

Congregation Kehilat Shalom NEWS

A Welcoming Jewish Reconstructionist Community

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Newsletter of the Congregation Kehilat Shalom of Belle Mead, NJ **June-July 2010** Sivan – Av 5770

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Bulletin from the Board-Ilana Berger

As a senior this year, I am having a hard time trying to cope with the idea of leaving behind this community I have come to love over the years. Thinking about all the time I've spent here, all the people I've met and fun things I've done here since 2nd grade, just makes me see how much I'm going to miss it. For all of those who were unable to attend the Kehiloff graduation last month you missed out on an inspiring and comical night. I recall, from my speech, talking about the family I've become a part of, Kehiloff, over the last few years. Being a part of that family helped me find an even bigger family of all age groups, Kehilat Shalom. In addition to being a part of this family, I have had the great opportunity of becoming the teen liaison on the board this past year. This has been unlike any other experience I've ever had. I have learned a lot about all the efforts put into making our temple such a great place and have been up to date with all the fun events going on every month.



The one message I want to leave with you this month is that even though most of you thank me for all the things I've done for the community, I see it differently. I want to thank all the adults for giving me the opportunity to be a part of all our synagogue has to offer and for the kids for making my Sunday mornings so much fun. I'm going to miss you all very much. It has been an ongoing experience of a lifetime and there's nothing I'd ever change about the time I've spent here. I encourage all the other youth of our community to get involved and do something that will leave an impression because here at Kehilat Shalom we have so many great opportunities. Kehiloff was a dream of mine that is now a reality. I hope you make it all your own and turn it into a place I never imagined it could be.

Sincerely, *Ilana Berger*



CommuniversiTY 2010

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CKS gratefully acknowledges the generosity of our members and friends.

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In honor of Justin Corsan's Bar Mitzvah

Hebrew School

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High Holidays

Kathy Berger

Used Printer Cartridges and Cell Phone Recycling Program

CKS is now recycling used printer cartridges and cell phones. Depending on the product (they do not accept Epson cartridges - sorry), we receive cash for these items when we send them in to Funding Factory. Cell phones and laser printer cartridges receive the most in reimbursements. Please drop off your used items in the recycling container in the lobby. If you own a business or know someone who does, we can set up a direct recycling program with them where they ship (at no cost) the cartridges directly to Funding Factory and we receive the proceeds. To find out more about this, or if you have any questions, please contact Debbie Gartenberg at dgart1518@gmail.com To see a complete list of items Funding Factory will accept please go to their website at [Funding Factory.com](http://FundingFactory.com).

LASHIR Concert

Sunday, June 6, 2:30 pm



LASHIR, the Jewish Community Choir of Princeton will hold its annual Spring Concert on Sunday, June 6 at 2:30 pm in Richardson Auditorium, on the Princeton University campus.

Conducted by Raanan Shefa and accompanied by JoAnn Sciarotta, the program will feature songs in Hebrew and Yiddish. This concert is fun, free and open to the public.

CKS Magazine Fundraiser

The annual CKS magazine fundraiser is starting next week. You will receive a packet of information. You can renew or order new magazines from a catalogue of over 800 discounted titles. All orders along with payment should be sent by June 15 to Bob Fass 42 Hollow Road, Skillman, NJ 08558. Late orders will be accepted.

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IT'S AN HONOR



The High Holidays are coming. Yes, they really are, and they will be here before you know it! Erev Rosh Hashanah begins on September 8th, right after Labor Day weekend. Our Ritual Committee here at CKS has already set the times for all the services, and has even begun planning for the Yom Kippur break-fast. So... I have a matter of great importance to discuss with you all: the matter of High Holiday honors.

I know it may seem intimidating to come up to the bimah during Rosh Hashanah or Yom Kippur services – especially with so many people packing the sanctuary. Or, perhaps you are not sure this year if you will be attending CKS services or services at your mother or brother's synagogue. Maybe you will be here, but don't know when you are arriving or at what time you will leave. Or, maybe you are embarrassed to receive an honor because you feel you haven't done enough for the community to deserve one.

These are some of the reasons I've heard from members of the Ritual Committee why some of you decline to accept an honor. But let me tell you a secret. Yes, accepting an honor is "an honor". But we also need you. The Ritual Committee works hard each year to fill the slots of Aliyot, English readings, ark openings, Torah carriers, and other positions necessary to ensure that our services are meaningful and inclusive. Of course, Kate Fridkis, our Lay Cantor, and I could stand up there alone on the bimah, do all the prayers in Hebrew and English, and open and close the ark whenever necessary. And you, the congregation, could sit and watch as one watches a baseball game or some other spectacle. But (aside from the fact that Kate and I would probably lose our voices!), as I've said before, Jewish prayer is *not* a spectator sport.

Jewish holidays are, by and large, re-enactments of some event or process that links us to our ancestors, as well as to the meaning of our current lives. Passover's exodus from Egypt and Sukkot's dwelling in booths during our ancient desert wanderings are two good examples of this. During these holidays, the Passover Seder and the sukkah, lulav, and etrog are the props for the re-enactments of these events.

On Rosh Hashanah and Yom Kippur, we come together to re-enact the process of our own inner "re-inventions". We do *teshuvah*, or the act of repentance and self-reflection. We do this very personal work in the midst of community. In this case, prayer and fasting are the props of this re-enactment, the spiritual vehicles that transport us through these sacred days.

Accepting an honor is essential to this process. The act of coming forward to read or open the ark or

chant a blessing shifts the focus in the room from the bimah to the floor and back to the bimah again. It creates energy, both physical and psychic, literally circulating the air as the exchange of bodies and voices takes place. In a sense, the sanctuary transforms into its own ecosystem, only instead of a water or nitrogen cycle, we create a spiritual cycle of thought, song, motion, and emotion. Imagine for a moment a service during which no one moved or spoke while the Rabbi and Cantor droned on and on. It would be like standing in the middle of a forest where no bird chirped, no leaf trembled in the breeze or bloom opened, no insect hummed, no chipmunk scampered.

You are each valued members of this community – whether adult or child, Jew or non-Jew, Board member or just a "regular congregant". Just like in any healthy ecosystem, you each are a vital link in the chain of being at CKS. You each fill an important niche. So, this year, when you get a call from the Ritual Committee to open the ark or read the names of our lost loved ones during Yizkor, say "Yes". It's an honor.

B'shalom uvracha,

Rabbi Susan



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908-359-0420




The CKS Gift Shop is open each Sunday 10 am - 11 am
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or Harlene Rosenberg 908-874-8283



Now in its 16th full year, CKS's non-sectarian pre-school for children 2½ 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 908-359-0420



Religious School Happenings

תודה

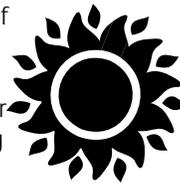
THANK YOU

This school year is almost over, and it's time to thank all the people who have made this year so wonderful. The list is so long.... parents who have helped and volunteered in our school, teens who served as classroom aides, the CKS Education committee, parents who purchased supplies, our wonderful faculty who dedicated themselves to educating our children, and to everyone in the CKS community who played any role in our Religious School. Please accept my sincere thanks to all of you who have partnered with me this year. A special thank you to our two volunteer teachers – Meryl Orlando who has worked with our 7th graders on their mitzvah projects and Carrie Fischman, our wonderful cooking teacher. It was a great first year as principal of the school, and I'm eagerly looking forward to beginning the new school year in September. Have wonderful and relaxing summer! See you in September!

-Shari Rothstein- Principal



Summer vacation is just around the corner. It's not too early to start thinking about what you can do to help your children stay on track with their Hebrew reading. It's a long time from the ending of Religious School in June until we start the new school year on September 12th, and it's **very important for the children to refresh their Hebrew skills** during that time. Some suggestions... bring your children to services over the summer, have them practice reading from their prayer primers a few times a week, and check out the Behrman House Publishers website at www.behrmanhouse.com – you can set up a free Family account and play Hebrew games and “click and read Hebrew.”



The **best way to reach** the principal, Shari Rothstein, over the summer is via email principal@ksnj.org.

REGISTER NOW FOR RELIGIOUS SCHOOL!

Registration materials for next year are available on our website www.kehilatshalomnj.org. Please sign up early so we can plan accordingly for class size, staff and materials.



FABULOUS FUN FAMILY OPPORTUNITIES FOR AUGUST!

Family Camp (August 18 - 22, 2010)

Camp isn't only for kids anymore! Parents, children, and other family members can now join together for five days of swimming, sports, arts, havaya (experiential education), singing, dancing, and all the best that Camp JRF has to offer. For more information, please visit <http://www.campjrf.org/parents/familycamp.htm>.

Tikkun JRF (August 15 - 20, 2010)

Post b'nai mitzvah teens and their parent(s) can spend a week working together to make a difference by connecting to local communities and providing much needed support and building through a variety of tikkun olam (social action) community service projects such as building, home rehab and demolition, light carpentry, and more. Working side by side with one another, parents will model the caring and activist values they hold and teens will experience the power of their potential to make a difference in the larger world. For more information, please visit <http://www.campjrf.org/news/tikkun-jrf.htm>.

Recipe Corner



MINI CHEESECAKES FOR SHAVOUT

- 1 package vanilla wafers
- 2 (8 oz) packages cream cheese, softened
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla

Place cupcake liners in muffin tins. Place one vanilla wafer in bottom of each. Mix rest of ingredients in mixer until smooth. Fill muffin tins 3/4 full. Bake at 375 degrees for 15 minutes. Makes 12 cheesecakes. Or use mini muffin tins and put 1 teaspoon of crushed vanilla wafers in bottom of each, and this will yield 48 mini cheesecakes.

Kehi-Loft



Robert Louis Stevenson said not to “judge each day by the harvest you reap but by the seeds that you plant”. I believe that Stevenson’s words perfectly describe this year’s Kehi-Loft graduating seniors in many respects. When this year’s seniors, Ilana Berger, Josh Kent, Lindsey Rosenthal, and Gabe Fridkis, joined Kehi-Loft as timid eight graders, the post-Bat Mitzvah experience lacked certain important features: a special space, a special name, and a special bond. For many years, “Hebrew High School” used a classroom cluttered with toys and miniatures tables and chairs. From their first years in post- bar/bat mitzvah Hebrew education, these tiny freshmen sensed the necessity for change. They grabbed the reins of the Hebrew High School with sure hands and galloped towards success by planning a new space for teen education in the loft. Slowly but surely, the loft evolved into a safe haven and a spiritual home for the teens of CKS. With a prime new location, a fresh name seemed only natural, and Kehi- Loft was born.

As new eighth graders joined, they became enthralled and absorbed the new energy of Kehi-Loft. Over time, Kehi-Loft became more than a group of separate people, it became a tightly knit family of Jewish people sharing in experiences and knowledge. At times, Kehi-Loft’s “harvest” seemed scarce, with few regular members and activities. Not only has membership and activity increased exponentially, but more importantly, this year’s seniors planted the “seeds” for Kehi-Loft that will continue to take root and flourish as new generations of teenagers pass through Kehi-Loft.

Kehi-Loft celebrated the numerous achievements of its seniors on April 23rd during a special senior-led service. After the seniors flawlessly led the usual prayers and songs with the Rabbi’s help, they read speeches that they had prepared (or not) to reflect on their experiences in Kehi-Loft. Ilana, Josh, Lindsey, and Gabe reminisced while addressing how Kehi-Loft has helped them to understand their places as members of a vast Jewish community. By the end of the service, there was not one dry eye in the entire congregation. Seniors, thank you for creating the Kehi-Loft that CKS knows and loves and thank you for leaving the younger members very large shoes to fill in the future.

On May 16th, Kehi-Loft held its last 7th grade social of the year where old members and prospective members shared pizza as well as much conversation. Seventh graders, we hope that you

enjoyed yourselves and that you return to us next year as members of the glorious and grand Kehi-Loft! The next day, the 17th, Kehi-Loft spent the evening in Princeton as an end-of-the-year celebration. Though everyone ate enough to last them for at least a week, at Winberie’s and then at TWIST, the time together was more than worth the stomach aches that followed. Many pictures were taken, some serious and many not, as Kehi-Loft crowded the sidewalks of Princeton. Thank you to Karen Fridkis, Ilana Berger, and to other parents who helped transport Kehi-Loft to and from Princeton!

As this year of Kehi-Loft comes to a close, we would like to especially thank all of our guest speakers for making memorable and interesting nights at Kehi-Loft! However, our most heartfelt thank you goes to Karen Fridkis, the advisor, the mentor, and the mother of Kehi-Loft who made everything that Kehi-Loft accomplished come to fruition! Until next year, CKS, Kehi-Loft is out for summer! ☺

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FLASHBACK- TEN YEARS AGO THIS MONTH

KVELLING

Mazel Tov to:

Nicole Sakowitz and Bill Pikounis on the birth of their daughter Talia.

Darren and Debbie Lazare on the birth of their son, Devin.

Elizabeth Kassler-Taub, who was one of the top students in New Jersey honored for academic excellence by the Johns Hopkins University Center for Talented Youth. Elizabeth received an award in the Celebrations of Talent ceremony at Rider University on May 6.

Kol HaKavod -- blessings and honor -- to all who marched in the Million Mom March: Karen and Kate Fridkis, Judy Pollack, Marty Pratt, Mirah and Adira Riben, Debbie Tesser, Susan and Dorothy Waskow, and Pam Silberman, daughter of Edna and Maurice Silberman, who was one of the organizers of the march. If you went but your name isn't here, please accept our apologies, and let the newsletter editor, Karen Bartels, know so you can be included in the next newsletter.

IF YOU WOULD LIKE BLURBS LIKE THIS IN THE NEWSLETTER, PLEASE SEND ME STUFF!

BIRTHS, GRADUATIONS, MITZVAHS OF ALL KINDS! Did your kid make Dean's List? Tell us! Got a new job? We care! My email is on the front. Please share your good news with the congregation! -Karen

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JUNE-JULY 2010

19 Sivan 5770 - 18 Tammuz 5770 19 Tammuz 5770 - 20 Av 5770

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30AM/8:23PM	2 5:29AM/8:24PM	3 5:29AM/8:24PM	4 5:29AM/8:25PM 7:00 PM Shabbat Family Service	5 5:28AM/8:26PM Shelah: Num. 13.1-14.7. Joshua 2.1-24. 10:30 am - Maxwell Tyler McCarthy and Samantha Jane McCarthy B'nei Mitzvah
6 5:28AM/8:26PM 9:00 am - Hebrew School Siyum 10:30 am - Music IQ, Mondetta Show and Drumatics Drum Orchestra	7 5:28AM/8:27PM	8 5:28AM/8:28PM 7:30 pm - Board meeting	9 5:27AM/8:28PM	10 5:27AM/8:29PM	11 5:27AM/8:29PM 7:45 PM - Shabbat Service	12 5:27AM/8:30PM ROSH HODESH I Korah: Num. 16.1-22. Num. 28.9-15. Isaiah 66.1-24. Preceding Rosh Hodesh: I Samuel 20.18-42. 10:00 am - Eric Brandwein Bar Mitzvah
13 5:27AM/8:30PM ROSH HODESH II Num. 28.1-15.	14 5:27AM/8:31PM	15 5:27AM/8:31P M 7:30 PM - Membership Committee Meeting	16 5:27AM/8:31PM	17 5:27AM/8:32PM	18 5:27AM/8:32PM 7:00 PM Shabbat Service and Learner's Minyan	19 5:27AM/8:33PM Hukkat: Num. 19.1-20.6. Judges 11.1-11; 29-33.
20 5:27AM/8:33PM	21 5:28AM/8:33PM	22 5:28AM/8:33PM 7:00 PM Religion Committee Meeting	23 5:28AM/8:33PM	24 5:28AM/8:34PM	25 5:29AM/8:34PM 7:45 PM - Shabbat Service	26 5:29AM/8:34PM Balak: Num. 22.2-38. Micah 5.6-6.8.
27 5:30AM/8:34PM	28 5:30AM/8:34PM	29 5:30AM/8:34PM	30 5:31AM/8:34PM	1 5:31AM/8:34PM	2 5:32AM/8:34PM	3 5:32AM/8:33PM Pinhas: Num. 25.10- 26.51. Jeremiah 1.1-2.3.
4 5:33AM/8:33PM	5 5:33AM/8:33PM	6 5:34AM/8:33PM	7 5:35AM/8:33PM	8 5:35AM/8:32PM	9 5:36AM/8:32PM 7:30 pm Shabbat Services	10 5:37AM/8:32PM Mattot: Num. 30.2-31.24. Mase: Num. 33.1-36.13. Jeremiah 2.4-2.28, 3.4 (Optional: 4.1-2 may replace or supplement 3.4).
11 5:37AM/8:31PM	12 5:38AM/8:31PM ROSH HODESH Num. 28.1-15.	13 5:39AM/8:30PM 7:30 pm - Board Meeting	14 5:40AM/8:30PM	15 5:40AM/8:29PM	16 5:41AM/8:29PM	17 5:42AM/8:28PM Devarim: Deut. 1.1-1.38. Isaiah 1.1-27.
18 5:43AM/8:27PM	19 5:44AM/8:27PM	20 5:44AM/8:26PM FAST OF TISHA B'AV Morning: Deut. 4.25- 40. Afternoon: Exo. 32.11-14, 34.1-10. Morning: Jeremiah 8.13-9.23. Afternoon: Isaiah 55.6-56.8.	21 5:45AM/8:25PM	22 5:46AM/8:25PM	23 5:47AM/8:24PM 7:30 pm - Shabbat Services	24 5:48AM/8:23PM Vaet'Hanan: Deut. 3.23- 4.40. Isaiah 40.1-26.
25 5:49AM/8:22PM	26 5:50AM/8:21PM TU B'AV	27 5:50AM/8:20PM	28 5:51AM/8:19PM	29 5:52AM/8:18PM	30 5:53AM/8:17PM	31 5:54AM/8:16PM Ekev: Deut. 7.12-9.3. Isaiah 49.14-51.3.

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