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MONTHLY

JVOICE

SERVING THE JEWISH COMMUNITY OF
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THE POWER *of*
CELEBRATION

I HAVE THE DATE,
NOW WHAT?

PRAYS WELL
WITH OTHERS:
A Story of
Celebration
and Unity

Celebrations!

PUBLISHED BY

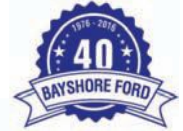


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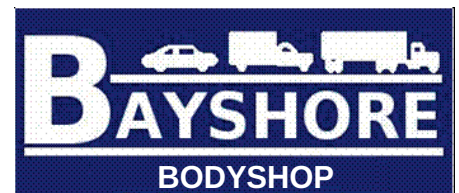
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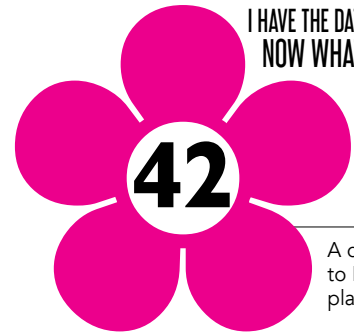
#SHOWUPFORSHABBAT ON PITTSBURGH SYNAGOGUE MASSACRE ANNIVERSARY

American Jewish Committee (AJC) announces #ShowUpForShabbat initiative for people of all faiths to join with Jews in synagogues for Shabbat services on October 25 and 26, to show solidarity with the Tree of Life Congregation in Pittsburgh



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There are many ways that celebration and joy can remind us of hope



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Successful acts of repentance and forgiveness can open up a world of relief and freedom, where we can celebrate the feeling of letting go. *j-VOICE* editor Jaidy Schweers offers up a short collection of reflections on forgiveness.

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PHOTO BY SHARON FULLERTON PHOTOGRAPHY

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What will your Jewish legacy be?



PHOTO COURTESY OF C. SUGARMAN

We believe that life is a precious gift. To live it without meaning, without purpose, without making a difference, is to deny that gift. We have had the ability to make choices that shape our lives and the lives of our people. We find meaning in our lives, in direct proportion to our decision to use our freedom to make life giving and life sustaining choices. With our life choices that link us to the covenant we accepted at Sinai, we have experienced the satisfaction of building a Jewish world for ourselves, our children, and the Jewish people. We want to pass on to our children our sense of commitment to a history, a memory, a destiny that makes our lives count.

Connie and Michael Sugarman



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WHY FEDERATION?

Richard A. Levine, *President*
Seth J. Katzen, *Chief Executive Officer*

The Jewish Federation of Delaware supports a community-wide network of organizations that do two things:

-  **Care for people** in need here at home, in Israel, and around the world; and
-  **Nurture and sustain** the Jewish community today and for future generations.

Through our community-wide network of partners and agencies, we actively seek out and address the most pressing issues facing our community every day in order to feed, clothe, comfort and rescue people in need. We also inspire, educate, and connect people to their Jewish identity.

For 85 years, the Jewish Federation of Delaware has been raising funds to meet the ongoing needs of our Jewish community.

Federation continues to be the single largest annual fundraising arm for our Jewish community with thousands of people providing support to a community-wide network of organizations that care for people in need and nurture and sustain the Jewish community today and for future generations.

Federation truly supports the fabric of Jewish life in our community.

By working with community leadership, we ensure that the programs, institutions, and values that enrich our Jewish community remain vibrant and strong. From feeding the hungry to helping the unemployed...from supporting families with needs to funding Jewish education and Israel experiences... Jewish Federation is focused on addressing the most pressing issues facing our community every day.

Federation provides an effective and meaningful way for you to give Jewishly. With one gift, we address causes and issues of importance to our community. If you or someone you know receives financial

or scholarship assistance, enjoys PJ Library books, or has been a participant on Birthright Israel, then you know how important the Jewish Federation is to our community. And this is just a small sampling of services we help fund.

During times of crisis and natural disasters, Federation responds.

The Jewish Federation system has a long track record of carrying out big bold initiatives and mobilizing great resources during times of crisis. We helped airlift thousands of Ethiopian Jews to safety in Israel, rescued and resettled more than one million Soviet Jews, and we provided lifesaving humanitarian relief in the Ukraine and Venezuela as well as during the natural disasters in Houston, New Jersey, New Orleans, Haiti, Japan, the Philippines, and New Jersey.

The extraordinary impact of Jewish Federation can be felt around the community and around the world. In Delaware and the Brandywine Valley, we provide opportunities for Jewish culture to flourish and are working toward reaching our broad, diverse, and growing community.

In Israel, Federation provides funds for training and educational programs to break the cycle of poverty, enrichment programs for children at risk, and provides support for new immigrants to integrate successfully into Israeli society.

And Federation is active in more than 70 countries around the world.

Through our broad network of partners and agencies, we actively seek out and support innovative solutions in order to provide basic necessities in life, rescue people in need, and educate, inspire, and connect people to their Jewish identity.

Federation's success is dependent on building and strengthening a vibrant and caring community that is committed to improving the world.

Thanks to your continued support, **we Grow Stronger TOGETHER.**

TOLERANCE AND HOLOCAUST EDUCATION ANN JAFFE FUND

aka **(THE:)** Ann Jaffe Fund, Jewish Federation of Delaware



Ann Jaffe PHOTO CREDIT: MERIDIAN STAR

By Linda Jaffe Sereduke

It's almost impossible to walk around our community with Ann Jaffe and not be stopped by some admirer or friend.

It is simply amazing how her many associations and speaking engagements in Wilmington and beyond have made her such a beloved and respected person.

Ann came to Wilmington in 1975 when her husband Ed's DuPont job brought the Jaffe family here. She and Faith Brown became fast friends, though it took some persuasion by Faith to convince Ann to speak publicly about her war experiences for the first time. It was difficult at first, but she quickly came to appreciate the enormous importance of this task. Now, 44 years and 450 appearances later, she remains one of the few survivors in the greater Wilmington area speaking firsthand about the Holocaust.

Ann is a retired teacher, still connecting with young people by speaking at schools near and far. She chairs the Speakers' Bureau of Delaware's Halina Wind Preston Holocaust Education Committee, inspiring and influencing countless individuals by asking everyone who hears her speak to go home and share her message with their families.

Born in 1931 in the village of Kobylnik, Poland (now Belarus), her family survived the war

hiding from the Nazis for nearly two years in a nearby forest. Ann endured starvation, exposure to freezing temperatures, and constant fear of capture. She credits her parents for her survival, and the life lessons she shares with others. Every Holocaust survivor has a unique and compelling story to share, but there is something distinguishing about Ann's message. She does not merely recount the details of her particular family's story of survival; she also imparts the positive lessons she learned from this horrible time in history. Despite the horrors she witnessed and experienced, she has refused the temptation of self-pity and bitterness. Instead, her message is one of hope, teaching the vital importance of tolerance of people's differences, a value she knows to be the most powerful deterrent against hate. She leaves her listeners inspired to overcome tough times, be kind and accepting of others, while encouraging everyone to speak out against injustice. For these reasons, Ann was honored by the Anti-Defamation League in 2017 at the Kennedy Center in Washington, and also by her local Hadassah Chapter.

The security of Israel is extremely important to Ann. She does her part in explaining that what happened to European Jews during World War II directly motivates her concerns. Politics aside, she knows that Israel is our safe haven.

Ann's children have created a Jewish Federation of Delaware (JFD) Fund to honor her and keep her messages in the forefront of our wonderful community. The Ann Jaffe Fund will sponsor speakers that will focus on tolerance, anti-Semitism, Israel, and Holocaust education. You can honor Ann and this cause by contributing to her JFD Fund. And every contribution will support bringing important speakers to our community.

We invite you to join us as we launch of THE Ann Jaffe speaker series on Sunday, November 10, 2019. The Editor-in-Chief and CEO of *Moment Magazine*, Nadine Epstein, will speak at this inaugural event about "Tipping the Scale of Human Nature Toward Tolerance and Kindness." Ms. Epstein is an award-winning journalist, whose work has appeared in *The New York Times* and *The Washington Post*. She recently authored *Elie Wiesel: An Extraordinary Life and Legacy*, honoring *Moment's* founder and author of *Night*, sharing personal memories of Wiesel, 36 interviews with others who knew him well, and more than 100 photos. This program is free to the public, but RSVPs are encouraged at www.ShalomDelaware.org/Tolerance. We hope you will come out to hear an inspiring message, mingle with friends, and say hello to Ann.

JFD Receives Four Fundraising and Communications Excellence (FACE) Awards

By JFD Staff

Jewish Federation of Delaware is the proud recipient of four winning entries in the Association of Fundraising Professionals (AFP) Brandywine Chapter's 2019 Fundraising and Communications Excellence (FACE) Awards.

The 2019 FACE Awards recognizes and honors not-for-profit organizations whose communications demonstrate excellence, quality, creativity and overall effectiveness. The PRSA Delaware Chapter's Board of Directors served as this year's judging panel.

Federation's four winning entries include **Annual Appeal (Super Sunday)**, **Branding (We Grow Stronger TOGETHER)**, **Newsletter (j-VOICE Monthly)** and **Special Publication (Shalom Delaware)**. Federation will be accepting the awards at AFP's National Philanthropy Day on Tuesday, November 12th at the DuPont Country Club.

"Winning multiple FACE Awards in consecutive years is a wonderful achievement and a testament to our professionals and lay leadership's commitment to excellence," stated Seth J. Katzen, Chief Executive Officer of the Jewish Federation of Delaware. "We are honored to be the only organization with multiple winning entries in this year's competition."

About the AFP Fundraising and Communications Excellence (FACE) Awards:

The AFP Brandywine Chapter strives to advance the profession of fundraising and the institution of philanthropy for the public good. We serve the communities of the Brandywine Valley, including Delaware, Southeastern Pennsylvania, Eastern Maryland, and Southwestern New Jersey. For more information, please visit AFPbrandywine.afpnet.org/

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OCTOBER CELEBRATIONS: COURAGE AND RESISTANCE



Survivors of the Sobibór uprising. Uprising leader, Leon Feldhendler is on the top far right PHOTO COURTESY OF USHMM

By Steve Gonzer
Chair, Halina Wind Preston Holocaust Education Committee

To liken the word “celebrations” with the Holocaust may require a stretch of the imagination for some of us.

Yet, stretching our imaginations may serve as a nourishing exercise to increase our focus on the innumerable acts of courage and resistance that occurred during the Holocaust and all genocides. In the Holocaust, the month of October offers examples of three events we should always remember:

October 1, 1943 Roundup of Danish Jews

Approximately 7,220 Jews plus 686 non-Jewish spouses were clandestinely evacuated from Denmark by members of the Danish resistance movement. On October 1st, 1943 Adolf Hitler ordered Danish Jews to be arrested and deported to concentration camps. Among them was Finn Hannover, who resided in Arden, Delaware for many decades. He was a Mechanical Engineer for the DuPont Company and member of the Delaware Symphony Orchestra.

In late September 1943, the Nazis decided it was time to get rid of the Danish Jews. Immediately upon learning of their fate, George Ferdinand Duckwitz, a Righteous Gentile, attaché for Nazi Germany, warned the Danish resistance movement about the orders. Within moments of the warning, ordinary non-Jewish Danish citizens leaped into action to save their fellow Jewish friends and neighbors. Finn Hannover recalled, during a 2005 interview, “... there were no attacks on Jews in Denmark and nobody wore the Star of David... the Germans didn’t

MORE ON NEXT PAGE



TOP LEFT: Georg Ferdinand Duckwitz PHOTO COURTESY OF USHMM; **MIDDLE:** Ala Gertner PHOTO COURTESY OF USHMM; **RIGHT:** Finn Hannover with his parents and siblings PHOTO COURTESY OF STEVE GONZER

get much help from the Danes and very few Jews went to concentration camps... my uncle was one of those few, only because he refused to leave his home... he was taken to Theresienstadt..."

The roundup plan was to coincide with Rosh Hashanah, the Jewish New Year. Marcus Melchior, a rabbi at Copenhagen's main synagogue, where Finn's father was a member, received word of the coming roundup. Rabbi Melchior told his congregants there was no time to continue the services because there was news that Friday night the Gestapo would come and arrest all Danish Jews.

"The Gestapo had all the names and addresses for every Jew in Denmark, including my Father" recalls Finn. "In one or two nights ordinary Danes began to hide Jews. A stranger knocked on our door and said we need to leave immediately and that he would see to it that our apartment was kept safe until we returned."

Upon their return home from Sweden, Finn remembers, with tears streaming from his eyes, "Some woman tapped my dad on the back of his shoulder and handed him the key to our apartment and said, welcome home, here is the key to your apartment. Everything is just as you left it. Go home now."

The rescue of Danish Jews is considered one of the largest collective acts of resistance against the Nazis during the Holocaust.

October 7, 1944 Uprising at Auschwitz

Upon arriving at Auschwitz, Ala Gertner knew that she would eventually be killed or die of starvation. She was assigned to forced labor at a nearby armaments factory. Gertner, along with fellow female prisoners, Ester Wajcblum, Regina Safirsztain and Roza Robota began smuggling gunpowder and

explosives from the factory to leaders of a resistance movement within the camp—Jozef Deresinski, Zalman Gradowski, Jankiel Handelsman, Ajzyk Kalniak, Lajb Langfus, Zalman Lewental, Lajb Panusz and Jozef Warszawski, whose real name was Jozef Dorebus. The group planned to destroy one of the crematoriums at the camp.

Coincidentally (or maybe not), Ala Gertner was born and raised in the town of Bedzin, Poland where local Holocaust survivor, Henry Kahn was also born and raised. Henry was also taken to a forced labor camp. Members of his family were assigned to work at the same armaments factory as Ala Gertner.

During the uprising in October 1944, the prisoners killed three guards, blew up Crematorium 4, and destroyed the adjacent gas chamber. Crematorium 4 was damaged beyond repair and never used again. On November 7th, 1944, the Nazis destroyed the gas chambers to hide their crimes.

The guards crushed the revolt and killed almost all the prisoners involved in the rebellion. On January 5, 1945, the four women were hanged in front of the assembled women's camp. Roza Robota reportedly shouted "Be strong and be brave" as the trapdoor dropped.

October 14, 1943 Uprising at Sobibór

In spring of 1943, A surreptitious note was discovered that reinforced rumors about the fate of prisoners, if the Sobibór camp was dismantled. The note was carried by a prisoner from Belzec, who had been transported to Sobibór. He was killed at the railway station upon his arrival, but the note somehow survived.

This led Polish-Jewish prisoners to organize an underground committee whose goal was

to escape from the camp. In September 1943, the Sobibór underground was unexpectedly strengthened by the addition of Soviet-Jewish POWs transported from the Minsk Ghetto, a tall man, about thirty-five years old named Alexander "Sasha" Pechorsky. One of the leaders of the underground movement, Leon Feldhendler recruited Pechorsky and put him in command. Feldhendler was his deputy. Leon Feldhendler, a man in his early thirties, had been chairman of the Jewish Council in Zolkiew before being taken by the Nazis.

On October 14th the Sobibór underground, led by Pechersky killed 11 German SS officers, overpowered the camp guards, and seized the armory. The plan was to kill all the SS and walk out of the main gate of the camp, however, the killings were discovered, and the inmates ran for their lives under fire. About 300 out of the 600 prisoners in the camp escaped into the forests. Most of them were recaptured by the search squads.

Approximately 158 inmates perished in the Sobibór revolt, killed by the guards or in the minefield surrounding the camp. A further 107 were killed either by the SS, Wehrmacht, or police units pursuing the escapees. Some 53 insurgents died of other causes between the day of the revolt and May 8, 1945. There were 58 known survivors, 48 male and 10 females. Within days of the uprising, the SS chief Heinrich Himmler ordered the camp closed, dismantled, and planted with trees. The gas chambers were demolished. Remnants of their foundations were covered with asphalt and made to look like a road. The last prisoners still in the camp, who had been used to dismantle the buildings, were killed in late November, and the last guards left the site in December.

Ironically, Leon Feldhendler survived the Holocaust, only to be killed by anti-Jewish Poles in April 1945.

In June 2019 the last known survivor of the revolt, Semion Rosenfeld, who was born in Ukraine died at a retirement home near Tel Aviv, Israel.

Sources: Rosa Robota: *Jewish Heroine of Auschwitz; The Sonderkommando Revolt;* United States Holocaust Memorial Museum; National WWII Museum; New Orleans, Yad Vashem Archives

Throwback Delaware



"You heard it in The Jewish Voice"

Service Connects the Generations

This past summer, the JHSD was delighted to have Dalia Handelman, a University of Delaware summer intern, working with us to interview members of Delaware's Jewish community (full article on page 31). UD students will conduct more oral history interviews this fall. The audio recordings of Ms. Handelman's interviews are now available online at JHSDelaware.org/collections/digital. Dalia Handelman and JHSD archivist Gail Pietrzyk will share stories about the oral history collections of the JHSD and the on-going program of interviews with the Beth Shalom Sisterhood in November.

The *Jewish Voice* plays a key role in these projects, providing background information, photographs and articles documenting the lives described in the oral history interviews, as shown by this article from the August 11, 1995 issue.

The Jewish Historical Society of Delaware now has fifteen years (1983-1998) of the *Jewish Voice* available online at JHSDelaware.org/collections/digital.

– Gail Pietrzyk
Archivist, Jewish Historical Society of Delaware

Jewish Historical Society of Delaware is an Affiliated Organization of Jewish Federation of Delaware.



PUBLISHED AUGUST 11, 1995 Delaware's Browns Volunteer In Israel

By SYLVIA G. LEVEN
Special to The Jewish Voice

Having recently returned from their sixth trip to Israel, Lou and Faith Brown say they just had their most rewarding experience ever. They were volunteering with an organization called "SAR-EL" ("Sherut Le Israel")-Service for Israel. Lou and Faith were part of a diverse group of volunteers ranging from 20 to 70 years old. This recent group of enthusiastic volunteers for Israel, was lodged at their assigned military base in the Golan Heights. For a short time, Faith assembled Uzi machine guns (until reassigned to setup before and break down after meals). Lou on the other hand was assigned to an army vehicle replacement parts warehouse. Other volunteers are assigned to hospitals, geriatric institutions, agricultural settlements and other deserving civilian facilities. Since its inception, the volunteer project has brought in over 45,000 volunteers of which 6% have made "Aliyah" and have become Israeli citizens.

The goals of the volunteer project are as follows: to create an opportunity for Diaspora Jewry and other friends of Israel, through manual labor, to assist in the rebuilding of Israel; to strengthen the bond of solidarity between the Diaspora Jewry and the Jews living in Israel; to strengthen the identity of the Jewish Lou and Faith Brown, (pictured here in uniform), recently took part in "Sherat Le Israel" ("SAR-EL"). It was the sixth trip to Israel for the Delaware residents. youth living in the Diaspora; and through the dynamics of Israelis and diaspora participants working together, to produce behavioral emulation that will eventually develop and enhance personal values.

In the summer of 1992, Golan Heights settlements faced the disastrous prospect of losing their entire agricultural crop. The majority of able-bodied settlers were called into Army reserve service and entire plantations with crops ripened were left unattended due to the acute labor shortage. Dr. Aharon Davidi (former head of the IDF Parachute Corps) sent in a recruitment team which within a few weeks brought in some 650 volunteers from the U.S.A. This was the beginning of Sar-el and it keeps on growing and helping Israel. For more information on "Sar-el"-contact the Browns.

JEWISH HERITAGE NIGHT AT THE BLUE ROCKS

PHOTO CREDITS: WENDY BERGER & NICOLE TERRANOVA

It was wonderful being with over 200 members from the Delaware Jewish community on Tuesday, August 20th to celebrate Jewish Heritage Night at the Wilmington Blue Rock's Frawley Stadium (Federation and the Siegel JCC were proud sponsors). We thank all of the participants who contributed to this special event including Reece Ratliff and Lauren Aussprung who performed the National Anthems, the Chai Notes for their pre-game performance, and Siegel JCC CEO Ivy Harlev, who threw out the first pitch.



1



2

1 Congregation Beth Shalom's Klezmer band: The Chai Notes

2 Ivy Harlev and Brian Dym competed in the Matzah Ball Soup Catch Contest

3 Jackie Rankins participated in the Kosher Pickle Eating Contest AND won!

4 Star Spangled Banner and Hatikva singers, Lauren Aussprung and Reece Ratliff with Rocky

5 Rabbi Ellen and Steven Bernhardt and three of their grandchildren



3



4



5

BOARD & COMMUNITY LEADERSHIP TRAINING WORKSHOP

PHOTO CREDITS: WENDY BERGER

Jewish Federation coordinated two leadership training sessions with Nanette Fridman, a nationally recognized nonprofit expert and author of *On Board and Holding The Gavel*. The Federation Board of Directors learned about building a culture of philanthropy to make an impact and our beneficiary agency and synagogue leadership learned effective governance for nonprofit boards. Both programs were partially funded through the generosity of several leadership funds at Jewish Fund for the Future, including the Beau Biden Leadership Fund.



1 Richard A. Levine, JFD President; and Nanette Fridman, Speaker **2** Alan Gilbert and Peter Hurd **3** Rabbi Yair Robinson and Rabbi Michael Beals **4** Jennifer Lowrey, Lori Barbanel, and Jameson Tweedie **5** Max Rosenberg, Alan Bleier, and Lidia Ini



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*honoring the memory of the
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who gave their lives preserving our freedom and democracy*

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REFRESHMENTS WILL BE SERVED FOLLOWING THE DEDICATION

CJL TEAM MEETING

PHOTOS PROVIDED BY JFD STAFF

Create A Jewish Legacy team members met with Dena Kaufman of the Harold Grinspoon Foundation to share their Superhero Powers that are used to build our Jewish community's legacy in Delaware.



Clockwise from bottom L, Michelle Glazier, Dr. Leonard Seltzer, Connie Sugarman, Richard A. Levine, Seth J. Katzen, Shari Dym, Donna Schwartz, Dena Kaufman, Marla Cooper, Seth Bloom, and Sherri Evans-Stanton

MAYOR OF ARAD LUNCHEON

Federation Leadership met with the Mayor of Arad, Nissan Ben Hemo, on Thursday, September 12 for an update on our Partnership2Gether (P2G) sister city in Israel. Federation's Annual Campaign allocates funds for specific projects in Arad including student scholarships at the Arad Music Conservatory.



Mayor of Arad delivering passionate speech to attendees

PHOTO CREDIT: WENDY BERGER



Back Row; L to R: Anna Milstein, Daniella Buchshtaber, Mayor of Arad, Nissan Ben Hemo, Russ Silberglied, Hila Tsahi, Rabbi Michael Kramer, Hedy Mintz, Wendy Berger, Gael Szymanski, Richard A. Levine, and Seth J. Katzen. **Front Row;** L to R: Stuart Diamant-Cohen, Jennifer Steinberg, and Nancy Schluter PHOTO CREDIT: DANA WARWICK

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JCRC AND THE ADL

More than 50 members of the community joined us on Tuesday, September 10 for our Jewish Community Relations Committee's, *The Intersection of Racism and Anti-Semitism* program presented by the Anti-Defamation League's Robin Burstein, Senior Associate Regional Director. We appreciate the ongoing support and collaboration we have with ADL Philadelphia.



1 L to R, Rabbi Ellen Bernhardt, Jennifer Steinberg, Robin Burstein, Richard A. Levine

PHOTO CREDIT: STEVE DOMBCHIK **2** Participants listen as Robin Burstein speaks PHOTO CREDIT: JFD STAFF



bbyo KICKOFF EVENT

The BBYO Kickoff event was held on Sunday, August 25 at the JCC with Slip and Slide and a scavenger hunt. A good time was had by all!

PHOTOS SUBMITTED BY GABE BOYD




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17TH ANNUAL FRESHMEN FEST: HILLEL WELCOMES THE CLASS OF 2023!

PHOTOS COURTESY OF HILLEL



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- 1 Freshmen Fest is a student leadership opportunity run by the Executive Committee
- 2 More than 40 Upperclassmen volunteer to be ambassadors to the incoming class
- 3 150 new Jewish students participated in Freshmen Fest this year
- 4 Students getting ready to celebrate their first Shabbat at UD
- 5 Candle lighting
- 6 Freshmen Fest participants

AABGU RECOGNIZES OUTSTANDING LEADERSHIP

PHOTO COURTESY OF AABGU

Dr. Barry Kayne has been selected to receive the Harriet and Albert Soffa Lifetime Achievement Award by the Mid-Atlantic Region of American Associates, Ben-Gurion University of the Negev (AABGU) in recognition of his outstanding leadership over many decades, supporting the University of Delaware Hillel, AIPAC and serving as the President of the Jewish Federation of Delaware.



Representing the Delaware Chapter of AABGU at the kickoff dinner leading to the November tribute brunch are officers of the chapter with the 2019 honoree; from L to R are Dr. Stuart Nemser; Ruth Ann and Dr. Errol Ger; Dr. Barry and Reiko Kayne; and Lelaine Nemser

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COMMUNITY LIFE AT THE J



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1 The Kopin Family PHOTO BY DONNA HARLEV 2 Maya Aharon and her daughters PHOTO BY DONNA HARLEV
 3 Mona Duwell (Assistant Executive Director), Valerie LaRock (Director, Early Childhood Center),
 and Ivy Harlev (CEO) PHOTO BY DONNA HARLEV 4 Teachers Tannie Fenning & May Dougherty PHOTO BY DONNA HARLEV
 5 Camp Counselor Alex Pitt PHOTO BY JAIDY SCHWEERS 6 Camp JCC's the Great Escape PHOTO BY JAIDY SCHWEERS



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2



PHOTOS BY LISA KORNBLOM AND JAMYE COLE

1 Tiny Tots at the pool was a great way to stay cool this summer
 2 Lisa Kornblum at Woodside Creamery
 3 Albert Einstein Academy and PJ Library had a great story time at Woodside Creamery



3

BACK TO SCHOOL AT TEMPLE BETH EL

PHOTO CREDIT: SHARON FULLERTON



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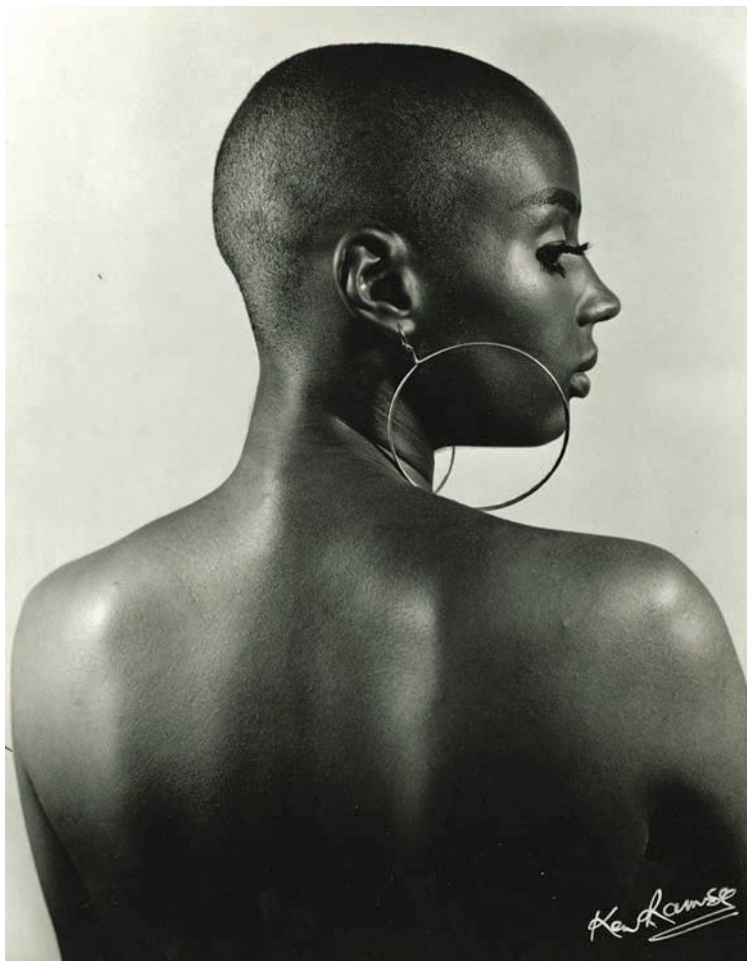


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- 1 TBE's new Education Director, Corey Romao, interacts with a student on the first day of Religious School
- 2 Rabbi Jacob Lieberman introduces the 2019-2020 teachers and aides
- 3 Returning students, Myles and Shyya, catch up after summer break



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Posing Beauty in African American Culture is curated by Deborah Willis and organized by Curatorial Assistance Traveling Exhibitions, Pasadena, California. This exhibition is sponsored by M&T Bank and made possible in Delaware by the Johannes R. and Betty P. Krahmer American Art Exhibition Fund, WSFS, and Delawareva. Additional support is provided, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware art's events on www.DelawareScene.com. Image: Susan Taylor, as Model, c. 1970s. Ken Ramsay (1935–2008). Gelatin silver print, 19 3/4 x 15 3/4 inches. Courtesy of Susan Taylor. © Ken Ramsay Foundation.

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JKIDZ HEBREW SCHOOL KICKS OFF WITH A BLAST!

PHOTO CREDIT: JKIDZ HEBREW SCHOOL



1 Caleb Fisher 2 Jenna Venit 3 Crafts are a major part of the JKidz fun 4 Honey dish craft for Rosh Hashanah
5 Landon Root 6 Xavier Schwartz 7 Sam Gorelik

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FURA DESIGNS!

PHOTOS BY JFS RISE STAFF

Furaha arrived in Delaware in 2018 and, with the help of JFS RISE and the community, her dreams to have her own business are coming true! How exciting to see Fura Designs African-inspired fashions and home décor make a colorful and vibrant debut at the Brandywine Festival of the Arts.



- 1 Furaha debuted her beautiful designs at the Brandywine Festival of the Arts on September 7 & 8, 2019
- 2 Furaha and her family with RISE Volunteer, Elly Alexander, and Case Manager, Jenevive Newman
- 3 JFS CEO, Basha Silverman, shows off her new Fura headband and makeup bag!
- 4 Shout out to Barclays and their VP of Marketing, Maureen, for helping Furaha start her brand!



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A TALE OF TWO MENSCHES

By Siegel JCC Staff

Caryl Marcus-Stape learned to give at a young age.

In her family, generosity was a priority, as well as the Jewish values of kindness, responsibility, and honor.

It was important for Caryl that Jewish values be woven into her life and that of her family. As a single mother in the 1980s, she found the missing piece in an otherwise active Jewish life at the JCC. She felt embraced by the Jewish community in Delaware, whose generosity allowed her daughter Pamela to travel to and attend Camp JCC.

After meeting and marrying Jeff, the J became the Stapes' second home: from a place to work for Caryl, to preschool for son Mark, to milestone celebrations like Bar Mitzvahs and graduation parties.

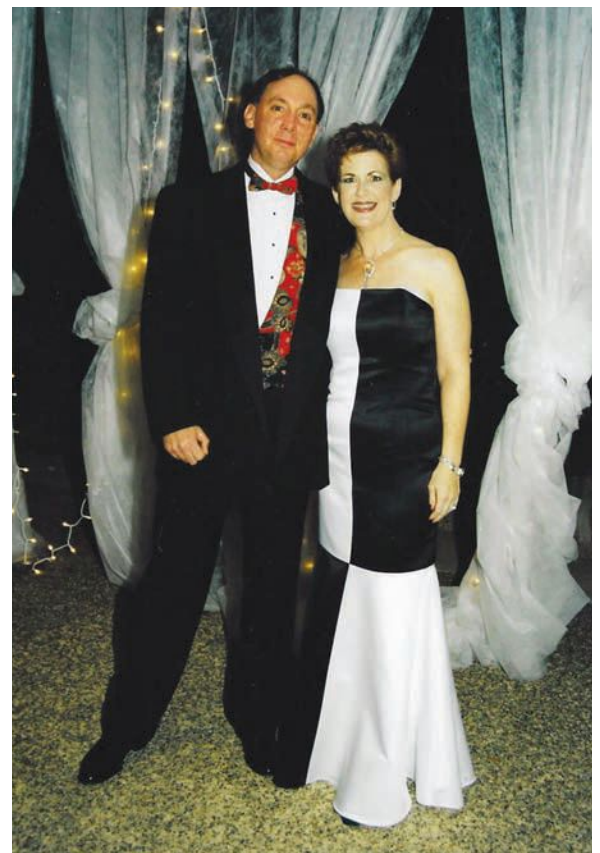
As their children grew up, Caryl and Jeff's connection to the J blossomed. Caryl has been a long-standing member of the Board of Directors, an incredible fundraiser, and celebration planner extraordinaire, including the Siegel JCC's 100th Year Anniversary Gala. Together, Caryl and Jeff have chaired the J's Annual Campaign and the Create a Jewish Legacy initiative. Their support for the community has not been limited to the JCC, but to many other Jewish agencies and synagogues as well.

Caryl and Jeff have made it abundantly clear that it is their mission to protect, nourish, and encourage the future generations of our community. The number of events, campaigns, and celebrations that they have given their time and support to are countless. The importance of giving permeates all that they do. Together, Caryl and Jeff are leaving a lasting impact and legacy on our Jewish community in Delaware.

We consider ourselves blessed to have the opportunity to work with Caryl and Jeff.

Over the last two years, the Craft Bash fundraiser has been one of the highlights of our community-building efforts. In addition to raising the much-needed funds for youth programming, the event has also been a "friendraiser," bringing people together in a beautiful way. Truly Caryl's brainchild, Craft Bash has been one of our great success stories at the J.

When considering the future of the fall fundraiser, it was quite clear that Caryl Marcus-Stape and Jeff Stape would be our event honorees for Quiz Bash 2019. It is our way of showing our appreciation to two people for whom we are exceedingly grateful.



TOP: The Siegel JCC Craft Bash fall fundraiser (2018)
BOTTOM: The Siegel JCC 100th Anniversary Gala (2001)
 PHOTOS COURTESY OF THE JCC



The Siegel JCC is a Beneficiary Agency of Jewish Federation of Delaware.

MINDING YOUR MENTAL HEALTH

Practicing Mindfulness and Self-Care in the New Year

By Madeline Driban
JFS Development & Communications

PHOTO BY JD MASON ON UNSPLASH

Mindfulness has always been part of the Jewish High Holidays.

It is not something extra that we add on to the traditional prayer services and fasting rituals; the meditation and movement of mindfulness – the practices of listening, paying attention, waking up to the present moment – are exactly what these Days of Awe call us to do. Our holy days remind us, with great intensity, that it is up to us to choose how we live. Are we living as our best selves? Are we living what we love, what we value most?

Rosh Hashanah and Yom Kippur (and the days surrounding these holy days) are a time for reflection, a time to evaluate past mistakes, ask for forgiveness, and set intentions for moving forward into a new year. Mindfulness teaches us to forgive ourselves and others with a reminder that we are all doing the best we can in each moment – if we could have done better, we would have. We all fall short sometimes but, rather than beating ourselves up, acknowledging our own and each other's vulnerabilities and mistakes with compassion will lead us toward possibility and growth. In this life, we all get lost at times – we all will go astray or lead others astray – but, when we notice this and ask for guidance, we take steps toward finding or returning to our best selves. This practice of awareness and reflection is mindfulness at its core.



Jewish Family Services of Delaware is a Beneficiary Agency of Jewish Federation of Delaware.

We like mindfulness because we regain control in our lives when things start to feel chaotic and overwhelming; we are encouraged through mindfulness to engage in a lifestyle we've lived and know from childhood. As children, we were completely immersed in the present moment – not only did each day consist of distinct adventures, but months felt like years and years felt like lifetimes. As adults, we have responsibilities and obligations that distract us from enjoying the present like we used to; even more, we resist being labeled “present-oriented” because it is reminiscent of our childlike tendencies . . . and we're supposed to act like adults now, right? As a result, time flies by without so much a second thought. We're always thinking about what's around the corner (or the next ten corners) instead of enjoying the wonders under our noses.

Mindfulness allows us to feel less guilty. We can indulge in activities and behaviors we enjoy, instead of feeling obligated to reduce how often we partake in them, rush them in fear of wasting too much time, or just abandoning them altogether. Mindfulness allows us to reclaim a piece of ourselves that today's “hurry sickness” has stolen from us – our peace, our creativity, and our relaxation can all be restored. Mindfulness allows us to reform and reclaim our identities . . . just as we reclaim and renew our Jewish identities in our High Holiday reflections and prayers.

In recent years, mindfulness has become something of a mainstream buzzword, but the clinical benefits of mindfulness are becoming more well-known: reduced anxiety and stress, more experiences of pleasure and joy, contentment with the present moment (rather than anxiousness about the future), improved attentional capacities and memory, more effective emotion-regulation, and greater compassion towards oneself and others. Mindfulness practices are more diverse and accessible than ever. We can find new forms of mindfulness emerging everywhere we turn, whether it's visiting a yoga studio, enjoying the sounds and smells and sights of nature, meditating or praying in a religious setting, or exploring more specific techniques in therapy;

mindfulness practices can be tailored to fit your needs, whatever they may be. The secret is finding the method that works for you. This can be tricky but, just as it's okay to admit to mistakes and vulnerability, it's more than acceptable to seek help getting started in your mindfulness practice.

As this Jewish New Year begins and we reach out to make amends and resolutions, don't forget to prioritize and apologize to *yourself*. Don't be afraid to spend some quality time reflecting and getting to know yourself – in your own home, out in nature, or in a therapy office. (All of these have been successful for me in different ways.) Find and do those things that make you feel better, that make you feel like the person you'd like to be . . . that make you feel like you. Appreciate every moment of each day – good, bad, and in between; the present matters. You matter. Reclaim your identity.

As the High Holidays come and go, and the leaves start to change, give mindfulness a try. Enjoy time in nature – look at a nearby tree and try to see how many different colors or shades you see within the leaves. As you notice the beauty that surrounds you, reflect also on the beauty within yourself. *L'Shana Tova!*

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KUTZ RESIDENTS ENJOY A *COME ONE! COME ALL!* SUMMER

By Chaplain Mollie Epstein
Kutz Rehabilitation and Nursing



Kutz Director of Nursing, Sally Brown, and resident, Ellie get in the carnival spirit and try the red noses on for size PHOTO BY KA-SARA WALKER

In keeping with this month's *j-VOICE Monthly* theme, Celebrations, I thought I'd share an insight into the celebrations that comprised our summer at Kutz Rehabilitation and Nursing.

The facilitators of these celebrations are none other than the marvelous merry-makers of our Activities Department. Bernice Edwards, Director, and Esther Steiska and Laura Ludlam, Activities Assistants ensure that every day is a celebration. Also jumping on the bandwagon are the Restorative Aides, who provide extra support for residents participating in the special events. Rounding out the team is the Dining Services Department that supplies the appropriate foods and drinks to carry-out the days' themes.

This past summer, our residents experienced a wonderful carnival. Replete with a duck pond, ring toss, ball toss, fishing pond, 'pick-a-pop' for a prize, washable tattoos, (Hershey kiss) kissing booth and red noses for everyone. To complete the theme, there were the traditional carnival stuffed animal prizes, cotton candy and popcorn. It was definitely a "Come One, Come All" event.

Our residents also ventured out to go camping. It wasn't too far to hike out to our back patio! The patio was transformed into a campground with tents and a (flameless) campfire! We spent our time singing 'round the campfire, reminiscing of camping trips long ago and telling the obligatory ghost stories. Kosher s'mores were enjoyed before the fire died-down.

Beach day brought with it, volleyball – complete with a net erected in the lobby. We also played Bocce ball and ring toss, just to name a few of the activities. A great day at the beach was had by all. The added bonus? No sunburns or mosquito bites!

The summer also gave our residents the opportunity to plant and maintain a vegetable garden. There was always something to do in the garden. Be it weeding, thinning, staking, and then harvesting. It is amazing to see what a garden can yield when tended to by so many green thumbs.

There were many enjoyable ice cream socials, mealtime barbeques and holiday celebrations from Memorial Day through Labor Day.

We so appreciate our wonderful, energetic and creative Activities Staff. They are always a step ahead of us with great ideas and imaginative, exciting things for our residents to enjoy. Coupled with the Restorative Aides and Dining Services; they truly make everyday a celebration.

What events and celebrations can we look forward to this fall and winter? We'll have to wait and see. There is always something special going on.

TEENS SAVE LIVES: Life-Saving Workshop for Teens

By Sarah Unterberger
CTeen of Delaware

As we move into the Jewish New Year, many of us may be aware of friends or family who are struggling.

Mental health conditions such as severe anxiety and depression can affect anyone. We know that we need to help, but it's difficult to know which steps to take. These are delicate matters, after all.

It is with this in mind that CTeen of Delaware is hosting SafeTALK, a two-and-a-half-hour interactive workshop for teenagers on how to prevent suicide, the second leading cause of death for Americans between the ages of 10 and 34. Leigh Hershkovich-Ioffe, a certified

SafeTalk trainer and Creative Director at CTeen International, offers insights, helpful tools, and guidance specifically geared toward teenagers and young adults.

It is well known that the years between childhood and adulthood represent a critical period of development. It is a time of transition and significant cognitive, emotional, and social change. These transitions can lead to mental health challenges associated with increased risk for suicide.

"There is a clear need for this kind of training," says Rochel Flikshtein, director of CTeen Delaware. "Teenagers experience tremendous pressure due to many factors, including social media. We want to empower young people to recognize suicidal behavior in their peers and take action."

Leigh Hershkovich-Ioffe agrees. "Experience has demonstrated that when teenagers have the right training, they can make a real impact. They know which of their friends may be in a dark place. We equip them to know the warning signs and take corrective action." That is the impetus for the workshop, enabling teenagers to save lives.

Workshop participants will learn to recognize and engage vulnerable individuals who may be having suicidal thoughts and connect them with the right community resources. The workshop also stresses the importance of safety, while challenging the taboos that

inhibit open discussion of suicide. The main takeaway of the training is that anyone, regardless of background or experience, can learn the skills to keep someone safe and alive.

"It is important for young people to know that they have the power to really help their community," Rochel explains.

As more and more people attend trainings like this, suicide will become less scary to discuss openly. When mental health is destigmatized, we grow one step closer to building a community grounded in love and support.

If you or someone you know has talked about contemplating suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255, open 24 hours a day, seven days a week.

Teen SafeTALK Workshops

NOVEMBER 11TH, 2019

- Siegel JCC, Wilmington
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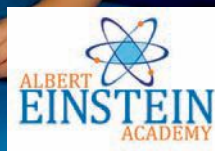
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THE HEART OF THE MATTER

By Ellen L. Weingart
CBS Member



Rudnitsky and Miller at a wedding
PHOTOS COURTESY OF DONNA MILLER

There are actually two hearts in this story; and neither is Ross Rudnitsky's ailing heart nor the one he hopes will soon replace it.

One heart *does* belong to Rudnitsky, but it is the spirit he has shown dealing with his condition and the joy he finds in life.

The other belongs to his mother, Donna Miller, whose love for her son has helped them both through some very difficult times.

Rudnitsky, 31, was born with VACTERL, a non-random collection of birth defects, named after the seven different body parts it can affect. No specific cause is known. It is diagnosed when at least three of the abnormalities are present, although the extent of each may differ. Rudnitsky's most serious problem involves his heart (the C for cardiac). His condition kept him from having a bris; he had a naming ceremony instead.

Rudnitsky, whose parents divorced when he was seven and whose father died about 10 years ago, required his first heart surgery when he was three. Born without a right ventricle and no tricuspid valve, he underwent a procedure to redirect how his heart pumped blood. Although his heart function improved, he eventually developed Protein-Losing Enteropathy (PLE). PLE causes an abnormally low level of proteins in the blood stream and can lead to edema.

At age nine, he developed stomach issues related to PLE. At 12, he had heart revision surgery to help relieve those issues. A pacemaker was implanted. He has undergone a total of five open-heart surgeries.

"Ross hasn't let his medical problems stop him from being part of the community and working toward achieving his life goals," said Miller. He attended public schools and participated in programs at the J. He graduated from high school in 2006 and earned his bachelor's degree in sports management in 2012. He currently works at Liberty Career Finance, and lives on his own. Both mother and son are Congregation Beth Shalom members.

"He was good for about 17 years (after his heart surgeries) and then, despite diuretics, he began having edema—from his ankles upward. Even his lungs were involved," said Miller.

"It got really bad around October of last year," said Rudnitsky. "By March, just walking from my car to the elevator at work was exhausting." A normally slender 130 pounds, he weighed close to 200 pounds.

"He was so swollen, he couldn't bend. His legs were very red," said his mother. He was given new diuretics and spent five days in the hospital.

It was apparent to Rudnitsky's doctors that he would need a heart transplant and because his liver is scarred due to blood flow issues, he'd also need a liver transplant.

Testing for his transplants began in January. When both transplants were approved, he and his mother waited for the OK from insurance. At the end of July, he was listed for both transplants, which will be done together.

"The testing found that he was very matchable plus his physical size makes it possible for the heart to come from a male or female. It may be less than a year away," said Miller.

Once the organs are found, Rudnitsky will be in the hospital for about a month and will be on about 25 anti-rejection drugs when he leaves. While Medicare will cover most of his medical bills, it won't cover his medications. There also will be co-pays, deductibles, transportation, food and lodging expenses, and other costs. For that, the family has turned to Help Hope Live, a non-profit organization based in Radnor, Pa., that provides support for fundraising campaigns to help defray medical costs for transplants or catastrophic injuries and illnesses. Contributions toward Rudnitsky's expenses also can be made directly to Help Hope Live.

Financial help is only one aspect of support Rudnitsky and Miller have found. Spiritual support is equally important.

"During one of Ross' earlier hospitalizations, a rabbi in training visited him and did a healing prayer. It was very meaningful," said Miller. She and her son joined Beth Shalom, where Rudnitsky completed Hebrew school.

MORE ON NEXT PAGE

Short a kindergarten teacher several years ago, CBS's Rachel Mussaf asked Miller if she'd be interested in the position. "I've been there ever since," said Miller. "It gave me back what I had missed with Ross—healthy kids."

After assisting in Meredith Weiss's class for two years and then co-teaching with his mother, Rudnitsky has had his own class for a while.

At 25, Rudnitsky went on a Birthright Israel trip. "It was an amazing experience. I was at the Western Wall on my birthday," he said.

"CBS has been very welcoming and very generous to us," said Miller, who "pays it forward" with her involvement in the congregation's Tikkun Olam Committee. "What I've learned over the years is that you don't know what people are going through. And you can't know how much doing something can impact someone's life. Texts and messages we've gotten have been a huge help. We were very touched when a



Rudnitsky and Miller at his Bar Mitzvah

friend had a retirement party and asked for donations to Help Hope Live instead of gifts."

Rudnitsky and Miller are looking forward to the future post-transplant. "Having a fully functioning heart will literally change his life," said Miller.

She's referring, of course, to his anatomical heart. The hearts that make Rudnitsky and his mother who they are, are functioning just fine.

Learn more about Rudnitsky at #teamrossiroo



To make a tax-deductible donation to Help Hope Live, send a check made payable to Help Hope Live to Help Hope Live, 2 Radnor Corporate Center, 100 Matsonford Road, Suite 100, Radnor, PA 19087; write In honor of Ross Rudnitsky on the memo line. For credit card contributions, visit www.helpohelive.org and search for Ross Rudnitsky or call 800-642-8399.



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Q ■ What sermon(s) delivered on the High Holy Days grabbed you and your congregation the most?

A ■ RABBI MICHAEL L. KRAMER

Rabbi Stephen Wise, a brilliant speaker, was once asked by a lady admirer, “How come there is no applause after you deliver such brilliant sermons, while we applaud concert soloists and singers after they complete their number?”

“You see,” said Dr. Wise, smiling, “the audience is afraid of an encore.”

No one has applauded me after any of my High Holy Day sermons. However, I have given encores to the sermon, usually in future years. Some say that a rabbi has only one sermon which he delivers throughout his career. My sermons have their foundation in the words of Micah: “What does the Eternal require you to do: To do justice, love mercy, and walk humbly with your God.”

Primarily the sermons I have preached are meant to stimulate me to follow what I’m preaching. They are the sermons that I need to hear to help me find the right path, but also encourage others as well to lead a good life.

Of course, the intention of the Days of Awe dictates certain themes. One central idea is *teshuvah* or repentance. How can we alter our

inner selves? In one sermon I discussed my interest in television home renovation programs with Yom Kippur’s emphasis on spiritual renovation. I asked: How do we transform ourselves? How can we “turn” ourselves into the type of people that we know that we can be? Unlike the physical transformation of *This Old House*, how can we transform ourselves inwardly to reflect the kind of person we would like to be? Other sermons followed a similar line. I hope that over my lifetime as a rabbi that I’ve influenced at least some of my congregants to self-examine themselves during this holy season.

On Yom Kippur morning the Haftarah portion is taken from Isaiah 58. It asks “Is this the fast I look for? A day of self-affliction?” Isaiah goes on to question whether the real purpose of the holiday is to help others. “Is not this the fast I look for: to unlock the shackles of injustice, to undo the fetters of bondage, to let the oppressed go free?” This is such powerful text. It has inspired me on countless High Holy Days to write about champions of the poor and helpless, those who have reached out to help and encourage my congregants to do the same.

RABBI PETER GRUMBACHER

Rabbi Emeritus,
Congregation Beth Emeth

Well, I can tell you the one I wish I had never written, let alone delivered. It was Yom Kippur many years ago. Within a page or two it became obvious to me that this sermon stunk; with the overwhelming silence when those painful minutes were over, it was obvious the congregation agreed with me. Thankfully it was the only lousy sermon I’ve ever preached (LOL!)

But there were a number that grabbed me and, I believe, the congregation as well. I live with the *Ultimate Judge of Sermon Evaluation* who is straightforward about her opinions. When she says, “That was a good one,” I know the messiah has arrived! She complimented me after my Yom Kippur *Jew-rassic Park* address. I used make-believe dinosaur names to stress how our values have to live beyond the “days of yore” in order for Judaism not to become extinct. Those names included *Torahsaurus*, *Tzedakadactyl* and others. I actually had first delivered this as a sermon for the Rosh Hashanah youth service the week before. Someone strongly suggested that I adapt it for adults. I’m glad I did.

Yet another sermon went over very well. Remember *Heritage USA*, built by Jim and Tammy Faye Bakker in South Carolina in 1978? It was a Christian-themed amusement and water park. It birthed something in my always-looking-for-a-sermon-idea brain. My sermon was called *A Ride of a Lifetime*, and it focused on amusement park rides that could be found in a Jewish context. (It was so spectacular a sermon that I cannot remember one of the rides!)

I’d say there were more “serious” sermons, but in fact the two I mentioned were serious; they only had a gimmicky format. I always found, as my father-in-law would say about a lot of things (especially children), “You’ve got to hit them over the head with a 2x4 to get their attention!” I used the “gimmick” technique in all my youth sermons (another topic for another time), and, hey, what’s good for the goose is good for the gander... after all, adults are just older kids.

May this year of 5780 be one that brings peace to the world, and health and joy to you and your loved ones!



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DRIVEN TO DISCOVER: DALIA HANDELMAN

By Beth Miller
Science Writer,
Office of Communications
and Marketing,
University of Delaware

Originally ran in UDAILY on August 21, 2019.
Permission to reprint given by the author.



Former Maryland resident, Dalia Handelman, is a sophomore majoring in communication at the University of Delaware. She is a part of UD's World Scholars program, and was involved in a project this summer conducted in partnership with the Jewish Historical Society under the direction of Roger Horowitz, who teaches history and Jewish Studies at UD and directs the Hagley Library's Center for the History of Business, Technology, and Society. The following is a Q & A I conducted with Dalia.

Q. What did you study this summer?

Handelman: I conducted an oral history project under the direction of Dr. Roger Horowitz. I worked in Wilmington, Delaware, with prominent senior citizens in the Jewish community there.

Q. What inspired this project and what interested you most about it?

Handelman: This topic is interesting for many reasons. I have a specific interest in Jewish history and culture and having the opportunity to hear from people who are around 100 years old about their life experiences has been incredible for me. Not only am I learning about their lives as Jews, but also generally learning about various life lessons and advice they have.

Q. What was a typical day like?

Handelman: On a typical day, I would meet with an interviewee (usually at their home), conduct an hour- to two-hour-long interview, write a summary and bio on the interview and

head to the Jewish Historical Society to start learning and researching more about my next interviewee. I give all of the recordings and write-ups to the Jewish Historical Society. Then I make a few phone calls to liaisons (members of the Jewish Historical Society or members of the Jewish community) to learn more about my interviewee. A lot of my job was thinking ahead so I was always planning and learning for my next interview even when had just finished one.

Q. What hurdles have you had to overcome while doing this work?

Handelman: One hurdle I've had to overcome was learning what oral history really meant. I knew what interviewing was and why it was so important. But something that's actually really hard to do during my interviews is to not respond to what the interviewee said with something from my own life. An interview can and should feel as comfortable as a casual conversation, however, the interviewer says nothing about themselves. It's a lot harder to do than someone might think because I am there to connect with these people and when they say something that I connect with I immediately want to respond with how I just connected to them. At the top of each of my interview agendas, I have typed this quote: "Find out what these people have to say, you are not writing the story." My professor (Roger Horowitz) told me that at the beginning of the summer when he was teaching me some basic oral history do's and don'ts.

MORE ON NEXT PAGE



TOP: University of Delaware sophomore Dalia Handelman met with Faith Brown to talk about her life in Wilmington, her travels to Israel, and her view of the world. Brown was one of 10 senior members of Delaware's Jewish community interviewed by Handelman. PHOTO BY EVAN KRAPE

BOTTOM: Dalia Handelman (left) standing with friend Lois Richman in uniform during Israeli Army "Gadna" Training 2018 PHOTO COURTESY OF D. HANDELMAN

SHABBAT & YOM TOV CANDLE LIGHTING TIMES



FRIDAY, OCTOBER 4, 2019
 Light candles at 6:22 PM
 Shabbat, October 5, 2019
 Shabbat ends at 7:18 PM

YOM KIPPUR
 Tuesday, October 8, 2019
 Light Holiday candles at 6:16 PM
 Wednesday, October 9, 2019
 Holiday ends at 7:12 PM

FRIDAY, OCTOBER 11, 2019
 Light candles at 6:11 PM
 Saturday, October 12, 2019
 Shabbat ends at 7:08 PM

FRIDAY, OCTOBER 18, 2019
 Light candles at 6:01 PM
 Shabbat, October 19, 2019
 Shabbat ends at 6:58 PM

FRIDAY, OCTOBER 25, 2019
 Light candles at 5:51 PM
 Shabbat, October 26, 2019
 Shabbat ends at 6:48 PM

IN DEL

DRIVEN TO DISCOVER

CONTINUED FROM PAGE 31

Q. What was the coolest thing you experienced in this project?

Handelman: The coolest thing I learned happened in an interview with a 90-year-old woman. From the minute the interview started I could tell we really connected. She lived a life that is very similar to a kind I hope to lead. She is very passionate about traveling and Israel, two things I am also very passionate about. She told me all about her experience volunteering for the Israeli army in her youth and after the interview I actually got to show her a picture of me volunteering in the Israeli army. She looked at the picture and got so excited because we wore the exact same uniforms and had been in the same places. It is so crazy to think that I met a woman who has done the same thing as me but at a totally different time in history. I am 19 and she is 90, but it turns out there is not that much difference between the two of us. That was so cool to see.

Q. What has surprised you most?

Handelman: I think what has surprised me so much about my experience is how many life lessons and advice I am gaining from these interviews. At every interview I find myself writing down specific quotes that are said

because it's something I had never thought about before.

Q. What are possible real-world applications for your study?

Handelman: I really want the people I interviewed to realize and understand how incredible and special their lives were. Also, I want them to see that others are learning from their experiences. I want younger people to be able to hear about their experiences and I want it to really make them think!

Q. How would you describe this experience in one word?

Handelman: My one(ish) word to describe this experience would be: "eye-opening."

Q. What advice would you give younger students (middle/high school) with similar interests?

Handelman: First, be as polite as possible. This project and the overall internship I have been a part of is all about community engagement. People often don't realize how much of an impact a first impression can make and even how a tone of voice can change the way someone feels about you. Before all of my interviews, I called the person I was to interview to set up an appointment. Being very polite and enthusiastic over the phone was the first

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impression these people had of me and being positive can really help them get more excited and interested in the interview. Also, during my interviews, a simple smile and strong eye contact really helped the interviewee feel more comfortable and ultimately gets them to elaborate on what they're saying.

Another piece of advice I would give is to be open-minded. When you connect with people through community engagement, whether it's through interviews or a service project or any other kind of community engagement experience, it is really important to be as open-minded as possible because even if you don't expect it there is always something you can learn from getting to know other people. During each of my interviews, I found

myself writing down multiple quotes that my interviewee said because it was something that I had never really heard before and was so interesting. When I walked away from each of my interviews I genuinely knew I learned so much and sometimes even realized that my perspective changed on something because of what they said. It doesn't mean you have to agree with everything someone said, but be truly open to understanding the new ideas and thoughts someone is sharing with you.

Q. What did you enjoy when you were not doing research?

Handelman: I enjoyed anything outside—especially being at the beach, but anything outdoors!



Eli Joseph Gross
PHOTO SUBMITTED BY GLENN ENGELMANN

BIRTH

ELI JOSEPH GROSS

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ACHIEVEMENTS

BARRY KAYNE'S LIFETIME ACHIEVEMENT TO BE HONORED



Reiko and Barry Kayne
PHOTOS COURTESY OF AABGU



Barry Kayne with Claire Winnick, Toni Young, and Seth J. Katzen

By Claire Winick and Ruth Heiges
AABGU

When Barry Kayne visited Ben-Gurion University (BGU) of the Negev for the first time, a seed was planted in his heart.

“If I were a student again, or if my son were at that stage in his life, I think BGU would be where we would benefit from a great education in a setting where student life is fantastic. The energy and enthusiasm I felt from these young men and women was inspiring!” reflected Kayne.

Having been introduced to American Associates, Ben-Gurion University (AABGU) by their good friend and Jewish-community colleague Toni Young, when she invited them to the annual Philadelphia-chapter Gala, Barry and his wife Reiko found the message of the

university compelling. Wanting to witness it in person led Barry to participate in the annual Board of Governors conference in Beer-Sheva.

He came away knowing that this new affiliation would become an important endeavor in his decades-long history of leadership in Delaware. In fact, he quickly accepted when he was invited to serve as the founding chair of the newest chapter in the AABGU orbit, saying “give me my marching orders.” As plans for a new chapter got underway, Barry surrounded himself with a dedicated group of officers, many who have given years of service in Delaware’s philanthropic community. Under his leadership, this chapter has blossomed in four short years.

A variety of events, including parlor meetings and synagogue programs, with presentations by prominent BGU professors, have contributed to the chapter’s growth. Earlier this year, it partnered with the Jewish

Federation of Delaware to present an award-winning documentary, *Ben-Gurion Epilogue*, to a large crowd. Beginning with *A Taste of Israel Reception* hosted by Barry and Reiko, then intro and talkback by Toni Young (now the president of AABGU), the event was a milestone in the evolving presence of AABGU in the Wilmington community.

The tradition of the Mid-Atlantic region of AABGU is to honor a worthy individual at its annual tribute event. This year, Barry Kayne will be presented with the Albert and Harriet Soffa Lifetime Achievement Award on November 24th at Har Zion Temple in Penn Valley Pa.

Barry’s dedication to his family, his profession, and his community combine to make him the consummate leader. Be it the Jewish Federation of Delaware, University of Delaware Hillel, AIPAC, or AABGU, he follows the Talmudic teaching: “The past we inherit; the future we create.”

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RUSSIAN JEWS FIND COMMUNITY AND MORE AT A UNIQUE SUMMER CAMP IN CALIFORNIA

By Daniella Buchshtaber
JFD Community Shlichah

This summer was a special one.

I was not in Delaware for the entire summer, rather I spent my time in Israel with my family and friends and then worked at a very unique summer camp in Los Angeles, California.

As many of you know, my parents were born in the Former Soviet Union (FSU) and immigrated to Israel 29 years ago. Although I was born in Israel, Russian tradition was a very strong part of my upbringing. We spoke Russian, ate Russian food, and listened to Russian music. These traditions were of course intertwined with Israeli traditions but they were, and are, a big part of who I am.

The camp I worked for is for children who were born in America, with Russian roots, similar to that of my upbringing. Most of them speak Russian (even though they are 1st-2nd

generation Americans) and share the same traditions and mentality. They all belong to the Russian Jewish community.

The Russian Jewish community makes up about 10% of the American Jewish community, but no one is entirely sure how many Russian-speaking Jews there are in the United States. At a recent conference at Harvard University, the answer fluctuated from as high as 750,000 people to fewer than 500,000, depending on which expert took the podium. This community is unique because in the FSU, Jews were not engaged in their Jewish history, culture, and traditions. For many of them, the only indication that they were Jewish was the notation on their passport that said "Jewish." The reason for that is that until the Soviet Union collapsed, any religion was banned

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PHOTO BY IRINA SITNIKOVA

RUSSIAN JEWS FIND COMMUNITY AND MORE

CONTINUED FROM PAGE 35

because the communist regime aspired to create a secular Russian society, in which every individual was equal to the other, regardless of their religion.

Russian Jews that left the Soviet Union after its collapse and arrived to the United States were having a hard time becoming members of synagogues and joining the Jewish community because most of them never

attended *shul* in the past and did not feel the need to do so after their immigration. They also did not know what Jewish community really meant because they were never a part of such a community in the Soviet Union. Because of all of these factors, many of the Russian speaking Jews are not religious and think of themselves as culturally Jewish: have a very strong connection to the Judaism as a culture but not as a religion.

Camp *Gesher* (“bridge” in Hebrew) was designed to cater to the specific needs of this community that wants their children to

learn about Judaism but also views camp as an opportunity to combine fun and learning. During the two weeks of camp, all of the campers attended enrichment classes that you will not find in a regular American camp such as math, science, young investors, robotics, 3D printing and more. Another difference that I find very interesting (that’s related to the view of Judaism as a culture) is that we didn’t say *HaMotzi* before meals or *Birkat Hamazon* after. Instead, the camp had an alternative “blessing” they used before and after the meals. Shabbat was also celebrated in a unique way, with singing and dancing to songs in Hebrew and Russian.

My job at the camp was to be a unit head. I was given the opportunity to supervise counselors from Russia, Ukraine, USA, and Israel. The diversity of the staff was also a very important aspect of camp, as the camp directors strive to give the campers a chance to meet people from the countries of their or their parent’s origin and in particularly from Israel, because the Russian-Jewish community in America is very supportive of Israel and has very strong sentiments towards it.

I feel as though I learned a lot from my camp experience and I am very happy I can share my insights with the community. More so, I am happy to be back in my beloved state of Delaware and to begin my second year as a *Shlichah*!

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AJC ANNOUNCES #SHOWUPFORSHABBAT ON PITTSBURGH SYNAGOGUE SHOOTING ANNIVERSARY

By AJC.org



PHOTO CREDIT: ABBY SCHREIBER

American Jewish Committee (AJC) is urging people of all faiths to join with Jews in synagogues for Shabbat services on October 25 and 26, to demonstrate solidarity on the first anniversary of the massacre at the Tree of Life Congregation in Pittsburgh.

#ShowUpForShabbat was initiated by AJC following the cold-blooded murder of 11 Jewish worshipers on October 27, 2018, during Saturday morning services. Exactly six months later, on April 27, the Chabad House in Poway, near San Diego, California, was attacked, leaving one Jew dead, also at a Shabbat service.

“The sanctity of Jewish houses of worship, the sense of American Jewish security, changed dramatically after these fatal terror attacks,” said AJC CEO David Harris. “But the outpouring of support from political and religious leaders, as well as participation in #ShowUpForShabbat, was energizing, demonstrating Americans’ determination to come together to fight hate, in this case hatred of Jews.”

AJC’s #ShowUpForShabbat initiative was the largest expression of solidarity with the Jewish community in American history. More than 250 million people engaged with the hashtag on Facebook and Twitter.

Millions of people attended services at synagogues in the U.S. and abroad on Friday evening and Saturday morning, November 2-3.

“One year later, we wish to remember the victims of maniacal hatred and unite with people of goodwill in the struggle against rising anti-Semitism,” said Harris.

There is a growing list of synagogues participating in #ShowUpForShabbat. AJC’s 22 Regional Offices are reaching out to communal partners and government officials across the country to encourage participation on October 25-26.

“When our core values as a nation are tested by the attacks on Pittsburgh and Poway synagogues, and assaults on Jews elsewhere, we stand united with all who are determined to ensure that love triumphs over hate, good over evil, unity over division. That’s our America,” said Harris.



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#ShowUpForShabbat

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For more information, and to learn how you can participate in #ShowUpForShabbat, visit ajc.org/showupforshabbat



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HOLDING ONTO JOY: CELEBRATING SIMCHAT TORAH

By Sara Debbie Gutfreund, aish.com

Jon Krakauer describes reaching the top of Mount Everest in his book, *Into Thin Air*:

Straddling the top of the world, one foot in China and the other in Nepal, I cleared the ice from my oxygen mask, hunched a shoulder against the wind and stared absently down at the vastness of Tibet. I understood on some dim, detached level that the sweep of earth beneath my feet was a spectacular sight. I'd been fantasizing about this moment, and the release of emotion that would accompany it, for many months. But now that I was finally here, actually standing on the summit of Mount Everest, I just couldn't summon the energy to care.
(Jon Krakauer, *Into Thin Air*, p.5)

I was so startled by his description I had to read the paragraph a few times. It shook me up that a person could work for years training for a climb like this, dreaming about standing on the top of that mountain, looking out at the thousands and thousands of feet that

he had found a way to rise above and be too tired to care.

But this happens often in life. We imagine that once we reach our destination, we will be ecstatic. We fantasize about that moment of happiness, but it is elusive, falling so easily out of our grasps, disappointing us just at the moment when we are straddling the top of the world.

How can we find and hold onto joy in this world without it slipping out of our hands? The holiday of Simchat Torah provides an answer. As we dance with the Torah, we bask in the unique, eternal happiness that only Torah can bring into our lives. "It is a tree of life for those who grasp it" (Proverbs 3:18).

Here are five ways that Torah brings us this lasting joy and life:

1. It gives us higher goals.

The highest predictor of a person's lasting happiness is a goal that transcends himself. All of our personal goals, however important they may be, are part of a greater mission that all Jews share – to bring light to the world, to honor God's

Name, to pass on our sacred traditions. The Torah gives us higher goals to strive for.

2. It shows us how to be grateful.

Most people understand why gratitude increases our happiness levels, but we don't necessarily know how to feel grateful on a daily basis. The Torah shows us how to be grateful several times each day. With prayer three times a day, with blessings over food and mitzvot. It imbues within us a constant awareness that we are receiving goodness and kindness from the Source of all life from the moment we open our eyes in the morning.

3. It teaches us hope.

Life is hard and often unpredictable. Many of us have different challenges that make it difficult to see a way forward. But the Torah teaches us that nothing is impossible. That God never gives us circumstances that we can't handle. That tomorrow will be brighter. That redemption is in our future. That we are not struggling in vain.

MORE ON NEXT PAGE

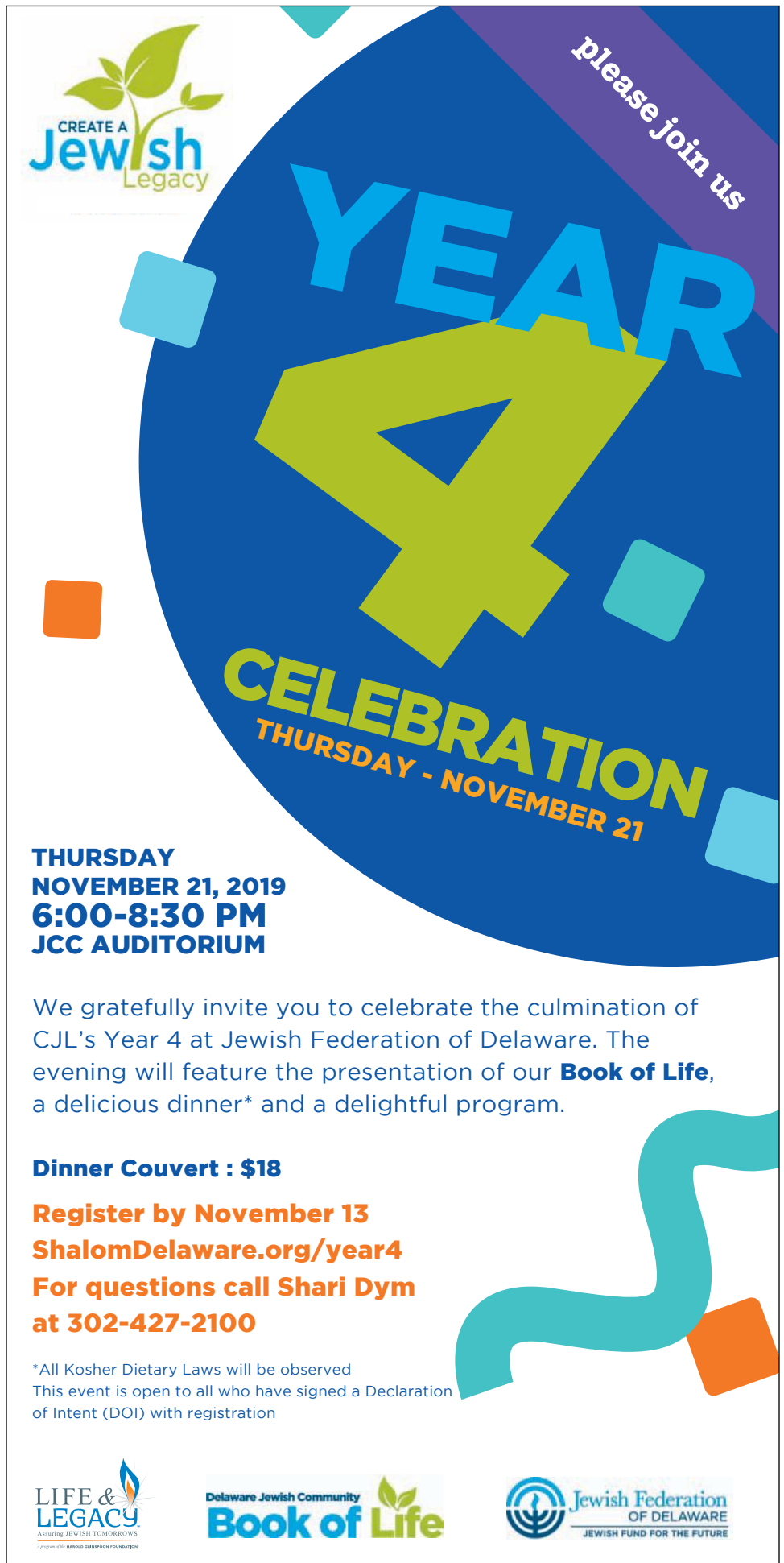
4. It connects us.

In a world where so many are lonely and dependent upon virtual company, the Torah pulls us each out of our isolation. It shows us how to set up communities and bring people together. It teaches us that we need each other. It helps us give even when we're not sure how. It connects grandparents to their grandchildren. It bridges the cultural gaps that so often divide us. It gives us a common language and a shared truth. It connects us to each other.

5. It gives us flow.

Our happiest moments occur when we are in the "flow," completely engaged and absorbed by an activity we are doing. We transcend our physical and emotional limitations by immersing ourselves in the energy of the moment. Torah gives us this sense of flow when we are doing a mitzvah that is challenging for us but within our grasps. We visit the sick even when hospitals make us nervous. We invite the widow from across the street to Shabbos dinner even though we aren't in the mood for guests. We give tzedakah even though we are anxious about our finances. We choose to overcome a limitation inside of us and move forward even when we have to push ourselves to do so.

But the Torah also gives us this sense of flow through song and dance. This is the flow of Simchat Torah, celebrating the Torah that teaches us how to transcend our limits, how to be happy, how to be connected. How to sing songs that weave circles into circles that climb beyond the dancers themselves. The words that we sing bring us back to the core of who we are. The higher goals, the gratitude, the hope, the sheer joy of connecting to our Creator. For this moment He created us. For this joy He created the world. It is a happiness that won't slip away whether we are straddling the top of the world or just beginning our climb. It is in fact right there in our arms – the gift of the Torah that He gives to us. A happiness, a joy, that dances beyond itself.



YEAR 4 CELEBRATION
THURSDAY - NOVEMBER 21




THURSDAY
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THE POWER *of* CELEBRATION

By Rabbi Elisa F. Koppel and
Rabbi Yair D. Robinson
Congregation Beth Emeth

In one of his writings, Elie Wiesel related a story of celebration under tremendous strain.

At one point during the Holocaust, a group of prisoners at a concentration camp become aware that it is Simchat Torah, the day one is supposed to

rejoice in Torah by reading the end of Deuteronomy, the beginning of Genesis, and dancing and parading around with the Torah scrolls. Of course, in that cold barracks surrounded by death, they had no possibility of doing so. What to do? One of the men talked to a child, asking about his Jewish education, whether he had learned the Hebrew Alphabet, and then lifts him up as if he is a Torah scroll, and began to dance with him, announcing, “This will be our Torah!”

It’s a meaningful and iconic story, and one that tells us something about the power of celebration.

As Jews, we are ambivalent about the power of celebration, of joy.

On the one hand, when we celebrate at a wedding and recite the *sheva berachot*, the seven blessings, we read from Jeremiah (33:11) his prophetic words, imagining desolation and waste turned to celebration: “Long may be heard in the cities of Israel and the streets of Jerusalem, the voice of joy and gladness.” On the other hand, many of us are familiar with the *midrashic* interpretation of the breaking of the glass at the end of the wedding ceremony to be an act that calls us to mute our

celebration before it gets out of hand. It’s almost as if we’re afraid that we might express too much joy, somehow. A great example of this is in the Musical TV show *Crazy Ex-Girlfriend*, where the main character attends a typically lavish bar mitzvah celebration, where everyone dances and sings a song about how important it is to remember the Holocaust (“Remember That We Suffered”). This juxtaposition speaks to us of our deep, profound need to celebrate, to really, truly rejoice, while at the same time, feeling a little guilty about it.

And even on Passover, the most widely celebrated holiday by American Jews, drops of wine are removed from our glasses, as a symbol for diminishing our joy.

But then we have Sukkot, which seems to suggest the opposite, and is known as *Z’man Simchatenu*, the Time of Our Joy. Which begs the question of how joy can even be commanded—to be commanded to celebrate seems counterintuitive and even impossible. Current science tells us that one, in fact, cannot be forced to be happy, however, perhaps the difference between happiness and joy is great enough that a forced joy is possible. And perhaps it is through celebration that joy can begin to be found. And that, even after the serious nature of the High Holy Days, it is when we especially need joyful celebration.

The timing of Sukkot suggests that this is an important concept—and that even dark days can be infused with light. Sukkot, like most Jewish holidays, arrives at the brightest time of the month, when there is a full moon—which allows us to appreciate the light that is there. But there is so much about this time of year that seems to be more dark than light—the days are getting shorter, the leaves are falling of trees, the chill in the air



PHOTO CREDIT: SHARON FULLERTON PHOTOGRAPHY

“THERE ARE SO MANY WAYS THAT CELEBRATION & JOY CAN REMIND US OF HOPE.”



“COMING TOGETHER TO CELEBRATE... CAN BRING TO OUR WORLD GLIMPSES OF LIGHT”

PHOTO BY STEVE SHREVE ON UNSPLASH

reminds us that winter will soon be upon us. And it is at this time, that light becomes emphasized in a new way. That we are instructed, when building a *sukkah*, to make the roof such that it is possible to see the stars, tells us that those stars are important. Those stars are the lights which shine through darkness. They can be a reminder that light is always possible.

Hannah Senesh wrote, “There are stars whose radiance is visible on Earth though they have long been extinct. There are people whose brilliance continues to light the world even though they are no longer among the living. These lights are particularly bright when the night is dark. They light the way for humankind.” While she wasn’t writing specifically about this time of year (as far as we know), these words hold onto a truth which is especially apparent during Sukkot, culminating with Simchat Torah. As we spend more time outside, as we see those stars through our *sukkah*, and welcome in guests of the past through *ushpizin*.

The Haftarah for Sukkot opens with the words, “There will be a day, only the Eternal knows when, of neither day nor night and there shall be light even at nighttime.” When days are darkest, when life is hard and the world seems to be darkening, the idea

of a world of light can give us hope. The dream of a time during which all of the darkness is removed, when all of the world is bathed in light, the opposite of that which we have seen so many times throughout history, is the hope that we can always hold in our hearts.

And there are so many ways that we can all use celebration, and use joy, in order to help remind us of this hope. Our coming together to pray, our joining together to celebrate, our helping each other, our helping others—our actions of hope—can bring to our world glimpses of light. Together, perhaps we can cast a glow which will light the way for ourselves in dark times, and which can light the way for our neighbors, when their days are dark.

And which can light the way for our world, in a path towards light. For this is the power of joy and the strength of celebration—it brings light and it brings hope. As Sukkot is a pilgrimage festival, we can understand this celebration as one which can bring us on a journey towards joy.

In this season of joy, may we all find ways to celebrate, which bring us that satisfaction.



PHOTO CREDIT: SHARON FULLERTON PHOTOGRAPHY

I HAVE THE DATE, NOW WHAT? A QUICK GUIDE TO B-MITZVAH PLANNING

By Pam Appelbaum

Depending upon your *shul* and the area in which you live, most people are provided a date for their child's Bar/Bat Mitzvah about 2-3 years in advance.

Often it is handed out without any deliberation and then tucked away in a drawer or email for a year or so until it is time to plan. As the clock ticks, the countdown begins, and the planning is on! What to do first?

Most synagogues have some kind of outline to follow to begin the preparations. While they typically start with setting up the lessons with the cantor and understanding your synagogue obligations, it is often your first point of reference. Normally you're provided with a simple timeline to help you and your child stay on track.

As for determining how you are going to observe the momentous occasion, that is a personal choice. As a family, or as parents, your first consideration is likely to decide how you want to commemorate this momentous

occasion. Do you want an intimate gathering or a blowout celebration, or something in between? Do you want a traditional service or Havdallah? Do you want to have it in Israel? Do you want to have everything at the synagogue or just the service with the party elsewhere? These decisions may be made by monetary and/or religious considerations, personal choice, or even what your synagogue will/won't allow. In any event, together as a family, the first step is to consider what is most important to you.

MORE ON NEXT PAGE

Once you have narrowed down the type of celebration you are looking for, you can begin the planning. There are tons of options across all budgets. First thing on your to-do list should be to get a three-ring binder with tabs. Organization is key to remembering all the details, staying on budget and keeping all pertinent information, such as contracts, in one spot. Additionally, having an excel spreadsheet for anything that you can keep digital, is great. For example, your guest list, responses, budget sheets, etc.



TO START, HERE IS A LIST OF THE BASIC CATEGORIES FOR PLANNING

1. **Guest list**
2. **Venue**
NOTE: Synagogues often have a social hall available for a modest cost. However, you may have to bring in a kosher caterer. Do your homework and weigh benefit vs. cost between your options.
3. **Caterers**
Food/Alcohol
4. **Entertainment**
DJ, Band, Photobooth, etc.
5. **Invitations**
Print or Digital
6. **Photographer**
7. **Videographer**
8. **Attire**
9. **Theme and Décor**
Party Favors and Kippot
10. **Synagogue/Service Honors/Program**
11. **Mitzvah Project**

While it can be overwhelming at first, there are many resources out there to help you, from mitzvah planning websites, to this j-VOICE Celebration issue, to social media, such as the

Fantastic Jewish Women of the Brandywine Valley on Facebook—a great source to poll people for ideas and references.

For those who are unaffiliated with synagogues, there are plenty of ways to have a mitzvah. A quick google search will help you locate a retired Rabbi or Cantor to hire who can tutor your child and help you design a mitzvah that is meaningful to you and your family. The *My Jewish Learning* website also has some fantastic ideas for doing alternative mitzvahs. See myjewishlearning.com/article/alternative-bar-and-bat-mitzvah-ceremonies/ You can also reach out on social media.

Regardless of the type of mitzvah you choose, or where you have it, some of the best resources available are from those who have been through it before. Ask around. Your friends are the best guides—even if you do not want to do it the way they did, they can offer ideas, suppliers, lessons learned, how to avoid hiccups, etc. People love to help and friends can help in so many different ways—to deliver things to the synagogue, to help sort and package party favors, to pick up leftovers for the synagogue, you name it. Use them.



A FEW TIPS AND TRICKS FOUND ALONG THE WAY

For Printed Invitations:

1. Number the response card lightly in pencil on the back. Coordinate the numbered cards with the addressee. If they forget to fill in their name, you can cross reference the response card.
2. If you are compiling the invitations yourself (invitation, response card, details, envelopes), group them into sets of ten. You will easily see if there is a piece missing or if you have an extra piece, ensuring you don't have to go through dozens of invitations if you missed something.

3. Before you order the invitation, a good idea is to take a sample of all the pieces to the post office to have them weighed and determine the stamps needed.

4. For invitations ordered online, look closely at the font size, everything looks bigger on line, avoid disappointment with hard to read invitations.



For Digital Invitations:

1. While digital invitations are less expensive, invitees often forget to respond without having a physical reminder. Be sure to set up a reminder email so they don't get lost in the shuffle.
2. Create a custom email for RSVPs to keep all responses together.



For All Invitations:

1. Leave extra time to follow up with guests who have not responded in a timely fashion. You will ALWAYS have to follow up with someone. Pad the time you need to respond to your caterer to ensure you have an accurate count.
2. If you have multiple events for guests to respond to, make sure that you include a line for each. For example, a line for Kiddush lunch and a line for the party if it will occur at a separate time.



Lastly, have fun. Savor the moment. Time flies and before you know it, you will be celebrating their next milestone!

Pam Appelbaum is a healthcare marketing professional, supporter of the Jewish community, and contributing writer for j-VOICE Monthly.



PRAYS WELL WITH OTHERS: A STORY OF CELEBRATION & UNITY

By Rabbi Micah Becker-Klein
Community Chavurah

Jerusalem is an unusual place.

Among its many gifts and challenges is the opportunity to mix with people from a variety of cultures, countries, and religious practice. In June of 2019, I had a unique experience and one that had a profound impact upon my spirituality.

It is not always easy to find a progressive prayer experience in Jerusalem, so when my friend and colleague Rabbi Haim Shalom of Mevakshei Derech synagogue invited me to lead a musical Bluegrass Shabbat, it was an honor I could not refuse.

I was in Israel for a family tour with 22 members of our extended family. My father-in-law has had a strong relationship with Israel for many years since his post-doctoral studies at the Weizmann Institute in 1972. My wife Rachel was born there during that time. This trip was a gift to his children and grandchildren to bring us all to Israel.

Our family is quite a tapestry of people. Among the 22 of us were people who had spent years living in Israel, an interfaith family, a family with African heritage, a rabbi, two chefs, and six children. You can imagine the energy of this group moving into a neighborhood



PHOTO BY IRINA SITNIKOVA

in Jerusalem, not one of the tourist centers, but where residents live, eat, and, yes, pray. Mevakshei Derech is a liberal congregation that has long served the residents of Jerusalem. My first visit was with a gap year program in 1988 when we visited as college students. Being invited back as a prayer leader was a humbling and endearing opportunity. Leading a musical bluegrass Friday night was a special opportunity. It is not every day that I have the chance to perform outside of the U.S.

Rabbi Haim and I had been in touch planning the musical service. I understood that the congregants were Israelis who primarily spoke Hebrew and that they were excited for a musical service, although it was not a regular occurrence in the *shul*. And, as Rabbi Haim joked, “I am not a musician, however, if you want to see people leave quickly, ask me to sing...”

I arrived at the synagogue early to set up and sound check the room. When I arrived, I was greeted by a group of pre-school children and a few adults caring for them. I went into the sanctuary area and began to get ready and tune the guitar. I could see their heads, one at a time, peaking around the corner only to quickly disappear when I would lift my head. Sensing the international human desire for connection, I walked closer to the doorway and continued playing a melody that emerged into the familiar *Shabbat Shalom* to which the children quickly joined in. For the next twenty minutes, we sang songs together while they danced and called out various Jewish songs to me, such as “*Oseh Shalom*”, “*Hiney Ma Tov*”, and the most ancient song of all, “*Bim Bam*.” Of course, there was one little girl who only asked me to sing *Happy Birthday* in Hebrew.

MORE ON NEXT PAGE

PRAYS WELL WITH OTHERS

CONTINUED FROM PAGE 45

Soon my extended family arrived and the first of a number of blendings began. The children in the synagogue were part of a group that was waiting after school for another *minyan* to meet, but were all too happy to mingle with the new mix of non-Hebrew speaking children who had joined them.

Rabbi Haim had explained to me that another group had contacted him to visit that Friday and they were expected soon. It turned out that the group was a young adult and college group from Notre Dame University and part of an extended learning and community engagement program.

After an introduction, I began to lead the service. My ability to speak Hebrew is OK. My ability to speak both English and Hebrew and to create meaningful engagement with the prayer service was challenged in a unique way that evening. Equally as challenging was

“...ON THIS ONE FRIDAY NIGHT, IN THIS ONE NEIGHBORHOOD OF JERUSALEM, WE TASTED JUST A LITTLE BIT OF HEAVEN.”

the fact that the prayer book of this congregation in Israel is entirely in Hebrew. No transliteration to help those who cannot read Hebrew to do so nor any English translation. Using music and melodies that are engaging has been an important avenue for me to help connect people throughout the world. Understanding that in the room for this Kabbalat Shabbat in Jerusalem were Israeli members of the community along with others, 22 of our family from ages 6-65, friends of our family including a

professor from Hebrew Union College in Jerusalem, and 25 college age students from Notre Dame all gathered to pray, convene, and elevate the idea of Shabbat and life.

The service was a beautiful time; in a room where acoustics created a blending of harmony and the windows introduced the light and air of Jerusalem as the sun began to set, was purely magical. The slow lift of the energy of the room from the beginning moments of gathering to the gradual increasing volume of voices being invited to sing, was soul-moving and contagious. It can be a little bit of a challenge to open up to a new form or a new energy, so introducing Bluegrass

and Americana music as original melodies along with traditional ones albeit in a Bluegrass arrangement, brought together this otherwise unconnected group. It was a different challenge to invite those who were unfamiliar with Hebrew, in general, and Jewish approaches to prayer, as well to blend with those who are well informed. By the time we reached the prayer *Lecha Dodi* (*Come let us greet the Sabbath bride*), the sweet sounds of youth and age, of English accents and Hebrew ones were lifting higher and higher. Offering the call and response of Hebrew for *Mi Chamocha* (*redemption prayer*) along with English phrasing, *None of us are free if one of us is chained*, brought goosebumps around the room as we collectively felt the power of our interdependence in this world of every human being.

By the time we closed the service with a Bluegrass *Shalom Alechem* (*welcome the angels*), the room was clapping, standing on their feet, and dancing. Being present with this auspicious international group of Jews, Christians, Agnostics, Buddhists, young and old, lifting the spirit and connecting to one another through universal hope for peace and love moved me like no other moment in Jerusalem moved my spirit. Looking around the room, it was a moment to take a risk, so I asked everyone to look into the eyes of someone they did not know and to smile. Then to find a second person and to do the same. “Wish the person next to you ‘Shabbat Shalom.’ Now turn to someone you do not know around the room and with them ‘Shabbat Shalom.’” Hands clapping, eyes alight, it was a great moment of connectivity. After a moment of greeting, the clapping got louder, the singing got louder, and altogether the room was singing the *niggun* “*yai lai lai lai lai lai...*” It was as if our feet were being lifted as we all began to move and dance. The music softened, Shabbat was truly there, and as another cycle of creation was renewed, so too did our souls feel refreshed in that moment of newness.

This was a glimpse into what we can create together when we strive to embody a world of peace and justice for all. The beaming smiling faces whose voices harmonized into the air of the room, which we had gathered, with the sweet smells of the evening flowers sending perfume into the halls preparing for Shabbat dinner was an added magical touch.

At the tasty vegetarian Shabbat meal the mingling meant that family members, members of the congregation and friends, and students from Notre Dame were engaging in the most amazing conversations of theology, meaning and impact of liturgy, and the power of music to bring a group of people together in ways that seem nearly impossible. Connecting with people who had little exposure to Jewish life at the same time talking with others who have almost exclusively been

surrounded by Hebrew speakers while being present to assist translating from time to time was powerful. Watching the children of our family spend the time to explain to others what we were doing or teaching the melodies we had sung was a *kvelling* moment as a parent. It was a true blessing for me to observe my daughter and son help others understand the meaning they found in the prayers and rituals.

After a few hours together, it was time for our family to walk back to our hotel. Rabbi Haim and I talked together about the special moment of bringing together these three distinct groups in a way neither of us could have fully articulated until now. Saying a *shehechyanu*, the blessing we say at moments that are unique, it was a moment to take in the true blessing of Jerusalem. The blessing of possibilities beyond human imagination. So we all had to part and say goodbye. The students from Notre Dame were preparing for their next trip, and the *shul* clearly had to be reset for the morning.

The walk home through the neighborhoods of Jerusalem back to Rehavia was beautiful. Not only to walk together and share the time, but to reflect on the unique moment we had all shared. It was the first weekend of our two-week trip, and there was more for us to experience and celebrate.

In a city not always known for its tolerance. In a city where religious law can create obstacles for progressive Jewish practices, here was a moment where we experienced the power of community and the power of Jerusalem in bringing people together. It might not happen in every corner, but on this one Friday night, in this one neighborhood of Jerusalem, we tasted just a little bit of heaven.

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BODY CHECK

By Yoni Glatt
 koshercrosswords@gmail.com

DIFFICULTY LEVEL: Medium

SOLUTION APPEARS ON PAGE 54

QUESTIONS/COMMENTS:
 email Yoni at
 koshercrosswords@gmail.com

ACROSS

1. It was read on Motzei Shabbos this year
6. Hanson of Broadway
10. Big party
14. Jerusalem Light Rail, e.g.
15. City north of Carson City
16. Neighborhood
17. Treif body parts?
19. "Diff'rent Strokes" dad Conrad
20. Singles
21. Prefix with balance or system
22. Going out, as a fire
23. Polite address to a man
24. Body parts from the first man?
27. Big do
29. Plus
30. City whose name is an anagram of ARABS, fittingly enough
32. One who has a part in 24-Across
34. Huh?
38. Idolatrous body parts?
41. Eyelid infection
42. Like the taste of some scotch
43. Nest on a cliff
44. Chatzot, ideally
46. Belarus and Ukraine, once: Abbr.
47. Solomon certainly had them?
52. "Israfel" or "The Raven" poet's inits.
55. Extremely unlikely name for a Jewish boy
56. Rap music article
57. Chevron competitor
58. Vegetable from which chips are made
59. Beautiful Cuban spot, for some?
62. Winged Greek god
63. Like Arad
64. Figure at a Bar Mitzvah
65. Loch of note
66. Gadot, and others
67. Flowery writing

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
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59	60										61			
62											63			
64											65			
66														
											67			

DOWN

1. Basic belief system
2. One from Tehran
3. Afraid of being shot?
4. Asp sound
5. Mound-building insect
6. Brown who wrote "Take Your Soul to Work"
7. Frienemy of Spider-Man
8. Director Lee
9. Some answers
10. Changing table item
11. As thin as ____
12. Paris river
13. Chills
18. Take again
22. Infielders turn them, for short
24. Sea of Western Asia
25. Like the first piece of challah eaten Friday night, often
26. No-wind location, nautically
28. Like one who just created a Facebook account, perhaps
30. Hist. majors' degrees
31. Make like Adrien Brody
32. "That's not what I ____"
33. Pose
35. Belmont attraction
36. "____ Ledodi"
37. When repeated, an African fly
39. Machine for weaving
40. Former hockey star Rick
45. "Pow!" reaction
46. Pronto, to a surgeon
47. Rouse from rest
48. Start of a recess challenge
49. Han and Ben
50. Web-based business
51. Barak and Olmert
53. Zillow measures
54. Hokey- ____
57. Weapon filler
59. Nab
60. Cy Young Award consideration, for short
61. "Mm-hmm"

MAY GOD CONSOLE
YOU AMONG THE
OTHER MOURNERS
OF ZION AND
JERUSALEM



*Ha'makom yena'hem
etkhem betokh she'ar
avelei tziyon
vi'Yerushalayim.*

**RALPH
FRIEDBERG**

Glen Mills, PA - Age
91, died peacefully
surrounded by family
on September 15, 2019
in Glen Mills, PA.



Born on October
9, 1927 in Mahanoy
City, PA, he grew
up in Glenside, PA.
After serving in the
U.S. Army, he then
graduated from
Temple University. Ralph was President of Park Distributing
Company and upon retiring, he sold advertising specialties.
He was an avid tennis player, bowler, and sports enthusiast—
especially the Eagles and the Phillies. Ralph enjoyed spending
winters at the West Palm Beach Tennis Club. He was also a
strong supporter of the Jewish Community of Delaware.

Ralph made friends wherever he went with his warm
personality and wonderful sense of humor. His greatest joy
was spending time with his family and friends, and will be
deeply missed.

Ralph is survived by his loving wife of 63 years, Elaine
(nee Cohen); devoted father of Bob (Beverly), Debbie Nachlis
(Jerome) and Kathy Bloom (Seth); cherished grandfather
of Brett (Katherine), Michelle (Steve), and Lauren (Kelly)
Friedberg, Josh and Aaron Nachlis, Adam (Rae) and Rachel
Bloom; as well as many nieces and nephews.

In lieu of flowers, the family suggests contributions in his
memory to the charity of your choice.

SCHOENBERG MEMORIAL CHAPEL

Obituaries

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COMMUNITY CALENDAR



Visit the Jewish Federation of Delaware website at ShalomDelaware.org for a full, up-to-date listing of community events.

WEDNESDAY, OCTOBER 2 & 16, 2019

JFS Memory Café

1:30–3 PM

Congregation Beth Emeth

A social gathering for people experiencing memory changes and their caregivers. Open to ALL; every 1st and 3rd Wednesday. For more info or to RSVP, contact Karen Commeret at 302-478-9411 or kcommeret@jfsdelaware.org. Interested in volunteering? Contact Joyce Griffith at 302-478-9411 or jgriffith@jfsdelaware.org.

SATURDAY, OCTOBER 5, 2019

Gym Games (Grades K-5)

6:30–9 PM

Siegel JCC Gymnasium

Kids are invited to join us for fun games in the gymnasium. Cost: \$10 for members, \$18 for non-members. To register, please visit siegeljcc.org or contact beckystahl@siegeljcc.org.

SATURDAY, OCTOBER 5, 2019

JTots Pajama Party (Ages 1-5)

6:30–9 PM

Siegel JCC Early Childhood Center

Drop the little ones off to spend the night with us at our JTots Pajama Party. We will have games, arts & crafts, and a short movie for our youngest members. Cost: \$10 (J members only). To register, please visit siegeljcc.org or contact lauramastrangelo@siegeljcc.org.

SATURDAY, OCTOBER 5, 2019

Middle School Hangout (Grades 6-8)

6:30–9 PM

Siegel JCC JCade

Middle schoolers are invited to come out to the JCade. Play your favorite video games or just hang out with friends. Cost: \$5 for members, \$10 for non-members. To register, please visit siegeljcc.org or contact beckystahl@siegeljcc.org.

SATURDAY, OCTOBER 12, 2019

Suktoberfest

7–9:30 PM

Siegel JCC Outdoor Campus

Join us as we celebrate the holiday of Sukkot with a Beer Garden under the Sukkah! Our Sukkot block party will feature live music, beer/wine, snacks, and outdoor games. Ages 21+. Cost: \$10 for members, \$15 for non-member. To register, please visit siegeljcc.org or contact katieglazier@siegeljcc.org.

SUNDAY, OCTOBER 13, 2019

Babysitters Training

9 AM–4 PM

Siegel JCC Board Room

Teens will learn techniques in basic care, first aid, introductory CPR and how to be the best babysitter possible! For participants ages 11-15. Cost: \$90 for members, \$110 for non-members. To register, please visit siegeljcc.org or contact stephkegelman@siegeljcc.org for more information.

SUNDAY, OCTOBER 13, 2019

Dinner Under the Stars: Annual Community Sukkot Dinner

7 PM – Dinner Following Services

Chabad Center for Jewish Life

Come experience the beauty of the festive Sukkot holiday as we join together and relive this special festival as a community. Be sure to come equipped with your souls and empty bellies as we will be serving a delicious, full-course meal. This promises to be a night that will not soon be forgotten! Once the Sukkah fills up, we must close registration so be sure to register right away! Dinner is at 7:20 PM following services. \$18/Adult \$10/Child (Under 11) \$60/Family Maximum \$120/Sponsor. For more information and to register, please visit www.ChabadDE.com/register. Please register NO LATER THAN Monday, October 7.

WEDNESDAY, OCTOBER 16, 2019

CTeen Jr Kickoff: Linking Hearts at the Kutz Home!

5:30–7 PM

Meet at the Sukkah Mobile at 5:30 in front of the Kutz Home! Celebrate Sukkot with friends in 6-8th grade and bring the holiday spirit to the Kutz home residents with games, crafts, snacks and a lulav and etrog! Linking Hearts is a new community service initiative for teens, which is perfect for community

MORE ON NEXT PAGE

SHARE YOUR SIMCHA

- Submit a three to six sentence paragraph celebrating your simcha...weddings, engagements, births, bnei mitzvot, awards.
- Send your paragraph along with a high resolution .jpg photo to Jaidy@ShalomDel.org.

SPREAD SOME GOOD NEWS

MONTHLY
jVOICE

Visit the Jewish Federation of Delaware website at ShalomDelaware.org for a full, up-to-date listing of community events.

COMMUNITY CALENDAR

CONTINUED FROM PAGE 51

service hours and Bar/Bat Mitzvah projects. Contact Rochel at Rrfliks@gmail.com or (302) 547-2280 for more info.

THURSDAY, OCTOBER 17, 2019 Sushi and Simcha in the Sukkah

5 PM–7 PM

Chabad Center for Jewish Life
The community is invited to the most joyous Sukkot celebration with delicious sushi, music, unbeatable Chabad spirit and song, and kids Holiday crafts. If you play an instrument, bring it and add to the joy of the evening! Free Admission. Food will be sold. RSVP Requested. To register or for more information, please visit ChabadDE.com/register or call (302) 529-9900.

THURSDAY, OCTOBER 17, 2019

Right-wing anti-Semitism: Its Origins and Varieties

6:30 PM

University of Delaware

Sponsored by the Jewish Studies Program, University of Delaware. For information, contact Polly Zavadviker pollyz@udel.edu 302-831-7161.

FRIDAY, OCTOBER 18, 2019

Shabbat in the Sukkah

4:45–6 PM

Siegel JCC Courtyard

Enjoy the staff of the fall season as the Jewish holidays continue. Join other families in the Courtyard for a Shabbat service and delicious dinner to celebrate the holiday of Sukkot. All families welcome! Cost: FREE. To register, please visit siegeljcc.org or contact katieglazier@siegeljcc.org.

MONDAY, OCTOBER 21, 2019

Simchat Torah Celebration

7 PM

Chabad Center for Jewish Life

Experience the most joyous night of the year as we dance with the Torahs and celebrate our Jewish pride. There will be an exciting and memorable children's program, which your kids will remember for years to come! Price: FREE. To register, please visit: ChabadDE.com/register.

TUESDAY, OCTOBER 22, 2019

Simchat Torah Celebration

10 AM -- Services Begin

11 AM -- Deli Kiddush

12 PM -- Children's Program

12:15 PM -- Dancing with the Torah

Chabad Center for Jewish Life

Experience the most joyous day of the year as we dance with the Torahs and celebrate our Jewish pride! Price: FREE. To register, please visit ChabadDE.com/register.

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COMMUNITY CALENDAR

THURSDAY, OCTOBER 24, 2019

Caring Group (Widow Support Group)

5:30-7 PM

JFS Wilmington Office

If you have lost a spouse and are looking for support from people who share the experience, please consider joining JFS' new Caring Group. FREE to join, contact Pamela Stearn at 302-478-9411 or pstearn@jfsdelaware.org.

THURSDAY, OCTOBER 24, 2019

Introduction to Judaism: From Journey to Understanding – Orientation Meeting

7:30 PM

Congregation Beth Emeth

300 West Lea Boulevard

Wilmington, DE 19802

Open to all who wish to learn, are considering conversion, or simply want to understand more. No prerequisites, just an open mind. Hosted by: Adas Kodesch Shel Emeth, Congregation Beth Emeth, Congregation Beth Shalom, and Temple Beth El. Synagogue affiliation is not required. Complete details: www.bethshalomwilmington.org/intro2judaism

SUNDAY, OCTOBER 27, 2019

PJ Pumpkin Patch

11 AM-12 PM

Bellevue Arts Center Field at Bellevue

State Park

Rain Location: Siegel JCC Auditorium

Welcome Fall with PJ Library Story Time and Pumpkin Decorating with Einstein's Art Teacher. All Ages Welcome! For more information or to RSVP, please contact Lisa Kornblum, Director of Admissions at 302-478-5026 or lisa.kornblum@einsteinday.org

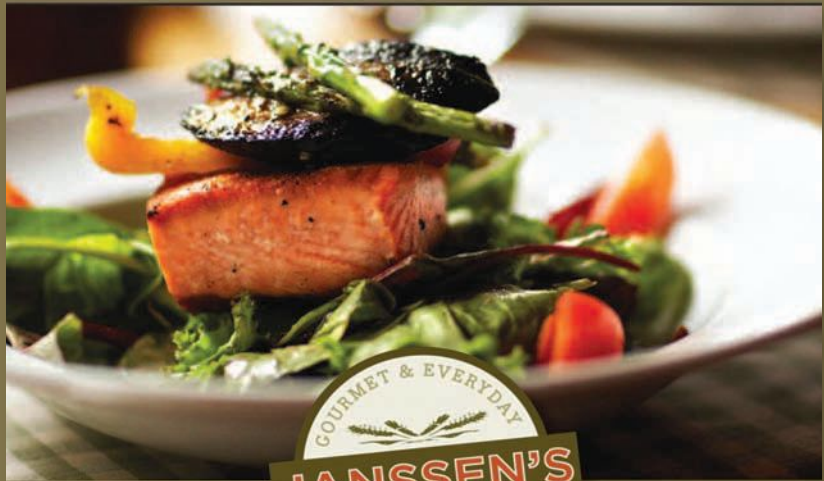
TUESDAY, NOVEMBER 4, 2019

Left-wing anti-Semitism Today

6:30 PM

University of Delaware

Sponsored by the Jewish Studies Program, University of Delaware. For information, contact Polly Zavadviker pollyz@udel.edu 302-831-7161.



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See ad on p. 39 for more info



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a. Total Number of Copies (Net press run)		2,900	2,500
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	2,564	2,112
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	0	0
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
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c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		2,564	2,112
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541	0	0
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	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	346	387
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		346	387
f. Total Distribution (Sum of 15c and 15e)		2,910	2,149
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))		90	100
h. Total (Sum of 15f and g)		3,000	2,249
i. Percent Paid (15c divided by 15f times 100)		88%	96%

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a. Paid Electronic Copies	0	0
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c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a)	2,910	2,149
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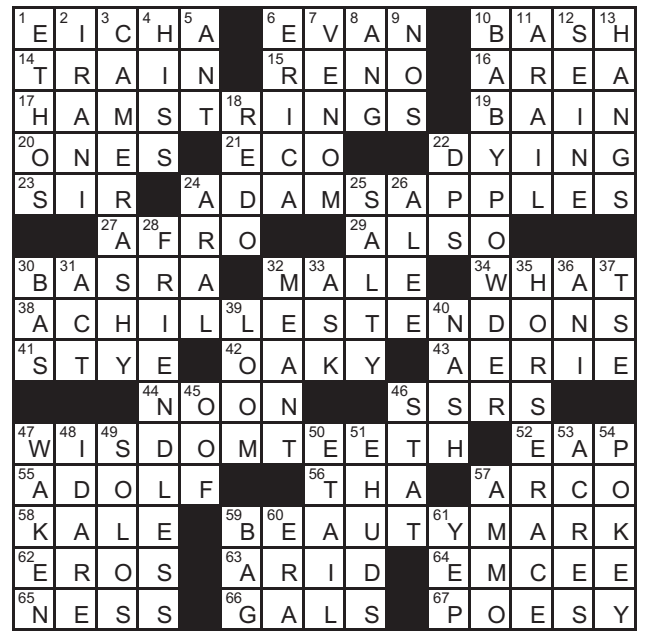
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CROSSWORD SOLUTION

BODY CHECK PUZZLE LOCATED ON PAGE 48



A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is releasing it into the air. The background is a sunset sky with other lanterns floating in the distance.

THE CELEBRATION OF LETTING GO

By Jaidy Schweers, Editor

As we embark on each new year, we are confronted with the practice of forgiveness; we are reminded of what we can do to restore our ability to express and accept regret.

Repentance and forgiveness can be challenging concepts to embrace. But once defeated, can open up a world of relief and freedom, at which point we can celebrate the feeling of letting go.

Below is a short collection of inspiring quotes on forgiveness:

■ *Learning to say I am sorry is more difficult for some of us than others. I've learned that the art of the apology is not as straightforward as you would think.*

On the other side of the apology is the forgiver. That can be just as difficult to master. Truly forgiving isn't just uttering a few words and moving on. We often hold onto the events, the past, the words long

into the future. And they drag us down. One of a leader's most powerful attributes is the ability to forgive. Forgiveness can be a powerful opportunity for reconnection both with the offender and with ourselves. Learning to forgive can help a person move forward in life rather than becoming a roadblock to success.

-Skip Prichard

MORE ON NEXT PAGE



THE CELEBRATION OF LETTING GO

CONTINUED FROM PAGE 55

■ *I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes. It is inevitable. But once you do and you see the mistake, then you forgive yourself and say, "Well, if I'd known better I'd have done better," that's all. So you say to yourself, "I'm sorry."*

If we all hold onto the mistake, we can't see our own glory in the mirror because we have the mistake between our faces and the mirror. We can't see what we're capable of being. You can ask forgiveness of others, but in the end the real forgiveness is in one's own self. The real difficulty is to overcome how you think about yourself. If we don't have that we never grow, we never learn, and sure as hell, we should never teach.

-Maya Angelou

■ *Hurt people hurt people. That's how pain patterns get passed on, generation after generation after generation. Break the chain today. Meet anger with sympathy, contempt with compassion, cruelty with kindness. Greet grimaces with smiles. Forgive and forget about finding fault. Love is the weapon of the future.*

-Yehuda Berg

■ *Forgiveness is a door to peace and happiness. It is a small, narrow door and cannot be entered without stooping. It is also hard to find. But no matter how long the search, it can be*

found. When we forgive someone for a mistake or a deliberate hurt, we still recognize it as such, but instead of lashing out or biting back; we attempt to see beyond it, so as to restore our relationship with the person responsible for it.

Our forgiveness may not take away our pain – it may not even be acknowledged or accepted – yet the act of offering it will keep us from being sucked into the downward spiral of resentment. It will also guard us against the temptation of taking out our anger or hurt on someone else.

Forgiveness does not mean ignoring what has been done or putting a false label on an evil act; it means, rather, that the evil act no longer remains as a barrier to the relationship. Forgiveness is a catalyst creating the atmosphere necessary for a fresh start and a new beginning.

-Johann Christoph Arnold

■ *Repentance and forgiveness are not just two ideas among many. They transformed the human situation. For the first time, repentance established the possibility that we are not condemned endlessly to repeat the past. When I repent I show I can change. The future is not predestined. I can make it different from what it might have been. Forgiveness liberates us from the past. Forgiveness breaks the irreversibility of reaction and revenge. It is the undoing of what has been done.*

-Rabbi Lord Jonathan Sacks

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