MAHLAB

ROZ & OSKAR MATZNER

ANITA MILLER

ROZ OKUN & FAMILY

ALYSSA, HOWARD, MADISON, HAILEY & MELISSA POLLACK

PAULINE, MARK, MELISSA, ROBBIE, ERICA, MAX & REESE

RAPHAEL

AUDREY LOU SEVIN AND FAMILY

LISL TOPPER

DEBRA, GARY WEIL, LAVEY & ALEXA, AARON, AND TSVI WEIL

MICHELE, DOUG, ZACHARY & DYLAN WEINER

MIRIAM WEINTRAUB

SHELLEY, JUSTIN, ASHLEY & ETHAN WEINTRAUB

THE CAUDLE ZIEGELBAUM FAMILY

לשנה טובה





Norman Gursen accepting an award to the Forest Hills Jewish Center at the Night Out Against Crime on August 1st, 2023. Pictured with Norman are Heidi Chain, President of the 112th Precinct Community Council, and Captain David F. Cordano, 112th Precinct Commander.



FHJC contingent marching up 5th Avenue at the Celebrate Israel Parade on June 4th, honoring the 75th anniversary of the founding of the modern state of Israel.



Forest Hills Jewish Center Religious School

Your child's Jewish learning; Your family's Jewish community

Our mission

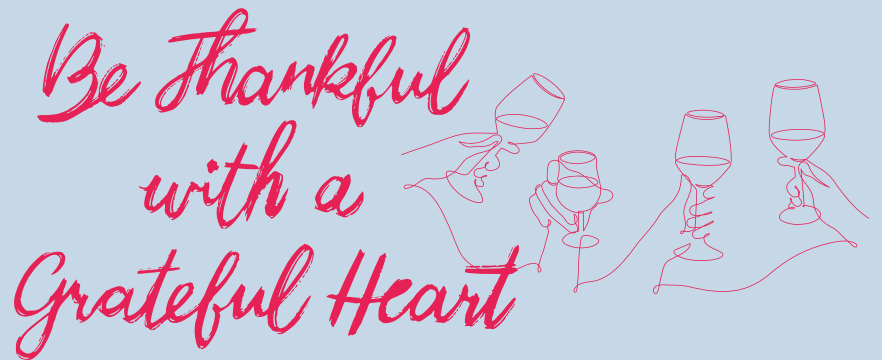
- Each child thriving
- Outstanding Jewish education
- Innovative and fun

To register or for more information, contact:

Jessica Braginsky
 Director of Education
jbraginsky@fhjc.org
 718-263-7000 x 213



First Year Tuition FREE for K & 1st Grade
 Programs for 3 year olds through 12th grade



FHJC Early Childhood Program and Religious School invite you to Gratitude Night November 9

Enjoy wine, bar snacks, good music and great folks.
 Mark your calendar for a fun night.

ORDER YOUR ETROG AND LULAV



Deluxe \$50/ Standard \$40

Name _____

of Deluxe Sets @ \$50 _____

of Standard Sets @ \$40 _____

Total \$ _____

Check enclosed Bill my account

Credit Card # _____ (3% will be added)

Expiration _____

Place your order by September 14, 2023

email dgregor@fhjc.org

Book of Remembrance

On all designated holidays when Yizkor is recited, Rabbi Graber will read the names of those inscribed in the Book of Remembrance.

Davora Abraham	Randy Fox	Arthur Heller	Elayne Leef	Stephen Reich
Yakov Hassid Abraham	Sam Fox	Jesse Heller	Larry Leef	Feiga Remetier
David Abrahams	Stella Frank	Morris Heller	Mark Leef	Frank E. Riesenfeld
Madeline Abrahams	Cynthia Friedenberg	Albert Hirsch	Rabbi Albert Leeman	Sylvia Rolnick
Barney W. Adler	Peter Friedenberg	Herta Hirsch	Lillian Gutman Leeman	William Rolnick
Henrietta K. Adler	John Steven Fuchs	Sybil Hyman	Edward Lehem	Carla Rosenblum Bromberg
Esther Anapolsky	Josef Samuel Fuchs	Nathan Hyman	Fortuna Lehem	Carolyn Rosenblum Lubin
Samuel Anapolsky	Rosalie Fuchsberg	Eva Lea Jaari	Marco Lehem	Howard Rosenblum
Arthur Ball	Meyer Fuchsberg	Lochem Avichai Jaari	Palomba Lehem	Jonathan Rosenblum
Otto Josef Baruch	Dr. J. Savin Garber	Julius D. Kahn	Sol Lehem	Dr. Louis Rosenblum
Berthold Bear	Syd Garber	Kate Kahn	Charles Leibler	Lillian Rosenthal
Lisa Bear	Faith Garfield	Frances Kalikow	Frieda Leibler	Seymour Rosenthal
Martin Bear	Philip Garfield	Morris Kalikow	Abraham Lerner	Sidney Roth
Toni Bear	Benedicto Geber	Nathaniel Saul Kane	Clara Lerner	George Rozsa
Victoria Benghiat	Marta Geber	Benjamin B. Katz	Maurice Lerner	Toni Pernitz Ruda
Ida Benghiat	Feiga Rosa Ginsburg	Haskel Katz	Joseph Lestz	Sabina Safier
Edwin Berger	Albert Glazer	Helen F. Katz	Leon Levin	Simon A. Safier
Julie Berger	Cecelia Glazer	Miriam Katz	Charles Levy	Gladys Salup
Rita Berger	Clara Glazer	Morris M. Katz	Pearl Levy	Abraham Salzmann
Sol Berley	David Glazer	Fred E. Katzner	Ludwig Loewenstein	Elizabeth Samuel
Sydell Berley	Gussie Glazer	Gladys Kenner	Margaret Loewenstein	Siegfried Samuel
Jean Roberta Biegelson	Arnold Glick	Max Kenner	Dr. Jack London	Irving Savitz
Sidney Biegelson	Fannie Glick	Herman Kingsley	Dr. Edward Mahlab	Ruth Savitz
Edward Birnbaum	Irving Glick	Marion Kingsley	Suzette Mahlab	Jack Schaeffer
Evelyn Blum	Max Glick	Henry Kletter	Lionel Malamed	Lillian Schaeffer
Robert Blum	Ruth Rhoda Glick	Sophie Kohn	David Maryasin	Leo Schain
Abe Blumstein	Helen Goldenberg	Louis Kohn	Leopold Lipot Mayer	Martha Schain
Rabbi Baruch Micah Bokser	Sherry Sue Goldenberg	Aaron Korn	Rose Guttman Mayer	Harold Schantz
Kallia Bokser	Martin Goldman	Lillian Korn	Theodore Mayer	Elias Segal
Rabbi Ben Zion Bokser	Lola Joy Goldman	Fortuna Kovalsky	Michael Mayorowitz	Mildred Segal
Aaron Broder	Celia Goldman	Max Kovolick	Gertrude Mayorowitz Lukacs	Irwin Seitenbach
Jennie Broder	Norman Peter Goldman	Leo Kra	Harry Mesard	Malvin Sevin
Sylvia Broder	Abraham Goldsmith	Adolph G. Kraus	Lily R. Mesard	Albert Shaw
Milton Bruck	Harold Goldsmith	Samuel Kravitz	Rabbi Amos W. Miller	Ruth Shulim
Ruth Bruck	Mary Goldsmith	Melanie Krieger	Hannah B. Miller	Annette Silberman
Henry Burger	Benjamin Goldstein	Abraham Krumbein	Chaskel Morgenstern	Ruby Silberman
Henry Burger	Carl Goldstein	Sarah Krumbein	Irene Morgenstern	David Skolnik
Dora Butnick	Dave Goldstein	Sarah Krumbein	Carl J. Moskowitz	Lillian Skolnik
Milton Butnick	Herb Goldstein	Benjamin Krumholz	Charlotte Moskowitz	Edward Skornicki
Irving Cahn	Nettie Goldstein	Henry Krumholz	George Moss	Natalie Skornicki
Hugo N. Cahnman	Rita Goldstein	Jack Krumholz	Irving Moss	Mildred F. Smith
Elaine Charap	Cantor Isaac Gorsky	Mera Krumholz	Jack Nelson	Agnes Sobel
Hyman Sid Citron	Sylvia Gould	Rose Krumholz	Ruth Nelson	Irene Sobel
George DePinna	Ann Grossman	David Kule	Abraham Okun	Ivan Sobel
Marcia DePinna	Ann Grossman	Eugene Kule	Celia Okun	William Sobel
Abram Dykerman	Cantor Erno Grosz	Geraldine Kule	Theodore Okun	Deena Soloway
Alfred Dykerman	Gertrude B. Gruenberg	Philip Kule	Harvey L. Perlstein	Joseph Stark
Erna Dykerman	Jascha Gurewitz	Isidore Kulichefsky	Jeanne S. Perlstein	Katalin Stark
Herman Dykerman	Bella Hahn	Jennie Kulichefsky	Isidore Platkin	Pearl Strauss
Ester Dylewski	Fred Hahn	Barbara Kupferberg	Shep Porter	Amy Lisa Sturm
Lola Eckstein	Celia Haims	Herbert Kupferberg	Taubta Potik	Judith Susan Sturm
Helene Falik	George Haims	Cantor David Kusevitsky	Yefim Potik	Ida Sumerfeld
Estelle Feiner	Joseph Haupt	Elaine Kusevitsky	Perla Raphael	Meyer Sumerfeld
Sonia Gurewitz Fink	Celia F. Heiferman	Patricia Lily Kusevitsky	Raphael Raphael	Sally Tenenbaum
Abraham Obiedzinski Fink	Cookie Heiferman	Harry B. Lader	Irwin Reich	
Philip Fogelman	(Esther Rose Signet)	Helen J. Lader		
Rose Fogelman	Solomon G. Heiferman	Murray Landau		
Pauline Fox	Jean Claude Heilberg	Dorothy Lapin		
	Ray F. Heitner	Samuel Lapin		
	Solomon Heitner			
	Anna Heller			

continued on next page.

Book of Remembrance Continued

Fred Theise
Leslie Ticker
Marvin Ticker
Max Troper
Elaine Vogel
Jack Vogel
Norman Vogel
Laura Vogel
Bessie Walker
Ellen Bea Walker
Joseph Walker
Leon Walker
Marie M. Walker
Robert Walker
Rose Walker
Jacob Wallach
Raoul Wallenberg

Stanley Weg
Alfred A. Weinberg
Selma Weinberg
Anna Weiner
Morris Weiner
Isidore Weinkselbaum
Jennie Weinkselbaum
Jerry Weinkselbaum
Walter Weintraub
Herbert Weiser
Milton Winograd
Estelle Zafran
Ira Zalbe
Frieda Zielonka
Harry Zielonka
Abraham Zwick
Dora Feldman Zwick

ONGOING EVENTS

Sundays at 9:25AM: Yoga with Lorain. On hiatus until September 10. Email Lorain for details.

Mondays at 5:00PM: De-stress with Dr. Mitchell Frank and Ariela Frieder, M.D.

Wednesdays at 4:45PM: The FHJC Watch Party

Wednesdays at 6:25PM: Yoga with Lorain. On hiatus until September 6. Email Lorain for details.

See the FHJC [Calendar](#) for links to these events.



FHJC Watch Party

Wednesdays, 4:45 PM

Join us as we begin with a recap of last week and end each episode with a spirited discussion!

Watch the Listserve for the Zoom link or contact [Jessica Braginsky](#) for more information.

Borrow a Mahzor for the High Holidays



Are you planning to join our High Holiday service virtually on Zoom? We will again be lending out the *Mahzor Lev Shalem* to help you Zoom along with us this Rosh Hashanah and Yom Kippur.

Reserve one by Friday, September 8 by clicking on the link below. Pick-up from FHJC will be the week before Rosh Hashanah, the week of September 11, from the security guard.

Mahzorim must be returned to FHJC by Monday, October 9, or you will be charged \$70 to cover replacement plus shipping. (Non-members of FHJC must provide credit card information when borrowing but you will not be charged unless you don't return the mahzor.)

[REGISTER HERE](#) no later than Friday, September 8.



Let's share a Shabbat experience for tots - seven year-olds and families.

Songs, stories and tools to manage stress, build focus and foster gratitude with a goal to growing resilience and optimism in your child and your family.

11:30 AM-12:15 PM
October 14, 28
November 18, December 2, 16



Come Celebrate with Friends
Singing, dancing, praying & story telling with
Morah Riki.

Shabbat treats and grape juice for all!

10:45-12:00 in the Crystal Room
October 21, November 11



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Jennifer R. Martin**

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