

Congregation Kehilat Shalom NEWS

A Welcoming Jewish Reconstructionist Community

Editor—Karen Bartels
karen.bartels@comcast.net
home phone 609-921-1811

Newsletter of the Congregation Kehilat Shalom of Belle Mead, NJ **August 2013** Av— Elul 5773

Congregation
Kehilat Shalom

**253 Griggstown Rd.
Belle Mead, NJ 08502**
Phone: 908-359-0420
Fax: 908-359-8848
Regular office hours:
M-W 8:30-4pm T-Th 8:30-6pm
F-8:30-2:30pm

Rabbi

Susan Falk
rabbi@ksnj.org

President

Susan Waskow
president@ksnj.org

Administrator

Robin Bengochea
admin1@ksnj.org
robin@ksnj.org

Religious School Principal

Shari Rothstein
principal@ksnj.org

Lay Cantor

Kate Mende-Fridkis

Board of Trustees 2012-2013

Officers of the Board

1st Vice President

Iris Rubinstein

2nd Vice President

Robert Neusner

Past President

Matt Rosenthal

Treasurer

Ron Lubin

Financial Secretary

Steve Weinstein

Recording Secretary

Debbie Gartenberg

Corresponding Secretary

Sheryl Rosenberg

Trustees

Tom Berger

Leonard Edelstein

Michael Galkin

Gary Gartenberg, MD

Alexis Greenberg

Ronald Lubin

Marc Rosenberg

Affiliate: Jewish

Reconstructionist Federation

Published by:

Calli-Graphics

Proofreader: Shana Bartels

Bulletin from the Board-Iris Rubinstein

On behalf of the board of CKS I invite you to join us at Shabbat. We are continuing our summer tradition of starting all services at 7:30 p.m. through the fall. Each board member commits to attend at least four Shabbats per year as a part of our responsibilities and I would like to tell you how I came to love Friday night services at Congregation Kehilat Shalom, even before I joined the board.....

I was not a big temple goer. I grew up going to Hebrew school three times a week until age 17. We went to synagogue on all the holidays, had Shabbat dinner together every Friday night until I left for college and sometimes went to shul with my grandfather if we happened to be there on a Saturday. I was very comfortable in synagogue but as a married adult I didn't feel pulled to it for my own observance of spiritual practice. I was more likely to meditate at home alone, or take a walk by the canal.

When my daughter went into the 6th grade, and we got the date for her bat mitzvah celebration, I began to take her to Friday night services somewhat regularly. We have the Minyanaires program at CKS and I wanted to make sure Gabi kept her commitment.

So even when we wanted to veg out in front of the TV, or go see friends, or have a leisurely dinner, we went to CKS instead. It was even better if we knew it was the night before someone's b'nei mitzvah, or there was a class service, or a special oneg planned. We began to make it a priority.

The following year was Gabi's bat mitzvah year and we went to Shabbat services every Friday night. It was wonderful to support the students in her class on the nights they helped Rabbi Susan lead, and the time we spent together in synagogue developed into something very special to us.

The melodies were soothing; we kitized during the boring parts and learned new things about each other when we shared with the congregation during d'var torahs. I found myself really looking forward to Shabbat services.

Gabi's bat mitzvah was in April 2011. I still go to services most Friday nights and I feel it as punctuation to my work week. I rush all week, I am always on the go, I work hard. And when I sit down at CKS and sing our opening niggun, a small peaceful feeling begins and I breathe deeply. I know for the time I am there, I will know shalom – peace. "On the seventh day Hashem rested."

I invite you all to join me in this practice, be it familiar for you or new. Try it for four weeks and see if a habit develops. Be open to what it uncovers for you and what it brings your family. It may grow on you as it did on me.

Shabbat Shalom. I look forward to seeing you.

Iris Rubinstein, 1st Vice President



CKS Donations

CKS gratefully acknowledges the generosity of our members and friends.

General

Bob Neusner & Helen Pu
Debbie Lampf & Michael Kalison
In memory of Fannie Lampf
Al & Cathy Reicheg
In honor of Courtney's bat mitzvah
Larry & Jackie Weitzner
Steve Weinstein
Hy Grossman
Debbie Lampf & Michael Kalison
In memory of Estelle Lampf
Janis & Alan Todd
In memory of Vicki Levine
In memory of Brett Underberg-Davis
In memory of Arthur Goldfield
Bob Sohor
Gil & Ellen Gordon
In memory of Joe Wions
Karen & Larry Fridkis
Gayle Holtzman & Roderick Kaufmann
Hilary & Peter Crist
Bonnie & Steven Kramer
Hal & Jennifer Rappaport
Al & Cathy Reicheg

Rabbi's Discretionary Fund

Debbie Lampf & Michael Kalison
In memory of Arthur Goldfield
Ron & Donna Lubin
Marc & Harlene Rosenberg

Congregant's Assistance Fund

Janis & Alan Todd
In memory of Felix Barondess

CKS STRONG!



We've all heard and read the phrases before: America Strong! Jersey Strong! Boston Strong!

words that ring out when a disaster somewhere brings people together to support those who are hurt or in need; somehow, those disasters that shatter people's lives often bring out the best in us.

I am proposing that WE as a community are CKS STRONG! Two brief chapters in my life have impressed this upon me, as well as the fifteen or so years I have been Life Cycle chair at our synagogue. In 1995, a couple of weeks after my darling Richard and I got married, he was grievously injured in an accident, left comatose for a month, after which he awoke with the mental agility of a two-year-old. Those who know him can hardly believe he has come so far. He is as normal as any guy born and raised in Brooklyn can be! From the day after the accident, our community circled the wagons around us with visits, calls, meals delivered,

prayers offered. At those times I felt the most despair, our members held me up and offered me comfort. A couple of years later, when our life together was stable once again, I gladly took over the Life Cycle committee from former member Carol Jones who had held the position for a decade.

Six weeks ago, I had shoulder surgery. (Thank you, Dr. Ed Krisloff.) Ed advised me the recovery would be a tough and lengthy slog, and that has proven true. Did I worry about Richard being thrust into the position of nurse, cook, chauffeur, and all the other roles I played when he got out of the hospital a couple of months after his accident? No. He has been my partner and helpmate all these years and I knew he would continue to be. Still, I thought about how taking care of me would tire him, test him, try him at times.

Then, our synagogue membership rallied for us once again. Calls, cards, emails, visits, meals came in one after the other. For a few weeks, Richard didn't have to cook any dinners! We were and are so very grateful to have had all this help, but we can't say it was a surprise. Over the years, as Life Cycle chair, I have called on our members to help out congregants who have met with some difficulty, some disaster, some situation that threw their lives into a tailspin. Help has been extended to a mom who needed rides for her kids when she was at work due to the sudden passing of their dad, to someone who had surgery and would appreciate a meal or two or three, to families that needed help to fill out a shiva minyan, to the late Joe Wions after his diagnosis of ALS in pulling together a core group of friends to regularly visit him. Always, people said yes. Always, people said, "What can I do to help?" Always, it has been so.

Of course, as these difficult events begin to turn around, and our lives normalize, those of us who have been recipients of our caring community's help step aside for the next family in need. Those of us who have been recipients must once again act as providers of help and comfort. Even if we are not quite fully recovered, making that call to someone else who is hurting, delivering that meal, sending that loving email offering help go a long way toward making us feel whole again.

Yes, we are a warm and welcoming community. Yes, we gather around those who are in need. Yes, we are CKS STRONG!

Sheryl Rosenberg

Kehiloft



It's the end of the school year, and as Kehiloft comes to a close, I've found myself thinking more and more about the years I've spent as a part of this amazing group. Kehiloft has been an amazing part of my life, and I'm so grateful for all that it's given me and all that I've been able to contribute to it.

In the five years I've been a part of Kehiloft, a lot has changed. We've changed the name from "Hebrew High School" to our current name, "Kehiloft". We've moved on from being a nomadic group, jumping from classroom to classroom downstairs at CKS to having our own personal space up in the loft. In fact, we all got together and built that space ourselves; it is now something for us to call our own and to be proud of. We've also restructured our sessions, adding socials, more community service opportunities, and changing the topics we talk about to fit our interests and passions. We've created a blog so we can all stay connected. We've also strengthened connections with our friends at Stonebridge Assisted Living, built a compost bin and started a composting program at CKS, and we've become a more significant part of religious school by leading activities with students. In the last five years, Kehiloft has had ten car washes, built the sukkah five times and taken it down five times, led 25 Shabbat services, volunteered at nearly every CKS community event, and shared countless memories.

Looking back, I can't even believe all that I've done as a part of Kehiloft, and I know I'll never forget all that I've learned from so many of these memories. The relationships I've made with friends, with members of CKS, with members of other communities, with our incredible director Karen, with our amazing Rabbi Susan, with students whom I tutor and work with at religious school, and with my own religion will be ones that make a lasting impact on my life; after all, they've been some of the most important parts of my life so far.

The experiences I've had at Kehiloft, at CKS, and being a teacher's assistant at religious school have taught me virtues like patience, understanding, good communication, responsibility, open-mindedness, dedication, love, and a deeply rooted sense of community. I know that I'll cherish these things that I've learned, and I know that I'll be beginning the next part of my life with the set of tools I need to be a responsible and active member of the communities I will soon be a part of.

Congratulations to Rabbi Susan on her 6th anniversary at CKS!

AUGUST 2012

S	M	T	W	T	F	S
				1	2	3
4	5	6 7:30 PM Mah Jongg	7	8 7:30 PM Board Meeting	9 7:30 PM Shabbat Services	10
11	12	13 7:30 PM Mah Jongg	14	15	16	17
18	19	20 7:30 PM Mah Jongg	21 7:00 PM Education Committee	22	23 7:30 PM Shabbat Services	24
25	26	27 7:00 PM Ritual Committee Meeting 7:00 PM Membership Committee 7:30 PM Mah Jongg	28	29	30	31

Robert "Bob" M. Fass
Sales Associate

Henderson
Sotheby's International Realty
2161 Route 206 Belle Mead, NJ 08502
c 609.577.8909 t 908.874.0000 f 908.874.5572
Robert.Fass@HendersonSIR.com
hendersonsir.com

Each Office Is Independently Owned And Operated

Law Offices of Brian M. Cige

*Emphasizing Employment Law,
General Practice & Civil Litigation*

- Wrongful Termination
- Discrimination
- Harassment
- Severance
- Unemployment
- Breach of Contract
- Automobile Accident and Personal Injury

Cases



7 East High Street
Somerville, NJ 08876
908-685-3775

CigeLaw@aol.com



Richard M. Nadler DMD, FAGD

For appointments call **908.359.6655**
or go to DesignsForDentalHealth.com
425 Amwell Rd Ste 104, Hillsborough NJ

Invitations by Sharon

BIRTH ANNOUNCEMENTS • WEDDINGS
BAR & BAT MITZVAHS
SIGN-INS & ACCESSORIES
HOLIDAY CARDS • STATIONERY
ONE STOP PARTY PLANNING



TOP DISCOUNTS

87 BEECHWOOD CIRCLE
HILLSBOROUGH, NJ 08844

SHARON BERRY
TEL: (908) 369-8470
FAX: (908) 369-1368

Nonprofit Org.
 U.S. Postage
 Paid
 Princeton, NJ 08540
 Permit No. 176

253 Griggstown Road, Belle Mead, NJ 08502
<http://www.ksnj.org>
 Listserve e-mail: contact_admin@ksnj.org
Fulfilling the religious, educational and social needs of our Jewish community since 1982.

Current resident or:

Deadline for next newsletter:
August 15th

August 2013

Whom to contact for...	
Adult Education	Meryl Bisberg- 908-874-8970
Beautification	Debbie Gartenberg
Billing/Payments	Robin Bengochea- 908-359-0420 ext. 1 admin@ksnj.org
B'nai Mitzvah (helpers, celebrations)	Meryl Orlando- 732-329-8945
Board of Trustees 2 nd Thurs	Stacey Anderson 908-359-0593 president@ksnj.org
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- 908-722-0700 vselgort@nmmlaw.com
Congregants' Assistance Fund	Rabbi Falk- 908-359-0420 ext. 3 rabbi@ksnj.org
Education 1st Wed.	Andrea Lass 609-799-3536 Judy Weitze 609-466-9214
Financial Committee	Debbie Gartenberg Steve Weinstein
Fundraising	Debbie Gartenberg
Gift Shop	Susan Waskow 609-333-1113 Iris Rubenstein
Hospitality(Kiddush & Oneg)	Natalie London
Kinderappers	Mark Goldhammer 609-799-3536
Kehi-Loft	Karen Fridkis- 609-333-1119
Life Cycle (Caring for each other)	Sheryl Rosenberg- 908-253-7049 swellcourt@verizon.net
Long Range Planning	Joseph Weiss josephhobartweiss@verizon.net Ron Lubin
Marketing	Bob Neusner 908-431-9514
Membership	Jim Ohls 609-466-1066
Pastoral Emergencies	Rabbi Susan Falk 908-359-0420
Personnel	Jeff Barth
Publicity	Stacey Anderson 908-359-0593
Rabbi's Liaison	Debbie Tesser 908-904-0457 Holly Nelson 609-921-1508
Ritual	vacant
Technology- Internet and Marketing	Amy Rosenthal webmaster@ksnj.org
Technology - Computer and Networking	Michael Galkin 908-281-4499
Tikkun Olam	Michael Galkin 908-281-4499 Debbie Gartenberg



CORPORATE GRAPHICS INC.
FULL COLOR PRINTING • GRAPHIC DESIGN
 DIGITAL COPYING • FULL BINDERY

**BRING IN THIS AD AND RECEIVE 20% OFF
 YOUR NEXT PRINTING JOB**

170 U.S. HIGHWAY 206
 HILLSBOROUGH, NEW JERSEY 08844
 TEL: 908.725.0600 FAX: 908.725.3737
 WWW.CGIPRINT.NET

© 2013 by CKS. All rights reserved. Permission required for reuse.

**The CKS Newsletter is published monthly, except July.
 Deadline is the 15th of each month.
 Every effort will be made to publish contributed items, but due to space restrictions, placement and format are at the discretion of the editor.**

Advertising Policy. You can advertise in this newsletter to inform the community of your business or profession. Advertising is accepted based on its interest and applicability to our readership. Location in the newsletter is at the editor's discretion. CKS does not necessarily endorse or vouch for the products and services of our advertisers. The newsletter is published 11 times per year (no issue in July). E-mail a file with the art to the editor, or provide camera-ready art on clean, white background. Advertiser responsibility to meet deadlines. Rates are low and must be paid in advance. For information and a rate sheet, please contact the editor.