

Congregation Kehilat Shalom NEWS

A Welcoming Jewish Reconstructionist Community

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Newsletter of the Congregation Kehilat Shalom of Belle Mead, NJ **November 2007** Cheshvan – Kislev 5768

President's Message



One of Congregation Kehilat Shalom's main goals has always been, and continues to be, the creation of an atmosphere of welcome and warmth in the synagogue, for all people.

When we are in our holy sanctuary, each of us might pause to greet a new friend or an old acquaintance; a practice that is consistent with our goal of welcome and warmth in the synagogue, and with our larger purpose as part of the world's community of Jews.

We need our synagogue. It plays a vital role for all of us. Affiliation and participation in the synagogue enriches our own lives, as well as the well-being of the entire Jewish community. We know that many Jews today do not keep kosher and do not light Shabbat candles. Still, most Jews receive some Jewish education, observe Passover and celebrate Hanukkah, and occasionally, if not regularly, attend services. Today, perhaps more than ever, we turn to the synagogue to help us ensure the continuity of the Jewish people, and the passage of Jewish customs, traditions, and ethical guidelines from one generation to the next.

How do we maintain this important center? How do we both balance the synagogue budget and, at the same time satisfy the needs and wants of our members and their families? Do we need new, effective, exciting and different activities? My belief is that a synagogue should serve the needs of all of its congregants. But how do we solve our dollar dilemma?

One certain way is to increase our membership, a solution in which each of you can participate. Talk to your unaffiliated Jewish friends and neighbors. Invite them to services or to a Shabbat dinner. We can only increase our strength by adding members, and as we grow in membership, our funds will increase.

As I stated during my President's message during the holidays, we have done a pretty good job so far in annual donations for our fiscal year in order to make up for possible shortfalls. Each of us has our own set of priorities, but there are ways to stretch our ability to give in order to sustain and strengthen our synagogue and our Jewish identity. Sometimes it comes down to buying one less piece of clothing in the year ahead, to eating out one less time each month, or to seeing one less movie.

For those families with the ability to do so, but have not done so yet, we need your pledge of support to realize our future aspirations. I ask you to be creative as well as generous.

Charity begins at home, I've heard, and this is our spiritual home. This is a place where we come to pray, to study, to meet our friends, to grieve and to celebrate. This is also a place where we bring our children, to continue and ensure our Jewish heritage. We need this place for them, and for their children, as well as for ourselves. Our congregation has a tradition of generosity. Please continue that tradition with a generous donation so that we might meet our goal. Donations can be made by check to the office, or securely online anytime via <http://www.kehilatshalomnj.org/about/contribute.html>. Thank you.-Matt

Congregation

Kehilat Shalom

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**Regular office hours:
Mon- Fri 9:00-1:00**

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Thanks = תודה

Thank you to Mary Wasserman and Kris Olsen for coordinating this year's Yom Kippur Break Fast. Thanks also to Hy and Dan Grossman and Jeremy Perlmutter for supporting Mary and Kris in the upfront planning and assistance throughout the evening. Many thanks to all the other people...youth and adults..too many to name who helped set-up, clean-up and brought delicious dishes for the community to share.

CHESHVAN AT CKS



Shalom Chaverim. As I sit down to write this, we have just left the action-packed Hebrew month of Tishrei, with its crush and rush of holidays, for the peace and quiet of Cheshvan. Indeed, the Jewish calendar has no holidays now for nearly two months – until Chanukah arrives at the end of Kislev. It’s almost as if the ancient rabbis, when settling our holiday

cycle, recognized that we all might need a “shabbat”, a rest, from all the festivities.

So, *nu*, what should we do with all this time? Well, let me give you a few ideas. Do you have a favorite Jewish holiday? Are you interested in creating more meaningful holiday celebrations at CKS for both children and adults? Come and join the Religion Committee. Has a loss or illness in your life made you realize the importance of community support? Contact Sheryl Rosenberg and see how you can play a role on the Life Cycle Committee. Are you part of an interfaith family and not sure how you fit in at CKS? In addition to outreach to newcomers, our Membership Committee is right now planning events for interfaith families to gather together. Be a part of the planning; give us your ideas. Are you a woman looking to enhance your spiritual life? Become a member of the newly-formed Rosh Hodesh group. Want to just kick back and relax? Come to one of our movie nights. This year we will be featuring a variety of children’s and grown-up movies. Check out our Book Club, our Empty Nesters group activities, join the choir, the Sisterhood, or the Men’s Club.

If none of these ideas are for you, then help me choose adult education topics that will interest you and add real meaning to your lives. Start a project to make our synagogue more beautiful, more eco-friendly, more involved in community or national social action causes. Do you have an interesting job or life experience to share? Our very active Hebrew High attendees would *love* to meet you and hear your story.

Finally, just because Cheshvan has no holidays, doesn’t mean this time is devoid of ritual or spiritual life. Shabbat is second only to Yom Kippur in importance in the Jewish holiday cycle. And it happens every week! Come and sing with us on Friday nights, discuss the contemporary meanings of our ancient Torah, and schmooze with fellow congregants afterward at the *oneg* with a brownie and some coffee.

As the days get shorter and the nights get longer, many of us tend to huddle and nest, seeking

warmth and inspiration. We watch the changing color of the leaves. We listen to the geese honk overhead as they wing their way southward. The month of Cheshvan, despite its lack of holidays, is the perfect time to deepen our spiritual lives – whether that means attending Shabbat services, helping to plan an event for Congregation Kehilat Shalom’s 25th anniversary, or coming to movie night. This is *your* community. Come and spend Cheshvan at CKS.

B’shalom,

Rabbi Susan Falk

Kindercapers

Now in its 14th full year, the JCCBM’s non-sectarian pre-school for children 2-1/2 to 5 years old, offers a unique atmosphere, giving children a chance to explore, create, and, most importantly, learn to think and reason.

For more information, call 908 359-0160.



The CKS Gift Shop
is open each Sunday
10 am - 11 am

Questions?
Susan Waskow 609-333-1113
or Harlene Rosenberg 908-874-8283



Tree of Life

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Hebrew School Happenings



November 2007

- 4 Sunday Mock Shabbat 5-6 cooking
- 7 Wednesday No Class NJEA Conferences
- 11 Sunday No Class NJEA Conferences
- 14 Wednesday music cooking
- 18 Sunday art
- 21 Wednesday No Class Thanksgiving
- 25 Sunday No Class Thanksgiving
- 28 Wednesday art



Speaking of strengthening our community, the pictures show that everyone got to bench lulav on September 30. Sukkot brought lots of folks to the building. We had volunteers building the sukkah, decorating the sukkah, supporting our café and helping our students learn the importance of participating in community events, like eating together in the sukkah. Every class made decorations with Arielle Starkman, who is working on her Gold award (not her silver award as previously stated). These decorations hung beautifully from the roof and walls of our Sukkah, as shown in the pictures.



Rabbi Susan led tefilot in the Sukkah for both sessions. She told us how to hold the four kinds, what the four kinds were (citron, myrtle, willow of the brook, and date palm). She helped everyone shake the lulav, too.

Many families took part in completing the mitzvah of sitting in the sukkah and shaking the lulav together.

Nicole Schaum, a seventh grader, started her Bat Mitzvah project by providing muffins and baby carrots for all of the Hebrew School students, teachers, and families so that everyone could make at least two brachot in the sukkah. Meryl Bisberg provided juice for the students to drink with

the muffins. We had glorious weather and many classes took advantage of the weather by completing yet another mitzvah, learning in the sukkah.

We had our first and second Mock Shabbat on October 7 and 14. Rabbi Susan led the Shabbat services while Karen Fridkis and Sima Sherman led services pm the 8th and Robynn Man and Ed Hughes led services on the 14th. A good time was had by all and the kids learned lots about Shabbat and Havdalah.

Dori Daus, Principal

(see page 6 for Shabbat Superstars)



Committee Happenings

High Holy Days Religion Committee/Rabbi Liaison Committee Follow-Up

CKS hopes you enjoyed our High Holiday services and have had an opportunity to meet Rabbi Susan. The Religion Committee and the Rabbi Liaison Committee would like your feedback, impressions and suggestions with respect to the High Holidays or other services you may have attended (how things went, what was good and what could be improved) and Rabbi Susan.

Please share your comments with us:

Sharon Underberg-Davis, co-chairperson Religion Committee – 908-359-9716 or sudsie@earthlink.net

Richard Rosenberg - co-chairperson Religion Committee – 908-253-7049 or swellcourt@verizon.net

Deborah Tesser, Rabbi Liaison Committee – 908-904-0457 or dbtesser@embarqmail.com

Dave Campeas, Rabbi Liaison Committee -- 609-915-9021 or dave.campeas@princetonone.com

Alternatively, please feel free to email your feedback to Robin in the synagogue office.

BOOK CLUB

Our next book club meeting will be December 3 at 7:30pm. We will hold this book club meeting at the temple. The book is:

Suite Francais by Irene Nemirovsky

If you have read it...come talk about it. If you have not read it yet...there's plenty of time to read it !!

Please bring any suggestions for the 2008 book club meetings to the next two meetings.

We now have our own book club member distribution which you can use for all communication to the book club: bookclub@ksnj.org

(Thank you to Amy Rosenthal for setting this up).

If you, or someone you know would like to be on the book club information list, please contact Robin Bengochea at the office and she will have you added to the list. You don't have to attend every month's book review. But, once you start...you may get hooked.

ROSH CHODESH WOMEN'S SPIRITUALITY GROUP

Here's a little history about Rosh Chodesh as supplied by information sheets distributed by Eliza Gouverneur at our first meeting.

"Rosh Chodesh has long been recognized as a women's holiday. According to midrash it is specifically the women who merit this monthly holiday in commemoration of the Biblical women's refusal to relinquish their earrings to the men who were building the Golden Calf. As a reward, women were given an extra holy day each month, free from work.

There is no one way to celebrate Rosh Chodesh and no rules for establishing a Rosh Chodesh group. The unifying theme of Rosh Chodesh groups is the exploration of Jewish women's issues with particular emphases on personal spirituality, ritual, and celebration. Many Rosh Chodesh groups have an opening and/or closing ritual, which sets the tone for the meeting and designated the group's gathering as "sacred space".

The activities of our group will vary from month to month and may include a text study, discussion on an upcoming holiday or other topic of interest, book discussions, cooking, singing, art projects, and an exploration of women and Judaism.

Please join us. Meetings are at CKS from 7:30 - 9:00.

The meeting schedule is:

Monday, November 12

Monday, December 10

Shalom,
Karen Fridkis



Empty Nesters

Finding yourself at loose ends now that the kids are out of the house? Looking to join a congenial social group to occupy some of that new free time? Craving activities with grownups, activities that are fun, cultural (sometimes) and which always include food? Then Empty Nesters is for you.

We are open to singles and couples. We meet once a month. Each member unit takes a turn at planning the activities. We have visited museums, restaurants, had potlucks and many other activities. We always enjoy being together, talking and sharing.

If you think Empty Nesters is for you, or you have questions about us, please contact Richard and Sheryl Rosenberg at 908-253-7049 or swellcourt@verizon.net (with Empty Nesters in the subject line).

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ROBERT "BOB" FASS
SALES REPRESENTATIVE

Shabbat Superstars

It is wonderful to have such a long list! I hope to see that our families continue to attend services. This will help increase familiarity with the services and improve Hebrew Skills on an individual level and will help build bonds and grow ties that will strengthen and help our community.

9/7/07

Tess Kowalski
Rachel Underberg-Davis

9/12/07

Zach Anderson
Kelly Anderson
Ben Applegate
Emily Gartenberg
Jake Fischman
Jason Rosenthal
Allison Rosenthal
Allison Kent
Corey Cochran

9/13/07

Ben Applegate
Rachel Underberg-Davis
Jackie Sokel
Ian Murphy
Justin Corsan
Danielle Corsan
Jeremy Bilotti
Zach Slotkin
Jacob Fischman
Emily Gartenberg
Jason Rosenthal
Allison Rosenthal
Jaclyn D'Andrea
Scott Papsin
Stephanie Travers
Nicole Travers
Ben Edkardt
Tess Kowalski
Lea Goldhammer
Joshua Goldhammer
Lindsay Ketofsky
Corey Cochran
Jeremy Orlando

9/14/07

Jaclyn D'Andrea
Jeremy Orlando

9/21/07

Ian Murphy
Ben Applegate
Emily Gartenberg
Ben Weinstein
Cecily Weinstein
Greg Auerbach
Allison Kent

Jacob Fischman
Joanna Javeline
Melissa Javeline
Corey Cochran
Jackie Sokel

9/22/07

Zach Anderson
Kelly Anderson
Rachel Underberg-Davis
Jackie Sokel
Ben Applegate
Danielle Corson
Justin Corsan
Ben Edkardt
Jacob Fischman
Stephanie Travers
Nicole Travers
Emma Cohen
Tess Kowalski
Jacklyn D'Andrea
Lindsay Ketofsky
Scott Weitze
Jason Weitze
Scott Papsin
Corey Cochran
Ben Weinstein
Cecily Weinstein
Dorothy Waskow
Ian Murphy
Harry Waskow
Greg Auerbach
Allison Kent



Brian Rosenberg at his Eagle Scout Ceremony, see page 9.

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Hebrew High School/Youth Groups

HEBREW HIGH SCHOOL



Hebrew High School is off and running! Wednesday's class began after the High Holidays and Thursday's session started in early October. We welcome the new students in Wednesday's class and are glad for our returning 9th, 10th, 11th, and 12th graders. It's not too late to register for this year!

For the first class in both sessions, Rabbi Susan asked the teens to complete a topic survey. Students were requested to rate the listed topics in order of preference. Subjects included: exploring Jewish values and environmentalism, understanding Kabbalah and Jewish mysticism, Israel and Middle East history and politics, Jewish literature, separation of church and state in America and Israel, theology: what does Judaism say about God?, Judaism, women, and feminist thought, Judaism, sex, and gender, and several more. With topics like that to choose from the year is bound to be an exciting educational one!

Rabbi Susan's Wednesday's class discussed poet Emma Lazarus and her 1883 poem "The New Colossus" during their second week together. The rabbi presented a brief biography of Lazarus and then lead a discussion about immigration, assimilation, the possibilities of world peace, and the West Bank plus a smattering of Jewish and American history. Many thanks to Rabbi Susan for teaching the Hebrew High School and for sharing her knowledge with our teens.

Congregant Susan Waskow returns on Wednesdays to lead the 2nd hour of most sessions. Susan has generously donated her time and energy to this class for two years now. She has developed a close report with her students.

Thursday's second session was lead by both Rabbi Susan and congregant Jeremy Lerner. Jeremy gave a power point presentation about diagnosing cancer by looking at patterns of light. Thank you, Jeremy, for sharing your time and expertise with the class. Rabbi Susan lead a discussion about environmentalism and Shabbat posing the question, "Does keeping Shabbat help the environment?"

Susan Krisloff is scheduled to start her medical ethics series on the last week of October for Thursday's class.

Many thanks to all our congregant volunteers for their willingness to lead a discussion for our Hebrew High School program.

Hebrew High School welcomes all post b'nai mitzvah students. If your child is interested in registering, please contact me at kfridkis@comcast.net. The price is \$180 for 9th-12th grade. Eight graders are free.

Shalom,
Karen Fridkis, Hebrew High School chair

REGIONAL RECONSTRUCTIONIST YOUTH GROUP

The new youth advisors met some of our post b'nai mitzvah teens during the High Holidays. Steve Marcus and Dov Kaufmann, students at Princeton University, will be coordinating the youth events for the regional group. They plan to organize two events each month. One will be scheduled for the 3rd Saturday evening of each month. That will be the "set in stone" event. The other event will be an activity like concerts, movies, or other fun events that are happening in our area.

The first event scheduled was a meet and greet event on October 20th at the home of one of the members from String of Pearls. Steve and Dov describe the event: "We're going to get to know for everyone in the group, play some games (like capture the flag) and make and eat our own sushi." Sounds like fun!

SAVE THE DATE: Sunday, November 11 - approximately 12:00 - 3:00. The group will be meeting at the Regal Theater in New Brunswick to participate in the Rutgers New Jersey Jewish Film Festival. They will watch the film, *The Year My Parents Went on Vacation*. It is a coming of age tale featuring a twelve year old boy caught between political upheavals in Brazil and the excitement that surrounds Brazil's competition in the World Cup in the summer of 1970. The boy, Mauro, is thrust into the unfamiliar world of Sao Paolo's Jewish community. The film follows the relationships that develop between Mauro and the community while also portraying life under political dictatorship.

SAVE THE DATE: Saturday evening, November 17

Details about all regional events will be emailed directly to the teens and their parents. If you would like to be included on the regional youth email list, please contact me at kfridkis@comcast.net and I will forward your contact information to Steve and Dov.

There is a \$50 annual fee for youth group members. This helps to cover the cost of the youth advisor's salaries. Please bring a check to the first regional youth group event.

Shalom,

Karen Fridkis, youth group chair



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Jewish LIFE

Jewish LIFE has two great programs scheduled in November. **Esther Schor** -- author, poet and professor of English at Princeton University -- will discuss *The Double Life of Emma Lazarus* on **Thursday, November 15 at 7 p.m.** **Rabbi Michael Marmur**, Dean of the Hebrew Union College in Jerusalem, presents *In Search of Heschel* on **Thursday, November 29 at 7 p.m.** Both programs will be held at the Shimon and Sara Birnbaum JCC in Bridgewater. The fee for each program is \$10/Jewish LIFE Member and \$15/Guest. RSVP to the JCC office at 908-725-6994 x201. *Looking ahead to December...* **Eva Meckler**, author of *The Polish Woman* will speak on **Thursday, December 13 at 7 p.m.** at the JCC. Additional details on Jewish LIFE programs, including course listings, are included in the Jewish LIFE brochure available in the synagogue office and posted at www.sbjcc.org.

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NOVEMBER 2007

November 2007
20 Heshvan 5768 - 20 Kislev 5768

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 20 Heshvan Hebrew High School 5-7 pm	2 21 Heshvan Family Shabbat Services - 7:00 pm	3 22 Heshvan Haye Sarah: Gen. 23.1-25.18. I Kings 1.1-31.
4 23 Heshvan Hebrew School	5 24 Heshvan	6 25 Heshvan	7 26 Heshvan NO HEBREW SCHOOL NO HEBREW HIGH SCHOOL	8 27 Heshvan NO HEBREW HIGH SCHOOL	9 28 Heshvan Shabbat Services - 7:45 pm	10 29 Heshvan Toledot: Gen. 25.19-28.9. Preceding Rosh Hodesh: I Samuel 20.18-42.
11 1 Kislev ROSH HODESH Num. 28.1-15. NO HEBREW SCHOOL Regional Youth Group Event 12:00 Noon	12 2 Kislev Woman's Spirituality Group 7:30-9 pm	13 3 Kislev Board Meeting 7:00 PM	14 4 Kislev Hebrew School Hebrew High School 5-7 pm	15 5 Kislev Hebrew High School 5-7 pm	16 6 Kislev Shabbat Services - 7:00 pm	17 7 Kislev Vayetzeh: Gen. 28.10-32.3. Hosea 12.13-14.10 (Optional addition: Micah 7.18). Alison Kent Bat Mitzvah - 3:30 PM Regional Youth Group Event - evening
18 8 Kislev Hebrew School	19 9 Kislev	20 10 Kislev	21 11 Kislev NO HEBREW SCHOOL NO HEBREW HIGH SCHOOL	22 12 Kislev NO HEBREW HIGH SCHOOL	23 13 Kislev Shabbat Services - 7:45 pm	24 14 Kislev Vayishlah: Gen. 32.4-36.43. Obadiah 1.1-21 (Optional substitution: Hosea 11.7-12.12).
25 15 Kislev NO HEBREW SCHOOL	26 16 Kislev	27 17 Kislev	28 18 Kislev Hebrew School Hebrew High School 5-7 pm	29 19 Kislev Hebrew High School 5-7 pm	30 20 Kislev Shabbat Services - 7:45 pm	

[i]Candle Lighting, §Observance End, Printed October 18, 2007/6 Heshvan 5768 for Belle Mead, NJ USA]

Brian Rosenberg Becomes Eagle Scout

The goals of Scouting: citizenship training, character development and personal fitness remain important for all Scouts. The Eagle award is a performance based achievement. Not every boy who joins a Boy Scout troop earns the Eagle Scout rank; only about 5% of all Boy Scouts do so. This represents more than 1.7million Boy Scouts; who have earned the rank since 1912.

To become an Eagle, the highest rank in Scouting, a Boy Scout must fulfill requirements in the areas of leadership, service and outdoor skills. Although many options are available to demonstrate proficiency in these areas, a number of specific skills are required to advance through the ranks. A Boy Scout must pass specific tests that are organized by requirements and merit badges. At higher levels, a Scout must demonstrate participation in increasingly more responsible service projects and demonstrate leadership skills by holding one or more specific youth positions of responsibility in his troop,



The Eagle Court of Honor is a very personal event in both the life of the Eagle Scout and the lives of his family and friends. It represents years of dedicated effort and is a firm demonstration of how people working together through the years, can truly help mold a young man with a solid sense of leadership, citizenship and responsibility.

Brian designed and built Congregation Kehilat Shalom's outdoor classroom. It is a 24 square foot space built in the summer of 2006 and includes a teachers table, ten convertible benches, a fence and landscaping and is used for a variety of events throughout the years.

Whom to contact for...	
Adult Education	Meryl Bisberg- 908-874-8970
Beautification	Nedda Gilbert Audrey Starkman 908-904-0432
Billing/Payments	Sofie Uppal- 908-359-0420 ext. 1 sofie@ksnj.org
B'nai Mitzvah (helpers, celebrations)	Meryl Orlando- 732-329-8945 Shelley Nord- 908-874-8464
Board of Trustees 2 nd Tues.	Matt Rosenthal- 908-874-0787
Building/Grounds/Décor	Andy Sokel- 609-466-8749 andsok@aol.com
Building Usage/Access	Robin Bengochea- 908-359-0420 ext. 1 admin@ksnj.org
By-Laws	Victor Elgort- 908-874-8535 vselgort@nmmlaw.com
Congregants' Assistance Fund	Rabbi Falk- 908-359-0420 ext. 2 rabbi@ksnj.org
Education 1 st Wed.	Lisa Kent- 908-578-2972 lisa@luminationsgroup.com
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Hospitality (Kiddush and Oneg)	Natalie London- 908-874-6952
Kindercapers	Susan Schatzman, director- 908-359-0160 Debbie Lampf-908-466-4165 Peggy Fass- 609-466-0146
Life Cycle (Caring for each other)	Sheryl Rosenberg- 908-253-7049 swellcourt@verizon.net
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Inside the Newsletter	
Page 1	Bulletin from the Board
Page 2	Donations
Page 3	From the Rabbi
Page 4	Hebrew School News
Page 5	Committee Reports
Page 6	Shabbat Superstars
Page 7	Youth Group/Hebrew High News
Page 8	Jewish Community
Page 9	November calendar



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