

January 2023 | Tevet / Shevat 5783 Bulletin

HUNTINGTON JEWISH CENTER NEWS / COMMUNITY / CONNECTION



Huntington Jewish Center, 510 Park Avenue, Huntington, NY 11743 / Tel: 631-427-1089 / Fax: 631-427-8118 huntingtonjewishcenter.com / hjcny.org

Sisterhood News

by Evelyn Abraham

SISTERHOOD MEMBERSHIP DRIVE

Join Us and Support the Sisterhood of HJC. Your Membership Dues support our wonderful HJC Community and the Women's League for Conservative Judaism.

Watch for Emails with Information on upcoming Membership Events.

New members to HJC receive a complimentary Sisterhood membership for their first year.

Please return your Membership Letters as soon as possible. Checks are payable to Sisterhood of the Huntington Jewish Center. Mail to Huntington Jewish Center attention Sisterhood Dues.

Note: You now can pay your Annual Sisterhood Membership Dues on the HJC Website in the Online Payment Page. Please scroll down on the type of payment and Sisterhood Annual Dues and Sisterhood Annual Dues Senior Citizen have been added as an option for credit card payments.

\$45 - regular membership \$30 - senior membership

DONATIONS

Eve Krief in memory of her mother, Paulette Meltzer

MISHLOACH MANOT

Purim begins on Monday March 6th. Sisterhood will help you celebrate Purim by sharing a Purim package from you to your family and friends. Please watch for emails with information on how to participate.

WOMEN'S LEAGUE TORAH FUND CAMPAIGN

This year, the Torah Fund campaign-the dedicated philanthropy of Women's League for Conservative Judaism-has reached its 80th birthday. The new campaign, Our Chazak v'Ematz campaign, Be Strong & Courageous has begun.



We summon strength and fortitude in these changing times to continue to make an important impact at our global Conservative/Masorti institutes of higher education: Jewish Theological Seminary, Ziegler School of Rabbinic Studies, Schechter Institutes, Seminario Rabinico Latinoamericano and Zacharias Frankel College.

Your generosity helps provide essential scholarships and programs to train future leaders of the Jewish community. Torah Fund helps develop future rabbis, cantors, educators, synagogue administrators, social workers, scholars, researchers, lay leaders and others.

If you would like more information on Torah Fund, please contact Evelyn Abraham. If you would like to make a donation: https://inspired.jtsa.edu/torahfund

Save paper and send ecards for any occasion. For only \$5 per recipient, you can send an attractive message-and you can even schedule your card to be sent at a specific time! Revenue from ecard purchases will benefit the Torah Fund Chazak v'Ematz campaign. US supporters, please make your selection today at torahfundecards.jtsa.edu.

JUDAICA SHOP OPEN ALL YEAR ROUND FOR YOUR HOLIDAY AND SIMCHA NEEDS

Sisterhood Contact: Evelyn Abraham evelyn abraham@optonline.net



Rabbi Ari Saks Rabbi 631-423-5355

Cantor Israel Gordan Cantor 631-427-1089 ext. 26

Gina Giuffre **Religious School Director** 631-427-1089 ext. 14

Director, Early Childhood Center 631-427-1089 ext. 15

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HJC Committee Chairpersons			
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516-901-7179

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Ilene Brown

From Rabbi Ari Saks



The Faith of Humility

Everyone likes to be right; it makes us feel good to know things. But perhaps more than we like being right, we hate being wrong. Being wrong can make us feel dumb, ignorant, and even lead us to question our own selfworth. "Rabbi Eliezer rent his garments, removed his shoes, and dropped to sit on the ground [after hearing he was ostracized]

from the community for being wrong]" (Bava Metzia 59b).

So what do we do when we are wrong? We often deny it, telling ourselves that others are to blame. We rationalize it, employing our God-given gifts to create elaborate stories demonstrating how we are the victims. We do these things because it is very hard to look in the mirror and tell ourselves that we are wrong.

However, no matter how much we may know we will never know everything. God created human beings with beautifully imperfect skills of deduction that give us an incredible ability to reason, to understand, to interpret, to interpolate, to extract, and to contemplate beyond our immediate experience. Those skills lead us to getting a lot of things right, and even more things wrong. *"In toil you shall eat of it' (Genesis 3:17). What is 'it'? It is the fruit of the knowledge of good and evil"* (Ramban on Genesis 2:17). For as much as we enjoy being right, we need to learn how to be wrong otherwise we are doomed to toil in the pain we cause ourselves by denying when we are wrong.

The call of faith is a call to look in the mirror with honesty and compassion; honesty to admit when we are wrong and compassion to accept how to be human means to err. The heartbeat of faith is the virtue of humility because through humility we can be honest about our flaws and compassionate with our souls. *"Even though I am unfit and unworthy for the task, I come to represent Your people Israel and plea on their behalf. Therefore... I pray that I might successfully seek compassion for myself and those who send me" (Hineni from High Holiday Musaf).*

It is no wonder that humility is a bedrock characteristic of all the principal prophets of monotheism - Moses' speech was slurred, Jesus preached to lepers, and Mohammed was illiterate. All these spiritual leaders practiced a faith of humility in which their relationships with God modeled how human beings should treat one another with kindness and grace because no single human can see the totality of existence; only God can see the whole thing. Having a faith of humility means recognizing that there is a creator, a force, a power, a God that is greater than us and guiding us to embrace all that makes us human, even if we find out that, at the end of the day, our most cherished beliefs are wrong.



President's Perspective



A Second Home

Recently, I returned to Shabbat services after a few weekends away celebrating family events and it felt like I returned home. Returning to the sanctuary that is HJC feels like being enveloped in a warm embrace. For me, shul is not only the place where we come to socialize, learn, pray, and be inspired, but it is the place I return to for community and sustenance.

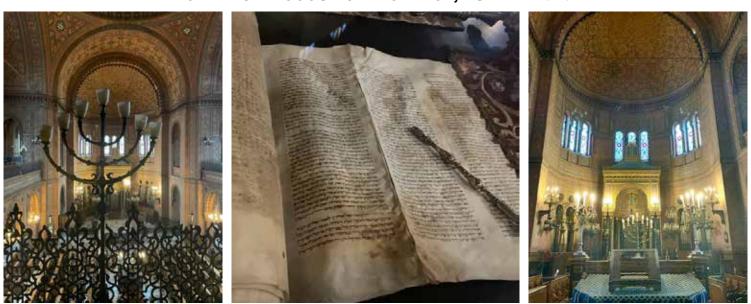
When I feel drained and depleted, shul can revive my tired spirit.

I could say that the melodies, the ark and Judaica on the walls all bring back memories of my childhood, but that would not be the truth. Although I attended Hebrew school as a child and was Bas Torah (at age 12 on a Sunday with the other girls in my class), it wasn't until I moved to Huntington and joined HJC in 1989 that I found my second home. In times of sadness, and in the lowest times of my life, HJC has been a place of refuge, of support and nourishment. Our shul, our community at HJC has been a source of great strength, and has brought a sense of holiness and community into my life. Our beautiful community has truly been my second home.

A synagogue is a Beit Tefilla, a house of prayer, a Beit Kneset, a house of assembly, and a Beit Midrash, a house of study. It occurs to me that the common denominator, the common thread, is the house or home. For each of us, our home is our safe space, our sanctuary. It is the place where we can exhale. As I walk into the home that is our sanctuary at HJC, I feel a sense of belonging, as it is a place where we each give of ourselves, and is a place where we share ourselves with each other. It is a place where we can bring ourselves, with all of our brilliance and all of our shadow, and just be in community. Although HJC has certainly had our share of challenges recently, as a resilient community preparing to take confident steps into the future, it is important that we each feel at home in our spiritual home. There are many roads that lead to our HJC community. Whether through prayer, the camaraderie of Sisterhood or Men's Club, or the enriching and educational experiences in our Adult Ed program, there are many paths that can lead us each to the comforting sense of coming home. Our community, our shul family rejoices with us at our happiest celebrations and helps lighten our burdens in times of loss and despair. The strength of our inter-generational synagogue life gives us that space, creating a larger, extended family for all of us, our synagogue community family.

Just as the fabric of HJC is woven tightly, we know we are also intricately intertwined with synagogues and Jewish communities around the world. My sister is spending some time in Florence, Italy and I hope you enjoy these photos from the Great Synagogue of Florence, built in 1848. I am sure this glorious sanctuary has brought the same brilliant light and shared sense of community to generations of Jews in Italy, as our HJC home, our Kehillah Kedoshah, has brought to each and every one of us.

Another synagogue, another second home.



GREAT SYNAGOGUE OF FLORENCE, BUILT IN 1848

View From The Director's Chair



January...a Fresh Start

Even though our Jewish New Year has already arrived and has been welcomed in, January is still an important month in all of our lives. January marks the start of a new year in the secular calendar. For most, January means making new year's resolutions, cleaning out closets, or starting a new club or activity, even a new fitness program! January is always

a fresh start, where you can't help but feel that this is a new page to write in all of our "chapters".

Recently, my family has gone through a traumatic event. One of my children needed an emergency surgery over Hanukkah. During the hours that my son was in the hospital and operating room, all I could think about was what I'll do with him when he was out and able to come home. So many thoughts were racing through my head during this short, but seemingly long period of time. The paramount theme that kept popping up was how it's so easy to be distracted and not be present when our children are around. There is always something, a laundry list of items to take care of while most of us are on our phones, not focused on what matters most. However, when you're faced with a family member's health on the line- all anyone can think about is the most basic of tasks- you just want your loved one better and think of how you will do more for them or spend more time. My new year's resolution is exactly this- to be present and not take loved ones for granted.

For those who are looking to try a new routine for the new year, January at HJC is the perfect time to start! Try a "Moving For Life" class which will be given on certain Sunday mornings taught by our very own Dafna Soltes Stein. Join the HJC/Melville JC Village Project for Yoga every Friday with Eva Grubler. For those looking to be more social, try the Trivia Night hosted by Mark Zimmerman. If you are looking to be more spiritual and explore mindfulness, attend "A Series of Discussions" with Ora Kriegstein based on the book by Rabbi Steve Leder, "For You When I am Gone: Twelve Essential Questions to Tell a Life Story". There are so many avenues at HJC to turn a new chapter and try something new. What new chapter in all of your books will you write in 2023?

HANUKKAH HAPPENING

Men's club selling food / ECC raffles / Sisterhood gift shop / Everyone enjoying crafts



Early Childhood News Ilene Brown, Director of Early Childhood Education



Hanukkah...What the Holiday Teaches Us

December was dedicated to the very festive holiday of Hanukkah. Hanukkah is rich with exciting and engaging customs and activities. The children are so excited to spin the dreidel and create their very own working menorahs. We lit our menorahs in the classrooms and recited our prayers. We even experienced the very memorable

taste of latkes. Of course, the ECC educators turned every craft and experience into an educational one. For example,

the miracle of the oil lasting eight nights provide us with many science experiments with oil, including density, liquid layers, and using oil for mixing in paints. The menorah provides us with countless math activities, including one to one correspondence,

addition and subtraction. The dreidel offers fine motor work and a game that also incorporates mathematics. Most of all, Hanukkah, as all Jewish holidays do, teaches us to be courageous, strong, and to always stand up for what we believe.

I would be remiss if I did not write about and publicly thank our Parent Association who worked tirelessly to chair our biggest fundraiser at the Hanukkah Happening. These incredibly dedicated and selfless parents gave countless hours of their time soliciting donations from local and national merchants. They pushed themselves and each other to make this the best fundraiser with the best raffle baskets. They raised a hefty amount for the ECC for both programming and improvements



Religious School Gina Giuffre, Director



A Sure Cure for the Post Holiday Blues

It is always around this time of year when my husband reminds me how tired he is of the cold weather, the short days and the dreariness January and February brings. He doesn't seem to mind the same conditions in November or December, but once New Year's Day comes around, he's ready to fast forward to spring. This phenomenon is pretty common, some call this the "post-holiday/vacation blues."

Psychology Today gives a few tips on beating these melancholy moments. Two of my favorite tips they offer is cooking and looking ahead. I specifically want to recommend cooking a soup from scratch. Soup is easy and healing. No wonder they call chicken soup "Jewish penicillin." When the soothing aroma fills your home, you cannot remember the weather conditions. Soup is hearty, calming and a wonderful way to support overall health. In addition, cooking soup is a wonderful activity to do with your children.

HJC is always reinventing their programming. There are multiple opportunities for social action, unique adult and family education including ongoing involvement with the Men's Club and Sisterhood. In our Religious School we have a series of Krav Maga (Israeli self-defense) classes starting Jan. 3rd for ages 8-14. Our Rosh Chodesh girls' group and Shevet Achim boys' group continues monthly with strong attendance. B'nai Mitzvah family education begins the end of January. We are planning a Tu b'Shvat family seder in early February, Purim carnival preparations are in the works for early March and a fabulous family performance of The Bible Players is coming in time for Passover!

I am pretty confident at least one of these activities can put a smile on your face. If not, know this, the winter solstice is behind us and the days are getting longer, the weather will eventually warm up and pretty soon you will see the crocus, tulips and daffodils poking their sleepy heads from their slumber. As it is written in Ecclesiastes "there is time for everything, and a season for every activity under heaven."



Donations

GENERAL FUND

Miriam Ecstein-Koas in honor of Elizabeth "Betty" Kiefer Helga Kramer in memory of Al Kramer at Yahrzeit Paul & Joan Cohen in memory of Ethel Wyatt at Yahrzeit Mark Klein in memory of Robert Klein Alan & Randi Schuller in memory of Elaine Bodian at Yahrzeit Shelley Weinberg & Family in memory of Jack Freilich at Yahrzeit Evelyn Abraham & Roger Silverberg in memory of Selma Greenstein, mother of Paul Greenstein

COLLEGIATE FUND

Arlene Steinberg in loving memory of her mother Polly Kurzer

DAILY MINYAN FUND

Ronald & Gwen Goldstein in memory of Selma Greenstein Brian & Nancy Cooper in memory of Selma Greenstein Brian & Nancy Cooper for the speedy recovery of Paul Cohen Farel & Susan Jouard in memory of Selma Greenstein Susan Goldmeer in memory of Selma Greenstein

ETHEL SACHS ENGAGEMENT FUND

Howard Baker in memory of his father Abraham Baker at Yahrzeit

HIHI FUND

Ethan Auslander & Mary Beth Polek in memory of Rhoda S. Auslander and M. Arthur Auslander

INCLUSION FUND

Mazal tov:

Jeff Stark & Lesley Delia-Stark with gratitude to Michael Fishelson for his generous contribution of the new ramp to the Bima

ISRAEL ENGAGEMENT FUND

Jesse Ganes to Emma Court

Devorah and Eliezer Dayan

Nili Gitig in honor of Ellen Kahn on the birth of her great grandson Eitan

Janet & Richard Ganes on the engagement of their son,

Ellen Kahn on the birth of her great grandson Eitan son of

JEWISH NUTRITION NETWORK

Pamela Geller in memory of Isaac Geller Ethan Auslander & Mary Beth Polek in memory of Rhoda S. Auslander and M. Arthur Auslander Scott & Chiahui Herskovitz with gratitude to Rob & Maxine Fisher Israel & Joni Brenner with gratitude to Robert Schpoont Walter & Elaine Kleinmann with gratitude to Marcey Wagner for her Adult Ed presentation of "The Jews of Greece" Israel & Joni Brenner with gratitude to Rabbi Ziona for your devotion to spiritual care Janet & Mark Zimmerman in memory of Irvin Zimmerman at Yahrzeit Sheryl & Ian Winkler **Benjamin Eckstein** Suzanne Susskind in memory of Herbert Susskind at Yahrzeit Janet & Mark Zimmerman in honor of the engagement of Josh Rubin, son of Jack & Leslie Rubin Gail & Jim Lodge in memory of Selma Greenstein Beth Diamond in memory of Selma Greenstein Arthur & Jessica Frischman in memory of Selma Greenstein Arthur & Jessica Frischman in memory of Victoria Houslanger's mother Joni & Israel Brenner in honor of Tom & Vicki Rosen's granddaughter traveling to Israel on a birthright trip Janet & Mark Zimmerman in memory of Selma Greenstein David & Robin Yanes in memory of Selma Greenstein Michael & Beth Diamond in memory of Selma Greenstein

LIBRARY FUND

Gloria Safran in memory of Louis Stecker at Yahrzeit

RABBI'S TZEDAKAH FUND

Carillon Nursing Home Arlene Harmon in memory of Charles Jerome Harmon

SOCIAL ACTION FUND

Jill & Arne Sherman in memory of Lou Sherman at Yahrzeit Jill & Arne Sherman in memory of Fae Cohen at Yahrzeit Gloria Safran in memory of Murray Safran at Yahrzeit

Condolence:

Family of Robert Klein **Ed Alcosser** Selma Greenstein mother of Paul Greenstein Al Levy, father of Andrew Levy

H/M VILLAGE UPCOMING EVENTS...SAVE THE DATES

JANUARY

•	1/19/23	CINEMA ART MOVIE (MOVIE AND TIME TBD)
)	1/29/23	ROY SCHWARTZ- "IS SUPERMAN CIRCUMCISED?" AT HJC 10:30AM
)		COFFEE AND RSVP TO ELAINE KLEINMANN AT ELAINE.KLEINMANN@GMAIL.COM
)		
)	FFRRUARY	

2/16/23 **CINEMA ART MOVIE (MOVIE AND TIME TBD)**

Kol Nidre Appeal 5783 Donations

PARTICIPANT Pam Geller

Ellen Kahn

CONTRIBUTOR

Harvey & Eileen Berger Deborah Cadel Jordan & Andrea Cohen Andrea & Howard Dubow Miriam Eckstein-Koas **Pam & Bruce Fleiss** Tzvi & Lauren Gerstle Lisa & Mitchell Golub Miriam Himmel Harriet Kerns **Caroline Kramer Jack & Barbara Lapidus** Mvra Marsh **Emily May** Steven & Randi Morris Scott & Leigh Murphy Lewis & Denise Novick Matthew & Darlene Raskin Ira & Elaine Roeper **Renda Rosenblatt** Albert & Joyce Sacknoff **Jill and Arne Sherman** Eric & Carol Solomon Martin & Rosalind Spielman **Arlene Steinberg** Myrna Tils **David & Robin Yanes**

PLEDGER

Robert & Hannah Astrachan Israel & Joni Brenner Andrew Cohen Dan Dansen & Julie Luks Bob & Maxine Fisher Edward & Donna Fleiss Janet & Richard Ganes Susan & David Glodstein Kenneth & Risa Gold **Janet & Howard Goldstein** Shanah & Howard Gordon Kenneth Gutwein & Gwynne Wicks **Todd & Victoria Houslanger** Ira Kalina & Marsha Perlmutter Kalina Gary Kelman & Alison Mishkit **Charlene Kerner & Gordie Kerner** Marilyn & David Klein **Daniel & Maayan Klein Richard & Cecel Klein Amv J Koreen** Marilyn Koven William & Eve Krief Adam & Lauren Kupersmith Morris & Jill Lagnado Susan & David Lefkowitz **Phyllis & Andrew Levy Robert & Susan Margolies** Keith & Felicia Messing **Dale & Phil Mintz** Joanne Mulberg & Peter Cohn Peter & Madeline Nack **Bea Pedowicz Beniamin & Melanie Perlson** Karen & Ron Reiter **Bruce & Alice Rosen** Martin & Judith Rosenblatt Marvin & Dalia Rosenthal Stuart & Marjorie Rothenberg Karen Schneiderman

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GRAND BENEFACTOR

Jonathan & Rachel Brill Anonymous Seymour & Beryl Okwit Barry & Dawn Sosnick

CHILDREN'S HONOR ROLL

Alexander & Nicholas Aronow Ezra, Rebecca & Asher Behr Joseph & Alex Brill Emily Buchholtz, Warren Buchholtz Nora Buchholtz The children & grandchildren of Ferne & Barry Chase: Brian, Beth, Aaron, Erin, Benjamin, Eden, Isaac Leo & Sarah Kaufman August, Jack & Samuel Frischman Noa Eli & Maya Gordan-Uhrman Jason, Joey & Alli Greenstein Alexander Ryan Houslanger Jordana, Jacob & Nina Boxer Alexander Gennaro Talia Kleinmann Jason, Rachel & Jesse Koreen The children & grandchildren of Marilyn Koven: Beth, Marshall, Julie, Marissa, Jordan, Sydney Zoe & Josh Krief **Blake Frankel** The children & grandchildren of Maxwell & Rosalie Malkiel: Michelle, Felicia, Ed, Larry, Susan, Ezra, Becca, Asher, Gabby, Ilan, Ben, Ava, Matthew, Airelle, Yosef Molly May Ben, Ilan, Gabriella Messing Andrew & Emily Reiver, Lee Reiver, Daniel Reiver **Rebecca Satin** Casey & Sylvie Schneider **James & Jack Parrotta** Sam, Nathan & Hannah Schoeffler Victoria & Daniel Schwartz Ilyssa & Max Stein Bretton Glaser, Alin Glaser, Koa Kessner **Daschel & Jane Goldstein** Sarah Klein, Matt Klein, Samara Klein Cameron Levy, Jasper Levy, Avery Levy, Dina Sokol, Leah Sokol, Noah Sokol **Russell Steinberg & Winston Steinberg**

HJC Youth Group* Presents:

Back by popular demand...



Class SERIES with Master Instructor Dr. Michael Blitz For all students ages 9-13

\$180 for 8 classes (\$200 for non-members) + test & demo (during school hours on May 21) (students must attend a minimum of 6 classes to qualify for demo-testing) Includes snacks before class

Program subsidized by Herskovitz Family Engagement Fund



The following Tuesdays from 6:45-7:30 PM

Jan. 3	Mar. 7
Jan. 10	Mar. 14
Jan. 31	May 2
Feb. 7	May 9

RSVP by Dec. 30, 2022

Non-members please call synagogue office to register: 631 427-1089

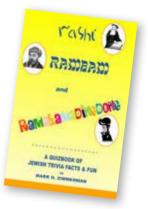
If you require any accommodations to be able to join us and fully participate in this event, please notify the office so we can assist you. *HJC Youth Group provides various social opportunities throughout the school year for all children ages 5-18 including but not limited to Chaverim, Kadima, & USY

HJC's Adult Education Presents:

Camels, Blech, Tuna Melt, Holy Rollers & Elvis

Everything You Need To Know About Jewish Trivia

By Mark Zimmerman, author of RASHI, RAMBAM and RAMALAMADINGDONG: A Quizbook of Jewish Trivia Facts & Fun



Tuesday, January 10th at 7:30PM



Ark D. Zimmerman was raised on *The Three Stooges* and *Leave It To Beaver*. He grew into *The Addams Family, The Dick Van Dyke Show* and *Get Smart*, before moving on to *All In The Family, Monty Python's Flying Circus* and *M*A*S*H*. Along the way he discovered the Marx Brothers, and from then on there was no stopping him.

Add in a Bar Mitzvah, B'nai B'rith Youth Organization, and a professional career in Jewish Communal Service, with a touch of Day School parent and HJC Board and Ritual committee, and you have someone whose interest in all things Jewish and a constant need to make a joke combined to make *RASHI, RAMBAM and RAMALAMADINGDONG* a reality.



Please use the following link to register:

https://hjc.shulcloud.com/event/adult-ed--trivia-night-with-mark-zimmerman.html

JNN Update & Appeal

Hello everyone, I hope this update finds you all well.

First & foremost I want to thank the HJC community & beyond for your continued support. The Mitzvah of giving would not be possible without the hundreds of volunteers and supporters from HJC & the local community.

From March 2020 thru November 2022 (during Covid), our amazing HJC community stepped up and helped put over 92,000lbs of fresh fruit & produce on the dinner tables of our neighbors.

Please help the JNN to continue their good work to help with food insecurity by making a donation.

Thank you

Rob Fisher JNN Coordinator robfisher720@gmail.com



Update from the Inclusion Committee

The Inclusion Committee has had several projects in the works over the last two years. We are extremely pleased to report that three projects involving accessibility to our building, our services, and our programs have been completed. Our handicapped bathroom is now fully ADA compliant, our assisted hearing system is fully functional, and, thanks to the generosity and efforts of congregant Michael Fischelson, we now have a ramp to the bima! Today HJC is truly a welcoming space for anyone who wishes to be a full participant in the life of our community.

Going forward, we are focused on ensuring that all publicity for HJC events invites congregants to inform the office of any accommodations they might need to be able to participate (transportation to an event, special seating arrangements, special dietary requests, etc.). We will also make certain that the process of joining HJC will include an opportunity for new members to make known any specific arrangements required to enable complete participation in synagogue life.

We are teaming up with the Social Justice Committee to provide programming during Pride Month in June.

To mark **Jewish Disability Awareness Month**, we plan to show a documentary that investigates the question, "What do people with disabilities pray for?" The filmmaker, Ben Rosloff, is the grandson of longtime HJC member, Sarah Eidelberg, and himself on the Autism spectrum. A moderated discussion with the filmmaker will follow the film.

We invite you to share with us your suggestions on how we can make HJC a comfortable and welcoming space for everyone. Please reach out to Miriam Eckstein-Koas (miribiri18@gmail.com) or Lesley Stark (Idelia@optonline.net). We would love to hear from you.

Mazel Tov to HJC congregants Vicki & Arthur Perler and Johanna & Ari Perler

for being honored with UJA's L'Dor V'Dor Award at the UJA Federation 2023 Suffolk Signature Event on November 10, 2022.





It was a wonderful evening shared with many HJC congregants in attendance to support UJA and to celebrate the Perlers for this well-deserved honor.



Sponsored by the Huntington Jewish Center and Melville Jewish Center

Dharma Yoga Beginner Class

With Eva Julia Grubler

Fridays | 10:30- 11:30am



Please bring a towel and a mat.

Huntington Jewish Center 510 Park Ave Huntington, NY 11746 (Use front main entrance)





Eva Julia Grubler has been the Director of the Dharma Yoga Center in NYC since 1990, and founded its world renown Life of a Yogi Teacher Training program in 1999.

She is the daughter of Holocaust Survivors, whose parents lived on a moshav in Israel before she was born, and grew up in Laurelton Queens. A member of Hashomer Hatzair starting at age 12, steered her ethical values, spending a year on Kibbutz after high school. There she was asked to be in a modern dance piece performed at their ancient amphitheater. That began a life in dance and choreography in NYC which eventually led to Yoga Practices.

Dharma Yoga offers practices and level series from beginners thru advanced, teachers, and seniors. It is a pathway to radiant health, well-being and inner peace. Join us in practice anytime. We are here to help and serve you both live and online.

Questions? Email Eva@dharmayogacenter.com





ECC SHABBAT FAMILY SERVICE AND DINNER Pizza, pasta, and pajamas!!!!

Friday, January 20th, 2023

CHILD FRIENDLY SERVICE 5:00PM DINNER 5:30-6:30PM

BYOKW (Bring Your Own Kosher Wine)!

ADULTS \$15/PERSON, KIDS \$10/PERSON

PLEASE RSVP TO <u>eccoffice@hjcny.org</u> or <u>ibrown@hjcny.org</u> BY JANUARY 17th

> INCLUDE THE NUMBER OF ADULTS AND CHILDREN WHO WILL BE ATTENDING

HJC's Adult Education Presents:



A Series of Discussions with Ora Kriegstein based on the book by Rabbi Steve Leder,

For You When I am Gone: Twelve Essential Questions to Tell a Life Story



Jan 24, Jan 31, Feb 7th - all at 8pm - in person

In his book Rabbi Steve Leder guides us on a journey of writing an ethical will: a document which describes stories about our past, how we have lived our lives, what values are important to us, what we would like our loved ones to know about us, and how we would like to be remembered.

Our culture often stresses our material possessions; but what about our thoughts, feelings and values? We will be looking at 12 specific questions such as: what do you regret? when was a time you led with your heart? what makes you happy? what got you through your greatest challenge?

Through stories and examples from individuals - old, young, famous and not - this exercise will be an inspiration.

In three Adult Ed sessions, we will have a chance to delve into Rabbi Leder's 12 questions and think about how we would like to write our own ethical wills. Doing so will also enhance the way we live our day to day lives, moving us to be mindful about who we are and how we spend our days. We can get as personal as people would like; and participants will have a chance to work on questions and issues that are most meaningful to them.

The book is available and for purchase through Barnes & Noble or Amazon.

I am looking forward to facilitating this process and think it will be a meaningful journey for all who participate.

Please call or email me with any questions. Ora Kriegstein 516-287-0337



Please use the following link to register:

https://hjc.shulcloud.com/event/adult-ed-program-with-ora-kriegstein-1.html

HJC Youth Group* Presents:

Shevet Achim - The Brotherhood with Rabbi Saks Becoming Jewish Men

An invitation for HJC boys from Grades 5th-12th to join Rabbi Saks for bonding, food, fun, and learning.

Sessions will run once a month from November through March (see dates below) Pinner included.

Volunteer service hours may be earned for 10th-12th graders. Please speak to Rabbi Saks for more information.

All sessions are on Tuesdays and run from 6:30-8:00 pm



Dates of sessions: January 24th February 28th March 28th

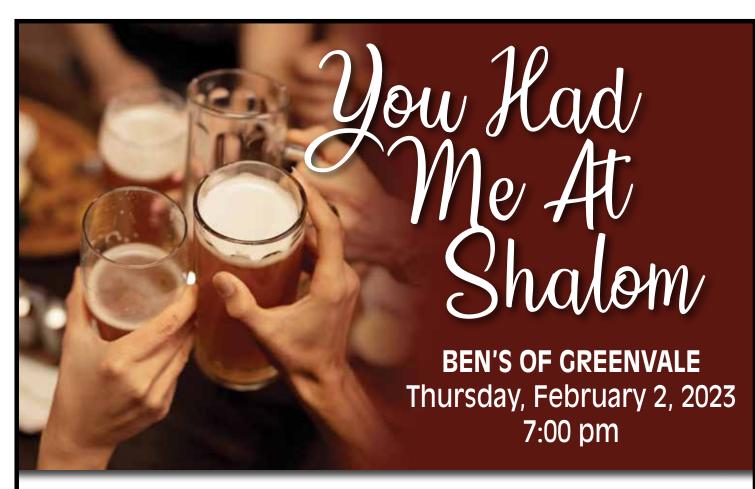
Each session \$20



https://hjc.shulcloud.com/event/shevet-achim-the-brotherhood-with-rabbi-saks-.html



*HJC Youth Group provides various social opportunities throughout the school year for all children ages 5-18 including but not limited to Chaverim, Kadima & USY



Come meet other Jewish Singles in their 30s, 40s, and 50s who are looking to expand their social circle. It will be a fun and casual night at Ben's in Greenvale. The evening will include a speed dating portion as well as time to casually mingle while having drinks and snacking on some kosher favorites!



The cost per person is \$40 and can be paid at the door on the night of the event, however **advance sign up is a must.** Two drinks (beer and wine) and appetizers are included.





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From the Ben Tasman HJC Library Tyna Strenger

THANKFUL FOR BOOKS, OLDE AND NEWall year long.



Trying to research titles to offer our library readers I fell down the rabbit hole of authors and titles of Jewish interest. The following deal with the WW II period, some of them beginning in the current era, or at least long after the war ended.

HISTORICAL FICTION TITLES

Kristin Harmel has written:

ROOM ON RUE AMELIE: an American newlywed, a Jewish teenager and a British Air Force pilot brought together in Nazi occupied Paris, and their struggle for survival.

WINEMAKER'S WIFE: exceptional tale of love, courage and betrayal, yours to discover the Jewish link.

FOREST OF VANISHING STARS: a young woman uses her knowledge of the wilderness to help Jewish refugees escape the Nazis, until a secret from her past threatens everything.

Kelly Rimmer has written:

WARSAW ORPHAN: based in Poland, the Jewish ghetto and the resistance.

BOOK OF LOST NAMES: a semi-retired librarian in Florida while shelving books sees a photo in a magazine nearby and recognizes the image of a book she hadn't seen for 65 years. The article refers to the looting of libraries by the Nazis across Europe and memories of her family's flight from the Nazis.

THINGS WE CANNOT SAY: WW II novel follows a woman's urgent search for answers to a family mystery, uncovering unexpected truths about herself.

GERMAN WIFE: in 1950 Alabama Sofie and her husband, a German scientist, pardoned and granted a position in the NASA Space Program, find their family torn apart by an act of violence after rumors about their affiliation with the Nazi party surface.

The last recap of 2022 and I promise to begin the new secular year with something other than WW II Holocaust subjects......can't say what the rest of the year will bring tho'.

HAVE A HAPPY AND STAY HEALTHY.



HJC Bulletin

January 2023

Huntington Jewish Center 510 Park Avenue Huntington, NY 11743

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Non-Profit Org. U.S. Postage Paid Huntington, N.Y. Permit No. 227

Our Culinary Legacy Cookbook

OUR CULINARY LEGACY COOKBOOK MAKES A GREAT GIFT

If you are looking to add some new Recipes, the Culinary Legacy Cookbook should be your source.

There are interesting stories as well from our HJC Community. The cost is \$36 a book or \$44 if you would like it shipped.

You can order online https://hjcny.org/hjc-cookbook/

or send a check payable to HJC Sisterhood to HJC and mark attention Sisterhood Cookbook.

APRONS AND BAGS WITH CULINARY LEGACY COOKBOOK

If you are looking for a gift to give family or friends, in addition to the cookbook, buy an Apron (\$15) and Grocery Bag (\$5) with the Cookbook logo.

Please contact Evelyn Abraham if you have any questions about making donations and ordering the Cookbook, Apron or Grocery Bag. evelyn_abraham@optonline.net

Huntington Jewish Center encourages the participation of people of all abilities in its programs and activities. If you or a family member would like to attend an activity, program, meeting or event but require additional support or special accommodations, please call the HJC Main Office at 631-427-1089 or email hjcadmin@hjcny.org.

