



המרכז היהודי ד'פורסט הילס

# Message

FOREST HILLS JEWISH CENTER

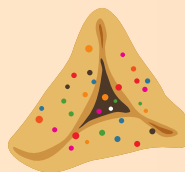
March-April 2025 / Adar-Nisan-Iyar 5785 / Vol. LXXX No. 4



FHJC Mishloach Manot  
Fundraiser  
Due March 11, 2025  
Check your email from  
"Happy Purim"

## PURIM 5785

**CHILDREN'S  
PROGRAM &  
COSTUME PARADE**  
Thursday, March 13, 2025  
6:15 PM



**EVENING  
MEGILLAH**  
Thursday, March 13, 2025  
7:30 PM

**MORNING  
MEGILLAH**  
Friday, March 14, 2025  
6:45 AM

## FHJC PURIM CARNIVAL

Bounce & Play- Inflatable Obstacle  
Course - Games - Crafts

**SUNDAY, MARCH 9  
11:30-2:00 PM**

**\$10 Per Child (13 and under) Includes  
Inflatables/Crafts/10 Tickets for Games.**

Hot Dogs, Drinks, & Popcorn  
Available for Purchase.

Pre-Purchase Tickets

<https://tinyurl.com/FH-Purim-Tix>

**OPEN  
TO ALL!**



WATCH FOR DETAILS

FOREST HILLS JEWISH CENTER  
**SECOND PASSOVER SEDER**

Sunday, April 13, 2025

Join your fellow Center members for a warm, family-friendly  
Second Passover Seder led by Rabbi Graber



Traditional seder menu, elegantly  
catered and served by IZ Events.





# FROM THE RABBI'S STUDY

## Rabbi Daniel Graber

We are living in a time of uncertainty and upheaval. The headlines bring us reports of rising antisemitism, turmoil in Israel, and global challenges that can make us feel powerless. It is easy to look at the chaos of the world and wonder what we, as individuals, can really do to make a difference. But Jewish history teaches us a powerful lesson: we are never just bystanders to our own fate.

As we go through the months of Adar and Nisan, we prepare to celebrate two of the most powerful tales of our redemption: Purim and Pesach. Each of these holidays reminds us that while we place our faith in God, we are also responsible for taking action in shaping our own future.

In the Purim story, Esther initially hesitates when Mordechai asks her to intervene on behalf of the Jewish people. But Mordechai's words—"Who knows if it was for this very moment that you became queen?" (Esther 4:14)—remind her that she cannot stand by passively. She must use her position, her voice, and her courage to secure the Jewish people's survival. On Pesach, we recount how our ancestors cried out under the burden of Egyptian slavery, and God responded—but the redemption required human action. Moshe had to step forward, challenge Pharaoh, and lead the people out. The Israelites had to take that first terrifying step into the sea before it split. Again and again, the Torah reminds us that while God is with us, we must be active participants in shaping our own destiny.

These lessons are not just ancient history; they are directly relevant today. As Jews, we are responsible for securing our collective future, and one of the most critical ways we do that is by participating in the upcoming 2025 World Zionist Congress elections. The Congress is often called the "parliament of the Jewish people," and its decisions impact billions of dollars in funding, policies, and leadership for major

Jewish institutions in Israel and around the world. This is a rare and vital opportunity for American Jews to have a voice in shaping global Jewish priorities.

**MERCAZ USA**, the voice of Conservative/Masorti Judaism in these elections, stands for religious pluralism, strong support for egalitarian Judaism in Israel, and funding for our movement's schools, synagogues, youth programs, and communities. A vote for MERCAZ USA is a vote for the values that define us—commitment to tradition and modernity, inclusion, and the ability of every Jew to find a meaningful place in Jewish life. MERCAZ is also one of the parties actually supporting families of 10/7 victims in Israel.

And let's be clear: if we don't vote, others will. Movements opposed to religious pluralism and the values we hold dear are organizing, and if we remain on the sidelines, we risk losing influence over the future of Judaism in Israel and beyond. The good news is that it takes just \$5 and five minutes to make a real impact. With a small investment of time, we can ensure that our vision of an inclusive, thriving Jewish world is heard and supported.

Just as Esther rose to the moment and the Israelites took action for their own redemption, so too must we step forward and take part in shaping our future. When voting opens on March 10th – May 4th, make your voice heard. It is our responsibility to help shape the Jewish future—just as our ancestors did before us.

B'virkat chag sameach,

Rabbi Daniel Graber

The Message USPS 340-300 Forest Hills Jewish Center, 106-06 Queens Boulevard, Forest Hills, NY 11375-4248. 718-263-7000.

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# NOTES FROM THE HAZZAN

## Hazzan Randall Levin

I often share with b'nei mitzvah students and parents an anecdote regarding my own experience as a 12-year old preparing for bar mitzvah: My congregation in Akron, Ohio had, just a few years prior to my bar mitzvah, hired a new Cantor. For his first few years of service the new Cantor did not tutor the b'nei mitzvah students himself, but rather that task was assigned to Reverend Phillip Salzman, z"l. "The Rev," as he was known to us, had dutifully, if not sensitively, taught my two older brothers trope and prepared them both well for bar-mitzvah. Unfortunately, however, Rev. Salzman passed away just prior to the beginning of my lessons. B'nei mitzvah students in my grade were to take our lessons with Cantor Stein, who began to teach us using the trope system he had learned at the Seminary. Having heard my two older brothers read Torah and Haftarah, both in synagogue and around our home, this was a particularly jarring development for musically sensitive, 12-year old, Randy Levin. After one particularly ill-fated (and no doubt ill-prepared) lesson, I broke down in tears of frustration, and (knowing he was from our nearby, rival town) screamed at him in front of my parents, "He is trying to teach me that "Pittsburgh trope!" The joke here, of course, is that I ended up having a wonderful relationship with my (clearly very patient and kind) Hazzan and, with his encouragement, eventually became a Hazzan myself. This relationship ultimately informed my own sensitivities and outlook as a professional, and as a Jew.

From a purely historical perspective, such a relationship cannot be taken for granted. Traditionally, the Hazzan was primarily responsible for leading the congregation in prayer and chanting the Torah during services. The role of Hazzan as an educator and preparer of b'nei mitzvah is one that evolved significantly over time, shifting along with congregational demand, with the Hazzan eventually becoming a primary figure in guiding students through the intricacies of Torah reading, the rituals of the Shabbat service, and working with families to ensure the spiritual and educational readiness of the child. Formal cantorial training shifted as well, to focus on creating Jewish leaders who possessed enough knowledge of the texts, practices and folkways of Judaism to serve as repositories of Jewish wisdom. According to historian Mark Slobin, the training and service of such guides beyond the congregational rabbi has increasingly been seen as a necessity in order to reverse the process of cultural loss in American Jewish life.

At FHJC, we work together, as a community, to reverse this process of cultural loss. Our congregation, more so than many others, embodies the notion that ritual provides structure to Jewish life – a framework in which Jewish identity and community can truly flourish. We recognize the spiritual significance of b'nei mitzvah, in part, by committing to creating a deeper connection to Jewish traditions, rituals, and prayer. We teach the necessary skills of reading Hebrew, chanting Torah, and participating in prayer, and in doing so we simultaneously instill a sense of responsibility to Jewish heritage, and to our community. The foundation for a lifelong sense of belonging and continuity within the community is expressed fully through this process, in which families and congregants ultimately come together to celebrate milestones, engaging together in an experience that is both personal and communal.

Inherent in this outlook is the reality that Jewish learning cannot be fully achieved in the classroom. The education of our young people, in particular, necessitates the celebration of Shabbat and holidays together. Our communal observances of Hanukkah, Purim, Rosh Hashanah, and Sukkot, all bring family and friends together for reflection, and connection, (and food!), fostering a sense of unity and sacred time. These experiences are what ultimately offer our young people the tools they need to become active participants in the Jewish world. We must emotionally, intellectually, and spiritually connect with the notion of aligning, and equating, Jewish education with synagogue activities, such as attending services, volunteering for synagogue events, and participating in Jewish rituals. In doing so, we will instill in our children a strong connection to their spiritual home – an engagement that will not only help solidify their identity but also encourage lifelong participation in the broader Jewish community.

Hazzan Randall Levin





## FROM THE PRESIDENT

**Gary Kerzner**

### Purim & Passover

There's a saying in the Talmud: "When Adar enters joy increases." And we're told that the increase in joy is associated with the coming of Purim, on the 14th of Adar. However, the joy of Adar is also associated with the coming of spring and who, among us, isn't ready for that!?! Though MLB players report for spring training by February 13th or sooner – which is a source of great joy, in itself, to many of us – we had a bad report from Punxsutawney Phil, who saw his shadow on February 2nd and predicted another six weeks of winter. However, that brings us right up to March 16th, the day following Shushan Purim, when Jews everywhere will celebrate! Coincidence???

Looking past Purim just a bit (and please don't get nervous about this) we'll usher in the seminal event of our nationhood: Passover. Once again, I will pose the age-old question to my dear wife: "Honey, is this the year we take the Passover cruise?" My deep-seated wish to escape the long hours of work bringing down many, many boxes stored atop our hall closet (you apartment dwellers know what I mean), shop and shlep and shop some more, do my best to assist in the kitchen as the resident sous chef, help clean and prepare the home, set up the long seder table and, once we've held the seder, collect the dishes, utensils, platters and goblets and wash them all, has got to be a dream I have in common with many others. Alas, once again, it is not to be, and I must steel myself for another Passover that requires a LOT of work but brings us so much joy.

Lest you think I'm forgetting that my work preparing for Passover, as prodigious as it sounds, is what makes the holiday a joy, I hasten to add that those of us who have the honor and pleasure of living with a *balabusta* (please google it if you don't recognize the word) are in total awe of what they accomplish – sometimes in spite of us guys getting in the way. I firmly believe that the Jewish woman who makes Passover is deserving of the greatest respect and admiration – as much for her organizational and culinary skills as her ability to rise at the crack of dawn and not lose any steam 'til she drops from exhaustion at nightfall (sometimes way after nightfall). If colleges were willing, I'd strongly recommend they bestow an honorary degree in Operations Research/Systems Analysis and Management Science on every Jewish woman who makes Passover.

I look forward to seeing you all at FHJC and celebrating a joyous Purim together.

And then I look forward to seeing you again (most likely through tired, blood-shot eyes) as we join as a community to celebrate the second seder at FHJC.

Gary

## FHJC Yom Hashoah Commemoration

**Wednesday, April 23 | 7:30 PM**

Lighting of memorial candles,  
Poetry read by Ruth Baran Gerold,  
Musical presentation by Hazzan Levin  
and by Nagilah,

Remarks by Rabbi Graber,  
Special Yom Hashoah Presentation  
Memorial prayer recited, along with  
communal Kaddish.



## FHJC BIKUR CHOLIM

Bikur Cholim is very busy making phone calls, visiting some members in hospitals and rehabs, emailing and sending cards. If you feel someone needs to get a call from me or our clergy or a committee member let me know.

Debbie Bochner, Committee Chair [Debbiebochner@gmail.com](mailto: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





## RELIGIOUS SCHOOL UPDATES

### Silvia Kogan

Purim and Pesach are deeply rooted in Jewish history. These holidays are marked by their themes of survival, liberation, and the triumph of good over evil. While Purim celebrates the Jews' deliverance from the threat of annihilation in ancient Persia, Pesach commemorates their Exodus from Egypt and the journey to freedom. Both holidays highlight moments of extraordinary courage and resilience, where individuals—such as Esther in the story of Purim and Moses in the story of Pesach—play central roles in the salvation of the Jewish people, fostering a sense of communal connection. On Purim, Jews come together for fun celebrations, reading the Megillah, dress up in costumes, sharing meals, and exchanging gifts. Pesach also brings families and communities together around the Seder table, where the story of the Exodus is retold.

Purim and Pesach encourage reflection on Jewish identity, resilience, and the importance of coming together as a people. They serve as annual reminders that, throughout history, Jews have faced immense challenges yet continue to endure and thrive through their faith in God, the power of tradition, and

collective strength. These are the values we strive to instill in our students at FHJC, fostering a deep connection to their heritage, a strong sense of community, and a lifelong commitment to Jewish learning and tradition.

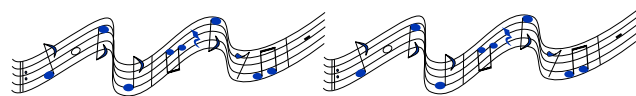
However, as vital as our school's role is in your children's education, it remains secondary to the Jewish learning that begins at home. Parental modeling is essential for nurturing your children's spiritual growth. At FHJC, we are your partners in this journey. We encourage you to see the synagogue as your home away from home—bring your children to the Megillah reading, the model Seder, the rabbi's classes, and Shabbat and holiday services. Take advantage of the many family education opportunities we offer. And if you ever have questions or need guidance on celebrating the holidays at home, don't hesitate to reach out. We are here to guide and support you—our doors are always open.

Chag Sameach!!  
Silvia Kogan

## PASSOVER FOOD DISTRIBUTION AT FHJC

Sunday, April 6 | 9:00 AM – 3:00 PM

The Passover food distribution will take place at FHJC on Sunday, April 6. Volunteers are needed to prepare packages of kosher food to distribute to over 1,000 QJCC clients in need. This is a great project for the whole family!



## FHJC Annual Zimriyah 77 Years of Israel

**Wednesday, April 30, 2025**

**7:30 PM – Ma'ariv**

**8:00 PM – Celebrate with song in the  
Heller Family Ballroom.**

*Refreshments will be served.*

The event is offered free of charge thanks to the generous support of the Avidor and Rezak families in loving memory of Arie Avidor.





## NEWS FROM NURSERY SCHOOL

### Lynn Fisher

As adults, we navigate complex emotions—our own, those of our children, family members, friends, and colleagues. Over time, we develop the ability to identify, categorize, and manage these emotions, whether by setting them aside for later or addressing them head-on. These are skills we acquire throughout our lives, starting from when we are born. In our Early Childhood Program, our littlest learners are just beginning to explore and understand their emotions, making this a critical stage in their development.

After receiving a grant from ElevatEd Together, our educators have been working closely with a behavioral consultant, enhancing our ability to support our little ones. Each day, our classrooms are filled with both big emotions and big energy, and our role is to help children learn how to regulate these experiences.

Children's big energy stems from their bodies, while big emotions develops in their hearts and minds. Our job is to help them recognize these feelings and coordinate their responses. Often, a child's initial reaction is physical—before they even process an emotion, their body may respond impulsively. This is why a child might push a friend before realizing they feel frustrated. Teaching our little ones to transfer these impulses from their bodies to their brains and hearts is essential for emotional development.

This learning must happen beyond just the heat of the moment. By addressing these concepts during calm, positive times, we create space for reflection and skill-building.

Helping our littlest learners label their emotions while modeling problem solving can guide children through conflict. Our educators reframe expectations in a positive manner and we avoid using vague commands. Being specific along with validating feelings allows both the child and the educator to acknowledge emotions.

Understanding the root of the children's behavior helps us respond more effectively. By observing patterns, asking open-ended questions, recognizing sensory needs and dedicating time to engage with the children during calm moments allows for a deepening of trust and connection. Our educators model patience and forgiveness, communicate with families, and celebrate both big and small accomplishments.

By incorporating these strategies, we create a classroom environment where children feel safe, supported, and empowered. Our role isn't just to manage behavior—it's to teach children how to regulate their emotions and energy in ways that foster growth and resilience.

# KIDS KONGREGATION

**For tots - seven year-olds and families.**

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

**Shabbat treats and grape juice for all!**

**11:00 AM-12:00 PM**

**March 22, April 5**

## SHIR L'SHABBAT

Mindfulness, Stories, & Songs

### SATURDAYS

11:00 AM - 12:00 PM

in the Little Synagogue

All families welcome!  
Looking forward to seeing  
you at our next meet-up.



## ADULT EDUCATION

Judy Gostl

Azi Graeber

David Snyder

The Adult Education Committee has been very focused on creating a new program series for next year. We have been given access to a group of documentary films that are all on topics of interest and can be an excellent springboard to discussions about the Jewish issues raised in each film. We are planning to show a select group of these films next winter on Saturday nights. Each will have a discussion led by Rabbi Graber on the issues raised. We will set the dates when the FHJC Calendar is set for next year. The entire committee (Keith Chernin, Mitchel Frank, Judy Gostl, Rabbi Graber, Azi Graeber, Nora Mandel, & David Snyder) working on these films is very excited about this new series.

In the meantime, our regular programming is continuing.

### Upcoming Programs:

The **Hebrew Literature Group** is still doing an exploration of the Israeli Poems Written in Response to the Events of October 7th. They are meeting next on **March 6 at 5:00PM**. Watch for the new flier to get the Zoom link so you can participate.

On **April 1 at 8:00PM**, the **History Readers Book Group** will be discussing *Roads Taken: The Great Jewish Migrations to the New World and the Peddlers Who Forged the Way* by Hasia R. Diner. This will be on the regular FHJC Zoom link so please join the Zoom link for minyan that night and then stay on for the discussion.

On **May 8 at 8:00PM** on Zoom, **Azi Graeber** will continue his **Survey of Rabbinic Feuds and Controversies**. This was a very popular program last year so please plan to come back for Part 2. Again, this is on the regular Shul Zoom link. Join us for Limud at 7:30 PM and stay to hear Azi's presentation.

Please let anyone on this committee know if you have a good idea for an Adult Education program or if you would like to be part of this committee. We have a lot of fun while creating interesting programming for FHJC. Adding new people with new backgrounds and new viewpoints will help this process.



## Debra Bochner, VP Education

March should begin to bring us better weather and thoughts of Purim. April should bring us flowers and warmer weather and Pesach.

When I'm in the building walking around, I observe children from the tiniest of our Toddlers to the oldest Teens. I see happy, smiling, engaged students. From Grand Friend day to Lunar New Years Wishes to Pajama day and the older students learning about Israel, reading Hebrew and Davening with the Hazzan and all the wonderful staff we have. Thank you Lynn and Silvia.

On Shabbat I walk around our sanctuary and try to meet and greet new young families with young children who are potential new members; and will potentially have children in our schools.

Let's keep up those happy, smiling, enthusiastic learners. It's wonderful to see them thrive.

FHJC is a home to all. Please join us for upcoming events.

Wishing Everyone a Hag Purim and a Chag Pesach Sameach.

Debbie Bochner  
VP of Education



## SISTERHOOD

### Judy Gostl, Presiding Officer, March-April

Sisterhood is having a wonderful winter. We started in January with a program with the artist Camille Eskell. (If you missed it, we can send you the Zoom recording. email [Sisterhood@fhjc.org](mailto:Sisterhood@fhjc.org) to ask for it.) On February 1, we observed Sisterhood Shabbat with participation from many of our members and other women at FHJC. Thank you to Debra Weil for organizing the Shabbat services and challenging many of our members to try to participate in ways that they had not done before. Thank you to Rae Kerzner who organized the wonderful kiddish luncheon that followed services. And thank you to everyone who participated and who helped in the set-up and clean-up of the kiddish.

March is going to be another wonderful month for Sisterhood. BQLI is kicking off the month with the Helen Cytryn study session on March 10. Watch for the flier from BQLI. The topic is Voices of Women.

On March 16 at 11:00AM we will have the Torah Fund Around The World Brunch in the Crystal Room. This year we are honoring Shirley Rossman-Zucker for all of her hard work on behalf of the Torah Fund campaign over many years. Our guest speaker will be our own Silvia Kogen. The couvert

for the Brunch is \$40 and you may make reservations to attend by clicking [Here](#).

Remember that while we are honoring Shirley, we are also raising money to support the five Seminaries of the Conservative Movement here in New York and around the world. To donate to the Torah Fund please click [Torah Fund Donation](#). Or you may bring checks to the FHJC office and leave them in the Sisterhood Mailbox. Checks to pay the couvert should be made payable to FHJC with March 16 Couvert on the memo line. Checks to donate to the Torah Fund should be made Payable to Torah Fund.

On Sunday, March 30, we will have a Wine and Cheese tasting in conjunction with the Men's Club . This will allow you to choose some special new wines for Pesach. Doria Kalt is working hard on our behalf to create another wonderful event for our community. HaKerem on Jewel Avenue has agreed to work with Sisterhood and Men's club on this event. Watch for the flier with full information.

The Sisterhood Board looks forward to creating more wonderful events for our members and for FHJC. Send us your ideas. Volunteer to work with us. We are always looking to involve new people in our work.

## MEN'S CLUB

### Peter Taub, Presiding Officer, January-February

On January 19th, Men's Club hosted "For God and Country: Shmoozing with an Army Chaplain" with special guest speaker Rabbi (and current Army Chaplain) Manes Kogan. Almost 40 Shul members enjoyed a breakfast of bagels, lox and waffles (with our new waffle makers!) before we listened to Rabbi Kogan share his experiences and motivation for joining the New York National Guard.

The annual Coffee House was held on Saturday night, February 8th. 175 FHJC members and guests enjoyed Coffee House which showcased amazing performances by many members of our congregation. On Sunday, February 9th, Men's Club hosted the annual World Wide Wrap, chaired by Dan Korb. Our Hebrew School seniors performed the mitzvah of putting on tefillin with Men's Club and shul members. Following the Wrap participants enjoyed breakfast and a Limud on tefillin with Rabbi Graber.

**Upcoming March/April events:** Men's Club will be facilitating QJCC (Queens Jewish Community Council) Passover food distribution from FHJC on Sunday, April 6th. Large delivery bags are being collected at FHJC. An email with details about registering to help will be sent to all FHJC members.

Men's Club and Sisterhood will be sponsoring a wine tasting event. More details to follow.

Yom HaShoah, Holocaust Remembrance Day, begins on Wednesday evening April 23, 2025. David Snyder and his committee are actively planning Yom Hashoah candle distribution.

Men's Club Shabbat is June 14th. Please contact Gary Weil if you are available to participate.

## HEBREW LITERATURE GROUP

### Mitchell Frank

The Hebrew Literature Group will meet next on Thursday, March 13th at 5 pm on Zoom (link to be announced on listserv).

In 5784 we responded to the events of October 7, 2023 with the theme, Hebrew Songs of Resistance and Hope, and looked at poems about the founding of modern Israel. In continuing to respond to the ongoing war, the theme for 5785 has been: Israeli Poems Written in Response to the Events of October 7th.

In the Hebrew Literature Group texts are read in Hebrew with English translation, and discussion is in English.

Join us!  
Mitchell Frank



EVERYTHING IS

50% OFF



OHR-LI JUDAICA

To purchase, or for any questions, contact:  
Debbie Bochner: [debbiebochner@gmail.com](mailto:debbiebochner@gmail.com)

## OPEN GYM

SHABBAT AFTERNOONS FUN  
IN THE FHJC GYM

TODDLERS TO 5TH GRADE  
1:00-4:00 PM

6TH GRADE AND UP  
4:00-6:00 PM

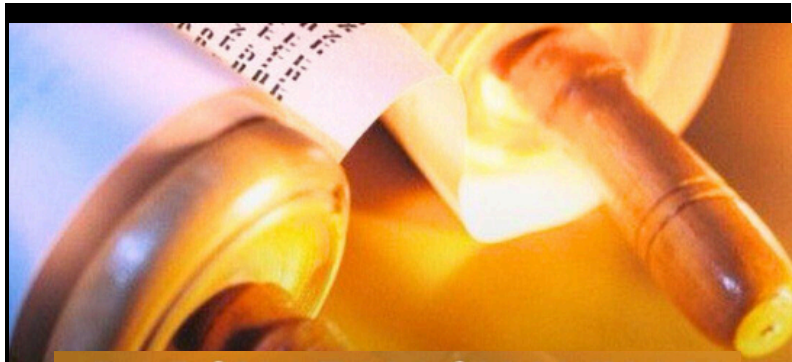
Please note that this is not a drop-off event. All children must be accompanied by a caregiver at all times.



## PARSHAT HASHAVUAH

STUDY THE WEEKLY TORAH PORTION  
WITH RABBI GRABER

Every Monday after minyan at 7:50pm  
In Person & Zoom



# Acknowledgements

## PULPIT FUND

**Trudy Emanuel** – in honor of **Norman Gursen's** 90th birthday  
**Cindy Megiddo** – in gratitude to **Roy Rosenthal** for his kindness  
**Gloria Golan & Family** – in memory of her father, **Sam Bloch**  
**Regina Geber** – in memory of **Judy Gostl's** brother, **Peter Cooper**  
**Susie Drazen** – in memory of **Judy Gostl's** brother, **Peter Cooper**  
**Felicia & Ben Leeman** – in memory of **Judy Gostl's** brother, **Peter Cooper**

## KIDDUSH FUND

**Monica Lagnado** – in gratitude to **Mitchell Frank** for honors received  
**Ezra Lagnado** – in gratitude to **Judy Beizer & Norman Gursen** for honors received  
**Monica Lagnado** – in gratitude to **Judy Beizer** for honors received  
**Fran & Zev Spiro** – in gratitude to **Judy Beizer** for honors received  
**Fran & Zev Spiro** – in memory of **Nira Avidor's** sister, **Dahlia Atar**

## YOUTH ACTIVITIES

**Judy & David Zipkowitz** – in honor of the birth of **Ilana Altman's** new grandson **Isaac Benjamin**  
**Rita Sherman & Jeffrey Sewar** – in honor of the birth of **Robyn Cimbol's** granddaughter **Liam Chen**  
**Felicia & Ben Leeman** – in memory of **Nancy Chase's** father, **Jerry Berkson**  
**Pauline Clements** – in loving memory of father, **Philip Baigel**  
**Lillian & Bill Regen** – in memory of **Doug Weiner's** father, **Maeir Weiner**  
**Sharon Matzner & Philip Braginsky** – in memory of **Doug Weiner's** father **Maeir Weiner**  
**Jessica Braginsky** – in memory of **Judy Gostl's** brother, **Peter Cooper**  
**Monica, Ezra, Caroline & Evelyn Lagnado** – in memory of **Aron Friedlich** (24th yahrzeit)  
**Pauline & Mark Raphael** – in memory of **Nira Avidor's** sister, **Dahlia Atar**  
**Romi Narov** – in memory of **Soraya Baharestani's** mother, **Parvin Leah Salem Rastegar**  
**Gail Port** – in memory of **Nancy Chase's** father, **Jerry Berkson**

## KIDDUSH SPONSORSHIPS

Thank you to the following individuals for sponsoring a congregational Shabbat Kiddush in January & February

### January 10 – Scholar-in-Residence Kiddush

Kiddush sponsored by Audrey Sevin  
in memory of Malvin Peace Sevin

**January 25:** Kiddush sponsored by Rachel Reiner and Eric Parness in honor of Benjamin's Bar Mitzvah

### February 1: Sisterhood Shabbat

Kiddush sponsored by Sisterhood

**February 8: New Member Kiddush.** Kiddush sponsored by:

Stewart & Daisy Alter	Kenan Jaffe & Sojour Wei
Brenda Beloosesky	Jonathan & Stephanie Kastin
Fred & Danielle Feldman	Mark & Pauline Raphael
Carchman	Jason & Maureen Dunkel
Eric Kober & Laurie Lax	Eric & Mara Lowe
Michael Marks & Randi Zwick-Marks	Myron Baer & Debra Karsif-Baer
Barbara Bernstein	Gary & Rae Theise Kerzner
Howard & Alyssa Pollack	Robert & Alyse Koenigsberg
Ilana Altman	Jason & Yonah Kirschner
Alanna Rosenblatt	Philip Braginsky & Sharon Matzner
Jerry I. & Barbara M. Klibanoff	Benjamin & Felicia Leeman
Harold & Dorrie Berkowitz	Jacob Stone & Ariella Liebman
	Jose & Minna Rivera
	David & Judy Zipkowitz

## Life Cycles

### Mazal Tov מזל טוב

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

to Ilana Altman, Ariel and Denh Altman and Caleb, Aliza Altman, and Joshua Altman on the birth of their grandson, son, brother, and nephew, Isaac Benjamin Altman  
to Robyn Cimbol in honor of the birth of her granddaughter, Liam Chen Mazor  
to Rita and Michael Lieberman and Lottie Burger on the birth of their granddaughter and great-granddaughter, Lenny Harlow.

## Hamakom Y'nahem

### המקום ינחם

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

to Barbara Cooper on the loss her husband, Peter Cooper  
to Judy Gostl on the loss of her brother, Peter Cooper  
to Rebecca and Marc Adler on the loss of Rebecca's mother Marilyn Kirschbaum  
to Nira Avidor on the loss of her sister, Dahlia Atar  
to Soraya Rastegar Baharestani on the loss of her mother Parvin Leah Salem Rastegar  
to Nancy Chase on the loss of her father, Jerry Berkson

May their memory be for a blessing.





## History Readers Book Club

***Roads Taken***

by Hasia R. Diner

**Tuesday, April 1  
8:00 PM**

This book is the first to tell the remarkable story of the Jewish men who put packs on their backs and traveled forth, house to house, farm to farm, mining camp to mining camp, to sell their goods to peoples across the world.

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

### ONGOING EVENTS

**Monday nights at 6:25 PM - 7:15 PM:** Restorative Yoga with Lorain.

Email Lorain to confirm and for details at [LLSW@AOL.COM](mailto:LLSW@AOL.COM).

**Monday at 7:50PM: Parasha Study with Rabbi Graber**

**Tuesdays @ 12:20PM; Thursdays @ 7:50PM. Foundations of Jewish Prayer with Hazzan Levin.**

**Wednesdays at 8:00PM: The FHJC Watch Party** - We are watching "The Man Inside," Season One

**Friday morning — Pilates:** 9:30 mat class (bring your own mat); 10:40 chair class. Both sessions meet in the Heller Family Ballroom.

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



Adult Ed - Trip to see Illuminated Text exhibit at JTS



# 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
Dora Butnick	Carl Goldstein	Sarah Krumbein	Irene Morgenstern	David Skolnik
Milton Butnick	Dave Goldstein	Benjamin Krumholz	Carl J. Moskowitz	Lillian Skolnik
Irving Cahn	Herb Goldstein	Henry Krumholz	Charlotte Moskowitz	Edward Skornicki
Hugo N. Cahnman	Nettie Goldstein	Jack Krumholz	George Moss	Natalie Skornicki
Elaine Charap	Rita Goldstein	Mera Krumholz	Irving Moss	Mildred F. Smith
Hyman Sid Citron	Cantor Isaac Gorsky	Rose Krumholz	Jack Nelson	Agnes Sobel
George DePinna	Sylvia Gould	David Kule	Ruth Nelson	Irene Sobel
Marcia DePinna	Ann Grossman	Eugene Kule	Abraham Okun	Ivan Sobel
Abram Dykerman	Cantor Erno Grosz	Geraldine Kule	Celia Okun	William Sobel
Alfred Dykerman	Gertrude B. Gruenberg	Philip Kule	Theodore Okun	Deena Soloway
Erna Dykerman	Jascha Gurewitz	Isidore Kulichefsky	Harvey L. Perlstein	Joseph Stark
Herman Dykerman	Bella Hahn	Jennie Kulichefsky	Jeanne S. Perlstein	Katalin Stark
Ester Dylewski	Fred Hahn	Barbara Kupferberg	Isidore Platkin	Pearl Strauss
Lola Eckstein	Celia Haims	Herbert Kupferberg	Shep Porter	Amy Lisa Sturm
Helene Falik	George Haims	Cantor David Kusevitsky	Taub Potik	Judith Susan Sturm
Estelle Feiner	Joseph Haupt	Elaine Kusevitsky	Yefim Potik	Ida Sumerfeld
Sonia Gurewitz Fink	Celia F. Heiferman	Patricia Lily Kusevitsky	Perla Raphael	Meyer Sumerfeld
Abraham Obiedzinski Fink	Cookie Heiferman	Harry B. Lader	Raphael Raphael	Sally Tenenbaum
Philip Fogelman	(Esther Rose Signet)	Helen J. Lader	Irwin Reich	
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	Stanley Weg
Leslie Ticker	Alfred A. Weinberg
Marvin Ticker	Selma Weinberg
Max Troper	Anna Weiner
Elaine Vogel	Morris Weiner
Jack Vogel	Isidore Weinkselbaum
Norman Vogel	Jennie Weinkselbaum
Laura Vogel	Jerry Weinkselbaum
Bessie Walker	Walter Weintraub
Ellen Bea Walker	Herbert Weiser
Joseph Walker	Milton Winograd
Leon Walker	Estelle Zafran
Marie M. Walker	Ira Zalbe
Robert Walker	Frieda Zielonka
Rose Walker	Harry Zielonka
Jacob Wallach	Abraham Zwick
Raoul Wallenberg	Dora Feldman Zwick



# Kehilat Yeladim

## A new Shabbat program for children ages 8 to 12

Join Morah Marcy Mirkin for an hour of prayer, singing, and activities.

Saturdays - 11 am to 12 pm

- November 9th
- December 14th
- February 8th
- March 15th
- April 5th
- May 3rd

Save the dates!



For more information contact [rsoffice@fhjc.org](mailto:rsoffice@fhjc.org)

## Passover Guides & Information

### The holiday of Passover (Pesach) is a celebration!

Passover, one of the most widely celebrated holidays in the Jewish calendar commemorates the exodus from Egypt, the journey toward redemption, and our personal paths as we move toward freedom.

Celebrated with the Passover Seder, an organized meal, we tell the story of the exodus, the trials and tribulations of the people, the rabbinic interpretations of the text, and seek to find ourselves amidst the story.

In 2025/5785, the first night of Passover begins Saturday evening, April 12th, and concludes (for those in the diaspora) on Sunday night, April 20th.

#### Read more about Passover, including

- What is Passover?
- Preparing for Passover
- How to observe Passover
- The Seder
- Passover Reflections
- Passover with Children
- Passover Prayers and Kavanot
- Synagogue and Intermediate Days

on Exploring Judaism's website [here](https://www.exploringjudaism.org/holidays/passover/):

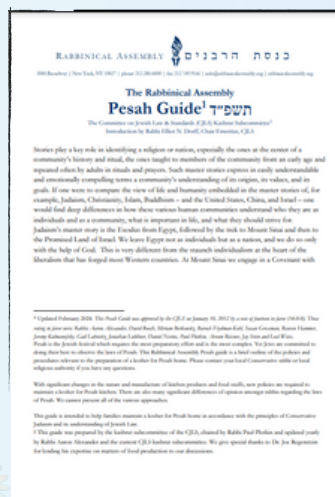
<https://www.exploringjudaism.org/holidays/passover/>

### Hametz Sale

On the holiday of Passover, we are commanded not to have any *hametz* in our possession. Any food that is made out of grain that has been allowed to rise (ferment) is *hametz*. Common *hametz* items include bread, cakes, breakfast cereals, pastas, many liquors and more.



**To authorize Rabbi Graber to sell your hametz on your behalf, please use this form, or visit the FHJC Office.**  
<https://tinyurl.com/Hametz-2025>



The Rabbinical Assembly Pesah guide, which can be downloaded [here](#), outlines the policies and procedures relevant to the preparation of a kosher for Pesach home in accordance with the principles of Conservative Judaism's understanding of Jewish Law.





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